

Multi Sports Success for Hythe Aqua Swimming Club Competitive Swimmers Emily Chambers Success at South Coast Triathlon



Emily Chambers

On Saturday 9th July Emily Chambers a Senior Squad competitive swimmer at Hythe Aqua Swimming Club competed in the UK South Coast Triathlon at Seaford. She raced in the Sprint Distance event which consisted of a 750 metre sea swim, 20 kilometre bike and 5 kilometre run.

There was a very large entry to the event with around 150 starters in the sprint race. There was a very strong wind blowing towards the shore and the sea conditions could only be described as rough, with waves capping all the way out to sea. Conditions were such that the race was started from the shore for safety reasons.

Emily was one of only two athletes who swam without a wetsuit and despite being thrown around like a cork in the waves, she was one of the first to exit the water. She raced hard across the three disciplines and finished runner up in the female open category with a time of 1hr 21mins 50sec and was 13th overall which was an excellent achievement. Emily has improved her performances in each competition this year and is training hard to continue her improvement.

Toby Yemm Success at Portuguese Youth International Triathlon

Toby had a great time at the Modern Pentathlon GB Training Camp in Portugal recently - swimming twice a day for 5 days. Toby was very pleased to gain 3rd place (bronze) at the Portuguese Youth International Triathlon (swim, run, shoot) against boys a year older and achieved a new Personal Best for the 100m swim.