

CIVIL SERVICE ATHLETIC ASSOCIATION
VIRTUAL ROAD RELAYS
16th – 24th March 2021

Due to the ongoing Covid crisis the CSAA Road Relays will not be held in March.

Therefore, the CSAA Committee has decided to hold a Virtual Relay instead.

This will be over a distance of 3 Miles and can be anywhere of your choosing and ideally the start and finish should be in the same place, or close proximity.

The course used should be paved and in a safe environment with all current social guidelines adhered to. Running round a track is not permitted, but a circuit of 800m plus will be.

Times should be taken from Start to Finish with no adjustments meaning Elapsed Times rather than Moving Times if using Strava/Garmin/Sunnto etc.

Any timing device is acceptable so long as evidence can be provided of the distance run (3 miles minimum) and the elapsed time taken.

Athletes will be formed into Departmental Teams with the fastest 4 Men and fastest 3 Women comprising their respective A Teams. Subsequent Teams will then be formed from the remaining runners based on time (B, C, D etc).

As an additional event a Mixed Relay will be calculated based on the times of 2 Men and 2 Women.

If you wish to enter as an Office Team (as well as part of a Departmental Team) please indicate this when sending in your results but please also state your parent Department as well.

The Run must take place between 16th March and 24th March inclusive and your result submitted to: Nick Hume at nick.hume@tiscali.co.uk

Notes:

Information Required by Nick

- i) **Name**
- ii) **CSSC No**
- iii) **Department plus Office Team Name (if entering a Team plus its location)**
- iv) **Date of Run and Age on Day**
- v) **Evidence of Elapsed Time & Distance Run (3 miles or more)**

Office Teams must be based in the same location.

Departmental Examples

Cabinet Office

Department for Business, Energy & Industrial Strategy

Department for Digital, Culture, Media & Sport

Department for Education

Department for Environment Food & Rural Affairs

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Department for International Trade

Department for Transport

Department for Work & Pensions

Department of Health & Social Care

Foreign, Commonwealth & Development Office

HM Land Registry

HM Revenue & Customs

HM Treasury

Home Office

Ministry of Defence

Ministry of Housing, Communities & Local Government

Ministry of Justice

National Crime Agency

NS&I

Ordnance Survey