



Tom Evans – GB Athlete

“I started running properly at the end of 2016 with my eyes set on the Marathon des Sables. I am an officer in the British Army so I have always been into my fitness. After finishing 3rd in the MdS I decided that I wanted to improve my overall running. I have been working very hard doing some great training in the UK and overseas. I wanted to improve my technique so went to Shane at Running Reborn. I was able to analyse my running as a movement and start working on my efficiency. Running well is all about moving well and Shane knows this subject inside out. I have been working with Shane for 6 months now and have already seen a big improvement in my performances. If you move well and efficiently, your running can only get better!”