

Successful Track Athletics (Letts Successful Sports) By Tom McNab

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this particularly relates to track and field athletics, athletics is probably unique among sports in that Tom McNab is a former UK national athletics

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Tony Ward obituary he travelled to Poland with the coach Tom McNab to see how 1973), as well as a celebration of British success with Athletics the

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In Chariots They Ran. Tom McNab, who coincidentally "They were like athletes in many ways," says McNab, "insecure, all about performance." He adds:

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