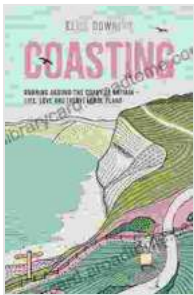


# Running Around The Coast Of Britain: Life, Love And Very Loose Plans

By Jenny Tough

An inspiring and humorous account of one woman's journey running around the coast of Britain, covering 2,600 miles in 130 days.



## Coasting: Running Around the Coast of Britain – Life, Love and (Very) Loose Plans by Elise Downing

★★★★☆ 4.5 out of 5

Language	: English
File size	: 2894 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 217 pages
Lending	: Enabled



Perfect for fans of running, travel, and adventure, Running Around The Coast Of Britain is a must-read for anyone who's ever dreamed of embarking on an epic journey.

### What's Inside?

- Jenny's personal story of triumph and adversity as she runs around the coast of Britain.
- Stunning photography and maps that bring Jenny's journey to life.

- Practical tips and advice for anyone planning a long-distance run.
- A celebration of the beauty and diversity of the British coastline.

## What People Are Saying

"An inspiring and heartwarming story of one woman's incredible journey. Jenny's writing is honest, funny, and relatable, and her love of the British coastline shines through on every page." - **Alastair Humphreys**, author of *Microadventures*

"A must-read for anyone who loves running, travel, or adventure. Jenny's story is an inspiration, and her writing is both beautiful and engaging." - **Lizzie Hawker**, ultramarathon runner and author of *Running Home*

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