



## **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 Malpass 60m: 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 2013 Kelly Mavididi ZXC: 25.13 27th place Tamara Chambers ZXC: 36.40 34th place Jessica Ferris ZXC: 27th place Gretter Mazeikaite ZXC: 28th place Sam Malpass ZXC: 38.43 66th place Ridge Beya Wa-Beya ZXC: 54.16 137th place Tino Nyabowa ZXC: 51.35 131st place Jeffrey Nkrumah ZXC: 40:22 75th place