



Tom Pope – Ultra Runner

“I came to see Shane as a 20 time marathon runner with a 2.54 PB. 5 years before meeting him, my interest in running was born through a fundraising agenda rather than with any focus in technique, pace and time. I met him at an expo in Green park having signed up to take on the infamous Marathon Des Sables.

I wanted some practical, hands on advice about how best to maximise my potential not only the desert but also with my broader running on both road, track and more humane climates than the Sahara! Shane had some very impressive technology on display and presented himself as a well-researched, articulate and knowledgeable chap. I took his details and made contact several weeks later to find some time on a Saturday morning – not easy with both diaries I can assure you!

Looking back on the session, I can honestly say that I learnt more in 90 minutes about style, technique, injury avoidance, pace, foot control, cadence, heart rate and the reasons behind their importance than I had learnt in the previous 5 years of running. Shane explained his thoughts on getting through MDS and how best to look after yourself through technique whilst conserving energy and preventing injury. I learnt why some runners are more effective than others and also of the importance and role of fascial tissue – an extraordinary thing I had no idea existed! I particularly took his advice on cadence and foot striking to heart and, within days, was running more effectively for longer. I remember someone in the Sahara to me specifically saying “I can see you’ve trained effectively for this from looking at your stride pattern” at a time I when those around me were really beginning to tire. Shane’s advice and guidance was invaluable there.

Having finished 79th in a race billed as the toughest on earth, I have a lot to thank him for. I’ve already recommended him to a number of my running mates and wouldn’t hesitate to do so again. Top bloke and a fountain of knowledge!”