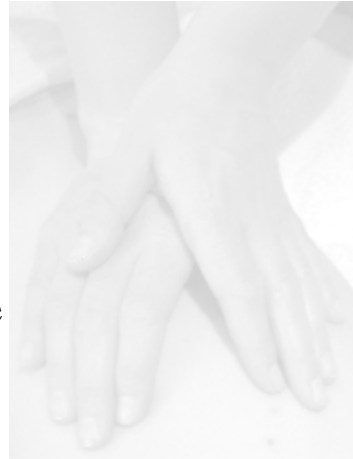


Have you considered a post-race

# SPORTS MASSAGE?

The Benefits include:

- § Accelerated recovery
- § Helps prevent Delayed Onset Muscle Soreness (DOMS)
- § Assists in the removal of waste products produced during exercise
- § Stretches stiff, tight muscles
- § Relaxes tired achy muscles



Ticket system will be operated - so no need to queue!  
Alternatively pre-book now to secure your preferred time slot.

Evening appointments also available in Trowse, 2 mins from event location.

Location: look out for us close to the finish line.

Cost: £12.50 for upper or lower body 15mins or  
£25 for full body 30mins

To book an appointment phone **01603 627722** or **07971 489590**  
or email [becky.schofield@tiscali.co.uk](mailto:becky.schofield@tiscali.co.uk). Payment required to confirm booking.



**PHYSIO 4 ACTION**

Becky Schofield  
B.Sc.(Hons) M.C.S.P. H.P.C. member A.A.C.P.

