



## Ilford AC Young Athletes Indoor performances

### 27th December 2013 – Newham 60m Indoor Sprint Series

The highlight of the day came from Gabriel Yiadom who secured a first place finish and a new personal best with a time of 7.49i.

Gabriel Yiadom (U17M):

60m Round1 – 7.49i PB

60m Round2 – DQ

Sam Malpass (U20M):

60m Round1 – 7.33i

60m Round2 – 7.27i

### 1st January 2014 – Lee Valley New Year Competition

On the 1st January 2014, athletes began their 2014 campaign at the Lee Valley New Year competition.

Almost all of them smashed their indoor personal bests.

Naomi Browne who has now moved up to the U17 age group, competed in her first ever 60m. She showed no fear by edging near the sub 8 marks with a time of 8.05i to secure a second place finish

Full results are as follows:

Naomi Browne (U17W):

60m – 8.05i PB

Kelly Mavididi (U20W):

200m – 27.00i PB

Taha Undre (SNRM):

60m Round1 – 7.74i

60m Round2 – 7.85i

Gabriel Yiadom (U17M):

60m Round1: 7.43i PB

60m Round2: 7.43 PB

200m – 24.83i PB



## Ilford AC Young Athletes Indoor performances

Amazigh Laoudi (U20M):

200m -25.13i PB

Day1 - 12th & Day 2/3 18th - 19th January - South Of England Indoor Championships

The star showing came from Gabriel Yiadom who smashed his 200m PB twice in the same day to finish 4th in the semi-final with a new personal best of 23.99, though did not advance to the final.

Results:-

Tamara Chambers (U20W):

60m Heat- 8.15i

60mSemi-final - 8.12i

Kelly Mavididi (U20W):

400m Heat- 60.48i

400mFinal - DNS

Gabriel Yiadom (U17M):

60m Heat- 7.50i

60mSemi-final - 7.44i

200m Heat- 24.11i PB

200mSemi-final - 23.99i PB