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Dare to Tri is Louise's candid memoir of her incredible journey, recounting her rediscovery of competitive sport after nearly 30 years and her first tentative steps as a triathlete. In a story encompassing equal measures of determination and self-doubt, Louise has to overcome personal nerves, a brutal training regime, the odd bike crash and the occasional drama.

~~Dare to Tri: My Journey from the BBC Breakfast Sofa to GB ...~~

Dare to Tri is the amazing story of TV presenter Louise Minchin's journey from the BBC Breakfast sofa to representing Great Britain at the World Triathlon Championships. This is a warmly written and

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wonderfully honest adventure-through-sport that will both entertain and inspire.--This text refers to the paperback edition.

~~Dare to Tri: My Journey from the BBC Breakfast Sofa to GB ...~~

Dare to Tri: An Adventure in Triathlon charts Louise Minchin's incredible journey as she rediscovers competitive sport after 30 years and takes her first tentative steps as a triathlete. As her performances improve, there's a realisation that representing TeamGB in her age group is a possibility, and the book tells of her plucky attempt to achieve this almost-unthinkable goal.

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Dare to Tri is the amazing story of TV presenter Louise Minchin's journey from the BBC Breakfast sofa to representing Great Britain at the World Triathlon Championships. This is a warmly written and wonderfully honest adventure-through-sport that will both entertain and inspire. 'I didn't even know what a triathlon was before 2012...

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Dare to Tri Summary Dare to Tri: My Journey from the BBC Breakfast

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Sofa to GB Team Triathlete by Louise Minchin SHORTLISTED FOR THE TELEGRAPH SPORTS HEALTH & FITNESS BOOK OF THE YEAR AWARD 2019 DARE TO TRI is the amazing story of TV presenter Louise Minchin's journey from the BBC Breakfast sofa to representing Great Britain at the World Triathlon Championships.

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