

Doctor, Author & Extreme Sportsman - Winner World Marathon Challenge

David Gething

Dr David Gething – Winner World Marathon Challenge, running 7 marathons on 7 continents in 7 days. Exclusiv with Premium Speakers. 24 January 2015 – World record set for fastest cumulative time running 7 marathons in 7 days in 7 continents. New world record (pending) for fastest ever marathon on Antarctic continent. The spark that lit the fire – on the approach to middle age, David had lived what could optimistically be termed a good life, going out far more than he should, eating, drinking and certainly living the party life. He was very overweight, unfit, unhealthy and possibly, inside...

Topics

Change Management · Extreme Sports / Adventure · Health / Nutrition · Leadership · Lifestyle / Longevity · Motivation · Sports · TEDx Speakers

Languages

English

Details & contact options

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