

FIONA BRATTLE

MOT
MODELS



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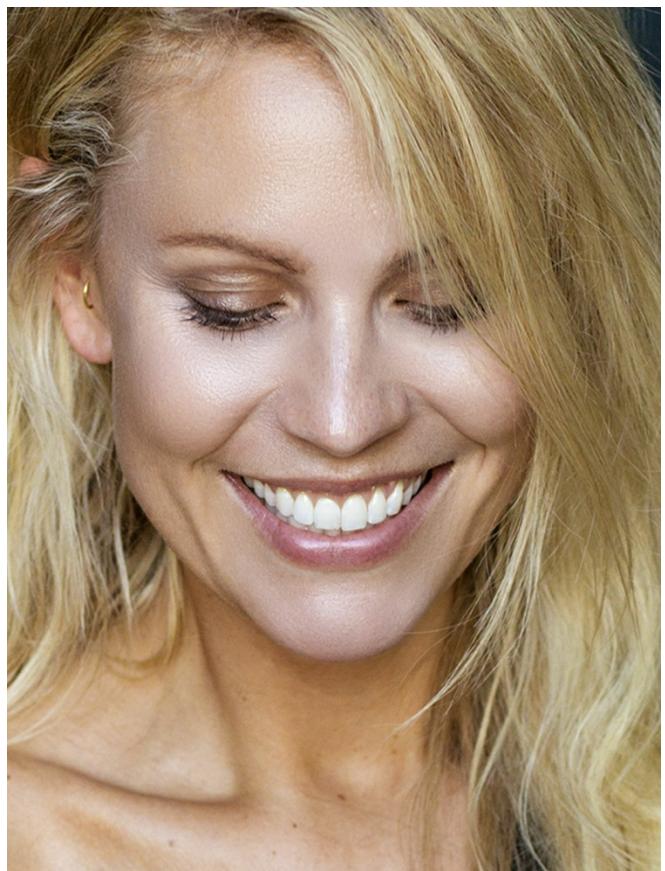
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THE UK'S FIRST RUNNING MAGAZINE JUST FOR WOMEN

women's running

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IT'S YOUR TIME!

LOSE WEIGHT NOW!

ONE PLAN TO BURN MORE FAT

YOUR HALF MARATHON GUIDE

- ✓ Pick your own plan
- ✓ Injury-free mileage
- ✓ 12-week schedules
- ✓ Run your perfect race

GET FIT WITH INTERVAL TRAINING

WHY IT REALLY WORKS

RUN YOUR NEXT PB!

TEN BEST FLAT RACES

SWIMMING

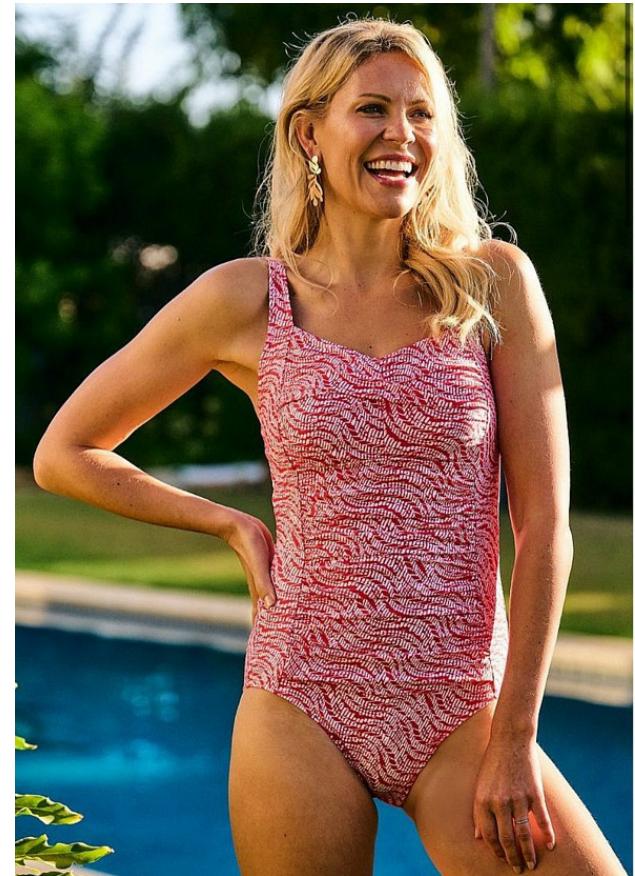
REAL-LIFE
'Running helped me lose five stone'

LEARN TO LOVE LONG RUNS
Relight your running passion

EAT THIS, NOT THAT
15 easy ways to save 400 cals

STAYING YOUNG
'I'm 71 and run marathons'
One inspirational woman's story

FOOD ALERT!
SPICES TO BOOST RECOVERY

A full-body photograph of Fiona Brattle in athletic wear. She is wearing a red tank top with white trim and black shorts. She is standing with her arms crossed and looking towards the camera.

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