

Steph Web

Jogle Ultra 2012 after 860 miles (1390 km) / 16 days :

1. Rainer Koch 146h25 (9,493 km/h)

DNF étape 10 Tom Forman

DNF étape 8 Tim Elliott

DNF étape 7 Tom Haines

...

[Mehr anzeigen](#)

Gefällt mir ·

· [Beitrag folgen](#) · 6. Mai um 23:07

**Tom Haines**

Hi to all the other Joglers and Jogle crew.

Was great meeting you all and hoe to catch up at other events in the future. Really hoping Tom F & Reiner make it to LE. Cheers

Gefällt mir ·

· [Beitrag folgen](#) · 27. April um 20:03

[Katherine Hay-Heddle](#), [Ian J Berry](#) und [2 anderen](#) gefällt das.



Mark Cockbain great effort Tom.

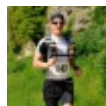
27. April um 22:33 · [Gefällt mir](#)



Katherine Hay-Heddle Great to meet you too Tom. Xx

29. April um 12:33 via Handy · [Gefällt mir](#)



**Richard Lendon**

Nice going everyone - don't envy the conditions - tough becomes tougher! Hope you're all sleeping better than me!

Gefällt mir ·

· [Beitrag folgen](#) · 21. April um 01:45

**Jennifer Bradley**

Good luck everyone! I've just realised you go through Cheshire when I'm up for the Manchester Marathon next week so shall try to see you! Run well and stay strong, Jen

Gefällt mir ·

· [Beitrag folgen](#) · 20. April um 10:25



Jennifer Bradley That would makes sense - it was last on 10 years ago. The route goes very close to my Parent's house in Hale, seemed rude not to. And my Mum's running it as her first (ok she says 'only'...) marathon!

20. April um 10:53 · [Gefällt mir](#)



Mark Cockbain yeah...i lived there a while

20. April um 11:21 · [Gefällt mir](#)



**Rory Coleman**

Day one and it's lashing it down at 20.8 miles into the run. Rainer is smashing out the miles and is sub 10 ATM. It's time out in the

elements versus time resting perhaps....

 Gefällt mir · [Beitrag folgen](#) · 20. April um 09:56 in der Nähe von Wick, Scotland



Ian J Berry It's soaking wet in my bath at the moment :-)

20. April um 10:02 via Handy · [Gefällt mir](#)



Mimi Anderson Glorious day in sunny Kent!

20. April um 11:01 · [Gefällt mir](#)





Ian Corless

Good luck one and all - you got a mention on this weeks Talk Ultra so please provide updates for our next show in May - one step at a time everybody...

 Gefällt mir · [Beitrag folgen](#) · 20. April um 08:39



Jo Kilkenny

good luck everyone

 Gefällt mir · [Beitrag folgen](#) · 20. April um 08:35 in der Nähe von London



Mimi Anderson

Good Luck everyone! looking forward to following your progress down the Country. Hope Scotland is good to you :)

 Gefällt mir · [Beitrag folgen](#) · 20. April um 08:34



Rory Coleman

My word it's dark up here... Well scary....

 Gefällt mir · [Beitrag folgen](#) · 18. April um 23:28 in der Nähe von Callander, Scotland

[Katherine Hay-Heddle](#), [Mel Corden-Lloyd](#) und [2 anderen](#) gefällt das.



Rory Coleman But parked up in Inverness right now...570 miles from Cardiff... It's a bloody long way to DRIVE!

19. April um 00:17 via Handy · [Gefällt mir](#)



Tom Forman Longer to run.

19. April um 07:29 via Handy · [Gefällt mir](#)





Rory Coleman

We are just passing lovely Wigan going north on the M6... Hmm it's raining!!!!

 Gefällt mir · [Beitrag folgen](#) · 18. April um 17:29 in der Nähe von High Legh, United Kingdom

[Charlie Sharpe](#) und [Tim Oliver](#) gefällt das.



Katherine Hay-Heddle Well the bus will be less stinky!! Showers every day :-)



every day, , ,

18. April um 18:12 via Handy · [Gefällt mir](#)**Tim Oliver** and the hail should certainly give us an incentive to keep moving :)18. April um 18:13 · [Gefällt mir](#)**David Miles**

Well JOGLE,rs the time has come and what a lucky bunch you are I really wish I was back on the bus you are in for a really awesome time and one that will strike great friendships and give you fantastic memories.

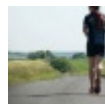
Take it easy,,,slow and steady,,,forget the distance,take one day at a time and one check point at a time,,,it's not a race it's a personal thing so just be yourself and run as you do when you are relaxed in training and I will see you on the road when you get to the Northwest of England next week.

Best of luck to you all.

[Gefällt mir](#) ·

· [Beitrag folgen](#) · 18. April um 10:25

[Mel Corden-Lloyd](#), [Sean Maley](#), [Katherine Hay-Heddle](#) und [2 anderen](#) gefällt das.

