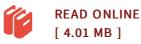




## Accidental Ironman

By Martyn Brunt

Little, Brown Book Group. Paperback. Book Condition: new. BRAND NEW, Accidental Ironman, Martyn Brunt, Having spent 10 years scaling the lower echelons of the sport, the time has come for one of Britain's least successful athletes to reveal all about how he got involved in all this nonsense in the first place. Marvel as he reveals: His sporting history - how being last pick at school football in the 1970s set him on course for a lifetime of being rubbish at team games. How he took up triathlons in the first place (for a bet, and the cow who made it with him never paid up). How he overcame a crippling lack of talent and a chorus of complete indifference from his family to complete 10 Ironmans, all outside the top 500 finishers. The many triathlon adventures he has experienced over the past 10 years (cow pats, Ironmans, incontinence, driving bans, broken bones, public nudity, spending entire redundancy payments on a new bike, Belgian portaloos, German knocking shops, sunburnt arse cheeks, channel swimming, fights with chavs, obsessions with weather and the nutritional value of Jaffa Cakes, 3 hour marathons, chronic dehydration and so on). The many and varied idiots he's...



## Reviews

This book may be really worth a read through, and far better than other. it was actually writtern extremely completely and valuable. I am just very easily will get a satisfaction of looking at a published ebook.

-- Lillie Toy

It is easy in read through easier to fully grasp. it had been writtern very completely and useful. I am pleased to let you know that here is the greatest book we have read during my personal life and could be he very best book for possibly.

-- Miss Marge Jerde