

CSAA Virtual 3 Mile Relay Challenge 16th - 24th March 2021

To All Athletes:

Thank you to everyone who participated in the CSAA "Virtual" 3 Mile Relay Challenge during the period 16th – 24th March. There were 73 athletes in total and this was really surprising but very welcome, as there was a feeling that many runners were "virtualled" out and looking forward to the return to "real" racing.

A few did say that it provided an incentive to go out and run fast, but that can be harder said than done on your own. I know that those who would have been at Finsbury Park, in normal circumstances, sometimes experience 2 laps on their own but at least you do have a shout from team mates at the start/finish and perhaps around the course!

Congratulations to all, especially those who were competing in something like this for the first time. I now know that there are running groups within CSSC Head Office, Dover District Council, HMRC Manchester and MINERVA (OPSS) as well as Ordnance Survey who are running together (as allowed) to support each other which is great in these difficult times

I apologise if there are any typos and I have not correctly reflected your performances and also hope that everyone is included in at least one or more of the team categories.

There were some excellent times recorded across all the age categories and it is good to see some newcomers to CSAA events making their mark felt, as well as those who have been around for many years and still running strong without mentioning any names!

In the Team competition there were some close finishes, especially in the Ladies Race where the second, third and fourth teams were separated by 15 seconds! In the Men's event there was 17 seconds between second and third whilst in the Mixed category third and fourth were 28 seconds apart.

CSAA has planned its 2021 Programme and these dates can be found on the CSAA and CSSC Websites and we hope that they will be held this year, subject to Government restrictions, Council permission and EA Guidelines in place at the time. The websites will be updated when more information becomes available but for now the proposed plan is:

Event	Proposed Date	Proposed Venue
10k	TBC (late Aug/early Sept)	London: Olympic Park
T & F (Open & Masters)	11 th August	Coventry: Warwick University
Race Walk	29 th September	Birmingham: Cannon Hill Park
XC	13 th October	London: Parliament Hill

I trust that you and your families will remain safe and well as we move into Spring and Summer

Regards

Nick

CSAA Secretary