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Charities

Cancer Research UK

Cancer Research UK is the world's leading charity dedicated to beating cancer through research. Over half of all cancer research in the UK is carried out by our scientists. We have discovered new ways to prevent, diagnose and treat cancer that together have saved millions of lives across the world. We have been at the heart of the progress that has already seen survival rates double in the last thirty years. But one in three of us will still get cancer at some point in our lives. Our groundbreaking work, funded entirely by the public, will help ensure that millions more people will survive.

SSAFA Forces Help

Soldiers, Sailors, Airmen and Families Association (SSAFA) - Forces Help is the national charity helping and supporting those who serve in the British Armed Forces, those who used to serve, and the families of both. One day's paid service is all that is needed to qualify for our assistance. SSAFA Forces Help has been serving the Armed Forces and their families for almost 125 years and our work is as vital today as it has ever been. Our continually evolving support services are driven by the current needs of the Service community. They are particularly relevant in today's high pressure military environment, where our contemporary veterans and serving personnel alike often experience different problems from the soldiers, sailors and airmen of earlier conflicts. Reservists too, heavily engaged in current operations, have equal call on our services. From the provision of Health and Social services, to supporting the ex-Service community; from running a confidential support line, to delivering holidays for children with additional needs. We cover a very broad spectrum of issues as you will see on What we do or download our general factsheet. We try to bring our solutions to the widest audience possible - anybody whose life has been touched by time in the Armed Forces. If you have a Service connection, then we can offer our support. It is a matter of pride that we spread our net as possible and we will always try to respond to cases of genuine need, whether they are financial, practical or emotional.

Event details

JOGLE ULTRA

20 April 2012

This will be the 3rd running of this HUGE event in the ultra calendar. We believe this is the ULTIMATE Ultra Marathon. For further information about the event including dates of training weekends, cost, etc., check out <http://www.ultrarace.co.uk/events/details/?eventid=108>

Twitter

- is annoyed by the Impulse advert. The story of my life. An Ideal Husband, Great Expectations, The dream of a... <http://t.co/Ey1x2CWl> about 20 hours ago
- On a train again but keeping the singing voice internal. [4 days ago](#)

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Please note Virgin Money Giving isn't responsible for the content fundraisers post on their pages, but if you see something you feel is offensive or inappropriate, please [let us know](#) and we'll look into it.

Thomas Forman's JOGLE fundraising page

Fundraiser: Thomas Forman

My page: <http://uk.virginmoneygiving.com/ultramarathonom>

Thank you for taking the time to visit my JOGLE fundraising page.

On 20th April 2012 I will be talking part in UltraRace's JOGLE endurance race in an attempt to raise a little cash for Cancer Research UK and SAFFA.

The JOGLE is an 860-mile event requiring runners to complete on average 55 miles per day for 16 days. Starting at John O'Groats (JOG) on 20th April 2012 finishers will run / hobble or drag themselves over the finish line at Lands End (LE) on 5th May 2012 (ff which I am planning to be one)

YES, THAT'S MORE THAN TWO MARATHONS PER DAY FOR 16 DAYS

In case you aren't aware of the charities or you just aren't sure what they actually do, I thought I would provide a brief description.

Raising Money For The Charities

Cancer Research UK ([Office Site](#)): The world's leading charity dedicated to beating cancer through research. Saving millions of lives with their groundbreaking work into preventing, diagnosing and treating cancer. People's chances of surviving cancer have doubled in the last 40 years, and they have been at the heart of that progress.

Soldiers, Sailors, Airmen and Families Association ([Official Site](#)): The UK's oldest Armed Forces charity. They provide practical help and assistance to anyone who is currently serving or has ever served, even if it was only for a single day. They're here for them and their families wherever they are.

The Route:(description taken from the official event page)

The route follows the classic journey from John O'Groats to Lands End. The route through Scotland follows the A9 down to Inverness, then follows Loch Ness to Fort William, up through the idyllic Glencoe Pass onto Glasgow and then through the lowlands to cross the border.

From here, the route goes over the Shap 'wall' along the A6 down to Ludlow where we cross over into Wales. The old Severn Bridge welcomes runners back into England and the turn for home down through Taunton, Okehampton, St. Austell and Cornwall's famous Lands End landmark and the finish tape.

During the Event:

The plan is, during the event to update anyone who is interested in my progress via three places, Twitter, Facebook and my personal blog. No doubt, during the event the race organisers will also be updating their various blogs too!

I will also be uploading photos, so should I snap a picture of the Loch Ness Monster, you'll be the first to see it :-)



Blog

Twitter message

[JOGLE: The Tale of the DNF and General ramblings](#)

von THOF - 02 Mai 2012

Upon starting the longest race of my life to-date, I was somewhat nervous about not finishing this epic 16 day race from John ...

[In Pursuit of Happiness](#)

[JOGLE: 10 days of Garmin Logs](#)

[JOGLE: The Tale of the DNF and General ramblings](#)

Recent donors

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James P £10,00 (+ £2,50 giftaid)

22.05.12

£1,170.00

Running total

Total raised incl. Gift

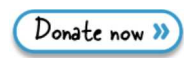
Aid: £1,367.50

Total donors: 29

Biggest donor:
Tim Elliott
£115.00

Last donor:
James P
22.05.12

Offline fundraising:
£0.00



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