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## This Mum Runs PDF



by Jo Pavey : **This Mum Runs**

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Description :

PDF-af8cc | "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 most of the girls I was competing against. Was I crazy?"The inspirational story of athlete Jo Pavey, the runner and mum who ... *This Mum Runs*

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