



ROCKTAPE will be at the Mid-Sussex Triathlon!



www.rocktape.net

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ROCKTAPE is a brand of kinesiology tape that has been designed to meet the demands of both patients and endurance athletes who are aspiring to be the best they can be. ROCKTAPE sets itself apart from its competitors by being more adhesive and stretchier – our sole focus is making the tape as functional as possible for our customers.

POWER TAPING is our unique method of tape application based on the latest concepts in fascial and long line anatomy. POWER TAPING can be used to reduce pain, delay fatigue, enhance recovery and optimize performance

Free taping for competitors: You will have the opportunity to be taped free of charge by qualified Rock Doc's Anna Hopcroft and Barry Spencer on Saturday 9th June in the afternoon when you register. Both Anna and Barry have extensive experience working with sports professionals in

both injury assessment and rehabilitation and are based locally. They will be available to give advice on any problems you have after the race on Sunday or even provide you with a post-race massage for a small fee (bookings required). For more details or to book a massage, see below. Anna Hopcroft & Barry Spencer are offering a £10 discount off any treatment or assessment within 3 months after the race, upon production of your race number.

Burgess Hill Physiotherapy



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"Helping you reach your potential"



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