

JOGLE **ULTRA**

John O'Groats to Lands End



Andy Wilmshurst

Fact File

Age - 47

Job - GP

Marital Status - Married to Geraldine

Children - 4 children, (Jamie, Nicki, Zoe and Becky)

Years running - 25 years

Race experience - I'm an ultra virgin, but have run regular marathons, adventure races and four Ironman's

Miles in training per week - Not nearly enough!

Reason for doing this - I've never been to John O'Groats or Lands End

Are you running for charity - A combination of Brain Tumour UK and Médecins Sans Frontières

What do I hope to achieve - Learn a few things about myself and my fellow participants.



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Katherine Hay-Heddle

Fact File

Age - 36

Job - Lawyer

Marital Status - Married to Tim

Years running - 10 years

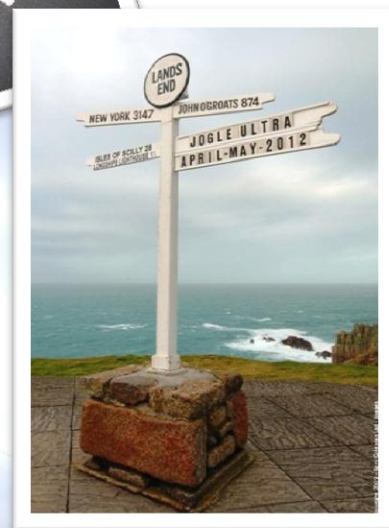
Race experience - 4 x Marathon des Sables, 2 x Yukon Arctic Ultra and Desert Cup, Jordan.

Miles in training per week - 70/105 miles

Reason for doing this - From the moment I saw ULTRArace were organising this race I knew I wanted to do it.

Are you running for charity - Yes, I am running to raise money for Coco.

What do I hope to achieve - I have a real sense of trepidation about this race which is something I haven't felt in a while. It will push me way beyond anything I have done before.



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Mel Corden-Lloyd

Fact File

Age - 40

Job - Personal Trainer and Paediatric Nurse

Status - Married with 2 children

Number of Years Running - 5 years

Race Experience - Marathons, Mountain marathons, Classic Quarter, Ridgeway Challenge and Triathlons

Miles in Training per week - 50

Reason you are doing this? - To see the country!

Are you running for charity? - Children's Hospice South West

What do you hope to achieve by running this? - Completion of a significant goal.



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Rainer Koch

Fact File

Age - 31

Job - Electrical Engineer in Research and Development

Material Status - Single

Years running- 22

Years racing - 13

Race experience - Multiple Mega-days (Transe-Gaule, Deutschlandlauf, TEFR, LANY) Spatathlon, Cesenatinatico and multiple shorter Ultras

Reason for doing this? - I like to run across countries, see the landscape and meet new people.

What do I hope to achieve? - I hope to have a good time, make new friends and cross another country by foot.



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Sean Maley

Fact File

Age - 24

Job - Engineer

Marital Status - Single

Years Running - 5 years

Race Experience - Marathons/Ultra

Miles in training per week? - 75/100

Reason for doing this? - It's the ultimate challenge and I want to test myself at the highest level.

Are you running for charity? - Yes, MS Society Scotland and Kidney Kids.

What do I hope to achieve? - To prove to myself that my body and mind is capable of achieving this distance... Also to come back alive and have a cool beer at the finish.



