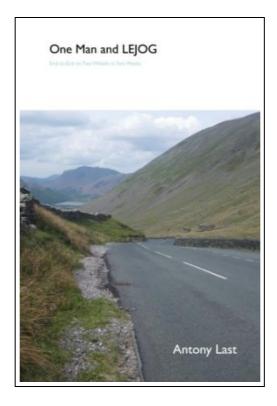
# One Man and Lejog (Paperback)



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## Reviews

Extremely helpful to all of group of individuals. It really is loaded with knowledge and wisdom Its been designed in an extremely basic way and is particularly simply after i finished reading through this ebook where actually altered me, affect the way i believe. (Lily Ryan)

## ONE MAN AND LEJOG (PAPERBACK)



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Lulu.com, United Kingdom, 2011. Paperback. Condition: New. Language: English. Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.On Friday May 14th 2010, Antony Last boarded the Riviera Sleeper service from Paddington to Penzance and, nine or so hours later, got on his bike, set off on a nine-mile pootle to Lands End before turning round and heading up to John O Groats. 1,056 miles end to end (and a journey commonly abbreviated to LEJOG), topped and tailed with stops at Britain s most southerly and northerly points. A collection of pieces from his blog and photos taken along the way, this book charts his progress as he made his way up England s green and pleasant land (taking in bits of Wales along the way) and through Scotland s Lochs and Highlands. Whilst David Walliams Sport Relief team had a satellite van, executive coaches, support vehicles, a pacemaker alongside them as they cycled and motorcycle outriders to assist them on their journey in 2009, Antony s attempt was solo and unsupported. This is a book about One Man and LEJOG.



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