

An Evening with
Rory Coleman
UltraRunner Extraordinaire

FRIDAY 24th SEPTEMBER
£12 pp (includes chip baps)
7pm for 7.30pm
Venue: 'Creg Ny Baa Hotel'



Rory Coleman

All proceeds / raffle to:

HYPERBARIC
ISLE OF MAN
www.hyperbaric.im



Rory is an UltraRunner and UltraRace Director. He will talk about his 650 marathons, 150 ultra's, 7 times MdeS and 9 Guinness World Records for treadmill times and distances. He has organised Marathon Of Britain 6 times, JOGLE 2010 and many other UK Ultraraces. He is a Personal Trainer helping ordinary runners achieve extraordinary dreams. Come and listen to an amazing, motivated person.

Tickets from Bethany 07624 481792
E-mail: bethany@manxcat.org.uk