
FLEET FEET TIMES



April 2005

Visit the website www.fleet-feet.com

The Editor's Bit

That's the winter series over. Both races went very well, mainly due to the volunteers that helped to make things run smoothly. Rather than name and shame those that did not offer their services (which would be unfair as many may have good reasons for not doing so), I have listed those that made the effort and helped out at either one or both of the events. When looking at the number of people required it quickly becomes apparent just how many people are needed for each race.

With this in mind, and following a club committee meeting, it has been decided that the summer triathlon which was to be held on June 30 has been cancelled. At the AGM in September the issue of how many races we host each year will be raised. If you have an opinion then make sure you get it aired at the meeting – date to be confirmed.

The winter series may be over, but the summer has begun bringing with it the Deeside Triathlon/Duathlon. It is less than two weeks away so please get your entry forms in now. If not racing then offer your services to support the race. Race organiser, Ian Park would like to highlight that the finish line for the paddlers will be at GOALS at the Bridge of Dee. For the cyclists the finish is once again at Leggart Terrace. On completion please make your way to the clubhouse at GOALS for refreshments and post race analysis. The other notable change this year is the addition of a Team Duathlon option (previously only offered as Team Tri) to try and encourage new participants to try the event.

I will try and update the training sessions timetable for the next edition, sorry about my dilatoriness. To note should be the Wednesday night cycles begin after the last turbo session on April 27. Groups will depend on numbers turning up, but first group off from the leisure centre car park around 18:30. The refurbished Knockburn Loch will once again provide the venue for open water swim training. Starting May 2 at 19:00. I know you are a hardy bunch but for the first few sessions you may want to bring your wet suits. Finally, thanks to Kim, Paul, Bert, Ian, and Steve etc for providing words for the newsletter. Without which this would be blank paper.

Bish 'stating the obvious'

2005 COMMITTEE

Chairman	Philip Rhind	01569 762808
Vice Chair	Paul Kefford	01224 582088
Secretary	Ian Park	01569 762665
Treasurer	Gary Gutteridge	01569 765234
Membership	Glen Beck	01569 765313
Coach	Carol Maclaren	01569 763924
Equipment	Colin Sim	01569 766671
Newsletter	David Bichard	01224 319957

TRAINING SESSIONS

Monday

Circuit training: From 19:00 with Carol

Tuesday

Splash 'n' Dash Running Club: Leisure Centre 19:00

Wednesday

Turbo - Green Hut – From 19:00 with Sarah. Sessions will start promptly at 19:10 so please make sure you are warmed up and ready to go. The Green Hut will be open from around 18:30. If, like me, the old joints take a while to loosen up feel free to arrive early to get properly prepared.

Thursday

Splash 'n' Dash Running Club: Leisure Centre 19.30

Swim Session: Leisure Centre 20.30 – 22:00

Friday

Circuit training: From 19:00 with Jeff

Saturday

Run Session: Fetteresso Woods, off road - 09:00 sharp – To be confirmed...

Sunday

Cycling: Stonehaven Square - fast group – 09:00 sharp. Please check first with Glenn

Mackie Academy - medium group - 08.30 sharp. Please check with Carol

Mackie Academy - slower group - 08:30 sharp. Please check with Mary

CLUB EQUIPMENT TO HIRE AND BORROW

The Club has the following items that may be borrowed free of charge:

Bike stand, tool kit. Bike boxes are also available for hire at a cost of: £10/week, £5/4 days, £2/day

Turbos & heart rate monitors are available for hire for newcomers to turbo sessions - i.e. you are expected to buy your own after a time. Swim Videos and books are also available

Contact: Colin Sim

Tel: 01569 766671

Club members are asked to note that those on international duty will take priority. It is their duty to ensure that they make their booking 28 days in advance. This booking will then take priority over any booking previously made.

DATES FOR THE DIARY

Winter Series: - [Details + Map](#) [Entry Form](#)

Race 1 - Sunday 27th Feb. Stonehaven. (R-3m,C-8m,S-400m) - **CANCELLED**

Race 2 - Sunday 27th Mar. Stonehaven. (R-3m,C-8m,S-400m) - Great Race

Race 3 - Sunday 24th Apr. Aboyne. (R-5K,C-30K,R5K) - Another Great race!

