The SWRR Directory

Here's a directory of all the sports specialists and related services you recommended in the recent Club Survey. Any discounts offered are indicated next to the individual's details – please ensure you mention the 'SWRR Directory' when booking.

Finally, the legal bit: it has to be said that, whilst Club members have had good service from these organisations in the past, we can't "guarantee" that you will too. If you have good reason to believe an entry should be removed from the Directory, please let me know immediately. Many thanks, Ingrid

ingrid.quick@swrr.co.uk

Contents

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1 Sports Specialists our Members Use and Recommend

- *Coaching and Training*
- *Physiotherapists*
- *Podiatry and Gait Analysis*
- *Osteopaths and Chiropractors*
- *Sports Massage*

2 Shops our Members Use and Recommend

3 Personal Endorsements

Sports Specialists our Members Use and Recommend

• Coaching and Training

Andy Middlebrooke
Dr Andrew Middlebrooke
Exercise Science Consulting Ltd
Tel: 01392 207783
Mob: 07906 502180
Email: andrew@exercisescienceconsulting.co.uk

Exercise Science Consulting Ltd(ESC) was created by Dr Andrew Middlebrooke with a mission of providing the highest quality in client-centred exercise and sport science solutions.

The ESC lab at Exeter Physio Sports, Spinal and Rehabilitation Clinic provides an easily accessible opportunity for individuals, teams, businesses and organisations to find out exactly what physical shape they are in and get appropriate scientific advice on how to achieve their personal and collective health, fitness or performance goals.

Whether you are new to exercise, a committed recreational athlete or an elite performer, you can benefit from the services we offer. Through the use of the latest scientific equipment and innovations in exercise and sport science we can provide you with a range of physiological tests to assess your current health and fitness status and be able to monitor your physiological changes over time. This provides the vital information needed to design an exercise training programme that really works for you, accurately monitor your progress and help you to achieve your health, fitness or performance goals in the shortest possible time.

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Dave Pressley
Optimal Effect Coaching,
22 High Street,
BRADNINCH,
Exeter, EX5 4QL.
(01392) 881711
d.pressley@btopenworld.com

Whatever your level, from novice to experienced athlete, you should always be looking for ways to improve.

Why not try training smarter by getting the assistance of a coach?

- **Would you like to start in athletics or triathlon, but don't know how to go about it?**
- **Are you training hard but not getting the results you want?**
- **Are you stuck on a plateau and can't improve?**
- **Are you bored or disillusioned with your training?**
- **Are you regularly ill or injured?**
- **Do you want to put together a thorough Winter endurance programme?**

If you answer yes to any of these questions, then why not get in touch with Dave Pressley and get an individually structured training programme.
- d.pressley@btopenworld.com

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• Physiotherapists

Tim Edbrooke & Associates - Physiotherapist
07740 151964
info@timedbrookephysiotherapy.co.uk

SWRR discount: 10% off initial appointment

- *Chartered Physiotherapists with 20 years' experience*
- *Clinic at Exeter Arena*
- *Expert treatment for running and sports injuries, back and neck pain, and work-related disorders*
- *Registered with all major health insurers, the English Institute of Sport, and UK:Athletics*

Starcross Physiotherapy clinic. Sports injury, Acupuncture, Sports Massage. Mark Blenkinsop BSc MCSP
Chartered Physiotherapist
Mjblenkinsop@hotmail. com
Mob 07814780120

Harlea
The Strand
Starcross
01626 890784

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Karen Giles - Physiotherapist
Fitness First
Tudor Street
Exeter
EX4 3BR
www.firstphysio.com
07977 012725

10% discount to all SWRR members (plus further discount for Fitness First members)

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The Maclellan Centre
University of Exeter
Sports Centre
Stocker Road
Exeter
EX4 4QN
(Clinics at The Met Office and Friends Provident too).
01392 263673
www.themaclellancentre.co.uk

"A range of highly qualified, experienced professionals offering: physiotherapy, sports massage, podiatry, Pilates, ergonomics and reflexology."

