



## Essex and Eastern Counties Indoor Championships – 8th and 9th February 2014

Many Ilford athletes competed in the annual Essex and Eastern Counties Indoor Championships which commenced over two days on both the 8<sup>th</sup> and 9<sup>th</sup> February. The star showing came from Gabriel Yiadom who ran his way to the top of the podium for Essex with a personal best time of 7.31 in the under 17 men's 60m. Amazigh Laoudi proved to be the athlete of the day in day two as he completed his 400m and 800m double with an Essex county silver medal in the under 20 men's 400m (52.68 pb) and a gold medal in the latter (2:09.36 pb).

The full results are as follows:

Taha Undre (SNR MEN):

60m Heat 1 – 7.78

Asad Ahmed (U20 MEN):

60m Heat 1 – 7.46

200m Heat 2 – 24.65

200m Final – 24.55 iPB – 4th Place Overall (ESSEX BRONZE MEDAL)

Amazigh Laoudi (U20 MEN):

400m Heat 1 – 53.92 iPB

400m Final – 52.68 iPB – 3rd Place Overall (ESSEX SILVER MEDAL)

800m Final – 2:09.36 iPB – 2nd Place Overall (ESSEX GOLD MEDAL)

Gabriel Yiadom (U17 MEN):

60m Heat 4 – 7.50

60m Semis – 7.34 iPB

60m Final – 7.31 iPB 2nd Place Overall (ESSEX GOLD MEDAL)

200m Heat 2 – 24.15

200m Final – 24.52 6th Place Overall

Victoria Onyeka (SNR WOMEN):

60m Heat 1 – 8.52 iPB

60m Final – 8.50 iPB – 5th Place Overall (ESSEX SILVER MEDAL)

Tamara Chambers (U20 WOMEN):

60m Heat 1 – 8.10



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60m Final – 8.10 4th Place Overall (ESSEX BRONZE MEDAL)