

Five minutes with John Wrightson on learning to run...

STATISTICS

Name: John Wrightson **Age:** 33 **Weight: (Rude to ask!)** 80kg
Height: 1.73m **When did you become an amputee?** May 2010

Why running?

I always ran, even though it was never the most natural sport for me (see height and weight stats!) it was always difficult and therefore a challenge.

Before my accident I was regularly running 10ks for fun. I ran a half marathon in Feb 2010. I am competitive when it comes to physical training/sports, but I always try and approach things with a smile.

What motivates you?

Memories of what I used to do, inspiration from the TV (Paralympic), underlying medical conditions and most significantly, I have a brother who'll never give me a minute's peace! Honestly he's just given me a call as I type this...

Did you start running on your everyday leg?

Yes, from the early stages I tried to run on my day leg. I wasn't aware of how to change the settings and it would regularly lock causing me to fall. After

picking myself up again, I would keep trying, and eventually I got my second leg, a Mauch knee joint from Ossur, with a fairly basic foot. It felt a bit like trying to run through treacle with a broomstick for a leg.

What are the components of your artificial limb?

I have the 3S80 Sports knee joint with the 1E90 Sprinter Carbon Foot fitted by ProActive prosthetics. I chose these after trying out both this option and the Ossur Flex-Run. The Ottobock foot felt like it gave me more energy in return for my efforts. The 3S80 knee joint is the only one of such a compact size designed for the recreational runner.

What is your training programme?

I start the week off with a core session, run at least twice a week, with one other cardio session (Bike/Swim/Kayak), then one body weight session (Chin ups & Cable suspension) and then drink beer and eat cake. ➤



John Wrightson



and the soul. Unless you can win the fight against the PCT (or GP Trust) and get the right kit it will always be this way.

If you have access to other sources of funds (legal case, charity, rob a couple of post offices) then life can get better quickly. But it will still take one hell of an effort, keep going, split your goals into small chunks and tick them off as you achieve them.

Any favourite quotes you would like to leave with?

There's the obvious ones of "what doesn't kill you makes you stronger", but personally I like the poem *Invictus* by William Ernest Henley. Look it up.

How to reach John Wrightson:

I'm on Facebook and LinkedIn.



➤ ***What is your goal and how has the right prosthesis helped you achieve this?***

My first goal is to run continuously for a 5K run in my local village. This has been a long-term goal since I had my accident: on the to do list, just after carry a cup of tea up stairs!

What is your proudest achievement so far?

Well I've got up to a 5k interval run, with some nasty hills in it. I'm now bringing down the rest times and upping the running intervals.

What advice would you give to other amputees who want to run?

Running on your day leg is very tough, both physically and mentally; it just saps the moral