

Dear Reader

I have recently transferred from the British Army to the Australian Army after 29 years of Service. I have been a committed runner throughout my life entering competitions where ever I can for distances up to the half marathon. I train 5 days per week with two rest days but would normally do some other activity such as cycling. I complete over 40 miles per week on all types of terrain from roads to forests and more recently tropical terrain in Darwin, NT.

Two years ago whilst at the British Army Physical Training Corps School I was introduced to the UK Gear Running shoe worn by one of the Instructors. I bought a pair and wore them for the remainder of the course. The minute I slipped them on I knew it would be a great shoe. My first run was just over 5 miles, no signs of blistering or heat spots. Throughout the course I wore them constantly and I was impressed by the cushioning and support.

Shortly after my course I was deployed to the Gulf for 8 months and had a mixture of road and sand to run on. I had that pair for just over a year and the outside of the sole at the heel had only just started to wear away. I was very impressed by their durability particularly as I had “punished” them in a variety of climates!

As of today I have run just over 200 km my current pair of UK Gear. Again I am absolutely impressed by the shoe, despite losing a bit of their colouring due in the main to the tropical down pour that I ran through for the first time!!

These shoes are durable, comfortable and take a hell of a pounding from the torture I subject them too. I would thoroughly recommend them to anyone. I personally rate them higher than any other brand of running shoe that I have ever worn or bought.

Dave
Pom - Australian Army