



10th October – 05 November 2015

Total Days Run **317** **Total KM Run** **13,827** **Total Money raised** **£14,068.75**

PLEASE CLICK [HERE](#) TO VISIT MY FACEBOOK PAGE AND "LIKE" IT – IT HELPS WITH SPONSORS!

Find PHOTOS from the expedition [HERE](#)

Find lots of VIDEOS from the expedition [HERE](#)

Find my Instagram photos [HERE](#)

Update on my Dad's website – A lot of you will already know that my father has put together a fantastic website which tracks my expedition. There is so much info on there and it really is the best place to find out exactly where I was on any particular day, what blog I wrote, what the terrain was like and see any photos taken. Well it just got better as he has taken it to the next level... You can now look forward and see what lies ahead and join in the journey all the way to the first finish line in Buenos Aires.



As you can see from the screenshot on the left there is all the info you could possibly want about what lies ahead. As I write this there are only 2661km to go and during that time I will have to ascend nearly 12,000m (Mount Everest is 8848m). If you scroll along the altitude map on the bottom it will show you where that is on the map above.

What can I say, it is all pretty slick... What else would you expect? Check it out [HERE](#)

Want to run a section of the Expedition? You might just be able to! – The one sad thing about this expedition is that I have not been able to share it with any friends, family and lovely supporters. The Atlantic Ocean has served as a great excuse for people to hide behind while saying “god I wish I could run a day with you.” Well I have been pondering this and trying to work out how to make it happen and I think I have the solution. As you know my expedition is going to end in Buenos Aires. Well that is now only the first finish line. I am going to extend the expedition by another 20+km and finish where so many marathoners do – On The Mall in London. The timings etc are all a little up in the air because it depends on when I actually finish. But the rough idea is...

I will get a flight back from Buenos Aires to London Heathrow landing on either a Saturday or Sunday morning. The most likely date will be Saturday, 16th January 2016. I will then run down the A4, Chiswick High road, Hammersmith, High Street Kensington, Hyde Park and Green Park. The total distance will be about 15 miles.

If anyone would like to join me then keep following my tweets, Facebook posts etc and let’s see if we can give this expedition a very British Finish!



Please give to my chosen charities and help make my run make a difference

- **Suicide is the biggest killer of men under 50 in the UK and 78% of all suicide victims are male**
- **There are an estimated 2.5 million people in the UK today (2015) who have had a cancer diagnosis.**
- **Over 500,000 children die every year from diarrhoea caused by unsafe water and poor sanitation. That's over 1,400 children a day.**

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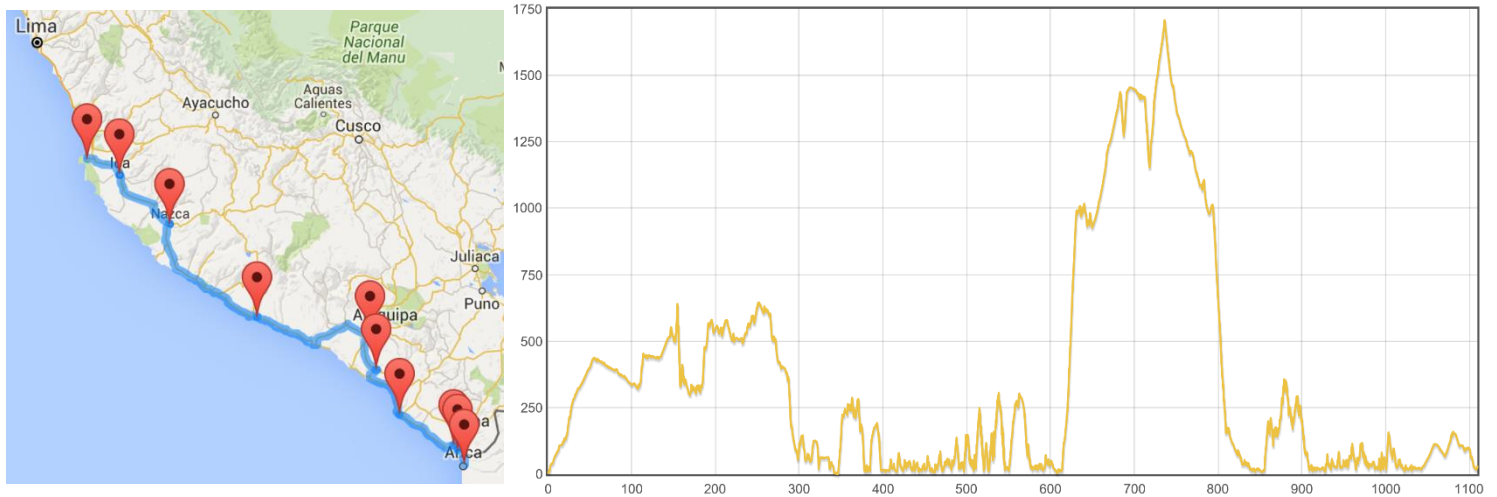
WaterAid

To Donate click logo above or to donate to all three then please click [here](#)

The Route:

This month of the expedition took me from Huaquillas, at the Ecuadorian border to Paracas in central Peru. Below I have included the map, an elevation graph and a few stats.

