

### DOUBLE SATURDAY SUCCESS FOR SEB

Ilford's Seb Parris had a busy Saturday as he came 2nd in the morning Valentine Park parkrun. Not one to rest on his laurels, he travelled to Lee Valley Indoor Arena to line up in the Essex County 1 Mile Championship, where he comfortably landed a gold medal in only his 2nd appearance on an indoor banked track. His 9 minutes 26 seconds was well ahead of defending champion Keith Palmer (Southend), winner in both 2015 & 16. Ilford AC gained 2-of-3 individual medals on offer as stalwart Dave Ainsworth claimed the bronze medal in 12.12, making it a remarkable time span – as his first Essex individual medal was in the 1975 County 50 Kilometres 42 years' ago!

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