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The Perfect Distance is both a detailed re-creation and a fitting celebration of the greatest era of British athletics.

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Abstract. Ovet and Sebastian Coe presided over the golden era of British athletics. Between them they won three Olympic gold medals, two silvers, one bronze, and broke a total of twelve middle-distance records. As far apart as possible in terms of class and ...

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The book delves into the roots/family influences of the two very talented

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middle distance runners including Ovetv's very influential mother and Coe's father and coach. The author captures the excitement of breaking world records, running in the Olympic games and the expectations associated with being athletes at thier prime.

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This is a very detailed and rich biography not only of Ovet and Coe but of history of the mile particularly from the British view point. As the author notes, the emergency of Ovet and Coe strides right into British middle distance runners dominating the world scene in the late 70s and early 80s with Cram, Elliott and Moorcroft.

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Stephen Michael James Ovet OBE ( / oʊvɪt /; born 9 October 1955) is a retired British track athlete. A middle-distance runner, he was the gold medalist in the 800 metres at the 1980 Olympic Games in Moscow, and set several world records for 1500 metres and the mile run and a world best at two miles .

## Steve Ovet - Wikipedia

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