



Shoe Rules

Subject: Shoe Rules

Message from Billy Green May 14, 2021 14:38

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For any athletes contemplating racing on the track this season and are planning on wearing their road racing shoes rather than spikes here is the latest comprehensive list of which are legal (up to 800m and over 800m) and not legal (e.g. Nike Vaporfly).

www.uka.org.uk/wp-content/uploads/2021/05/UKA-World-Athletics-Shoe-Rule-FAQs-April-2021.pdf?fbclid=IwAR1DWrqOUyo-uG4dIKclr8xe7JLztT65oa9GawwpiRSrmRKsHHRgkmpSQaY

Regards

Billy

If you need to respond to this email please do not reply but contact Billy Green separately