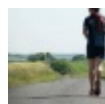
**Neil Bryant** I will see you when you come through Bristol. Enjoy the journey. It is deep.18. April um 10:35 via Handy · [Gefällt mir](#) · 1**Sean Maley** Cheers guys.18. April um 13:12 · [Gefällt mir](#)**Tom Forman**

The beginning of the end is nigh.....



[Gefällt mir](#) ·

· [Beitrag folgen](#) · 18. April um 10:03 via Handy

**Katherine Hay-Heddle** Oh yeah!!! Think I have finally tipped into madness. Twas always going to happen ;-)18. April um 10:05 via Handy · [Gefällt mir](#) · 1**Tom Forman**

I know this is thinking far too much about things, but has anyone noticed that the 910xt can only store 220 hours of running on it? (without any stuff connected to it)... or are we thinking it will take longer than that (give use 13:45 per day)

[Gefällt mir](#) ·

· [Beitrag folgen](#) · 14. April um 17:54

**Katherine Hay-Heddle** You'll get through this Ian. Rest up though for now though and take care of yourself.18. April um 08:27 via Handy · [Gefällt mir](#) · 1

**Ian J Berry** Will do Katherine. Best of luck to you all :-)

18. April um 08:41 via · Gefällt mir · 1

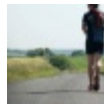
**Tom Haines**

Last run done till JOGLE.

Gefällt mir ·
Puto, Shanghai

· Beitrag folgen · 15. April um 13:47 in der Nähe von

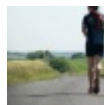
Ian J Berry, David Miles, Steve Gordon und 4 anderen gefällt das.

**Tom Forman**Just wondering if you were bringing enough nail varnish for 'flag
tornails'. Then we can refer to the country when they fall off. :-) — mit
Mel Corden-Lloyd und Katherine Hay-Heddle.

Gefällt mir ·

· Beitrag folgen · 11. April um 19:17 via Handy

Mel Corden-Lloyd und Katherine Hay-Heddle gefällt das.

**Tom Forman**Stupid question: who am I sharing a flight with? Was it you? — mit
Steve Gordon.

Gefällt mir ·

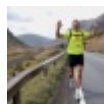
· Beitrag folgen · 10. April um 20:27 via Handy

**Tom Forman** What time shall me meet at the airport? (assuming
your still up for a pre-travel breakfast)

11. April um 10:11 via Handy · Gefällt mir

**Steve Gordon** I plan to get there between 7 and half past. Take
my mobile 07711 701149 and send me yours then we can find each
other there.

11. April um 10:18 via Handy · Gefällt mir · 1

**Steve Gordon**If anybody needs to order s-caps you can get them in the UK and save
\$40 postage costs. I got mine from James Elston at Centurion Running,
his number is 07779 154240 if you need any.

Gefällt mir ·

· Beitrag folgen · 30. März um 10:37

**Tim Oliver** James is selling them for £14.99 a tub plus £3.50 P&P,
which isn't bad at all since most places used to sell them at £20.
Assuming typical British spring weather - i.e. grey clouds, bit of a
rain here and there, rarely above low teens, I pl...[Mehr anzeigen](#)

10. April um 14:40 · Gefällt mir

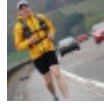
10. April um 14:49 · [Gefällt mir](#)



Steve Gordon I agree with Sean, every c/p or every other c/p. So we should have plenty spare..

10. April um 15:31 · [Gefällt mir](#)





Sean Maley

Will MDS be on EuroSport?

[Gefällt mir](#) ·

· [Beitrag folgen](#) · 9. April um 22:34

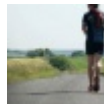


Ian J Berry I suspect it's on continental Eurosport but I could not find it on British Eurosport schedules at all :-(

9. April um 22:42 via

· [Gefällt mir](#)





Tom Forman

what food is everyone planning on taking or are we all going to live off the checkpoints?

[Gefällt mir](#) ·

· [Beitrag folgen](#) · 8. April um 15:26



Katherine Hay-Hedde Rough = can't imagine how I am going to take another step let alone run another mile (lets not mention the fact that at some point on day 1 I will probably feel like this for a while....) ;-)

9. April um 17:27 · [Gefällt mir](#) · 2



Tom Forman Thanks Sean, I think I'll be ok. It's more the 5 pairs of size 14 trainers that I'm battling with. But if I wear a pair to travel ill be ok I recon :-)

9. April um 20:51 via Handy · [Gefällt mir](#)





Mimi Anderson

Becky Healey and I will be there with Pink Pompoms, that way you can't miss us :0) Hope everyones tapering is going well and you are all getting exciting about this awesome challenge.

[Gefällt mir](#) ·

· [Beitrag folgen](#) · 9. April um 17:32

[Mel Corden-Lloyd](#), [Katherine Hay-Hedde](#) und [2 anderen](#) gefällt das.



Katherine Hay-Hedde Excited/panicking - all the same thing right????

