

JOGLE ULTRA 2012

11 People take on the 'ULTIMATE 868 Mile ULTRA-marathon' from John O'Groats to Lands End

SUNDAY, 1 APRIL 2012

Meet the 2012 Joglers

Well here they are and you'll soon get to know Andy, Katherine, Mel, Rainer, Sean, Steve G, Steve P, Tim E, Tim O, Tom F and Tom H. With just over three weeks to go, all of the training has now been done and the thousands of miles and time ALL of them have invested in tackling The Ultimate ULTRA-marathon, will have been worth it. We will of course be keeping you posted on here during the 16 days we are on the road and hope that you will also feel part of the event.



For us, we will enjoy watching 11 people undertake the 'Footrace of a lifetime'... who, this year, will join JOGLERS - Neil Bryant, David Miles and Mark Cockbain in our JOGLE Hall of Fame?

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Posted by [Rory Coleman](#) at 18:45

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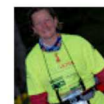
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Time's up for Mel...

Mel got to the 32.1 mile CP 3 and decided that was a good place to finish her JOGLE dream. She covered 262.2 miles in the 4.5 days but tod...

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WEDNESDAY, 18 APRIL 2012

Scotland Beckons

Well it's another year on the JOGLE Ultra and the 11 would be JOGLERS will be meeting us tomorrow in Inverness ready for 16 days out on the open roads of Scotland, England, Wales and England. No doubt there are plenty of nerves for the runners as they have all trained excessively hard for the 860+ Mile ULTIMATE ULTRA-Marathon, it's very exciting.

We are currently just crossing over the border into Scotland and are staying in the Sleeper Coach tonight in readiness for our arriving athletes tomorrow.

EVERYTHING is ready... EVERYONE is ready and hopefully YOU are ready to be part of this amazing ULTRA challenge. Make sure that you tune in daily for up to the minute UPDATES and PHOTOS.

More tomorrow... from Inverness.

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Posted by [Rory Coleman](#) at 17:47

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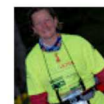
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THURSDAY, 19 APRIL 2012

Inverness

Well it was a chilly night in Inverness but we were very cosy on our sleeper bus... we have already been joined by Katherine Hay-Hedde and we are off to the Airport to pick up the rest of the runners at 11am. Lets hope all the planes are on time and we can journey the 120 miles or so that we can get the photos of the runners at the famous John O'Groats Post...

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Posted by [Rory Coleman](#) at 09:03

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2 comments:



Dusty 19 April 2012 12:00

Wooo Hooo!!!! Go KHH and the rest of the runners! I'm looking forward to following your adventures!

Dusty
(Florida, USA)

[Reply](#)



Micky123 19 April 2012 18:32

All the best to everyone, hope you make it safe to Lands End, enjoy the journey and take plenty of memories with you. Jen, Rory and crew will look after you and give the best support you could get. You are in my thoughts. Take care. Micky

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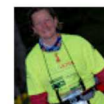
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THURSDAY, 19 APRIL 2012

Ready to Go...

Well it's a good evening from a VERY WINDY John o'Groats... boy its cold here and even with two coats on it's FREEZING. Luckily, it's stopped raining and our 11 hardy athletes are just about to tuck into their Last Supper of Carbo-Loading before the start tomorrow at 0530hrs.

The chilly time we spent taking the group photo at the famous JOG Post gave them a brief idea of what's in store climatewise for the next few days and we've noticed that the Daffodils and Trees up here are only just coming into flower and leaf - Yes... it's still WINTER in these parts.

None of this will make any difference to the guys as all they want to do is to get going on the run itself. Right now they are busily charging umpteen gizmos of distance measurement and preparing for tomorrow's 63.9 mile stage down to Brora.

We will be bringing you updates throughout [the day](#) and photos too - so you can see the runners and their spangly new trainers in full technicolour... more then.

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Posted by [Rory Coleman](#) at 19:31

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6 comments:



[Colin Fitzjohn Ultra Runner](#) 19 April 2012 19:44

Good luck guys for the first day & hope to see you as you pass the Northwest.

[Reply](#)



[pocketpixie](#) 19 April 2012 20:40

We hope everyone has a good night and a safe start tomorrow.

-Jemma and Kent (Steve G daughter and grandson)

[Reply](#)



[Richard Lendon](#) 19 April 2012 21:38

Good luck to all!!

[Reply](#)



[Watford Wobble](#) 19 April 2012 22:42

Good luck everyone. Enjoy and I'll be thinking of you all.

[Reply](#)



[Dave](#) 19 April 2012 23:12

Very jealous good luck will be following you all the way

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**MeMoo** 20 April 2012 00:44

Wishing all the JOGLE 2012 runners the very best for a safe, blister-free journey. With you every step of the way!

'If you have the courage to begin, you have the courage to succeed.' D Viscott

Mellieeee, go for it! ;)

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FRIDAY, 20 APRIL 2012

Morning... or is it still Evening?

It's a busy breakfast time on the bus with all of the runners fuelling up for the long day ahead... There's a huge diversity of dietary demands including a most interesting 'Cold Tea with buckets of sugar in' approach from Rainer (that's Ryner to you all from now on). He's the one to watch today perhaps... oh and his English is 100% better than my German...

It's more like Vladivostok out there and the bleakness of JoG makes a great backdrop to the start at 0530hrs.

More then...

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Posted by [Rory Coleman](#) at 04:56

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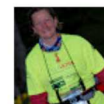
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Celebrations

We had a lovely surprise from all the runners last night after dinner - they have all clubbed together and treated Rory and I to a spa break at the Celtic Manor Resort, including an overnight stay, to celebrate our engagement... thanks so much to all of you it's such a lovely surprise (Ian and Phil too)...

Oh, and a belated Happy Birthday to Ann who spent her birthday food shopping for our JOGLERS - she's an angel. We have already polished off a large chunk of her enormous birthday cake!

More from the Start...

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Posted by [Rory Coleman](#) at 05:07

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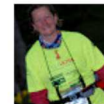
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And they're off...

It's a bleak morning up here. The car temperature reading is 7 degrees but there is a significant wind chill factor! Andy doesn't seem too concerned about the weather – he is wearing shorts and a t-shirt and was very happy when we passed him on the way to CP1 at 10.5 miles. It's only spitting with rain at the moment but waterproofs are definitely a pre-requisite for today's run.



The pack is just beginning to spread out with Rainer and Steve P together at the front, shortly followed by Sean and Tom H, with the rest of the pack running together a short distance behind them.

More from CP1...

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Posted by [Rory Coleman](#) at 07:07

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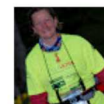
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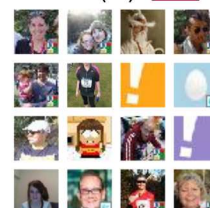
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Checkpoint 1 - 10.6 miles

Well it's no surprise that Super Rainer and Steve P got to the 10.5 mile CP first... with Rainer taking his first slug of Secret Agent Tea. Andy and Tom H were here next in great spirits with the pack arriving right on the 2 hour mark. Mel is refueling herself on [Perpetuum](#); Katherine barely stopped for a breath.

It looks like we have a bunch of hungry horses based on their demolition of the checkpoint food at CP1 - Ann's famous beef stew is on the menu for dinner, but there's 53.4 miles to cover first...

Oh... and it's lashing it down...

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Posted by [Rory Coleman](#) at 08:06

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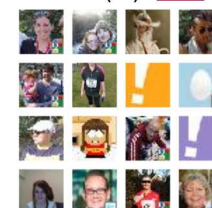
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Checkpoint 2 - 20.8 miles

Rainer and Steve are now through CP2 in 3:13 and 3:20 respectively. Rainer has speeded up to warm himself up as the rain is beginning to fall a bit more persistently now. Both are looking very comfortable indeed.

Hopefully our runners aren't too disheartened by the road sign we passed en route from CP1 which said 'Brora 50' compared to the 44.5 mile calculation by our TomTom!

Today is about survival in these unpleasant rainy conditions.

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Posted by [Rory Coleman](#) at 08:58

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[Dusty](#) 20 April 2012 13:22

Woo Hoo Katherine and the rest of the JOGLE runners!

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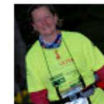
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Heaven sent...

Wow it's tipping it down now... and it's already getting a battle against the cold. Tom H was shivering at CP2 trying to get his gloves on...

We are expecting the pack here next...

Posted by **Rory Coleman** at 09:22

+1 Recommend this on Google

2 comments:



MeMoo 20 April 2012 09:28

Thanks for these great updates and pics, I can see it is going to become compulsive 'refresh' clicking on this blog page over coming days! :)

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Colin Fitzjohn Ultra Runner 20 April 2012 10:41

This is better than the grand national :-) Keep it up guys!

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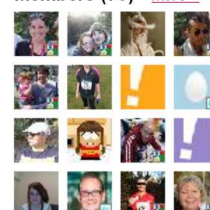
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Rainer's Flying...

Well Rainer is already at 34.5 miles in just five hours! And there's no stopping him... He's a couple of miles up on Steve P and the pack are some 8 miles back of him...

Tortoise and Hare - or sheer brilliance? It's going to be fascinating.

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Location:[Helmsdale, United Kingdom](#)

Posted by [Rory Coleman](#) at 10:38

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3 comments:



MeMoo 20 April 2012 11:04

Just what is in that guys tea? ;)

[Reply](#)



GaryB 20 April 2012 11:49

Highland weather must be suiting him :0)

[Reply](#)



Neil Bryant 20 April 2012 12:07

I think Rainer will be destroying the current course record. go Rainer!

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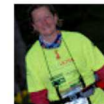
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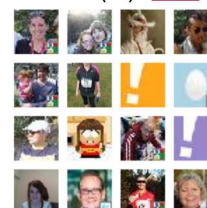
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49 miles

Right time to work out where all of the runners are:-

Rainer is in front and at 49 miles, Steve P is two miles behind. Andy is being followed by Tom H who are around 45 miles. The main pack are then further back just over half-way and KHH is at the 30 mile point.

More shortly...

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Posted by [Rory Coleman](#) at 13:19

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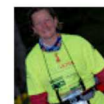
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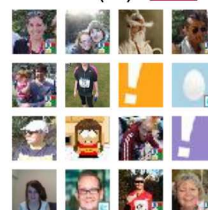
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JOGLE ULTRA 2012

11 People take on the 'ULTIMATE 868 Mile ULTRA-marathon' from John O'Groats to Lands End

FRIDAY, 20 APRIL 2012

Nifty Fifty...

Well Rainer is already thru the 50 mile point as is Steve P... and we are now waiting for ANDY and Tom H to get here to our checkpoint. The rain has stopped now YIPPEE but we are now enduring some nasty sea fog (whatever next eh?) which isn't helping things.

All the runners look in good shape and we expect the first finishers into the finish around 4pm...

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Posted by [Rory Coleman](#) at 13:23

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FRIDAY, 20 APRIL 2012

The Pack

There's a real hustle and bustle with The Pack... That's Tom F, Steve G, Sean, TimE, TimO and Mel... At the 4th Checkpoint they descended like locusts on the supplies and there was kit flying in all directions as new dry kit, to match a dry afternoon was donned.

Three miles further back KHH is in good spirits and still chinking out the miles.

More shortly...

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Posted by [Rory Coleman](#) at 14:38

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Rainer finishes Day 1

Rainer has just finished day 1 in an astonishing 9.5 hours. That's 9 minute miles all the way! Absolutely awesome run Rainer congratulations...

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Posted by [Rory Coleman](#) at 15:13

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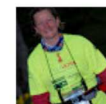
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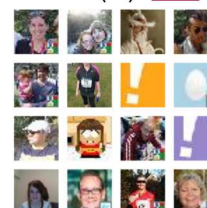
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FRIDAY, 20 APRIL 2012

Last CP

We are at the last checkpoint where you will know that Rainer and Steve P are long thru and finished but Andy and Tom are also now between us here at 54 miles and the Sleeper Bus.

We are expecting the pack soon...

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Location: [Greenhill, Brora, United Kingdom](#)

Posted by [Rory Coleman](#) at 16:00

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It's been a busy old day on the JOGLE Ultra...

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Posted by [Rory Coleman](#) at 17:56

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[kevthepongo](#) 20 April 2012 20:48

Nice one Tim. Keep it going fella.

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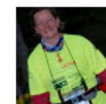
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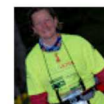
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FRIDAY, 20 APRIL 2012

All through final CP

We have just done the final CP of the day for Katherine at the 52 mile point and she is looking fresh as a daisy! She's had a great couple of hours and isn't far from Tim, Tom and Sean now. GO Katherine!!!

Posted by [Jen Salter](#) at 18:17

[Recommend this on Google](#)

1 comments:



[pocketpixie](#) 20 April 2012 19:09

Congratulations to everyone finishing the first day. Hope you are all feeling strong. Thank you got all the brill updates through out the day. We have been continuously checking the blog for updates.

Please tell Steve G that we are extremely proud of him and hope he has a successful second day tomorrow :) lots of love

Jemma and Kent.

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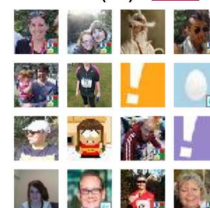
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11 People take on the 'ULTIMATE 868 Mile ULTRA-marathon' from John O'Groats to Lands End

FRIDAY, 20 APRIL 2012

Katherine Charge...

Wow Katherine's flying!!! we were worried about her achilles but when we got to her she was running very freely at 52 miles and we are now back at the coach with the four finishers.

So far

Rainer - 9.35.59

Steve P - 10.12.21

Andy - 11.22.06

Tom H - 12.08.42

We are now waiting for the next runners to arrive...

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Posted by **Rory Coleman** at 19:08

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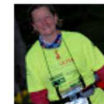
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FRIDAY, 20 APRIL 2012

Mel and Tim are now here in a time of 14.12.26 for the day... both are in great shape and Mel says she's very happy with that. Steve G has also just got here with Sean and Tom F in 14.14.26 all coming in together. Nice....

Beef Stew awaits them all for dinner... all we need now is Tim O and Katherine to get here and we are complete.

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Posted by [Rory Coleman](#) at 19:46

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[frostorama](#) 20 April 2012 20:33

Well done Mel!

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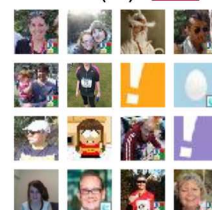
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JOGLE ULTRA 2012

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FRIDAY, 20 APRIL 2012

Safe and Sound...

Well it's been a great first day on the JOGLE Ultra... ALL the runners are now finished well in time and in the LIGHT. Results are here and we are looking forward to a good day out on the road tomorrow down to Beaulieu.

Without doubt Rainer had the performance of the day... Can he maintain the pace? Who is feeling the miles already?

We'll find out when you join us tomorrow at 6am for the first wave of starters... We hope you've enjoyed the coverage today and see you then...

Jen and Rory x

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Posted by [Rory Coleman](#) at 20:35

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2 comments:



Elizabeth 20 April 2012 20:50

Between feeding the baby, changing nappies and general entertainment of the 2 terrors I have been fixed on refreshing the blog to get the latest updates on everyone ! Great job on keeping us mortals posted R and J ! well done to everyone esp my Steve G and good luck tomorrow, I might not be able to comment on the blogs as I do not have enough hands but I will certainly be following !!! Rest Well everyone xxx Elizabeth xxx

[Reply](#)



MeMoo 21 April 2012 00:47

Happy to hear everyone is in safe and sound. Superhuman effort all round - well done! Loving reading the blogs and following you all from over the other side of the world. All the best for Day 2. x Mel (Perth, Oz)

p.s Mellieeeee go girl!

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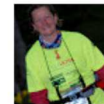
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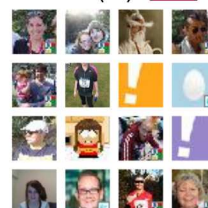
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SATURDAY, 21 APRIL 2012

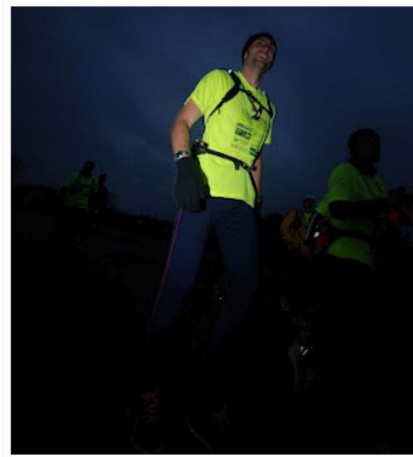
Happy Birthday

Morning from Brora... And we start today with a Birthday for Tim E who is 33 today.

He gratefully received his copy of 'Zoo Magazine' and said it will brighten the dark times...

Otherwise it's a quiet bus and the majority of runners will be off at six am...

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Posted by [Rory Coleman](#) at 05:26

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1 comments:



[kevthepongo](#) 21 April 2012 07:58

Yeah nice one, Tim. A happy birthday from all with a Red Goose connection. Keep it goin.

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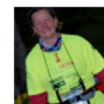
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JOGLE ULTRA 2012

11 People take on the 'ULTIMATE 868 Mile ULTRA-marathon' from John O'Groats to Lands End

SATURDAY, 21 APRIL 2012

Top of the Morning

Morning Campers!

Well our first wave of runners have just left (6am start):

Steve Gordon
Mel Corden-Lloyd
Katherine Hey-Heddle
Tom Forman
Tim Oliver
Sean Maley
Tim Elliott (Birthday Boy!)

They have the expected minor niggles but nothing to worry about. Rory has chopped the heel tabs off Katherine's trainers, stretched Tom F's quads and taped Tim O's feet. Deep Heat is wafting round the bus!

It's Tim E's birthday today - Ruth he has had a customary bear hug from Rory and me and a very tuneful rendition this morning.

The next start is at 8am:

Tom Haines
Andy Wilmshurst

Followed by a final 9am start for:

Rainer Koch
Steve Pope

More from the road...

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Posted by [Jen Salter](#) at 06:21

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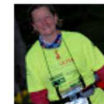
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JOGLE ULTRA 2012

11 People take on the 'ULTIMATE 868 Mile ULTRA-marathon' from John O'Groats to Lands End

SATURDAY, 21 APRIL 2012

Day 2 Weather

For those of you interested in the weather... It's 9 degrees here today with a light breeze but no rain.

Hopefully that means a good day of running ahead (Famous last words or what)...

More from CP1... Where we will upload the start photos of the first group.



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Posted by [Rory Coleman](#) at 07:13

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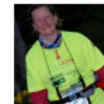
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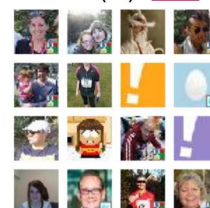
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SATURDAY, 21 APRIL 2012

Checkpoint 1 - 10 miles

The runners arrived here together at 0824hrs with Mel leading the pack... Steve G has a bit of a hurty knee and Sean/Tom both in possession of sore feet. Katherine caught up with the pack at the CP and with 10 miles completed there's already a good dent into the 56.6 miles in store for the day.

Andy and Tom G are due next...

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Posted by [Rory Coleman](#) at 08:53

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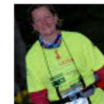
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Shoes - who is wearing what?

As you know by now I am fanatical about my shoes and I believe that they are the make or break for the runners on this event. We've seen some very painful shins in our time both here and on M2M and I thought it would be interesting to see what the guys have chosen as their weapon of choice as they combat the camber if the road.

So here goes...

Rainer - He's got some Swiss Shoes from IQ with some wacky green lugs on the bottom, they are new
 Steve P - He's wearing Mizuno which look pretty worn in
 Andy - Adidas and again pretty worn in
 Tom H - New Balance and new
 Steve G - HOKAs, worn in and Saucony new
 Tom F - Brooks Adrenalin new
 Tim O - New Balance and Brooks Adrenalin new
 Mel - Saucony Mirage and Saucony Grid Omni new
 Tim E - Asics Gel Hyper new
 Sean - New Balance new
 Katherine - HOKAs worn in and Saucony new...



So there's actually a complete spectrum of shoes here...

Personally, I believe that the shoes with soles made primarily of EVA increase the chances of getting Anterior Compartment Syndrome (ACS and posh name for hurty shins) and knee issues as there is less support for the ankle making the knee has to rotate more to get the leg though it's swing as part of it's natural running gait.

The JOGGLE Ultra makes a great test for ANY shoe and one size doesn't fit all of course... let's see how they perform over the coming days and we'll do another shoe round up later in the week.

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Posted by [Rory Coleman](#) at 09:23

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3 comments:



Jen 21 April 2012 09:32

I don't know if you are aware but the link from your website takes you to the 2011 blog. I only found this by searching around.

Good luck to all.

Neil B's Mum

[Reply](#)



Rory Coleman 21 April 2012 10:35

Thanks Jen, we left it so people could see last year's but we have just updated the link - hope you are well... Roryx

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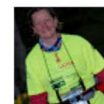
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[► 2012 \(207\)](#)[► 2011 \(5\)](#)**Running Genius** 21 April 2012 11:23

Hi Rory,

Sounds like Rainer is wearing Cloud Surfer's from On. Just been given a pair to test run from Craig Meredith of Fit 2 Function in Jersey and worn them for the last 2 runs of 12 and 15 miles.

They're amazing so not surprised he had a cracking first day!

I've been wearing Asics DS Trainers for years and tried Inov8 but didn't get on with them.

Cloud Surfers have 7 mil drop and the lugs act to store energy, encourage runner to midfoot and then propel you forward.

Read the science part after I'd run in them and everything the company said was true for me.

Wishing everyone left in the race the very best of running!

Bryce

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SATURDAY, 21 APRIL 2012

Katherine's out...

We are really sad to say that after 15.2 miles today that poor Katherine's Achilles/Soleus finally said 'No' to any further mileage. It's totally heartbreaking for her and us as yesterday she blew us away with her running...

However with still so many miles to go, there was no other option but to stop... what a blow! We are going to miss her SO much...

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Posted by [Rory Coleman](#) at 10:22

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Elizabeth 21 April 2012 10:32

Sad news, Hope you recover soon! Best Wishes !

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Carali McCall 21 April 2012 10:46

no doubt emotional - but she's a smart cookie to stop

[Reply](#)



Janet Alexander and Chris Maund 21 April 2012 17:23

Katherine - so proud of you. xxxx

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SATURDAY, 21 APRIL 2012

Checkpoint 2 - 22 miles

We've just had the main pack in for their 22 mile checkpoint and there was lots of support from the other runners for Katherine who is with us here.

The boys are suffering with a few blisters and Steve has a few nice ones that we will add photos of to the site shortly. Mel has a hurty left foot on the top and has loosened her laces accordingly...

For the Whiskey lovers amongst you, we are parked outside the Glenmorangie Distillery without a drop in sight, well apart from the first rain of the day...



More when Andy and Tom H get here.

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Posted by [Rory Coleman](#) at 11:28

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Andy is through CP2

Andy is now only half a mile behind the pack and very jolly indeed. He's spent the last 10 miles concocting a poem about Rory and his dislike of a certain brand of trainers (lyrics to follow)! Tom is now approaching, so it's just 2 to go and we are on to CP3.

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Posted by [Jen Salter](#) at 12:06

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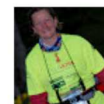
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All thru 2...

We are now at CP3 and are awaiting the first runners here... probably Andy, Rainer & Steve in that order before the pack... oh and Tom H will either side of the pack perhaps as the staggered starts now begin kick in.



The long and winding A9 is still with us for another 20 miles or so before we turn off to Beaulieu and we can only hope that the bright sunshine out in the Cromarty Firth come our way and drives off the persistent rain that we are now enduring.

At just over half-way for the day, the Shinty Club at Beaulieu will be a welcome resting place tonight.

More as they come thru...

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Posted by [Rory Coleman](#) at 13:33

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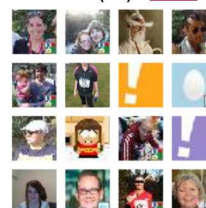
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Hard Times...

Tim O is feeling the cold and we've got him with us in the support vehicle where we are warming him up before he decides to carry on or not.

We think he's just run out of energy so we are going to jump start him and get him back out on the road...

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Location: **Wester Tarbat Estate, Invergordon, United Kingdom**



Posted by **Rory Coleman** at 14:09

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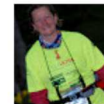
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SATURDAY, 21 APRIL 2012

It's the Real Thing...

Hurrah...

After a can of Coke and a Warm up in the car Tim O is back out on the road...
Phewww... that was a close one. Come on Tim O...

More at 40 miles....

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Posted by [Rory Coleman](#) at 14:16

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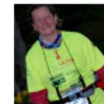
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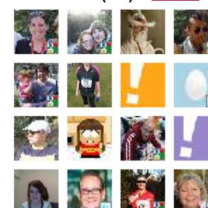
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Checkpoint 4 - 40.9 miles

Well we have moved onto CP 4 and of course all my predictions were wrong although Rainer is still out in front but it will be close between Andy and Steve today.

Mel and Tim are behind Tom H (who is running very freely) but are now well ahead of Steve G, Tom F and Sean.

Despite a rest, Tim O is only a mile back of that and was thumbs up as we passed.

Let's hope the hill out of The Cromarty Firth doesn't hurt too much eh?

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Location: [Evanton, United Kingdom](#)

Posted by [Rory Coleman](#) at 14:43

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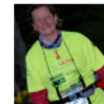
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Leaders have 13.6 to go...

Rainer and Andy are now thru the checkpoint and are heading over the Firth and up the long hill towards the turn off to Beaully.

Both are in great shape and we are waiting for Steve and Tom H next...

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Location: [Evanton, United Kingdom](#)

Posted by [Rory Coleman](#) at 15:27

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SATURDAY, 21 APRIL 2012

Tim O - has retired

Sadly, Tim Oliver has retired from the race 37.2 miles into the day. The 22 year old from South London just couldn't get energised today and said that he just couldn't get his legs running...

We have every admiration for him and he says he will come and have another go... That's the spirit and we are sad to see him go...

More from the finish...

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Location: [Cromarty Bridge](#), [United Kingdom](#)



Posted by [Rory Coleman](#) at 16:53

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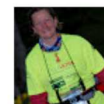
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11 People take on the 'ULTIMATE 868 Mile ULTRA-marathon' from John O'Groats to Lands End

SATURDAY, 21 APRIL 2012

An Ode from Andy

Here is some poetry dreamt up by Andy during his long day out on the road... maybe we have another Rabbin Burns in the making:

A sporting director called Coleman
Of A***S was never a great fan
When asked 'What's the matter?'
He started to splutter
'I dump better each day down the s***pan'

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Posted by [Jen Salter](#) at 19:26

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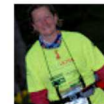
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SATURDAY, 21 APRIL 2012

Day 2 Finish

It's 19:15 and we are expecting Tom, followed by the pack to arrive any minute now. Results so far:

Rainer: 08:26

Steve: 09:36

Andy: 10:19

Everyone is in slightly tempered spirits at the news of Katherine and Tim O today but 9 will stay to fight another day this evening...



There are hot showers and a hearty meal at the finish at Beaulieu Shinty Club, and we've got 'Britain's Got Talent' to look forward to this evening. What more could you ask for - some sunshine? Well we even have some of that too...

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Posted by [Jen Salter](#) at 19:35

+1 Recommend this on Google

2 comments:



[Hayley \(Alzheimer's Society\)](#) 21 April 2012 21:21

Well done everyone! I hope you are enjoying a well deserved meal and BGT before much needed sleep.
Tim E, well done you are doing such a superb thing. Following you on here....I want to see those feet lol.

[Hayley and Alzheimer's Society](#)

[Reply](#)



[Hayley \(Alzheimer's Society\)](#) 21 April 2012 21:22

P.S. Happy Birthday Tim E...You'll never forget this one!

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Thanks for tuning in...

Thanks for following the blog so far, we are getting over 5000 page views a day with over 2000 views of the pictures too which makes us feel glad that you are liking what you see... Hopefully we can get a good level of bandwidth alongside Loch Ness tomorrow as we endured a bit of a 3G dead-zone this afternoon. Luckily though we are now enjoying Wifi at The Lovat Hotel in Beaulieu... nice.

We will be back later to post the finishing times and the final results of the day and are now going back to the Sleeper Bus to talk some more about 'That Bloody Big Hill out of Cromarty'...

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Posted by [Rory Coleman](#) at 19:54

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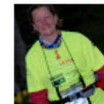
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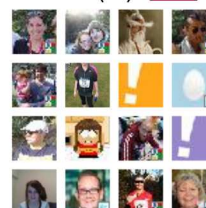
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All safe and sound...

