



Damian Hall – Ultra Marathon Runner & Outdoor Journalist

“Running Reborn transformed the way I run. But also the way I think about running, my enjoyment of it and my performances. I’m now faster, yet can run for longer without tiring or hurting. But perhaps more importantly I now think about my body and what it’s doing, since working on my technique with Shane I have finished on the podium of the Spine, finished 5th in the Dragons Back and position 12th in the UTMB and 13th in the Marathon Des Sables.

I found Shane to be a superb teacher. He genuinely listens and explains his ideas in an accessible, patient way. I was dubious at the start, but quickly become a convert and a big advocate of the running style he teaches. It works in theory and practice.”