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Steve Gordon

Fact File

Age - 42

Job Title - Company Director

Status - Engaged to Elizabeth

Children - 2 Daughters and a Grandson

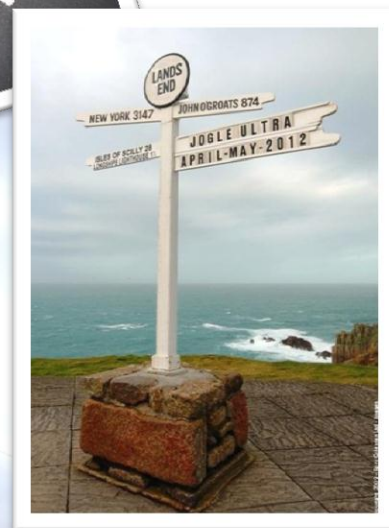
Years running - 9 years

Experience - Over 90 ultras and marathons (including MDS, GUCR, P100 and 2 JOGLE attempts)

Miles per week - 60/90

Reason for doing it - I hope to complete the whole event, you could call it unfinished business

What do I hope to achieve - I hope to conquer the event, only 3 have before and I'd love to join that group. The event pretty much broke them and I like that. I want to know what I'm capable of.



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Steve Pope

Fact File

Age - 45

Job Title - Property Rental

Status - Married to Penny

No Children - One dog, Jeffrey

Years Running - 20 years

Experience - A couple of dozen marathons and Ultras inc. Comrades, Barry 40, 12 & 24 hour races

Miles per week - 70 miles

Reason for doing it - It's a great challenge

What do I hope to achieve - To get to Lands End and enjoy the camaraderie of a nice group of people on the way.



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Tim Oliver

Fact File

Age - 21

Job - Student

Marital Status - Single

Years running - 2 years

Race experience - 2 x 50 mile ultras and a handful of marathons

Miles in training per week - 50/100

Reason for doing this - There seems few other ultras out there that offer quite such a physically and mentally challenging experience, plus running the length of Britain is something I want to attempt one day, so why not now!

What do I hope to achieve - To get to Lands End.



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Tim Elliot

Fact File

Age - 32

Job - Royal Air Force

Marital Status - Partner, Ruth

Years running - 20 years, on and off

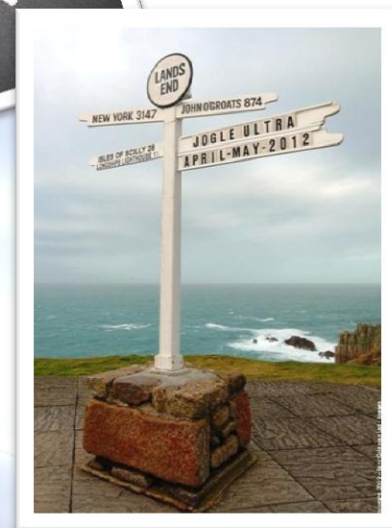
Race experience - 1 x 70 mile ultra

Miles in training per week - Varies on how I feel but building up to 50/100

Reason for doing this - Challenge, adventure and seeing parts of the UK I've never seen before (albeit through blood, sweat and tears!)

Are you running for charity? - Yes, Alzheimer's Society

What do I hope to achieve? - To reach the end without breaking along with all of this year's entrants and enjoy a nice cream tea knowing I did my best and raised a wodge of cash for charity.



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Tom Forman

Fact File

Age - 28

Job - Civil Servant

Marital Status - Single

Years running - 5 years

Race experience - Grand Union Canal,
ULTRArace.100 & other ULTRAS

Miles in training per week - 60/130

Reason for doing this - Only those who will
risk going too far can possibly find out how
far they can go (T S Elliot)

Are you running for charity - Cancer Research
& The Hospice of the Good Shepherd

What do I hope to achieve - To get to Lands
End without dying too much. :-)



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Tom Haines

Fact File

Age - 39

Job - Flavourist

Marital Status - Married to Sarah

Children - Yasmin (12) & Liana (8)

Years running - 5 years

Race experience - Namibia, Comrades, TransRockies

Miles in training per week - 70

Reason for doing this - Simply to see if I can

Are you running for charity - Tbc

What do I hope to achieve - I wanted to celebrate my 40th birthday by testing myself with a major ultra. I considered several big international ultras but the lure of JOGLE in my native country won over. Looking forward to jogging through towns and villages that I would normally never visit. The multi-day aspect is also a major part of the challenge.



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