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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Obstacle Course Racing - The Ultimate Beginners Guide To Completing Your First Adventure Race (Featuring 2 x Training Programs for Short Long Courses) If you already have an interest and perhaps regularly take part in events such as half- and full-marathons, or more challenging events such as the steeple chase, triathlon or decathlon, think of obstacle course racing...

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- Authored by Richard Bond
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