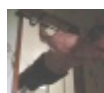
9. April um 17:40 via Handy · [Gefällt mir](#) · 2



Mimi Anderson it is!! always good to panic!

9. April um 17:41 · [Gefällt mir](#) · 1





Charlie Sharpe

Do you guys have an eta for warrington? or a rough idea on the date?



if you are doing the same legs as last year, garstang to tarporley?

Gefällt mir ·

· Beitrag folgen · 2. April um 23:28



Charlie Sharpe cool,

5. April um 14:48 · Gefällt mir



Tom Forman No one said anything about having to skip!!! I recon if I get to Warrington I'll be doing some sort of patented 'broken-body-ultra-shuffle' :-)

9. April um 08:31 via Handy · Gefällt mir · 1





Tom Forman

Do we need to bring stuff for the bunk beds or not?

I'm also assuming we're not going to have spa facilities at any point (else ill being my swimming kit) :-)



Gefällt mir ·

· Beitrag folgen · 4. April um 17:20 via Handy



Neil Bryant Loch

6. April um 18:27 via Handy · Gefällt mir



Tom Forman I was thinking out of Scotland :-)

7. April um 15:27 via Handy · Gefällt mir





Tom Forman

Anyone else thinking the sudden change in weather is nature allowing us to acclimatise to Scotland?



Gefällt mir ·

· Beitrag folgen · 5. April um 08:10 via Handy



Tom Forman I'd give up the Easter for some Warner weather and especially some warmer mornings.

6. April um 06:23 via Handy · Gefällt mir



Katherine Hay-Heddle No way. Rain and no work wins for me any day!!

6. April um 07:34 via Handy · Gefällt mir · 1





Mimi Anderson

About to book train tickets down to cornwall to come and cheer you guys on for the last few days and shout encouraging words. Hay Diddle Diddle will bring my trainers to run with you if you would like! (will practice my jokes!)

Gefällt mir ·

· Beitrag folgen · 2. April um 16:28

Katherine Hay-Heddle, Jo Kilkenny, Sean Maley und 4 anderen gefällt das.



Tom Forman Well meeting the marvellous mini definitely counts as a JOGLE milestone. Fingers-crossed I get that far!

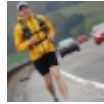
4. April um 10:19 via Handy · [Gefällt mir](#)



Mimi Anderson Of course you will! positive thinking :0)

4. April um 10:20 · [Gefällt mir](#)





Sean Maley

Just had to fork out £5.40 for my travel to Inverness... Sad times ;)

[Gefällt mir](#) ·

· [Beitrag folgen](#) · 3. April um 10:30



Sean Maley haha, not good. Can get £70 if I book now though

3. April um 14:03 · [Gefällt mir](#)



Tom Forman I decided to fly. But booked ages ago. :-)

3. April um 18:47 via Handy · [Gefällt mir](#)





Mark Cockbain

will come out of retirement for a shuffle aswell when you guys get southish

[Gefällt mir](#) ·

· [Beitrag folgen](#) · 2. April um 23:30

[Steve Gordon](#), [Katherine Hay-Heddle](#) und [2 anderen](#) gefällt das.





Dave Annandale

look forward to meeting you " En route "

[Gefällt mir](#) ·

· [Beitrag folgen](#) · 2. April um 22:39

[Katherine Hay-Heddle](#) und [2 anderen](#) gefällt das.



Katherine Hay-Heddle You too Dave!

2. April um 22:47 via Handy · [Gefällt mir](#)



Dave Annandale I will bring my camera and video , so remember to smile, and good luck to everyone.

2. April um 22:55 · [Gefällt mir](#) · 1





Sean Maley

What time do we meet at Inverness? Is it be there before 1pm? Couldn't find the e-mail.

[Gefällt mir](#) ·

· [Beitrag folgen](#) · 2. April um 17:42

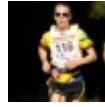


Tom Forman I land at 1055am

2. April um 18:07 via Handy · [Gefällt mir](#)



Rory Coleman Yes before 1300 good work Tom!
2. April um 20:52 via Handy · [Gefällt mir](#)



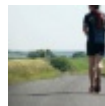
Ian J Berry

Just in case you all don't have the link, this is where the news will be published by [Rory](#) & [Jen](#) during the event...



[Gefällt mir](#) · [Beitrag folgen](#) · [Teilen](#) · 2. April um 20:37

[Katherine Hay-Heddle](#) gefällt das.



Tom Forman

Think any betting establishments would take bets on number of finishers etc?



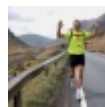
[Gefällt mir](#) · [Beitrag folgen](#) · 2. April um 17:41 in der Nähe von Greenwich, United Kingdom



Sean Maley You thinking about gambling all the sponsorship money haha?
2. April um 17:43 · [Gefällt mir](#)



Tom Forman Or, Investing.....
2. April um 18:06 via Handy · [Gefällt mir](#)



Steve Gordon

Ok peeps... lets have your suggestions for an ipod playlist, any tunes out there that work for you?

