



## Beyond the Horizon: Extreme Adventures at the Edge of the World

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By Richard Parks, Michael Aylwin

Little, Brown Book Group. Paperback. Book Condition: new. BRAND NEW, Beyond the Horizon: Extreme Adventures at the Edge of the World, Richard Parks, Michael Aylwin, Richard Parks has what must be one of contemporary sport's most extraordinary and inspirational stories. Soon after he turned thirty, the professional career in rugby that had been his life for over a decade was cut short by injury, leaving him faced with an uncertain future. But unlike many other young athletes, Richard decided to tackle his fears, anxiety and depression head on, taking inspiration from Ranulph Fiennes and a line from his grandmother's eulogy - "The horizon is only the limit of our sight" and setting out on challenges that have become part of his everyday life. Richard created history with his first endeavour - the 737 Challenge - by becoming the first person to conquer the highest mountain on each of the world's continents and venture to both the North and South Poles within seven months. Then in 2013 he tackled three hugely challenging events - an ultramarathon through the Peruvian jungle, the world's highest mountain bike race, and a double iron man triathlon in Snowdonia - in preparation for an even more...



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