

A Bloody Good Winner

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the highly entertaining autobiography of professional punter and betting pundit dave nevison a familiar respected and popular figure both on the racecourse and on television nevison is that rarest most envied of racing characters a truly successful gambler

since taking the plunge in 1993 dave nevison has made a very good living from backing racehorses he has taken on the best bookmakers in the world and won in this frank account he reveals how he has succeeded while most punters fail

any runner can tell you that the sport isn't just about churning out miles day in and day out runners have a passion dedication and desire to go faster longer and farther now the art of running faster provides you with a new approach to running achieving your goals and setting your personal best whether you're old or young new to the sport or an experienced marathoner this guide will change how you run and the results you achieve the art of running faster challenges the stereotypes removes the doubts and erases the self imposed limitations by prescribing not only what to do but also how to do it inside you will learn how to overcome the obstacles that prevent you from running faster more comfortably and with greater focus rethink conventional training methods listen to your body and challenge traditional running norms customize your training program to emphasize the development of speed strength and stamina shift gears reach that next level of performance and blow past the competition in this one of a kind guide former world class runner julian goater shares his experiences insights and advice for better more efficient and faster running much more than training tips and motivational stories the art of running faster is your guide to improved technique

and optimal performance let julian goater show you a new way to run faster farther and longer

the rediscovered classic an unforgettable memoir by a trailblazing black woman in post war london introduced by bernardine evaristo i dare anyone to read it and not come away shocked moved and entertained benjamin zephaniah a must read her life makes you laugh her life makes you cry get to know her jacqueline wilson a superb but shocking memoir imaginative resilient and inspiring christie watson a beautiful memoir of one woman s strength and dignity against the odds steve mcqueen gilroy blazed a path that empowered generations of black british educators david lammy this empowering tale of courage resistance and triumph is a breath of fresh air diana evans important enlightening and very entertaining full of real life drama inspirational paul mendez written with a novelist s ear and sense of atmosphere a vital and unique testament jeffrey boakye a landmark warm and wise life lessons we can all learn from alex wheatle a pioneer in many fields and wonderful example for all of us essential reading denied teaching jobs due to the colour bar working in an office amidst the east end s bombsites serving as a lady s maid to an empire loving aristocrat raising two children in suburbia becoming one of the first black headteachers in britain in 1952 beryl gilroy moved from british guiana to london her new life wasn t what she expected but her belief in education resulted in a revolutionary career black teacher her memoir is a rediscovered classic not only a rare insight into the windrush generation but a testament to how her dignity ambition and spirit transcended her era reader reviews incredibly important such an interesting read and i am so glad that it is being republished wonderful and insightful i really thoroughly enjoyed reading this book eye opening a powerful reminder of how far we have come beautifully written i wish everyone could have a teacher like beryl really lovely and a surprisingly quick read i wish i could have met her a great piece of history with so much relevance even today as it touches upon issues of race education and female empowerment excellent on what it was really like for the windrush generation highly recommended

this book had me hooked from the start a wonderfully told and often quite frank story of an incredible sportsman and his life from a child up to his amazing tour de france and olympic victories on july 22 2012 bradley wiggins made history as the first british cyclist to win the tour de france ten days later at the london olympic games he won the time trial to become his country s most decorated olympian in an instant wiggo now sir bradley marc wiggins became a national hero two years previously however wiggins had been staring into the abyss his much hyped attempt to conquer the 2010 tour de france had ended in public humiliation poor results and indifferent form left him facing release from team sky and then he was hit with the tragic news of the death of his grandfather george the man who had raised him as a young boy at rock bottom wiggins had to reach deep inside and find the strength to fight his way back outspoken honest intelligent and fearless wiggins has been hailed as the people s champion in my time he tells the story of the remarkable journey that led him from his lowest ebb to win the world s toughest race he opens up about the

personal anguish that has driven him on and what it's like behind the scenes at team sky the brutal training regimes the sacrifices and his views on his teammates and rivals he talks too about his anger at the specter of doping that pursues his sport how he dealt with the rush of taking olympic gold and above all what it takes to be the greatest

like millions of other sports mad gamblers around the world dave farrar loved taking on the bookies but when the girl that he loved walked out on him without explaining why it all went wrong and he embarked on an ill disciplined six month losing streak that made him decide that he was done with punting forever as he started to get over the fact that the girl wasn't coming back he resolved not to give up without a fight but this time he was going to do it properly making sure that he did enough research to take on the bookmakers and win in the perfect punter farrar delves into the detail of every sporting event he'd lost money on in that bad run to make sure that whenever he placed a bet in the future he would know more about it than anyone else he travels around the world following the sporting calendar meeting experts who help him get to the bottom of each event so he can try to win back every penny that he lost from snooker at the crucible and racing at cheltenham to tennis at roland garros golf's ryder cup and the us superbowl the perfect punter is the engrossing story of one man's journey to overcome the odds

