



**Rory Coleman – Coach**

*“I found working with Shane was really beneficial to my running style, especially when considering my cadence and posture, especially during my rehabilitation post Guillain–Barré Syndrome. Anyone that is serious about their running and specifically about getting the post out of their performance will gain tremendously from his guidance and from the data that’s created by his unique gait analysis system. I can’t recommend it enough’ – Rory Coleman.*

*World record holder, coach, 13 x finisher of the MDS”*