



# Can't Swim, Can't Ride, Can't Run: From Common Man to Ironman

*Andy Holgate*

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**Can't Swim, Can't Ride, Can't Run: From Common Man to Ironman** Andy Holgate

**Shortlisted for Best New Writer of the Year - The British Sports Book Awards 2012**

This book is both a lesson in true grit and determination, but its goal is one that is attainable. Andy isn't a sporting superstar, he holds down a nine-to-five job and all the pressures that go with it; he isn't blessed with speed and talent; there are no multi-million pound sponsorship deals; yet this remarkable "common man" is inspiring in a way that some of today's sporting superstars have forgotten how to be. You wouldn't recognize Andy in the street, yet his story provides valuable lessons to us all: "Never give up" and "Anything is possible".

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