outlaws are optional as ceo of the world's most successful outlaw band don orlando should be laughing all the way to the bank but he's not laughing today an exiled duke complete with toadies minstrels and huntsmen has set up camp in the forest just a short ride from outlaw headquarters and that's the sort of thing that plays hell with the asset redistribution business and the busy season's just about to begin in desperation orlando turns to mission implausible albion's premier adventure team it's true that their appetite for beer and gratuitous violence is notoriously insatiable and it's also true that andrew crickshank their mage combines the efficiency of the postal service the predictability of the weather and the destructive potential of a strategic nuclear weapon but hell what have you got to lose quite a bit actually while crickshank studies the shakespeare play as you like it for clues on how to get rid of exiled duke his designated opposite the black mage montmorency arrives on the scene and begins to start stirring things up as if that were not enough titus handcarte the first speaker of east castellian wants to put don orlando out of business by establishing a rural roistering experience in the outlaws forest and has persuaded usurping duke roger to spearhead this operation things do not look good for don orlando caught between an exiled duke on one side and a usurping duke backed by east castellian's army on the other but mission implausible is up to the challenge they can and do call upon gratuitous violence improbable disguises forgery blackmail dubious transvestite rituals shameless piracy of shakespearean plots and occult incompetence handcarte usurping duke roger and exiled duke frederick don't stand a chance especially when montmorency is persuaded to lend his formidable occult and diplomatic skills

life sucks then you find barcaldine this is an unlikely love story

where a city boy heads west and falls madly in love with outback barcaldine western queensland in barcaldine family is everything the matriarch of the family is grandma elizabeth mary sleeman who with her sisters louisa jane and amelia ann rule the family roost a skeleton in the closet emerges which if revealed would shock people to the core city boy kerry with chunda urquhart as his new mate are soon inseparable pushing boundaries and getting into strife so adjust your bicycle seats and come riding with the barcy boys as they swim and fish in the nearby alice river or seek treasure at the local dump building and defending their fort from other barcy gangs with shangeyes as their weapons of choice on busy weekends attend pony club riding rogue adrenalin high stock horses or go roo and pig shooting as a form of family bonding meet up at george s greek cafe for a milkshake and plan their next misadventure or take in a movie in canvas seats where boiled lollies are sucked and young love blossoms however don t be caught in beverley s torch of shame enjoy the trip down memory lane where no one is defriended

professional greyhound trainer kat mckinley is a soft touch when she s talked into having sex with a guy who s just not her type a romp so pathetic it registers minus ten on a sex to die for scale she decides to end the relationship when kat wakes the next morning to find mr wham bam sprawled beside her a knife embedded in his left nipple she wishes she d ended the relationship sooner after that wake up call kat figures life can t nose dive any lower but with a killer out to get her the police suspecting her of murder a misbehaving greyhound a complicated love triangle and a vicious kidnapper who threatens to cut out a child s tongue if her dog big mistake wins his next race maybe it can

on the surface current affairs reporter nicola harvey has the world at her feet she s at the top of her profession part of australian television s celebrity a list has a wealthy successful fiance and a beautiful warehouse conversion in adelaide but appearances can be deceiving and not all is perfect in nicola s world so when her boss offers to send her on an extended research trip to investigate the effects of the drought she jumps at the chance to indulge in some country style relaxation when nicola arrives in the little town of nowhere else nothing is as she expected there s no spa in town the locals are tight lipped and she senses it s not just the drought that is making the town nervous so why has her boss sent her out here the deeper nicola digs into the town s history the more she realises coming to nowhere else wasn t a mistake after all in fact it may just unlock the mystery of her own past and hold the key to her future happiness

sweary direct and oddly helpful a uniquely australian cult hit the guardian the hero of the hour he clearly has chops in the kitchen and he does it without fuss the australian the world s a confusing and chaotic place we thought lockdown was over it wasn t we hoped life would go back to normal it hasn t but nat s what i reckon knows one thing is definitely still true jar sauce can get f cked so to help champions keep levelling up their cooking skills and making ripper feeds from scratch at home nat has created this collection of 25 sh t

hot recipes that will get you out of a jam this is stuff that's simple easy to follow and tastes delicious like honey b stard chicken get f cked roast potatoes and frownie reversal orange chocolate brownie there are no questionable ingredients here purely nat's trademark humour a big dash of cheekiness and some genuinely handy culinary tips to boot death to jar sauce will see you through the good times and the tough times hopefully with a few solid laughs and some awesome food on your plate recipes illustrated by sydney artists bunkwaa glenno warrick mcmiles and onnie o leary like milk in your bolognese nat is the anti hero ingredient that the cooking world never knew was missing alice zaslavsky author of in praise of veg while nat may be swearing at you to f k off over to the stove he does so with sincere encouragement that truly makes people feel capable of their abilities rage abc

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