

## **BENEFITS OF MEMBERSHIP WITH ISLE OF MAN VETERAN ATHLETES' CLUB**

Subsidised purchase of the Club's fluorescent Running Vest, T-Shirt and Buff.

Discretionary travel grants are available for competing in Masters events off-island.

Entry into a ballot for a place in the London Marathon. Conditions apply.

Entry into the Club Annual Trophy Competitions including:-  
Walking League Fell Running League Road Running Shield Track & Field League  
Details can be found on the Club Events link

Affiliated rates for entering races, at least £2.00 cheaper

First Claim members can be reimbursed for their entry fee to the Easter Festival of Running

10% discount on goods bought from UpandRunning in Douglas

### **SPORTS THERAPY**



Sports Therapy is an aspect of healthcare that is specifically concerned with the prevention of injury and the rehabilitation of our members back to optimum levels of functional, occupational and sports specific fitness, regardless of age and ability. It utilises the principles of sport and exercise science incorporating physiological and pathological processes to prepare the participant for training, competition and where applicable, work. With this in mind all members get discounts from the following therapists:

#### **John Barton Sports Therapy:**

Cost: £15 per session - Session Times: 30 minutes

#### **Focus Physiotherapy:**

Discounted Physio Rates for members – prices provided upon request.

For more info please email: [focusphysiotherapyiom@gmail.com](mailto:focusphysiotherapyiom@gmail.com)



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