



**Madeline Lowe – General Practitioner**

*“Matt and I completed oxford half marathon a couple of weeks ago. I pipped in just under the 2 hour mark at 1.59 and Matt at 1.53. When we first met just over a year ago I didn't think I would ever be getting round a half marathon after the issues with my pelvis during pregnancy and nor did Matt after his many hip operations. I can firmly say that your sessions revolutionised the way we run and have subsequently made it something we have stuck at. Doing the sessions as a pair made us much more supportive of each other too and meant that we motivated each other to keep applying the principles and run smarter! So thank you for making us fitter and happier and rather proud of ourselves at the moment! Next step marathon training right?”*