

The **ISLE OF MAN GRAND PRIX OF RUNNING** has transformed into a new race series

NO REST FOR THE WICKED



Based on the beautiful Isle of Man, **NO REST FOR THE WICKED (NRW)** starts with the ever popular Isle of Man Marathon or Half Marathon, hosted by the IoM Veteran Athletes' Club, on Sunday August 10th. **NRW** competitors can choose between the two separate categories - full marathon or half marathon.

Monday 11th August sees the return of the Peel Hill Run, put on by Western Athletic Club. This out and back course is just shy of 4 miles and involves the ascent of Peel Hill, to Corrin's Folly before the downhill sprint back to the start line.

Tuesday 12th August belies the title of the new series a little as it's a rest day - even the wickedest of runners can use a 'feet up' day. Those who are seriously hard core can go for a training run and explore the stunning scenery that the Isle of Man has to offer.

Wednesday 13th August sees the introduction of a new race (or the return of an old one for those who have been around the IoM running scene for long enough). Northern Athletic Club will host a 10km road race around Ramsey. This 3 lap affair is largely flat, with one small rise near the beginning of each lap.

Manx Harriers put on the Foxdale 6 once again on the Thursday evening, 14th August. This hilly 6 miler is all on the road but after a lightening quick first mile you'll suddenly realise that things start to get a bit on the steep side.

The final event, on Friday 15th August, is a brand new course. Western Athletics Club will host the inaugural Peel Heritage Trail Run, which is approximately 7.5 miles. The course is 80% off road on flat or undulating trails. This stunning run takes in the old railway line from Peel to St Johns and then St Johns to Knocksharry. Just when you think that the scenery can't get any better the course will take you on to the coastal footpath back to Peel and the prize presentation.

Unlike the old Grand Prix of Running, where places were allocated points, **NRW** placings will be calculated on cumulative time, so there'll be no slacking just because you're in front of the next competitor!

I hope to see you on the Isle of Man in August 2008 because, when it comes to running, there really is **NO REST FOR THE WICKED!**

Yours in running,

Ben Scott
No Rest for the Wicked series organiser

ben@scottphysio.com

tel. 01624 845555