

Table S3: Adverse events during and after the marathon/half marathon

Reports	Analgesics (49%)				No Analgesics (51%)			
	Half marathon n=1,313 no. of reports (%) ¹	Marathon n=581 no. of reports (%)	Other /not stated n=37 no. of reports (%)	All n=1,931 no. of reports (%)	Half marathon n=1,555 no. of reports (%)	Marathon n=403 no. of reports (%)	Other /not stated n=24 no. of reports (%)	All n=1,982 no. of reports (%)
AEs²								
Urine blood	23 (2)	41 (7)	5 (14)	69 (4)	0 (0)	0 (0)	0 (0)	0 (0)
GI-cramp	84 (6)	98 (17)	3 (8)	185 (10)	7 (1)	8 (2)	0 (0)	15 (<1)
GI-bleeding	22 (2)	46 (8)	6 (16)	74 (4)	0 (0)	3 (1)	0 (0)	3 (<1)
CV-during race	11 (1)	66 (11)	1 (3)	78 (4)	3 (<1)	1 (<1)	0 (0)	4 (<1)
CV-post race	47 (4)	112 (19)	11 (30)	170 (9)	49 (3)	8 (2)	1 (4)	58 (3)
Total (individuals) ³	138	158	16	312	55	16	1	72
Reasons for premature race withdrawal								
Intestinal cramp	35 (3)	0 (0)	0 (0)	35 (2)	12 (1)	0 (0)	0 (0)	12 (1)
Pain	14 (1)	3 (1)	0 (0)	17 (1)	16 (1)	0 (0)	0 (0)	16 (1)
Muscle cramp	9 (1)	1 (<1)	1 (3)	11 (1)	47 (3)	3 (1)	0 (0)	50 (3)
Others	8 (1)	3 (1)	1 (3)	12 (1)	14 (1)	1 (<1)	0 (0)	15 (1)
Total (individuals) ⁴	66	7	2	75	89	4	0	93
Pain post exercise								
Joint	119 (9)	290 (50)	14 (38)	423 (22)	179 (12)	143 (36)	5 (21)	327 (17)
Muscle	929 (71)	308 (53)	22 (59)	1,259 (65)	642 (41)	271 (67)	10 (42)	923 (47)
Total (individuals)	955	323	23	1,301	710	274	11	995

¹ Percentages relate to the corresponding subpopulations, and rounded to the nearest whole number.

² The difference of the incidence of all AEs was highly significant ($p < 0.001$) when the "all" groups were combined, details and significance ranges are given in Figure 3

³ Number of individuals reporting AEs (a single individual may report >1 AE)

⁴ The overall difference of withdrawals comparing the analgesic and control cohort was not significant ($p = 0.237$; also compare Figure 4)