



On 15th March 2017 Our Lady of Fatima School introduced a free nine week programme called 'Couch to 5K' for parents and friends led by 'Run Birmingham'. The programme started gently and built up each week, finishing off with a 5K run. Not only did three parents exceed the nine week programme and complete all the training, but they ran a phenomenal **10K** on **17th July 2017**. They were awarded with medals for their tremendous efforts. There is even talk about them taking part in the Birmingham Half Marathon in October 2017. Well done ladies.... we are all very proud of you!

