

Paul Tonkinson

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26.2 Miles to Happiness Paul Tonkinson,2020-02-06 ***WINNER OF THE TELEGRAPH SPORTS BOOK AWARDS 2021 - SPORTS ENTERTAINMENT BOOK OF THE YEAR*** 'Utterly joyous!' - Bryony Gordon 'The best book about running I have read' - Nick Cohen, The Critic 'The funniest book about running I have ever read. In fact it is the only book about running I have ever read, but it is HILARIOUS!' - David Walliams '...insightful, inspiring and laugh-out-loud funny!' - Michael McIntyre 'Pain. Hope. Misery. Joy. All the big stuff. Excellent.' - Dara Ó Briain 'This book is funny (which I expected) and concerns running (ditto), but it is also exceptionally moving and profound. Don't be fooled: it's not really about completing a marathon. It's about life and all its joy and weirdness. Recommended to all...' - Miranda Sawyer 'Very good book... very funny, very insightful, very inspiring' - Chris Evans, Virgin Radio 'Fabulous book' - Radio 2 The hilarious trials and tribulations of stand-up comedian Paul Tonkinson as he attempts to beat the much lauded 3-hour mark at the London Marathon. With a supporting cast of fellow comedians, this is a warmly written and wonderfully honest adventure-through-sport that will both entertain and inspire. Along the way, we are introduced to the characters helping Paul with his quest. Celebrity names such as Bryony Gordon, Russell Howard, Roisin Conaty and Vassos Alexander pop up with wit and wisdom, alongside an alpine adventure to the Mayr Clinic with Michael McIntyre that pushes Paul to the limit. And not forgetting the 'words of wisdom' and derision from Paul's anti-running friend, Richard.

26.2 Miles to Happiness Paul Tonkinson,2021-09-02 The hilarious trials and tribulations of stand-up comedian Paul Tonkinson as he attempts to beat the much lauded 3-hour mark at the London Marathon. With a supporting cast of fellow comedians, this is a warmly written and wonderfully honest adventure-through-sport that will both entertain and inspire. Along the way, we are introduced to the characters helping Paul with his quest. Celebrity names such as Bryony Gordon, Russell Howard, Roisin Conaty and Vassos Alexander pop up with wit and wisdom, alongside an alpine adventure to the Mayr Clinic with Michael McIntyre that pushes Paul to the limit. And not forgetting the 'words of wisdom' and derision from Paul's anti-running friend, Richard.

26.2 Miles to Happiness Paul Tonkinson,2020-04-14 The hilarious trials and tribulations of stand-up comedian Paul Tonkinson as he attempts to beat the much lauded 3-hour mark at the London Marathon. Paul Tonkinson is the well-known stand-up who has been presenting radio shows and appearing on television regularly for almost thirty years. 26.2 Miles to Happiness charts his quest to beat the much lauded 3-hour mark at the London Marathon. But this is not simply a story about beating The Wall. This is a story to show runners and non-runners alike how one of life's simple pleasures really can make everything better. Along the way, we are introduced to the characters helping Paul with his quest. There is wit and wisdom from celebrity names such as Bryony Gordon, Russell Howard, Roisin Conaty and Vassos Alexander. There's even an alpine adventure to the Mayr Clinic with Michael McIntyre that pushes Paul to the limit. And not forgetting the words of wisdom from Paul's anti-running friend, Richard. Ultimately, Paul is one of us. He is our consoling friend. The everyman who goes through extreme pain and battles with his own personal demons, but comes out the other side smiling. And this book will show you why.

