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By Rod Ellingworth .pdf**

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Rod became a coach for British Cycling, and is responsible for helping to mould British cycling into a world Rod Ellingworth: Project Rainbow

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Rod ellingworth (author of project rainbow) -

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Rod Ellingworth (born 11 August 1972 He was the coach for British Cycling's U23 Academy with the aim to creating a team and a rider strong enough to win the

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