Well it's the end of a long second day out on the JOGLE Ultra... We had some real highs and lows today and hopefully you have been there with us as we have made our way from Brora to Beaulieu.

Tomorrow we head down to Spean Bridge alongside Loch Ness... We've obviously told Rainer the monster exists and maybe he will get a photo of it as he passes... he took 160 or so today whilst caning out an 8hrs 36mins for the day. He is unstoppable!!



For the mere mortals it's an 0530hrs start with the faster guys going just a couple of hours later... today was brutal up the hills... tomorrow has the nastiest road, the A82 and the guys will have to have a good eye on the route not to go towards Inverness by mistake.

Anyway it's goodnight from Jen and Rory and see you in the morning...

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Posted by [Rory Coleman](#) at 21:13

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3 comments:



[Elizabeth](#) 21 April 2012 21:31

Well done to everyone !!! Ma, Pa, Ant and Sarah all say well done to Steve G. We all look forward to reading the blog tomorrow .

Love Elizabeth and the Girls x

[Reply](#)



[GaryB](#) 21 April 2012 22:43

You guys past by my home town (Invergordon) today but unfortunately I'm working this wkend so was unable to come out to show some support

[Reply](#)



[MeMoo](#) 22 April 2012 05:51

Well done to you all on Day 2, really sorry to read about Katherine and Tim O retiring. Wishing you all a scenic Day 3, know this part of the world very well - stay safe on the A82! x Mel's friend Mel ;)

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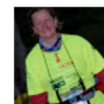
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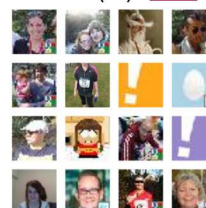
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SUNDAY, 22 APRIL 2012

Morning from 10.5 miles...

Well good morning from CP 1 on Day 3 of the JOGLE Ultra...

The early starters are well on their way here and have already made a good dent into the days 54.7 mile stage. The niggles and blisters are being ignored as they start the rollercoaster of hills towards Spean Bridge via Loch Ness.

We enjoyed giving Steve G (43 today) his birthday card... and feel honoured that he is spending his third consecutive birthday with us on the road.

It's going to be a hard old day out there but today's early leaders Mel and Tim E look in good shape and were half a mile up on Steve G and Tom F who were slightly in front of Sean.

More when they have got here... oh, and some photos. When we get some better 3G!

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Posted by [Rory Coleman](#) at 07:49

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3 comments:



Westie 22 April 2012 08:23

Happy Birthday Bro, love from your little sis, bro in law and nieces. Xx

[Reply](#)



pocketpixie 22 April 2012 08:25

Happy Birthday to my dad, (Kent's Grandpa).
Hope he has a lucky Birthday run today!!
Everyone is doing so well, I'm sorry to hear about the two who had to leave the run though. Hope they are getting some rest and feeling better!
Hope everyone has a great day today!

-Jemma and Kent

[Reply](#)



Mum 22 April 2012 08:35

Happy Birthday Steve, hope you have a good day. A banana cake is waiting for you!
Lots love Mum and Pops.
xx

[Reply](#)



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Sean's feet are sore...

Sean has just come through the 10.5 mile point at 2 hrs 38 mins. He is in good spirits but his feet are sore - the pads of his feet are feeling bruised. Still, he had a brief stop and is back on the road with renewed determination.

Come on Sean...

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Posted by [Jen Salter](#) at 08:33

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2 comments:



[phils running blog](#) 22 April 2012 09:00

Come on Sean, you can do it Lad...

[Reply](#)



[Tom Wilson](#) 22 April 2012 10:23

Keep going bud. Pain is just weakness leaving the body!

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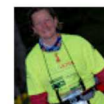
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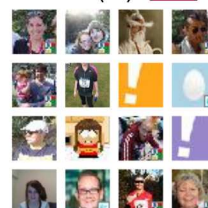
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Loch Ness and 22 miles...

We are now down by the side of Loch Ness at 22 miles and Steve G, Tom F and Sean are here right now.

Sean's had a great last leg...

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Posted by [Rory Coleman](#) at 11:09

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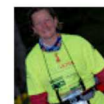
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Mel and Tim E arrive at Loch Ness...

Following the lads into CP2 very closely were Mel and Tim E... Tim E's feet are now pretty much plastered in Compeed and Mel is now zoned into her music along the A82. Tim freely admits now that he is faffing far too much at checkpoints... in a very 'GAY WAY', his words not mine and has now completed his foot surgery by adding a fresh pair of socks.

We now await Andy and Steve P who are running together today (is there a pact?) before Rainer arrives... btw he did less than 90 minutes for the first 10.5 miles today!

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Posted by [Rory Coleman](#) at 11:31

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Hayley (Alzheimer's Society) 22 April 2012 12:19

Well done Tim and Mel!

Hayley (Alz' Soc')

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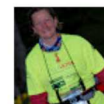
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CP3 - 32.4 miles

After Rainer's fleeting swig of tea, Rory and I moved on and are now sat at CP3. Andy and Steve came through CP2 together and have come up with their Ode for the day:

There once was a runner called Salter,
Who when challenged didn't falter,
When Rory said, 'Please'
And went down on one knee,
She knew it was time for the altar
(Steve's last line was different but I think Rory felt pretty
smug with his contribution so I put it in)!!



So everyone is going well and in high spirits from the dry weather - Sean nailed the last section and is now back with, or at least v near, Tom and Steve..

More from CP3 in a while...

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Posted by [Jen Salter](#) at 13:16

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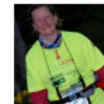
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Sunshine!

Well the sun is shining as we move on to CP4... At CP3 we were joined by John and Peter who start their own JOGLE journey tomorrow. They will be running 30m/day for 29 days raising money for the Cure Parkinson's Trust. Great to meet you and good luck guys.

All our runners came through within 20 mins of each other at the last checkpoint and are fine just feeling tired, understandable since they will have covered just over 175 miles by the end of the day.

Sean's ankle is looking swollen so we will hunt for some ice at the finish...



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Posted by [Jen Salter](#) at 14:30

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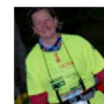
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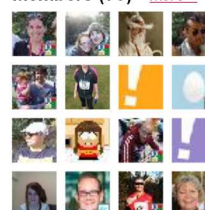
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SUNDAY, 22 APRIL 2012

CP4 - Ceann Loch

We are now sitting at the 43.7 mile point waiting to replenish our runners for the final time today. We are 11 miles from the finish where Ann is serving up home-cooked curry and chips from the local chippy for dinner - yum!

Well done to everyone who ran London today and spare a thought for our runners who will have covered more than twice the distance today alone...

Well done guys, final push then rest...

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Posted by [Jen Salter](#) at 15:22

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Tim De-feeted...

Yikes... We are down to just two runners this morning as Tim Elliot's valiant

JOGLE Ultra attempt finished in Penrith last night. How he m...



Tom is out:-((((

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CP3 in torrential rain... His Achilles and calf ha...



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Mel got to the 32.1 mile CP 3 and decided that was a good place to finish her JOGLE dream. She covered 262.2 miles in the 4.5 days but tod...

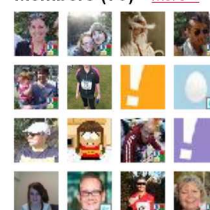
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JOGLE ULTRA 2012

11 People take on the 'ULTIMATE 868 Mile ULTRA-marathon' from John O'Groats to Lands End

SUNDAY, 22 APRIL 2012

Andy's having a bad patch

Rainer has passed through CP4, briefly stopping to refuel as usual but behind the dynamic duo of Steve and Andy are feeling the pace a bit. Both have sore quads and are in the minds that they have probably gone too fast for the first couple of days... let's see eh?



For Andy, this is mildly complicated as he now has a sore right Achillies that is causing him some discomfort. He's bright and funny at the CP's though and says that he has just got to is to 'Man Up'... and we are sure he will.

We are now waiting for Tom H and the pack to get here together... Let's hope Sean's ankle is starting to go down a bit as we are worried about him today which is a shame as otherwise he is doing a great job.

More soon...

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Posted by [Rory Coleman](#) at 16:33

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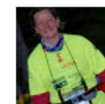
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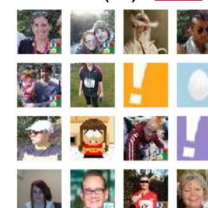
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All through CP4

Everyone is now on their final stretch to the finish now.

Tim E's left shin is getting sore, Sean is hanging in really really well.

We have just driven through a heavy shower followed by bright sunshine so the weather isn't on their side for the final stretch.

More from the finish...

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Posted by [Jen Salter](#) at 17:05

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3 comments:



[kevthepongo](#) 22 April 2012 17:37

Hang in there, Tim. We are all rooting for you.

[Reply](#)



[pocketpixie](#) 22 April 2012 17:50

Keep going guys. Your in the last part of the day now.... Keep going !!

Jemma and Kent (Steve G daughter and grandson.)

[Reply](#)



[apples](#) 22 April 2012 18:32

Well done Tim, we're egging you on from across the pond.

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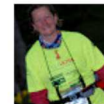
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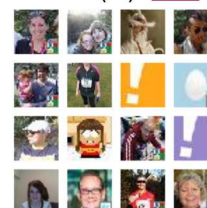
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Rainer's day again...

Well it's no surprise that Rainer Koch has arrived at our Spean Bridge stopover (175.2 miles) first... he did take some time out at The Commando Memorial at the top of the long hill down into the finish but he got here in a very quick 8hrs 32mins... not bad for 54.7 miles. (The same distance as the last of the London to Brighton Road races... [WOW!](#))

Next in line will be Steve P and then Andy who is now running without one of his calf guards but will by now will have the bonus of being cheered on by his parenets who have come out to cheer him on... Nice.

We will update you as they arrive and all of them are looking forward to a Curry & Chips supper... more then.

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Posted by [Rory Coleman](#) at 18:15

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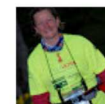
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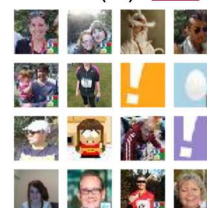
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Steve P is here...

Steve P has just got here and breathed a huge sigh of relief... He says he's worried that he has overcooked it a bit and says that he has a great patch from 45-48 miles but that the hills got him today.

We'll see and he's made of sterner stuff and says that he will be going easier tomorrow. He says that a slower day one by 2 hrs would have probably been a better move... I reckon we'll start to see them grouping tomorrow like they did in 2010 so that they can reach Lands End...

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Posted by [Rory Coleman](#) at 18:51

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1 comments:



Mum 22 April 2012 19:19

Glad everyone is doing well today. How about a pic of the birthday boy for all of us missing him at home?

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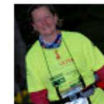
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Andy's here now too...

Andy has just arrived and did a great time of 11 hrs 2mins, just fifteen minutes behind Steve Pope... Steve said to Andy that he had been dreading seeing him all day! Well apart from the finish anyway...

No worries for Andy anyway, as he said he feels 'BRILLIANT' and really enjoyed the run down from the Monument although he said that the last 300 metres went on forever.

What a star today and he's looking very good after that achilles scare earlier.

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Posted by [Rory Coleman](#) at 19:18

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1 comments:



The Breeder 22 April 2012 20:20

Well done everyone. Keep going. Looking forward to seeing cousin Mel and meeting you near Ludlow on Sunday! Matt

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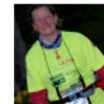
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Turn for home..

Day 11 Results

Rainer finishes 61.6 in style

Smoking Mars Bars...

Panic Over

Rainer reaches 50.2..

40.2 miles - easy peasy today...

What a difference a day
makes...

22.6 in 3:38

Rainer is through 11.8

Rainers on the road...

Morning from Day 11...

Day 10 - Results

Rainer finishes in sub-11

An hour to go...

Rainer is through CP4

Just passed Rainer en route to
CP4

Tom is out:-((((

Mark Cockbain joins Tom and
Dave

Battling on...

Rainer has just reached 20.4

Tom going for CP3...

Getting thru the pain of the
rain...

More visitors see Rainer
through CP1

Breakfast like a King...

Slow away...

Is it Day Ten already?

Tom's here now...

Back on song...

Tom has 9.9 to go...

Nearly home

Both are through CP4

42.8 miles - CP4 - Shopping

Rainer is through CP3...

32.8 miles

CP2 22.1 miles

10 miles in 1:31

Tom and Dave are through 12
miles

New trainers for Tom...

Day 8 - Results

Tom's here too...

Another sub-10 for Rainer

Tom has just under 10 to go

Rainer passes through CP4

Tom beats Rainer (to CP3)...

Tom is through 23.7 miles

Rainer's still strong

Tom's in good shape

Start 2...

Fun at CP 1...

Tom's on the road to Shap...

Morning from the bus...

Tim De-feeted...

Day 7 Results

Tim is home...

Tom's made Penrith too...

Tim has 9.4 to go...

Rainer finished already

Penrith in Sight...

Tim is here:-)

Tom F comes through happy...

Rainer is through 40 miles

Welcome to England!!!

And then there were 3 - Tom H
is out:-)

CP2 - 21.3 miles - Trainer
Graveyard

The Derby Runner come to the
rescue again

Rainer arrived at 10.2 miles...

Supplies sorted...

Shoes sorted for Tom F

CP1 - 10.7 miles

Tom H hits the road...

Tom F and Tim E have started...
and need STUFF!

Day 6 Results

They're all in safe:-)))

CP5 for Tim and Toms

Rainer reaches the purple bus!

CP4 - 42.3 miles - Mimi's
HERE!!!

Runner Update

CP3 - 30.4 miles

Long and Winding Road...

CP2 - 21.3 miles

Steve's retired...

Steve P and Tom H

CP1 - it's chilly!

Knees good...

Patch me up Danno...

An Ode to Perseverance

Day 5 - Results

Steve and Tom the Tunnel Kings

Rainer is home...

All 5 are safely through CP4

Rainer's through CP4

Time's up for Mel...

Tom H Mans Up

CP3 - 32.1 miles

CP2 - 21.3 miles

Rainer's speeding up!

CP1 - 10.7 miles

Day 5 - Grind

Tom H and Steve P have left
the building

Fixing Feet

Bon Soir from the bus

The Finish - Day 4 Results

Ode to Andy

Rainer is still flying

CP5 - 10 to go

Steve's JOGLE journey is
over:-)

CP4 - First 3 Through...

CP3 complete

Andy bows out

Shoe Surgery

The Toms

Chisholm's of Ballachulish - CP2

Mel's hurting..

Sean's Out:- (
Finest guest house in Scotland
Rain, Rain, Rain...
Hard times already...
Morning, I think...
Goodnight from the JOGLE bus
Day 3 Results
Home Sweet Home
Andy's here now too...
Steve P is here...
Rainer's day again...
All through CP4
Andy's having a bad patch
CP4 - Ceann Loch
Sunshine!
CP3 - 32.4 miles
Mel and Tim E arrive at Loch
Ness...
Loch Ness and 22 miles...
Sean's feet are sore...
Morning from 10.5 miles...
All safe and sound...
Thanks for tuning in...
Day 2 Finish
An Ode from Andy
Tim O - has retired
Leaders have 13.6 to go...
Checkpoint 4 - 40.9 miles
It's the Real Thing...
Hard Times...
All thru 2...
Andy is through CP2
Checkpoint 2 - 22 miles
Katherine's out...
Shoes - who is wearing what?
Checkpoint 1 - 10 miles
Day 2 Weather
Top of the Morning
Happy Birthday
Safe and Sound...
Mel and Tim are now here in a
time of 14.12.26 for...
Katherine Charge...
All through final CP
Mel and Tim E going well...
Last CP
Rainer finishes Day 1
The Pack
Nifty Fifty...
49 miles
Rainer's Flying...
Heaven sent...
Checkpoint 2 - 20.8 miles
Checkpoint 1 - 10.6 miles
And they're off...
Celebrations
Morning... or is it still Evening?
Ready to Go...
Inverness
Scotland Beckons
Meet the 2012 Joglers

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SUNDAY, 22 APRIL 2012

Home Sweet Home

All of our runners are now safely back at the ranch tucking into curry, rice, chips and poppadoms.

Along the last stretch they had an awesome view of Ben Nevis to keep them distracted from the last few miles on the road.

Steve has a sore Achilles, Sean, Tom F and Tim E have sore shins. So they are taking it in turns to cool them off in a bucket of cold water. Actually, there are currently 4 legs from 3 different runners soaking!! Sean has decided to add a packet of ice to enhance the treatment. Yeouch!

Comedy anecdote from Tim E 'Sean, your feet look like bubblewrap'
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Posted by [Jen Salter](#) at 20:33

[Recommend this on Google](#)

3 comments:



Angela Gordon 22 April 2012 20:39

HAPPY BIRTHDAY to Steve Gordon!!! Hope the legs are feeling better after a curry and cold water dip!!!
Congratulations to you on getting this far and to everyone else in the race - woo hoo!

[Reply](#)



Ruth B 22 April 2012 20:51

Ooooh, lovely!! Well done xxx

[Reply](#)



The Breeder 22 April 2012 20:53

Well done everyone. Hopefully the curry will give you all a supportive tail wind!

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Day 3 Results

The results are now online here:

<http://www.ultrarace.co.uk/events/results/>

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Posted by [Jen Salter](#) at 20:45

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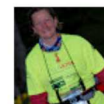
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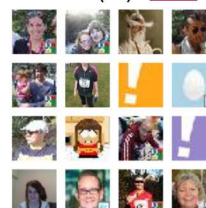
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Goodnight from the JOGLE bus

It's bedtime now as there is another 05:30 start for Tom F, Sean, Steve G, Mel and Tim E.

We did debate passing on lunchtime duties to Rainer (a bbq was suggested), but we have let him off with a 09:00 start. So it's goodnight from them and it's goodnight from us...



Rory and Jen xx

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Posted by [Jen Salter](#) at 20:49

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4 comments:



Ruth B 22 April 2012 20:56

Sleep tight Timmy! xxx

[Reply](#)



HaylsB 22 April 2012 21:45

Night all. Good luck for tomorrow. We're all following Tom H on the blog in Stoke!

[Reply](#)



Audi.andy 22 April 2012 21:54

Looks very romantic Tom F, where are the candles? Keep up the great work!

[Reply](#)



MeMoo 23 April 2012 00:22

Brilliant, well done all!

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MONDAY, 23 APRIL 2012

Morning, I think...

It's five am and the runners are already stoking up on porridge for the day ahead. Whilst most folk in the UK are heading back to work this morning, our guys are heading for Tyndrum. Sean and Tom F's ankles have really reduced in size as a result of the ice last night.

Everyone has been recounting messages from their friends and families. Sean and Tom say that they love their jobs but won't miss them today... although Sean says he will miss Roy as he says he likes him ;-) (Roy we'll keep you posted on your man as often as we can, he's a brave soldier). Tom says that they are going to walk the first mile or so to assess 'How broken they are'...

Anyway, got to go as it's foot taping for me next... Not nice!

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Posted by [Rory Coleman](#) at 05:00

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1 comments:



HaylsB 23 April 2012 07:23

Is Tom H still in? Not heard a mention hardly for 2 days. If lost will probably be found at the Glanmorange Distillery still !!!!!

[Reply](#)

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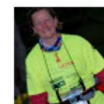
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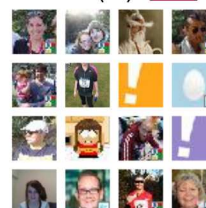
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JOGLE ULTRA 2012

11 People take on the 'ULTIMATE 868 Mile ULTRA-marathon' from John O'Groats to Lands End

MONDAY, 23 APRIL 2012

Hard times already...

Just heard from Sean that it's hard going for him out there today with just 48 minutes gone... he says that he just can't get his 'legs going today'... we've encouraged him to keep going as it takes a couple of hours to get into the groove each day and we can only hope that he rallies like he did yesterday...

Come on Sean!!!

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Posted by [Rory Coleman](#) at 06:13

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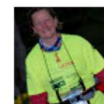
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MONDAY, 23 APRIL 2012

Rain, Rain, Rain...

Running 860+ miles isn't easy... it's a nightmare when it rains ALL THE TIME!!! And the forecast isn't getting better for the nine left running today.

Let's hope for a bit of a heatwave when we hit the border eh?

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Posted by [Rory Coleman](#) at 06:40

+1 Recommend this on Google



1 comments:



[Elizabeth](#) 23 April 2012 08:58

Ah... Connie Gordon may be to blame for the rain as she ran around the garden yesterday singing rain rain go away...it went away and obviously it went to you lot ! oops !

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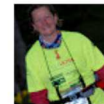
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Finest guest house in Scotland



Our first checkpoint has been made all the more glorious by the lovely Jane at The Hill View Guest House giving us a nice cup of tea...

What great hospitality and it's a very nice guest house too...

All nice for Steve and Tom F who are here now as well as Sean who is being comforted by the guys.

We passed Tom H on the way here who looks as good as ever but has a slightly hurt ankle and Mel also who looked in pain as we passed her in Fort Will-i-am as we call it (see what I did there)...

And more shortly...

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Location: [Fort William](#)

Posted by [Rory Coleman](#) at 08:36

+1 Recommend this on Google

2 comments:



[Ruth B](#) 23 April 2012 08:48

Keep going Sean and Mel! X

[Reply](#)



[pocketpixie](#) 23 April 2012 08:52

Keep going guys, your doing amazing!!!

-Jemma and KentKent

[Reply](#)

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Sean's Out:-()

We have just picked up Sean at 5.8 miles. It had taken him nearly 2 hrs and 20 mins to get there as his shins/ankles were very very sore. After soaking them in cold water and elevating them last night the swelling had gone down this morning but as soon as he started out they started swelling up again.

Well done Sean you're a tough cookie...

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Posted by [Jen Salter](#) at 08:57

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5 comments:



[Elizabeth](#) 23 April 2012 09:00

Sorry to hear ! x

[Reply](#)



[MeMoo](#) 23 April 2012 09:02

Sorry to hear this :(Mammoth effort regardless!

[Reply](#)



[Mimi](#) 23 April 2012 09:02

Very sorry to hear that. Hope he recovers well.

[Reply](#)



[Neil Bryant](#) 23 April 2012 09:14

Sad to hear. a fine effort. Rest well.

[Reply](#)



[phil's running blog](#) 23 April 2012 10:04

Sorry to hear that sean, cracking effort though..

[Reply](#)

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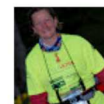
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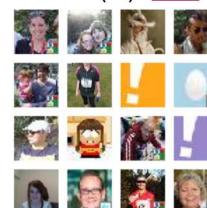
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Mel's hurting..

Mel came through CP1 at a walk. Her left shin is now getting painful and is worse when she starts running. It's the first day she's run without Tim E so hopefully she is content with her music for company today.

She stocked up on Perpetuem and a can of coke before walking away. A couple of hundred yards on she broke into a jog. Hopefully the coke and the prospect of the beautiful Glencoe will spur her on. Come on Mel...



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Posted by [Jen Salter](#) at 10:37

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7 comments:



KHH 23 April 2012 10:55

Come on Mel. Rooting for you girl. xx

[Reply](#)



The Breeder 23 April 2012 10:59

Go Mel...you CAN do it. Go steady! I'm thinking and praying for you. XX

[Reply](#)



Running Genius 23 April 2012 11:08

Keep your eyes on your personal prize Mel

[Reply](#)



Colin Fitzjohn Ultra Runner 23 April 2012 11:09

Hang in Mel, just keep going you're doing great!

[Reply](#)



MeMoo 23 April 2012 12:05

Right with you Mellie, stay strong! xx

[Reply](#)

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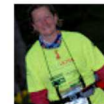
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Ruth B 23 April 2012 12:30

Come on Mel, Tim is missing your company :@ (x

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Nicky Taylor 23 April 2012 22:13

Stay strong Mell. One step at a time xx. From Nicky

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Chisholm's of Ballachulish - CP2

THANK YOU to Ennis who has just filled up our water canister and even carried it to the trailer for me:-)

This is where we just did a second CP for Tim E who is on a mission today - he is currently a good 3 miles ahead of the rest of the pack and 'feeling like he has a bit extra in the tank today'. Keep it up Tim!

The best news of the day so far is that the next person down the route is now Mel who has massively picked up the pace since the last checkpoint and is just ahead of Tom F and Steve G. Her smile is back and she is on a new solo strategy. She looks like a different [woman](#) to 2 hours ago... well done Mell!

Tom F and Steve G are also now at CP2 - Tom F is his usual chirpy self, Steve has a bit of a sore knee that Rory is stretching as we speak...

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Posted by [Rory Coleman](#) at 11:29

+1 Recommend this on Google

5 comments:



Bin 23 April 2012 11:35

Go Melly! Must be the three sisters in Glencoe pass calling to you.. that and of course the fact that you are just incredible!!!
xxxxx

[Reply](#)



pocketpixie 23 April 2012 11:57

Keep going dad!! You can do it!!!

[Reply](#)



MeMoo 23 April 2012 12:14

Fantastic news Mell xx

[Reply](#)



Ruth B 23 April 2012 13:20

Blimey Tim! Well done! xxx

[Reply](#)



Mumoffourgermany 23 April 2012 14:47

So glad that you have found your smile! I have just struggled trying to open a google account to comment on this blog so goodness knows what your struggles must be like. Go Mel go!! Xxxxx

[Reply](#)

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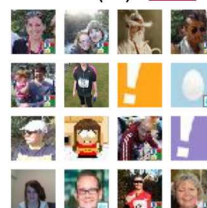
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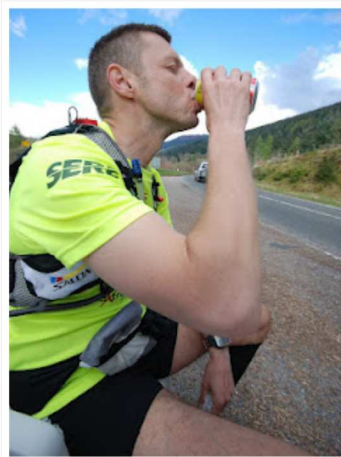
The Toms

Tom F and Steve G have just come through CP2, shortly followed by Tom H...

Tom F almost accidentally applied Deap Heat to his rather warm shin which wouldn't be a good idea! A shop at the supermarket with some new food choices has certainly perked them up - Double Deckers seem to be a family favourite.

Tom H is running much more freely today. He stopped for 10 mins to tape and vaseline his toes but is in excellent spirits and looking forward to Glencoe which is only 4 miles away.

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Posted by [Rory Coleman](#) at 12:05

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HaylsB 23 April 2012 12:10

Tom H is a confirmed nutter and always in good spirits - but we all love him dearly!!! Well done Tom, please keep going till at least the weekend, we all want a day out to see you in the Shropshire country side!!! Loving sister in law - Hayley and the Stokies!

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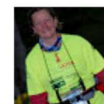
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Shoe Surgery

Steve G made some 'adaptations' to his HOKAs at CP2. The heel tabs and tongues have been cut - this combined with the 2XU cut-offs are quite an alternative look today:-)

Each day the cut-offs seem to be getting slightly shorter - we were jesting that they would be porn shorts by the time he reaches Lands End!

Still, Rory released some of the pressure from his knee and he jogged off happily with a couple of his favourite chicken tikka wraps from Ann...

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Posted by [Rory Coleman](#) at 12:19

+1 Recommend this on Google

4 comments:



[dsvsd](#) 23 April 2012 12:41

[Reply](#)



[Elizabeth](#) 23 April 2012 13:08

WHO WEARS SHORT SHORTS? STEVE WEARS SHORT SHORTS!

[Reply](#)



[pocketpixie](#) 23 April 2012 13:48

Lol Elizabeth I was about the post the same comment after reading that post :p Keep going dad!! We're routing for you!!

[Reply](#)



[dsvsd](#) 23 April 2012 13:59

Go on goos (Steve G). England is ever closer.

Studney.

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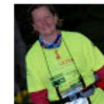
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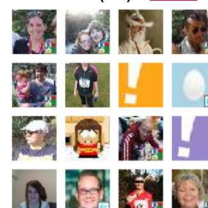
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Andy bows out

More sad news from the JOGLE Ultra - Andy's left knee is now very swollen indeed and was too painful to carry on at CP2. He can't lift his leg so it looks like a quads overuse injury.



Andy has been a joy to look after and will be sorely missed. His Mum and Dad are giving him a bit of tlc before heading to the bus in Tyndrum where he's going to wait to see today's runners in before heading off.

Andy you're a legend - rest up well...

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Posted by [Jen Salter](#) at 14:05

[Recommend this on Google](#)

1 comments:



Running Genius 23 April 2012 16:57

Those cambers are killers as you've said before Rory!
Well done to all of the guys still pounding the tarmac of Scotland.

