

Injury Prevention Workshops



Nottinghamshire
Athletics Network

Led by **Paul Whittingham**

Endurance runner and coach who works in Sports Injuries as a Sports Massage Therapist

Runners of all standards are invited to attend. Workshops will focus on injury prevention and remedial exercises with a Q&A session.

Session 1:

Thursday 29th November 8pm

Flowserve Sports & Social Club

Newark NG24 3EW

Supported by Notfast RC

Runners are invited to join the Notfast RC training run prior to the workshop – meet in the car park at 6.30pm.

Session 2:

Saturday 8th December 10am

Long Eaton Rugby Club

Long Eaton, NG10 4AA

Supported by Long Eaton Running Club

Runners are encouraged to take part in the Long Eaton parkrun prior to the workshop.

All welcome.

No booking required – just turn up.

A small charge of £2 will be made to those attending.



For further information contact:

David Lisgo (Network Coordinator)

01623 635991 mwcdg_david@hotmail.co.uk