Deeside Triathlon/Duathlon : Sunday 8th May – **Entry forms available, sign up NOW**

Kids Triathlon : Saturday 11th June, Mackie Academy

Summer Series :

Race 1 - Thursday 9th June. Stonehaven

Race 2 - Thursday 23th June. Stonehaven

Race 3 - Thursday 30th June. Stonehaven - **CANCELLED**

Knockburn Triathlon: Sunday 10th July

Notice Board

An appeal from Bert – it's important, so please pay attention

Westerton Farm (1/2 mile west of McIntosh Plant Hire yard on the B9125)

As a prominent sports team member and road user we should forward strongly our point. There is an application No. APP2005/0641 lodged with planning for shed construction at Westerton under planning rules this will be awarded and is not contestable under permitted development.

Myself and others cannot be against development pertaining any business expanding however - we must contest the ongoing mud problem, this development will increase the unacceptable and unlawful road conditions noted in the past of which several accidents have been noted with police attendance. The applicant must be made aware of this serious breach in law by Planning Official, Police and Roads.

The farming operation works as follows:

1. Some bales are bought outwith the farm and stored on hilltop site 100m West of farm - others are from within the farm.
2. During Winter they are transported by front fork loader to the main farm - causing road obstruction and dangerous surface conditions.

There are several operational methods to overcome this unacceptable situation:

1. Build link road between two points to the North.
2. Build "Hardcored" store areas and proper surface road to Public Road this would permit sweeper use.

3. Have road brush permanently on site and sweep proper to maintain safe road surface. MPH as contractors are heavily policed on such matters, why are farmers exempt?

It is only a matter of time before a fatal accident is caused by mud on the road or contact with protruding farm equipment entering public road. Noted incidents in past where farmer fined. Teamwork here could save lives - yes, maybe one of our club members/family.

Please contact those listed below

Spt Peter Clark - peter.clark@grampian.pnn.police.uk

Inp. Ian Wallace - Fax 01224 387309 - Ask for fax to be passed to Inspector Ian Wallace

Ian Rendall - ian.rendall@aberdeenshire.gov.uk

David Cooper - david.cooper@aberdeenshire.gov.uk

A message from the Knockburn race organiser

Hello everyone,

I guess most folks already know that the Knockburn tri is happening again this year. The date is the 10th July so we're starting to get the initial bits organised.

To make it a bigger and higher profile event, one of the things we had hoped for this year was to get a title sponsor on-board. We are going to ask the usual companies & shops (gyms, sports shops, etc), but also wondered if you knew of any other companies that would be interested in getting involved. I guess that companies with strong links to Aberdeen and leisure/recreation are the most likely candidates.

Any ideas or assistance (even better!) would be much appreciated. On that note, make sure you keep the race day free to compete or help out!

For this year's Knockburn tri we will need to hire a largish tent for some of the on-site facilities. We are looking at something around 12m x 6m in size.

Nelly is going to contact Grampian Marquees and Esslemont Marquee Hire, but we also wondered if you would know of any other reasonably priced suppliers. If you do, can you please forward details?

Thanks,
Steve Boyd

A message from Bella

Bella has a new look website and would like to encourage everyone to take a look. It will be regularly updated with Bella writing a diary detailing how she is getting on. Please follow the link:

<http://www.bellacomerford.com/> (you might want to turn the sound down)

Aberfeldy training weekend - full report in next edition - with photos!

Race report (Stonehaven Triathlon March 27) – Winter Series by Kim Bolhuis

Who said the weather isn't sunny in Scotland? Well, if my first triathlon experience is anything to go by then I would say they were pretty accurate. But the bright side of the story is that from what I've seen so far the friendliness of the people here more than compensates.

Arriving in Aberdeen early March (from the Netherlands, where the weather is not much better so I have no complaints!) my belongings, including my bike and the rest of my gear, made it over just days before the second of the FFT winter series on Sunday 27th March, right on time for the competition.

Having attended only one Fleet Feet training session and joining the club the week prior, I was amazed with the welcoming reception I received turning up at the Green Hut to register the day of the race, feeling relatively unprepared. New country, new faces, and new sport – though I've enjoyed running and cycling for some time now, I was (and still am) a rookie triathlete, and what a day I chose for the introduction!

