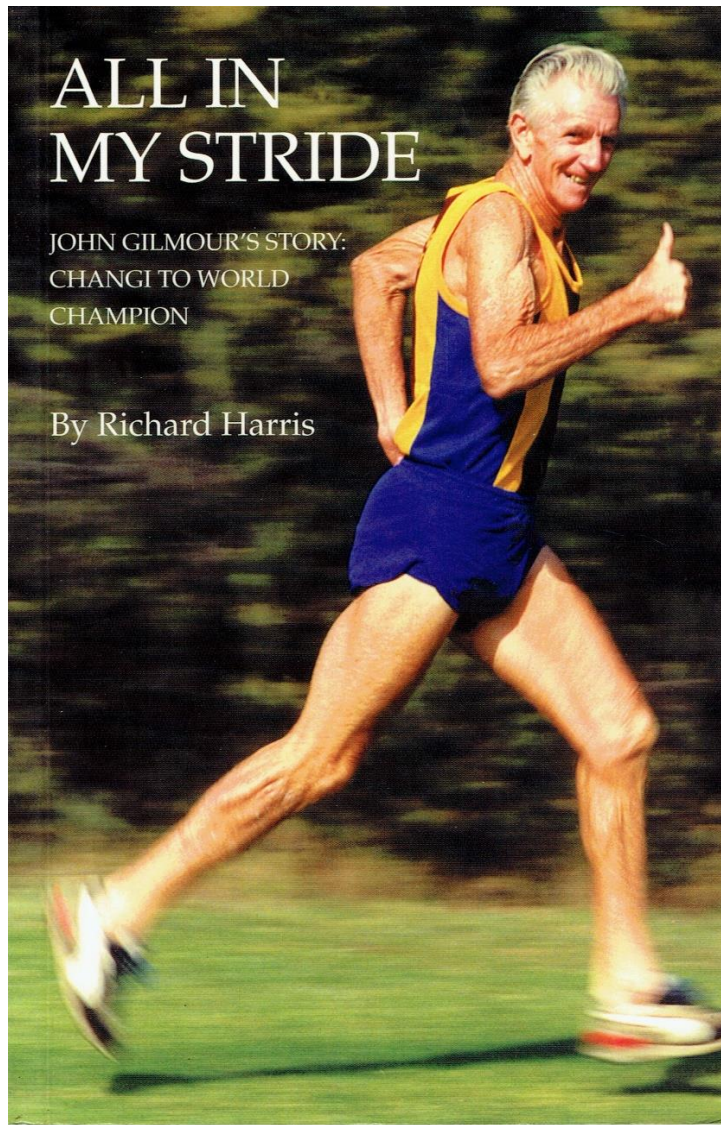


'All in My Stride' by Richard Harris

John Gilmore's Story 'Changi to World Champion'



Richard Harris was born near Gateshead, England, and now lives in Western Australia.

He was a journalist with various newspapers and co-ordinated public relations for a major government department for many years before retiring in 1998.



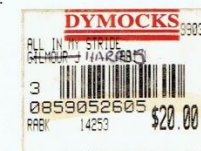
Richard Harris

He wrote **John Gilmore's** story as a message of hope to people of all ages everywhere - to have a vision, to keep going, and to take setbacks in one's stride. It is more than a book about running. It is about the strength of the human spirit when adversity is shared, the support provided by friends, how a little bit of hope will take you a long way and, of how small acts of kindness from strangers can be of value beyond measure.

The book tells of his early days living in a group settlement in the South West of Western Australia, the struggle for survival during the Great Depression, enlistment in the Army as a fit young man, and his coming to terms with major damage to his eyesight through malnutrition in Changi gaol. Worse was to come - nightmare years as a slave labourer in Japan.

On his subsequent return to Japan as a world champion veteran athlete he received the respect of his rivals and honours from the authorities.

John Gilmore's story is an inspiration to all.



[This book can be purchased online](#)