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CP3 complete

Everyone is now safely through our third CP of the day at the top of the beautiful Glencoe. The sun even came out for their journey up to the top and everyone seems in good spirits.



Steve P was the last to follow, around 15-20 mins behind the rest who are all pretty close to each other now. In fact Rainer and Mel arrived at the same time, both wearing the same GPS watch which is Mel's claim to fame for today:-)

Tom F and Steve G are still running together - on our way to CP4 we have just stopped for Steve G who has a very swollen right quad. Rory has released it for him so he is back on track with Tom F.

More from CP4...

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Posted by [Rory Coleman](#) at 14:53

+1 Recommend this on Google

2 comments:



[Mumoffourgermany](#) 23 April 2012 15:43

Well done everyone! Glad the sun is shining x

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[Pep](#) 23 April 2012 20:21

Go Mel go!

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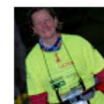
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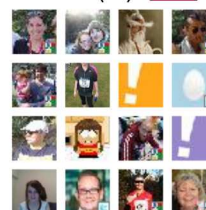
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JOGLE ULTRA 2012

11 People take on the 'ULTIMATE 868 Mile ULTRA-marathon' from John O'Groats to Lands End

MONDAY, 23 APRIL 2012

CP4 - First 3 Through...

Rainer, Tim E and Tom H are now safely through CP4 (41 miles) in that order. Rainer is very relaxed, Tim E and Tom H were also enjoying the scenic day out.



Mel is expected next shortly followed by Steve G, Tom F and Steve P... We are hoping Steve G's leg is feeling a bit better as he was looking sore last time we saw him.

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Posted by [Jen Salter](#) at 16:30

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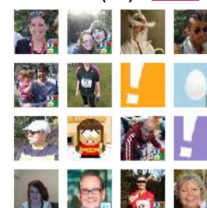
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Still, it was the only decision and he pushed himself as far as physically possible.

Well Done Steve you're Ace...

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Posted by [Jen Salter](#) at 18:54

[Recommend this on Google](#)

4 comments:



Westie 23 April 2012 19:04

Well done Steve. Such an achievement to go back and tackle it again. Unfinished business??
You've done an amazing job, see you soon.
Love Lyns and crew. Xx

[Reply](#)



KHH 23 April 2012 19:11

So sorry to hear this Steve. You are amazing and one of the strongest people I have met. To cope with the training for this incredible race for 3 years is more than I can comprehend having done it once - you are incredible. Rest and heal soon.

[Reply](#)



Mum 23 April 2012 19:17

So sorry to hear you have had to pull out, but you have done tremendously well to have run so far. You are a hero.
lots love
Mum and Pops xxx

[Reply](#)



MeMoo 24 April 2012 01:18

Sorry to hear this. Superhuman effort!

[Reply](#)

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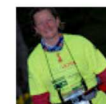
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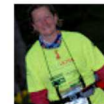
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MONDAY, 23 APRIL 2012

CP5 - 10 to go

The 6 remaining runners all made it safely through CP5, a fleeting stop at the '10 miles to go' point. Steve P's parting comment to Tom F (in jest) was, 'I'm going to run ahead so I won't have to listen to you for a short while!!'



Rainer led, followed Tom H, Tim E, Mel, Steve P and Tom F. It seems there is competition in the ranks so it will be interesting to see the finish order tonight!

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Posted by [Jen Salter](#) at 19:03

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Ruth B 23 April 2012 19:21

Dig deep Tim! Nearly done for another day xxxx

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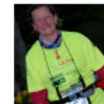
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MONDAY, 23 APRIL 2012

Rainer is still flying

Can you believe Rainer finished in 8hrs 30 mins today - 2 mins quicker than yesterday, just as hilly and half a mile longer!!! He's even carried mine and Rory's laptops around the corner to use the wifi - you're incredible well done Rainer...



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Posted by [Jen Salter](#) at 19:10

+1 Recommend this on Google

1 comments:



[frostorama](#) 23 April 2012 19:43

Go Mell

This blog is keeping us glued to the computer for updates!

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MONDAY, 23 APRIL 2012

Ode to Andy



There once was a runner called Andy,
Whose poems came in rather handy,
He said on the 'phone,
It was time to go home,
So Watch out Geraldine 'cos he's randy...

We'll miss your humour Andy Wilmshurst!!!

www.ULTRArace.co.uk - The Home of ULTRArunning

Posted by [Rory Coleman](#) at 19:25

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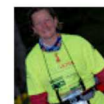
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MONDAY, 23 APRIL 2012

The Finish - Day 4 Results

A massive well done to our 6 runners who are all now safely back on the bus tucking into spaghetti bolognese after their 55.1 mile run today. The results are now online here:

<http://www.ultrarace.co.uk/events/results/>

www.ULTRArace.co.uk - The Home of ULTRArunning

Posted by [Jen Salter](#) at 20:32

[Recommend this on Google](#)

3 comments:



Watford Wobble 23 April 2012 20:55

Well done everyone. Enjoying reading the exploits of all the runners. Some simply great efforts out there.

Keep on running.

[Reply](#)



Mumoffourgermany 23 April 2012 21:38

Excellent news. Enjoy the spag bog and sleep well. Big hugs to Mel from the Wheelers xxxxxx

[Reply](#)



kevthepongo 23 April 2012 22:04

Tim Elliott. Great pace all four days. You are an inspiration to us all back on the Squadron. Absolutely outstanding effort!

[Reply](#)

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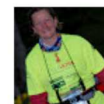
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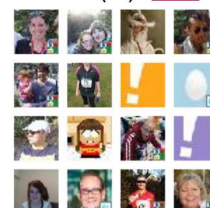
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MONDAY, 23 APRIL 2012

Bon Soir from the bus

Well we have all eaten our fill of spaghetti bolognese and consumed copious amounts of tea and coffee, all provided by the lovely Ann. Rory is doing a final bit of blister popping for Tim E and Mel before bedtime - thankfully after everyone has finished eating. Nothing too serious though so the starts tomorrow are:



05:30 - Mel, Tom F, Tim E
06:30 - Tom H and Steve P
09:00 - Rainer

Definitely time to sign out now as it's my turn to do the early starters tomorrow so Rory can have a bit of a lie-in. Goodnight to all of you and all the very best to Sean, Andy and Steve G who have finished their journey today. We miss you!

We have had over 7,500 views on the blog today so stay tuned - our runners need your support:-)

www.ULTRArace.co.uk - The Home of ULTRArunning

Posted by [Rory Coleman](#) at 21:50

+1 Recommend this on Google

3 comments:



[kevthepongo](#) 23 April 2012 22:08

This is a truly fantastic feat. Congratulations to all who have the guts and determination to attempt it.

[Reply](#)



[Ruth B](#) 23 April 2012 22:22

Here here! I agree

[Reply](#)



[MeMoo](#) 24 April 2012 00:22

Me too! An unimaginable show of mental and physical strength. All the very best to you all for Day 5.

[Reply](#)

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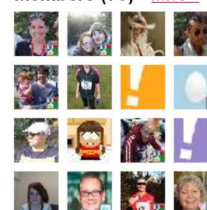
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TUESDAY, 24 APRIL 2012

Fixing Feet

Morning to you all from the bus! Mel, Tim E and Tom F set off at 5:32 in good spirits. Rory taped Mel and Tim E's feet over breakfast this morning.. Oh, and Tim E's running trousers and shoes have now had the Steve G treatment - the tongues were chopped and the trousers are now sawn off shorts to take any pressure away from his shin which is pretty swollen.



Steve G is up to wave them all off... He definitely made the right decision to stop as everything is now aching...

Next are Tom H and Steve P... More at 06:30...

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Posted by [Jen Salter](#) at 05:57

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4 comments:



[Mumoffourgermany](#) 24 April 2012 06:58

Have a great days running Mel. Thinking of you loads. Good luck to all the runners. Go girl power go!! Xxxx

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[aigster](#) 24 April 2012 07:14

Amazingkeep going ...legends!! Go mel @Canteenrun



[aigster](#) 24 April 2012 07:16

Ps.hi jen and rory ...hope to join you for a race next year!!

[Reply](#)



[Ruth B](#) 24 April 2012 07:53

Good luck for today everyone.

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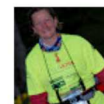
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[Smoking Mars Bars...](#)

[Panic Over](#)

[Rainer reaches 50.2..](#)

[40.2 miles - easy peasy today...](#)

[What a difference a day makes...](#)

[22.6 in 3:38](#)

[Rainer is through 11.8](#)

[Rainers on the road...](#)

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[Day 10 - Results](#)

[Rainer finishes in sub-11](#)

[An hour to go...](#)

[Rainer is through CP4](#)

[Just passed Rainer en route to CP4](#)

[Tom is out:-\(\(\(\(](#)

[Mark Cockbain joins Tom and Dave](#)

[Battling on...](#)

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[Getting thru the pain of the rain...](#)

[More visitors see Rainer through CP1](#)

[Breakfast like a King...](#)

[Slow away...](#)

[Is it Day Ten already?](#)

[Tom's here now...](#)

[Back on song...](#)

[Tom has 9.9 to go...](#)

[Nearly home](#)

[Both are through CP4](#)

[42.8 miles - CP4 - Shopping](#)

[Rainer is through CP3...](#)

[32.8 miles](#)

[CP2 22.1 miles](#)

[10 miles in 1:31](#)

[Tom and Dave are through 12 miles](#)

[New trainers for Tom...](#)

[Day 8 - Results](#)

[Tom's here too...](#)

[Another sub-10 for Rainer](#)

[Tom has just under 10 to go](#)

[Rainer passes through CP4](#)

[Tom beats Rainer \(to CP3\)...](#)

[Tom is through 23.7 miles](#)

[Rainer's still strong](#)

[Tom's in good shape](#)

[Start 2...](#)

[Fun at CP 1...](#)

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[Morning from the bus...](#)

[Tim De-feeted...](#)

[Day 7 Results](#)

[Tim is home...](#)

[Tom's made Penrith too...](#)

Tim has 9.4 to go...

Rainer finished already

Penrith in Sight...

Tim is here:-)

Tom F comes through happy...

Rainer is through 40 miles

Welcome to England!!!

And then there were 3 - Tom H
is out:-)

CP2 - 21.3 miles - Trainer
Graveyard

The Derby Runner come to the
rescue again

Rainer arrived at 10.2 miles...

Supplies sorted...

Shoes sorted for Tom F

CP1 - 10.7 miles

Tom H hits the road...

Tom F and Tim E have started...
and need STUFF!

Day 6 Results

They're all in safe:-)))

CP5 for Tim and Toms

Rainer reaches the purple bus!

CP4 - 42.3 miles - Mimi's
HERE!!!

Runner Update

CP3 - 30.4 miles

Long and Winding Road...

CP2 - 21.3 miles

Steve's retired...

Steve P and Tom H

CP1 - it's chilly!

Knees good...

Patch me up Danno...

An Ode to Perseverance

Day 5 - Results

Steve and Tom the Tunnel Kings

Rainer is home...

All 5 are safely through CP4

Rainer's through CP4

Time's up for Mel...

Tom H Mans Up

CP3 - 32.1 miles

CP2 - 21.3 miles

Rainer's speeding up!

CP1 - 10.7 miles

Day 5 - Grind

Tom H and Steve P have left
the building

Fixing Feet

Bon Soir from the bus

The Finish - Day 4 Results

Ode to Andy

Rainer is still flying

CP5 - 10 to go

Steve's JOGLE journey is
over:-)

CP4 - First 3 Through...

CP3 complete

Andy bows out

Shoe Surgery

The Toms

Chisholm's of Ballachulish - CP2

Mel's hurting..

Sean's Out:- (
Finest guest house in Scotland
Rain, Rain, Rain...
Hard times already...
Morning, I think...
Goodnight from the JOGLE bus
Day 3 Results
Home Sweet Home
Andy's here now too...
Steve P is here...
Rainer's day again...
All through CP4
Andy's having a bad patch
CP4 - Ceann Loch
Sunshine!
CP3 - 32.4 miles
Mel and Tim E arrive at Loch
Ness...
Loch Ness and 22 miles...
Sean's feet are sore...
Morning from 10.5 miles...
All safe and sound...
Thanks for tuning in...
Day 2 Finish
An Ode from Andy
Tim O - has retired
Leaders have 13.6 to go...
Checkpoint 4 - 40.9 miles
It's the Real Thing...
Hard Times...
All thru 2...
Andy is through CP2
Checkpoint 2 - 22 miles
Katherine's out...
Shoes - who is wearing what?
Checkpoint 1 - 10 miles
Day 2 Weather
Top of the Morning
Happy Birthday
Safe and Sound...
Mel and Tim are now here in a
time of 14.12.26 for...
Katherine Charge...
All through final CP
Mel and Tim E going well...
Last CP
Rainer finishes Day 1
The Pack
Nifty Fifty...
49 miles
Rainer's Flying...
Heaven sent...
Checkpoint 2 - 20.8 miles
Checkpoint 1 - 10.6 miles
And they're off...
Celebrations
Morning... or is it still Evening?
Ready to Go...
Inverness
Scotland Beckons
Meet the 2012 Joglers

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JOGLE ULTRA 2012

11 People take on the 'ULTIMATE 868 Mile ULTRA-marathon' from John O'Groats to Lands End

TUESDAY, 24 APRIL 2012

Tom H and Steve P have left the building

The next 2 have set off on their day's journey. After a prolonged stare by Steve at Tom's legs he remarked, 'I thought there was something strange about your legs - they look normal'...!

Today our runners have some navigation to contend with so hopefully I won't be finding too many maps discarded on the trailer like yesterday!

The weather is dry and ideal for running so fingers crossed it stays like it...

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Posted by Jen Salter at 06:36

Recommend this on Google

1 comments:



HaylsB 24 April 2012 08:29

PLease keep an eye on Tom H - navigation isn't his strong point!!!!

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Yikes... We are down to just two runners this morning as Tim Elliot's valiant

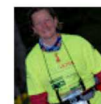
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TUESDAY, 24 APRIL 2012

Day 5 - Grind

We've just passed Tim E, Tom F and Mel on the way to CP1 who are running about 50m apart in quite a slow grind at 8.6 miles in 2hrs 20mins. They really need to keep above the 4mph mark at this stage to allow for recovery tonight although we suspect that the gathering amount of foot problems and fatigue is starting to kick in...

Behind them are Steve and Tom H... Steve nursing that knee that caused him a lot of pain yesterday and the event 'Dark Horse', Tom Haines who is just clipping along nicely at the moment. Rainer has a 9am start and looked in good spirits at breakfast this morning... although he never looks anything different.

More after the CP.

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Posted by [Rory Coleman](#) at 08:09

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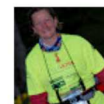
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6 comments:

 **HaysB** 24 April 2012 08:31
Go on Tom - keep "clipping along"!!!!

[Reply](#)

[Replies](#)

 **yazzy** 24 April 2012 12:06
:D

[Reply](#)

 **RenH** 24 April 2012 09:21
Go Tom Go. Lots of Love Mum xxxx

[Reply](#)

 **Mumoffourgermany** 24 April 2012 09:30
keep going Mel, love Sarah x

[Reply](#)

 **yazzy** 24 April 2012 12:07
GO DADDY!!!! :D LOVE U!!!

[Reply](#)



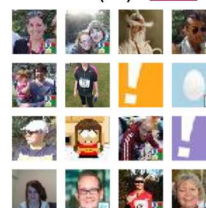
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DadH 24 April 2012 12:22

Go your own pace Thomas. With those legs you will play for the Vale one day.
dad

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TUESDAY, 24 APRIL 2012

CP1 - 10.7 miles

Tim E, Tom F and Mel came through CP1 an hour ago. Tim E said he was very cross with himself for not eating Ann's hot cross bun at breakfast so he was very happy to get one at the first checkpoint. Tom F had to walk for the first 3 miles until he said something went 'click' in his shin and then he could run again - is that a good or a bad thing?! Guess we'll find out as [the day](#) progresses... Mel is keeping up with the guys and needs to today to get her to the finish with ample rest time for tomorrow's 57.1 miler. Today is a wapping 57.7 miles...

Steve P's knee is still sore - Rory released it again at the CP which seemed to help. The pain is underneath the kneecap and hard to pinpoint. Let's hope it doesn't get any worse.

Tom H is happy as larry and is smack on pace for the day... so we are just waiting for Super-Rainer and then we are off to CP2...

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Posted by [Rory Coleman](#) at 09:29

+1 Recommend this on Google

1 comments:



Ruth B 24 April 2012 10:01

Get that bun down you baby!! xxx

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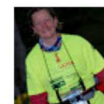
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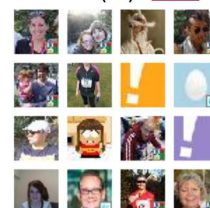
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Rainer's speeding up!

Rainer just came through the 10.7 mile point in 1 hr and 27 minutes - incredible! It's enough to make us mere mortals want to give up ultra-running!



It's absolutely stunning scenery again today so I'm happy watching from the warmth of our Chevrolet today:-)

More from CP2...

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Posted by [Jen Salter](#) at 10:35

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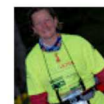
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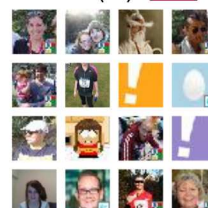
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CP2 - 21.3 miles

Tom F and Tim E were the first to reach us at CP2. Tom F is still on his 'Stage 1' level of painkillers, saving something stronger for next week... they have teamed up and are doing really well having taken heed of Rory's advice that they needed to speed up to a 4mph pace. Tim E aired his feet which aren't going to win any beauty contests...

Next was Steve P who seemed to be running more freely as he approached the checkpoint. He has again been battling with his right knee - Rory stretched it out again and he jogged off looking comfortable.

Mel followed - she is trying to stick to a 16 min/mile pace but struggled a bit in the last section. Still, she only stopped briefly, topped up her Perpetuem and had something to eat before setting off again.

Tom H was shortly behind Mel and looked fresh (all things considered!).

Finally, Rainer came through at 12:15. so that's 3 hrs 15ins for 21.3 miles...

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Posted by [Jen Salter](#) at 13:09

+2 Recommend this on Google

1 comments:



Ruth B 24 April 2012 14:43

Look after those big ol'Harold Hare feet Tim!! xxx

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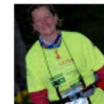
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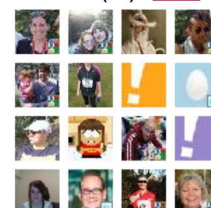
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CP3 - 32.1 miles

And it's been raining:- (As we passed our runners the order was the same except Tom H has now overtaken Mel. All of them were chugging along nicely - come on guys! More as the runners come through...

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Posted by [Jen Salter](#) at 13:27

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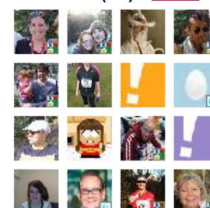
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Tom H Mans Up

Tom H's words not mine as he came into CP3... He said that he had gone a bit soft earlier on and had decided it was time to 'Man Up'...

He was straight out onto the road with Tom F and Tim E set as his target to catch in the next ten miles.

Watch out boys! Tom's coming to get ya...

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Location:[Luss, United Kingdom](#)



Posted by [Rory Coleman](#) at 14:26

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3 comments:



[HaylsB](#) 24 April 2012 15:32

Ha ha yes Tom, man up!!! Go get em Tom!

[Reply](#)



[Steve Schickedanz](#) 24 April 2012 18:23

Tom learned how to man up doing hard time in New Jersey! Crack on mate!

[Reply](#)



[Rob Timko](#) 24 April 2012 18:47

Absolutely loving the updates! We're all following Tom H. in the US (NJ Trailrunners). Tom can motor forever.

[Reply](#)

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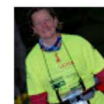
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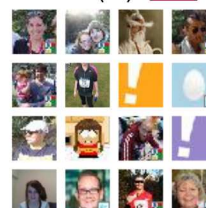
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Time's up for Mel...

Mel got to the 32.1 mile CP 3 and decided that was a good place to finish her JOGLE dream. She covered 262.2 miles in the 4.5 days but today was struggling to make the 4mph needed to get her to the finish in good time for more of the same tomorrow.

Obviously she's down-hearted but she's proud of getting the furthest of any woman on The JOGLE Ultra.

This leaves us with 5 people left out there battling the elements (yes it's tipped it down again today), the blisters and the massive distance they still have to cover.

Even Rainer has gone a little bit easier this afternoon... this race is a bugger! More from CP4 in the stunning location of Dumbarton (twinned with Chernobyl) later..



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Posted by [Rory Coleman](#) at 15:32

+1 Recommend this on Google

14 comments:

 **HaylsB** 24 April 2012 15:34

Well done Mel!

[Reply](#)

 **Ruth B** 24 April 2012 15:41

Sorry to hear that but what a woman!

[Reply](#)

 **Bin** 24 April 2012 15:50

Well done you for battling all the elements to get as far as you have and for going further than any woman before you. You are incredible. xxxx

[Reply](#)

 **The Breeder** 24 April 2012 16:10

What a fantastic effort Mel. It has been so exciting following your progress. You are incredible! RESPECT!!!

[Reply](#)

 **Bin** 24 April 2012 17:29

FROM M&D!

Well done darling. We are incredibly proud of you. You've achieved so much. Our amazing girl. See you tomorrow. xx

[Reply](#)

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Watford Wobble 24 April 2012 17:30

I doff my hat to you Mel. Superb effort and you should be proud, very proud.

[Reply](#)



Pep 24 April 2012 17:37

Well done Mel! I hope you are not thinking about running home running anyway!

[Reply](#)



Pep 24 April 2012 17:43

Sorry, I mean going home running...

[Reply](#)



Mumoffourgermany 24 April 2012 17:56

Wow Mel you have been absolutely amazing. We are all in awe of your achievement and hope that you can see how much you ave achieved. Love you loads amazing friend. Xxxxx

[Reply](#)



Mumoffourgermany 24 April 2012 17:59

Well done Mel. What an incredible achievement. We at so proud of you and in total awe of you. Hugest love, sarah and the gang xxxxxxx

[Reply](#)



Ted 24 April 2012 19:28

The people of Chernobyl won't be happy about that twinning.

[Reply](#)



Bin 24 April 2012 20:19

FROM BINKS, HARRY AND MILLY

We are so, so proud of you. What an incredible achievement. You are simply amazing, inspiring and phenomenally courageous. You are beyond special and we all love you to bits. XXXX

[Reply](#)



MeMoo 25 April 2012 02:27

Mel, you've had us all furiously clicking our mouse buttons over the past 5 days...all over the world it seems ;) It has been an amazing journey to follow. You should be so proud of yourself. Now put your feet up and enjoy that much earned glass of vino! xx

[Reply](#)



D&R 25 April 2012 12:57

Well done Mel. You have had us captivated - what a courageous effort. The gauntlet has been thrown for future women going for the jogle Ultra! with love the Glendays

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Rainer's through CP4

Rainer's just passed the 44.3 mile point looking like he's just been out for a morning stroll!

So he's done 44.3 miles in 7 hours...:-) I'm off for a jog up the road now to guide the rest down the right road...

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Posted by [Jen Salter](#) at 16:07

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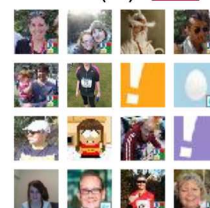
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TUESDAY, 24 APRIL 2012

All 5 are safely through CP4

I ran with Steve P, Tom H, Tom F and Tim E for a short while earlier to make sure they took the right turn to CP4. All were going at a really good pace.

They have now finished the pretty nasty stretch down through Dumbarton and are on the home straight.

We are staying in the grounds of the delightful Craigholme School tonight, and they will be treated to showers and bangers and mash when they reach the bus - it's been a long day out on the road today for everyone - I'm looking forward to a celebratory glass of wine with Mel before she heads off home in the morning...

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Posted by [Jen Salter](#) at 18:52

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Tim De-feeted...

Yikes... We are down to just two runners this morning as Tim Elliot's valiant

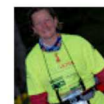
JOGLE Ultra attempt finished in Penrith last night. How he m...



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JOGLE ULTRA 2012

11 People take on the 'ULTIMATE 868 Mile ULTRA-marathon' from John O'Groats to Lands End

TUESDAY, 24 APRIL 2012

Rainer is home...

Rainer has finished today's 57.7 miler in 09:11. Another incredibly impressive day out which included a trip through the lovely Clyde Foot Tunnel.

Well done Rainer...

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Posted by [Jen Salter](#) at 19:06

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1 comments:



[Lindley Chambers](#) 24 April 2012 20:12

Someone x-ray him. He must be a cyborg! Impressive running.

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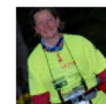
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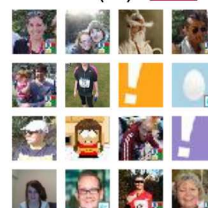
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TUESDAY, 24 APRIL 2012

Steve and Tom the Tunnel Kings

The guys are now thru the Clyde Foot Tunnel and Steve has already passed us with 3.2 miles to go... he's had a brilliant day actually as his knee has been very painful indeed, especially this morning.

He looked a lot brighter when we saw him last and he will soon be back at the bus for a well earned rest. Nice one Steve P.

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Posted by [Rory Coleman](#) at 19:29

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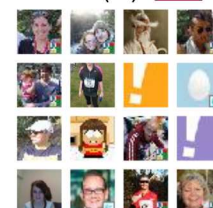
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TUESDAY, 24 APRIL 2012

Day 5 - Results

Tom F and Tim E were the last back to the bus - they arrived at 20:56 and have dashed straight off to the showers which were supposed to be shutting at 21:00 but we have just grabbed the keys so we can also freshen up tomorrow morning.

Today's results are now live here:

<http://www.ultrarace.co.uk/events/results/>

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Posted by [Jen Salter](#) at 21:26

[Recommend this on Google](#)



2 comments:



Audi.andy 24 April 2012 21:34

[Reply](#)



Rob Timko 24 April 2012 22:05

How many pints is Tom H. downing every night? I've heard stories from Trans-Rockies run....

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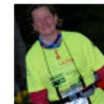
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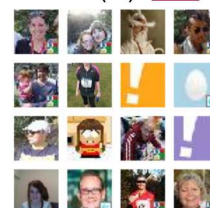
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TUESDAY, 24 APRIL 2012

An Ode to Perseverance

Tom and Tim are getting thin,
Event though they're eating
loads,
It's not surprising,
'Cos the hills keep on rising,
Out on these long Scottish roads

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Posted by [Jen Salter](#) at 21:30

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4 comments:



[Audi.andy](#) 24 April 2012 21:35

Heads up Tom F, you're doing a fine job!

[Reply](#)



[Ruth B](#) 24 April 2012 21:37

I want to hug them for all their effort and perseverance.

[Reply](#)



[Ruth B](#) 24 April 2012 21:38

Tim, I love you dearly xxxx

[Reply](#)



[Hayley_x](#) 24 April 2012 22:30

Tom, you are incredible. I am in total awe. x

[Reply](#)

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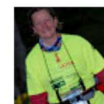
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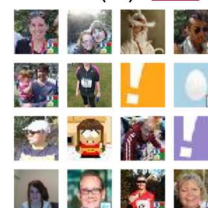
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11 People take on the 'ULTIMATE 868 Mile ULTRA-marathon' from John O'Groats to Lands End

WEDNESDAY, 25 APRIL 2012

Patch me up Danno...

We've just spent ages patching up Tim E's right foot. It's not a breakfast picture really as it's very sore and infected on the underside... But boy he's tough and very driven and good news for him is that his running mate Tom F's has a pair of size 13 trainers to lend him as there is no way his size 11.5 Asics are going to accommodate him now.

A couple of pairs of socks will fill any gaps and we hit the road in 10 minutes.

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Location:

Titwood Rd.,United Kingdom



Posted by [Rory Coleman](#) at 05:20

+1 Recommend this on Google

3 comments:



Ruth B 25 April 2012 06:45

Tim, you are certainly tough. We are all going grey!! You must be thinking of Dunkirk darling...
Big thanks to the lovely Tom - we owe you!!
Anyone got any appropriate antibiotics nearby for Tim in case he becomes unwell??

[Reply](#)



Rory Coleman 25 April 2012 06:57

Ruth, you do indeed have a very tough man... and most would have stopped by now. Hopefully the foot surgery has helped him this morning as well as the bigger shoes! We'll keep you posted...

[Reply](#)



Ruth B 25 April 2012 07:33

Thankyou to both of you for care. He certainly likes a challenge!! Fingers crossed for him.