Anyone who competed along side me that day can surely sympathise with the weather. Anyone who began their cycling career in the Netherlands can sympathise with my legs after the hills. But neither weather nor gruelling hills can take away from the enjoyment of the competition. It was a great way to introduce newcomers to the sport, and more importantly to the club. I can safely say I'm hooked.

Although I've been told the reverse order of the events in this particular race (run-cycle-swim) provides for a slightly different experience to the average triathlon, I am looking forward to many more competitions, training sessions, and most importantly to meeting other people in the club – hopefully at the next and final of the Winter Series in April. And... as I have a lot of work ahead to improve my swimming, I was relieved to find out that for the next one I'll be spared! Hope to see you all there.

The following is the list of people that enabled the Stonehaven Triathlon and Aboyne duathlon to take place. Without them it would not have happened, so remember to pass on your gratitude. Thanks everyone!

(And apologies to anyone I may have missed out, or to those that offered but were not required)

Tim Munton	Simon Prue
Susie McKay	Bill Rooney
Steve Beattie	Elaine Kininmonth
Richard Collier	Ian Sinclair
Doug Smith	Fiona Smith
Steve Boyd	Karl Lebidis
Nikki Lebidis	Bert McIntosh
Colin Sim	Neil Easton
Jim Craig	Linda Davis
Paul Kefford	Mary Birse
Liz Chellingsworth	Abi Babcock
Linda Davis	Peter Dennis
Dale Randle	Neil Robertson
Rob Fisher	David Bichard
Olaf Våge Ellefsen	

Series round up – by Paul Kefford, Fleet Feet Winter Series Organiser 2005

Well, Sunday saw the last event in this year's winter series. Following that I would like to write something a re-cap/summary of events for Fleet Feet Times...

After organising last year's series, the first time I had done anything like this, I vowed never to do it again. But, as time went past it wasn't really all that bad!

A work move was due to happen earlier on in the year which would mean I would not be around for the series, so at the AGM I offered to get the 'paper-work' sorted with a view to hand over to the actual organiser. As luck would have it, this move didn't come about so I was in the fortunate position to be able to assume the role of winter series organiser for the second year running.

The first event was scheduled for the end of February. The usual last minute panic was setting in due to a shortage of volunteer marshals, but as most folk will tell you, you are usually OK come the day. But, this year was looking worse. A lot of the 'regulars' were unavailable so when I only had four names on the Friday lunchtime I was left with a tough call as to what to do. It is difficult to cover the necessary road junctions with such a small number, let alone run, transition, pool or timing! Added to this, the response from the police with the race application was a lot more 'detailed' this year compared to last – it looks like races of this kind are under the spot light & any new events are actively being discouraged! As a result I decided to cancel the event – with the unpleasant task of letting everyone know.

Now either as a result of this cancellation, the sterling efforts of Mr Sim to round up marshals or a combination of both the club (& supporters) rallied round and came up with the goods. This meant at the next race we a total of 20 marshals! This was not just a one-off; race three was equally well supported!

I would like finish off with a BIG THANK-YOU to the club for the support that was provided to me when organising these events, and a BIG BIG THANK-YOU to our volunteer marshals that offered their services which meant that our events could actually go ahead. Hopefully, the other race organisers will find themselves in a similar position with all your support.

+++++

Winter Series 2005 – Prizes

Just to ensure everyone knows, this year there is no series prize for the three winter events.

However, there will be prizes for the categories etc for the Aboyne Duathlon, but due to the first event being cancelled etc I would like to 'balance the books' to make sure we are all straight and then send them out to the individuals.

Bish's comment....

It seems that several competitors were upset that category winners/placing weren't called out after the race on Sunday. Apologies to those affected. Feedback is always welcome and will help us to improve future races. Please keep the feedback constructive, remembering that everything is done by volunteers, club members are giving up valuable time, and our primary focus has to be on safety. We look forward to seeing you all again next year.

