

A JOGLE IS THE ULTIMATE TEST



**FIONA
RUSSELL**

By road it is at least 874 miles but usually closer to 1000.

The off-road route is typically 1200 miles and by sea it's around 900.

For cyclists it takes an average of 10 to 14 days, while for walkers the timescale is an epic two to three months.

Last year, a swimmer took 135 days. And in 2010 three skateboarders spent 21 going the distance.

The iconic Land's End to John O' Groats journey – known as the LEJOG or JOGLE – might look daunting on paper, yet it remains an incredibly popular challenge.

There is no full list of how many have completed the trip from the most southwest spot in England to the extreme northern point of Scotland.

Some people add their name to records kept by the End to End Club at the Land's End

Hotel and the Seaview Hotel in John O' Groats and a new End to End counting system will mean more accurate records in the future.

In the meantime, Rob Gullen, who runs the self-founded Cycle End to End website, estimates between 3000 and 4000 cyclists ride the route each year.

He said: "The Land's End to John O' Groats route has long been a bucket list bike ride but I think it's even more popular now."

"It's a challenge that everyone knows about and because it can be completed in less than two weeks it strikes many riders as tough but possible."

"Walking, swimming or doing it on a skateboard is another thing entirely, but on two wheels this is one of the world's most acclaimed long-distance challenges."

And, of course, there will always be those who want to make their mark on the route.

The fastest time for a rider on

a standard bicycle is 44 hours, four minutes and 20 seconds, set by Gethin Butler in 2001.

Andy Wilkinson was faster on a recumbent tricycle in 41 hours, four minutes and 22 seconds.

The first recorded walk was in 1871, by brothers John and Robert Naylor.

And, in 2008, Andi Rivett became the fastest to run the route, taking just nine days and two hours.

A year later, ultra runner Kevin Carr completed the first off-road version in six weeks three days and 17 hours, with three rest days.

There are people who find wackier ways to do the trip.

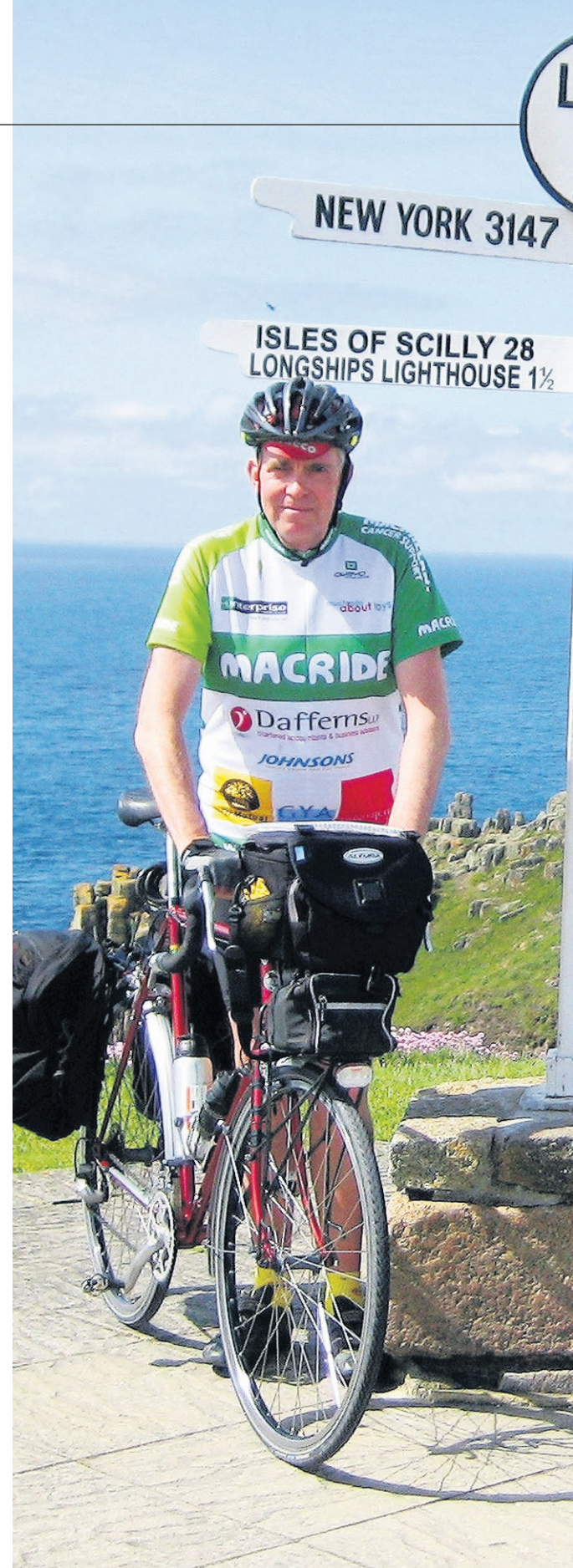
Sean Conway arrived in John O' Groats in November 2013 having swum the British west coast from Land's End.

