Hi Everyone,

As noted in the January monthly meeting minutes, there will be a Saltwell Spring Series Grand Prix running from February to May.

There are 6 races, using the local park runs. All races start 9 am on the Saturday morning. In order to get a barcode you need to register with parkrun, which is free. *www.****parkrun****.*[*org.uk/*](http://org.uk/)

Rules:

* Wear a saltwell vest
* Have your time registered/recorded (No barcode, no time)
* Points: 1 pt for 1st, 2pt for Second etc – those not running will get 50 points. The male and female with the least number of points wins,
* In the event that no-one completes the six races a minimum of four is needed to remain in the competition

Dates for your diary:

15th February Newcastle

8th March Sunderland

29th March Blackhill

5th April Chester le Street

3rd May Gibside

24th May Gateshead

Hope to see you all there!

Sophie