

**FULL FAT** © Sharon Wright  
**By Sharon Wright**

**Synopsis**

Inspired by the Olympics, three friends take part in a fun run to lose weight – and discover it *is* the winning that counts.

**Characters** (all female)

**YASMIN:** Quite glam, loves social media, reads *Grazia*

**BABS:** Most overweight, always on a diet, no confidence

**SONIA:** Good job, coming to end of maternity leave, feisty

**LINZI:** Body conscious, vain, won't admit to real age

**Sets**

The park can be an empty stage, the café one table and three chairs.

OPENING MUSIC: Fat Bottomed Girls by Queen

**Scene 1: The park**

*BABS, YASMIN and SONIA speed walk on stage, bright red, sweaty and breathless. SONIA is pushing a buggy and BABS a push-along trike. BABS is wearing some Masai walking shoes and keeps tripping.*

BABS

It's fine as long... as you can... still... talk...

SONIA

But you have to be [*gasp*] a bit breathless...

BABS

Comfortable... but out... of breath... don't want a... heart attack. [*Pauses to wiggle shoe*].

These wonky trainers are killing my ankles...

SONIA

Swing your arms! Uses [*gasp*] twice the calories...

Comfortable... breathless... arms...

BABS

And don't forget to pull in your stomach muscles...

[*falls over*]

Bugger!

SONIA

Get some proper trainers, you nutcase. A 5k race is enough to tone your legs without some daft shoes.  
*[Puffing]* God this is... knacker. The things you do to lose weight...

(End scene1)

MUSIC: Tubthumping by Chumbawamba

**Scene 2: Coffee shop**

*The women sit at a table, calling orders offstage*

BABS

...I'll have a skinny latte with five sweeteners... and one of those blueberry muffins. We did go round twice.  
*[Mops her face]*

SONIA

And I'll have a flapjack. It's only fruit, isn't it? The swings are about two miles from the duck pond, don't you think? That's definitely more than a flapjack. Don't want to get fanatical or anything.

*[SONIA goes to collect tray with their order]*

SONIA

But listen, the race is 5K and, like, actual running. We have to try proper running next time. It's only four weeks off! I read this article saying running is the number one way to burn fat. Look at that Jessica Ennis. Not an ounce of lard on her.

*[They all look down at their muffin tops, disappointed. Then take big bites out of their cakes. BABS pushes a bit of blueberry muffin at the 'baby' ALFIE.]*

SONIA

Is this latte definitely a skinny?

*[Sips suspiciously].*

Tastes too nice to be skimmed. Skimmed milk is basically white water, isn't it? Does Alfie want some oatcakes, Babs? They're organic...

*[rumages in bumbag and hands one to her 'baby' in pram]*

BABS

Doubt it, he'll have your hand off if you take that off him. He's only eating the muffin because he likes blue food.

*[They notice YASMIN sitting strangely with her eyebrows going up and down]*

SONIA

What are you doing, Yas?

YASMIN

Er... Pilates.

SONIA

Pelvic floor panic?

YASMIN

Yup.

BABS

I went to Pilates once, but kept laughing when she said 'pull up your back passage first...' It was the terrible fear she was going to use the term 'front bottom'.

YASMIN

God, three kids and mine's completely shot. Could all fall on the floor at any moment.

*[Pause]*

Can that happen?

*[Looks worried]*

SONIA

You're best off not knowing, love. I went on Ella's trampoline in the garden yesterday. BIIIG mistake.

*[Everyone winces and nods]*

BABS

So – what would you say, then?

YASMIN

Say when?

BABS

At Pilates, if you were the teacher. For pelvic floor exercises...

YASMIN

I don't know. 'Bum clench first ladies, now foof in... and hooold.'

BABS

'Lady gardens.... ALOFT!'

*[All burst out laughing and, as one, simultaneously cross their legs]*

YASMIN

Oh God, don't make me laugh...

BABS

Or sneeze...

SONIA

Or trampoline!

*[All hoot and cross legs again.]*

(End scene 2)

MUSIC: Run, Run, Run by Velvet Underground

### **Scene 3: The park**

*BABS and SONIA are getting ready to train, stretching and adjusting sweatbands and bumbags when YASMIN turns up with wet hair.*

BABS

Been swimming? Is wet hair a good idea in this weather?

YASMIN

No.

*[Tuts, Whips out scrunchie and ties wet hair back]*

Hairdressers. I wanted to look my best for some Facebook photos of me being sporty, looking all fit and... and... but now...

*[Flips wet ponytail, furious]*

SONIA

What? No time for the blowdry?

YASMIN

*[Deciding to be honest]* They said I had 'lice eggs' and asked me to leave! It was MORTIFYING!

