



FAQ

This is an overview of the John O'Groats to Lands End ULTRA. If you enter you will be one of the lucky people who will be able to take part in the ULTIMATE Ultra-marathon.

How does it work?

You will be living on a sleeper coach that travels from John O'Groats ('JOG') to Lands End ('LE') and you have your own bed for the event. This travels from the start to the finish of each day. Each day there will be the opportunity to take a lunch stop at the halfway mark with checkpoints approximately every 10 miles.

How far is it?

You run approximately 58 miles per day - the route is 860+ miles. Completing this distance in 16 days has to be the Ultimate Achievement...

What do I get?

We provide breakfast, lunch and an evening meal with support throughout the day. There will be an onboard chef: calorie-wise, most of this will be high in carbohydrates and protein. You will carry your own platypus or bottles for your water, which we will supply. There will be a Finisher's commemorative medal and the event of a lifetime of course. Where possible we will plan for the sleepovers to be located at pubs, hotels, leisure centres, etc. to enable you to have showers. You will bring specific dietary supplies that we are unable to provide along with your clothing, wash stuff, and anything else you need to get you to the end.

What does it cost?

The entry fee is £2,000. There are only 16 places available and they will go on a first come first served basis. The payment schedule is as follows:

Deposit: £500

Instalments (in the year prior to the event):

March: £500

June: £500

December: £500

To reserve your place on the bus you will need to pay the balance due at the time of application. We suggest insurance for the event which will cover your race entry fee in addition to your participation in the event. We can put you in touch with a broker.

When exactly is it?

Travel to JOG will happen on Thursday 19th April 2012. You will need to make your own way to Inverness Airport (suggest easyJet to Inverness Airport or train). The coach will pick you up from the Airport and drive you to John O'Groats for dinner and your first sleep on it prior to the start on Friday 20th April 2012. The event will run for 16 calendar days until Saturday 5th May 2012 to allow for travel back from LE (suggest train from Penzance).

JOGLE ULTRA 2011

This year's JOGLE ULTRA took place this April/May - check out our [BLOGSPOT](#) to see how our runners got on. They are extraordinary athletes just like you and their event feedback will be invaluable to your JOGLE ULTRA experience.

The route

Here are the details of the 860+ mile route from John O'Groats to Lands End... each day's route is on the road and runners will be starting at 5am each day to maximise daylight hours for completing each day's distance.

#	Day	Date	Start and Finish	Daily Distance	Cumulative Distance	Ascent (metres)	Descent (metres)
Day 1	Fri	20-Apr	John O'Groats to Brora	63.9	63.9	1,310	1,300
Day 2	Sat	21-Apr	Brora to Beauly	56.6	120.5	758	768
Day 3	Sun	22-Apr	Beauly to Spean Bridge	54.7	175.2	1,756	1,702
Day 4	Mon	23-Apr	Spean Bridge to Tyndrum	55.1	230.3	1,360	1,188
Day 5	Tue	24-Apr	Tyndrum to Pollok	57.7	288.0	1,177	1,379
Day 6	Wed	25-Apr	Pollok to Moffat	57.1	345.1	1,219	1,153
Day 7	Thu	26-Apr	Moffat to Penrith	62.5	407.6	857	822
Day 8	Fri	27-Apr	Penrith to Garstang	56.4	464.0	1,002	1,110
Day 9	Sat	28-Apr	Garstang to Tarporley	61.1	525.1	768	696
Day 10	Sun	29-Apr	Tarporley to Ludlow	59.2	584.3	782	787
Day 11	Mon	30-Apr	Ludlow to Chepstow	61.6	645.9	1,493	1,543
Day 12	Tue	01-May	Chepstow to Taunton	57.5	703.4	935	960
Day 13	Wed	02-May	Taunton to Bow	43.4	746.8	1,075	983
Day 14	Thu	03-May	Bow to Lostwithiel	53.5	800.3	1,590	1,635
Day 15	Fri	04-May	Lostwithiel to Penzance	54.1	854.4	1,486	1,541
Day 16	Sat	05-May	Penzance to Lands End	9.3	863.7	238	180
					863.7	17,806	17,747

Insurance

We suggest insurance for the event which will cover your race entry fee in addition to your participation in the event. We can put you in touch with a broker.

What next?

If you would like to discuss the 'Ultimate Ultra Marathon' event then please feel free to contact us. You can reserve your place by paying the £500 deposit [ONLINE](#). We will then send you the registration form for the event.

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