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Tiverton Physiotherapy and Sports Injuries Clinic
36 Castle Street
Tiverton
EX16 6RG
01884 253313
www.tivertonphysiotherapy.co.uk

10% discount for SWRR members (sports injuries only)

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- **Podiatry and Gait Analysis**

Suzette Soper BSc (Hons) GSR
Sports Rehabilitator
Kinetics Injury Rehab
Tel. 07961 896818
www.kineticsinjuryrehab.co.uk

£5 discount to all SWRR members (quote SWRR when booking)

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10% discount to all SWRR members (plus further discount for Fitness First members)

Jenny Timms: BSc (Hons) Pod, MSc SEM, MChS
Musculoskeletal Podiatry - *Sports Injury Specialist*
Fitness First, Exeter and St Luke's Campus, University of Exeter
07973 442698
www.runningfeet.co.uk

- *Gait Analysis, Footwear Assessment, Injury Treatment & Prevention, Rehabilitation and Orthotics.*

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• Osteopaths and Chiropractors

Heavitree Chiropractic Centre
15 Heavitree Road
Exeter
Devon
EX1 2LD
United Kingdom
01392 421700

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Jo Moretta D.O.
St Leonard's Practice
Exeter
01392 257431

Free initial consultation for SWRR members

"I would be happy to be included in your directory as an Osteopath, with a special interest in sports injuries gained both from the last 18 years of clinic experience and years of personal sporting achievement (and the various injuries incurred).

In particular relevance to runners, I have a great deal of experience in diagnosis and treatment of many foot and lower limb injuries; from the typical Achilles tendonitis and shin splints to stubborn knee pains and hip complications.
I can provide a range of Orthopaedic diagnoses and offer a valid opinion about whether Osteopathic or manual therapy is appropriate and what remedial exercises are needed.

As to the issue of a membership discount, I would be happy to offer a £3 discount from the full £33 treatment cost. I would also like to offer a free initial consultation, where anyone can make an appointment at the St Leonard's Practice for a full discussion of their injury and hopefully establish a diagnosis."

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• Sports Massage and Reflexology

Julie Duff Dip.SM
Exeter Sports Massage at Zamora
37 Magdalen Road
St Leonards
Exeter
Tel: 07770 768439

Free taster sessions at club on 19th November!

"Sports Massage has many benefits to runners. It assists in aiding recovery from the aches and pains of a lengthy run or intense training session by loosening muscles that have contracted from continuous use
and therefore shortens the recovery time between workouts.

As running is a repetitive activity that stresses the body, numerous problems can occur, which is why Sports Massage can reduce the risk of injury. This is achieved through deep tissue manipulation and assisted stretching which is combined within the Sports Massage treatment.

If you are a competitive athlete, Sports Massage can improve your range of motion and muscle flexibility, resulting in improved power and performance. Sports Massage also has many psychological benefits such as invigoration and reduction of mental tension.

We all know the frustration of dealing with an injury. Which is why Sports Massage can help you keep in optimum running condition and should be incorporated as part of your training regime and not necessarily just considered should an injury occur. Furthermore, having a Sports Massage makes you feel GREAT!

If you have any further queries/questions regarding Sports Massage or to book an appointment, please contact me."

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Peg Wiseman LCSP
Sports Massage Therapist
Level 3 Endurance Coach
Exeter Arena
Summer Lane
Exeter, EX4 8NT
07814 488201

Will charge SWRR members just £22 per 30 minute session

- *15 years' experience working with runners*
- *sports massage, sports nutrition advice and stretch and strength advice.*

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Sarah Hewlett AOSM MAR
The Shoulder Sanctuary
01884 242 054
077 900 64 845
sarah@sarahhewlett.biz

10% discount for SWRR members

"I offer Reflexology and Acupressure treatments in Exeter Clinics. I can also be available onsite, if you have special events."

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Emma Thacker Sports Massage Therapy
4 Chute Street Exeter EX1 2BX
01392 420503
emma242@aol.com

Please phone for your SWRR discount

- *National Diplomas in Sports Massage, Sports Therapy and Anatomy and Physiology*
- *Clinics at Clifton Hill or from home.*

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SHOPS OUR MEMBERS HAVE USED AND RECOMMEND

Exercise Direct: www.exercisedirect.co.uk 01482 861859
"We sell a range of running gear including watches, heart rate monitors and GPS. Prices are usually very competitive (initially an ebay shop)."

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Frank Elford Sports
27 Mayflower Street
Plymouth
PL1 1QJ
01395 257101
www.frankelfordsports.co.uk

10% discount for SWRR members. Check website for further deals.

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Healthy Pulses 10%
174 Sidwell St
Exeter, EX4 6RH
01392 250552

10% discount for SWRR members

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Ironbridge Runner
49 North Street
Exeter
EX4 3QR
01392 493800

10% discount for SWRR members. Remember to get your Club kit from Pete too!

