



John O'Groats - Land's End

Running 30 miles a day for 29 days

23 April - 21 May 2012



Peter Rogers (left) and John Turner



Greg Dwyer

Our run follows the classic journey from John O'Groats to Land's End. The route through Scotland follows the A9 down to Inverness, then follows Loch Ness to Fort William, up through the idyllic Glencoe Pass onto Glasgow and then through the lowlands to cross the boarder.

From here, the route goes over the Shap 'wall' along the A6 down to Ludlow where we cross into Wales. The old Severn Bridge welcomes us back into England and the turn for home down through Taunton, Okehampton, St Austell and Cornwall's famous Land's End landmark and the finish line.

"End to End is the longest challenge you can do in the UK. It's a tough ordeal that takes dedication and commitment. I greatly admire Peter and John for their courage and desire to achieve this goal. Dig deep, support "The Cure Parkinson's Trust" and follow their adventure to achieving success."

Sharon Gayter
broke LEJOG World Record in 2006



"I hitch-hiked round Ireland with a fridge. John and Peter are running the length of Britain in under a month. The similarities are there for all to see, except for the fact that I was driven everywhere in cars, and then strolling into pubs, and they'll be running everywhere and then collapsing into exhausted heaps at the end of every day. All the more reason for supporting them - not least because their endeavours are all about finding a cure for Parkinson's. And, fridge or not, that's the coolest thing of all."

Tony Hawks

Please sponsor us

X Border
Gretna

Half Way
Kendal

Right Turn!
Severn Bridge

Finish
Land's End

Overnight Stops

Mon Apr 23	Lybster
Tue Apr 24	Brora
Wed Apr 25	Golspie
Thu Apr 26	Beauly
Fri Apr 27	Fort Augustus
Sat Apr 28	Fort William
Sun Apr 29	Altnafeachd
Mon Apr 30	Inverarnan
Tue May 1	Dumbarton
Wed May 2	Chapelton
Thu May 3	Crawford
Fri May 4	Lockerbie
Sat May 5	St Cuthbert Without
Sun May 6	Fawcett Forest
Mon May 7	Lancaster
Tue May 8	Euxton
Wed May 9	Bartington
Thu May 10	Quina Brook
Fri May 11	Marshbrook
Sat May 12	Wellington Marsh
Sun May 13	Llandogo
Mon May 14	Yanley
Tue May 15	Bridgwater
Wed May 16	Tiverton
Thu May 17	Okehampton
Fri May 18	St Ives
Sat May 19	Grampound
Sun May 20	Ashton
Mon May 21	Land's End

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Greg Dwyer

The Cure Parkinson's Trust
cureparkinsons.org.uk
Charity Number : 1111816