

RICKY'S REVIEW OF SWL PRESENTATION EVENING 2017

Hello All,

just a quick note to say a big 'thank you' to all at Newmarket Joggers for hosting Friday's SWL Presentation Evening.

The talk from guest speaker, Hayley Jarvill, was excellent and the fish n chips were great!

Well done to all clubs that supported the event by sending representatives.

For those that weren't there, Hayley is a Chartered Physiotherapist providing a service in the Bury St Eds area. She has a great deal of experience working with crocked runners!

Her website can be accessed here:

<http://www.specialist-physio.com>

Well done to all individuals and teams that won awards- especially to Ipswich Harriers who dominated the Junior Races and to Waveney Valley AC who won the Combined Senior Team Prize.

I hope that you all enjoy your summers and I'll be in touch at some point with news/date of an AGM.

Best wishes

Ricky

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