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Fry's personal point of view; it analyses this male-dominated extreme sport from a woman's perspective; it lays bare the pressures on personal life of any such total commitment; and it is very frank about the lengths a person will go to in order to succeed.

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Lucy Fry was pretty certain she knew her limits. And here's how she felt about the component parts of triathlon:
swimming - fairly terrifying, especially in open water.

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how she felt about
the component parts
of triathlon:
swimming - fairly
terrifying, especially
in open water.
Cycling - brilliant

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