[Gefällt mir](#) · [Beitrag folgen](#) · 2. April um 10:28



Tom Haines Good point. Let's keep psychologists out of the discussion.
2. April um 12:05 via Handy · [Gefällt mir](#)



Tim Oliver Half way through last weekend's lightening 12hr they started playing blasting out the Rocky theme tune from the top of the second big hill. Was brilliant!
2. April um 12:45 · [Gefällt mir](#)



Steve Gordon

3 weeks.....



I'm becoming obsessed with this now, it's taking over my every waking hour.. like xmas eve every day!

Gefällt mir · Beitrag folgen · 29. März um 15:22

Katherine Hay-Heddle, Jo Kilkenney, Ian J Berry und 2 anderen gefällt das.



Steve Gordon 3 pairs of shorts, Rory supplies the tops. Once we are into week two I think we can get some washing done... I just need to get into week two to test that theory..

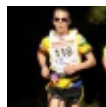
2. April um 10:24 · Gefällt mir · 1



Tom Haines Only kit decided on so far is the shades. Coolest pair possible.

2. April um 10:38 via Handy · Gefällt mir · 2





Ian J Berry

Bunk-bed for rent. Suitable for storing running kit. Available from April 20th. Rentee must collect from northern Scotland.

Gefällt mir · Beitrag folgen · 26. März um 22:32



Ian J Berry Not an injury, and I don't have a doctor's diagnosis yet. Basically a feeling of exhaustion, even after huge amounts of rest. The situation has progressively got worse in the past few months. Nothing to do with my training, I'm sure of that, but some underlying imbalance. Don't let it distract you all, it is something quite specific to me.

27. März um 12:13 · Gefällt mir



Sean Maley Absolutely gutted to hear this mate, you'll be hugely missed on the bus

27. März um 14:51 · Gefällt mir · 1





Rory Coleman

JOGLE Ultra - Shirt Mock-up looks GREAT!!!

JOGLE Shirt Front

www.flickr.com

For more visit - www.ULTRArace.co.uk

Gefällt mir · Nähe von Cardiff, Wales

Beitrag folgen · Teilen · 19. März um 14:05 in der

Mel Corden-Lloyd, Sean Maley, Katherine Hay-Heddle und 3 anderen gefällt das.



Tom Forman looks awesome!

22. März um 20:41 · Gefällt mir



Tom Forman I feel the "2 feet" should be caveated with "runners start off with two feet, but depending on how far they run, may lose one"

22. März um 20:54 · Gefällt mir · 2

**Tim Oliver**

Hey guys/girls. Hope you've all been getting in some good runs the past couple of weeks :) Got 2 nutrition queries that I am hoping you bastions of knowledge might be able to help with.

1) Much to my horror, I have run out of S-caps and after looking to buy some more there seems to be nowhere in the UK selling them. Anyone got any tips on alternatives? Seems quite a few people use Nuun tablets to get their electrolytes.

2) Been thinking about post-run recovery drink. At the moment, planning on bringing some protein powder, mixing that together with some water/milk and voila. But, was wondering if anyone has got a better recommendation for the JOGLE? It seems a load of U.S. guys swear by Ultragen, but you can't get the stuff over here.

Cheers!

Gefällt mir ·

· Beitrag folgen · 16. März um 18:15



Mark Cockbain NUUN are heavy and I would take a SUCCEED tab every few hours....like S-CAPS. Google them and order from the states...theres only one main site and its virtually next day delivery...I was gobsmacked. Drink SIS go all the way.....its full of...

[Mehr anzeigen](#)

17. März um 15:02 · Gefällt mir



Tim Oliver Thanks a lot for the advice guys - really appreciate it. I figured that after the first few days I really wont want to make a shake at the end, but if it'll help the first few days then I'll go with it

17. März um 18:45 · Gefällt mir

**Rory Coleman**

Insurance guys... Standard cover would be £35 per person
Superior cover, including cancellation following an injury that stops you running, costs £75 per person details to come from Sutcliffe Insurance....

Gefällt mir ·

· Beitrag folgen · 8. März um 20:49 in der Nähe von Cardiff, Wales



Tom Haines Can you fwd to me also please. I know you did some months ago but I didn't follow up and lost the mail. Cheers

14. März um 06:28 · Gefällt mir



Steve Gordon can I just ask, about this insurance and for clarity, presumably it covers you for injury prior to the event that prevents you from taking part and will therefore return the fee for the event. But if you get injured during the event it doesnt cover you at all. Or will it provide some sort of cover if we got hit by a motorist?

14. März um 16:09 · Gefällt mir





Rory Coleman

Yikes - food for thought people...

Jogle ULTRA - Food

www.flickr.com

Food for thought - for more visit www.ultrarace.co.uk

Gefällt mir ·

· Beitrag folgen · Teilen · 5. März um 17:38 in der

Nähe von Cardiff, Wales



Katherine Hay-Heddle Highly unfair...as a female I won't need to eat as many big macs as the rest of you. I make my needs under 9,000 a day!!!