Race results – Stonehaven Triathlon March 27

First Name	Last Name	Sex	Cat.	Club	Time	Pos
Ben	Mitchell	M	20+	FFT	0.48.47	1
Duncan	Wood	m	40+	Metro	0.50.48	2
Dave	Whitcombe	M	40+	FFT	0.51.55	3
Scott	Neyedli	M	20+	FFT	0.52.56	4
Andy	Redman	M	40+	FFT	0.53.06	5
Gary	Hughes	m	20+	Deeside Thistle CC	0.53.14	6
Mike	Brock	m	20+	FFT	0.53.50	7
Sergey	Drugakov	m	20+	n/a	0.54.03	8
Mike	Paddon	m	20+		0.54.10	9
Chris	Jessiman	m	20+	n/a	0.56.20	10
Kevin	Adam	M	40+	FFT	0.57.13	11
Ruth	Mackenzie	f	20+	Deeside RR	0.57.45	12
Michael	Beatie	m	20+	FFT	0.58.18	13
Danny	Ireland	m	20+	n/a	0.58.50	14
Rhuri	Archibald	m	20+	n/a	0.58.53	15
Heather	Brodie	f	40+	Deeside RR	0.59.47	16
Erni	hamilton	f	40+	Perth RR	1.00.06	17
David	McCarry	m	20+	FFT	1.00.53	18
Barry	Copeland	m	40+	SnD	1.01.05	19
Lorna	Rice	F	20+	FFT	1.01.24	20
Simon	Isaac	m	40+	TPT	1.01.35	21
Graeme	Tosh	m	40+	n/a	1.01.39	22
Victor	Allan	m	40+	TPT	1.02.01	23
Blair	McKay	m	50+	n/a	1.02.33	24
Kevin	Milne	M	20+		1.02.40	25
Paul	Ferneyhough	m	20+	n/a	1.03.24	26
Victoria	Park	F	20+	FFT	1.03.29	27
Kim	Bolhuis	f	20+	FFT	1.03.30	28
Suzanne	Taylor	f	20+	n/a	1.04.05	29
Bert	McIntosh	M	60+	FFT	1.04.52	30
John David	Allan	m	20+		1.05.29	31
Jim	Todd	m	20+	n/a	1.05.35	32
Kenneth	Grant	m	40+	TPT	1.05.42	33
Anne	Jessiman	f	50+	n/a	1.05.50	34
Sabine	Biester	f	20+	n/a	1.06.07	35
John David	Brown	m	20+	Abdn Uni	1.06.18	36
Paul	Chatwin	m	20+	n/a	1.07.28	37
Linda	Sim	f	40+	SnD	1.08.37	38
Neil	Manson	m	20+	n/a	1.10.38	39
Emily	Mathey	f	20+	n/a	1.10.51	40
Craig	Chatwin	m	20+	n/a	1.14.29	41
Fiona	Innes	f	20+	n/a	1.14.36	43
Jeanette	McBoyle	f	40+		1.18.35	42

