Donegal day 2

Happily, I felt rather better this morning than last night, so I went for the normal 9am start rather than the earlier one.

Drive up to yesterday's finish point in Culdaff, then a mminibus three miles to the start.

It was mild but rather windy, so I put on my Montane windproof and left it on until about 20 miles.

The steep hill after 100 yards didn't bode well, but was not too typical of a day that was much easier than day 1.

We were taken to Malin Head, the most northerly point in Ireland, although still in the south, as someone pointed out.

The views were spectacular, almost Scandinavian at times, and apart from the wind,the conditions were good.

In had considered a run/walk from the start, but felt in much better shape than I expected and so set about running the flat and downhill parts and walking any uphill bits.

I reached the half way point just after Malin Head in better fettle than in day one, and set about the second half, where we were confronted by a hill that lasted over most of miles 15-17. Lots of walking here!

After that, it was downhill or flat almost all the way to the end .

In fact, the last 5 miles were so flat, that that itself became a challenge, as being able to see long straight bits of road can be a bit demoralising, especially when you are already tired.

that said, I passed about a dozen people during this time, which is a lot for such a small event.

On finishing and receiving another huge and distinctive medal, it was over to tthe pub for the laid on food. Much the same as day one, so I stuffed myself with leek and potato soup and a selection of tuna and egg sandwiches.

I also had the opportunity of seeing a chap run his 400th marathon today.

Tomorrow sounds quite tough. It involves the Mamore mountain and mostly heads west into what promises to be a strong wind and a lot of rain.

May be a day for the full waterproof jacket.

Official times so far.

Day one

First half 2:12:03

Second half 2:29:59

Total 4:42:02

Day 2

First half 2:16:36

Second half 2:16:57

Total 4:33:33

Very tired now, but still feeling better than this time yesterday.