



Robbie Britton – GB 24 hr Runner

“In 2015 I ran 261km and finished 3rd in the World & European 24hr running Championships. The silver medalist was only 40m ahead of me. With the 2017 World Championships in mind I have been working with Shane to maximise my running form and efficiency to utilise every second of the 24 hour race and find an extra centimetre or two with each stride, which adds up to kilometres at the end of the day. We’ll be continuing to use the ViMove technology at the 2016 European Champs to find out as much about the dark, mysterious world of 24hr running as possible. With more information we can better inform decisions made in the future. There is so many little things we can do to improve our running and not all of them involve trying harder. Working smarter and using the Team Sky ethic of searching for marginal gains can be the difference in winning and finishing third or just getting under those cut offs compared to being timed out. If you want to be a better and more efficient runner then get in contact with Shane.”