Race results – Aboyne Duathlon April 24

FFT Aboyne Duathlon 5k-30k-5k 24 April 2005								
Pos	First Name	Last Name	STA No	Club	Sex	Cat.	Cat Pos	Time
1	Ritchie	Nicholls			m	16+	1	1.22.52
2	Graham	Beal			m	20+	1	1.24.22
3	Ben	Mitchell	TBA	Edinburgh Road Club	m	20+	2	1.24.50
4	Dan	Whitehead			m	20+	3	1.28.13
5	Scott	Neyedli	MS00864E	FFT	m	20+	4	1.28.43
6	Dave	Whitcombe		FFT	m	40+	1	1.28.48
7	Duncan	Wood		Metro	m	40+	2	1.29.08
8	Ali	Hubbard			m	20+	5	1.29.38
9	Steven	Barrett	MS00955G	TPT	m	20+	6	1.30.04
10	Steven	McIntosh		Tri Changing Gear	m	40+	3	1.30.43
11	Marc	Afford			m	20+	7	1.31.03
12	Douglas	Cowie		Forres Harriers	m	50+	1	1.31.42
13	Mike	Brock	MS00235E	FFT	m	20+	8	1.32.06
14	Jake	Vellacott	MV00155H	TPT	m	40+	4	1.33.19
15	Kim	Ah See			m	40+	5	1.33.57
16	Andy	Redman	MV00675I	FFT	m	40+	6	1.34.38
17	Gary	Hughes		Deeside Thistle CC	m	20+	9	1.35.11
18	Michael	Beatie		FFT	m	20+	10	1.36.01
19	Vic	Dyson			m	20+	11	1.37.08
20	Ian	Sinclair	MV00765I	FFT	m	40+	7	1.37.16
21	John	Mason		FFT	m	40+	8	1.37.40
22	Kevin	Adam	TBA	FFT	m	40+	9	1.38.31
23	Alan	Yeatman	MS00665G	Tri Buchan	m	20+	12	1.38.49
24	Chris	Jessiman	MS00825F		m	20+	13	1.38.53
25	Deborah	Ferns			f	20+	1	1.39.46
26	Chris	MacMillan		Cosmics	m	40+	10	1.40.41
27	Ruth	Mackenzie		Deeside Runners	f	40+	1	1.40.46
28	Ian	Edwards		Kings Tri	m	50+	2	1.41.00
29	Erni	Hamilton		Perth RR	f	40+	2	1.41.22
30	Heather	Brodie	FV00045I	Deeside RR	f	40+	3	1.41.44
31	Duncan	Hogg			m	20+	14	1.42.34
32	Michelle	McRae			f	20+	2	1.43.13
33	Katrina	Brown	FS00185F	FFT	f	20+	3	1.43.19
34	Jim	Hamilton			m	40+	11	1.43.51
35	Ian	Ramsey			m	20+	15	1.44.46
36	Steve	King			m	40+	12	1.45.01
37	Susie	McKay		FFT	f	50+	1	1.45.12
38	Alan	Butcher			m	50+	3	1.45.13
39	Graham	Donaldson			m	20+	16	1.45.24
40	Colin	McFadden			m	40+	13	1.46.33
41	Bert	McIntosh	MVG0014L	FFT	m	60+	1	1.46.38
42	Peter	Kavanagh			m	20+	17	1.47.47
43	Kenny	Lang			m	20+	18	1.47.59
44	Colin	Taylor		Deeside Thistle CC	m	40+	14	1.48.35
45	Nicola	Rhind		FFT	f	20+	4	1.49.02
46	John	Allan			m	20+	19	1.49.02
47	Neil	Manson			m	20+	20	1.49.20
48	Barbara	Loester	FS00095F	Tri Buchan	f	20+	5	1.49.59
49	Graeme	Stott			m	20+	21	1.50.13
50	Kenneth	Grant		TPT	m	40+	15	1.50.56
51	Paul	Ferneyhough			m	20+	22	1.52.42
52	Donald	Thomson	MV00524I	TPT	m	40+	16	1.53.35
53	Kim	Bolhuis	FS00745E	FFT	f	20+	6	1.53.47
54	Anne	Jessiman			f	50+	2	1.53.53
55	Alan	Herbertson			m	40+	17	1.53.55
56	Christine	Blyth		Deeside RR	f	50+	3	1.55.22
57	Linda	Sim	FV00107H	SnD	f	40+	4	1.59.48
58	Jeanette	McBoyle	FV00264I	TPT	f	40+	5	2.06.45

FLEET FEET TRIATHLETES
ROYAL DEESIDE
TRIATHLON / DUATHLON
SUNDAY 8TH MAY 2005



Start – Highland Games Arena in Braemar, Scotland – Finish in the City of Aberdeen
 Registration 0900 Start 1000

Bike: 35 miles Braemar to Potarch

Run: 10 miles Potarch to Crathes Bridge

Canoe: 14 miles Crathes Bridge to GOALS Bridge of Dee, Aberdeen **OR** **Bike: 13 miles**
 Crathes Bridge to Leggart Terrace

Event Entry Fees		
Triathlon	TriScotland Member	£19.00
	Non member	£22.00
Triathlon TEAM	All TriScotland Members	£36.00
	Non member	£45.00
Duathlon	TriScotland Member	£19.00
	Non member	£22.00
Duathlon TEAM	TriScotland Member	£36.00
	Non member	£45.00

Entry Fee (Cheques payable to 'FLEET FEET TRIATHLETES')

Fee includes: A customised BUFF™ garment, prizes and post race refreshments for competitors.

Entries to Rowland Jolly, 51 Albert Street, Aberdeen AB25 1XT.

Telephone 01224 641396 **E-mail** rollyman@madasafish.com

Race Instructions will be issued from FFT Website: www.fleet-feet.com OR please enclose A5 S.A.E. with entry form. (please check website for regular race information updates)

NOTES :

Entries close on Friday 29th April 2005. Entries after this date will be accepted at the discretion of the race organisers and will incur a £4.00 levy. **NO ENTRIES WILL BE TAKEN ON RACE DAY.**

Since both events finish a considerable distance from the start, it is essential that all competitors have a backup crew to transport bikes and/or canoes etc.

