

PRESS RELEASE (17/9/2010)

Mark Allen's Go Slow

About the show

Have you ever found yourself swearing at dawdling strangers? Or having futile tantrums at non-moving transport? Is the relentless pace of modern life making you strop and huff like a petulant child? So did comedian Mark Allen.

That's why he staged a one-person Go Slow. For an entire month he did everything he would normally do – only one step slower. He used stairs instead of lifts, wrote letters instead of emails and even took two bottles into the shower. But by removing his obsession with timesaving did he become less of a time-addled stress-bag? Or did he just feel ostracised from society and go a bit mental?

This show explores what happens when you stop rushing around like a caffeine-addled hummingbird and take a moment to slow down. The results are most surprising and he'd like to share them with you – if you've got the time.

Mark Allen's Go Slow has returned from a hugely successful run in 2010 where he performed it at the Brighton Fringe, the Buxton Fringe, the Edinburgh Fringe and the Hollywood Fringe – where he received an award for Best Comedy.

"a total delight" TimeOut

"Allen is a comic with something new to say" The Guardian

About the performer

Mark Allen is an established Edinburgh Fringe comedian and comedy writer, with credits including E4, BBC Four and ITV. He regularly appears as a pundit on BBC Radio Five Live, and Sky News Review. This is Mark's fourth solo show. His last show 'Mark Allen's Pet Project' received critical acclaim and high audience numbers. His debut show 'Quite Good Britain' first played at the Edinburgh Fringe in 2006, before a series of sell-out dates at London's Hen & Chickens Theatre in both late 2006 and Spring 2007, as well as a UK tour in Autumn 2009.

Contact details

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jon briley at best medicine management presents...

mark allen's **Go Slow**



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