

The 20 Mile Race will be held at the NSC in Douglas on **Sunday 4th March at 9.00am**.

The race is 40 laps of the NSC perimeter road and gives long-distance runners the opportunity to check their kit, nutrition and pace whilst having easy access to toilets and water station.

If you fancy giving it a go, and it is a fabulous event, then get your entry in as soon as possible.

If you know of anybody doing the London Marathon, or any spring marathon, mention this race to them. It is open to all seniors and is an excellent opportunity for runners to see how their training is going. And there are **PRIZES** for the first three ladies and the first three gents, with refreshments and trophies available immediately following the event.

If you aren't taking part in the race, then please volunteer to help with marshalling, lap-counting or the refreshments.

Any queries, please contact the Race Secretary, Mandine Wilson, on [mandine@manx.net](mailto:mandine@manx.net).