Others have completed the LEJOG course on a push-along scooter, a turbo-charged JCB digger, wheelchairs, "celebrity" cars, a motorised bathtub and playing golf.

Rob said: "It could be for charity, a lifelong ambition or just because it's there."

"For many different reasons, the End to End is a fantastic challenge."

"I know because I have done it twice in both directions and if you have the time to do it I'd recommend going for it."



TOPTEST Rob Gullen, left, and his LEJOG pal Jon Porteous

CYCLING FOR MUM

Jane Green is cycling the LEJOG for Marie Curie Cancer Care in memory of her mum.

The GP, from Milngavie, East Dunbartonshire, is also planning the ride, in August, with her friend Lindsay Masterton, of Edinburgh, in celebration of their 50th birthdays. They will join the

organised Marie Curie ride of 972 miles to be completed in just 10 days.

Mum-of-two Jane said: "doing such a tough ride for a poignant charity seems fitting."

See www.justgiving.com/lindsay-masterton to sponsor the pair.



RIDER Jane Green

GOING END TO END

In 2014, many Scots will take on the LEJOG challenge.

Andy Dobinson, right, has 15 big events planned for his 40th birthday, including an End to End bike relay.

He's part of a six-man team from Glasgow Green Cycling Club, which aims to ride 20 miles each, one after the other, to finish in 48 hours.

Andy said: "The hardest part will be lack of sleep and staying in good spirits, but we're up for the challenge."

"As a team, we hope to raise thousands of pounds for Macmillan and Yorkhill Hospital." See www.facebook.com/andy.dobinson.9 for more details.



HONK FOR CHARITY

A group of 200 bloggers, called Team Honk, are taking part in a LEJOG relay for Comic Relief.

The baton is already travelling by all kinds of transport through England to Scotland.

From the Scottish Border, bloggers will carry the baton by bike, on foot, in a whitewater raft

and over a Munro to reach John O' Groats for Sports Relief Sunday.

Ellen Arnison, from East Renfrewshire, who will carry the baton in the raft, said: "The Team Honk LEJOG has never been done before. It's a huge undertaking."

See my.sportrelief.com/sponsor/scotlandteamhonk

WALKING THE LINE

John MacPhee, of Dundee, was diagnosed with Parkinson's Disease at the age of just 46.

Incredibly, two years later, he is planning to walk the LEJOG route in a straight line in aid of

Parkinson's UK. John said: "It will amount to 430 miles of walking over 26 days and several sections sailing."

"I'm likely to be hampered by spasms in my legs and foot." To

sponsor John see www.longstraightwalk.co.uk. Fancy doing LEJOG? For routes and info: www.cycle-endo.org.uk, www.endtoenders.co.uk www.rideacrossbritain.com.



VOW John MacPhee

PICTURE OF



Leading Scottish landscape photographer Colin Prior tells us about a spectacular view from Buachaille Etive Mor and River Etive, Glen Etive