



Peter Snell: From Olympian to Scientist, Peter Snell, Garth Gilmour, Penguin Group New Zealand, Limited, 2007, 0143020862, 9780143020868, . The great Peter Snell was one of the most powerful middle-distance runners of all time. He burst onto the international arena as the surprise winner of the 800 metres at the Rome Olympics in 1960, and in Tokyo in 1964 he won gold medals over 800 and 1500 metres. In all he held eight world records. Since that time world-class runners have broken Snell's records over those distances, but nobody - before, during or since - has come close to matching Snell's withering power over the final few hundred metres. After retiring from running at an early age, Snell went to work and study in the United States. As a self-confessed high-school underachiever, unused to academic study, he initially struggled. But he went on to obtain two university degrees and is now an acknowledged world expert on aging, exercise, nutrition and human performance. This biography is the full account of Peter Snell's life as sensational athlete and respected scientist and academic. It picks up the story from Peter's first biography No Bugles, No Drums, which was published in 1965..

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The Runner , Cynthia Voigt, Jun 1, 2005, Juvenile Fiction, 320 pages. As a dedicated runner, a teenage boy has always managed to distance himself from other people until the experience of coaching one of his teammates on the track team gradually

No bugles, no drums , Peter G. Snell, Garth Gilmour, 1965, Sports & Recreation, 240 pages. .

Abel Kiviat, National Champion Twentieth-century Track & Field and the Melting Pot, Alan S. Katchen, 2009, Biography & Autobiography, 391 pages. .

Tired of Not Sleeping? Dr Sandra Cabot's Wholistic Program for a Good Night's Sleep, Dr Sandra Cabot, Nancy Beckham, ND, Sandra Cabot M D, Jan 1, 2005, , 195 pages. Detailing the latest information on the correct use of anti-depressants and sleeping pills and comparing them against natural herbal and nutritional sleeping remedies, this

Lore of Running , Timothy Noakes, 2003, Sports & Recreation, 931 pages. Dr. Noakes explores the physiology of running, all aspects of training, and recognizing, avoiding, and treating injuries. 133 illustrations..

On the Wings of Mercury The Lorraine Moller Story, Lorraine Moller, Jan 1, 2007, , 360 pages. Lorraine Moller is one of New Zealand's greatest women distance runners. Four times an Olympic contender, winner of three Avon Women's Marathons, winner of the Boston Marathon

Willie Apiata VC The Reluctant Hero, Paul Little, Jul 8, 2009, , 255 pages. 'At 0900 on Sunday 01 July my CO handed me three letters to read. The first was from the Governor General, the second from the Prime Minister and the third was from the

Running With Lydiard , Arthur Lydiard, Garth Gilmour, 2000, Sports & Recreation, 207 pages. Arthur

Lydiard's name has become synonymous with training methods used by the world's top middle and long-distance runners. This manual contains information on exercise

Use It Or Lose It Be Fit, Live Well, Peter Snell, Dr. Ph.D., Garth Gilmour, Dec 27, 2006, , 199 pages. Use It Or Lose It is the former great Olympic champion Peter Snell's challenge to us as we contemplate health and fitness in old age. After researching this subject as a

The Official Tour De France Centennial 1903-2003, Lance Armstrong, Sep 1, 2004, , 359 pages. Presents a history of the Tour de France bicycle race and a year-by-year examination of each race from 1903 to 2003..

Demon of the Waters The True Story of the Mutiny on the Whaleship Globe, Gregory Gibson, Sep 1, 2002, , 477 pages. Documents the mutiny aboard the whaler Globe, which was organized by twenty-one-year-old Samuel Comstock, his plan to build an island kingdom, and the rescue voyage of the Navy

An Honorable Run , Matt McCue, Jul 30, 2009, , 157 pages. What is the name of the coach who changed your life? As a young runner, I had two: Coach Wetmore and Coach Brown. Single-minded, driven to escape small town Iowa, I ran to win

Runners & Other Dreamers , John L Parker, Jr., May 1, 1998, , 211 pages. This collection of fine profiles, essays, and memoirs pries into some truly enigmatic places with profiles on Jim Ryun, Pat Porter, Barry Brown, Frank Shorter and others

Doctor on Everest Emergency Medicine at the Top of the World-A Personal Account of the 1996 Disaster, Dr Kenneth Kamler, M.D., Oct 1, 2000, , 305 pages. Dr. Kenneth Kamler gives his personal account of a disastrous 1996 climb of Mount Everest in this never-before-seen portrait of how medicine is performed and lives are saved

Rescue in the Southern Ocean , Tony Bullimore, 1997, Transportation, 96 pages. A day-by-day photographic account of the rescues of Vendee Globe yachtsmen Tony Bullimore, Thierry Dubois and Raphael Dinelli. Proceeds from the sale of the book go to the

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