6. März um 21:13 · Gefällt mir



Charlie Sharpe <http://www.vat19.com/dvds/worlds-largest-gummy-worm.cfm> potential survival ration?



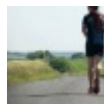
World's Largest Gummy Worm: Over 2 feet of gummy goodness.

www.vat19.com

The World's Largest Gummy Worm: Three pounds and 4,000 calories of gummy goodness...

[Mehr anzeigen](#)

8. März um 10:37 · Gefällt mir



Tom Forman

7 Weeks?!?!?!?!?

Gefällt mir ·

· Beitrag folgen · 2. März um 16:42 via Handy

[Katherine Hay-Heddle](#) und [Jen Salter](#) gefällt das.



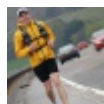
Tom Haines Seemed so simple 12 months ago. The scale of the challenge is sinking in now! Last month of proper training.

3. März um 14:48 via Handy · Gefällt mir



Katherine Hay-Heddle Why have I just liked this. I don't like this at all!!!

3. März um 14:56 via Handy · Gefällt mir



Sean Maley

Guys, can anyone recommend some decent shoes for the run that people have been testing?

I've only been running in my Adrenalines and PT1000's. Need to get some new one's soon!

[David Miles](#) I saw that you received some new shoes earlier, any comments?

Gefällt mir ·

· Beitrag folgen · 18. Februar um 14:43



Tim Oliver Full-length DNA, eh? Sounds like Brooks' marketing department has got to you! Just kidding, sounds like the Trance is just Adrenaline but a bit better... might be tempted by the extra width, have some pretty chubby feet too.

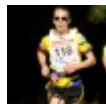
26. Februar um 22:14 · Gefällt mir



Ian J Berry Haha! I think you're right... Trance is really an expensive (sorry, I mean higher-spec) Adrenaline. For me the fit did feel worth the extra cost though.

26. Februar um 22:29 via · Gefällt mir





Ian J Berry

Special upload for **Tim Oliver**, who I know is an admirer of geekdom... — mit **Phil Spiers**.



Gefällt mir ·

· Beitrag folgen · 18. Februar um 17:03

Rory Coleman, Katherine Hay-Heddle und **Tim Oliver** gefällt das.



Tim Oliver Love it! I'm trying this Garmin course thing myself for the first time tomorrow morning... I reckon there's about a 50/50 chance I make it to the race start on time. Enjoy your run this evening gentlemen. It's going to be a close competition for last place tomorrow!

18. Februar um 21:31 · Gefällt mir



Rory Coleman Just set the boys off from a very nice warm hotel into the cold of the night - good luck boys and see you in the morning :-))) or afternoon!

18. Februar um 22:20 via Handy · Gefällt mir · 1





Katherine Hay-Heddle

Okay - 10 weeks tomorrow we will be on a bus on route to JOG. Can't decide if I'm excited or terrified!!!! I am going to tell myself its the former as I think lying to myself about how I feel is great training for JOGLE!! ITS ALL FINE.....I FEEL FANTASTIC.....etc

Gefällt mir ·

· Beitrag folgen · 8. Februar um 22:40 in der Nähe von

Camlington, England

Cramlington, England



Tom Forman Less than 9 weeks..... ARRRRRGGGGHHHHHHH
18. Februar um 09:24 via Handy · [Gefällt mir](#)



Katherine Hay-Heddle I agree.....arrrrrrrrrrggggg
ggggggghhhhhhhhhhhh
18. Februar um 19:12 · [Gefällt mir](#)





Tim Oliver

Hey guys - hope training is all going well!!! Got a small (non-JOGLE related!) running question that I was hoping one or two of you might be able to help me out with.

So it's coming up to March 3rd and that means for Katherine and myself (and others?) the Thames Path 100 (excited!). After the Thames Trot and a bit of reccing I've realised my lovely road stability shoes, as JOGLE-perfect as they are, might not cut it in places, especially if it rains. I would usually jump straight to my trusty NB MT101s or Inov-8 talons, but reckon over the course of 100 miles, particularly over 25 or so of which is road/tarmac they might not provide the support/protection I need. I'm thus looking for a new pair of trail shoes that would be comfy for some chunky sections of hard tarmac, but also suitably trailly to not get stuck in the mud. Am thinking a nice pair of Salomon shoes but don't have a clue which pair to try out - there seems so many which are highly rated and might fit the bill: speedcross, wings, XA pro 3d etc... so I was just wondering if any of you guys have any experience/tips on which, if any, of these would be a great shoe to go for? Or, alternatively, maybe I should be looking at something completely different?

Sorry for an essay on something entirely non-JOGLE related! Again hope all the training is going well!!!

