

“RUN is a friendly, encouraging, supportive community helping women to get the best they can be!”  
Naila McAndrew

# RUN MUMMY RUN

Inspiring Women  
to Be Fit,  
Healthy and Happy



Leanne Davies and  
Lucy Waterlow



# Run Mummy Run

**Cathy Glass**



## **Run Mummy Run:**

**Run Mummy Run** Leanne Davies, Lucy Waterlow, 2018-01-11 Gathering the very best of the advice and tips from the Run Mummy Run network founder Leanne and co writer Lucy have created this comprehensive beginner's guide to running. Filled with down to earth advice, training schedules and inspirational stories, this book will help you to be fit, healthy and happy.

**Encore Run Mummy Run** Cathy Glass, 2011-10-05 [Run, Mummy, Run](#) Cathy Glass, 2011-04-14 From the author of Sunday Times and New York Times bestseller *Damaged*, the gripping story of a woman caught in a horrific cycle of abuse and the desperate lengths she must go to to escape.

**Sorted: The Active Woman's Guide to Health** Juliet McGrattan, 2017-04-06 WINNER OF THE POPULAR MEDICINE BOOK OF THE YEAR 2018 BMA BOOK AWARDS. RUNNING AWARDS 2019 TOP BOOK. Juliet talks with you, not at you, and her enthusiasm for the joys of an active lifestyle is bound to inspire millions of women of all ages to lead healthier, fitter and much happier lives.

Lisa Jackson, author of *Your Pace or Mine*, *What Running Taught Me About Life*, *Laughter and Coming Last*, A friendly, accessible handbook that gives you a top to toe MOT to help you stay fit and well. From wearing the right bra or exercising during your period to recovering from illness or keeping active during pregnancy, Juliet's advice will soon have you sorted and on the road to health.

**Marathon Woman** Kathrine Switzer, 2017-04-04 A new edition of a sports icon's memoir coinciding with the 50th anniversary of Kathrine Switzer's historic running of the Boston Marathon as the first woman to run. In 1967, Kathrine Switzer was the first woman to officially run what was then the all-male Boston Marathon, infuriating one of the event's directors who attempted to violently eject her. In one of the most iconic sports moments, Switzer escaped and finished the race. She made history and is poised to do it again on the fiftieth anniversary of that initial race when she will run the 2017 Boston Marathon at age 70. Now a spokesperson for Reebok, Switzer is also the founder of 261 Fearless, a foundation dedicated to creating opportunities for women on all fronts, as this groundbreaking sports hero has done throughout her life. Kathrine Switzer is the Susan B. Anthony of women's marathoning. Joan Benoit Samuelson, first Olympic gold medalist in the women's marathon.

[Uncle John's The Haunted Outhouse Bathroom Reader For Kids Only!](#) Bathroom Readers' Institute, 2013-08-13 Horror, history, science, mystery and eerily twisted tales. Follow Uncle John into a world so frighteningly funny it could only come from the Bathroom Readers' Institute. What do you get when you cross a classic scary story such as *The Tell Tale Heart* with Uncle John's trademark sense of humor? You get *The Tell Tale Fart Pee-uw*. And that's just one of many twisted classic and original tales of humor and horror you'll find inside *The Haunted Outhouse*. You'll also find a spine-tingling collection of facts about topics such as real-life mad scientists, history's terrible tyrants and the world's deadliest weather. Uncle John's Scare Fest is packed with page after page of crafts, recipes, poems, jokes, tongue twisters and experiments straight from Dr. Johnsenstein's Laboratory. Graphic novel style tales add plenty of illustrated pages to the mix. This haunted book of horrors could only come from the Bathroom Readers' Institute, and it's For Kids Only. ENTER IF YOU DARE. You'll find terrifying tales including *Revenge of the Meatloaf*, *The*

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