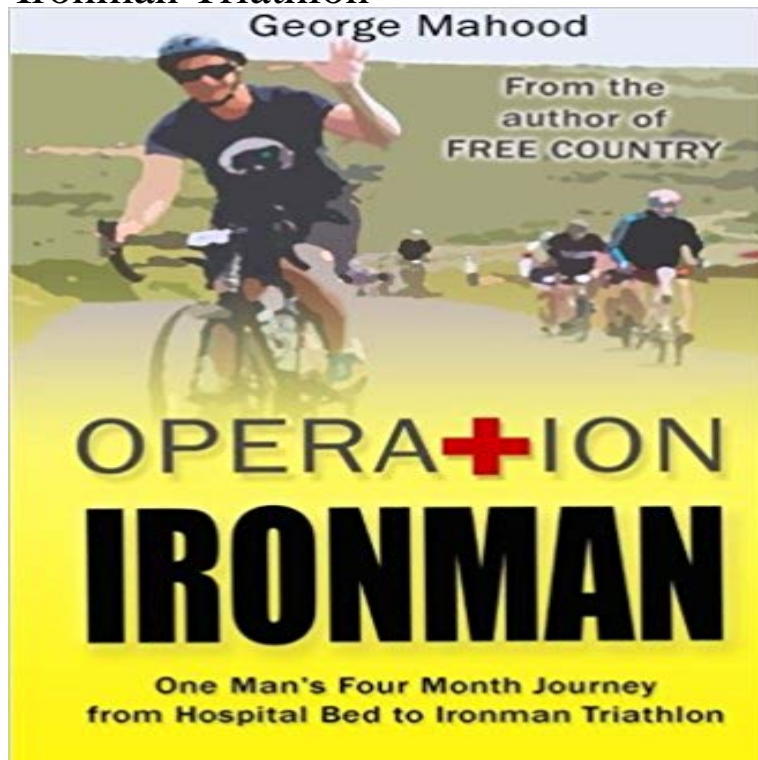


Operation Ironman: One Mans Four Month Journey from Hospital Bed to Ironman Triathlon



Georges books just keep getting better laugh out loud funny (note to self, dont read it on the tube) it wont fail to entertain, enthral and motivate hilarious and heart-warming inspiring, poignant and humorous I laughed, I cried, and am proud of a man I have never met Operation Ironman follows George Mahoods inspiring and entertaining journey from a hospital bed to an Ironman triathlon. After major surgery to remove a spinal cord tumour, George set himself the ultimate challenge a 2.4 mile swim, a 112 mile bike ride, and a 26.2 mile run, all to be completed within 16 hours. He couldnt swim more than a length of front crawl, he had never ridden a proper road bike, and he had not run further than 10k in 18 months. He had four months to prepare. Could he do it?

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