[Gefällt mir](#) · [Beitrag folgen](#) · 13. Februar um 23:02



Katherine Hay-Heddle Now there's an oxymoron - named "sense" and rrp of €200!!
15. Februar um 22:51 via Handy · [Gefällt mir](#) · 1



Tim Oliver which will of course mean £200... I mean, really!?!?
really!!?!?
15. Februar um 22:52 · [Gefällt mir](#) · 1





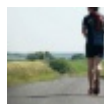
Katherine Hay-Heddle hat [Mel Corden-Lloyd](#) zu der Gruppe hinzugefügt.



[Gefällt mir](#) · [Beitrag folgen](#) · 8. Februar um 22:06

**Rory Coleman**

Updated profiles are now here including Stephen Popes...

[Events > JOGLE ULTRA](#)www.ultrarace.co.ukGefällt mir · [Beitrag folgen](#) · [Teilen](#) · 7. Februar um 15:32 in der Nähe von Cardiff, Wales[Katherine Hay-Heddle](#) und [Sean Maley](#) gefällt das.**Tom Forman** But there's only only one inappropriate Tom (me!) :-)7. Februar um 17:24 via Handy · [Gefällt mir](#) · 1**Tom Forman** Could you do me a favour? Change my charities? Cancer Research UK and SSAFA. Thanks guys! Love you all.7. Februar um 17:31 via Handy · [Gefällt mir](#)**Tom Forman**

Can anyone recommend a place to get custom running t-shirts printed??

Gefällt mir · [Beitrag folgen](#) · 29. Januar um 22:22**Katherine Hay-Heddle** Might be worth it. Getting sick of people training for London marathon coming flying past me and sneering at the pace. IT'S JOGLE PACE GUYS ;-)1. Februar um 07:53 via Handy · [Gefällt mir](#) · 3**Ian J Berry** Katherine... I'm seeing some ladies out training to run/walk their first ever Race For Life who leave me for dust! Mind you, it is the kids waiting for the school bus who use words I didn't know at their age when they see me shuffle past!1. Februar um 08:14 via [Beitrag folgen](#) · [Gefällt mir](#) · 2**Tom Haines**

Just to say hi to everyone. Katherine introduced me to this little group earlier.

 Gefällt mir · [Beitrag folgen](#) · 31. Januar um 13:26 in der Nähe von Puto, Shanghai**Tom Forman** Not sure if I should say 'welcome" or 'commiserations'. I'll stick with welcome :-). It's a little group with one thing in common. Madness.31. Januar um 20:41 via Handy · [Gefällt mir](#)**Tom Haines** Madness? Its just a little jog in the countryside. Don't know what all the fuss is about. Cheers1. Februar um 01:48 · [Gefällt mir](#)



David Miles

look after your feet guys,,they need to carry you all the way,,



Gefällt mir ·

· Beitrag folgen · 29. Januar um 14:44



Rory Coleman Is that your butt cheek hanging down in the top of the picture?

31. Januar um 18:23 via Handy · Gefällt mir



David Miles Rory I never realised how much of my legs I managed to grind away,,,thank god they grew back,,,,!

31. Januar um 18:47 · Gefällt mir · 1

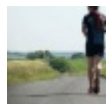


Katherine Hay-Heddle hat **Tom Haines** zu der Gruppe hinzugefügt.



Gefällt mir ·

· Beitrag folgen · 31. Januar um 09:48



Tom Forman hat das Profilbild der Gruppe geändert.

Gefällt mir ·

· Beitrag folgen · 30. Januar um 22:46



David Miles

Team Victory 2010,,,





Gefällt mir · Beitrag folgen · 29. Januar um 14:40

Ian J Berry, Katherine Hay-Heddle und Mimi Anderson gefällt das.



David Miles Neil how did you manage to get those extra long fingers,,? They are amazing.

29. Januar um 18:49 · Gefällt mir



Mark Cockbain top tip.....suncream your ears or get potato ears as modelled here by the 3 amigos

29. Januar um 19:27 · Gefällt mir · 1





David Miles



Gefällt mir · Beitrag folgen · 29. Januar um 14:47

Ian J Berry, Katherine Hay-Heddle und Mimi Anderson gefällt das.



Neil Bryant Dragging your feet as usual.

29. Januar um 16:41 via Handy · Gefällt mir



Ian J Berry Do Asics make running shoes? I had no idea. ;-)

29. Januar um 16:40 · Gefällt mir

 29. Januar um 10:49 · [Gefällt mir](#)





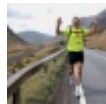
David Miles



Gefällt mir · [Beitrag folgen](#) · 29. Januar um 14:46

[Mark Cockbain](#) gefällt das.





Steve Gordon

The guys in the office are calling this the 'GOOSE', given my 2 previous attempts. Get Out Of Scotland Expedition. So the Welcome to England sign will be amazing for me.



Gefällt mir · [Beitrag folgen](#) · 20. Januar um 11:20 via Handy



Rory Coleman Scotland Poses ULTRArace Nightmare Knockout but that leaves a nasty taste in the mouth :-)))

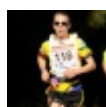
21. Januar um 18:08 via Handy · [Gefällt mir](#) · 1



Mark Cockbain Only aim for the lands end sign Steve..

