



NEWS RELEASE 28 MARCH 2007

RECORD BREAKING NUMBERS FOR BREAKFAST RUN

For the tenth consecutive year, the **ASICS Kingston Breakfast Run** has attracted record breaking entry levels with over 5,100 competitors set to take part this **Sunday, 1 April** over an 8.2 or 16 mile course.

The Breakfast Run traditionally marks the start of the racing calendar for many club and fun runners alike, with many in training for the London Marathon, and always attracts a number of well known faces. Amongst this year's field is TV and Radio presenter **Beverley Turner**, following in the footsteps of her husband James Cracknell who took part last year.

Many of the runners will be raising funds for official charity Leukaemia Research including Dan Reeve and Rob Aitken who are in training for an amazing fund-raising journey to the 2007 Rugby World Cup, incorporating a 24 mile cross-channel swim, an 1120 mile cycle and a 262 mile run over 18 days in August.

The race starts at 8am by the Guildhall near the coronation stone and finishes in the Ancient Market Place, in the heart of Kingston. The picturesque route takes in a very flat and looped course, making it achievable for novices through to experienced and long distance runners, with the added benefit of scenic views along the River Thames Towpath up to Hampton Court Palace.

Event sponsors ASICS will be on hand to offer professional support, guidance and a number of incentives to all competitors. They will also be performing free gait assessment (to avoid injury) at the event where competitors can have their running style assessed and correct footwear recommended.

Human Race director John Lunt commented. "With the event now in its tenth year, we are delighted to see so many competitors again this year, each with their own story to tell as to why they have entered. We know they would all love the support so we hope to see lots of people in Kingston cheering them on."

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Notes to Editors:

Race times:

8.2 miles – 8am

16 miles sub 2hrs women – 8.24am

16 miles men – 8.25am

16 miles women – 8.35am

Notes to Editors:

NAME	SEX	Race No. / Race	POINT OF INTEREST
Beverley Turner	Female 5890	8.2 miles	Journalist, Radio & TV presenter. Completed the WomenOnly Triathlon and Great North Run in 2006 and The Breakfast Run is her first sporting goal of 2007
Maxie Haddow- Allen	Male 4366	8.2 miles	Radio producer currently working on the James O'Brien show on LBC 97.3.
Bart Ricketts	Male 4641	8.2 miles	Liberal Councillor for Kingston. Competing with a team for the Mayor's Charity.
Dan Reeve Rob Aitken	Male Male	24 Miles 24 Miles	In training for a fund-raising journey incorporating a 24 mile cross-channel swim, an 1120 mile cycle and a 262 mile run for Leukaemia Research Fund.



Information on ASICS Kingston Breakfast Run

- First race starts at 8am
- The course is a one 8.2 lap or a two laps totalling 16 miles
- The event starts just off and finishes at the Ancient Market Place
- The course record is held by xxx
- 5,000 competitors entered
- Please visit our website on www.humanrace.co.uk

Information on Leukemia Research Fund

Leukaemia Research, charity partner for Human Race for a second year, is the only national charity devoted exclusively to improving treatments, finding cures and learning how to prevent leukaemia, Hodgkin's lymphoma and other lymphomas, myeloma and the related blood disorders, diagnosed in 24,500 people in the UK every year. Further information, including patient information booklets, is available from www.lrf.org.uk