

# Back in the fast lane

EXPERTS in Leeds have put a keen runner with a rare hamstring injury back on track.

Matthew Clough was out of action for several years after suffering the painful injury during training and then picking up another ankle problem after he had recovered.

After thinking that his competitive running days were over, he has achieved a personal best in a 10km race thanks to doctors at Spire Leeds Hospital in Roundhay. Matthew, now 23, started running aged 15 and represents Leeds City Athletic Club.

When in training he covers 60 to 70 miles a week and before being injured competed for Yorkshire and the North of England in national cross-country races.

During training he was struck down with a serious and very painful hamstring injury and underwent a procedure to repair a damaged knee tendon at the Spire hospital. One of his consultant orthopaedic surgeons, Stuart Calder, said: "This



COOL RUNNING  
Matthew Clough

was an unusual injury. I have only seen it once before with this severity. It was a serious problem for him as he ran at an elite level and it undoubtedly threatened his ability to maintain this standard of performance. Surgery involved releasing the tendon and removing part of the bone which it was catching on." Matthew, from Garforth, Leeds, recovered and started running again, only to twist

his ankle when running off road. Surgeon Nick Harris performed an ankle stabilisation procedure and after recovering, Matthew was able to run again. He achieved a personal best at a race in Bristol.

"I ran quicker than I've ever run before over 10km," said the assistant management accountant, who works in Sheffield. "It's fantastic. I thought I might never get back to this level."