



SCVAC 2022

Subject: SCVAC 2022

Message from Billy Green February 17, 2022 08:13

All Club e-mail messages can now be viewed via the Ilford AC web site link at ilfordathleticclub.co.uk/messages

Message from Henry Ricketts - Vets Track and Field Manager

.....

Details for this season's vets track and field, where confirmed.

Vet's athletics returns this season with scoring being re-introduced. If you can remember in the far and distant past, the Men's team won the Herts and North Middlesex league representing the Division in the SCVAC final to finish an excellent 3rd.

The first match is 9th May at Lee Valley. The proposed dates for the remaining matches are 20th June 18th July and 8th August although these dates are to be confirmed by hosting clubs taking account of national and world masters events. They are all Monday evening. Match details (schedule/events) are not known yet.

Time for the Track and Field athletes to dust off their spikes and clean their field equipment. The same as last year Men and Women will both be entered into the competition. If you're interested, please let me know with your preferred event although for maximum points it's good to be able to cover all track/field on the evening.

PS This will be of interest for our 400m and 800m athletes who competed on the day of the final in 2019 -

<https://www.youtube.com/watch?v=xWpbUEZ53Cs>

<https://www.youtube.com/watch?v=8NkVjt3f5Dk>

Hoping to see you for a great turn out this season.

Henry

Vets Track and Field Manager



SCVAC 2022

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