



## SCVAC Details Plus a reminder on ESSEX AA champs entries

Subject: SCVAC Details Plus a reminder on ESSEX AA champs entries

Message from Billy Green April 28, 2022 13:44

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)

.

SCVAC –

Details of the SCVAC matches are below.

Vets Track and Field matches for 2022.

Match 1: 9th May 2022 Lee Valley N9 0AR

Match 2: 20th June 2022 Stevenage SG2 9PB

Match 3: 18th July 2022 Lee Valley N9 0AR

Match 4: 8th August 2022 Harrow HA3 6SW

The Men's team are still the reigning champions so everybody will be trying to knock us off the perch.

Hoping the Ladies team can develop as well.

Declaration sheets need to be submitted at least 48 hours before the event so this will need to be factored in so that I can send them off.

Match details are attached.

ESSEX AA CHAMPS –

Message for our women middle distance athletes –

The Essex AA champs entries for all the senior & masters ladies 800m, 1500m & 3,000m are extremely poor – so medals up for grabs !

Reminder for everyone entries online close tomorrow.

Regards

Billy



## SCVAC Details Plus a reminder on ESSEX AA champs entries

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



[Match-details.docx](#)