

RIPLEY READS



The Paleo Diet Cookbook **By Loren Cordain** Recommended by **Mr Fellows, Geography**



Week Commencing 4 December

Mr Fellows has completed the 'Ironman' four times. The 'Ironman' is a triathlon consisting of a 2.4 mile swim, a 112 mile bike race and a 26.2 mile marathon, raced in that order and without a break. It is widely considered to be one of the most difficult one-day sporting events in the world.

Mr Fellows has also completed an open water swim of Coniston Water, from end to end, which is 5.25 miles.

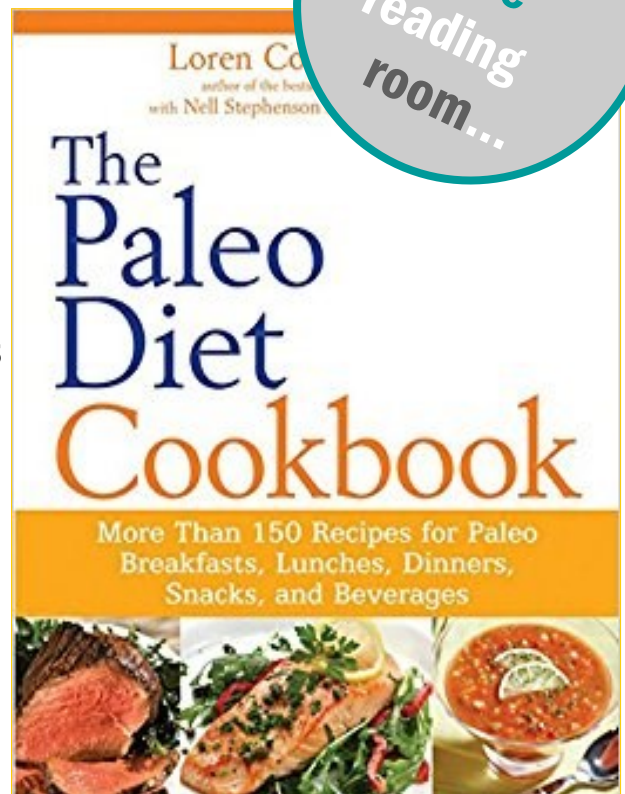
Mr Fellows reads:

- '220 Triathlon' magazine
- Paleo diet cookbooks – for peak athletic performance
- Chimp Management Brain Training, to help people get the best out of themselves and others
- Physiology books such as:
'The anatomy of cyclists' because athletes become injured
- Books by the author Bernard Cornwall
- Autobiographies

A favourite book:

'Danny, Champion of the World'
by Roald Dahl.

Mr Fellows is currently reading:
'Movement Matters' by Katy Bowman



available
in the
reading
room...

the reading room...