



Efe Austinz

Name: Efe Austinz

Date Joined:- Joined Ilford March 21st because I thought I was fast

First Club race:- Woodford may 22nd 2017 was my first club race

P.B's:- PB 100m: 13.10 PB 200m: 27.1

Favourite Race:- Essex championships 2019 100m has been my favourite and quickest race

Notable performance:- 8.25 indoors in January for 60m

Biggest disappointment:- Not breaking 13 seconds for 100m yet has been my biggest disappointment thus far

How would you like to improve:- I'd love to improve by becoming faster, getting stronger and eating healthier

Do you follow any other sports:- I follow athletics as it's been my fave sport



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but I'm also an ex tennis player so I follow tennis quite well

Best Country visited :- Best country visited would be Nigeria?

Favourite food:- I love Africa food. But I also love chicken chips but not too much because I wouldn't want to slow down

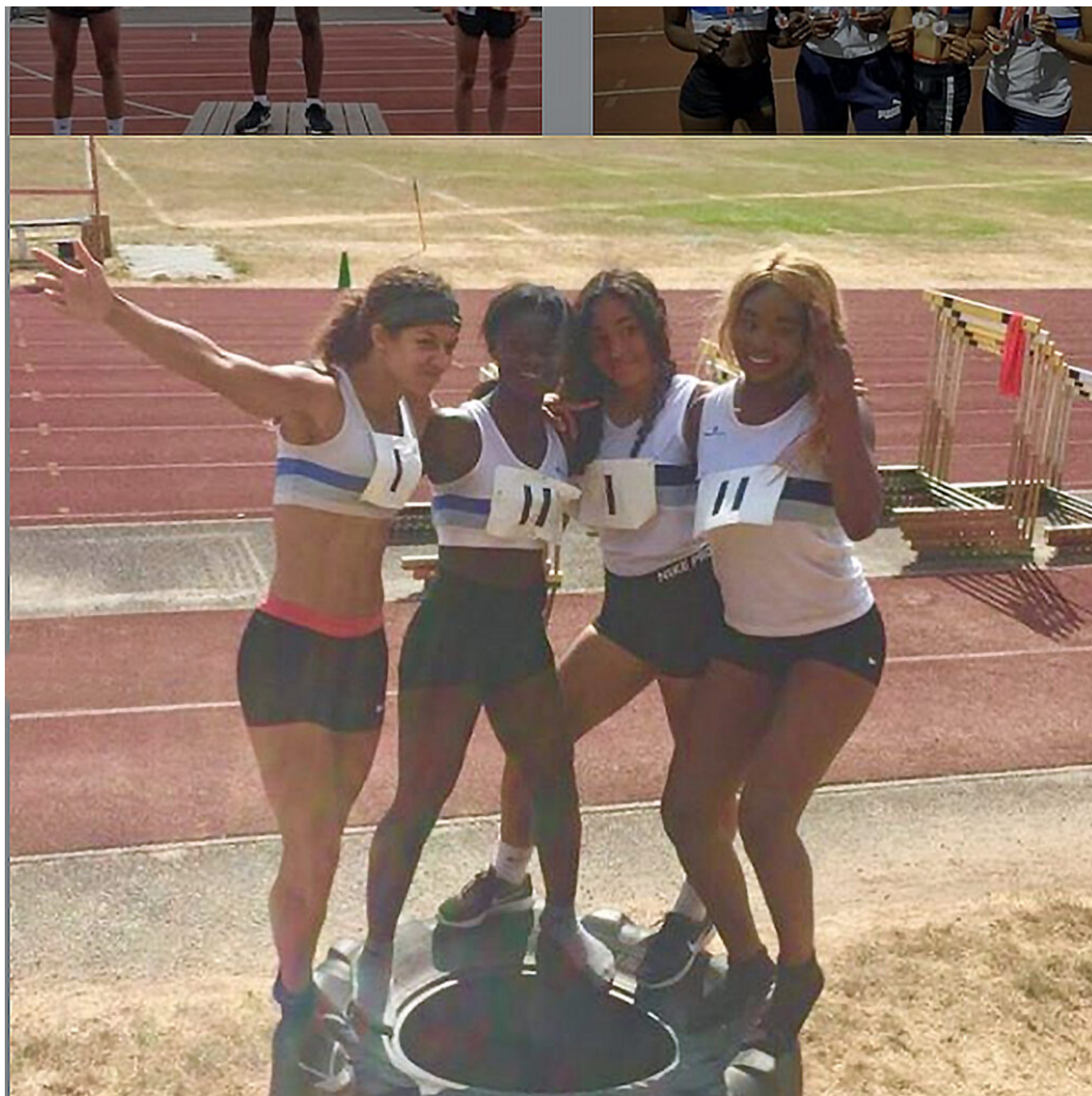
Favourite drink:- Favourite drink would be sprite I'm not 18 yet so I can't drink but I've tried a Prosecco?

Last book read:- "Ser mujer negra en españa" was the last book I read it's a Spanish book?

Favourite TV Shows:- I love watching Netflix series

Favourite Singer:- Beyonce and Rihanna are my favourite singers

Favourite groups:- Destiny child are an amazing group







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