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## This Mum Runs PDF



by Jo Pavey : **This Mum Runs**

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Description :

PDF-af8cc | The inspirational story of athlete Jo Pavey, the runner and mum who ran at a record-breaking fifth Olympic Games at Rio 2016. 'Come-back races? I've had more than a few, the night of 10 May 2014 was the ultimate long shot. I was a forty-year-old mother of two who had given birth eight months before. I trained on a treadmill in a cupboard by the back door and I was wearing a running vest older than... *This Mum Runs*

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