26.2 Miles to Happiness Paul Tonkinson,2020-02-06 ***WINNER OF THE TELEGRAPH SPORTS BOOK AWARDS 2021 - SPORTS ENTERTAINMENT BOOK OF THE YEAR*** 'Utterly joyous!' - Bryony Gordon 'The best book about running I have read' - Nick Cohen, The Critic 'The funniest book about running I have ever read. In fact it is the only book about running I have ever read, but it is HILARIOUS!' - David Walliams '...insightful, inspiring and laugh-out-loud funny!' - Michael McIntyre 'Pain. Hope. Misery. Joy. All the big stuff. Excellent.' - Dara Ó Briain 'This book is funny (which I expected) and concerns running (ditto), but it is also exceptionally moving and profound. Don't be fooled: it's not really about completing a marathon. It's about life and all its joy and weirdness. Recommended to all...' - Miranda Sawyer 'Very good book... very funny, very insightful, very inspiring' - Chris Evans, Virgin Radio 'Fabulous book' - Radio 2 The hilarious trials and tribulations of stand-up comedian Paul Tonkinson as he attempts to beat the much lauded 3-hour mark at the London Marathon. With a supporting cast of fellow comedians, this is a warmly written and wonderfully honest adventure-through-sport that will both entertain and inspire. Along the way, we are introduced to the characters helping Paul with his quest. Celebrity names such as Bryony Gordon, Russell Howard, Roisin Conaty and Vassos Alexander pop up with wit and wisdom, alongside an alpine adventure to the Mayr Clinic with Michael McIntyre that pushes Paul to the limit. And not forgetting the 'words of wisdom' and derision from Paul's anti-running friend, Richard.

Morning Glory Ian Jones,2004

Running in the Midpack Martin Yelling,Anji Andrews,2021-02-04 'a really, really, really good book' - Vassos Alexander 'A masterpiece' - Paul-Sinton Hewitt CBE, parkrun founder 'A lovely book... it is really simple about getting a nice relationship with your running where it helps your life and changes with your life... Very accessible.' - Paul Tonkinson, Running Commentary presenter and author A smart running book designed for the all-too-often overlooked middle-of-the-pack runner, written by Marathon Talk's Martin Yelling and Anji Andrews. Welcome to the midpack! Running pushes us, stretches us, asks us difficult questions, challenges us. It gives us space, calms us down, picks us up, boosts our energy, rewards, inspires and fulfils us. Midpack runners - those who fall between the beginners and the elite - are the heartbeat and footsteps of the running community. In this long-overdue book, Marathon Talk's Martin Yelling and Anji Andrews share their expert knowledge, first-person stories and coaching ideas to nourish the midpackers' running experience. Covering such diverse topics as 'Making Yourself Bullet-proof' and 'How to Nail Your Race', Running in the Midpack will cultivate your running progress, and help you to become a healthy, happy and successful runner. Marathon Talk is the UK's number one running podcast.

Running Tracks Rob Deering,2021-08-05 Rob Deering has been listening to music his whole life, but it was only in his mid-thirties that - much to his surprise - he found himself falling in love with the hugely popular, nearly perfect, sometimes preposterous activity of running In this vividly conjured collection, Rob shares stories of when a run, a place and a tune come together in a life-defining moment. His adventures in running have spanned four continents, fifteen marathons and numberless miles of park and pavement, and the carefully chosen music streaming through his headphones has spurred him forward throughout. What makes the perfect running tune? Where can you find the best routes, even in an unfamiliar town? Why do people put themselves through marathons? In Running Tracks, Rob Deering shares his sometimes surprising answers to these questions, and explains how a hobby became an obsession that changed his life forever.

Ducking Long Way Mark Atkinson,2021-08-26 Mark Atkinson is living proof that you don't have to be 'good' at running to make it through a marathon or even further. Packed with insights and tips, pitfalls and joy, Ducking Long Way invites you to join him for a beer at mile thirty as he pushes himself as far as he can while still running for the sheer joy of it.

The Green Sketching Handbook Ali Foxon,2022-04-14 'A warm and inspiring invitation to put down our phones, pick up a pencil and start really looking at the beauty all around us.' - Kathy Clugston, presenter of Gardeners' Question Time Learn to let go of your worries and lose yourself in nature with this practical guide to sketching for pleasure, not perfection. Most of us know that creativity and time outdoors are good for our wellbeing, yet so many of us struggle to find the time or motivation to step away from our screens. But there's a solution! Combining quick and easy exercises with the latest research on nature connection, wellbeing and creativity, The Green Sketching Handbook will inspire you to pick up a pencil and get started. Inspired by her own journey from climate scientist who hadn't tried drawing since childhood to artist and nature lover, Dr Ali Foxon will show you how to embrace your wobbly lines, unhook from a fear of criticism and create a habit that makes you feel good, not inadequate. You will learn more about yourself and your unique relationship with nature, finding out what brings you comfort and joy. Best of all, you'll create vivid and evocative memories of all your outdoor adventures, big and small, even if you're convinced you can't draw.

