



## Midweek Indoor Middle Distance Races – Report 25/02/2013

A group of four endurance athletes from Ilford AC took part in an evening of 800m and 1500m at the indoor track at Lee Valley Athletics Centre. Tom Gardner was the best of these and took part in two races. In the 800m he recorded 2 mins 05.20 secs and followed up with a recording of 4m 17.89s for the 1500m. Steve Philcox ran his heat in 4m 38.25s while Sam Rahman improved his personal best for the distance to 4m 40.25s and Kevin Newell finished in 4m 50.47s. Sprint coach Jeffrey Nkrumah entered his squad in the 800m for some over distance work and also ran himself. He showed his athletes the way home in 2m 15.25s and was followed home by Kelly Mavididi (2m 20.96s) Tinotenda Nyabowa (2m 32.79s) Ridge Beya Wa-Beya (2m 40.40s) Gabriel Piadom (2m 44.54s) Joshua Iyen (2m 44.92s) Usama Nadeem (2m 55.49s) Tamara Chambers (3m 03.40s) and Tola Adebambo-Abisogun (3m 11.65s).

Report by the Man in the Shadows