[Reply](#)

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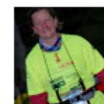
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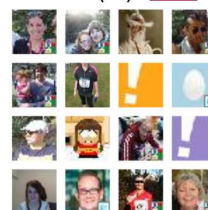
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WEDNESDAY, 25 APRIL 2012

Knees good...

Great news this morning for Steve as he says his knee feels a lot better this morning and he looks far happier about [the day](#) ahead. Tom H is also in good spirits and our 'Dark Horse' is looking as good as day one IMO.

Unusually he is wearing his coat inside out to hide the St.George's Crosses on the sleeves until tomorrow perhaps until when we cross the border... Oh to be in England... and then lovely WALES of course!!!

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Posted by [Rory Coleman](#) at 06:40

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2 comments:



[HaylsB](#) 25 April 2012 08:37

"Dark Horse Tom" Indeed!!! You do look surprisingly fresh on this picture! Well done you! We may get to see you Shropshire way this weekend at this rate!! Keep it up! Hayley and the Stokeies x x

[Reply](#)



[Steve Schickedanz](#) 25 April 2012 10:58

What happened to manning up Tom H. Turn that jacket back around! The TURDE's are watching.

[Reply](#)

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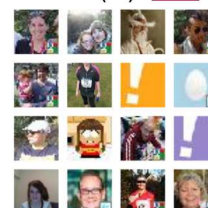
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CP1 - it's chilly!

Tom F and Tim E have just come through CP1. They are sticking to a 4mph pace and looking good. First mistake of the trip - Tim's white plastic drop bag was left near some other white laundry bags so we missed it and it's still there.

We have disconnected the trailer and Rory is currently en route back to the bus to collect it so he will have it for CP2. In the meantime we have stocked him up with some painkillers. Both are pretty chipper.

Steve P and Tom H looked very comfortable on our way here. Rainer has just left.

More as the next runners come through - I can't feel my fingers, brrrr!



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Posted by [Jen Salter](#) at 09:05

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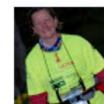
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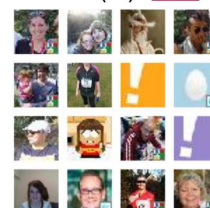
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Steve P and Tom H

Steve P came through first picking up his usual wrap, pastries and milk. I tried to help with his knee but I think he needs Rory so Rory is driving to him en route to try to help.

He has found Tim E's bag but nearly knocked himself out in the process rushing and walking straight into one of the bus mirrors:- (Not the best start!

Tom H arrived and tucked into Potatos and Salt (a Port Vale delicacy, we are told) as Steve set off...

We've just had our first downpour of [the day](#) so it's important our runners keep themselves warm today with the drop in temperature and the rain..



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Posted by [Jen Salter](#) at 09:34

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5 comments:



[Watford Wobble](#) 25 April 2012 10:07

Incredible running and well done to Jen and Rory in providing great support.

[Reply](#)



[MeMoo](#) 25 April 2012 11:09

Wishing you all the best for Day 6 :)

[Reply](#)



[Pommers](#) 25 April 2012 11:24

Great updates Rory and Jen - We're living the race with you all! Hope the knees and feet are hanging in there for all - it's definitely a tough one! Richard&Liz

[Reply](#)



[DadH](#) 25 April 2012 19:40

Keep going the jogle 4
DadH

[Reply](#)



[DadH](#) 25 April 2012 19:43

Potato and salt are the fill for P V F C meat pie. Its good for stamina and Tom H is proof of that

[Reply](#)

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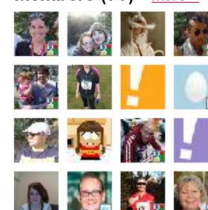
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WEDNESDAY, 25 APRIL 2012

Steve's retired...

Arrrrgggh... Steve's knee has got the better of him and he's decided to stop at Strathhaven... He said that Running Across America was a piece of cake against this...

We are really sad to see him go as he's such a lovely chap :-)

That leaves us with just 4 runners now...

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Location: [Glen Rd., United Kingdom](#)



Posted by [Rory Coleman](#) at 11:24

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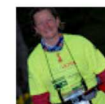
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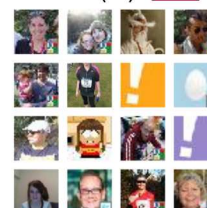
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WEDNESDAY, 25 APRIL 2012

CP2 - 21.3 miles

Tom F and Tim E are in excellent spirits. They have been jogging along at a good pace, and even chatting to locals. It's great to see them both so chipper:-))



They were followed shortly afterwards by Tom H who is also very good indeed. Steve P has been so helpful and encouraging to them he's such a lovely guy - we have him to keep us company today...

So we are just waiting for Super-Rainer: he is so consistent we have started placing bets on the time he comes through checkpoints - he was 5 minutes earlier than either of our predictions at the last one!!!

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Posted by [Jen Salter](#) at 12:02

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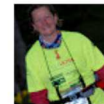
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JOGLE ULTRA 2012

11 People take on the 'ULTIMATE 868 Mile ULTRA-marathon' from John O'Groats to Lands End

WEDNESDAY, 25 APRIL 2012

Long and Winding Road...

We are at CP 3 along the B7078 heading towards Moffat... it's a real tester for the navigation here as the M74 criss crosses the route so many times and there are lots of roundabouts and T-Junctions to negotiate.



Oh plus the Rain!!!

To keep the spirits up Andy has sent us another ditty...

There's a monstrous race called The Jogle,
Which would make the brave start to wobble,
But the remaining four runners,
Are performing such wonders,
It makes all those watching minds boggle!

Cheers Andy...

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Posted by [Rory Coleman](#) at 13:46

+1 Recommend this on Google

2 comments:



[HaylsB](#) 25 April 2012 14:33

Looks a bit chilly on this one Tom, still smiling tho!!!

[Reply](#)



[kevthepongo](#) 25 April 2012 18:08

The four remaining runners really are marvels. Kudos to all of you guys. Great blog.

[Reply](#)

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CP3 - 30.4 miles

Rainer has already passed through CP3 and is very kindly laughing at our pretty unimaginative robot/machine jokes! We can see the 0.75 stretch leading up to us and he looked like he was doing a half marathon... Steve P confirmed that it was a tad depressing when he passed by each day. Understandable as he seems to be totally unstoppable.



Ooh, Tom F and Tim E have just come into view and, although they aren't going to win any half marathons at that pace, they are chomping along very well indeed... More when they get here...

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Posted by [Jen Salter](#) at 14:26

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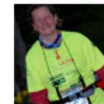
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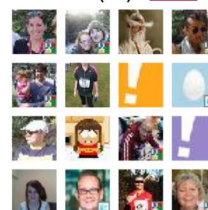
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Runner Update



Rory had a good look at Tim's feet and came to the verdict that they aren't as bad as Tim thinks they are. He's now in Tom's size 13's which are a bit big and his feet are moving around inside them a bit causing friction. Rory gave him an extra pair of socks to wear and, although he moved off pretty gingerly, he seemed to be moving pretty well when we passed - jogging uphill no less.

Tom F is still his humorous self and enjoying the sheepdogs. He is getting superstitious about his running kit thinking he has to wear the same every day, including his Captain Bananaman socks.

Tom H is fine too - he looked a little tired but nothing a can of coke, a wrap and a chocolate bar couldn't fix. He barely stopped...

We caught Rainer taking snaps as we passed him after which he clicked back into his usual pace, again uphill.

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Posted by [Jen Salter](#) at 16:22

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1 comments:

► [2012](#) (207)► [2011](#) (5)**Hayley (Alzheimer's Society)** 25 April 2012 18:13

Well done Tim! Tough day but you're doing really well. You got a mention in todays East Midlands Meeting.

All behind you here at Alzheimer's [Society](#), you're doing amazingly.

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CP4 - 42.3 miles - Mimi's HERE!!!

We are now sat in a delightful lay-by on the A702 alongside the busy A74 (part of that isn't true).

We have just had the pleasure of a visit by the lovely Mimi and Tim Anderson (all of that is true). They stayed to watch The Machine come through who stopped for a photo opportunity and a [chat](#).

He is enjoying his day out, stopped for a tour of the lead mining museum in Abington and went for a quick whistle-stop tour of the local surrounds before getting back on track (not true but could easily be)!

More when The Humans get here...

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Posted by [Jen Salter](#) at 16:33

+1 Recommend this on Google



2 comments:



Mimi 25 April 2012 17:31

Marvellous to see you and the Machine in action - he makes it look so easy! Enjoy the rest of your journey,

[Reply](#)



Philip 25 April 2012 17:42

I'm sure Steve P would be only too pleased to help out with the cooking tonight, and any other chores (bursting blisters, filling ice buckets etc) that might be needed. He doesn't like to admit how much he loves helping out, and I'm sure he would like to buy you all rounds of drinks tonight. Best wishes from his brother.

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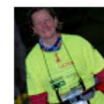
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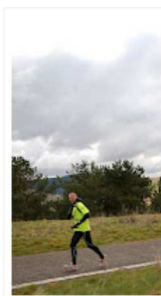
Rainer reaches the purple bus!

Well we've had a bus change today and we're now on the usual purple demon - yippee!

Rainer paused in the car park to take a final photo before arriving home in a 9:21 for 57.1 miles. Astonishingly good as always - well done Rainer:-)

That's a mere 345.1 miles in just six days!!!

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Posted by [Jen Salter](#) at 18:25

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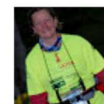
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CP5 for Tim and Toms

We have just given the lads their final CP of the day 7.6 miles from the bus. They are looking very tired and in need of some tlc so please post your msgs of support for them (texts are probably best avoided as they need to concentrate for the next 2 hours)...



To add insult to injury it's just started raining:-(They have a fairly long climb to go (2 miles) before a downhill all the way to the finish. Ann has a fantastic chilli waiting for them, together with hot showers and clean clothes. Come on guys dig deep...

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Posted by [Jen Salter](#) at 20:11

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21 comments:



KHH 25 April 2012 20:16

COME ON guys. You are both doing so well - true heros. Dig deep. Whatever the pain, I'd rather be where you are than where I am - KEEP GOING!! xxxx

[Reply](#)



KHH 25 April 2012 20:19

Sorry - read that as "all doing so well". Love you all. xx

[Reply](#)



poppet 25 April 2012 20:25

Keep going Tim, Tom H and lovely Tom F!! You are doing so well!!!
Love
Xxxx

[Reply](#)



Ruth B 25 April 2012 20:25

Nearly done for the day Tim and Tom, keep going. You are both so courageous and strong. Sending love and hugs xxx

[Reply](#)

[Replies](#)



Ruth B 25 April 2012 20:32

[Reply](#)

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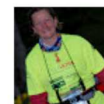
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linda lockwood 25 April 2012 20:37

► 2012 (207)

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Reply

Replies



linda lockwood 25 April 2012 20:43

Hang in there guys - nearly finished for today!
Just amazed by your courage and tenacity!!
Much love
Xx

Reply



AndyW 25 April 2012 20:42

Fantastic effort guys, you're all amazing!

Reply



RenH 25 April 2012 20:43

You are all absolutely amazing, amazing.
Best wishes, love and kisses to you all.
Tom H's Mum xxx

Reply



Ruth B 25 April 2012 20:43

Tim and both Toms I meant - edge of seat stuff here!!

Reply



Hayley (Alzheimer's Society) 25 April 2012 21:06

You are all such an inspiration....heads down and keep pushing. Think of that chilli waiting for you at the finish line.

Hayley - Alzheimer's [Society](#)

Reply



Vicky 25 April 2012 21:09

looking forward to reading you are all done safe and sound you are all amazing. Always knew Tom H was a bit mad but now you really have proven it!!! Great job guys!! Love Tom H's cousin x

Reply



kevthepongo 25 April 2012 21:11

Come on fellas. Great effort! Hoping to come cheer you on when you get down the A6 a bit. Fantastic effort.

Reply



Rob Timko 25 April 2012 21:19

TLC? Hell with that. Yo - Tom H. man up mate!! ;)

Reply



RobH 25 April 2012 21:22

Proud of you Tom H (bro)! And I cant believe I'm putting that on a public forum but all you guys are doing so incredibly I feel compelled. Keep it going!!!

Reply



DAVID 25 April 2012 21:25

I remember it well,,dig deep guys you are doing fantastic,

Reply



Audi.andy 25 April 2012 21:30

Amazing effort fellas and great camaraderie, almost the 3 Amigos. An Aussie Ironman Champion once said "Success in the sport is, above all else, about enduring suffering."

Think of the chilli and bring on tomorrow. LIVESTRONG

[Reply](#)



Hayley_x 25 April 2012 21:46

You are all doing so well, it really is incredible to follow your progress every day. I can't imagine how tired you must all be but dig deep and know that there are so many people supporting you.

Tom F... You are my hero now more than ever! x x x x

[Reply](#)



TK Team 25 April 2012 21:48

Ditto to all of the above! You Guys are doing such a fab job. There's a whole load of us cheering you on from Canada.
Lots of love Tom H's Sis xxx

[Reply](#)



HaylsB 25 April 2012 21:54

Go on boys, chilli is waiting! Come on Tom H, were planning our day in Shropshire on Sunday so no stopping now!! The Bezzers x

[Reply](#)



pocketpixie 25 April 2012 21:58

Go on guys, you can do it!!
- Jemma Gordon, Steve G's daughter.

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WEDNESDAY, 25 APRIL 2012

They're all in safe:-)))

Tim and the Toms have just appeared in good spirits. They are off to have a shower, then they'll have a quick meal and [bed](#)...

WELL DONE GUYS:-))

Results in 10...

www.ULTRArace.co.uk - The Home of ULTRArunning in the UK

Posted by [Jen Salter](#) at 22:01

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4 comments:



[Hayley_x](#) 25 April 2012 22:04

Glad to hear it. Enjoy your showers and rest up. x

[Reply](#)



[Ruth B](#) 25 April 2012 22:11

Yes, good news :@)

Shower, chilli and as many zzzzz's as you can - go!!

Hugs from Ruth xxx

[Reply](#)



[TK Team](#) 25 April 2012 22:21

Have a good rest and sleep well all ...
Very proud of my big bro xx

Xxxk

[Reply](#)



[poppet](#) 25 April 2012 23:51

Glad you are all safe.
Sleep well brave boys
Lots of love to Tom F
Xxxxxxx

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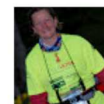
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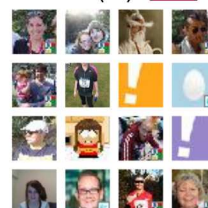
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WEDNESDAY, 25 APRIL 2012

Day 6 Results

And here are the results so far...

<http://www.ultrarace.co.uk/events/results/>

WELL DONE to all our runners:-))

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Posted by [Jen Salter](#) at 22:20

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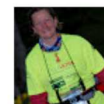
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THURSDAY, 26 APRIL 2012

Tom F and Tim E have started... and need STUFF!

The guys look tired and sore this morning... They all seem to have slept well although the alarms went off at 04:30 so it was short and sweet...

They have all eaten a lot of porridge and toast for breakfast which is great as they have a long day ahead of them today - a 62.5 miler to Penrith (the second longest day of the event).

Tim E and Tom F left first and moved off very gingerly.

The blisters on Tim's right foot are getting worse and are very sore indeed. They're beyond Rory's taping now so fingers crossed he's ok today.

Tom F's feet are in better shape - Rory helped pop a couple of blisters but all things considered they look good. He is wearing a new pair of trainers today which he thinks will be too narrow:-(The previous ones died yesterday. HELP - does anyone have a pair of size 14 2E Brooks Adrenaline for him??? He very generously gave his spare pair to Tim E... If so we wld LOVE to hear from you - my number is 07775 921665...

Please post your support on here and we'll read your messages to the guys at checkpoints...

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Posted by [Jen Salter](#) at 06:12

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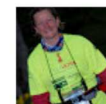
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6 comments:



[Jen Salter](#) 26 April 2012 06:51

Failing Adrenaline any Size 14 2E Brooks model would be fantastic...

[Reply](#)



[MeMoo](#) 26 April 2012 07:26

Yowwww how painful?! All greatest respect, but be SO careful/vigilant with that wound :(

Wishing you all the best for Day 7 - may the road rise up to meet you!

[Reply](#)



[Ruth B](#) 26 April 2012 08:17

And hopefully in a downhill fashion!

[Reply](#)

[phils running blog](#) 26 April 2012 08:44



Come on guys dig deep, you are entering ENGLAND today. You are an inspiration too many.. Tom the hat must be working matey..

► 2012 (207)

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Knickerscat 26 April 2012 09:26

So so impressed with everyone's mega efforts. Loving following the progress on the blog. Keep going. Nicky xx

[Reply](#)



Hayley_x 26 April 2012 11:22

Thinking of you all, what strong incredible people you are.

Tom.F I am thinking of you every minute and driving everyone crazy by talking non stop about how amazing you're doing!

Sending Love x x x x

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THURSDAY, 26 APRIL 2012

Tom H hits the road...

Tom H started shortly after the others. I walked him to the entrance and it took me some time to convince him it was left rather than right! It turns out they must have arrived through the back entrance last night through the campsite - no wonder they didn't see the big billboards at the entrance!

Anyhow, he put in a special request for some waterproof gloves and Steve P has come up trumps with his ski-ing mitts. Thanks Steve! So now we just have to nip to the chemist for Tim and find some very large socks for him - there's a chemist around the corner and we are parked next to a woollen mill so hopefully that's do-able!

More soon...

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Posted by [Jen Salter](#) at 06:24

+1 Recommend this on Google



3 comments:



AndyW 26 April 2012 06:49

Wishing the guys all the best for today's epic - know they'll do amazing things yet again! I see Tom H's sense of direction hasn't improved - he nearly had us running back north to JOG at start of day 2 :) no problems with his or the others determination tho. If JOGLE was filmed it would be called the real 'True Grit'

[Reply](#)



HaylsB 26 April 2012 07:00

I have previously mentioned Toms rubbish navigation skills!! Keep it up Tom otherwise we'll all have to do more work in the office instead of refreshing this blog all day to keep up with you guys!! Good luck for today, will you be putting your jacket on the ight way today??? The Bezzers x x x

[Reply](#)



Watford Wobble 26 April 2012 08:14

You guys are a true inspiration as are all the JOGLE runners. Keep going, keep strong.

I run Peaks Ultra in August and had doubts I could do that. You guys have given me the confidence that yes I can.

We are thinking of you all the way.

[Reply](#)

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POPULAR POSTS



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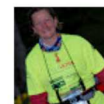
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JOGLE ULTRA 2012

11 People take on the 'ULTIMATE 868 Mile ULTRA-marathon' from John O'Groats to Lands End

THURSDAY, 26 APRIL 2012

CP1 - 10.7 miles

Tim E got to us first at CP1, shortly followed by Tom F then Tom H. Tim E is clearly in some discomfort but is a very tough cookie. He grabbed some refreshment then set off straight away...

Tom F is tired but in good spirits... Tom H arrived and they went off together. Tom H has a sore right quad and a hurty right ankle - he walked up to the CP but after Rory had released it he jogged off with Tom F...

We are now heading back to Moffat to get some supplies for Tim E at the chemist, then back to the CP to wait for Rainer who is setting off very shortly...



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Posted by [Jen Salter](#) at 08:53

+1 Recommend this on Google

1 comments:



Ruth B 26 April 2012 09:13

Tim you are so strong, keep it going. Jealous about iced buns for breakfast! Love you big fella xxx

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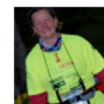
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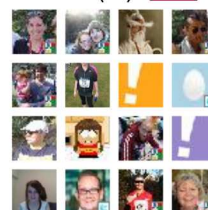
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THURSDAY, 26 APRIL 2012

Shoes sorted for Tom F



Thanks for all your replies but we have now sorted some trainers for Tom F (massive thanks to his Mum - Linda)...

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Posted by [Jen Salter](#) at 08:55

+1 Recommend this on Google

1 comments:



Ruth B 26 April 2012 10:49

That's good to hear. Big thank you to Tom for lending his spare pair to Tim. What a lovely, kind man. X

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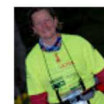
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Supplies sorted...

We now have everything Tim needs from the chemist and Tom H is now sporting some lovely warm gloves courtesy of Steve P. We even got back to the bus in time to see Rainer set off at 9am... Needless to say he looks as easy as he did on Day 1...

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Posted by [Rory Coleman](#) at 09:16

+1 Recommend this on Google

2 comments:



[HaylsB](#) 26 April 2012 09:23

Has anyone checked whether Rainer is actually human and not a machine - he sounds incredible!

Come on boys - keep it up!

Tom H - give you leg and ankle a little rub - sure they will be fine!!

[Reply](#)



[Richard Lendon](#) 26 April 2012 09:42

Awesome effort all - massive respect!

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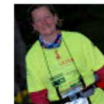
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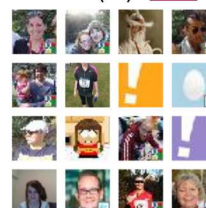
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Rainer arrived at 10.2 miles...

Rainer reached us at 10:25 at the 10.2 mile point... he is absolutely fine and dandy!!

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Posted by [Jen Salter](#) at 10:35

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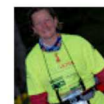
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THURSDAY, 26 APRIL 2012

The Derby Runner come to the rescue again



After our shout out this morning Linda, Tom F's Mum, contacted The Derby Runner and they have got him 2 x 14 2E shoes! Thank you!!

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Posted by [Jen Salter](#) at 10:39

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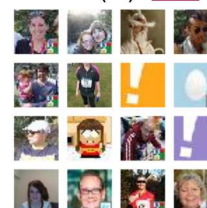
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THURSDAY, 26 APRIL 2012

CP2 - 21.3 miles - Trainer Graveyard

Tom F and Tim E (in that order) have just come through. Tom F came through first, managing to stick just about to 4m/hr pace - fantastic! He had his feet patched up by Rory and had his trainers 'enhanced' at the same time (heel tabs removed and a hole cut next to the little toe to widen them a snidge. His goal is to get to the Scottish border first... Let's see when Rainer gets here!



Tim E didn't stop for long. He took some food, some milk, some painkillers and went on his way.

More when Rainer arrives...

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Posted by [Jen Salter](#) at 11:54

[Recommend this on Google](#)

2 comments:



Ruth B 26 April 2012 12:03

Chip away Tim, you're making progress all the time. Be very proud of yourself. We all are. Kisses and hugs baby xxxxxx

[Reply](#)



Ruth B 26 April 2012 12:28

Tim, the Sqn is thinking of you and say you're already a legend and to KEEP GOING!!

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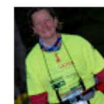
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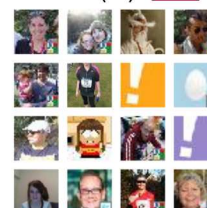
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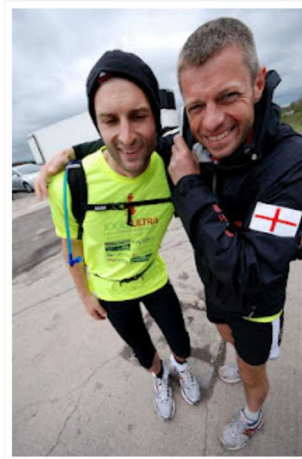
And then there were 3 - Tom H is out:-

Tom H's right knee/quad has finally got too painful and he has sadly had to pull from the race:-) He called us while we were sat at CP1 waiting for Rainer to come through to ask if we could pick him up on the way past.

We are gutted as we thought Tom had a great shot at Lands End... He had been forced to slow to a walk and unfortunately didn't quite make it to the border...

Well done you have been absolutely awesome and we will be so sad to see you go:-((

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Posted by [Jen Salter](#) at 12:16

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11 comments:



Ruth B 26 April 2012 12:35

Really sorry to hear that, I enjoyed the exploits of Tim and Toms. Best wishes to Tom x

[Reply](#)



Steve Schickedanz 26 April 2012 12:40

Sorry to hear but hell of a show Tom.

[Reply](#)



HaylsB 26 April 2012 12:43

Mighty effort Tom, hopefully catch you for a quick beer (or 3) before you fly back! The Bezzers

[Reply](#)



Andrew Fletcher 26 April 2012 12:47

Sorry to hear that Tom, you've put in a great performance!

[Reply](#)



RobH 26 April 2012 13:24

Did somebody say beer? Awesome effort Tom! Good luck to Tim, Tom and Rainer!

[Reply](#)



TK Team 26 April 2012 13:44

You've done absolutely amazing Tom, well done. Hope you recover swiftly...I'm sure the Beer will help! Love Sis xx

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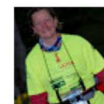
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[Reply](#)[► 2012 \(207\)](#)[► 2011 \(5\)](#)**Vicky** 26 April 2012 13:54

Tom you have done an amazing job and should be really proud of what you have achieved. It would be great to see you before you fly off again. Take care of yourself love cousin Vicky, Stu and and the kids xx

[Reply](#)**Richard Lendon** 26 April 2012 15:25

Hard luck Tom - but amazing effort and you should be incredibly proud

[Reply](#)**Knickerscat** 26 April 2012 16:14

What a shame - amazing job though!

[Reply](#)**AndyW** 26 April 2012 17:11

Really amazing effort Tom! Thoroughly enjoyed running with you - even if staff of Wick's Tesco's might not agree :) hope your legs recover swiftly

[Reply](#)**DadH** 27 April 2012 14:41

so sad Tom but be proud of what you've achieved ,I am.Shakespeare will have to wait.

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THURSDAY, 26 APRIL 2012

Welcome to England!!!

Well we are very proud to let you know that our 3 intrepid runners have all just crossed the Scottish border - CONGRATULATIONS!!

Tom F fulfilled his dream and crossed the border first, followed about 10 minutes later by Rainer, and then Tim 10 minutes after that. It's such an achievement to run the length of Scotland, let alone the length of the country we are all very chuffed for the lads:-))



This is also CP3 (32.5 miles). Tom F seems to have picked the pace up (must be the Meatloaf he is listening to).

The only thing that is possibly tiring for Rainer is his camera!

Tim is also in good spirits and again only took a fleeting pitstop before heading into England:-)

So it's great news from the JOGLE!!

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Posted by [Jen Salter](#) at 14:20

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6 comments:



[phil's running blog](#) 26 April 2012 14:23

A Huge milestone, many congrats to all of them.

[Reply](#)



[Ruth B](#) 26 April 2012 14:30

Go Timmy!! Well done doesn't quite cover it!! You've amazing physical and mental strength. What a man. Well done to the other two, especially Tims pal Tom who was first into England x

[Reply](#)



[Gary](#) 26 April 2012 14:42

Well done to all 3! Mind-boggling grit and determination.

[Reply](#)



[Ed F](#) 26 April 2012 15:14

Magnificent Tim! Scotland couldn't hold you! The highlands did their worst and lowlands threw it all at you, but every day the buzzards went home hungry to their nests... Hope the feet are still holding up!

Very impressed with all the runners - incredible stamina.

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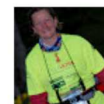
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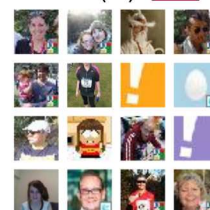
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[Reply](#)[► 2012 \(207\)](#)[► 2011 \(5\)](#)**Bin** 26 April 2012 15:27

Well done all of you! Good grief what an enourmous achievement. Here's sending you energy and positive thoughts to help you all along...
Bin (Mel's sis!)

[Reply](#)**Phil** 26 April 2012 15:28

Awesome work Timmy! You're making your little bro very proud!

Eye of the tiger champ.

xxxx

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Rainer is through 40 miles

Rainer is still flying and about to cross through Carlisle. Not the easiest navigation but he came pre-programmed with the route software package so we don't need to worry.

On our way here I briefly ran with Tim round a couple of turns and he seems better - his feet are still 'burning' but he is a lot more chipper.

Tom F is tuned into his iPod and happy chonking along in his own world:-)



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Posted by [Jen Salter](#) at 16:01

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3 comments:



[Ruth B](#) 26 April 2012 16:06

Great to hear Timmy! He's happy 'testing' himself!! Hugs and nuzzles (sorry peeps) for Timmy xxx

[Reply](#)



[Watford Wobble](#) 26 April 2012 16:29

Well done Tim. One heck of a tough cookie to quote Rory. Be proud young man.

[Reply](#)



[kevthepongo](#) 26 April 2012 17:55

No worries Ruth. If it helps Tim, I'll give him some hugs and nuzzles too!

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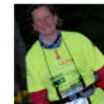
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THURSDAY, 26 APRIL 2012

Tom F comes through happy...

