

Paddy Doyle

Pure Grit

Ranked the `World Fitness Endurance Champion,` he has broken a staggering career total of 171 Course, Regional, National, British, European and World strength speed stamina records around the globe. In the eyes of his many admirers he is a true legend ... a sporting phenomenon. The Midlands based `World Endurance Athlete` has devoted his life to an inextinguishable passion for sport. But what makes him tick ? What turns him on and keeps him going ?

In Pure Grit , the gritty ex - paratrooper and Black Belt 3 DAN martial arts instructor talks of his traumatic and troublesome past which he had to go through to become the World's Number One for holding the most fitness endurance records under several different sporting categories. He describes how he transformed his world from that of a teenage tearaway, a trouble maker in bars and clubs, to a sporting great.

He outlines his heroic athletic conquests, his hopes for the future, his dearest wishes ... and his greatest fears.

`Pure Grit` investigates the magnificent mental attitude of the World's undisputed stamina endurance king, and visits Paddy Doyle's shrine ... a spit and sawdust gymnasium in a Birmingham suburb, where the toughest of the tough are reduced to sweat, blood and tears. Qualified professionals from the sporting world will give their opinions and scientific evidence. Some of world's most famous athletes look up to Paddy Doyle as an amazing example. They all admire him, but they know they can never beat him. Pure Grit biography will be published in July 09 price £8.99. To order please email pdoyle125@yahoo.co.uk