

Accidental Ironman How Triathlon Ruined My Life

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· his many triathlon mishaps, including
being lost at sea, incontinence, driving
bans, broken bones, public nudity, trapped
in Belgian portaloos, and much more
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The anecdote is typical of Brunt's Mr Bean-like slide into the world of amateur athletics, which he has documented in the book *Accidental Ironman: How Triathlon Ruined My Life*. Brunt was 35 and...

Confessions of an accidental Ironman

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We take a flick through Brunty's
Accidental Ironman

Martyn Brunt's book Accidental Ironman
- 220 Triathlon

Father Athlete Storyteller Living in
Symbiosis At age 50 I went from my first
triathlon to an IronMan 140.6 in 6 months.
I have never met anyone who didn't have
an inspiring story to help motivate all of us
on our life's journey

Accidental IronMan

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Having spent 10 years scaling the lower
echelons of the sport,

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spent 10 years scaling the lower echelons
of the sport, the time has come for one of
Britain's least successful athletes to reveal
all about how he got involved in all this
nonsense in the first place. Marvel as he
reveals:

?Accidental Ironman en Apple Books

The story does not make any sense, mainly
because I just cant see how triathlon

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Ruined My Life
ruined this guy's life :his wife is very supportive (she eventually decide to enrol in a triathlon herself), the guy seems to be quite proud to fulfill his objective of doing an IronMan and he even enrol in another one after his debut, he is quitte successful a it (see his performances in cycling).

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