Donegal Quadrathon - day 3 - the Mamore marathon.

sit rep

Body - creaky, sore quads, feeling dehydrated.

Weather - wind bending the trees, rain bouncing off the windows

Clothing - everything I've brought. Compression calf guards and shorts, long sleeved shirt, waterproof jacket. Topped off with a rather fetching 100 marathon club Buff.

Drove up to Culdaff where day 2 finished to huddle with the other runners in the charmingly named "wee hall".

Eventually we were forced out and given the detail of today's marathon.

The first 16.5 were to be "quite normal" then a mountain to cross, over a distance of 1.2 miles, with an ascent of over 800 feet, then fine again to the end.

The creakiness eased as the early miles clicked by as we made our way due west into the wind, but the rain had eased to a horizontal drizzle. It was quite mild though, despite all of this.

In fact, apart from the weather, progress was ffine, if unspectacular.

Until 16.5 miles in.

I've struggled up some steep things in my time, but can't remember anything so remorseless as this. Despite the conditions, there were still some excellent views to be had, when I could lift my head from looking at the tarmac in front of me.

I had hoped for a gentle descent, but after cresting the peak, the other side went down as steeply as the other side went up.

I passed two people here who had been reduced to a walk, and my quads took a further mashing as I made my way to the bottom.

After that it was a fairly straightforward flattish run to the end and I felt pretty strong and delighted to have done my first three in three.

Only one more day to go, starting in Buncrana, where we finished to dday, and ending up in Red castle, where we commenced our mini odyssey on Thursday.

Food at the finish today was a soup with leek and barley, pasta with a veggie mix in tomato sauce, and tuna sandwiches, as well as tea and coffee.

Then it was onto the bus back to the start, to pick up the car.

Feeling quite chipper now, it probably won't last.

Today's stats.

First half - 2:16:54

Second half - 2:32:19. (It did include a mountain)

Total time - 4:49:13

Ian Richardson

16 august 2014