

Downhill from Here:

Running from John O'Groats to Land's End

Gavin Boyter

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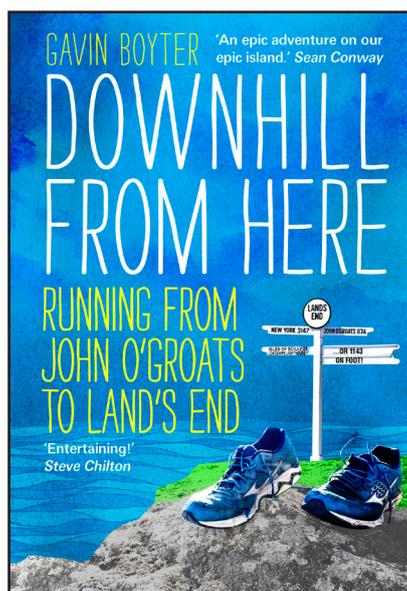
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'We live on the best island in the world and what better way to explore it than on foot. Downhill from Here is an epic adventure on our epic island. Makes me want to run it all over again.'

-Sean Conway, author of *Cycling the Earth*



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ABOUT THIS BOOK

Approaching his middle forties, Gavin Boyter wondered what his life was all about. A Scot living in London, single and with no kids, he was living for the job and the dwindling hope of a career in film. He had been a club runner all his life, pretty good but not at the front all that often. He was what he called an ordinary runner and he came to wonder just what an ordinary runner might be capable of. How about John O'Groats to Land's End, the longest linear run in Britain, and how about making a film of it? And how about writing a book? As usual, Gavin was neither the first nor the quickest but Downhill from Here is his real triumph, written in such an engaging and witty voice the reader accompanies him every step of the way.

SALES AND MARKETING HIGHLIGHTS

- The author ran and filmed the 1143 mile route including the West Highland Way, Pennine Way, Birmingham-Stratford Canal and Cornish Coast

ABOUT THE AUTHOR

Gavin Boyter is an Edinburgh born writer and filmmaker whose first feature film Sparks and Embers was released in December 2015. A keen runner since his thirties, Gavin once ran 102 miles in a single day. His running superfood is chocolate cake. He lives in London but pines for Scottish mountains.



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