



Leicester  
City Council



*Leicester City  
Leicestershire County and Rutland*

## **News release**

Wednesday October 5, 2011  
For immediate release

### **Runners urged to prepare properly for marathon**

Running shoes, water, suitable clothing and a hearty breakfast are on the checklist for runners in the Leicester marathon this Sunday (October 9).

As hundreds of budding athletes pull on their running shoes and take to the city's streets to run the full or half marathon, the Leicester, Leicestershire and Rutland PCT Cluster is urging runners to keep well hydrated by drinking plenty of fluids and keep their energy levels up by eating a hearty breakfast.

With more than 5,000 runners taking part in the event there are bound to be a few bumps and stumbles along the way, but drinking and eating sensibly in the run -up and on the day of the race will help to keep runners in good health.

Rob Melling, a physical activity coordinator speaking on behalf of the Cluster, said: "It's essential all runners know they are medically fit to run before taking part in the race. On the day its important runners take on extra fluids and eat a good breakfast to keep energy levels up. Fruit such as bananas and wholegrain cereals are ideal as they release energy more slowly.

"Make sure you warm up well before the race to avoid any pulled muscles and if you do experience any pain whilst running the course it is advised you stop and seek advice from the medical team on hand."

Jo Hicks, physical activity officer for Leicester City Council, added: "The Leicester Marathon is a great run for local residents to get involved in. As well as the full marathon, there's also a half marathon and both routes are suitable for first time marathon runners and experienced runners.

"You may not be ready for the Leicester Marathon this year, but start exercising now and it could be the goal you need to get you motivated to start exercising and run it next year."

For more information on how to prepare for the Leicester Marathon and what runners can do to stay healthy on the day log on to [www.leicestermarathon.org.uk/race-info/faqs](http://www.leicestermarathon.org.uk/race-info/faqs).

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**For interviews or more information please contact press officer Liz Thomas on 0116 295 7677 or [liz.thomas@leicestercity.nhs.uk](mailto:liz.thomas@leicestercity.nhs.uk) or senior media officer Caroline Higgs on 0116 295 7663 or [caroline.higgs@lcr.nhs.uk](mailto:caroline.higgs@lcr.nhs.uk)**

Notes to editor:

In October 2010 NHS Leicester City and NHS Leicestershire County and Rutland joined forces to form a 'cluster', in line with the requirements of the Department of Health. Although we share one Cluster Board and our staff work across the city and county boundaries, we have not legally merged, and retain our separate statutory duties. Together we serve a population of more than a million people. Cluster formation is an interim stage in the reform of the NHS, involving ongoing transfer of most local commissioning functions to GP-led clinical commissioning groups, in line with the Health and Social Care Bill, now before Parliament and the House of Lords.