29. Januar um 11:29 · [Gefällt mir](#)





Ian J Berry

It's no secret that I have engaged Rory's help with my JOGLE training. We've spent time together where he's been able to analyse my readiness for JOGLE. He's put together a bespoke training plan, with some very specific sessions. Obviously Mr Coleman has JOGLED himself and been there for all of the ULTRArace athletes. The same opportunity exists for all of us to take advantage of Rory's help. Based on my experience, I really encourage you to do the same!

Gefällt mir · [Beitrag folgen](#) · 28. Januar um 21:59

2 Personen gefällt das.





Ian J Berry

Boys & girls... you have to do all that you can to avoid or limit ACS. It is a bugger and really best avoided. Listen when Rory advises on the matter. Please! — mit [Rory Coleman](#).



Gefällt mir ·

· Beitrag folgen · 27. Januar um 08:38 via Handy



Ian J Berry Thanks [Mark](#). Excellent advice. A nice way of breaking up the route then... hunting for the next stream/lake?!
28. Januar um 18:48 · [Gefällt mir](#)



Mark Cockbain It does Ian....there will be times when your running alone for quite a while and little breaks and treats help mentally
28. Januar um 20:38 · [Gefällt mir](#)





Phil Spiers hat [Neil Bryant](#) und 2 weitere Personen zu der Gruppe hinzugefügt.



Gefällt mir ·

· Beitrag folgen · 27. Januar um 09:47

[Katherine Hay-Heddle](#) und [Tom Forman](#) gefällt das.

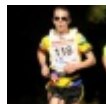


Ian J Berry Welcome guys!!! Well done for being superhuman.
27. Januar um 21:22 · [Gefällt mir](#) · 1



Katherine Hay-Heddle Now thats another great incentive to get there [Neil](#) ;-)
27. Januar um 21:36 · [Gefällt mir](#)



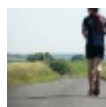


Ian J Berry hat [Rory Coleman](#) zu der Gruppe hinzugefügt.



Gefällt mir ·

· Beitrag folgen · 27. Januar um 07:10



Tom Forman

Been spending a little time thinking about the logistics of getting to Inverness. Trying to take into consideration baggage and stress levels vs cost etc.

I was wondering what everyone else was thinking? I bring it up as you can now buy train tickets via thetrainline.com for the date required (it

was too early last week apparently).

So what are people thinking? I'm almost tempted to get there a night early and get a good night sleep in a hotel and I'm considering the train but flying is much less pennies so I'm also leaning towards EasyJet

Give me a prod if anyone wants to travel up with me and we can arrange times / tickets etc.

Gefällt mir · Beitrag folgen · 23. Januar um 22:07



Tom Forman Although a nice thought [Ian J Berry](#) I think i would prefer a bed and hot running water :-)

25. Januar um 19:36 · Gefällt mir · 1



Steve Gordon Luton to inverness £39.00 hour and 25 mins. Booked.

25. Januar um 22:39 via Handy · Gefällt mir · 1





Katherine Hay-Heddle

Just a thought. If Scotland gains its independence, can we start at the English border???



Gefällt mir · Jesmond, England

· Beitrag folgen · 19. Januar um 18:16 in der Nähe von



Mimi Anderson My favourite sign is welcome to Cornwall! Tom I can't believe you have never been to Scotland such a stunning place :)

20. Januar um 07:55 · Gefällt mir



Jen Salter My favourite sign is Lands End 9:-) If we started at the border we'd have to rename the event Gretle - quite apt really following the ultrarace breadcrumbs all the way to Lands End;-)

20. Januar um 08:57 via Handy · Gefällt mir · 1





Katherine Hay-Heddle

3 months from today.....

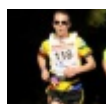


Gefällt mir · West Rainton, England

· Beitrag folgen · 20. Januar um 07:35 in der Nähe von

[Mimi Anderson](#) gefällt das.





Ian J Berry hat die Gruppenbeschreibung aktualisiert.

We are taking on the challenge of running from John O'Groats to Land's End, starting on 20-April-2012. We'll be fed, directed and mothered by the lovely folks from <http://www.ultrarace.co.uk/>

Gefällt mir ·

· Beitrag folgen · 18. Januar um 08:44

Katherine Hay-Heddle und Tom Forman gefällt das.





Steve Gordon

Are any of you running Northampton to Tring (and back) this weekend coming, it would be nice to say hello to each other if you are?

Gefällt mir · Beitrag folgen · 16. Januar um 11:51



Phil Spiers Tim your not doing the married couple thing again are you.. ;-)

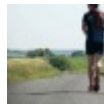
18. Januar um 00:42 · Gefällt mir · 3



Katherine Hay-Heddle I'm staying over in Tring too.

18. Januar um 07:14 via Handy · Gefällt mir





Tom Forman

It's official. The JOGLE is now this year! Hope everyone had a nice time last night (whatever you were up to)

Happy new year!



