



Lee Valley Indoor - 06/01/2013

Metaswitch Games - Lee Valley 6th January 2013

Kelly Mavididi 60m: 8.58s 3rd place (PB)60m: 8.58s 5th place (PB)400m: 61.48s 2nd place (PB)Tamara Chambers 60m: 8.11s 3rd place (=PB)60m: 8.15s 3rd place 400m: 66.45s 4th place (PB)Sam Malpass60m: 7.35s 1st place (PB)60m: 7.39s 4th place Tino Nyabowa 400m: 64.83s 4th place Essex League (Cross Country) - Epping Forest 12th January 2013Kelly Mavididi ZXC: 25.13 27th place Tamara ChambersZXC: 36.40 34th place Jessica FerrisZXC: 27th placeGretter MazeikaiteZXC: 28th placeSam MalpassZXC: 38.43 66th place Ridge Beya Wa-BeyaZXC: 54.16 137th place Tino NyabowaZXC: 51.35 131st place Jeffrey NkrumahZXC: 40:22 75th place