



2nd February 2014 - Newham Athletics 60m Open Series:

On the 2nd February a handful of Ilford AC athletes competed in what was the 2nd Newham Sprint Series of the season.

The 60m results are as follows:

Asad Ahmed (U20M):

Round 1: 7.55i

Round 2: 7.52i

Naomi Browne (U17W):

Round 1: 8.12i

Round 2: 8.02i PB

Gabriel Yiadom(U17M):

Round 1: 7.49i

Round 2: 7.43i PB