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Mud Sweat and Tears is Matt Ward's take on the sport he loves; getting under the skin of off-road running with lively comment, race reports, interviews and running equipment reviewed.

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The camera never lies – well, most of the time

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Follow the JOGLE

Posted in [At the Races](#) by Matt Ward on Fri 20 Apr '12



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Lands End to John O'Groats is a bit of a classic, known to many as the End-to-End. This morning 11 runners embarked on just that distance only in reverse, naming it the **JOGLE** (John O'Groats to Lands End)...

The intrepid crew will aim to complete the 868 mile trek with a support team and expert knowledge and guidance from Rory Coleman and Jen Salter of www.ultrarace.co.uk.

Follow their exploits via their bang up to date blog [here](#).



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Mud, Sweat and Tears was dreamt up some time ago. I had returned to the sport of running (competitively) after around a 15 year layoff due to injury.

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