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Co-authored by Yarns with Beef and Matt


This weeks Yarn, brought to you by LSKD and Frog Grips is with the phenomenal, Alethea BOOOOOOON!!! Commonwealth Games, CrossFit Games, Gladiator, Mum and an inspiration to us all. What can't this incredible woman do?



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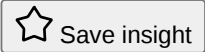
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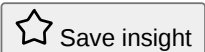
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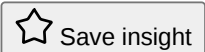
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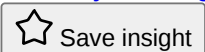
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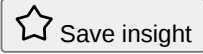
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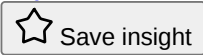
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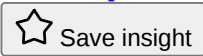
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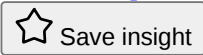
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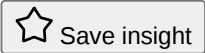
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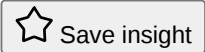
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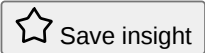
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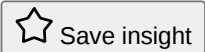
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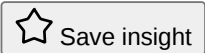
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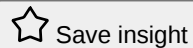


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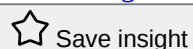


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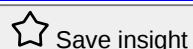


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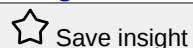


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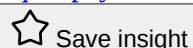
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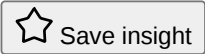
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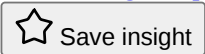
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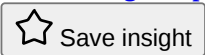
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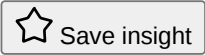
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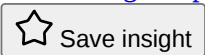
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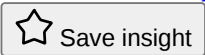
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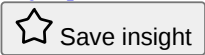
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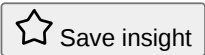
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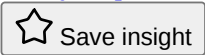
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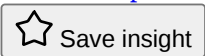
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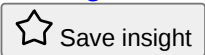
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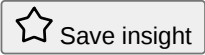
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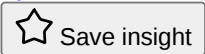
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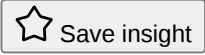
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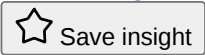
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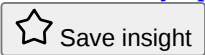
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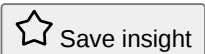
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