Gefällt mir · Beitrag folgen · 1. Januar um 16:35 via Handy



Katherine Hay-Heddle Happy new year to you too.

First run of the year was not good. Let's hope it gets better from here!! Runs with hangovers are hard!!!!

1. Januar um 17:42 via Handy · Gefällt mir

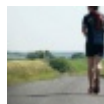


Tim Oliver Happy new year Tom!

First run of the year was great fun! Even had a chance to run with superman and, moreover beat, him!: <http://www.trionium.com/knackercracker/photos2012/Pages/584.html>

1. Januar um 20:24 · Gefällt mir · 1





Tom Forman

Hi guys / girls.

I was wondering if anyone had thought about how and when the are going to get to the start? I'm currently thinking that the train may be a little easier?

Also has anyone thought about the end, i.e. where they may stay and get back the day after?

Gefällt mir · Beitrag folgen · 22. Dezember 2011 um 20:14



Ian J Berry Good idea! North Dorset Village Marathon is the day after we finish. Could do that en-route?

23. Dezember 2011 um 11:41 via · Gefällt mir



Tom Forman A post JOGLE marathon road trip? Don't see anything wrong with that :s

23. Dezember 2011 um 11:46 via Handy · [Gefällt mir](#)



Steve Gordon

how is training going for everybody, just noted there are only 3 and a bit months training left..... it would be good to see where we all are...

[Gefällt mir](#) ·

· [Beitrag folgen](#) · 19. Dezember 2011 um 16:42



Tom Forman Training, humm. I'm currently concentrating on overall fitness, putting in a 10k 'speed' work per lunch time day followed by 10k on the treadmill and some gym work, and a little swimming. And then I really rough it with 15 mins in the steam room, and 10 in the sauna :-)

I will start increasing the mileage again after Xmas.

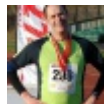
I agree with [Phil Spiers](#), [Ian J Berry](#) you are doing enough for all of us! :-)

20. Dezember 2011 um 19:58 · [Gefällt mir](#)

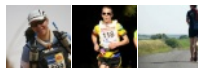


Ian J Berry Haha! In fairness I haven't run at all in five of the past seven days! Starting to go a bit stir-crazy(!)

20. Dezember 2011 um 21:15 · [Gefällt mir](#)

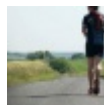


Phil Spiers hat [Katherine Hay-Hedde](#) und [2 weitere Personen](#) als Administratoren eingesetzt.



[Gefällt mir](#) ·

· [Beitrag folgen](#) · 7. Dezember 2011 um 23:02



Tom Forman

Who are the other 6 people running this event? Assuming I can count that it!



[Gefällt mir](#) ·
Handy

· [Beitrag folgen](#) · 20. November 2011 um 17:29 via



Ian J Berry We are all listed on the link from here: <http://www.ultrarace.co.uk/events/details/?eventid=108>

Race forum

Events > JOGLE ULTRA

www.ultrarace.co.uk

2012 Events ULTRArace 9Bar JOGLE Ultra
Marathon Ultramarathon Running Jogging L...

[Mehr anzeigen](#)

20. November 2011 um 22:12 · [Gefällt mir](#)



Phil Spiers Come on Forman get with the program....

22. November 2011 um 20:19 · [Gefällt mir](#)



**Phil Spiers**

Now that my pelvis is officially realigned, all my muscles and tendons in that area need to learn how to work correctly. I have been running like a wonky Donkey for so long they have forgotten what its like.....

Gefällt mir · [Beitrag folgen](#) · 18. November 2011 um 22:04

[Katherine Hay-Heddle](#), [Sean Maley](#) und [Tim Oliver](#) gefällt das.



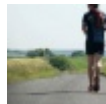
Ian J Berry Could your wonky donkey alignment be your secret weapon for 860 miles of running on the cambered edge of A roads?! Seriously, this is fantastic news Phil.

18. November 2011 um 22:24 via [Gefällt mir](#)



Katherine Hay-Heddle Great news Phil.

20. November 2011 um 18:10 · [Gefällt mir](#)

**Tom Forman**

Do you think we could change the route a little, not sure I will be able to cope with a certain place beginning with W again.

Gefällt mir · [Beitrag folgen](#) · 14. November 2011 um 20:31



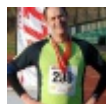
Ian J Berry That reminds me of a conversation this weekend during the Druids Challenge. Somebody asked why I was carrying to little. I responded that I had a credit card and Ibuprofen. Everything else is excess baggage! ;-)

14. November 2011 um 22:06 via [Gefällt mir](#)



Phil Spiers maybe a little water to get said ibuprofen down, mind you with a credit card you can buy a pint, that will make the swallowing all the more sweeter.

14. November 2011 um 23:28 · [Gefällt mir](#)

**Phil Spiers**

Here you go Tom, The group is officially started.... :-)

Gefällt mir · [Beitrag folgen](#) · 14. November 2011 um 20:29