The Dirtiest Race in History Richard Moore,2012-01-01 The men's 100m final at the 1988 Olympics has been described as the dirtiest race ever - but also the greatest. Aside from Johnson's blistering time, the race is infamous for its athletes' positive drug tests. This is the story of that race, the rivalry between Johnson and Lewis, and the repercussions still felt almost a quarter of a century on.

The Lost Art of Running Shane Benzie,Tim Major,2020-08-20 'Heads up - here's how to run like a pro' - The Times 'A fascinating book' - Adharanand Finn, author of Running With the Kenyans 'I'm convinced that Shane's insights were were instrumental in me winning the Marathon des

Sables for a second time' - Elisabet Barnes, coach and athlete 'Shane is the Indiana Jones of the running world' - Damian Hall, ultra marathon runner 'You can't but help go out the door for your next run and try to put it all into practice' - Nicky Spinks, endurance runner The Lost Art of Running is an opportunity to join running technique analyst coach and movement guru Shane Benzie on his journey across five continents as he trains with and analyses the running style of some of the most gifted athletes on the planet. Part narrative, part practical, this adventure takes you to the foothills of Ethiopia and the 'town of runners'; to the training grounds of world-record-holding marathon runners in Kenya; racing across the Arctic Circle and the mountains of Europe, through the sweltering sands of the Sahara and the hostility of a winter traverse of the Pennine Way, to witness the incredible natural movement of runners in these environments. Along the way, you will learn how to incorporate natural movement techniques into your own running and hear from some of the top athletes that Shane has coached over the years. Whether experienced or just tackling your first few miles, this groundbreaking book will help you discover the lost art of running.

The Big Book of Endurance Training and Racing Philip Maffetone, 2010-09-22 "Welcome to what will undoubtedly be a whole new level of athletic performance." —Mark Allen, six-time winner of the Hawaii Ironman.

Indigenous Data Sovereignty Tahu Kukutai, John Taylor, 2016-11-14 As the global 'data revolution' accelerates, how can the data rights and interests of indigenous peoples be secured? Premised on the United Nations Declaration on the Rights of Indigenous Peoples, this book argues that indigenous peoples have inherent and inalienable rights relating to the collection, ownership and application of data about them, and about their lifeways and territories. As the first book to focus on indigenous data sovereignty, it asks: what does data sovereignty mean for indigenous peoples, and how is it being used in their pursuit of self-determination? The varied group of mostly indigenous contributors theorise and conceptualise this fast-emerging field and present case studies that illustrate the challenges and opportunities involved. These range from indigenous communities grappling with issues of identity, governance and development, to national governments and NGOs seeking to formulate a response to indigenous demands for data ownership. While the book is focused on the CANZUS states of Canada, Australia, Aotearoa/New Zealand and the United States, much of the content and discussion will be of interest and practical value to a broader global audience. 'A debate-shaping book ... it speaks to a fast-emerging field; it has a lot of important things to say; and the timing is right.' — Stephen Cornell, Professor of Sociology and Faculty Chair of the Native Nations Institute, University of Arizona 'The effort ... in this book to theorise and conceptualise data sovereignty and its links to the realisation of the rights of indigenous peoples is pioneering and laudable.' — Victoria Tauli-Corpuz, UN Special Rapporteur on the Rights of Indigenous Peoples, Baguio City, Philippines

Running Up That Hill Vassos Alexander, 2018-03-08 SHORTLISTED FOR THE TELEGRAPH SPORTS HEALTH & FITNESS BOOK OF THE YEAR AWARD 2019 RUNNING AWARDS 2019 - TOP BOOK Running Up That Hill is a celebration of endurance running. Of running ridiculous distances - through cities, over mountains and across countries. Distances most people couldn't even imagine. But sports presenter Vassos Alexander is hooked! Why else would he run an ultra in Paris, backwards, having missed the start? Why head to Wales for the world's hardest mountain race with a badly sprained ankle? And why follow in some unforgiving, ancient footsteps and attempt the oldest and toughest footrace on earth, the 153-mile Spartathlon? There's joy to be found here. Really there is. Vassos recalls his own assaults on these gruelling races, along with ultra-running legends including Scott Jurek, Jasmin Paris, Kilian Jornet, Mimi Anderson and Dean Karnazes. They all testify to the transformative power of endurance running. It's about the astonishing highs that come from pushing your body to the limit. The confidence and peace when you challenge yourself and succeed. All told, this is a cracking tale of what keeps ultra-distance runners running, mile after mile after mile.

