

Emily Chambers Success at Worlds

Rotterdam ITU World Age Group Triathlon Championships 2017



After three days of rain, the sun came out on race day and the majority of the course was dry. Emily was competing in the under 20yrs Female Sprint Age Group Category. The race was held in the heart of Rotterdam next to Erasmusbrug Bridge. The race began with a 750m swim in Rotterdam docks, followed by a 20 km flat but “technical” bike course that took the riders over Erasmusbrug Bridge along the waterfront and onto long sections of paved Cobblestones and tight corners. The race finished with a 5 km run in the picturesque “Het Park” next to Rotterdam waterfront and overlooked by the Euromast Tower.



There were 50 athletes competing in the under 20 female category representing 12 countries from around the world, including teams from USA, Canada, New Zealand, Australia and Europe. Emily was representing Great Britain in a team of eleven athletes. The race started at 14:40 in the afternoon. Emily had a great swim and was well placed after the first transition. She rode extremely hard in the bike leg and was tucked “wheel to wheel” in a small group of four riders. With just over 1 kilometer to go Emily was forced to take avoiding action when the leading rider in front made a mistake on a cobblestone section and crashed heavily. In avoiding the fallen rider; Emily hit a raised curb with her front wheel which instantly burst her front tyre. However, she maintained control and determinedly finished the final kilometer on a flat! She ran strongly in the final leg and regained the lost positions to finish the race in 18th place.

Overall it was a fantastic experience, and a very encouraging result.

Emily would like to give sincere thanks to everyone at Hythe Aqua and Folkestone Running Club who have kindly supported her and encouraged her throughout the year. Also her sponsors from Physiologic Physiotherapy in Hythe who are giving generous support with her fitness and race kit.

She is now looking forward to training hard through the winter months so that she can come back stronger and faster, ready to take on some new and exciting challenges in 2018!