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The diary of an average runner: Never, ever, give up

Mark Cameron

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Mark Cameron

The diary of an average runner: Never, ever, give up Mark Cameron
A training diary that turned into an Amazon best seller, all totally beyond my wildest dreams. "Such and entertaining read, Mark digs deep within himself and shows the true spirit of an ultra-runner. An inspiration to everyone showing it's all about mind over matter" "I enjoyed the book from the moment I started to read it. It is easy to get into and I could relate to some of Mark's experience's" Initially the story of my first year of entering running races, the high's of taking part, the low's of getting injured. I then decided after my second year to write a follow up book, to say thank you to all those who inspired me, and this second book has been added to the first, so in effect it's now 2 books for the price of 1. Hope you enjoy the read, Mark

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