

## Bethany's JOGLE 2010 Adventure

I am back at home recuperating. JOGLE was the toughest challenge I have ever done and I managed a total of 177 miles in 3 days, running for about 50 hours in total. I will explain what happened, but I am proud of the distance I achieved as only a handful of ultrarunners could have got as far as I.

I started with a hobbling walk at 6am on Friday 30<sup>th</sup> April. Having been in a wheelchair with a calf strain a week before, the muscle was sore and tight. However by 30 miles and lunch at CP3(checkpoint) it eased and I was able to run to the 63 mile finish in 14 hours 10 mins, overtaking 5 runners out of 12. My main problem was lack of food and I finished exhausted and feeling light headed and nauseous. That night sleep was hard as the hot, stuffy tour bus triggered a panic attack.

On Saturday the 7 slower runners and I set off at 5am from Beaulieu. The scenery and weather was lovely. I ate more and had a good day, finishing the 57 miles strongly in 14 hours 30 mins. During that day a third of the runners, 4 of them, dropped out of the race. I was now the winning woman. Again I had not eaten enough and was exhausted and had another panic attack overnight.

On Sunday 4.15am came too quickly. Hardly able to keep my breakfast down, Colin and I set off for a gruelling 54.5 miles to Spean Bridge. Some of the hills were 15% but Loch Ness was beautiful. The A9 and A82 are busy fast roads and I was very nearly run over by a snowplough and several cars. Other cars tooted at us to wish us luck. At 20 mile CP my back was sore. I was leaning forwards and kept having to lean back – hyperextend – to ease the discomfort. Unfortunately after lunch at CP3 it got worse. At CP4 Rory massaged by back and stretched it. By 44 miles I told Colin to run on ahead as I was so slow. The last 10 miles were awful. I was bent double as my back was in spasm. There was no phone signal so I could not contact Rory. I was also in the middle of nowhere. Eventually I realised if I pushed my water bottles into my back and leant back, I could walk upright. Fortunately Rory and Jen met me with 2.7 miles to go and strapped my arms together behind my back so I could walk straight. I finished after 16 difficult hours. I knew I could not continue. I had a panic attack again and by 4am the next morning I could not sit up let alone run. I was out and bitterly disappointed. Where did it go wrong? I did not eat enough, sleep enough and my round shoulders caused my back to go into spasm. However I got further than 4 runners and by midday on Monday 3 more runners had quit with leg problems. Now only 4 out of 12 runners are left. I won the ladies race, had a fantastic experience and met some amazing people.

I would hope I could still raise some money for the 3 local charities; Kemmyrk, Graih and STAR Club. I put 110% into the race and am so proud of what I achieved. I would like to run JOGLE again but run 30 miles a day for 30 days. I need to raise £3,000 to do so. I would have a supporter in a car and stay in B+B's. I had thought I could run 50-60 miles in 10-12 hours. The reality was 14-16 hours. This meant little time to recover overnight, especially as I need 9 hours sleep a night. If I run for 8 hours a day maximum I should be able to do it. For more information about JOGLE, please go to my website:

[www.manxcat.org.uk/bethany](http://www.manxcat.org.uk/bethany). Any sponsor money please send to:

Miss B Clague, 13 Wybourn Drive, Onchan, IM3 4AA. Thanks. Bethany Clague.