



## Emily Chambers Continues Her Duathlon Success at the Portsmouth Spring Duathlon.



Emily Chambers from Hythe Aqua continued her success in multi discipline events, this time without any swimming involvement. She travelled to the prestigious Portsmouth Triathletes Spring Duathlon that was held on Sunday 2<sup>nd</sup> April at the famous Goodwood Motor Racing Circuit.

Emily competed very strongly in the event knocking 10 minutes off her 2016 time for the same event. The event includes a 4km run, 24km bike ride & another 4k run. This years improved race time enabled her to take 1<sup>st</sup> place in the ladies short course event.

Her finish time was 1hr 17m 27.8s with her splits being Race 1 = 16m 07.6s, Bike = 41m 50.0s and Race 2 = 17m 51.0s.

Emily who is 15yrs old is a member of Hythe Aqua Swimming Clubs Competitive Squads and also trains regularly with Hythe Aqua Masters