



*Alex Wherity – Runner*

“As a seasoned ultra competitor I went to see Shane with a mind for working on my technique to be more economical in races. Had 4 hour workshop with my girlfriend and was blown away by his in depth video analysis and movement sensors, this enabled us to see the 'faults' in our running form, which I am now working on. Cannot recommend more highly. A scientific approach which has reinvigorated my passion for running.”