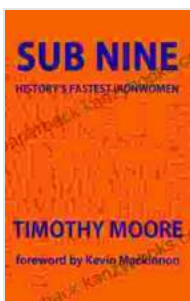


Sub Nine History: Fastest Ironwomen

A remarkable story of passion, determination, and athletic excellence.

Authors: Chris McCormack and Michelle Dillon

Publisher: VeloPress



Sub Nine: History's Fastest Ironwomen

★★★★★ 5 out of 5

Language : English
File size : 277 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 136 pages
Lending : Enabled



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Pages: 288

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Weight: 2 pounds

In the world of triathlon, the sub-nine-hour Ironman is a legendary achievement. Only a handful of women have ever accomplished this feat, and their stories are inspiring tales of perseverance, dedication, and athleticism.

In **Sub Nine History: Fastest Ironwomen**, authors Chris McCormack and Michelle Dillon tell the stories of these remarkable women. Through in-depth interviews and exclusive access to training logs and race data, they reveal the secrets of their success and provide an intimate look at the challenges and triumphs they've faced.

The book features profiles of:

- **Chrissie Wellington:** The most successful female Ironman athlete in history, with four world championships and a sub-nine-hour time at the 2011 Ironman World Championship.
- **Mirinda Carfrae:** A two-time Ironman World Champion and the first woman to break the nine-hour barrier at the Ironman World Championship in 2014.
- **Daniela Ryf:** The current Ironman World Champion and the only woman to have won the race three times in a row.
- **Lucy Charles-Barclay:** A rising star in the sport, who has already set several course records and is considered a strong contender for the Ironman World Championship title.

In addition to the profiles, **Sub Nine History** also includes:

- A history of the Ironman World Championship

- An analysis of the factors that contribute to success in Ironman racing
- Tips and advice from the world's top female ironwomen

Whether you're a seasoned triathlete or just a fan of the sport, **Sub Nine History** is a must-read. It's a fascinating and inspiring look at the extraordinary women who have pushed the limits of human endurance.

Reviews

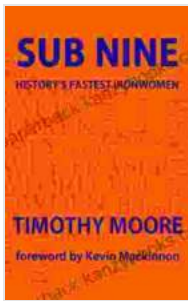
"Chris McCormack and Michelle Dillon have written a truly inspiring book about the fastest ironwomen in the world. This is a must-read for anyone who loves triathlon or is interested in the stories of incredible athletes." – **Matt Fitzgerald**, author of *Racing Weight*, *80/20 Running* and *Iron War*

"Sub Nine History is a fascinating and insightful look at the world of Ironman racing. McCormack and Dillon provide an intimate look at the lives and stories of the women who have achieved the sub-nine-hour Ironman, and their insights are invaluable for anyone who wants to improve their own performance." – **Dave Scott**, six-time Ironman World Champion

"This book is a celebration of the human spirit. McCormack and Dillon have captured the essence of what it means to be an Ironman, and their stories of these amazing women will inspire you to dream big and achieve your own goals." – **Mark Allen**, six-time Ironman World Champion

Free Download Your Copy Today!

Sub Nine History is available now from all major booksellers. Free Download your copy today and be inspired by the stories of the world's fastest ironwomen.



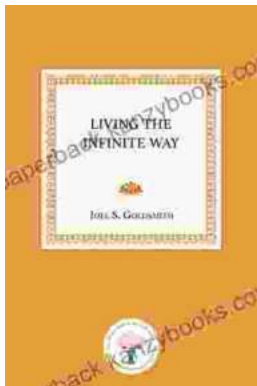
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