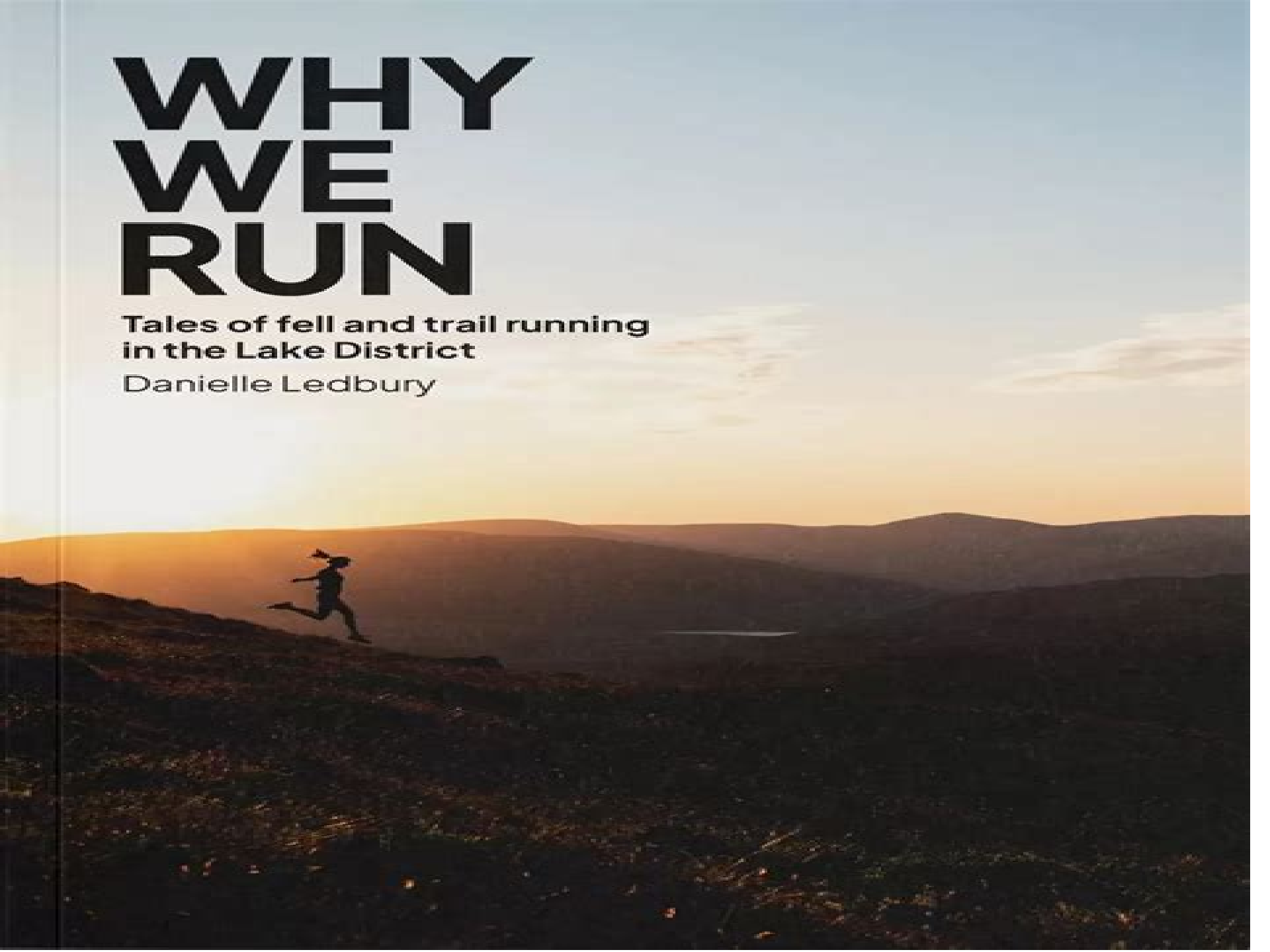


WHY WE RUN

**Tales of fell and trail running
in the Lake District**

Danielle Ledbury



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