



## From Last to First: A Long-Distance Runner's Journey from Failure to Success

By Charlie Spedding

Aurum Press Ltd. Paperback. Book Condition: new. BRAND NEW, From Last to First: A Long-Distance Runner's Journey from Failure to Success, Charlie Spedding, Charlie Spedding describes himself as 'not particularly talented' - at least, compared to the group of people he had chosen to find himself among. These were the athletes in the Olympic marathon. So how did he end up with a bronze medal? How did he win the London Marathon? And why does he still hold the English record for the distance? In this remarkable autobiography he explains how - how someone who was almost bottom of the class when he first went to school, and even worse at sport, eventually turned himself into a genuinely world-class athlete, competing in top marathons all over the world, and genuinely going from last to first. As well as the enthralling life story of one of our finest distance runners, this book is a wonderfully clear and inspiring piece of life coaching for anyone who wants to make the most of their talents. But more than this, as Spedding says at the start, 'I believe that on occasions you can create the circumstances in which you can perform at a higher...'



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-- **Prof. Jedediah Kuhic DVM**

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