



# Mud, Sweat and Tears: An Irish Woman's Journey of Self-Discovery

*Moire O'Sullivan*

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In July 2008, Moire O'Sullivan made a solo attempt on the Wicklow Round, a gruelling endurance run spanning a hundred kilometres over twenty six of Ireland's remotest mountain peaks. After twenty one and a half hours she collapsed, two summits from the end. Battered and bruised, yet undeterred, she returned a year later to become the first person ever to complete the Round in less than twenty four hours. "Mud, Sweat, and Tears" is the first book to tell one woman's story about her passion for mountain running, a passion that has brought her to the heights of some of Ireland's most impressive mountains and to the depths of her own human limitations. "Inspiring stuff: an awe-inspiring tale of guts, passion and pig-headed refusal to surrender." Richard Askwith, Author of Feet in the Clouds.

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