



I am excited to announce that I am Rutland Water parkruns new Run Mummy Run , Run Buddy! My aim is to get more ladies and children to come and join us at parkrun, I will be a point of contact for anyone attending who has never been before or a little nervous. My meeting point will be at L'Oliveto

Restaurant, On Saturdays from 8.30am, situated at Normanton Road, South Shore, Rutland Water, Edith Weston, LE15 8HD. My role will be to encourage, be a point of contact for and also to run with you if required! Children are encouraged to also come and join us (I usually have all 3 of my children with me and also run with a running buggy) don't feel like you can't run, everyone can run, no one is too slow, too old, not the right weight, everyone is welcome and you'll never be last as we have a designated tail runner who is there to support and encourage everyone on route, even the walkers. We are also always looking for volunteers if you feel not quite ready to get out there but want to be involved. There is also a discount parking of £1 when you show your barcode (you can register on the parkrun website www.parkrun.org.uk and select Run Mummy Run as your running club) Please do message or call me on 07949200673 if you have any questions or email me on carmelkeegan@hotmail.com feel free to share or pass on to anyone who wants to run or start running.

<http://www.parkrun.org.uk/>

<http://www.runmummyrun.co.uk/>

<http://www.parkrun.org.uk/rutlandwater/>

<https://www.facebook.com/carmel.keegan.3>

