**THANKS FOR A GREAT PROGRAM!**

by Jo Oakes

Just wanted to say that my running buddy Michelle Hayes and myself followed your 100-mile training program for South Downs Way 100 in June last year, our first, and finished not only 3 hrs quicker than we were expecting but didn't feel too wretched and recovered quickly. Thank you for such a great program, we shall be recommending it to many!

Yours in ultra spirit, Jo Oakes