*[They all look at her]*

YASMIN

I DO NOT have nits, actually. We got rid of the bloody things last week after the latest letter from the school. What do they do in Year 1 – walk around with their heads stuck together like Velcro?

*[Sniffs in annoyance]*

It was dandruff. Which is bad enough. They all watched me leave in silence like I had rabies... That snooty Louise from Pilates was there. I could have died.

SONIA

*[Trying to take a step back without looking too obvious]*  
Apparently nits are virtually indestructible these days. It'll be just them and the cockroaches having a party after we're all dead from a dirty bomb.

BABS

Have you tried tea tree oil shampoo? Hippy Helen says they hate it.

YASMIN

Yes I bloody have. When the kids were at nursery and I was still falling for the 'natural' crapola. Now it's chemical grade weapons of nit destruction at the first itch.

*[They all look at her again.]*

YASMIN

NOT THAT I'VE GOT NITS! IT WAS DANDRUFF!

*[They carry on limbering up pausing to cough or wince, they really aren't that fit.]*

SONIA

Problem with that NitsBeGone stuff is the smell. Does the job, but you whiff all day. I once did it before I went for my hair cut, next thing I know Claudio is asking what that 'lovely smell is' and asking the kid doing the hair-washing if it's 'that new conditioner.' I'm in a clench, thinking: 'It's nit shampoo. Move on! Move on!'

YASMIN

ANYHOO... let's go. I want thinner thighs or what is the ruddy point, frankly?

*[They begin to jog very slowly, more like a rolling walk]*

SONIA

No-one's looking at your hair anyway with all that va-va-voom you've got going on there. New sports bra, is it? You could have someone's eye out with those!

YASMIN

I know, when this lot got going it was hard to get them stopped.

*[Pushes up boobs a la Les Dawson and they all cackle]*  
Primark. Two pack. Cheap as chips. They're called 'Rock Solid'. They are as well – I feel like Madonna in that torpedo bra.

*[Sings] 'Papa don't preach...'*

YASMIN [CONT.]

*[Stops and puts hands on knees]*

God... can't sing... and run... rest stop?

*[They collapse onto a bench. BABS pulls out some Fruit Pastilles and offers them round.]*

BABS

Wish I could say the same about these running shorts. Feel more like Pavarotti. I was hoping all this exercise would have got me down to a 14 at least – but these are size 16.

*[Shows off new Nike running shorts]*

In a moment of madness I tried to fight on the size 12s but they cut off my circulation in the changing room. I fell over and just when I thought it couldn't get any worse in comes the assistant...

YASMIN

Oh no! Say it wasn't Linzi Garnett! I NEVER go in K.O Sports since she started there.

SONIA

Me neither! She is such a prize COW!

BABS

Tell me about it. In she comes, laughing like a drain and asks if I can get them off again. "JUST DO IT" she shouts, then goes into hysterics at her own wit. If I'd had any feeling in my legs, I'd have kicked her. I had to do the walk of shame out of the shop with her nudging the guy on the till and pointing at me. Nightmare, total, total nightmare.

YASMIN

Oh love, I'd have cried. Cried... and eaten a bun.

BABS

I did – straight into that café by the station for a full fat latte and almond croissant. About a zillion calories to help me feel better about being fat. Not well in the head are we..?

YASMIN

Not even remotely. Talking of coffee, that'll do for today, won't it?

(End scene 3)

MUSIC: Papa Don't Preach by Madonna

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**Scene 4: Coffee shop**

*The trio are sipping coffee in their running gear when SONIA stiffens and turns staggily away from the door*

SONIA

*[Hisses]* Oh no...

BABS

What?

SONIA

Linzi Garnett. Don't look...

*[They stare down into their coffees but LINZI comes over]*

LINZI

Babs! Hiya! You haven't been wearing those shorts since the shop have you? Couldn't your Trev have got them off with a pair of shears or something?

*[Snorts laughing]*

BABS

Very funny, Linzi. So, er, how are you? I thought you were working full time now?

LINZI

Oh, I am! My turn to do the coffee run... well, it was Nat's really but he can't walk properly until his hip scabs over a bit. Tried to have his ex's name tat taken off with a laser. Went a bit nasty... just like the ex!

*[Hoots then recovers and gestures at their kit.]*

LINZI

So. You're all trying to get fit are you? That's nice. It's never too late, is it? Usually, I mean. Worth a go, eh? I'm doing the Fabulous 5k Fun Run, myself. It's a team-building thing at K.O..

BABS

*[Stricken]* You're doing the Fabulous 5k?

LINZI

Yeah. Why?

*[Penny drops]*

No way! You're not all doing it too are you? Oh my God! That's so hilarious!

YASMIN  
*Hilarious...?*

SONIA  
That's hi-laaarious?

