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**By Steve Trew**

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Genre/Form: Electronic books: Additional Physical Format: Print version: Trew, Steve. Be your best at triathlon. London : Teach Yourself, 2010 (OCoLC)465367779

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Steve Trew is the author of Be Your Best at Triathlon (3.33 avg rating, 3 ratings, 0 reviews, published 2010), Teach Yourself Triathlon (2.67 avg rating, [http://www.goodreads.com/author/show/854000.Steve\\_Trew](http://www.goodreads.com/author/show/854000.Steve_Trew)

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Steve Trew s company, Steve is also a facilitator/presenter for Johnson and Johnson. Teach yourself Triathlon

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