

# Injury Prevention Workshop



**Nottinghamshire**  
Athletics Network

Led by  
**Paul Whittingham**

**Sat 20<sup>th</sup> January 2018**  
10.00am start

**Manor Sports Centre**  
Kingsley Avenue, Mansfield Woodhouse,  
Mansfield NG19 8JY

**This workshop is aimed at all endurance runners. Topics to be covered include:**

- ◆ **Prevention strategies**
- ◆ **Rehabilitation**
- ◆ **Use of injury prevention aids**
- ◆ **Exercises to avoid injuries and aid recovery**

**Runners may wish to take part in the local parkrun prior to the workshop which is held at the same venue.**

**Free tea and coffee will be provided.**

**A small £1 voluntary donation is requested from those attending.**



**For further information contact:**

**David Lisgo (Network Coordinator)**  
01623 635991 [mwcdg\\_david@hotmail.co.uk](mailto:mwcdg_david@hotmail.co.uk)