'I feel pretty good actually, and I don't think it's the painkillers'

Tom is doing really well. The trainers are holding up... His shin is looking pretty red but it doesn't seem to be bothering him. The most painful part of his body looks like his lips which are getting pretty raw now. Still, he hasn't mentioned them so I won't remind him!!

www.ULTRArace.co.uk - The Home of ULTRArunning in the UK

Posted by [Jen Salter](#) at 16:28

[Recommend this on Google](#)

2 comments:



Dawn Crooks 26 April 2012 17:24

Well done Tom. I work with your mum and you and the race is all we talk about, we don't get much work done and the office is just full of laptops and iPhones/ipads so we can keep up with the blog.

What you're doing is really amazing and I'm well impressed with your stamina and determination.

:-)

[Reply](#)



Hayley_x 26 April 2012 19:07

Tom, Im running out of ways to tell you how wonderful you are doing. So proud of you. You are a legend. x

[Reply](#)

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Well it's no surprise but Rainer has reached Land's End in 1hr 09mins to reach the finish line in style and win the 2012 JOGLE Ultra. Th...



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Yikes... We are down to just two runners this morning as Tim Elliot's valiant JOGLE Ultra attempt finished in Penrith last night. How he m...



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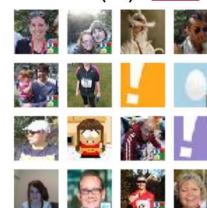
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JOGLE ULTRA 2012

11 People take on the 'ULTIMATE 868 Mile ULTRA-marathon' from John O'Groats to Lands End

THURSDAY, 26 APRIL 2012

Tim is here:-)

Tim has just come through CP4... We are very impressed how he has managed to keep himself going today - his feet are incredibly painful but he is gritting his teeth and pushing on...

He is an incredibly brave guy - come on Tim!

www.ULTRArace.co.uk - The Home of ULTRArunning in the UK

Posted by [Jen Salter](#) at 16:45

+1 Recommend this on Google



5 comments:



Ruth B 26 April 2012 16:55

Tim, you've blown me away with this, you are unbelievably strong. I can't wait to see you and to get you fattened up again with homemade cake and homecooked diners :) xxx

Ps I'm with you in spirit but on my Lazy Susan with some kittens in the basket....

[Reply](#)



Ruth B 26 April 2012 17:20

Pps please excuse the bad grammar and spelling - am a bit excited!

[Reply](#)



kevthepongo 26 April 2012 17:49

You are the man, Tim! We are all riveted to FB and the blog keeping across your progress in this phenomenal undertaking.

[Reply](#)



Gary 26 April 2012 18:46

Welcome to England Tim, (a couple of hours late I know). Well done fella and keep pushing through - looking forward to coming and getting a 'live' whiff of your feet on Sunday.

[Reply](#)



Phil 26 April 2012 19:27

Yeah buddy! No guts no glory!

[Reply](#)

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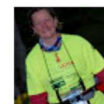
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THURSDAY, 26 APRIL 2012

Penrith in Sight...

Rainer's just 7.9 miles away right now and it's been a wonderful afternoon of running all round for the boys. Tim's really rallied today and Tom's been flying (if not a little carzy in parts) along since he's crossed the border so good all round (apart from Tom H dropping out earlier on).

We are at the Penrith Truck Stop tonight and there's a casserole waiting for the lads when they get back... hmm can't wait myself.

More when Rainer gets here and Tom and Tim hit CP5...
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Posted by [Rory Coleman](#) at 17:54

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THURSDAY, 26 APRIL 2012

Rainer finished already

Super Rainer has already finished in 9hrs 22mins and Tom is 7.3 miles from the finish at just before 7pm. I am now off to find Tim and energise him for the last few miles.

More of him when he's gone thru the CP...

www.ULTRArace.co.uk - The Home of ULTRArunning in the UK

Location: [Smithy Ln., United Kingdom](#)

Posted by [Rory Coleman](#) at 19:00

[Recommend this on Google](#)

4 comments:



Gary 26 April 2012 19:31

That's not possible - obviously it is though - that's sub 9min/mi for 62.5 miles!!! Does that include rest time? Absolutely phenomenal in itself let alone after 325 previous miles. The mind is well and truly boggled.

[Reply](#)



Knickerscat 26 April 2012 19:38

Unbelievable!!

[Reply](#)



Stuart 26 April 2012 21:05

Absolutely awesome. How many calories is this guy taking on board? They are ALL doing an amazing job of this incredible challenge!

Also, the blog feed is excellent - keep it coming!!

[Reply](#)



Dawn Crooks 26 April 2012 23:57

Rainer is obviously a Stepford 'wife' - he's a robot in disguise - only joking - well done everyone, I find it exhausting just reading about it.
:-)

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THURSDAY, 26 APRIL 2012

Tim has 9.4 to go...

Tim's still battling along and is just over 9 miles from home... He's tired but thanks you all for your support, it really makes a difference.

More when everyone has finished the stage...

www.ULTRArace.co.uk - The Home of ULTRArunning in the UK

Location: [Armathwaite,,United Kingdom](#)



Posted by [Rory Coleman](#) at 19:20

+1 Recommend this on Google

1 comments:



[Hayley \(Alzheimer's Society\)](#) 26 April 2012 20:10

Come on Tim! Don't know how you have done it so far but I know you can do those last miles, head down and think of dinner.

Hayley - A.S.

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THURSDAY, 26 APRIL 2012

Tom's made Penrith too...

Tom Forman, has also now made the finish and did it in style with a hard run in accompanied by his own 'Air Guitar'... the local's looked slightly bemused but it did the trick for him and he looks in great shape to start the next leg down to Garstang tomorrow...

But hey, that's tomorrow and it's a hot shower, a cold bath for his feet and a Beef Casserole to tuck into before bedtime.

Nice one Tom...

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Posted by [Rory Coleman](#) at 20:46

+1 Recommend this on Google

3 comments:



[Hayley_x](#) 26 April 2012 21:03

Woot!!! Go Tom! Loving the picture x

[Reply](#)



[Stuart Barnard](#) 26 April 2012 21:07

Well done Tom, heroic stuff indeed!

[Reply](#)



[Audi.andy](#) 26 April 2012 21:17

Great work Tom. Perhaps a swim in Loch Ness next year. BTW, I hope this picture doesn't suggest you are curling one off on the Scottish side of the border, how would you wash your hands?

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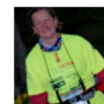
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Tim is home...

Wooohooooooo! Tim has arrived at the bus... WELL DONE TIM:-)

He has tucked into Ann's legendary beef casserole after taking his shoes off to let his feet breathe. His feet are very very sore now and he is finding it hard to put any weight on them... more in a while when we have tended to his needs...

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Posted by [Jen Salter](#) at 23:03

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1 comments:



[kevthepongo](#) 26 April 2012 23:13

brilliant Tim. I can disappear off to my scratcher now that we know you are in. Enjoy your scoff and your well earned Kip.

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THURSDAY, 26 APRIL 2012

Day 7 Results

The boys done good:-)

<http://www.ultrarace.co.uk/events/results/>

www.ULTRArace.co.uk - The Home of ULTRArunning

Posted by [Jen Salter](#) at 23:15

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1 comments:



poppet 26 April 2012 23:52

Well done boys! You are all very brave and amazing!!
Get lots of sleep!
Xx

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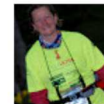
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FRIDAY, 27 APRIL 2012

Tim De-feeted...

Yikes... We are down to just two runners this morning as Tim Elliot's valiant JOGLE Ultra attempt finished in Penrith last night. How he managed to run the 60+ miles, yes RUN the 60+ miles yesterday, we will never know, as his feet have just been battered into submission.

It's a real shame as he had put in a super-human effort to get out of Scotland and it leaves us with just two runners today as we head towards Garstang, near Preston.



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Posted by [Rory Coleman](#) at 05:28

+1 Recommend this on Google

6 comments:



MeMoo 27 April 2012 06:21

Very sorry to see this :(What a valiant effort, incredible! All the best with the recovery.

Wishing Tom and Rainer all the best for Day 8!

[Reply](#)



Gary 27 April 2012 07:02

Tim. You are a star! So sorry to see your JOGLE is over, but by God you have well and truly thrown down the gauntlet! Not that I'm going anywhere near it to pick it up, you understand... Well done. Back home for tea and medals eh.

[Reply](#)



Bin 27 April 2012 08:02

Such a shame but what an incredible achievement. Congratulations Tim! That's just over 15 marathons in only a week - crazy! Rest well.

[Reply](#)



Lucy 27 April 2012 08:16

Tim I am so sorry to hear this but your journey so far has been just so incredible I can't even find the right words. You should be proud of yourself for your achievement thus far. Now go home and rest! X

[Reply](#)



Hayley_x 27 April 2012 10:44

Really sorry to hear this. I have been amazed at how you carried on in what must have been extremely painful conditions. I hope your feet recover quickly. A truly incredible

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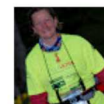
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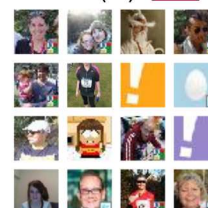
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effort and achievement.

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Anne 12 May 2012 11:27

I am still so impressed with what you managed to achieve.. I guess the heart was willing but the feet.. those poor blistered feet.. Hope you recover soon!!

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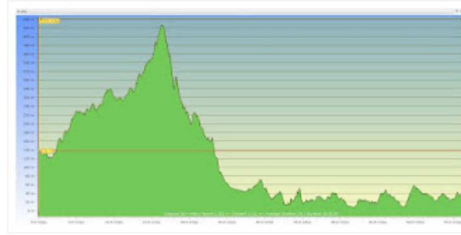
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FRIDAY, 27 APRIL 2012

Morning from the bus...

Hi Everyone,

Tom is getting ready for his next day out on the road. Today is a 56.4 miler which is 6 miles shorter but includes a trip over Shap. At least it is fairly early on today so he gets it out of the way.



Rory has just taped a couple of tender places on his feet and he is just downing a final cup of tea before the off.

GO TOM!!

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Posted by [Jen Salter](#) at 05:39

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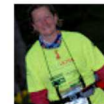
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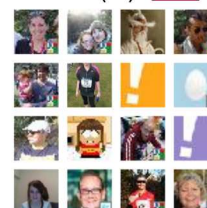
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Tom's on the road to Shap...

It's time for our Tom to hit the heights this morning as he has the mighty SHAP to conquer in the first 20 miles. The long grind to the summit will get his feet bedded in for [the day](#) for sure and from there it's a downhill into Kendal.

He's in very good shape as his feet are only mildly affected so far, just limping off from the start slightly as a result of muscle soreness than anything else.

Tom's got spirit in bucketfuls and this is really going to help him cover the distance over the next couple of days... He also has his Mum Linda coming to see him tonight with some new trainers and some love and attention only a mother can give him... Ahhh.



More from the first CP and after Rainer has started at 9am... we've just unplugged him from the mains and lightly oiled his legs... as the man's a machine.

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Posted by [Rory Coleman](#) at 06:47

+1 Recommend this on Google

2 comments:



Stuart Barnard 27 April 2012 08:25

Come on Tom, you are an inspiration! Have a great day out!

[Reply](#)



Tim 27 April 2012 08:31

He's going to Keswick!?

[Reply](#)

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FRIDAY, 27 APRIL 2012

Fun at CP 1...

Tom's already at CP1 and entertaining himself today as he's now run out of running partners.

Hopefully the Police were also amused when they passed him mid-pitstop on the A6... or maybe they've read the blog and were just saying 'hello hello'...

More when Rainer gets to the first checkpoint...

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Location: [Wetheriggs Ln, Penrith, United Kingdom](#)



Posted by [Rory Coleman](#) at 08:45

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2 comments:



[Watford Wobble](#) 27 April 2012 08:53

Go and defeat Shap!

[Reply](#)



[Hayley_x](#) 27 April 2012 10:49

Tom you are doing so good!! Keep on going, Sam and I will be following the blog together today and cheering you on! x x

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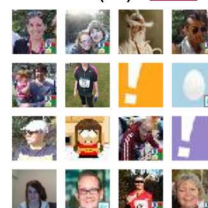
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JOGLE ULTRA 2012

11 People take on the 'ULTIMATE 868 Mile ULTRA-marathon' from John O'Groats to Lands End

FRIDAY, 27 APRIL 2012

Start 2...

Rainer's on the road at 9:04 exactly in new trainers... Will he go even faster on fresh rubber?

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Location:Scotland Rd, Penrith, United Kingdom



Posted by [Rory Coleman](#) at 09:06

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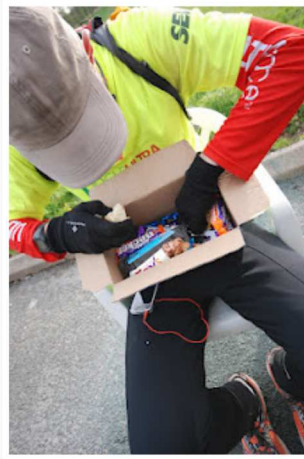
FRIDAY, 27 APRIL 2012

Tom's in good shape

We just gave Tom his second refreshment stop of [the day](#) just before the final short steep climb up Shap... He is going at a cracking pace, enjoying the beautiful scenery and the sunshine. Rory just covered him with P20 as it is looking like it cld be a scorcher today:-)

We're now on our way back to Rainer. He was still sub-10 minute mileing when we passed him despite the first 20 miles being uphill today!!!

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Posted by [Jen Salter](#) at 11:10

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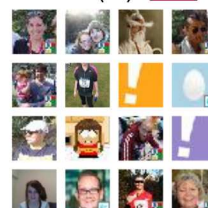
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FRIDAY, 27 APRIL 2012

Rainer's still strong

Well Rainer managed his first half marathon of [the day](#), all uphill, in just under 2.25 hours. He's dropped to 10 minute miles so we gave him a bit of a talking to and told him he must try harder;-)



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Posted by [Jen Salter](#) at 11:31

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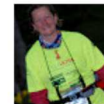
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FRIDAY, 27 APRIL 2012

Tom is through 23.7 miles

Tom is relishing the sunny, dry day and sticking to his 4mph v well indeed. He had a brief checkpoint at 23.7 miles and seems to be adopting Rainer's nutrition strategy of wraps. Maybe that means he'll speed up?



We are expecting Rainer here in 11 minutes and 3 seconds...

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Posted by [Jen Salter](#) at 12:49

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Tom beats Rainer (to CP3)...

Well we have just seen the lads through CP3 of [the day](#) at 34 miles. Tom was very happy as he just beat Rainer to the 30 mile point.



He'd actually set it as his target for the morning and the two ran together for a short while before they got to us at the CP...

Whilst running together Tom told Rainer that it was good to run alongside each other as it 'wasn't like a competition or anything', to which Rainer promptly agreed...

Don't worry Tom, we think you are amazing! Keep it going!!!

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Location: [Main Rd, Slyne, United Kingdom](#)

Posted by [Jen Salter](#) at 15:53

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1 comments:



[Hayley_x](#) 27 April 2012 18:16

Still going strong Tom. Keep smiling, and keep running. x x x

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FRIDAY, 27 APRIL 2012

Rainer passes through CP4

Rainer has just got to the 46.4 mile point in 8 hours. So The Machine will be finishing his 8th consecutive day in under 10 hours if he continues at that pace. To enhance the competition between him and Tom we have just been debating whether we should introduce a mandatory litre of custard for him to drink at each checkpoint! It wasn't a popular suggestion so I guess we will have to put up with another sub-10 tomorrow...

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Location: [The Knoll, Lancaster, United Kingdom](#)

Posted by [Jen Salter](#) at 17:16

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1 comments:



Ruth B 27 April 2012 18:08

Tim E says fill Rainers trousers with custard! He says good luck to both men and they are both stars. Tim is feet up, by the fire, snoozing, eating and drinking tea

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FRIDAY, 27 APRIL 2012

Tom has just under 10 to go

England's really flying by - it seemed to take ages to get even halfway through Scotland and yet we are already south of Lancaster. The miles, like today's donuts, really are being gobbled up.



There's a nice surprise for Rainer at the finish - James Adams, who did Trans-America with him last year, and his girlfriend Gemma are coming to see him.

Tom has Mum Linda bringing him fresh trainers and socks... and moral support:-)

We are approaching the finish in Cabus now so more when they finish...

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Posted by [Jen Salter](#) at 18:19

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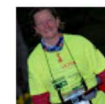
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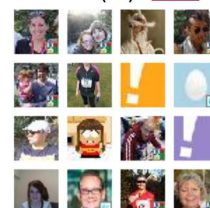
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FRIDAY, 27 APRIL 2012

Another sub-10 for Rainer

Rainer finished today in 9:52... so his sub-10 record continues... Awesome running again Rainer well done:-)

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Posted by [Jen Salter](#) at 19:55

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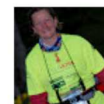
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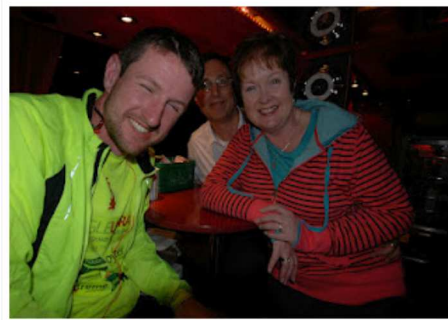
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FRIDAY, 27 APRIL 2012

Tom's here too...

What a great day Tom Forman's had... he's only gone and bashed in a 14hrs 11mins for the 56.4 mile day. It just shows what a really great athlete he really is... we are SO impressed!

Finishing in the light makes all the difference for the runners and they will get to enjoy a long night's rest now before the next stage from here to Tarporley. They have been joined for dinner by 2010 Jogler Colin Fitzjohn and over the weekend they are being cheered on by 2012 JOGLE finishers, David Miles and Mark Cockbain. Funny how the JOGLE family return year on year...



There's something very special about this race and we will be back on line at 5am tomorrow morning...
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Posted by [Rory Coleman](#) at 20:40

+1 Recommend this on Google

2 comments:



Ruth B 27 April 2012 21:17

Well done Tom! Tim is keeping tabs on you between eating and dozing. Tim wants your number too. He's had his feet redressed today and is now reclining for the evening x

[Reply](#)



Richard Lendon 27 April 2012 23:08

Top effort Tom :-)

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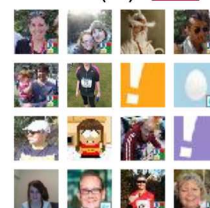
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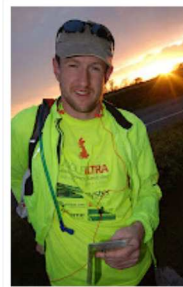
Day 8 - Results

Today's results are now live here:

<http://www.ultrarace.co.uk/events/results/>

Well done to both our fabulous runners and goodnight from all of us from the bus...

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Posted by [Rory Coleman](#) at 21:03

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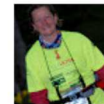
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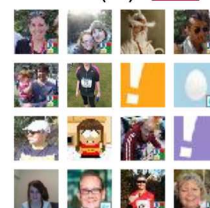
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JOGLE ULTRA 2012

11 People take on the 'ULTIMATE 868 Mile ULTRA-marathon' from John O'Groats to Lands End

SATURDAY, 28 APRIL 2012

New trainers for Tom...

Morning from Garstang and we finally got Tom out of the door at 0549hrs, with patched up feet and brand new trainers. The new Brookes Adrenalin have already been 'adjusted' and hopefully his feet will settle into some fresh rubber.



The good news for him today is that he will be joined shortly by David Miles, JOGLE Finisher '10 who will help him get thru Preston and on along the A6 and to Wigan etc.

It will help him no end as the mornings are hard...

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Posted by [Rory Coleman](#) at 06:14

+1 Recommend this on Google

2 comments:



[AndyW](#) 28 April 2012 06:29

Have a great day Tom, hope feet and legs not too sore and new shoes give you a comfy ride. So impressed with your dogged determination - just keep those miles ticking over! Have a good day :)

[Reply](#)



[phils running blog](#) 28 April 2012 09:23

Come on buddy the next 2 days should be etched in your memory, remember the laughs matey, I could always come up and push you in the hedge for old times sake...

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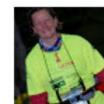
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SATURDAY, 28 APRIL 2012

Tom and Dave are through 12 miles

Tom and David have come through 12 miles smack on 4mph pace as he had planned for [the day](#)

Update for Tom's Mum Linda on the shoes - Well, Tom's new trainers are fine and just bedding in. He's getting used to them being a bit larger than his old ones. We actually waited until you'd left last night before we cut all the heel tabs off etc that caused all the problems... and sliced the £11 socks you brought him...

We know Tom likes running with other people and who better than David Miles. He's run this leg more than any other runner. I wonder how much they will take off the '2010 British Stage Record' time of 19hrs and 12 mins.

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Posted by [Jen Salter](#) at 09:35

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2 comments:



[Ruth B](#) 28 April 2012 09:52

Tim says well done Mr T, jolly good show. What time is tea and tiffin?

[Reply](#)



[Hayley_x](#) 28 April 2012 11:34

Another brilliant start to the day. I'm glad you have some company. Keep on going. x x

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Yikes... We are down to just two runners this morning as Tim Elliot's valiant

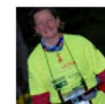
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11 People take on the 'ULTIMATE 868 Mile ULTRA-marathon' from John O'Groats to Lands End

SATURDAY, 28 APRIL 2012

10 miles in 1:31

Rainer is ripping up the flatter route this morning clocking 9 minute miles to the first checkpoint.

He was accompanied by James Adams for the first 4 miles so both of our runners are enjoying some company today.

As usual, no signs of fatigue whatsoever!

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Posted by [Jen Salter](#) at 10:45

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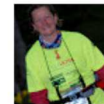
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SATURDAY, 28 APRIL 2012

CP2 22.1 miles

Tom is through CP2 in 5:45. He has slowed slightly to just over 16 min/mile pace but is still on track for a comfortable finish time atm.

He is beginning to feel some soreness in his right Achilles, the opposite leg to his sore shin. So he was saying how he has adopted a slightly unusual running style - flat-footed with his left leg to minimise his ACS discomfort in his left shin, and flexing his right ankle a lot to help his right Achilles.

It took him a little while to loosen up after the checkpoint but he got going nicely a little way down the road.

It is lovely to see Stuart again - we use his drive for this checkpoint every year and he pops out to see our runners - he recognised Dave from 2 years ago and is following the blog again this year - this race has become addictive viewing as Tim Welch has also just turned up to say hello!



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Location: **Euxton, United Kingdom**

Posted by **Jen Salter** at 11:58

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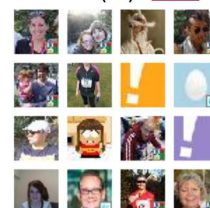
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32.8 miles

Tom and Dave have just had a stop at CP3. Tom's appetite certainly isn't what it was - he's not stocking up on 2 choccy bars/checkpoint any more. Still, Ann's wraps and coke are going down a treat.

His Achilles is getting a bit creaky. Rory gave it a little massage and some looser socks so hopefully that will help.

The main thing is that he is still his jovial self and he has Dave to keep him company...

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Posted by [Jen Salter](#) at 14:55

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2 comments:



TK Team 28 April 2012 15:01

Keep going Tom. You are doing amazing.

Tom H's Sis

[Reply](#)



Hayley_x 28 April 2012 15:23

Still your jovial self.....I wouldn't expect anything less. Don't cause too much mischief, keep going sweetie. x

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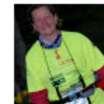
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Rainer is through CP3...

Rainer has just passed through CP3... Charlie Sharpe has cycled over to say hello to our runner and also watch The Machine in action.

Rainer has slowed a touch today but still seems pretty cool. On to CP4 where James and Gemma are waiting - the JOGLE is a real tourist spot today!!



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Posted by [Jen Salter](#) at 15:25

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1 comments:



Ruth B 28 April 2012 16:24

Tim E says well done Rainer, WD40 at the next checkpoint - that's if you haven't finished already!

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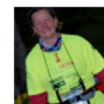
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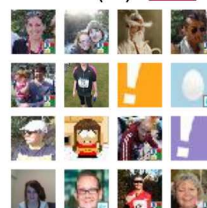
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42.8 miles - CP4 - Shopping

Charlie and I have just popped into Decathlon to buy Tom so BigFoot socks. We bought the biggest socks we could find (sorry Linda he's outgrown your ones!!)...

On our way past the runners they were all together chatting.

We are now waiting for them to come through the crowds just leaving the Warrington Wolves Stadium on the A49, hopefully pretty soon...



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Posted by [Jen Salter](#) at 16:57

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4 comments:



Pommers 28 April 2012 17:13

Still following Jen! Kept the reports coming! Well done to both the guys - they are doing a fantastic job!

[Reply](#)



Stuart Barnard 28 April 2012 21:12

Aaargh! I think I might have seen some of you guys in Warrington - wish I'd realised it was you, as I would have stopped and given you a huge cheer! Well done fellas, glad to hear you've had a lot of support on your way down; you deserve it.

[Reply](#)



Dawn Crooks 29 April 2012 02:37

Way to go Tom, my daughter is in France working - she'll be made up you've visited the Wolves stadium in Warrington. She's a big Wolves fan. Something to do with her cousins, aunts and uncles and grand parents all following Warrington Wolves. They travel far and wide to see them play. Good luck, enjoying eating all about your run, well done - you're amazing - keep it up. :-)

[Reply](#)



Dawn Crooks 29 April 2012 02:38

oops should spell check reading not eating oops. x

[Reply](#)

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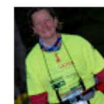
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SATURDAY, 28 APRIL 2012

Both are through CP4

Rainer, followed less than 5 mins later by Tom and Dave, have just come through CP4 at 42.8 miles...

Rainer took a bit of a [detour](#) up the A49 before getting here...

Still, we have just driven past him at 45.3 miles and he is already a good 1.5 miles ahead of Tom. That said, his average pace has definitely dropped today...

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Posted by [Jen Salter](#) at 17:41

[Recommend this on Google](#)

1 comments:



[anita :\) 28 April 2012 18:41](#)

Great going guys, keep it up. Thanks for the blog Jen and Rory, have been following this epic. All credit to all those who have taken this JOGGLE on. Anita

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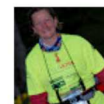
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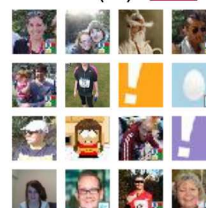
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Nearly home

Well there's just nine miles to go and Rainer has already been thru our last checkpoint. There's only a stretch of the A49 left before the finish in Tarporley Town Centre.

He's picked the pace up now and is looking far more comfortable on the country roads than the town centre.

We are now waiting for Tom to arrive...

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Posted by [Rory Coleman](#) at 19:14

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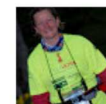
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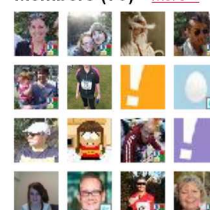
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SATURDAY, 28 APRIL 2012

Tom has 9.9 to go...

We have just driven back down the course to give Tom his final stop before driving to the finish and marking out the final section...

The last stretch is notoriously tough. We have just driven past the lay-by where Mike Brown finished last year after 20hrs and 23mins on the road.

The 3 JOGLE finishers took 19 hrs 12 mins on this day. There's no doubt the guys have found it a trying day today but both are looking like they are on for good finish times today.

Rainer is currently 3.8 miles from the finish and looking very strong indeed - he has speeded up significantly since CP4...

Tom and Dave are also keeping up a good pace so we are not expecting a hugely late finish.

More from the finish at Tarporley Community Centre...

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Posted by [Jen Salter](#) at 19:41

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2 comments:



[Hayley_x](#) 28 April 2012 19:56

Remarkable Tom. Just flipping incredible!!! x x x

[Reply](#)



[Ruth B](#) 28 April 2012 20:43

Tim says well done to both you guys, fantastic efforts

[Reply](#)

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Back on song...

Well Rainer really did pick up the pace in the last few miles and finished off in a remarkable 11hrs 20mins, some 8+ hours quicker than the guys did in 2010. It will be interesting to see what Tom manages to do for [the day](#) and also to see just how much Dave Miles knocks off his own time for the stage.

We are now at the finish waiting... so more when he arrives.

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Posted by [Rory Coleman](#) at 20:52

+1 Recommend this on Google

1 comments:



Ruth B 28 April 2012 20:58

Top man says Tim E, brilliant stuff!

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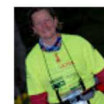
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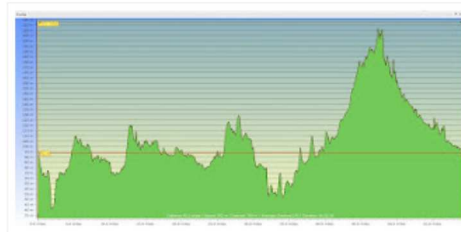
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Tom's here now...



