



## Shoe Rules

Subject: Shoe Rules

Message from Billy Green May 14, 2021 14:38

All Club e-mail messages can now be viewed via the Ilford AC web site link at [ilfordathleticclub.co.uk/messages](http://ilfordathleticclub.co.uk/messages)

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](http://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