

Dear Team Kennet,

I hope you don't mind me getting in touch, but was wondering if you'd be happy to forward this on to members of your club who might be keen to take up the offer in their build up to a 2013 marathon? Do let me know if you have any queries.

Best wishes, Jeremy

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Massage discount for 2013 Spring marathoners

Having spent the last four or five years enjoying my running on the trails and looking for routes that were as hilly or muddy as possible, I have decided that the next six months needs to see a slight variation on challenges. As such I will be running the Brighton Marathon in April 2013 to try and get some speed back in my legs and record a 'proper' road marathon time.

As well as trying to get back into my evening training sessions with the Compton Harriers, I thought it would be fun to share other people's journeys towards a marathon through my work as a Sports Massage and Rehabilitation Therapist in Streatley. With that in mind I am offering that anyone doing a spring marathon in 2013, be it London, Brighton, Paris or further afield can have a fourth Sports Massage session for free after three previous sessions at any point during their training and build up.

Whilst I'm inevitably biased, many runners have found that a regular massage during intense training periods helps avoid niggles becoming injuries as well as helping the body to recover ready for the next training session. As well as this, and from my own point of view, I always enjoy swapping training tips and stories with clients whilst we work on their muscles and work towards achieving their goals

Please feel free to get in touch with me at Jeremy@sports-solutions.net or find out more information at www.sports-solutions.net.