

## **Break a leg**

Twelve months ago on Bank Holiday Sunday Sandra slipped on wet grass in the garden and fractured her tibia and fibula (ankle). I was watching the Grand Prix and it wasn't until she had crawled up the garden to the back door and I could hear her that I realised anything was amiss. Well, five days in casualty at Russells Hall, tibia and fibula pinned and plated then months of plaster, wheel chair, crutches, splint boot and physio', she is just about back to normal!

In show business actors are wished good luck by others who say 'break a leg'. For runners, I think it must be 'break an ankle' (though certainly not a luck break) as earlier this Summer Francine (Fran) also fractured her ankle and fortunately, though not yet running, has made a good recovery. However, it did remind me that many of us over the years have fallen and suffered sprained ankles, torn ligaments, and yes it's catching, Fletch recently contrived to fall and cover himself in gravel rash, cuts and bruises too.

Where is this piece going you may well ask? In the early days of the club we had a runner 'Dave' who running by himself one afternoon crossed from Mucklows Hill to Gorsty Hill using one of the higher less frequented paths. Yep, you've guessed it! He fell and fractured his ankle. It took him two hours to crawl to the road where he was able to get help. Unfortunately he never ran again.

We are fortunate that most injuries happen when running as a group so help is always at hand. However, it is really important that when running alone, especially across the fields, that you let someone know which route you are taking and how long you are likely to be out. If you can, carry your mobile phone with you. Being safe and being responsible for your own safety is really important and no amount of club insurance will ever compensate for an injury, particularly if it means you can never run again....so 'break a leg' not an ankle!

Running Doc