

Snowdonia Marathon - 25 October 2008

Leading up to the Snowdonia marathon on the 25th October 2008 I was looking forward to a relaxing and scenic race, writes Lindsey Shing. My intention was not to achieve a PB but to run one of the toughest and most scenic marathons for the experience and stunning North Wales scenery.

The illusion was shattered when I woke up to grey skies, 50mph winds and a forecast of torrential rain and storms. As I arrived at the carpark it had already started to downpour. By the time I had got to the start line everyone was wet through and miserable before the race had even begun. Sheltering behind a mini bus I spotted fellow Sevenoaks AC member Erik Folkesson looking soaked but optimistic.

After a 10 minute delay, the 1167 runners (433 wimped out- wonder why??) were off. The wind whipped us off our feet after the 1st mile. The next 3 miles took us up the Llanberis Pass and we were met by a welcoming party of hardy souls cheering us on. The next 8 miles saw sleet, rain and Erik's hat blow off from the 50mph winds. I on the other hand was trying to catch a glimpse of the famous Mount Snowdon but the spectacular views were obstructed by low clouds and horrendous downpours.

The next 10 miles were a complete blur until I hit the notorious hill at mile 21 – Waenfawr. I was satisfied in the knowledge that I was one of the few people running the hill and as I made my way up I managed to say hello to another Sevenoaks AC member Stephen Curr. This hill was the sting in the tail of the Snowdonia marathon with 3 miles of hard ascent. At mile 24 I desperately tried not to cry as I started on the 2 mile steep descent down the rocky and slippery bridleway to the finish line.

I completed the Snowdonia marathon in 4:00:06. It was one of the most physically and mentally challenging races I have ever done.

Would I run it again? You bet!

Congratulations to Erik Folkesson and Stephen Curr who braved the elements and finished in 3:39:03 and 4:09:23 respectively.