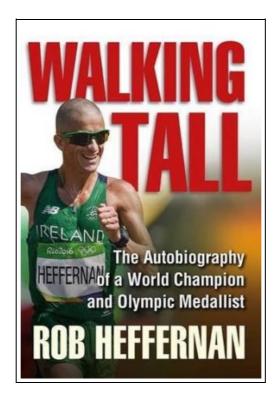
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WALKING TALL (PAPERBACK)



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The Collins Press, Ireland, 2017. Paperback. Condition: New. Language: English. Brand New Book. Deemed too small for his school Gaelic football team at the age of fourteen, Rob Heffernan took up race walking on a whim. Driven by a fiercely competitive nature and a dogged desire to be the best, he strode his way to the pinnacle of the sport, winning bronze in the London 2012 Olympics and becoming world champion in Moscow in 2013. In 2016, he became the first athlete to represent Ireland at the Olympic Games for a fifth time. In this no-holds-barred account, Rob describes his battles with injury, depression and poverty on his way to the top. Even when at his best, he found himself cheated out of medals by those who crossed the dark line into doping. He candidly tells of the confrontations with Athletics Ireland and the Irish Sports Council that raged in the background to his struggle for that prestigious Olympic medal. This is the inside story of how one boy s dream led him from the council flats of his tough upbringing to the winners podium. It is also a heartfelt chronicle of the sometimes nightmare-ridden journey to become a top athlete in this gruelling sport.



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