



Operation Ironman: One Man's Four Month Journey from Hospital Bed to Ironman Triathlon

George Mahood

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“...George's books just keep getting better...” “...laugh out loud funny (note to self, don't read it on the tube)...” “...it won't fail to entertain, enthral and motivate...” “...hilarious and heart-warming...”

“...inspiring, poignant and humorous...” “...I laughed, I cried, and am proud of a man I have never met...”

Operation Ironman follows George Mahood's inspiring and entertaining journey from a hospital bed to an Ironman triathlon. After major surgery to remove a spinal cord tumour, George set himself the ultimate challenge – a 2.4 mile swim, a 112 mile bike ride, and a 26.2 mile run, all to be completed within 16 hours. He couldn't swim more than a length of front crawl, he had never ridden a proper road bike, and he had not run further than 10k in 18 months. He had four months to prepare. Could he do it?

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