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Red Lion Sports: www.redlionsports.co.uk 0845 2570441
"Specialising in selling watches, GPS and heart rate monitors. We usually offer free delivery".

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The Runners Guide
40 Walnut Road
Chelston
Torquay
TQ2 6HS
01803 690444
www.therunnersguide.co.uk

10% discount for SWRR members

"We aim to offer a friendly service, professional advice and competitive prices. Please feel free to drop in and browse".

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Start Fitness: www.startfitness.co.uk 0844 848 8803
"Competitively priced running gear. Remember to check out the clearance section for some great bargain footwear!"

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Sweatshop: www.sweatshop.co.uk 020 8758 0044
"Award winning running specialist. Worth getting on our mailing list for early sales notification."

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Tony Pryce Sports Limited
Guildhall
Exeter
www.tonyprycesports.co.uk

Loyalty Card for SWRR members

"Tony Pryce Sports would be delighted to be included in the directory in support of the club. We can offer all of your runners a loyalty card which offers a 10% discount on all products in our Tony Pryce Sports and Animal stores, except on sale items. The cards work on a point system where points are accrued at 1point for every 10 pence spent, 1 point = 1 pence."

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Wiggle:www.wiggle.co.uk
3 Optima
Northarbour Spur
Portsmouth
PO6 3TU

"For a wide range of both running and triathlon gear."

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MEMBER ENDORSEMENTS

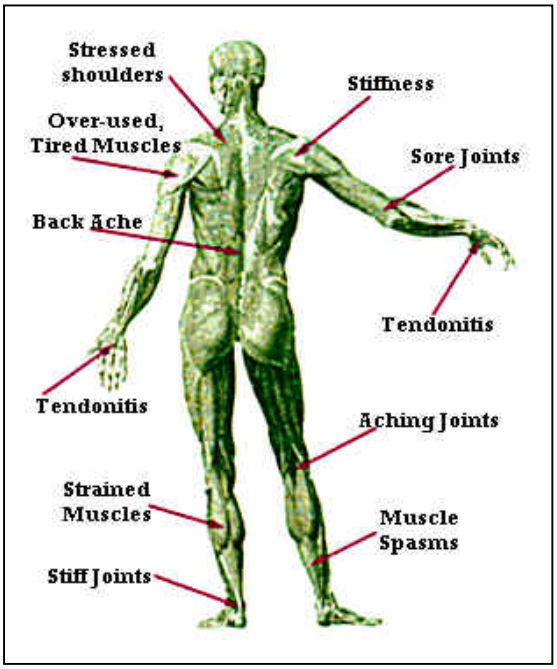
"**June Jupp** – Massage, reflexology & excellent listening ear. **01392 211282.**"

Colin Kirkland 07790 738042 www.bodyactivetraining.co.uk
"He's a personal trainer, runner and sports massage therapist. I had a very weak knee. A deep muscle massage from Colin cured this. I now use him after a busy race schedule. I can't recommend him highly enough. Really knows his job."

The Maclellan Clinic (Exeter University)
"It's handy to find physios, a podiatrist and sports massage all under one roof, with easy parking and top of the range facilities. I found the team professional, friendly and very knowledgeable. I'd particularly recommend James, a chartered physio who uses acupuncture to treat injuries."

"I'd recommend **Jo Moretta** at the **St Leonards Practice (01392 257431)**. He's both a professional and highly experienced osteopath."

"**Simon Spooner** has just made me shoe orthotics. He is very experienced, knowledgeable and explains what he is doing. He's at Ironbridge Runner on Thursday pm or else in Plymouth (easy to find and possible to park car in the road near the clinic). He charges £35 for the 1st consultation and the top of the range orthotics are £150 – there is a less expensive option too. Telephone **01752 241442.**"

Emma Thacker 01392 420503/07835 412415 is a well-qualified, enthusiastic sports message therapist who's based at Clifton Hill and her own home in Newtown. Her prices are competitive (from £15) and she'll see you at weekends too."

"I'd like to recommend **Peg Wiseman**, the Sports Therapist at the Arena, for anyone who hasn't heard of her. She is fab. I'd had a problem with my right knee for ages and it's now fine! The massage hurts like hell, but she suggests great exercises and offers really helpful coaching advice too. **07814 488201**