

About the Author

My name is Lachlan Wakeling, I've been a physiotherapist since 2001. I work in Hastings on the Mornington Peninsula at [Beleura Health Solutions](#) and have a particular interest in preventing and treating running-related injuries. With further studies in the field known as 'Musculoskeletal Physiotherapy' I have extra training in breaking down a detailed assessment of runners and their problems. You can read a little more about my professional background [here](#).

My interest in running injuries stems from my personal interest in running. Like many middle-aged runners I was heavily into track & field and cross-country throughout my school days until the age of about 20. From that point until my early 30s running became a very occasional hobby, usually just to drop a few kilograms! In my early 30s an old high school cross-country teammate talked me into running the 2012 Melbourne Marathon. I've been pretty consistent since that day.

My main motivation for training is very occasionally to set a personal best, although it is more commonly to allow me to continue to eat otherwise unhealthy amounts of chocolate and drink a few more beers or red wines!! I run 3 times per week, occasionally twice if the surf is really good on a run day! I juggle my running schedule around a few other hobbies, postgraduate studies, running a business, and most importantly being a dad. I understand all too well the pressures of ongoing running training in the life of the weekend warrior or amateur athlete. I am passionate about helping injured runners get back on track and develop training habits to prevent them breaking down again.

I enjoy keeping up with the latest research in running biomechanics, training, injury prevention and injury management. This places me in a great position to combine my own personal experience as a runner, years of professional experience as a physiotherapist, and the most up-to-date knowledge from around the world when working with runners. In addition to this, I have the benefit of working alongside some other great physios at Beleura, including my wife Liana - an accredited sports physiotherapist with international sporting team experience.

Some of my favourite post-30year-old races and results are:

- Mornington Peninsula ParkRun 5k 18:22
- Vic Aths XCR 10km 37:50
- Vic Aths XCR Half Marathon 1hr:28min
- Sharpy's 21km(ish) Beer Run 2016: 1hr51min
- Melbourne Marathon 3hr:10min
- TwoBays Trail Run 56km 5hr:32min