



## Blog - The news weblog of Chepstow Harriers

November 2009

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## Tom Gibbs - World Champion!

News has just arrived that Chepstow Harriers' Tom Gibbs navigated the Helly Hansen Prunesco Team to victory in the 2009 World Adventure Racing Championships in Portugal last week.

This is the most demanding multi-disciplinary race and requires teams of four to kayak, trek, mountain bike, swim etc etc 900k over 5 days. See the website for more:

[http://www.sleepmonsters.co.uk/racereport.php?page\\_action=rep&race\\_id=7511&article\\_id=6232](http://www.sleepmonsters.co.uk/racereport.php?page_action=rep&race_id=7511&article_id=6232)

Congrats Tom and your team. Can we have a personal report when you're back and you've caught up with your sleep?

This entry was posted on 15/11/2009 at 08:34 pm and is filed under [Club News](#). You can follow any responses to this entry through the [RSS 2.0](#) feed. You can [leave a response](#) or [trackback](#) from your own site.

## 4 Responses to "Tom Gibbs - World Champion!"

1. *Tom Gibbs* says:  
16/11/2009 at 07:40 pm  
Good news travel's fast Dick !

Back from an amazing race in Portugal where in the last day we managed to get in front of strong teams Nike, Lundhags and Orion Health to Win the World Title.

Report to follow but some basic stats below....

course length - 900km

Climb - 25000m of climb

Time - 128 hours including 6 hours of sleep

Bike - 500km

Run - 260km

Kayak - 100km

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17/12/2009: Inter Regional XC Successes

16/12/2009: Tintern Hash Run 10.30 Sunday 20th Dec

14/12/2009: The Week Coming Up