

Redemption: From Iron Bars to Ironman

By John McAvoy, Mark Turley

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Redemption: From Iron Bars to Ironman is the fascinating, frightening and inpirational autobiogaphy of former career ciminal, now world-record holder and endurance athlete John McAvoy. Born into a notorious London crime family, his uncle Micky was one of the key players in the legendary Brinks-Mat gold bullion caper. John bought his first gun at 16 and carved out a lucrative career in armed robbery. At one point he was one of Britain's most-wanted men, and it took two spells in prison and the death of a close friend during a heist to change his path. During his second stint in prison he discovered a miraculous natural talent while serving life on Belmarsh high security wing - where fellow inmates included Abu Hamza, the hook-handed extremist cleric, and the 7/7 bombers. John broke three world rowing records while still in jail, and since his release he has become one of the UK's leading ironman competitors and hopes to turn pro later this year. Redemption is the ultimate story of sporting salvation.

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Editorial Review

About the Author
John McAvoy has collaborated with Mark Turley to write his life story. Mark is the author of four books including Journeymen: The Other Side of the Boxing Business and Wiped Out: The Jerome Wilson Story. He has been published in the Telegraph, FHM, Boxing News and many other publications and websites. His work was longlisted for the William Hill prize 2015 and named among the Guardian's best sporting books for the same year.

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