

HELEN SADLY PASSED AWAY PEACEFULLY IN HER SLEEP
AT 2.30AM ON SATURDAY 15TH JULY 2017

HER FUNERAL WILL BE HELD ON FRIDAY 28TH JULY AT
11.45 AT ST FAITHS CREMATORIUM FOLLOWED BY FUNERAL
TEA AT PARK FARM, HETHERSETT

FAMILY FLOWERS ONLY AND DONATIONS, IF ~~PLEASE~~ ^{DESIRED}, TO
THE BIG C.

AS IS HELEN'S WISHES NO DARK COLOURS ARE TO BE WORN.

MUM HAD RUN 149 PARKRUNS BEFORE SHE BECAME POORLY
AND WANTED TO DO HER 150TH BUT IT SADLY WASN'T MEANT
TO BE. MY DAD HAS PROMISED HER HE WOULD RUN/WALK
HER 150TH AND ^{HOPEFULLY} WE WILL BE DOING THIS AT MULBARTON
PARKRUN ON SATURDAY 29TH JULY - EVERYONE WELCOME

FINALLY MUM NEVER FELL IN LOVE WITH RUNNING BUT
WHAT SHE DID LOVE WAS THE SOCIAL SIDE AND THE
PEOPLE AT WAC AND I JUST WANTED TO SAY THANK YOU
FOR ALL THE LOVE AND SUPPORT EVERYONE HAS SHOWN
MUM OVER THE PAST ^{EIGHT} YEARS AND THANK YOU FOR
THE LOVE AND SUPPORT YOU CONTINUE TO SHOW MY
MUM AND I AT THIS TIME

LOVE

CHRISJIE.