



EMILY CHAMBERS – MORE DUATHLON SUCCESS

Last weekend Emily raced in the Age Group British Duathlon Championships over the Standard distance (10k run, 40k bike, 5k run). She did really well finishing in 5th place overall in a time of 2hr 16min.

She was also awarded 1st place in the female under 20year age group category.

This is a really tough event that not many younger athletes take on, and considering her age I think this was a very encouraging result!



Pictured - Emily with the under 20yr winners medal.