LINZI  
Sorry, well, I didn't mean... you know. Just, er, funny we're all doing it. It'll be nice, won't it? All together? Funny... in a nice way. *[Flashes false smile]*  
See you at the starting line! Ciao, babes!

*[LINZI leaves with tray of takeaway coffees.]*

BABS  
Oh great. That is just marvellous. Fan-bloody-tastic. Perfect.

*[They all look at each other in horror.]*

SONIA  
Shall I get some cookies in..?

(End scene 4)

MUSIC: Velvet Underground

### **Scene 5: 5k starting line**

*BABS, SONIA and YASMIN are limbering up.*

BABS  
Look at us! We should be proud of ourselves. I never thought I'd see the day when I was in a race. Three months of training in the rain... and me, running!

SONIA  
I am quite proud of myself, actually... I feel so much better... *[Spots LINZI]*.  
Oh great. Here comes the Bionic Woman.

YASMIN  
You mean Moronic Woman?

*[They snigger as LINZI jogs up in state of the art running gear, pedometer, iPod strapped to arm, flouro trainers, Hollister cap.]*



YASMIN

[*Low to BABS and YASMIN*]

I stand corrected, it's Posh Spice's evil twin...

LINZI

Hello girls! All ready? You are so brave. Really, I think it's lovely, how you're all giving it a go, despite everything. Don't think anyone will judge you if you don't finish! Walking is fine too, Babs. Me, I'm after a new PB.

SONIA

"PB"?

LINZI

Doh! Personal Best, Son, Personal Best! Honestly, where have you been? Didn't you watch the Olympics? Anyway, here's a tip – it's all about the glutes.

[*They stare at her*]

LINZI

Glutes? Glutes! Your bum muscles! How can you not know that? Haven't you been on BumRun.com?

BABS

What, sort of ArseBook?

LINZI

[*Ignoring her*] It's all there. Heidi Klum swears by it. You clench as you stride to push yourself forward.

[*Demonstrates*]

The Glute Shoot, she calls it.

ALL

*Eugh...*

SONIA

Talking of famous arses, isn't that Perry Diamante over there? That prat off *Big Brother* years ago? Is he the mystery celeb that's firing the starting pistol then? Not exactly Brad Pitt, is he?

[*LINZI whirls round*].

LINZI

WHAT? Where? Where? Ooh, he is LUSH!

[*Starts fiddling with mobile phone.*]

I've got to Tweet about this!

SONIA

*[Deadpan]* Don't mind us.

*[LINZI gives a false smile, looking them up and down, still tapping on phone]*

LINZI

Well, good luck girls! It's the taking part that counts, eh Babs? You show 'em, babe!

*[Returns to Twitter]*

*[They line up at the start]*

BABS

*[Glancing nervously at LINZI's preening]*  
Oh God, what am I doing...

YASMIN

Giv'over, you'll be brilliant. You're megafit these days. Don't let her get to you.

SONIA

Yeah, forget her. Think of the full fat caramel lattes with whipped cream I'm buying for us all after...

*[They line up. The countdown and starting pistol sound offstage. They set off running and exit].*

(End of scene 5)

MUSIC: Chumbawamba

### **Scene 6: Coffee shop**

*BABS, SONIA and YASMIN are slumped in chairs, with medals around their necks, holding big coffees, helping themselves to cake*

BABS

I think that was possibly one of the best moments of my entire life.

SONIA

Yes.

*[sips giant latte]*

I can see that.

BABS

I mean, you usually think to say these things afterwards, don't you, in the bath or something, when it's too late.

YASMIN

*[Reaching for a cupcake]* You do, you do.

SONIA

Or in the car. Start talking to yourself like a loon, acting it out again like you had the wit at the time and totally flattened them with your genius put-down. So, to be fair, that was perfect.

BABS

*[Bit defensive]* And it's not like I planned it or anything...

SONIA

'Course not, you daft mare. How could you have done? It was hilarious. Linzi realising that actually, patronising snooty cow, we're all quite good now...

YASMIN

And seeing you were going to finish before her!

*[Starts laughing]*

Oh my God, Babs! Her face! She just couldn't believe it! She was FURIOUS!

SONIA

Which is presumably why she suddenly broke into that crazy run downhill to the finish. Careering along doing bonkers windmill arms... talk about losing it. Not cool, Linzi, love. Not cool at all *BABE*.

BABS

Maybe she was after a "PB"

*[flaps hand in front of face, laughing]*

I sort of saw her trip over, but I didn't look round til I'd crossed the finish. I was so happy! At finishing, I mean... not... then I saw her getting to her feet. And that's when I said it...

ALL

"COME ON LINZI... *JUST DO IT!*"

BABS

Oh God, stop making me laugh!

*They all hoot – and cross their legs as one.*

**CURTAIN**

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