Please note that there is a different finish point from the 2004 event. Food will be provided in the form of a buffet served at Goals, Bridge of Dee, Aberdeen.

FFT Deeside Triathlon / Duathlon – SUNDAY 8TH MAY 2005

Circle Event & Complete estimated times for each section (in minutes):

Triathlon :	Bike:	Run:	Canoe:
Triathlon TEAM :	Bike:	Run:	Canoe:
Duathlon:	Bike:	Run:	Bike:
Duathlon TEAM:	Bike:	Run:	Bike:

Name (Captain for Team) :

Address :

Telephone :

Date of Birth : STA/BTA/BQA No. :

Email Address :

Signature : Club :

**Please note: results will be posted on www.fleet-feet.com and emailed to everyone providing an email address.
 Should require a paper copy, please include an additional Self Addressed Envelope marked "Results".**

CATEGORY – PLEASE TICK BOX (category definition is age at 31/12/05)						
MALE	FEMALE	JUNIOR 16-19yrs	Senior 20-39yrs	Veteran 40-49yrs	Supervet 50-59yrs	Vintage 60+yrs

FOOD REQUIRED - PLEASE TICK BOX (to aid catering)	
COMPETITOR (paid for within entry fee)	SUPPORT CREW (if more than one person, please write number in box) Please note a small charge will be levied for food for support crews.

DECLARATION: I am medically fit to run in the above race and understand that I enter at my own risk, and the organisers will be in no way responsible for any injury, loss or illness incurred to my person during or as a result of the event or for any loss of property. I have no objection to the information contained on this application being entered on a computer for the purpose of race administration only.

FLEET FEET TRIATHLETES
MEMBERSHIP 2005



NAME

ADDRESS

POST CODE

Day Tel No.

Eve Tel No.

Mobile Tel No.

Date of Birth

Occupation

E-mail Address

Are you a member of Triathlon Scotland?

YES / NO

Do you wish regular e-mail updates on club business? (see notes)

YES / NO

Are you prepared to marshal at a club race? (see notes)

YES / NO

Delete as applicable

MALE / FEMALE / SENIOR / JUNIOR

Senior membership fees = £10

Junior membership fees (Age 19 or under on 31/12/05) = £3

Cheques should be made payable to **FLEET FEET TRIATHLETES** and sent with this form to the club Membership Secretary:

Glenn Beck, 13 Bernham Crescent, Stonehaven, AB39 2WQ.

E-mail: glenn.beck@pi-automation.com

Tel: 01569 765313

NOTES

The information on this form will be held in a database on a PC. It will be used for FFT Committee information, e-mail distribution of club business, and to generate a basic membership listing available on request to any paid up member of FFT. This listing will contain name, address, phone numbers and e-mail address. Please tick this box if you object to the information being used in this way, or if you wish your details to remain confidential. It should be noted that all club business will be primarily and predominantly by e-mail.

Finding marshals is the hardest part of a race organiser's duty. If you answer YES to the question above you may be contacted and asked to marshal at a club race. If you are unavailable on the race date then no problem. If you don't want to be asked to help then answer NO. This question is intended to give us a list of names as a starting point when a race organiser requires additional marshals.

ADVERTISEMENTS

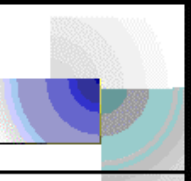

Linda Duncan and Rosemary A Clark & Associates

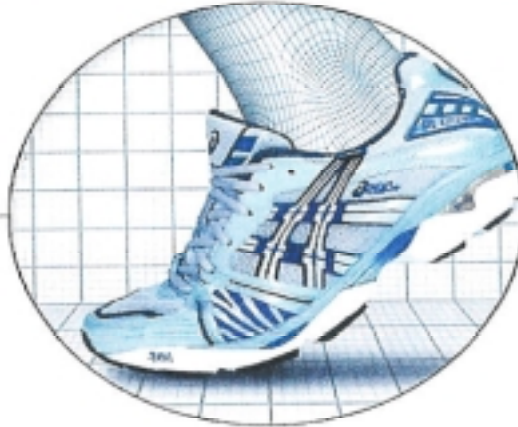
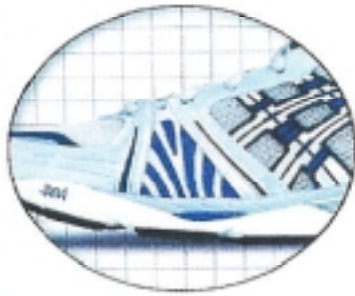
Chartered and State Registered Physiotherapists