Tom's just got here in a great time of 16hrs and 20mins... He says that he's 'Too tired to Fart'... His words exactly sorry Linda... but he's run a blinder and did the last few miles on empty he said. We'll make sure he gets more food down him at the last CP tomorrow.

He is going to start in the Brooks Adrenaline again as they have worked a treat for him today. Let's hope his achilles holds up and he can do more of the same down to Ludlow.

We are just eating supper and then it's time for us all to retire to our relative bunks... results of [the day](http://www.ultrarace.co.uk/results) are here... <http://www.ultrarace.co.uk/results>

<http://www.ultrarace.co.uk/> - The Home of ULTRArunning

Posted by [Rory Coleman](#) at 22:30

+1 Recommend this on Google

4 comments:



[Hayley_x](#) 28 April 2012 23:04

Great stuff precious! Sleep well and rest up. x

[Reply](#)



[Andy](#) 28 April 2012 23:09

Fantastic effort Tom. 20 marathons in 9 days is something to be proud of. Hang in there.

[Reply](#)



[Dawn Crooks](#) 29 April 2012 02:49

Tom, You're an inspiration - I couldn't run one marathon in a year yet you're running more than two in a day - everyone I know, knows all about you and your challenge. I'm boring everyone in the pub. Keep going you're doing brilliant. I've driven the route you've run and struggled with the hills in a car - well done - what an achievement you've done already. :-))

[Reply](#)



[Richard Lendon](#) 29 April 2012 04:30

Brilliant! Amazing! Keep going, Tom

[Reply](#)

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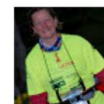
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11 People take on the 'ULTIMATE 868 Mile ULTRA-marathon' from John O'Groats to Lands End

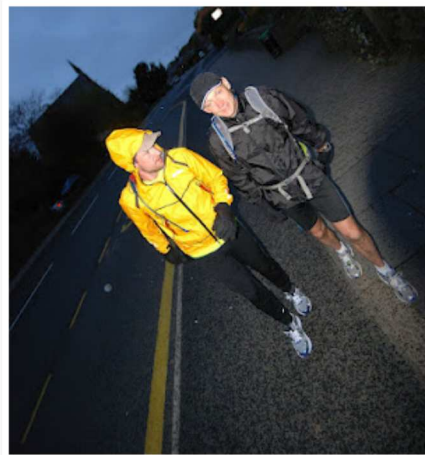
SUNDAY, 29 APRIL 2012

Is it Day Ten already?

Well 'Hello There' from the sleeper bus at Tarporley where the morning breakfast 'Eat & Feet' has just begun. Tom looks a little tired but is still in great spirits and tucking into his first round of porridge. Dave is with him and will also start the stage down to Ludlow at 0530hrs.

And the verdict is that his feet are actually getting better. The early blisters are drying out and the achillies is far less creaky which is GOOD NEWS.

More when they have hit the road...



'www.ULTRArace.co.uk - The Home of ULTRArunning

Posted by [Rory Coleman](#) at 05:14

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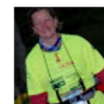
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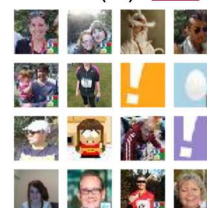
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JOGLE ULTRA 2012

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SUNDAY, 29 APRIL 2012

Slow away...

It's not surprising that Tom was slow away this morning really considering his mileage to [date](#) and the amount of warming up he has to do on his Achilles. He also has some new Saucony trainers to break in too which are quite solid for the first 50-100 miles normally, so he has that to combat too.

The modifications really help with these size 14 bad boys as even though they are so big, the manufacturers always forget to add some further width to them the bigger they go.

He's got a long day in store and it's compounded by the bad weather that's already set in. Please support him here on the blog and then we can let him know at CP's that you are willing him onto Lands End.



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Posted by [Rory Coleman](#) at 07:39

+1 Recommend this on Google

8 comments:



Steve Gordon 29 April 2012 08:01

Way to go Tom, you are magnificent in pursuit of your goal, many have fallen but you remain steadfast and an inspiration to all of us following on the blog. One mile at a time, you are pulling Lands End ever closer, keep it going pal.

[Reply](#)



anita :) 29 April 2012 08:14

My routine in the morning is stick the kettle on, then straight onto the blog to check on the progress of you guys! Not sure how many are following but it must be shed loads. Forget the loneliness of the long distance runner, we are all willing you on. Anita :)

[Reply](#)



AndyW 29 April 2012 08:23

Best of luck today Tom - tho don't think you need it! Your efforts are truly amazing. Just KEEP GOING! All the best to the fabulous support crew that are nursing you along too - you're also amazing! And finally best wishes to Super Rainer today - if ultra running was an Olympic sport we'd be witnessing a gold medal performance!

[Reply](#)



Tom7 29 April 2012 08:45

Come on Tom. One Tom needs to finish this beast.

BEst wishes to you and Reiner
Tom H

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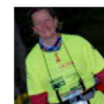
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linda lockwood 29 April 2012 08:57

Keep going chick!,
We are all so incredibly proud of you at home.
Xx

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Ruth B 29 April 2012 09:27

Tim E says, like Anita his morning routine is to put the kettle on and he' d like to go straight to the bog..... In his dreams (sorry - blog) . Tim E also says "I love you Tom, for Queen and country young man" . He says no doubt Rainer will turn in another precision performance. (he's had codeine, clearly!! Ruth)

[Reply](#)



phils running blog 29 April 2012 09:32

Dig deep tom get the day done tomorrow is supposed to be good weather. Dont get lost in shrewsbury this time buddy....

[Reply](#)



poppet 29 April 2012 11:01

Keep your chin up
You are so strong, you can get through today and then you are almost home!!
Xxx

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SUNDAY, 29 APRIL 2012

Breakfast like a King...

Whilst Tom was battering his way to CP1 in horrendous rain, Rainer was tucking into his second huge bowl of porridge... how the other half live eh? Both runner's trainers are only lasting a few days now but then what would you expect from 60 miles of hard running on the open road... there's a real gap in the market here perhaps?

It's a shame as last year we had such great weather and Rainer's already got the idea that it always rains in the UK... although I too am starting to believe it.



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Posted by [Rory Coleman](#) at 09:26

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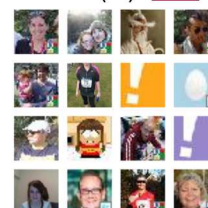
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SUNDAY, 29 APRIL 2012

More visitors see Rainer through CP1

Rainer's just come through 10.6 miles in about 1 hr 50 mins. As well as James and Gemma, Jonny Wilkinson (not the rugby player!) and his 2 boys braved the weather to say hello to him. They are close friends of Mel and had hoped to see her run through today - looking at the weather maybe she's a bit relieved she isn't! Still, thanks for the visit - our runners really appreciate it...



That said, it was a fleeting stop as the rain is absolutely chucking it down here...

More from CP2...

www.ULTRArace.co.uk - The Home of ULTRArunning in the UK

Location: [Greenfoot Ln](#), [United Kingdom](#)

Posted by [Jen Salter](#) at 11:13

[Recommend this on Google](#)

1 comments:



[MeMoo](#) 29 April 2012 11:22

Go Tom and Rainer! Phenomenal :)

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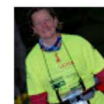
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SUNDAY, 29 APRIL 2012

Getting thru the pain of the rain...

We are at CP2 ready to get working on Tom's ankle that is now causing a lot of distress. His times are now slipping as a result and we need to work fast so we can get him back on the pace again...

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Posted by [Rory Coleman](#) at 11:41

[Recommend this on Google](#)

3 comments:



[Hayley_x](#) 29 April 2012 12:06

Come on Tom! You are amazing, keep on going, you're well over halfway now. The south is calling you darling one. x x x Love you and am so so proud of you. We are complete blog addicts, even Felix loves looking at the pictures of 'his friend Tom'. x x x x

[Reply](#)



[Tom7](#) 29 April 2012 12:10

Think the whole of the uk is behind you Tom

[Reply](#)



[Summary](#) 29 April 2012 12:48

Go on Tom- it must be awful out there today with a bad ankle in the driving rain, but keep at it and the miles will gradually slip by. Things will get better and if anyone can do this, you can. Steve Pope

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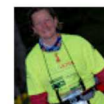
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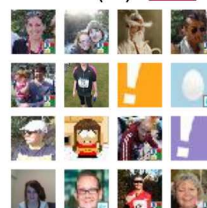
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SUNDAY, 29 APRIL 2012

Tom going for CP3...

Well, we've worked some magic and had a close look at his Achilles and Tom's shown just how courageous he is by going back out onto the road and moving onto the 30 mile point. It's still 'pi55ing down' and it's been a tough call for him to make to get out of a warm vehicle and get back to it.



999/1000 people wouldn't have been able to do that - and its what has impressed us most about Tom over the last 10 days. Let's hope this is a 20 mile blip and he can get his mind together to get to Ludlow today... as it's one CP at a time now and 'mind over matter' for our Tom.

www.ULTRArace.co.uk - The Home of ULTRArunning

Posted by [Rory Coleman](#) at 12:16

+1 Recommend this on Google

3 comments:



Samantha 29 April 2012 12:56

Tom you're a Legend! Steve and I are often reading this blog!! You're doing amazingly!! We're so proud of you!! x

[Reply](#)



Hayley_x 29 April 2012 13:08

You truly are special Tom, You have a fighting spirit and everyone who knows you knows how [single](#) minded and determined you can be. You have always been able to look at the long game. Take it one mile at a time. x x

[Reply](#)



Brian S 29 April 2012 13:32

Fantastic effort Tom - just picture the hero's welcome when you finish and return to work. You'll have a lifetime of satisfaction from one more week of pain. We're tremendously proud

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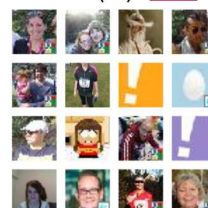
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Rainer has just reached 20.4

Both of the guys are battling with absolutely HORRENDOUS conditions today. There has been driving rain all morning and if anything it's getting worse:-)

Rainer has just come through CP2 barely stopping and has run off looking very comfortable. Maybe he's finding it too comfortable as he seems to have run an additional 5km to the marked route so far to add to the already challenging day.

Well done Rainer - impressive as always...

www.ULTRArace.co.uk - The Home of ULTRArunning in the UK

Location: [Wem, United Kingdom](#)

Posted by [Jen Salter](#) at 13:06

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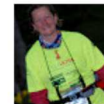
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SUNDAY, 29 APRIL 2012

Battling on...

We've just passed Tom in Wem and he is going great guns and again he has now been joined by David Miles who is an invaluable running partner for Tom right now...

Who will get to 30 miles first today?

www.ULTRArace.co.uk - The Home of ULTRArunning

Posted by [Rory Coleman](#) at 13:35

[Recommend this on Google](#)

1 comments:



[Dawn Crooks](#) 29 April 2012 14:04

Well done Tom, you're doing brilliant. Keeping in touch with your mum and the blog so THANK YOU for keeping me from my ironing. ;-))

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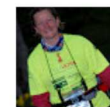
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Mark Cockbain joins Tom and Dave

Mark has just joined the lads en route to CP3 at 30.5 miles. Alex, Mark's girlfriend, has just joined us in the ULTRArace mobile and apparently they are 3 miles away...

More when they get here...

www.ULTRArace.co.uk - The Home of ULTRArunning in the UK

Location: Haywood Ln, Market Drayton, United Kingdom

Posted by [Jen Salter](#) at 14:10

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1 comments:



simon Hack 29 April 2012 14:46

keep going lads i know the weathers pants but keep battling the elements with every stride your both doing fantastic.

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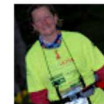
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Tom is out:-((((

Well we are gutted to say Tom has called it a day after an agonising 10 mile stretch to CP3 in torrential rain... His Achilles and calf have become unmanageable despite his valiant attempts and he is now warming up in the car...

Tom has run an outstanding race and we are all so proud of him.

Congratulations Tom you're a legend...

www.ULTRArace.co.uk - The Home of ULTRArunning in the UK
Location:Shrewsbury Rd.,United Kingdom

Posted by [Jen Salter](#) at 14:58

[Recommend this on Google](#)



20 comments:



[poppet](#) 29 April 2012 15:02

Oh baby, you have done so well. So so proud of you for getting this far. Glad you safe and warm.
Love
Xxxxxxx

[Reply](#)



[Sam Robson](#) 29 April 2012 15:04

Oh no. Really sorry to hear that Tom. A valiant effort and an amazing achievement. Hope that you recover quickly!

[Reply](#)



[Hayley_x](#) 29 April 2012 15:06

You've done incredibly well Tom. Couldn't be prouder of you. Hope you aren't hurting too much. You really are amazing. x x x x

[Reply](#)



[simon Hack](#) 29 April 2012 15:13

well done tom gutted for yea mate and i know the weather is pants fantastic effort tom you should be very proud of yourself well done.

[Reply](#)



[Samantha](#) 29 April 2012 15:14

an amazing effort Tom!!!! You're a Legend!!! xxx We're all so proud of you!

[Reply](#)

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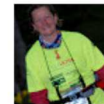
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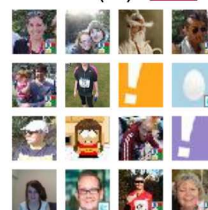
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BLOG ARCHIVE



anita :) 29 April 2012 15:35

Sad to hear the news but what an epic race you have run, well done, Anita

[Reply](#)

► 2012 (207)

► 2011 (5)



Colin Fitzjohn Ultra Runner 29 April 2012 15:45

Well done Tom, fantastic running & in very poor conditions. I ran yesterday about 10 miles behind you & Rainer and just wanted to let you know I was thinking about you both. You've done yourself proud, rest well.

[Reply](#)



Ruth B 29 April 2012 16:41

Tom, you are a hero, a trooper, a legend. I salute you. I'll be your wingman anytime. Well done pal! Lots of love from Tim E xxxxx

[Reply](#)



Pommers 29 April 2012 16:43

Hoooooooooooo! You've done a fantastic job Tom. So sorry the distance has got the better of you this year. Well done and have a good and well deserved rest now. Next year?

[Reply](#)



AndyW 29 April 2012 17:05

Fantastic effort Tom! It's been inspirational stuff!

[Reply](#)



Steve Gordon 29 April 2012 17:23

Absolutely gutted for you Tom, somehow it felt like you were doing it for us as well as for yourself. We have been glued to your progress and you showed massive cahunas to get so far in such poor weather.

Be proud, very very proud for what you achieved in the last 10 days is extraordinary and will go down as one of the heroic jogleultra efforts, now enjoy some rest and a few beers no doubt.

[Reply](#)



Tom7 29 April 2012 18:17

We were living JOGLE through you Tom. Everyone gutted for you. Even my family who you never met were all supporting and hoped yomarkups finish.

Big respect and look forward to meeting up again sometime in the future. Cheers.

Tom H

[Reply](#)



Tim 29 April 2012 18:48

Steve put it perfectly. Really gutted to see you not make it to Land's End, but be damn proud of what you have done. You did brilliantly out there and I can't begin to imagine how tough it must have been on your own. Get some good rest now, heal up and start planning another foolhardy adventure.

[Reply](#)



TK Team 29 April 2012 19:26

Super, well done. Enjoy a well earned rest now.

[Reply](#)



Richard Lendon 29 April 2012 19:55

Absolutely top effort, Tom - you should be incredibly proud especially in what must have been horrible weather conditions. Well done!!

[Reply](#)



Audi.andy 29 April 2012 19:57

Chapeau Tom, Chapeau. So very impressed that you made it this distance, not many people will be able to say that they ran the length of Scotland and some. High fives and chest bumps all round when you're back at work. For now, recover, reflect on your MASSIVE achievement and plan for next year!

Andy

[Reply](#)**Brian S** 29 April 2012 23:11

Extraordinary effort Tom. We're all very proud of what you've achieved and we know it wasn't for a lack of willpower or fitness that you had to withdraw in the end. Inspirational...

[Reply](#)**MeMoo** 30 April 2012 01:28

Sorry to hear this Tom! You covered a massive distance in a extremely short time - really incredible effort, you should be very very proud. Recover well :)

[Reply](#)**Tom Forman** 30 April 2012 13:11

Hi Everyone,

From the comfort of a sofa, with my feet up, I just wanted to say a massive thank you to all of you who have constantly given your support over the last 10 days, and for all the kind comments in response to me dropping out.

Although it was a - somewhat = tough choice, as I cant currently walk, I think it was probably the right one.

Now to recover and then, to prepare..... ;-)

Tom
www.cairnhunter.com

[Reply](#)**Daniel Weston** 30 April 2012 18:29

I agree with you that since you now can not walk you made the right choice. I would love to do what you have achieved.

Yours in running,
Daniel Weston
Wrexham AC.

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JOGLE ULTRA 2012

11 People take on the 'ULTIMATE 868 Mile ULTRA-marathon' from John O'Groats to Lands End

SUNDAY, 29 APRIL 2012

Just passed Rainer en route to CP4

Having picked up Tom and his running buddies, Dave and Mark, at CP3 we have now set up camp in Dorrington for Rainer's 4th checkpoint of [the day](#) at 40.3 miles.

He was moving freely when we passed him along the way. The rain is causing some serious flooding around here so we hope we don't encounter problems along the route...

www.ULTRArace.co.uk - The Home of
ULTRArunning in the UK
Location: [Bank Dr, Shrewsbury, United Kingdom](#)



Posted by [Jen Salter](#) at 15:48

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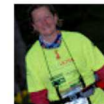
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Time's up for Mel...

Mel got to the 32.1 mile CP 3 and decided that was a good place to finish her JOGLE dream. She covered 262.2 miles in the 4.5 days but tod...

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JOGLE ULTRA 2012

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SUNDAY, 29 APRIL 2012

Rainer is through CP4

Rainer came through the 40.3 mile point at 16:26. James, Gemma, Mark, Alex and Dave all waved him off. His comment of [the day](#) was, 'it could be worse, there could be hills and snow'!

So we are now back at the bus dropping off Tom and Dave who are being collected. Linda, Tom's Mum, is only a few miles away.



Tom said the thing he is going to miss the most is intimate moments with Rory taping his feet!

More from CP5...

www.ULTRArace.co.uk - The Home of ULTRArunning in the UK
Location: [Main Rd., United Kingdom](#)

Posted by [Jen Salter](#) at 17:25

[Recommend this on Google](#)

1 comments:



Tom7 29 April 2012 18:19

Good luck Rainer.
Last man standing. You have to finish.

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[Rainer's the Champion](#)

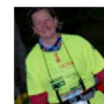
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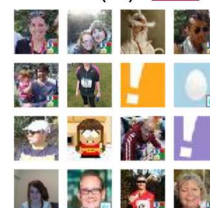
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SUNDAY, 29 APRIL 2012

An hour to go...

Rainer was happy at the final CP of the day at 49.2 miles. The rain has finally subsided a bit, [the aftermath](#) is pretty shocking though. All the local surrounds are flooded.



So Rainer finishes 5.5 miles ahead of the bus tonight. Rory and I are driving out to pick him up - his eta at the finish is 19:55 (he reckoned 1:45 for the final 10 - incredible)!

The bus is v quiet now and we will miss Tom this week:-)

More once Rainer has finished...

www.ULTRArace.co.uk - The Home of ULTRArunning in the UK
Location:[Shrewsbury Rd,Craven Arms,United Kingdom](#)

Posted by [Jen Salter](#) at 19:03

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1 comments:



Ruth B 29 April 2012 19:26

I doff my cap to the mighty Rainer.

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JOGLE ULTRA 2012

11 People take on the 'ULTIMATE 868 Mile ULTRA-marathon' from John O'Groats to Lands End

SUNDAY, 29 APRIL 2012

Rainer finishes in sub-11

Rainer has just finished his 10th day on the road - a horribly wet 59.2 miler - in under 11 hours.

How does he do it? Today has been one of the toughest yet as the rain just hasn't stopped all day and temperatures dropped to 4 degrees excluding the significant wind chill factor.

We keep getting asked what we are feeding him as our viewers want some of what he is on! Although Ann is cooking some fine dinners and buckets of porridge, I'm afraid there's no magic ingredient we can recommend to turn you into Super-Rainer - he's a superstar...

www.ULTRArace.co.uk - The Home of ULTRArunning in the UK
Location: Shrewsbury Rd, Craven Arms, United Kingdom

Posted by [Jen Salter](#) at 19:50

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1 comments:



[Richard Lendon](#) 29 April 2012 19:53

Incredible especially given the atrocious weather. Well done Rainer

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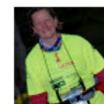
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11 People take on the 'ULTIMATE 868 Mile ULTRA-marathon' from John O'Groats to Lands End

SUNDAY, 29 APRIL 2012

Day 10 - Results

Rainer finished in 10:50 today... here are the full results:

<http://www.ultrarace.co.uk/events/results/>

www.ULTRArace.co.uk - The Home of ULTRArunning



Posted by [Rory Coleman](#) at 20:12

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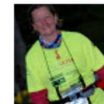
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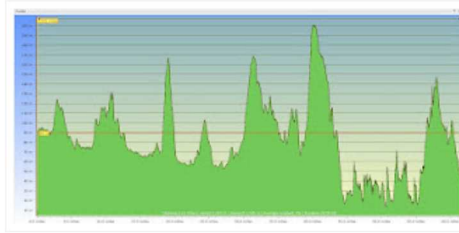
JOGLE ULTRA 2012

11 People take on the 'ULTIMATE 868 Mile ULTRA-marathon' from John O'Groats to Lands End

MONDAY, 30 APRIL 2012

Morning from Day 11...

Well, it's stopped raining... and we have been PROMISED sunshine today, although looking at the forecast for Hereford and Chepstow I'm not so sure:-) For the moment at least it is dry and the wind has dropped so let's pray it stays that way...



This is the course profile for today - so a few little ups and downs for Rainer to enjoy:-)

Today is the last stage >60 miles at 61.6. We will be finishing in Chepstow tonight before crossing the fabulous old Severn Bridge tomorrow for the long home straight to Lands End. Rainer has stocked up on masses of porridge again this morning and Rory is just taking him to the start 5.5 miles down the road.

More as [the day](#) unfolds...

www.ULTRArace.co.uk - The Home of ULTRArunning

Posted by [Rory Coleman](#) at 07:05

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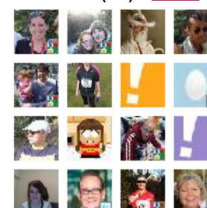
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JOGLE ULTRA 2012

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MONDAY, 30 APRIL 2012

Rainers on the road...

Well Rainer's back on the road and probably like you I am wondering if he is ever going to slow down or show ANY sign of fatigue in the last six days of the event. He ran off from the start this morning the same as every day with no stiffness of the legs or signs of hurty feet. Last night he was telling us of the 70,000km he has walked/run in IVV events in Europe and that probably goes a long way to getting as conditioned as he is to this type of running.



We look at his times so far for JOGLE and believe that he would smash Andy Rivetts, JOGLE record BUT it's not what Rainer is about it.

It's the experience of racing across countries, running huge distances and seeing new places that he **enjoys** most - and maybe **enjoying** ULTRAS is something that we something we all forget.

More from CP1...

www.ULTRArace.co.uk - The Home of ULTRArunning

Posted by [Rory Coleman](#) at 08:04

+1 Recommend this on Google

2 comments:



[anita :\) 30 April 2012 08:45](#)

Great going Rainer, awesome! Anita :)

[Reply](#)



[MeMoo 30 April 2012 10:36](#)

North to South Australia perhaps next then eh? A mere 3180km/1976 miles! :) Wishing you all the best for Day 11.

[Reply](#)

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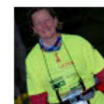
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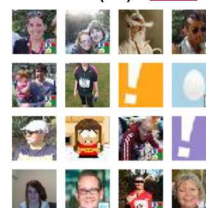
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JOGLE ULTRA 2012

11 People take on the 'ULTIMATE 868 Mile ULTRA-marathon' from John O'Groats to Lands End

MONDAY, 30 APRIL 2012

Rainer is through 11.8

Rainer has upped his speed this morning. He has just come through the first CP in around 1:50 for 11.8 miles...

It's turning into a beautiful day and it will be great to see a lot of places in the light that we don't normally.

The event has gained momentum each year and is now being followed all over the world. We have already received 5 potential 2013 entries this week!

www.ULTRArace.co.uk - The Home of ULTRArunning in the UK
Location: [Proberts Close, Leominster, United Kingdom](#)



Posted by [Jen Salter](#) at 09:15

+1 Recommend this on Google

2 comments:



Stuart Barnard 30 April 2012 09:58

On the map, the south-west of England suddenly looks very small compared to the huge distances you've already covered! Well done, Rainer - I am just in awe.

[Reply](#)



Mimi 30 April 2012 13:00

amazing! Perhaps he should cover more distance each day and get to the finish quicker!!! just a thought :o) GO GO GO

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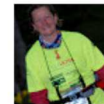
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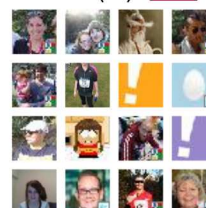
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Turn for home..

Day 11 Results

Rainer finishes 61.6 in style

Smoking Mars Bars...

Panic Over

Rainer reaches 50.2..

40.2 miles - easy peasy today...

What a difference a day makes...

22.6 in 3:38

Rainer is through 11.8

Rainers on the road...

Morning from Day 11...

Day 10 - Results

Rainer finishes in sub-11

An hour to go...

Rainer is through CP4

Just passed Rainer en route to CP4

Tom is out:-((((

Mark Cockbain joins Tom and Dave

Battling on...

Rainer has just reached 20.4

Tom going for CP3...

Getting thru the pain of the rain...

More visitors see Rainer through CP1

Breakfast like a King...

Slow away...

Is it Day Ten already?

Tom's here now...

Back on song...

Tom has 9.9 to go...

Nearly home

Both are through CP4

42.8 miles - CP4 - Shopping

Rainer is through CP3...

32.8 miles

CP2 22.1 miles

10 miles in 1:31

Tom and Dave are through 12 miles

New trainers for Tom...

Day 8 - Results

Tom's here too...

Another sub-10 for Rainer

Tom has just under 10 to go

Rainer passes through CP4

Tom beats Rainer (to CP3)...

Tom is through 23.7 miles

Rainer's still strong

Tom's in good shape

Start 2...

Fun at CP 1...

Tom's on the road to Shap...

Morning from the bus...

Tim De-feeted...

Day 7 Results

Tim is home...

Tom's made Penrith too...

Tim has 9.4 to go...

Rainer finished already

Penrith in Sight...

Tim is here:-)

Tom F comes through happy...

Rainer is through 40 miles

Welcome to England!!!

And then there were 3 - Tom H
is out:-)

CP2 - 21.3 miles - Trainer
Graveyard

The Derby Runner come to the
rescue again

Rainer arrived at 10.2 miles...

Supplies sorted...

Shoes sorted for Tom F

CP1 - 10.7 miles

Tom H hits the road...

Tom F and Tim E have started...
and need STUFF!

Day 6 Results

They're all in safe:-)))

CP5 for Tim and Toms

Rainer reaches the purple bus!

CP4 - 42.3 miles - Mimi's
HERE!!!

Runner Update

CP3 - 30.4 miles

Long and Winding Road...

CP2 - 21.3 miles

Steve's retired...

Steve P and Tom H

CP1 - it's chilly!

Knees good...

Patch me up Danno...

An Ode to Perseverance

Day 5 - Results

Steve and Tom the Tunnel Kings

Rainer is home...

All 5 are safely through CP4

Rainer's through CP4

Time's up for Mel...

Tom H Mans Up

CP3 - 32.1 miles

CP2 - 21.3 miles

Rainer's speeding up!

CP1 - 10.7 miles

Day 5 - Grind

Tom H and Steve P have left
the building

Fixing Feet

Bon Soir from the bus

The Finish - Day 4 Results

Ode to Andy

Rainer is still flying

CP5 - 10 to go

Steve's JOGLE journey is
over:-)

CP4 - First 3 Through...

CP3 complete

Andy bows out

Shoe Surgery

The Toms

Chisholm's of Ballachulish - CP2

Mel's hurting..

