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## Bless my soles it's the jogging Archbishop

**T**hose knees aren't just for getting down and praying on, you know.

The Archbishop of Canterbury, Justin Welby, showed off what's going on under his cassock as he went for an early morning jog around Westminster (Valentine Low writes).

At a time of day when other, less sporting Primates might rather engage in spiritual contemplation, the Archbishop prefers to pound the pavement near Lambeth Palace.

Or is he just a fan of Hank Wangford? The doctor-turned-country-and-western-singer used to entertain his audiences with a number called *Jogging With Jesus*.

But then again, as the song was about Clissold Park, in Hackney, North London, perhaps not. With that red T-shirt and those shorts, the Archbishop does not really look a Hackney kind of guy.