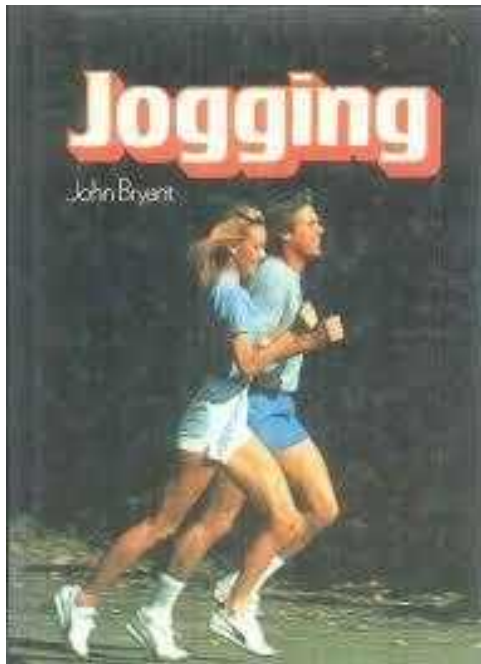


# Jogging (5 GBP)



Location **East Midlands, Leicestershire**  
<https://www.freeadsz.co.uk/x-197711-z>



Hardback book published in 1979 giving the tips and advice of the day for training, preparation, kit, etc.  
Written by John.



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