FFT subscribes to the Aberdeen Physiotherapy Affiliation Scheme. This allows members to receive physiotherapy treatment at the reduced rate of £22 per session instead of £32. Members will also be given a priority appointment - within 24 hrs provided they contact Aberdeen Physiotherapy before 12 noon. When making an initial appointment FFT members should advise the receptionist that they are part of the affiliated scheme. At the initial appointment members should show the receptionist their current membership card in order to qualify for the reduced rate.

99 WESTBURN ROAD, ABERDEEN AB25 2SG

TEL: 01224 626266 FAX: 01224 641137

	<p>Michael Levack BSc (hons) Physiotherapy</p> <p>Physiotherapy Clinic</p>	<p>Phone: 01 569 766307 Mobile: 07709438610 Levackmichael@hotmail.com</p>												
	<p>Chartered physiotherapist Michael Levack, running Levack Physiotherapy is now working from the Mackie Academy rugby club pavilion.</p> <p>Diagnosing and treating conditions such as:</p> <ul style="list-style-type: none">• Sports injuries - acute and chronic• Back and neck problems• Joint pain• Arthritic changes• Muscular tension• Stroke rehabilitation													
<p>The treatments offered include:</p> <ul style="list-style-type: none">• Massage• Ultrasound• Spinal manipulation• Manipulation of joints• Gym routines and exercise plans for rehabilitation following injury• Reduction of tone and retraining of movement patterns	<table><tr><td>Initial Assessment</td><td>£20</td><td>(£5 discount with valid fleet feet membership)</td></tr><tr><td>Treatment session</td><td>£15</td><td></td></tr><tr><td>Full Body massage</td><td>£20</td><td></td></tr><tr><td>Head, neck and shoulder Massage</td><td>£15</td><td>Full written case report available at £5 Home visit where available +£5</td></tr></table>	Initial Assessment	£20	(£5 discount with valid fleet feet membership)	Treatment session	£15		Full Body massage	£20		Head, neck and shoulder Massage	£15	Full written case report available at £5 Home visit where available +£5	
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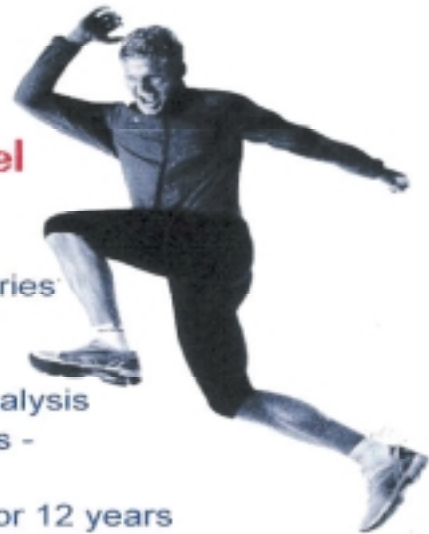


- April 30th Tartan 10K @ Balmoral
- May 22nd Aberdeen 10K
- June 14th The Running Shop Beach 10K

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Massage for cyclists

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- **Improve recovery from training sessions**
 - Improving the supply of blood, oxygen and nutrients to the muscles and remove the waste products, toxins and lactic acid
 - Keeping the muscle nourished and healthy means it will be ready to train again
- **Reduce the chance of strain and injury**
 - Keeping the muscle well nourished and the muscle fibres well stretched, helps relieve any pain and tension and will reduce the chance of that muscle being injured
- **Limit injury time**
 - In the event of injury, massage will encourage soft tissue repair—limiting injury time and help prevent long term damage

Ashley Pearson works as a massage therapist and is an active member of Deeside Thistle. Ashley is based at the Aberdeen Chartered Physiotherapy Centre on Craigton Road in Aberdeen

Remember - It's not just the professionals who benefit from regular sessions of massage

**Ashley Pearson Massage Therapy
The Aberdeen Chartered Physiotherapy Centre
25 Craigton Road, Mannofield, Aberdeen
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