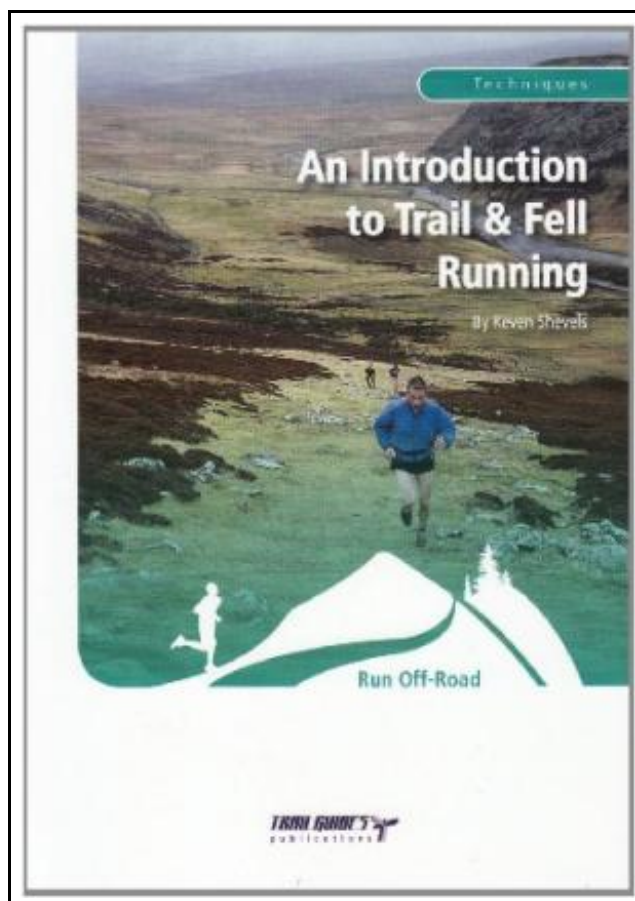# An Introduction to Trail and Fell Running (2nd edition)

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