

LIST OF INJURY/HEALTH SPECIALIST FOR RUNNING INJURIES/MAINTENANCE

1. ALAN DOLTON Croydon Physio* (Fridays) Home

Alan Dolton, Issm dip, itec dip, msma, mism
cnhc registered sports therapist
uk athletics level 3 club coach

70 Warren Road, Addiscombe, Croydon, CR0 6PF
Tel: 020 8656 0532 alandolton@yahoo.co.uk

*(or Fridays at Croydon physio, 1 Upper Selsdon Road, CR2 8DD)
<http://www.surreyphysio.co.uk/sports-massage/>

2. BEATRICE SCHAEER – MYPTTHERAPY LAUREN HOLT

Sports Massage/Holistic Massage, Shiatsu & Reflexology
Osteopathy, Physical & Sports Therapy, Acupuncture
Located at 40-44 St George's Walk, CR0 1YJ
Tel: 07984 052823 or e-mail bea@myptstudio.co.uk

3. SALLY KIBBLE - Evergreen Sports Clinic

86 Ballards Way, South Croydon CR2 7LA
Tel: 020 8657 6212 (M) 07802 643664

4. NIAMH WRIGHT and PETER TYLINSKI – Croydon Physio

1 Upper Selsdon Rd, South Croydon CR2 8DD
Tel: 020 8651 3315

5. MUN MAH-WING, Osteopath

For all injuries, pains and general deterioration, plus diet and nutrition.

177 Melfort Rd, Thornton Heath, CR7 7RU

Tel: 0208 665 4776 www.mmwosteopath.co.uk

RICHARD RIGHTON - Sports massage and injuries

Caterham

Tel: 07979 912179 www.sportsmassagesurrey.com

6. LONDON PODIATRY CENTRE

3 Courthill Rd, London SE13 6DN

Tel: 020 8297 9631

7. **ANABELLE MUNDY** - Osteopath (joint manipulation technique):
Amethyst Osteopathic Clinic <http://amethystclinic.net23.net/osteopath.htm>
8. **JOHN DURKIN** - Active Life Podiatry, Sports podiatrist & biomechanical assessment
Fulham <http://alpodiatorylondon.co.uk/>
9. **CRYSTAL PALACE SPORTS INJURY CLINIC** - Physio and Sports Massage
<http://www.cppg.co.uk/>
11. **LIAM MCMANUS** - Podiatrist
Wimbledon <http://www.swpodiatry.co.uk/>
Previously at Crystal Palace Sports Injury Clinic, now independent
12. **SHIRLEY OSTEOPATH PRACTICE**
592 Wickham Road, Shirley, Croydon, CRO 8DN
13. **BEN PERISSINOTTO** - Running Orthotics/Podiatrist
Tel: 020 8776 2332
14. **MICHAEL PLANK** - Croydon Chiropody
80 North End, Croydon CRO 1UJ
Tel: 020 8686 1212
15. **SOPHIE CLARKE** - Sports Massage
Sanderstead Tel: 07825068781
16. **IAN COCKLIN** - Sports Massage
Wallington Tel: 020 8395 8077 www.aromasports.co.uk
17. **THE VILLAGE PHYSIO CLINIC**
6 Cleave Avenue, Orpington, BR6 7HB

RUNNING SHOPS/ONLINE

<http://www.sportsshoes.com/>

<https://www.runandbecome.com/>

<https://www.runnersneed.com/>