

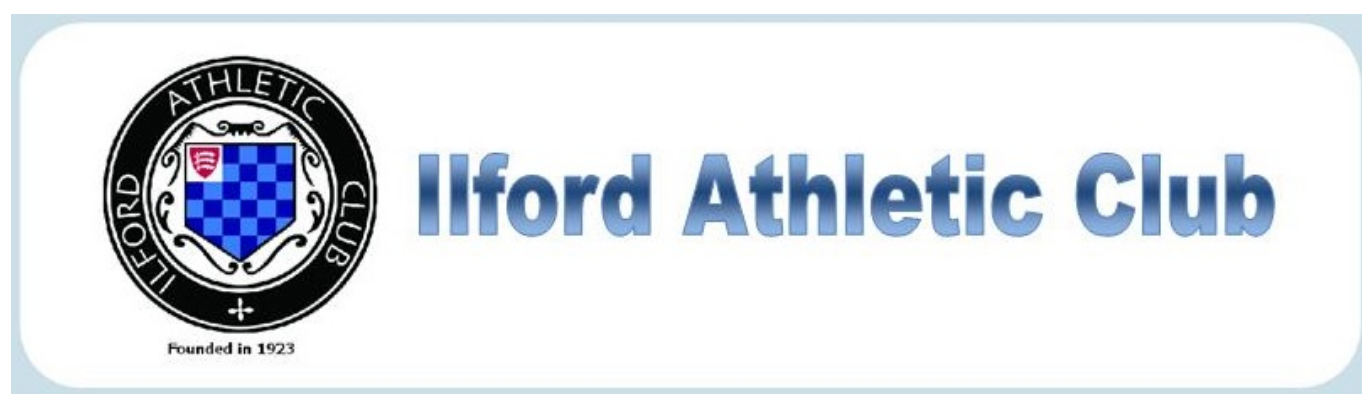


Young Athletes Report – Newham 2nd Feb 2014



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 [Read more](#)

[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 ...[Read more](#)



Essex Track and Field Championships Days 1,2 &3 2013



SWEET SUCCESS FOR ILFORD ATHLETES AT ESSEX CHAMPS On the 6th, 25th and 26th May, Ilford athletes displayed their months of hard training with some excellent performances at the Essex County Championships Day 1, 2 and 3. The Essex County Championships Day 1 commenced on the 6th May at Thurrock Stadium, which saw the Ilford youngsters compete over the distance of 200m and 1500m. The star showing came from Greta Mazeikaite, who in her first ever year of competing in athletics, displayed her sparkling form this season by knocking off a second of her PB to come second in the U15 girls heat 2 in a fine time of 27.77. Her team mate Tolu Adebambo-Abisogun also competed over this distance in which ...[Read more](#)

Midweek Indoor Middle Distance Races - Report 25/02/2013



A group of four endurance athletes from Ilford AC took part in an evening of 800m and 1500m at the indoor track at Lee Valley Athletics Centre. Tom Gardner was the best of these and took part in two races. In the 800m he recorded 2 mins 05.20 secs and followed up with a recording of 4m 17.89s for the 1500m. Steve Philcox ran his heat in 4m 38.25s while Sam Rahman improved his personal best for the distance to 4m 40.25s and Kevin Newell finished



Young Athletes Items

in 4m 50.47s. Sprint coach Jeffrey Nkrumah entered his squad in the 800m for some over distance work and also ran himself. He showed his athletes the way home in 2m 15.25s and was ...[Read more](#)

[Lee Valley Indoor - 06/01/2013](#)



Metaswitch Games - Lee Valley 6th January 2013 Kelly Mavididi 60m: 8.58s 3rd place (PB) 60m: 8.58s 5th place (PB) 400m: 61.48s 2nd place (PB) Tamara Chambers 60m: 8.11s 3rd place (=PB) 60m: 8.15s 3rd place 400m: 66.45s 4th place (PB) Sam Malpass 60m: 7.35s 1st place (PB) 60m: 7.39s 4th place Tino Nyabowa 400m: 64.83s 4th place Essex League (Cross Country) - Epping Forest 12th January 2013 Kelly Mavididi ZXC: 25.13 27th place Tamara Chambers ZXC: 36.40 34th place Jessica Ferris ZXC: 27th place Gretter Mazeikaite ZXC: 28th place Sam Malpass ZXC: 38.43 66th place Ridge Beya Wa-Beya ZXC: 54.16 137th place Tino Nyabowa ZXC: 51.35 131st place Jeffrey Nkrumah ZXC: 40:22 75th place [Read more](#)

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