

Supplementary Table 2a: The frequency (n, %) of race entrants with a history of gradual onset running-related injury by race distance, sex, and age group (n=7623, of all entrants n=68258)

Characteristics		Entrants with GORRIs (n=7281)	Number of Gradual Onset Running-Related Injury (n=7623)			
			n	Prevalence (%; 95%CI)	PR	p-value
Race distance	21.1km	3777 (51.87)	3924	8.96 (8.67-9.26)		<0.0001
	56km	3504 (48.13)	3699	13.96 (13.48-14.45)	1.56 (1.48-1.63)	
Sex	Males	4271 (58.66)	4462	11.04 (10.70-11.40)	1.06 (1.01-1.11)	0.0269
	Females	3010 (41.34)	3161	10.45 (10.70-10.85)		
Age groups (years)	≤30	1562 (21.45)	1619	9.70 (8.27-9.15)		<0.0001
	31 to ≤40	2402 (32.99)	2499	10.85 (10.41-11.32)	1.25 (1.17-1.33)	
	41 to ≤50	2018 (27.72)	2128	11.96 (11.42-12.52)	1.37 (1.28-1.47)	
	>50	1299 (17.84)	1377	12.78 (12.06-13.53)	1.47 (1.36-1.59)	

8738 entrants had missing data

Supplementary Table 2b: The frequency (n, %) of race entrants with a history of muscle structure injury by race distance, sex, and age group (n=2995, of all entrants n=63630)

Characteristics		Entrants with Muscle Structure injury (n=2942)	Number of Muscle Structure Injury (n=2995)			
			n	Prevalence (%; 95%CI)	PR	p-value
Race distance	21.1km	1426 (48.47)	1446	3.62 (3.43-3.82)		<0.0001
	56km	1516 (51.53)	1549	6.72 (6.37-7.08)	1.86 (1.72-2.00)	
Sex	Males	1749 (59.45)	1788	4.94 (4.70-5.19)	1.10 (1.02-1.19)	0.0165
	Females	1193 (40.55)	1207	4.50 (4.24-4.77)		
Age groups (years)	≤30	545 (18.52)	553	3.25 (2.99-3.54)		<0.0001
	31 to ≤40	955 (32.46)	967	4.69 (4.39-5.01)	1.44 (1.29-1.60)	
	41 to ≤50	879 (29.88)	897	5.73 (5.34-6.14)	1.76 (1.58-1.96)	
	>50	563 (19.14)	578	6.09 (5.58-6.65)	1.87 (1.66-2.12)	

13366 entrants had missing data

Supplementary Table 2c: The frequency (n, %) of race entrants with a history of tendon injury by race distance, sex, and age group (n=1985, of all entrants n=62620)

Characteristics		Entrants with Tendon injury (n=1965)	Number of Tendon Injury (n=1985)			
			n	Prevalence (%; 95%CI)	PR	p-value
Race distance	21.1km	1018 (51.81)	1023	2.60 (2.44-2.77)		<0.0001
	56km	947 (48.19)	962	4.35 (4.07-4.65)	1.67 (1.53-1.83)	
Sex	Males	1203 (61.22)	1213	3.47 (3.27-3.68)	1.19 (1.08-1.31)	0.0003
	Females	762 (38.78)	772	2.91 (2.70-3.14)		
Age groups (years)	≤30	444 (22.60)	450	2.65 (2.40-2.91)		<0.0001
	31 to ≤40	653 (33.23)	658	3.26 (3.02-3.53)	1.23 (1.09-1.40)	
	41 to ≤50	565 (28.75)	571	3.76 (3.45-4.10)	1.42 (1.25-1.62)	
	>50	303 (15.42)	306	3.38 (3.00-3.80)	1.28 (1.10-1.49)	

14376 entrants had missing data