

The race is being held on the NSC Perimeter road on Sunday 5th March 2017 starting at 9.00 am.

This is an ideal opportunity for all those long-distance runners including London Marathon entrants to try out their pace, kit and nutrition before The Big Day!

As the race is held on the NSC Perimeter Road, runners will have easy access to a water station and toilets every half-mile.

There will be trophies and prizes for the first three ladies and first three men, as well as spot prizes. Refreshments and prize presentation will follow the race.

So please pass the word to all your running friends and tell them to get their entries in, and don't forget your own entry. The entry form is available on the club website.

Any member not entering the race but has some spare time to help with marshalling or the water station, please let me know. The more helpers we have ensures the race runs smoothly, and the less time each marshal has to be in attendance.

Any queries to Mo Kelly mokelly@manx.net

Good luck!