



## Ilford AC Walking section – Press Release 24th Jan 2017

### TREADING THE BOARDS

Ilford's new race walking find, Seb Parris, had his first indoor walk on Sunday at Lee Valley Arena when contesting the London Indoor Games over 3,000 metres. In high class company. and with the track's notorious banked corners, Parris opted for a cautious approach on what was his indoor walking debut. He produced a sound consistent display of racing to finish 9th in 18 minutes and 52 seconds. His next indoor race is the Essex County Indoor Championship at the same venue on Saturday February 4th.