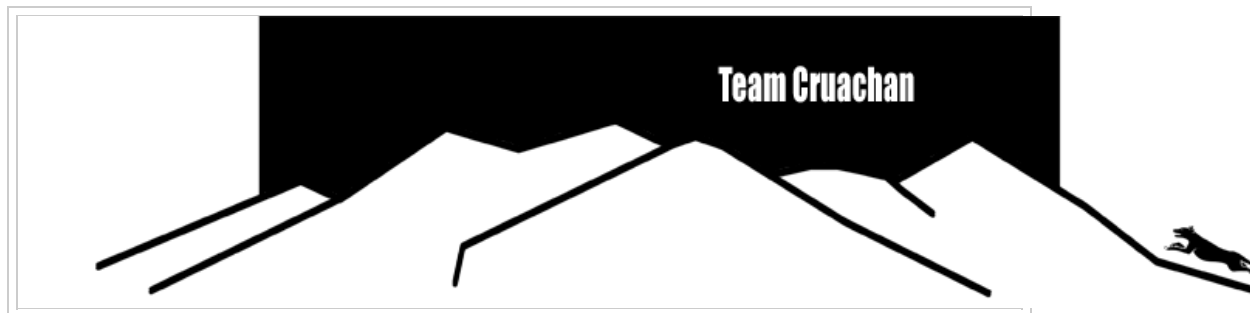


Seguir Partilhar Denunciar abuso Blogue seguinte»



SATURDAY, NOVEMBER 14, 2009

So long, and thanks...

So, they're home safe. Team Cruachan finished the Adventure Race World Championships 2009 at around 9:30am this morning. They've endured 6 hard days of trekking, mountain biking, kayaking, canyoneering, inline skating, climbing and abseiling. They've taken all the rain, wind, cold, heat and all the other niceties that the Portugese landscape could throw at them, and they've come through it smiling.

It's not been without its ups and downs. The portaging of kayaks seems to be a particular thorn in the team's side. Sleep deprivation doesn't suit Philip, we hear. Elizabeth's knee is hurting. The sleepmonsters came to visit a couple of times. They've got sore, chafed backsides.

We're back at Vila Bicuda, where this adventure started, sorting the kit and sleeping ahead of the prize giving and party tonight. In due course the team will let you know in their own words how they feel, what they enjoyed and didn't, and spill the stories of faces in the walls and disappearing support people, but for now, they need to sleep and bask in the glory.

I'll sign off for the week, and post a few more pictures in the next day or so. From me, thank you so much for following us and lending your support, I can assure you it meant loads to the team. But I'm sure they'll tell you that themselves...

So, until then, ladies and gentlemen, I present to you Adventure Race World Championships 2009 finishers Lizzie Rose, Elizabeth Adams, Philip Price and Dan Gates: TEAM CRUACHAN.



Cheers

Pyro

POSTED BY TEAM CRUACHAN AT 9:07 AM

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BLOG ARCHIVE

▼ 2009 (20)

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- The news at 6
- So long, and thanks...
- Pics - Day 6
- Finished!
- Words
- Pictures!!
- Team Cruachan left T14 at 2.30pm all smiling and h...
- They're going!!
- Sources
- The daybreak
- Nighty night!
- Third night blues
- To all supporters - thanks!
Another good way to ta...
- Pictures - Day two onwards...
- Update 2
- Day two - The learning curve
- Pictures! - Pre-Race
- Day One - What's Portugese for 'Rat Race'
- Meet the team
- Team Cruachan est arrive

ABOUT ME

TEAM CRUACHAN

Dan Gates, Lizzie Rose, Phil Price and Elizabeth Adams - Team Cruachan.

[VIEW MY COMPLETE PROFILE](#)

e susannah.macmillan said...

A Zillion Congratulations to all the team!!This is an achievement that will stay with you forever. A celebration of being alive that you can keep!. Have a good recovery, look after yourselves and safe journey home.

Thanks Pyro for a fantastic narrative!

NOVEMBER 14, 2009 12:38 PM

e Gaz said...

Well done Team Cruachan. Well done Pyro. You backed some lovely people.

NOVEMBER 14, 2009 2:16 PM

e winthropia said...

Pyro, you have been our lifeline. Thank you so much.

NOVEMBER 15, 2009 3:05 AM

e Team Cruachan said...

Superb! What more can I say. The Hebs will be a doddle after this.

Pyro's Dad.

NOVEMBER 15, 2009 1:00 PM

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