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wellbeing column for the Living section of the Sunday Telegraph, previously had a fitness-travel column at Easy Jet Magazine, and is currently the travel editor for DIVA.

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The challenge - and the resulting memoir Run, Ride Sink or Swim - began with a question, as I wondered how this sport had grown so fast in both popularity and scope? The first recorded triathlon event was held in California in 1974, and yet within less than three decades it had joined the Olympic ranks, appearing in the Olympic Games in Sydney 2000.

Run, Ride, Sink or Swim | Waterstones.com Blog

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