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## The London Marathon

By John Bryant

Cornerstone. Paperback. Book Condition: new. BRAND NEW, The London Marathon, John Bryant, 'If you want to win something, run 100 metres. If you want to experience something, run a marathon' - Emil Zatopek The London Marathon salutes 25 years of the London Marathon by exploring the incredible physical and mental challenge that lies at the very heart of marathon running. It begins with the author standing on the start line at Blackheath for the very first London Marathon in March 1981. And it ends 26 miles and 25 years later, as the author emerges, still running, past Buckingham Palace and on through the miles and memories to the finish. From the legend of Pheidippides and the mystery of Spiridon Louis - who won the first modern Olympic marathon in 1896 - to the agony of Paula Radcliffe, reduced to tears on the long road to Athens more than a century later, this is a story of dreams, pain, struggle and achievement. The courage and the craziness of the characters who for 25 years have run the streets of London, have turned this race into the greatest marathon in the world. The London Marathon is a testament to their endeavour, and...

### Reviews

*Extensive guideline! Its this kind of very good study. It really is full of knowledge and wisdom I discovered this book from my i and dad encouraged this publication to understand.*

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*This ebook is very gripping and exciting. It is one of the most amazing book we have study. Its been printed in an remarkably easy way and it is only after i finished reading this book through which really transformed me, affect the way i think.*

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