



PRESS RELEASE
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A Resurgent Emily Chebet Added to the Strong O2 Prague Grand Prix Women's Field

In 2010 Emily Chebet of Kenya was a Gold Medalist in the IAAF World Cross Country Championships, but a series of minor injuries kept her off the podium at any major races for two years until last fall when a fully recovered Emily began a return to form by winning several cross country races in her native country. Then, despite suffering a serious spiking injury in the Kenyan National Championships, she managed a very brave fourth place finish which assured her of a place on the Kenyan team for the 2013 IAAF World Cross Country Championships where she returned to form and won her second Gold Medal.

Since her victory in Poland she has continued to strengthen her track credentials by finishing in fourth place in the 10,000 meters at the recent IAAF World Championships in Moscow with a personal best of 30:47.02 missing out on the bronze medal by just 4/100's of a second. Following Moscow Emily scored another personal best on the track in the 5000 meters with a 14:46.89 at the IAAF Diamond League meeting in Zurich last week.

Now she will be competing with the previously announced inaugural women's field in the **O2 Prague Grand Prix** with the hope of adding another personal best to her 2013 resume by improving on the 30:58 she ran in Tilburg, Netherlands last year.

Emily is a two time winner and course record holder of the Freihofer's Run for Women 5K in the U.S.. Also in the U.S. Emily was the runner-up in the Beach to Beacon 10K and the 7 mile Falmouth Road Race in 2012. In Prague she will face the 2013 runner-up in those two races, Gemma Steel of Great Britain. Emily's only previous race in Prague was the 2011 Hervis Prague Half Marathon where she debuted at the distance in 1:12:00.

Emily Chebet was born in the Bomet District, a small settlement in Kenya's Rift Valley Province on February 18, 1986. She is married to Edward Muge and they have one daughter, Sarah Cheron. Edward also serves as Emily's coach.

James Moberly



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