



Duncan Slater – Adventurer, amputee

*“Taking on the Marathon Des Sables is always going to be tough, as a double amputee that challenge gets a whole lot tougher. Working with Shane changed the way I think about my movement, the use of clever technology and one to one movement coaching gave me the skills and confidence to take on this challenge and beat it!!
If you want to learn to run properly he is your man.’*