



Relentless: Seven Marathons, Seven Continents, Seven Days

David Gething

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The World Marathon Challenge—seven marathons on seven continents in seven days—is the ultimate race for adventurous runners. It tests the athletes to their limits, going from biting cold Antarctic conditions one day to dry desert heat another. To survive the onslaught of sensations—fear, fatigue, depression, elation—takes a special sort of determination and strength of will. Few would voluntarily take on such a challenge, and fewer still would finish it.

Relentless: Seven Marathons, Seven Continents, Seven Days is David Gething's amazing story of his journey from a middle-aged couch potato to a World Marathon champion. Gething gives a deeply personal and candid view of what it is like to compete in one of the most demanding amateur sporting events on the planet, including the sacrifices made just to get to the start of the race and what it takes to win. He describes in detail each individual contest—originating in Antarctica and ending in Australia a week later—and the physical, emotional, and psychological sides of this grueling, multi-day stage race. Far from just depicting the event itself, Gething also delves into the interpersonal relationships, rivalries, and bonds that form on this adventure that is like no other.

Featuring photographs taken during the event from Gething's personal collection, and including private emails to and from the author and his family and friends, *Relentless* gives a truly unique and intimate view into the inner workings of this punishing ultra-endurance battle. Marathon runners, sporting enthusiasts, and anyone with a dream and a determination to succeed despite the odds will find Gething's journey a fascinating and inspiring story.

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