Out of Time Miranda Sawyer, 2017-05-18 From the hugely respected journalist Miranda Sawyer, a very modern look at the midlife crisis - delving into the truth, and lies, of the experience and how to survive it, with thoughtfulness, insight and humour.

Running to the Edge Matthew Futterman, 2020-04-14 The story of visionary American running coach Bob Larsen's mismatched team of elite California runners who would win championships and Olympic glory in a decades-long pursuit of the epic run. In the dusty hills above San Diego, Bob Larsen became America's greatest running coach. Running to the Edge is a riveting account of Larsen's journey, and his quest to discover the unorthodox training secrets that would lead American runners to breakthroughs never imagined. Futterman interweaves the dramatic stories of Larsen's runners with a fascinating discourse on the science behind human running, as well as a personal running narrative that follows Futterman's own checkered love-affair with the sport. The result is a narrative that will speak to every runner, a story of Larsen's triumphs--from high school cross-country meets to the founding of the cult-favorite, 70's running group, the Jamul Toads; from his long tenure as head coach at UCLA to the secret training regimen of world champion athletes like Larsen's protégé, Meb Keflezighi. Running to the Edge is a page-turner . . . a relentless crusade to run faster, farther.

The New Rules of Marathon and Half-Marathon Nutrition Matt Fitzgerald, 2013-02-12 From sports nutritionist, running coach, and author of Racing Weight cutting edge nutrition information, training tips, and strategies for runners

Don't Stop Me Now Vassos Alexander, 2016-03-17 This is a celebration of running, and what lots of us think about when we run. Part escape, part self-discovery, part therapy, part fitness. Part simple childlike joy of running when you could be walking. Vassos Alexander shares the highs and lows of falling in love with running, from his first paltry efforts to reach the end of his street to completing ultra marathons and triathlons in the same weekend. Each of the 26.2 chapters also features a fascinating insight into how others first started, from Paula Radcliffe to Steve Cram, the Brownlees to Jenson Button, Nicky Campbell to Nell McAndrew. Funny, inspiring, honest - the perfect read for anyone with well-worn trainers by the door (or thinking of buying a pair...).

Triathlon for Masters and Beyond Ian Stokell, 2014-10-09 Triathlon for Masters and Beyond looks at the physiological changes experienced by athletes over 40. Many more of us are taking on the challenge of triathlon in our 40s and 50s, and above. Masters athletes include any athlete over 40 years old. Irrespective of fitness levels the scientific impacts of ageing can affect your performance and need to be acknowledged to help you continue to get the most out of your training. Taking these variables into account it is packed with tailored information and advice, equipping you with the knowledge to train harder and stronger to reach your fitness goals. Includes: - motivation and goal setting - planning and preparation - training programmes and schedules - muscles and injury prevention - nutrition and fuel - pre-race preparation - race day - recovery This is an essential companion for any Masters athlete wishing to improve their triathlon results.

The Wiley-Blackwell Companion to Religion and Social Justice Michael D. Palmer, Stanley M. Burgess, 2020-04-13 The Wiley-Blackwell Companion to Religion and Social Justice brings together a team of distinguished scholars to provide a comprehensive and comparative account of social justice in the major religious traditions. The first publication to offer a comparative study of social justice for each of the major world religions, exploring viewpoints within Christianity, Islam, Judaism, Hinduism, Buddhism, and Confucianism Offers a unique and enlightening volume for those studying religion and social justice - a crucially important subject within the history of religion, and a significant area of academic study in the field Brings together the beliefs of individual traditions in a comprehensive, explanatory, and informative style All essays are newly-commissioned and written by eminent scholars in the field Benefits from a distinctive four-part organization, with sections on major religions; religious movements and themes; indigenous people; and issues of social justice, from colonialism to civil rights, and AIDS through to environmental concerns

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