

HAVING a child, living on an island, running a restaurant and organising a self-catering cottage has done nothing to slow one Mull woman down. Serena Coyle, who runs *Mediterranea* in Salen, is running in the New York marathon in November and had a practice run recently by completing the Mull half-marathon - pushing her year-old son in his baby jogger buggy.

‘Living on Mull is ideal to train for a marathon,’ she said, ‘lots of roads to go for runs with little traffic but I mainly do fell running.’ Being pregnant with Sam last year did not stop her from taking part in the Mull half-marathon, organised by Babs Whyte, her marathon partner, because she walked the distance from Craignure to Salen in 3hrs 45mins even though she was eight months pregnant.

This year she again wanted to take part and, as she goes running pushing Sam in his special aluminium-framed buggy, she decided to do the race with him too.

She joined 120 other runners in the half-marathon and completed the course in 1hr 58mins with Sam sleeping blissfully through it all, only to wake up on the finish line.

The only drawback was the wind which made it hard work pushing the buggy one handed.

Serena, originally from Palermo, Sicily, only started running again in March but decided to aim for the

Marathon Mother Gets Kids Going



New York marathon along with Babs.

But she won't be taking Sam in the buggy: ‘On Sunday I started at the back but then found myself starting to overtake and found it difficult to get a space for the pram because it has a big wheel in front.’ In New York, there will be too many people to use the baby jogger but Serena is looking forward to the marathon as she has never been to New York before. She has run in a number of marathons in the past, including Paris, Amsterdam, Edinburgh and Fort William, but this time she is juggling running the restaurant and self-catering cottage with looking after Sam and training.

‘You have got to find the time and slot it in with other things,’ she said. ‘If you don't do it...I really need to have that space for me. I can get out with Sam in the buggy.’

Babs and Serena are running the marathon on behalf of the charity Get

Kids Going, which provides equipment that allows children with disabilities to play sport.

Serena said she had run for cancer charities in the past but felt an affinity to this charity since having her son because she felt she was lucky to have a child that was fit and healthy and because she loved running.

Serena is not the only runner in her family, her husband, teacher John Coyle, is a regular winner of the hill race at Mull Highland Games.

He has also managed to gain a much-sought-after place in the Ben Nevis Race, which takes place in September.