Minimum Altitude	0m
Maximum Altitude	1707m
Total Ascent	13849m
Total Descent	13823m
Total KM	1109km
Running Days	22
Running Day Average	50.4km



A couple of events from the road:

There are literally so many different events and scenarios that would qualify for inclusion but I have to be selective and pick just a few, so here goes.



The Landslide – The roads have been pretty good throughout my expedition. There have been the odd times when I have had to negotiate a sandy path or drag my stroller over a rock track but nothing too major. The landslide that occurred on this section was the first pretty hairy moment. Obviously little landslides happen all the

time especially on a road that cuts and curves through the steep mountainside plunging into the Pacific Ocean. But the chances of you actually being there when it happens is very slim indeed. So it was a with a sign of relief that I missed my potential landslide moment by a mere few minutes. I had been running along the coast trying to motivate myself up another hill when all of a sudden I heard a crack from the other side of the valley. I looked up to see a plume of dust rising from where I had assumed the road would eventually take me. I pressed on and five minutes later there I was standing in front of a road blocked with a huge amount of varying sized rocks. I immediately tried to remember all the things I had done that day and tried to work out what had delayed me by the five minutes it had taken me to arrive at the scene and in turn had inadvertently saved my little life. It transpired that it was nothing more than an indecisive five-minute stop at a "village shop" not 5km before where I had spent a few minutes pondering over which chocolate bars to buy.

As I was pondering a crowd had started to form and plans were being formed to resolve the situation. I immediately thought about how to cross the debris and managed to rope in the services of a bystander and together we carried my stroller across. I then added my strength to the clearing operation. Within a short space of time we had a path wide enough for the cars to start passing and I realised how stupid it had been to carry my stroller across!!!

A small drama but it was amazing at how much it spurred me on in the afternoon. I think I ended up running about 65km when before the landslide I was struggling at about 35km.



The missile testing campground – This was not a particularly dramatic day but it was a fun day for me. It had been a hard start due to a few stomach problems but the scenery had, in parts, been stunning. The first few KMs had been winding up a canyon that reminded me of something from Star Wars, all I needed was a few Jawas to appear from behind a little nook and attack me. The road then opened up onto a plain with vineyards and cactus farms. Despite inconvenient stomach moments I managed to push on into a desert plain with snow-capped mountains dominating the horizon. The sand continued and I plodded on. After a while I arrived at a military air force base with signs telling me that it was a missile testing ground and not to deviate from the road or take pictures. Obviously when you see a sign like the one at the top of this newsletter you ignore other signs telling you not to snap away! I thought I could squeeze in a few more km and get clear of the airbase but no matter how far a went the desert continued. There are many types of desert but in this case it was one of those completely flat one with no shelter. Trying to hide a tent was going to be difficult. I pushed on and on continuously look for a indent in the landscape to hide behind. Finally, some buildings appeared in the distance. At first I wanted to stay clear of them thinking they may be occupied by officials who would tell me to keep moving but as I drew closer I could tell them were abandoned. The sun was setting and I had no choice. I waited on the highway trying to time my mad dash behind the buildings so no cars would see me. When the time was right I set off. Pushing a heavily



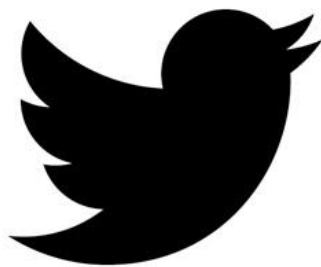
laden stroller through sand is no easy task but when you are trespassing on a military base a sense of urgency prevails. When finally hidden away from the immediate view of traffic I set about making camp. The first problem of camping in the only sheltered area is that it is also the best place for lorry drivers to go "number 2". Once I had found a clean spot I pitched camp and settled in for dinner. On this occasion an bowl of instant noodles and a can of tuna! Just as I settled down in my lovely [Force Ten](#) sleeping bag I heard the noise of two jet planes taking off from the runway... The thought did cross my mind that I had just selected the only buildings in the whole desert and just maybe the only target for miles around... Luckily I slept like a log and survived the night.

Thank you to the companies that have helped me:



To find out what products I am using go to: <http://jamieisrunning.com/companies-that-have-assisted-me/>

Where you can follow:



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A Quick Beard Update:

As many of you know I am trying not to cut my beard while on this expedition. Here is the latest on its progress:



Photos from the road:













To see more visit my Microsoft OneDrive photo page by clicking [here](#)

THANK YOU EVERYONE FOR YOUR CONTINUED SUPPORT

And sorry for typos and grammatical errors – I am always very tired when I write this and the blog!!