

**A
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**RUNNING REMINDS
YOU THAT EVEN IN
YOUR WEAKEST
MOMENTS, YOU ARE
STRONG**

THIS MONTH I AM GOING TO RUN.....

MON	TUES	WED	THUR	FRI	SAT	SUN
						1ST
	31ST	TOTAL DISTANCE:				



Medals with distances to suit you, with a donation from every live event sale given to charity.