

Supplementary Tables:

Table 1: The profile by race distance, sex and age groups of all race entrants and race entrants who gave consent to participate in this study

		All race entrants (n=106743)		Consenting race entrants (n=76654)		p-value
		N	%	N	%	
Race distance	21.1km	64740	60.7	47069	61.4	0.0010
	56km	42003	39.4	29585	38.6	
Sex	Males	61815	57.9	44042	57.5	0.0520
	Females	44928	42.1	32612	42.5	
Age groups	≤ 30 years	27710	26.0	20168	26.3	0.3640
	31–40 years	35049	32.8	25045	32.7	
	41–50 years	26964	25.3	19340	25.2	
	> 50 years	17020	15.9	12101	15.8	

Table 2: The demographics (sex, age groups) of all the consenting race entrants and the sub-groups (21.1km, 56km) over the 4-year period

		All consenting race entrants		56km entrants		21.1.km entrants		p-value
		n	%	N	%	N	%	
All race entrants		76654	100	29585	38.6	47069	61.4	
Sex	Males	44042	57.5	21044	71.1	22998	48.9	0.0001
	Females	32612	42.5	8541	28.9	24071	51.1	
Age	≤30 years	20168	26.3	3574	12.1	16594	35.3	0.0001
	31-40 years	25045	32.7	10755	36.4	14290	30.4	
	41-50 years	19340	25.2	10078	34.1	9262	19.7	
	>50 years	12101	15.8	5178	17.5	6923	14.7	

Table 3: The frequency (%) and prevalence ratio (PR: 95% CI) of 21.1km and 56km race entrants with hEAMC by history of chronic disease (adjusted for sex and age group)

Race distance	History of chronic disease variable		n	Number with hEAMC	% hEAMC	PR (95% CI)	p-value
21.1km	Any history of CVD	No	46208	4218	8.9 (8.6-9.2)		
		Yes	861	163	14.6 (12.5-17.1)	1.6 (1.4-1.9)	<0.0001
	Any risk factor for CVD	No	41154	3361	8.1 (7.8-8.4)		
		Yes	5915	1020	14.3 (13.4-15.3)	1.8 (1.6-1.9)	<0.0001
	Any symptoms of CVD	No	46496	4180	8.7 (8.4-9.0)		
		Yes	573	201	25.7 (21.7-30.4)	2.9 (2.4-3.5)	<0.0001
	Any respiratory disease	No	42073	3630	8.4 (8.1-8.7)		
		Yes	4996	751	14.0 (12.9-15.1)	1.7 (1.5-1.8)	<0.0001
	Any endocrine disease	No	45620	4205	8.9 (8.6-9.2)		
		Yes	1449	176	12.5 (10.7-14.6)	1.4 (1.2-1.7)	<0.0001
	Any GIT disease	No	45759	4082	8.7 (8.4-9.0)		
		Yes	1310	299	19.8 (17.5-22.3)	2.3 (2.0-2.6)	<0.0001
	Any nervous system / psychiatric disease	No	45782	4155	8.7 (8.4-9.0)		
		Yes	1287	226	17.5 (15.3-20.1)	2.0 (1.7-2.3)	<0.0001
	Any kidney / bladder disease	No	46400	4228	8.8 (8.5-9.1)		
		Yes	669	153	17.5 (14.8-20.7)	2.0 (1.7-2.3)	<0.0001
	Any haematological / immune disease	No	46666	4305	8.9 (8.6-9.2)		
		Yes	403	76	18.9 (14.8-24.2)	2.1 (1.7-2.7)	<0.0001
	Any cancer	No	46290	4258	8.9 (8.6-9.2)		
		Yes	779	123	13.5 (11.3-16.2)	1.5 (1.3-1.8)	<0.0001
56km	Any history of CVD	No	29036	6047	16.5 (16.0-17.0)		
		Yes	549	186	23.5 (20.3-27.1)	1.4 (1.2-1.6)	<0.0001
	Any risk factor for CVD	no	26179	5090	15.8 (15.3-16.3)		
		yes	3406	1143	24.2 (22.8-25.6)	1.5 (1.4-1.6)	<0.0001
	Any symptoms of CVD	no	29305	6101	16.4 (15.9-17.0)		
		yes	280	132	30.3 (25.7-35.7)	1.8 (1.6-2.2)	<0.0001
	Any respiratory disease	no	27500	5633	16.0 (15.5-16.6)		
		yes	2085	600	23.1 (21.4-25.0)	1.4 (1.3-1.6)	<0.0001
	Any endocrine disease	no	28923	6052	16.4 (15.9-17.0)		
		yes	662	181	22.5 (19.4-26.1)	1.4 (1.2-1.6)	<0.0001
	Any GIT disease	no	28838	5930	16.3 (15.8-16.8)		
		yes	747	303	30.0 (27.1-33.0)	1.8 (1.7-2.0)	<0.0001
	Any nervous system / psychiatric disease	no	29012	6075	16.4 (15.9-16.9)		
		yes	573	158	23.9 (20.7-27.5)	1.5 (1.3-1.7)	<0.0001
	Any kidney / bladder disease	no	29133	6067	16.4 (15.9-17.0)		
		yes	452	166	26.6 (23.1-30.7)	1.6 (1.4-1.9)	<0.0001
	Any haematological / immune disease	no	29395	6192	16.5 (16.0-17.1)		
		yes	190	41	25.5 (19.1-34.0)	1.5 (1.2-2.1)	0.0034
	Any cancer	no	29156	6115	16.5 (16.0-17.1)		
		yes	429	118	20.1 (16.6-24.3)	1.2 (1.0-1.5)	0.0480

PR: Prevalence ratio
CVD: cardiovascular
GIT: gastrointestinal

Table 4: The Frequency (%) and prevalence ratio (PR: 95% CI) of 21.1km and 56km race entrants with hEAMC by history of any running injury (adjusted for sex and age group)

Race distance		n	Number with hEAMC	% hEAMC (95%CI)	PR (95% CI)	p-value
21.1km	No	42632	3493	8.2 (7.9-8.5)		
	yes	4437	888	15.7 (14.6-16.9)	1.9 (1.8-2.1)	<0.0001
56km	No	25691	4875	15.5 (14.9-16.0)		
	yes	3894	1358	24.6 (23.3-25.9)	1.5 (1.5-1.6)	<0.0001

PR: Prevalence ratio