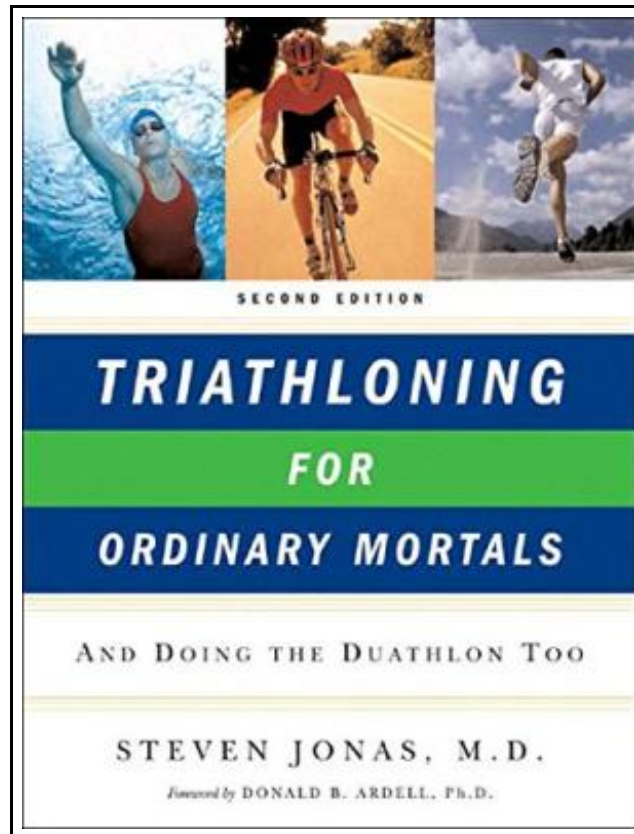


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TRIATHLONING FOR ORDINARY MORTALS: AND DOING THE DUATHLON TOO (2ND REVISED EDITION)



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