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Angry Jogger

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Angry Jogger is the coming-of-age story of Matt Waterworth a 30-year-old Northern Irish man who lost himself to the modern trappings of the bar, the TV and the pizza. Heavily overweight and depressed for most of his adult life, in 2010 he set out on a voyage of self discovery and ended up running 9 marathons, 16 half marathons and a 100k in the process. Angry Jogger charts his progress from a fat recluse to an ultra marathon runner taking him across Europe and to Las Vegas in search of fun, medals and thrills. Angry Jogger is a left field two fingered salute to the profiteering dieting and self help industry.

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