

# Emily Chambers Hythe Aqua SC Members Qualifies for World Championships



On Sunday 25<sup>th</sup> June Emily Chambers competed in the ITU World Sprint Triathlon Championship Qualifier at Llandudno in North Wales. The course was very challenging with a 750m sea swim, followed by a 20K bike course around the Great Orme and a 5K run. The bike course in particular offered a significant challenge as it included some steep climbs and fast and twisting descents where riders were reaching speeds in excess of 45mph!

On race day, the weather was overcast and the course was still damp from overnight rain. Emily had a good race and her extra swim training paid dividends as she held on to the leading group throughout the swim leg. She battled hard on the bike; negotiating the hill climbs and descents safely and dropping only a few places to more experienced riders. She ran well recovering a number of places and still looked strong as she finished the race.

She finished runner-up in the under 20 years age category, winning an automatic qualification to the ITU World Sprint Triathlon Age Group Championships. This year the event is being staged in Rotterdam on September 17<sup>th</sup> and Emily has the opportunity to compete as a member of the Team Great Britain squad where at just sixteen will be one of the youngest athletes taking part. I am sure she will be proud to represent her clubs, as well as her town and country and once again would like to thank all of her friends at Hythe Aqua Swim Club and Folkestone Running Club who have provided help and encouragement that has given her the confidence to achieve.

The challenges keep coming as next weekend she will be attempting her first full Olympic Distance Triathlon race, and will be following up with a quarter distance Iron Man event later in the summer.