Sean's Out:- (
 Finest guest house in Scotland
 Rain, Rain, Rain...
 Hard times already...
 Morning, I think...
 Goodnight from the JOGLE bus
 Day 3 Results
 Home Sweet Home
 Andy's here now too...
 Steve P is here...
 Rainer's day again...
 All through CP4
 Andy's having a bad patch
 CP4 - Ceann Loch
 Sunshine!
 CP3 - 32.4 miles
 Mel and Tim E arrive at Loch
 Ness...
 Loch Ness and 22 miles...
 Sean's feet are sore...
 Morning from 10.5 miles...
 All safe and sound...
 Thanks for tuning in...
 Day 2 Finish
 An Ode from Andy
 Tim O - has retired
 Leaders have 13.6 to go...
 Checkpoint 4 - 40.9 miles
 It's the Real Thing...
 Hard Times...
 All thru 2...
 Andy is through CP2
 Checkpoint 2 - 22 miles
 Katherine's out...
 Shoes - who is wearing what?
 Checkpoint 1 - 10 miles
 Day 2 Weather
 Top of the Morning
 Happy Birthday
 Safe and Sound...
 Mel and Tim are now here in a
 time of 14.12.26 for...
 Katherine Charge...
 All through final CP
 Mel and Tim E going well...
 Last CP
 Rainer finishes Day 1
 The Pack
 Nifty Fifty...
 49 miles
 Rainer's Flying...
 Heaven sent...
 Checkpoint 2 - 20.8 miles
 Checkpoint 1 - 10.6 miles
 And they're off...
 Celebrations
 Morning... or is it still Evening?
 Ready to Go...
 Inverness
 Scotland Beckons
 Meet the 2012 Joglers

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JOGLE ULTRA 2012

11 People take on the 'ULTIMATE 868 Mile ULTRA-marathon' from John O'Groats to Lands End

MONDAY, 30 APRIL 2012

22.6 in 3:38

Rainer is going very strong today and eating up the miles (and the peanuts!). He's over a third of the way through [the day](#) now and it's getting hot!

He's eating more high-energy food as other food won't provide him with the necessary calories he needs. He did drink 28 cans of coke in a day on a stage in America, but we won't be making that recommendation on the JOGLE as that much coke should probably come with a warning!

He's now running through Hereford where he might go sightseeing at the Mappa Mundi as he is really interested in seeing British history, but we'll see eh?

We are off to the halfway point which will give us a good idea of his stage finish time today.

More from CP3...

www.ULTRArace.co.uk - The Home of ULTRArunning

Posted by [Rory Coleman](#) at 11:23

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What a difference a day makes...

What's this? Blue Skies...White Fluffy Clouds, Green Fields and dare I say SUNSHINE... This can't possibly be less than 24hrs after [the day](#) when Noah was getting 'The Ark' out of dry dock! It's an unbelievable 14 degrees out here and it feels almost summer like.

Jenny might get one of her 6 coats off very soon...

Oh Rainer, well he has a light layer of sweat on his forehead, either that or it's condensation as a result of the speed of the moist air airflow passing over his head. He still looks effortless running and totally makes you want to hang up your trainers for good.

Anyway, he is on his way to us at 30 miles and the halfway point for the day... more then.

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Posted by [Rory Coleman](#) at 12:54

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Ruth B 30 April 2012 14:24

Tim E says sounds like a nice day for lots of photos!

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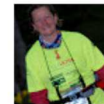
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40.2 miles - easy peasy today...

There's no surprise I am sure to you when I say Rainer breezed thru CP3 and has just made it to us at the



40.2 mile point in just 7hrs 20mins... he agonisingly close to the Welsh Border and I thought we had made it when we got to Welsh Newton but bizarrely we are still in England, although noting surprises me on this event now.

We are still enjoying a lot of race coverage in France of all places and being switched onto Multi-day running so much longer than the UK, they seem most interested in watching their running hero Rainer conquer Great Britain! 'Merci beaucoup' to our French audience.

It will be good to be in Wales although sadly north of our home in Caerdydd but we will say a happy ARAF as we enter the homeland as we cross the border. I've told Rainer to have his passport ready for the Severn Bridge back into England tomorrow.

More form the last CP of [the day](#)...

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Posted by [Rory Coleman](#) at 14:51

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1 comments:



Stuart Barnard 30 April 2012 15:06

"...we will say a happy ARAF as we enter the homeland..."

Seems like an odd thing to say, especially in a race environment!

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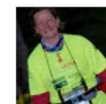
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Rainer reaches 50.2..

Rainer has just stopped for his final checkpoint - he's covered the distance 'til then in 9 hrs 20 mins. The weather is glorious as is the route, although having just popped out for a 20 miler myself it is certainly pretty lumpy. Here he is at Bigsweir Bridge, an elegant cast iron road bridge, which was built in 1827 as part of the new turnpike road constructed up the lower part of the Wye valley between Chepstow and Monmouth. The bridge connects the English and Welsh sides of the river, with an abandoned toll house on the Welsh side.



It comprises a [single](#) arch of 50 metres, and was designed by Charles Hollis of London and cast at Merthyr Tydfil. Because of its narrow width, modern traffic is controlled by traffic signals at either end. The bridge is about 600 metres upstream of the ancient fishing weir and ford of Bigsweir, which is close to Bigsweir House.

Judging by his time he doesn't seem to be too concerned about them so far. That said, we have just gone up an enormous hill as part of a diversion at Llandogo. We suspect it's because of floods and are hoping the road below is only closed to traffic else Rainer has a very tough final section of [the day](#)... We'll find out when we get to the end of the diversion and let you know...

www.ULTRArace.co.uk - The Home of ULTRArunning in the UK
Location: [Downend Rd, Bristol, United Kingdom](#)

Posted by [Jen Salter](#) at 16:46

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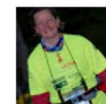
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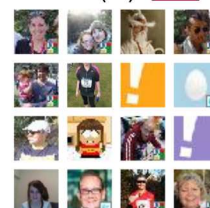
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Panic Over

After venturing down the blocked off road and calling the police, it seems the road block was for a fallen tree not flooding which we were mire concerned about.

The tree has been removed and Rainer has thankfully managed to avoid what would have been a very testing diversion towards the end of a very testing day...



We are now sat in Chepstow overlooking the River Severn waiting for Rainer to finish before driving him a short distance to the centre of Chepstow where the bus is parked... We reckon he'll arrive around 18:30...

<http://www.ultrarace.co.uk/> - The Home of ULTRArunning in the UK
Location: [Mathern Rd., United Kingdom](#)

Posted by [Jen Salter](#) at 17:27

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1 comments:



Mimi 30 April 2012 17:31

Thank goodness! I remember Chepstow :0) Another amazing day for Rainer, he just seems to get stronger.

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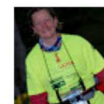
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- Turn for home..
- Day 11 Results
- Rainer finishes 61.6 in style
- Smoking Mars Bars...
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- Rainer reaches 50.2..
- 40.2 miles - easy peasy today...
- What a difference a day makes...
- 22.6 in 3:38
- Rainer is through 11.8
- Rainers on the road...
- Morning from Day 11...
- Day 10 - Results
- Rainer finishes in sub-11
- An hour to go...
- Rainer is through CP4
- Just passed Rainer en route to CP4
- Tom is out:-((((
- Mark Cockbain joins Tom and Dave
- Battling on...
- Rainer has just reached 20.4
- Tom going for CP3...
- Getting thru the pain of the rain...
- More visitors see Rainer through CP1
- Breakfast like a King...
- Slow away...
- Is it Day Ten already?
- Tom's here now...
- Back on song...
- Tom has 9.9 to go...
- Nearly home
- Both are through CP4
- 42.8 miles - CP4 - Shopping
- Rainer is through CP3...
- 32.8 miles
- CP2 22.1 miles
- 10 miles in 1:31
- Tom and Dave are through 12 miles
- New trainers for Tom...
- Day 8 - Results
- Tom's here too...
- Another sub-10 for Rainer
- Tom has just under 10 to go
- Rainer passes through CP4
- Tom beats Rainer (to CP3)...
- Tom is through 23.7 miles
- Rainer's still strong
- Tom's in good shape
- Start 2...
- Fun at CP 1...
- Tom's on the road to Shap...
- Morning from the bus...
- Tim De-feeted...
- Day 7 Results
- Tim is home...
- Tom's made Penrith too...

Tim has 9.4 to go...

Rainer finished already

Penrith in Sight...

Tim is here:-)

Tom F comes through happy...

Rainer is through 40 miles

Welcome to England!!!

And then there were 3 - Tom H
is out:-)

CP2 - 21.3 miles - Trainer
Graveyard

The Derby Runner come to the
rescue again

Rainer arrived at 10.2 miles...

Supplies sorted...

Shoes sorted for Tom F

CP1 - 10.7 miles

Tom H hits the road...

Tom F and Tim E have started...
and need STUFF!

Day 6 Results

They're all in safe:-)))

CP5 for Tim and Toms

Rainer reaches the purple bus!

CP4 - 42.3 miles - Mimi's
HERE!!!

Runner Update

CP3 - 30.4 miles

Long and Winding Road...

CP2 - 21.3 miles

Steve's retired...

Steve P and Tom H

CP1 - it's chilly!

Knees good...

Patch me up Danno...

An Ode to Perseverance

Day 5 - Results

Steve and Tom the Tunnel Kings

Rainer is home...

All 5 are safely through CP4

Rainer's through CP4

Time's up for Mel...

Tom H Mans Up

CP3 - 32.1 miles

CP2 - 21.3 miles

Rainer's speeding up!

CP1 - 10.7 miles

Day 5 - Grind

Tom H and Steve P have left
the building

Fixing Feet

Bon Soir from the bus

The Finish - Day 4 Results

Ode to Andy

Rainer is still flying

CP5 - 10 to go

Steve's JOGLE journey is
over:-)

CP4 - First 3 Through...

CP3 complete

Andy bows out

Shoe Surgery

The Toms

Chisholm's of Ballachulish - CP2

Mel's hurting..

Sean's Out:- (
Finest guest house in Scotland
Rain, Rain, Rain...
Hard times already...
Morning, I think...
Goodnight from the JOGLE bus
Day 3 Results
Home Sweet Home
Andy's here now too...
Steve P is here...
Rainer's day again...
All through CP4
Andy's having a bad patch
CP4 - Ceann Loch
Sunshine!
CP3 - 32.4 miles
Mel and Tim E arrive at Loch
Ness...
Loch Ness and 22 miles...
Sean's feet are sore...
Morning from 10.5 miles...
All safe and sound...
Thanks for tuning in...
Day 2 Finish
An Ode from Andy
Tim O - has retired
Leaders have 13.6 to go...
Checkpoint 4 - 40.9 miles
It's the Real Thing...
Hard Times...
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Smoking Mars Bars...

We'll have to have a word with Rainer as we just found him smoking a Mars Bar at the very same bridge that the guys got to on this day back in 2010. Is that why he is so quick?

He has now covered a massive 50.2 miles, with just over 11 to go for [the day](#) and will be finishing in sight of the Severn Bridge where we will be hopefully be taking the best pictures of the race in the morning.



More when he finishes...

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Posted by [Rory Coleman](#) at 17:59

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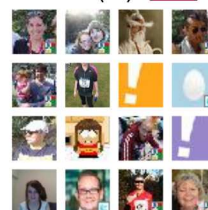
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Rainer finishes 61.6 in style

Rainer has just completed the last 60+ stage in 11 hours and 21 minutes.

Awesome running Rainer... it's been a warm and undulating day today...it's the Severn Bridge tomorrow :-)

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Posted by [Rory Coleman](#) at 18:36

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1 comments:



Steve Platt 30 April 2012 19:41

Phenomenal effort! You deserve the better weather today after yesterday. I did a mere 20 miles in that wind and cold and rain and it felt like 200. I'm in awe. Best of luck with the rest of JOGLE.

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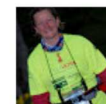
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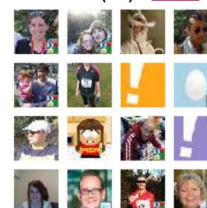
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Day 11 Results

And here they are...

<http://www.ultrarace.co.uk/events/results/>



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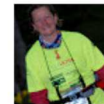
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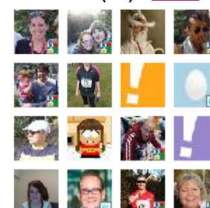
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Turn for home..

Tomorrow's a favourite part of the journey for us as we turn for home after crossing the Old Severn Bridge out of Wales... (I won't mention that I went across it first when the toll was -2/6 back in 1966, as it makes me sound old but)... Two years ago Neil, David and Mark came over arm-in-arm - tomorrow Rainer will also enjoy the 3240ft span across the Rivers Wye and Severn and run back into England for the last time and head on towards Lands End.



Can't wait to take the photos... and it feels like we are getting closer to our 4th ever JOGLE Ultra finisher and the possibility of him setting smashing the record.

Hopefully you will be back with us for a 7am start and if you live along the route please come and say 'Hello' as Rainer quite likes that... and we do too.

Good night from us on the bus and see you tomorrow.

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Posted by [Rory Coleman](#) at 21:28

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3 comments:



[Claude](#) 30 April 2012 21:36

Good night, boys and girls, and keep the bus going till Lane Ends ;-) Claude.

[Reply](#)



[Jen](#) 30 April 2012 22:41

Really well done Rainer, especially after that terrible weather yesterday. On the home straight now. Best wishes. Neil B's Mum

[Reply](#)



[Audi.andy](#) 30 April 2012 23:14

That bloke is bomb proof, I'm beginning to think that he his the "The Termi_Rainer_". Smash it!

[Reply](#)

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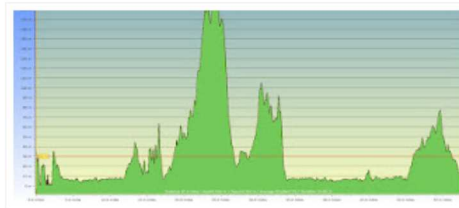
11 People take on the 'ULTIMATE 868 Mile ULTRA-marathon' from John O'Groats to Lands End

TUESDAY, 1 MAY 2012

Morning from Wales...

Arrggghh... would you believe it - it's raining AGAIN. In fact it's been persisting down during the night and most folk on the bus said it woke them up. (Must have missed that bit myself...) But anyway, it's business as usual and Rainer

is now well into his second bowl of Porridge and getting ready for a 7am start from the Severn Bridge approach over in ARAF (should be 'ymprydio' really as that means 'fast' I believe, well that's what Google suggests)...



We are looking forward to seeing Neil Bryant, today (JOGLE Champion 2010). Rainer enjoys running company along the way and with Neil being a Bristolian, his local knowledge will prove most useful as well as something to look forward to during the 57.5 mile stage.

More from the otherside of Passport Control...

www.ULTRArace.co.uk - The Home of ULTRArunning

Posted by [Rory Coleman](#) at 06:23

+1 Recommend this on Google

1 comments:



BeneBoy 1 May 2012 06:31

All the best Rainer, been following your progress in awe!

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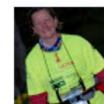
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JOGLE ULTRA 2012

11 People take on the 'ULTIMATE 868 Mile ULTRA-marathon' from John O'Groats to Lands End

TUESDAY, 1 MAY 2012

Back in England!

It was a very wet 'Severn Crossing' this morning and our planned photo extravaganza was more like a few limp photos in the rain. As we crossed the bridge Rainer did say that Wales has been his favourite country as it has better weather - that's a most unusual accolade for Wales!

Rainer has now turned for home and Lands End is just days away.

We are off to CP1 - more from there...

www.ULTRArace.co.uk - The Home of
ULTRArunning in the UK
Location: [Olveston, United Kingdom](#)



Posted by [Jen Salter](#) at 08:11

[Recommend this on Google](#)

1 comments:



[anita :\) 1 May 2012 09:08](#)

Well done Rainer. Don't forget to stop when you get to Lands End!

Mind you, can he run on water?! Great coverage, thanks Jen and Rory. :)

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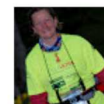
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TUESDAY, 1 MAY 2012

CP1 - 08:50

Rainer is surprisingly upbeat given the rain which looks like is set in for [the day](#). He did the first 8.8 miles in 1.5 hrs which is great going on these busy, wet roads.

We are parked at the 11 mile point to help him onto the A4 before carrying on towards the Clifton Suspension Bridge where the lovely Quentin Somerset is joining us to say hello.

He's just whizzed past on a mission - more from CP2...

www.ULTRArace.co.uk - The Home of ULTRArunning in the UK

Location: [St Andrew's Rd, Bristol, United Kingdom](#)

Posted by [Jen Salter](#) at 09:17

+2 Recommend this on Google



2 comments:



[Jen](#) 1 May 2012 10:23

Neil is on his way, but is wondering if he will be able to catch up with Rainer and whether he will be able to keep up with him if he does manage to catch up! Tell Rainer that it's dry down here so he should be getting into better weather.

Neil's Mum

[Reply](#)



[Stuart Barnard](#) 1 May 2012 11:08

Still loving the regular updates, so keep them coming!

FYI I also love the links to your current location, but they don't always work, e.g. the link to St Andrew's Rd is actually a Google Maps search query for "St Andrew":

<http://maps.google.com/maps?q=St%20Andrew>

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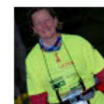
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11 People take on the 'ULTIMATE 868 Mile ULTRA-marathon' from John O'Groats to Lands End

TUESDAY, 1 MAY 2012

Rainer's through CP2

Rainer's still looking fresh as a daisy... Quentin found him along the Avonmouth Gorge and ran with him for a short while and was pretty astounded at the blistering pace.

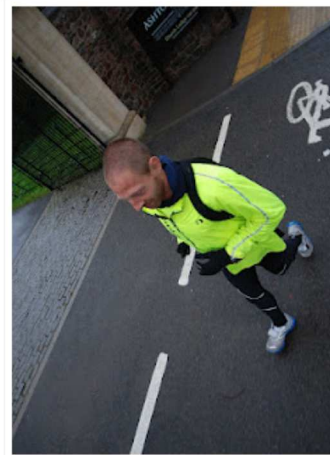
He's just come through CP2 having navigated his way through the tricky Bristol roads perfectly. Neil Bryant is currently trying to catch him up having missed a rendez-vous at Clifton Suspension Bridge. Let's see how long it takes him...!

The rain did ease for short while but it has just started to chuck it down...:-(

www.ULTRArace.co.uk - The Home of ULTRArunning in the UK
Location: Ashton Rd., United Kingdom

Posted by [Jen Salter](#) at 11:01

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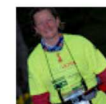
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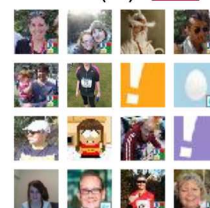
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TUESDAY, 1 MAY 2012

Raining on Rainer...

It's a New World Record as we have reached a new high in rain and surface water... We are on the A38 at the halfway point and Rainer is going to need flippers at this point as where the trucks pass each other.



On the upside Neil Bryant has just managed to catch 'The German Express' up and they are now clipping along at a great rate towards CP4 at 40 miles...

More from there...

www.ULTRArace.co.uk - The Home of ULTRArunning

Posted by [Rory Coleman](#) at 12:34

+1 Recommend this on Google

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TUESDAY, 1 MAY 2012

Sun is shining...

What a crazy time we are having today... it's bright warm sunshine now! And 14 degrees C... let's hope that Rainer isn't pulsing along now he has the 2010 Champ Neil Bryant alongside him on the road. It's been really humid all day in fact and we are so glad that the roads are now dry.



We just passed a sign for Weston-super-Mare which always sounds a long way down south where I am from and we are getting ever closer to that finish.

More when they get here...

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Posted by [Rory Coleman](#) at 13:25

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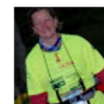
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TUESDAY, 1 MAY 2012

40.3 miles and it's HOT!

Rainer and Neil just got to CP4 which is 40.3 miles. Rainer has run EXACTLY the same time for 40 miles as he did yesterday so he must be using his cruise control!



In the space of 10 miles we have gone from serious floods to boiling hot sunshine which will hopefully lift the spirits. We are now heading for the final CP of [the day](#) so more from there...

www.ULTRArace.co.uk - The Home of ULTRArunning in the UK

Location:[Bristol Rd.,United Kingdom](#)

Posted by [Jen Salter](#) at 14:54

+1 Recommend this on Google

2 comments:



Ruth B 1 May 2012 15:50

Glad to see you're still eating up the miles Rainer. No Mars bar smoking today?! Tim

[Reply](#)



Stuart Barnard 1 May 2012 15:54

After 40 miles, these guys still look as fresh as a daisy!

I can see Neil has an array of drink/gels within easy reach - what does Rainer use? If the weather has turned warm then he must be sweating a fair bit in leggings and long sleeves.

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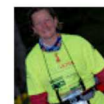
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11 People take on the 'ULTIMATE 868 Mile ULTRA-marathon' from John O'Groats to Lands End

TUESDAY, 1 MAY 2012

50 up...

It was a quick dash into Bridgwater for the guys as the pace was even and relentless this afternoon... it also got even HOTTER... we even dispensed P20 sunscreen...

Yes, there was a high level of UV to contend with and Rainer is starting to look very brown from the days on the road, although it's more likely to be rust than anything else.



The good thing is that Rainer has enjoyed having some company today and if you live on the route please come out and say 'Hello'.

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Posted by [Rory Coleman](#) at 18:51

+1 Recommend this on Google

3 comments:



Russell Secker 1 May 2012 19:00

Jen & Rory, say sorry to Rainer for me, but I can't get away to see y'all. :(tell him hi from me, and congratulations.

[Reply](#)



Richard Lendon 1 May 2012 19:13

Are those 2 twins?!

[Reply](#)



Rory Coleman 1 May 2012 19:14

Hi Russell, Rainer says Hi back to you... you were right in saying that he was a machine. Says it's all down to reading your book :-). He says it's 'quite interesting'...

[Reply](#)

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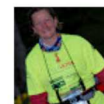
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JOGLE ULTRA 2012

11 People take on the 'ULTIMATE 868 Mile ULTRA-marathon' from John O'Groats to Lands End

TUESDAY, 1 MAY 2012

Stage 12 - Mission Complete

Rainer finished the stage today well before 6pm in 10hrs 28mins in a. Yet another staggering time. Accompanied by 2010 Champion Neil Bryant, he had another remarkable day out on the road where they endured torrential rain and tropical sunshine.



It's been a bizarre day to say the least... the only thing that's been normal is Rainer's very, very consistent pace. I've started to set my watch by him!

Tomorrow, we hit Devon, the penultimate county of the JOGLE Ultra... and that really means the miles are whizzing by... especially with Rainer going at his current pace. The results or is that result? will be online shortly.

Lastly, thanks to Neil Bryant and Quentin Somerset for coming out to play... and also to the lovely Katherine for letting us stay at the <http://www.junction24ltd.co.uk/> which now has a fantastic restaurant and lovely hot showers!!!

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Posted by [Rory Coleman](#) at 19:05

+1 Recommend this on Google

4 comments:



[simon Hack](#) 1 May 2012 19:51

well done mate same again tomorrow please . your amazing.

[Reply](#)



[AndyW](#) 1 May 2012 20:10

Fantastic effort yet again Rainer! You're an inspiration!

[Reply](#)



[BeneBoy](#) 1 May 2012 21:05

Just fantastic, well done Rainer. Absolutely inspiring!

[Reply](#)



[Jen](#) 1 May 2012 21:14

Glad that Neil managed to catch Rainer up and run with him today. Another incredible day. Tomorrow he runs into the best county, (well I think so anyway), and it will be sunny as well!

Good luck although I'm sure he won't need it.

Neil's Mum

[Reply](#)

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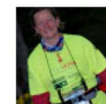
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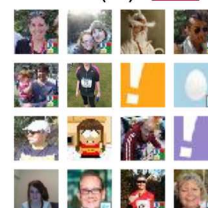
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11 People take on the 'ULTIMATE 868 Mile ULTRA-marathon' from John O'Groats to Lands End

TUESDAY, 1 MAY 2012

Day 12 - Results

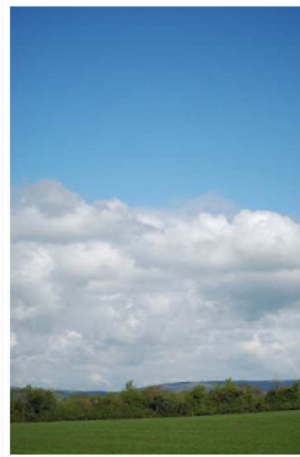
And here are the results for Day 12...

<http://www.ultrarace.co.uk/events/results/>

An astonishing 10:28 for today's 57.5 miler....
and making him some 70 hours quicker than
the 2010 event at the same stage!!!

Unbelievable...

www.ULTRArace.co.uk - The Home of
ULTRArunning



Posted by [Rory Coleman](#) at 19:24

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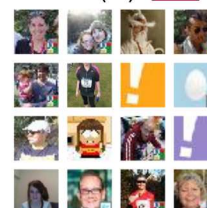
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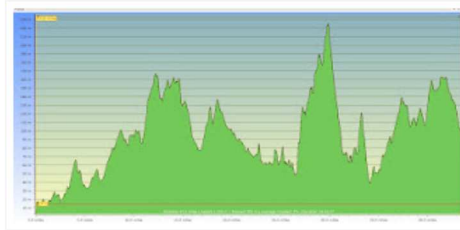
JOGLE ULTRA 2012

11 People take on the 'ULTIMATE 868 Mile ULTRA-marathon' from John O'Groats to Lands End

WEDNESDAY, 2 MAY 2012

Only 43.4 miles today...

I don't know what we will do later this afternoon as it's only a 43.4 mile stage today from Taunton to Bow (that's in Devon). It's not that Rainer actually needs a shorter day of running but it's just the way the mileages and stopovers worked that throws in a shorter stage today.



He says he is going to catch up on his email and internet... A long lie down and a 750 mile service might be my weapon of choice...

We are off to the start and more from there...

www.ULTRArace.co.uk - The Home of ULTRArunning

Posted by [Rory Coleman](#) at 06:38

+1 Recommend this on Google

1 comments:



Pit Stop Crew 2 May 2012 06:45

awesome... have a relaxing day team.

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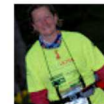
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JOGLE ULTRA 2012

11 People take on the 'ULTIMATE 868 Mile ULTRA-marathon' from John O'Groats to Lands End

WEDNESDAY, 2 MAY 2012

Rainer's set off on Day 13

Unlucky for some, but bar an act of God I can't see anything stopping Rainer getting to the finish now...

Rainer set off just before 07:20 this morning donning shorts. His legs look no different to day 1 and he ran off easily with no stiffness in his legs whatsoever.

He is currently weaving his way through Taunton before reaching us at the 10 mile point just west of Wellington.

More when he arrives...

www.ULTRArace.co.uk - The Home of ULTRArunning in the UK

Location: Taunton Rd, Bridgwater, United Kingdom

Posted by [Jen Salter](#) at 08:12

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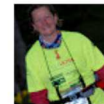
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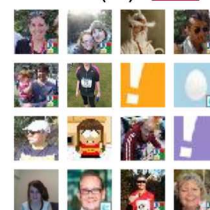
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WEDNESDAY, 2 MAY 2012

CP1 in 1:40

Rainer's just come through 10 miles at a 6mph pace which, if you could see the undulations and the traffic, is a very good pace indeed. What we have come to expect now but nonetheless quite incredible after over 700 miles of running. We have refreshed our supplies of Banana Milk for him and he's topped up and off again...

For the first time ever we are thinking we may have to investigate the local tourist spots later else we will be twiddling our thumbs!!!

www.ULTRArace.co.uk - The Home of ULTRArunning in the UK
Location: Ashbrittle, United Kingdom



Posted by [Jen Salter](#) at 09:16

[Recommend this on Google](#)

4 comments:



Neil Bryant 2 May 2012 09:27

Yesterday was an amazing day. to witness the man in action is quite incredible. his pace is relentless yet he is most certainly not racing. he is sight seeing on foot. just happens that he runs faster than anyone on the planet! A really nice chap too! I look forward to running with him again.

[Reply](#)



Stuart Barnard 2 May 2012 09:39

Completely loving the story that is unfolding courtesy of Rainer's physical and mental ability and the support team's frequent updates and location links.

I'm addicted! When he gets to the finish, any chance he'll turn around and go back again?

I would like to buy him a beer.

[Reply](#)



MeMoo 2 May 2012 10:30

What an amazing man! I would dearly love this kind of strength. Enjoy the banana milk, sightseeing and shorter day :)

[Reply](#)



Colin Fitzjohn Ultra Runner 2 May 2012 11:38

incredible performance :-)

[Reply](#)

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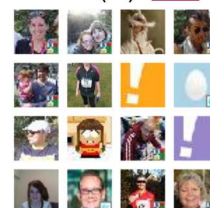
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JOGLE ULTRA 2012

11 People take on the 'ULTIMATE 868 Mile ULTRA-marathon' from John O'Groats to Lands End

WEDNESDAY, 2 MAY 2012

Final CP done - off to finish for late lunch!

