



### Newham 60m Indoor Series – 16th February

Today saw only one Ilford athlete compete in what was the last of the Newham 60m Sprint Series of 2014. Here, Gabriel Yiadom displayed his good form and fine sprinting as he was victorious in his first heat and in doing so, he ran his third fastest time this season (7.35). Though, fatigue was evident in his final heat as he finished a respectable second with the time 7.47.

### Lee Valley Middle Distance Evening – 19th February

A handful of Ilford athletes (particularly from Jeffery's sprint group) competed in the 800m – an event that they do not usually partake in, at the Lee Valley Middle Distance Indoor Evening. Here, Amazigh Laoudi displayed his strong form as he controlled and won the race in a new personal best time of 2:07.48 closely followed by his training partners and coach Jeffery Nkrumah. Overall, they collectively displayed their impressive winter strength as it reflected in their performances. Almost all athletes gained a new personal best!

The full results areas follows:

Amazigh Laoudi (U20 MEN):

800m – 2:07.48 iPB

Jeffery Nkrumah:

800m – 2:14.15

David Ajayi (U23 MEN):

800m – 2:18.78 iPB

Gabriel Yiadom (U17 MEN):

800m – 2:32.86 iPB

Asad Ahmed (U20 MEN):

800m – 2:37.54 iPB



## Young Athletes Report 17/03/2014

Naomi Browne (U17 WOMEN):

800m - 2:49.88 iPB

Report by Jeffery Nkrumah