Well there was an almighty hill in the last stretch and Rainer still covered 11 miles in 1:55!

So it's only 11 miles to the finish now. The sun is shining and we are all looking forward to catching some rays and having an afternoon off. What a luxury! The Colemeister might even go out for a run too...

More from the finish...

www.ULTRArace.co.uk - The Home of ULTRArunning in the UK

Location: [Pleas Row, Crediton, United Kingdom](#)



Posted by [Jen Salter](#) at 13:16

+1 Recommend this on Google

1 comments:



Tom7 2 May 2012 14:25

The guy is amazing.
Hope a little of his ability has rubbed off.

Say hi from Tom

Cheers

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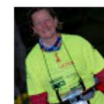
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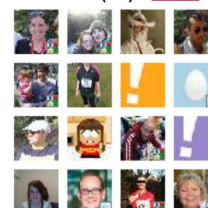
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11 People take on the 'ULTIMATE 868 Mile ULTRA-marathon' from John O'Groats to Lands End

WEDNESDAY, 2 MAY 2012

Day 13 - Finish

This is just getting plain daft now... Rainer's just finished in a ridiculous 7hrs and 51mins for the 43.4 miles of the days stage and there is still no sign of him slowing...

His camera might have some fatigue today as there were lots of 'Chocolate Box' cottages for him to photograph and he did manage time to go in and visit Crediton Church. He'll be walking on water next you see...

Anyway, 'The Machine' marches on and enjoy watching him cover the last 100 miles or so with us down to Lands End.

What a glorious day!!!

www.ULTRArace.co.uk - The Home of ULTRArunning

Posted by [Rory Coleman](#) at 15:21

+1 Recommend this on Google



1 comments:



BeneBoy 2 May 2012 20:30

Simply Amazing!

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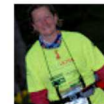
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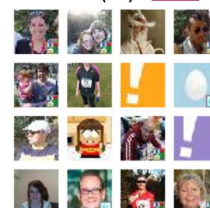
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JOGLE ULTRA 2012

11 People take on the 'ULTIMATE 868 Mile ULTRA-marathon' from John O'Groats to Lands End

WEDNESDAY, 2 MAY 2012

Day 13 - Results

And here are the latest results... we are enjoying an extra 10 hours of rest time today compared to 2010:-)

<http://www.ultrarace.co.uk/events/results/>

www.ULTRArace.co.uk - The Home of ULTRArunning



Posted by [Rory Coleman](#) at 15:23

[Recommend this on Google](#)

2 comments:



[Jen](#) 2 May 2012 20:23

I was going to come and cheer Rainer on today but he had finished before I had finished work! What a speed and what stamina. Hope you are enjoying a good rest tonight and have another good day tomorrow.

Best wishes
Neil's Mum

[Reply](#)



[Edd](#) 2 May 2012 21:42

Met you in Chepstow on Monday evening, thanks for warm welcome and good luck. Also thanks to the rest of the team for the invite onto the bus! Sorry to disturb your evening meal!!!
EDD

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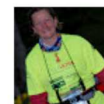


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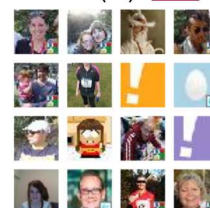
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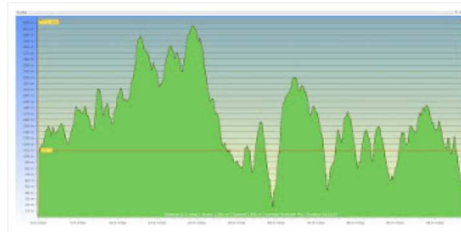
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11 People take on the 'ULTIMATE 868 Mile ULTRA-marathon' from John O'Groats to Lands End

THURSDAY, 3 MAY 2012

Kernow the Last County...

Here in Devon... it's raining AGAIN!!! Let's hope that our trip into Kernow will give us more blue skies and our last three days will be sunny memories when we look back at JOGLE Ultra 2012. What do you do when your running superstar finishes the days stage early?



do you give him rest? sleep? massage?... no you take him down the pub! Namely the Tom Copley Tavern in Spreyton... a 'Proper Pub' selling some very strange ciders and pub of the year, every year it would appear.

Anyway, it was mighty strange to hit these parts in daylight and hopefully we will do more of the same today. Rainer is still totally 100% as strong both physically as well as mentally as day one and will no doubt bash out another blazing day on the road.

More from CP1...

www.ULTRArace.co.uk - The Home of ULTRArunning

Posted by [Rory Coleman](#) at 06:37

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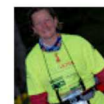
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JOGLE ULTRA 2012

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THURSDAY, 3 MAY 2012

It's Raining:-((

Rainer didn't look quite so keen this morning as, guess what, it's chucking down again:- (Barclay from Mid Devon Caravans (where we parked last night) PROMISED me the sun always shined in Devon - guess we must be jinxed as we just can't shake the wet weather.

Still, it's 'only' 53.5 miles today, with 54.1 tomorrow then a 10 miler on Saturday and he's made it! So the end is palpable now...

We are looking forward to seeing Becky Healey later who is coming out to see The Machine as he passes near her hometown of Bodmin. Maybe you could bring some sunshine with you Becky?!

More from CP1...

www.ULTRArace.co.uk - The Home of ULTRArunning in the UK

Location: [Station Rd, Bow, United Kingdom](#)

Posted by [Jen Salter](#) at 07:14

[Recommend this on Google](#)

1 comments:



[MeMoo](#) 3 May 2012 07:37

Ahhh scones, clotted cream and jam just a mere 117.6 miles away - wunderbar! ;) Wishing you all the best for today. Hope that weather eases up.

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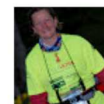
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THURSDAY, 3 MAY 2012

CP1 - it's getting hilly...

Rainer's come through the 10.1 mile point in just under 1:55. We had 3 very sizeable hills on the first section, and as we are driving on to CP2 we are being reminded just how hilly these last couple of days are...

Still, Rainer is still referring to them as 'slopes' and seems unperturbed as he runs up all of them!

www.ULTRArace.co.uk - The Home of
ULTRArunning in the UK
Location: **Bowerland Rd., United Kingdom**



Posted by **Jen Salter** at 09:51

+1 Recommend this on Google

1 comments:



Stuart Barnard 3 May 2012 11:46

Eugh, I just looked at Bowerland Road on StreetView...what a slog! Then again, I imagine you guys have a different idea of what constitutes a slog.

Keep at it Rainer, just let that weather roll over you!

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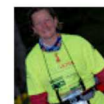
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JOGLE ULTRA 2012

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THURSDAY, 3 MAY 2012

CP2 - 21 miles

Rainer just came through 21 miles in 3:45, so he's doing circa 10:40 miles today which is decidedly hilly.

We feel very privileged to be able to witness such an incredible running performance, one which no doubt will take a very long time to be beaten.

Based on his current form he is likely to finish between 3.5 and 4 WHOLE DAYS ahead of our 2010 finishers. And that is in no way meant to belittle Neil Bryant, David Miles and Mark Cockbain who all ran outstanding races 2 years ago. It is more to demonstrate how off the scale Rainer's performance is proving to be - surely he has to be the Best in the World at this kind of race format?



www.ULTRArace.co.uk - The Home of ULTRArunning in the UK
Location: [Lewdown, United Kingdom](#)

Posted by [Jen Salter](#) at 11:13

+1 [Recommend this on Google](#)

2 comments:



[Caroline](#) 3 May 2012 12:40

I've been watching Rainer's progress with increasing awe over the past few days - it's inspiring me to come and give it a go one day, though as someone who's not yet run further than a half marathon, it may be a few years away!

[Reply](#)



[Jarlath](#) 3 May 2012 13:25

Genuinely inspiring Rainer! Congratulations on a Phenomenal performance so far and good luck for the final stretch.

[Reply](#)

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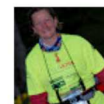
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11 People take on the 'ULTIMATE 868 Mile ULTRA-marathon' from John O'Groats to Lands End

THURSDAY, 3 MAY 2012

31.75 done...

Well we are parked at the top of a hill I think I would find hard for hill reps and Rainer jogged all the way up it before stopping for food. He's done 10.75 hilly miles in 2:01 so quite incredible pacing given he has now run over 775 miles, with <90 to go...

He seems to be enjoying the hills ('waves' in Rainer's language!) and has definitely perked up now the rain has stopped.

We are now off to Merrymeet for the final checkpoint of [the day](#). More from there...

www.ULTRArace.co.uk - The Home of ULTRArunning in the UK

Location:[Sand Hill,Gunnislake,United Kingdom](#)

Posted by [Jen Salter](#) at 13:15

[Recommend this on Google](#)

1 comments:



Jen 3 May 2012 14:10

I managed to catch up with Rainer between Okehampton and Tavistock today to cheer him on. It was good to meet him. He certainly did not look like he had nearly run the length of the country! At least it had stopped raining, although that doesn't even seem to slow him up at all.

Good luck with the rest of this incredible feat (or even those incredible feet). Sorry about that.

Best wishes,
Neil's Mum

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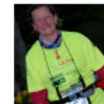
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JOGLE ULTRA 2012

11 People take on the 'ULTIMATE 868 Mile ULTRA-marathon' from John O'Groats to Lands End

THURSDAY, 3 MAY 2012

There's no stopping him!

The hills just keep on coming and so does Rainer. We are perched at the top of another big hill at 43.6 miles and once again Rainer jogged all the way up it! He'd been going just under 8 hours when he reached us and there are only 10 to the finish.

So we can look forward to another knees up now as we are en route to the bus which is parked at Townend Garage tonight.

More from the finish - eta for Rainer is 17:15...

www.ULTRArace.co.uk - The Home of ULTRArunning in the UK

Location: [Woodcockwell Bungalows, Callington, United Kingdom](#)

Posted by [Jen Salter](#) at 15:28

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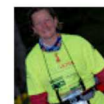
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THURSDAY, 3 MAY 2012

Food is mood...

Well they say that food is mood and whilst most of the runners will pile down the sandwiches and pasties on such runs, Rainer is a Nuts and Milkshakes only ULTRA-runner. He throws in the odd Mars Bar and Tin of Coke or two but we can safely report that his diet like his running is Nuts!

With the last couple of days in sight, Rainer has re-written the rule books and we'll take away lots from his being with us on the JOGLE Ultra.

More when he gets here...

www.ULTRArace.co.uk - The Home of ULTRArunning

Posted by [Rory Coleman](#) at 16:36

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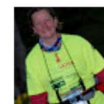


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THURSDAY, 3 MAY 2012

Day 14 - Job Done - Results

Our friend, Becky Healey came out watch Rainer complete Day 14 in 10hrs 12mins... another blistering day out on the roads in Devon and Kernow. Becky witnessed for herself the remarkable Rainer bashing up hills at over 6mph.

It's crazy for us to see too, as really we had envisaged anyone still standing (let alone running) to be finishing just inside the 'Midnight' cutoffs at this stage but this just isn't the case with 'The Trans-Europe Express' in town. We even managed a trip to The Dragon Leisure Centre to get washed and scrubbed up before our evening meal of Chilli... a firm JOGLE Ultra favourite.



We did find a suitably sized Mars Bar for him at our stopover at Downend Garage but it did melt and at £140 a time, they are a little impractical and outside race budget for tomorrow perhaps...

As for the last stage(s), well no doubt that will also prove not to be a problem as there is only 65 miles to go and there's over 800 miles in the bag for our man.

Please join us for the leg down to Penzance and like we said, if you are in the neighbourhood, please drop in on us. His times for the race so far are below...

<http://www.ultrarace.co.uk/events/results/>

Night from Rainer, Rory, Jen, Ann and Paul...

www.ULTRArace.co.uk - The Home of ULTRArunning

Posted by [Rory Coleman](#) at 17:54

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2 comments:



[Living on the Trail](#) 3 May 2012 20:32

Inspiring really inspiring. Wish I could get down to Cornwall to see the man complete this

[Reply](#)



[peterrunnerricaahrdson](#) 3 May 2012 21:23

I ran a marathon for the first time in London. I am now inspired to run more and more. What Rainer is achieving is simply incredible. I wish there was more press for what you are achieving Rainer. Simply incredible. Well done.

[Reply](#)

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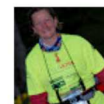
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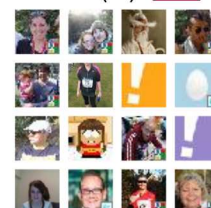
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JOGLE ULTRA 2012

11 People take on the 'ULTIMATE 868 Mile ULTRA-marathon' from John O'Groats to Lands End

FRIDAY, 4 MAY 2012

English Summer Please...

That's all that Rainer has asked for this morning, well that and a couple of MASSIVE bowls of porridge. He is now totally convinced that it just rains ALL the time! Let's face it, what are you meant to believe when it's been the wettest April for 100 years!

And it's a Bank Holiday this weekend... so we are not too hopeful...

Anyway forget the Met Office, OUR FORECAST is for plenty of steady running all day, uphill and downhill in a Westerly direction spreading to South-west Cornwall later in [the day](#). The Whirlwind that's been dominating ultra-running down the country during the last couple of weeks will have cleared up by around 10am tomorrow morning and bright memories and astonishment will remain for a long time to come.



We wonder if we will experience conditions like this EVER again...

More from Checkpoint one - now where's my raincoat?

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Posted by [Rory Coleman](#) at 06:29

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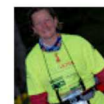
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FRIDAY, 4 MAY 2012

10 down...

Rainer's just gone through St. Austell and has <90km left now until Lands End. The sunshine and blue skies that we ordered arrived by courier at 9am precisely and will hopefully lift Rainer through the 1400 metres of ascent he has to climb today.



We thought he looked slightly tired as we passed him at 7 miles, but he's not and it's business as usual for The Machine. We are off to get more supplies...

More from CP2...

www.ULTRArace.co.uk - The Home of ULTRArunning in the UK
Location: [Bosinver Ln., United Kingdom](#)

Posted by [Jen Salter](#) at 09:07

[Recommend this on Google](#)

1 comments:



Steve Gordon 4 May 2012 09:47

Hats off to Rainer, he's truly one of a kind and a genuinely nice guy too.... He doesn't get how good we think he is, but he has been nothing short of phenomenal this past two weeks. It has been a privilege to be part of his journey and my whole office talks about the machine that is Rainer. He has raised the bar for everybody.

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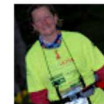
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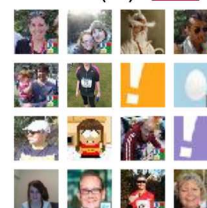
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Run Fat Boy Run...

JOGLER Andy Wilmshurst was watching this movie last night, as you do, and reckoned it reminded him of someone... what do you think? Apart from the look-a-like luckily there are no other similarities between Simon Pegg's character Dennis, and our Rainer...



Rainer Koch

Simon Pegg

Anyway, got to go as he is here now... taking more photos...

www.ULTRArace.co.uk - The Home of ULTRArunning

Posted by [Rory Coleman](#) at 10:36

+1 Recommend this on Google

3 comments:



AndyW 4 May 2012 11:27

Just make sure no one trips Him up before LE! Run Rainer, Run :)

[Reply](#)



Richard Lendon 4 May 2012 12:05

Scary!

[Reply](#)



Cant Stop Running 4 May 2012 14:37

Hey - Dennis finished didn't he?

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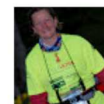
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JOGLE ULTRA 2012

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FRIDAY, 4 MAY 2012

City Boy... 33 miles...

It's astonishing... he's still running 10.5 min miles including some whacking hills and a whistle stop trip to Truro Cathedral (where he went in and took lots pics of course). Good news is that the weather is still fine and we have promised him a good view of the sea as he comes downhill into Penzance.

However he's still not convinced that anyone goes on a beach holiday in Cornwall and has already said today that he hasn't got his 'Swimming Trousers' with him anyway... so 'he will not be swimming'...



Funnily enough, we won't be going swimming later either as it's celebration time not only right now as WE are at the last CHECKPOINT of this year's event but also that there is a Fish, Chip and Wine Supper tonight...

More from Penzance...

www.ULTRArace.co.uk - The Home of ULTRArunning

Posted by [Rory Coleman](#) at 14:04

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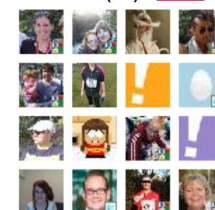
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JOGLE ULTRA 2012

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FRIDAY, 4 MAY 2012

The LAST CHECKPOINT!

Rainer got to our final JOGLE CP just after 3pm. There are 12 miles to the finish today and only 10 tomorrow. So less than a marathon to go!!

Rainer's still knocking out the miles at an incredible pace - maybe the thought of fish and chips at Penzance is spurring him on.

That said, we are all definitely feeling the tiredness setting in today so roll on Lands End tomorrow...:-)

<http://www.ultrarace.co.uk/> - The Home of ULTRArunning in the UK
Location:[Sithney,United Kingdom](#)



Posted by [Jen Salter](#) at 15:17

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2 comments:



Stuart Barnard 4 May 2012 15:32

Hugely excited by all of this - my week in work has been happily punctuated by these updates and part of me will be sad when Super Rainer finishes!

Would be great to see some video footage of the guy in action on the last day, especially as he reaches the edge of the country! An interview with him would also be fantastic to see.

Come on Rainer!!!!!!!

[Reply](#)



jackie 4 May 2012 15:42

Well done Rainer - we've all been talking about you, and logging in regularly to be amazed by your running. You're a superstar!

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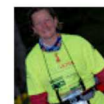
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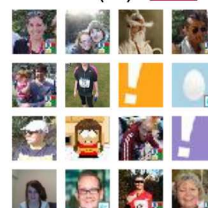
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FRIDAY, 4 MAY 2012

10.3 miles left...

Well he's here in Penzance and did today's stage in 10hrs and 18 mins... another great run. He actually beat a lady waiting for the bus 10 miles from the finish to Penzance Bus Station, as she got off just as he passed it... who needs a bus pass eh?

Also it's remarkable as you have to take into consideration that he went sight seeing and took lots of pics today of anything Kernow. Tonight, well it's a bit of a celebration on board our sleeper bus and a nice fish and chip supper too... that's if he can fit that in after a massive Cornish Pastie.

He'll be off at 08:30 in the morning to batter the last 10.3 miles in to Penzance and it will be interesting to see if he can do a [full house](#) of 'Stage Record Times'.

What I do know is that we'll be there at the line to cheer him in and celebrate the most incredible run we have EVER witnessed... We hope you'll be there too...

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Posted by [Rory Coleman](#) at 18:16

[Recommend this on Google](#)

3 comments:

 [heledd](#) 4 May 2012 19:48

Fantastic runs- amazing! I'm glued to twitter! Makes me think twice before complaining about achey quads after a long run!
Good job on updating us Rory and Jen,
Heledd

[Reply](#)

 [peterrunnerrichardson](#) 4 May 2012 20:24

I wish i could be down there to cheer him over the line. Have loved checking the blog every few hours the last 10 days. Already looking forward to next years event. Well done Rainer. AWESOME.

[Reply](#)

 [Naomi Newton-Fisher](#) 4 May 2012 22:28

I've really enjoyed following the story during such an amazing JOGLE this year - inspiring to see what can be achieved! Well done, obviously to Rainer who just seems to be a machine, but also to all involved in a great event and thanks for a great blog. Enjoy tomorrow! :)

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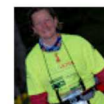
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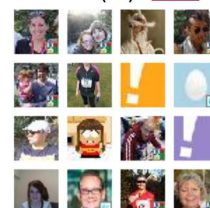
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FRIDAY, 4 MAY 2012

Day 15 - Results

And here they are...

<http://www.ultramarathon.co.uk/events/results/>

www.ULTRARace.co.uk - The Home of ULTRArunning

Posted by [Rory Coleman](#) at 18:22

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1 comments:



Jen 4 May 2012 20:00

Absolutely brilliant Rainer. We've enjoyed following your journey and been amazed at your strength. Enjoy every minute of the last leg tomorrow morning. We would love to be there to see you in but will be cheering you on in spirit.

Best wishes,
Neil's Mum & Dad

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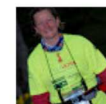
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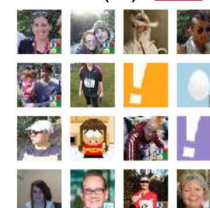
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JOGLE ULTRA 2012

11 People take on the 'ULTIMATE 868 Mile ULTRA-marathon' from John O'Groats to Lands End

SATURDAY, 5 MAY 2012

Last Dawn of the JOGLE 2012

Well here it is, the last day of this year's JOGLE Ultra... Eleven amazing people took up the challenge to run the 860+ miles from John o'Groats to Land's End. Only one has survived the journey, the Super-Charged, Rainer Koch from Nuremburg in Germany.

We will add our testament to Rainer post finish... (must start thinking of other adjectives than amazing and brilliant)...

There's just 10.3 miles left for him to cover this morning and of course it's raining a little as it's just starting to go light in Penzance. We will report more from the finish when he gets there...

It's going to be Champagne and Tears all round...

www.ULTRArace.co.uk - The Home of ULTRArunning



Posted by [Rory Coleman](#) at 06:29

[Recommend this on Google](#)

3 comments:



BeneBoy 5 May 2012 08:33

Enjoy it Rainer, it has been amazing following your run

[Reply](#)



peterrunnerrichardson 5 May 2012 08:48

I am expecting Rainer to run the last 10 miles in sub 5 minutes miles, no pressure!! Well, it would not surprise me if he did anyway!! Enjoy your run this morning and basque (sp) in the glory of what you have achieved. You really are a running superstar.

[Reply](#)



Summary 5 May 2012 09:54

Wish him 'herzlichsten Glückwünsche' from me- a truly amazing performance

Steve Pope

[Reply](#)

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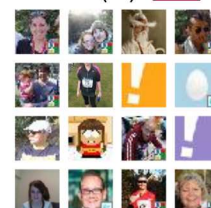
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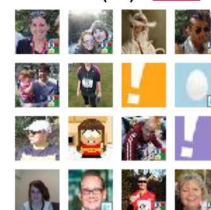
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The tears flowed and for once there was real emotion on the face of 'The German Running Machine'... He really makes a true 'Champion' in every sense of the word... and he's a totally humble person too, which makes his victory all the more pleasurable.

Big Congratulations to him from us at ULTRArace and from all of you too, I'm sure...

More later...

www.ULTRArace.co.uk - The Home of ULTRArunning in the UK

Location:[Land's End](#)

Posted by [Rory Coleman](#) at 10:27

+6 Recommend this on Google

18 comments:



Jen 5 May 2012 10:46

Congratulations Rainer - what an incredible finish. I don't know how anyone can ever beat that. The whole fifteen days were quite exceptional. I'm just sorry that you did not see the UK at its best but we certainly saw the best as you conquered the Jogle in style.

Thanks to Rory & Jen for letting us follow this year's amazing event again and to the whole 11 that took part. Rainer somehow made an incredibly hard event look easy, but to have taken part in any of it is a feat in itself, so congratulations to all.

Best wishes,

Neil B's Mum & Dad

[Reply](#)



Russell Secker 5 May 2012 10:49

Bravo, Rainer - chapeau!! An honour to know you. Thanks for taking care of the lad, Rory and Jen! Thought he might squeak out another victory. ;)

[Reply](#)



Paul Bellamy 5 May 2012 11:02

Great achievement, much admiration for all runners brave enough to take on the challenge. I've really enjoyed following the blog, first thing I check every time I log on! Perhaps one day...one step at a time though, need to run my first marathon first!

[Reply](#)

MeMoo 5 May 2012 11:25



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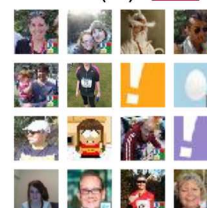
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Rainer! A massive Congratulations from a rainy Perth (yup it does rain here too... in torrents!) It has been amazing to follow your journey from north to south over the last 16 days. Quite in awe of all that mental and physical energy. Let us know where your running will take you next! All the best and enjoy those cream teas :)

[Reply](#)

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Paul [5 May 2012 11:31](#)

Just awesome!!

[Reply](#)



Neil O'Leary/Maonaigh-Lennon [5 May 2012 11:34](#)

[Reply](#)



Neil O'Leary/Maonaigh-Lennon [5 May 2012 11:36](#)

Congratulations Rainer! A fantastic effort,

[Reply](#)



Lizzie [5 May 2012 12:26](#)

Rainer:

Wunderbar! (I was told this was something nice in German...I hope it wasn't anything rude about your mother.)

What I really want to know is how you put up with that Rory Coleman for two weeks...Give me your secret!

[Reply](#)



BeneBoy [5 May 2012 12:40](#)

Congratulations Rainer, an amazing achievement! Maybe one day I'll follow in your footsteps

[Reply](#)



Neil Forrest [5 May 2012 12:46](#)

What an amazing achievement, congratulations to Rainer and everyone who took part.

We saw the runners (by chance) from the comfort of our campervan somewhere near Fort William and then again at Loch Lomond and I was compelled to look up the event. I have been hooked following their progress online since.

It's been exiting and inspiring- thank you. I wish this got more coverage in the UK.

[Reply](#)



Patricia [5 May 2012 13:16](#)

Well done Rainer!

My primary 3 children have been tracking you from John O'Groats. You are truly inspirational and all those too who participated I this event.

Top of the class - Rainer.

Sean's mum.

[Reply](#)



Edd [5 May 2012 14:19](#)

Well done! so pleased for you.

Amazing!and glad I met you in Chepstow.

[Reply](#)



claude [5 May 2012 14:41](#)

Wie leicht es scheint für Rainer, und deshalb ist er trotz nur ein Mensch. Kudos für diesen Sieg.

And congrats to all participant, what a challenge.

And for sure, also many thanks to the crazy organizers for setting up such an horrible Ultra runner journey. But they take so good care of all runners, that pain is largely compensated by positive feelings.

[Reply](#)



Tom7 5 May 2012 14:55

I feel honored to have ran with with you Rainer. Granted you were walking to keep my pace but we won't quibble over details. You're a top man and I hope meet on some road/bus in the future. Best wishes. Tom H

[Reply](#)



peterrunnerrichardson 5 May 2012 16:45

1 hour 9 minutes for 0.3 miles after already running over 850 miles. Just about sums it up. I hope this story reaches the national media. It is astonishing. Well done Rainer.

[Reply](#)



peterrunnerrichardson 5 May 2012 16:46

10.3 mile, not 0.3. Even i could manage 0.3!!!

[Reply](#)



AndyW 5 May 2012 18:48

Congratulations Rainer, what an amazing run!

[Reply](#)



anita :) 8 May 2012 08:26

Well done Rainer, inspirational. :) Anita

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JOGLE ULTRA 2012

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SATURDAY, 5 MAY 2012

The Last Post...

Well that's it for another year and for 11 special people, the dream and journey of a lifetime. They battled rain, torrential rain and even horizontal rain, to run thru floods and the wettest April for over 100 years. For all but one, their roads finished short of Land's End but we were with them thru their highs and lows and we were privileged to share the experience of setting off from John o'Groats with the aim of getting to the finish line.



It might be remembered as the 'Wet One' or the 'Record Breaking One' perhaps... What I know is that we will remember it as the 'Easy One' as everyone was just so fantastically easy going during the whole of the 16 days we were on the road.

Our thanks go to:- Katherine, Mel, Sean, Andy, Steve G, Steve P, Rainer, Tim E, Tim O, Tom F, Tom H - as you are ALL amazing and just getting to the start line takes huge courage on this ULTRA... and to get as far as you did took real guts...

We also thank Driver, Paul Derbyshire, and Chef, Ann White, for housing and feeding everyone during the event and my own personal thanks go to my partner Jenny for her love and support for 16 days.

All that remains to be said is that we will always remember the year that a very quietly spoken German called Rainer Koch came and ran from John o'Groats to Land's End and blew us ALL away.

Please tune in next time when we JOGLE again and if you are interested in taking part in JOGLE 2013 hurry up as we already have 9 looking forward to the challenge!

More then...

www.ULTRArace.co.uk - The Home of ULTRArunning

Posted by [Rory Coleman](#) at 18:36

+1 Recommend this on Google

1 comments:



[Watford Wobble](#) 5 May 2012 19:25

Simply the most wonderful running I've seen from all the competitors. I've enjoyed following this race. Well done everyone.

[Reply](#)

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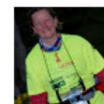
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