

# News Release

For Immediate Distribution

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## CRACKNELL'S BREAKFAST RUN TO THE BOAT RACE

**Double Olympic gold medalist, James Cracknell, will be joining thousands of runners this weekend as he tackles his next challenge of racing the 16 mile ASICS Kingston Breakfast Run in time to present the boat race coverage for ITV.**

Cracknell, who has only recently returned from his successful rowing challenge across the Atlantic with Ben Fogle has entered the event, like many other competitors, as a warm up for this year's London Marathon taking place in just over three weeks time.

"The ASICS Kingston Breakfast Run fits in perfectly with my training and I really wanted to test my fitness on this flat, scenic course. Having spent many years training on the river in Kingston as a former Kingston Grammar student, it will be novel to be running along the Thames towpath rather than rowing it" said James.

This highly popular event, celebrating its 10<sup>th</sup> anniversary, has attracted a record number of over 5,000 competitors. It takes place this Sunday 2 April, in the heart of Kingston Upon Thames from 8am and offers a 8.2 or 16 mile course for competitors.

This will be first time that Cracknell has entered the ASICS Kingston Breakfast Run, but he follows fellow Olympic rowers Sir Steve Redgrave and Jonny Searle who completed the race last year in 2:26.28 and 1:48.35 respectively. "Not only will I be trying to beat Steve and Jonny's times, but as I've set myself a challenge to try and break three hours for the London Marathon, I'll be looking to complete the race in under 1 hour 45 minutes," added Cracknell, "plus I've got a further incentive of having to finish in time for the start of the Oxford v Cambridge Boat Race which I'm presenting for ITV!"

The ASICS Kingston Breakfast Run always attracts a number of well-known faces who take part and this year is no exception; alongside Olympic rowers James Cracknell and Jonny Searle, will be Alastair Campbell, Former Communications Director, who is competing as part of his triathlon training and to raise money for the event's official charity Leukemia Research. Zoe Salmon, who is also in training for the London Marathon, will be joined by

fellow children’s TV presenters Angellica Bell and Michael Absalom who have entered the 8.2 mile course for a fun challenge as has Nina Hossain, ITN’s newsreader, who impressively only took up running one year ago.

John Lunt, Director of Human Race, the event’s organisers, commented “with the event now in its tenth year, we are delighted to see so many competitors 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 you there cheering them on.”

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**Notes to Editors:**

**Race times:**

8.2 miles	8am
16 miles sub 2hrs women	8.18am
16 miles men	8.20am
16 miles women	8.30am

**Key competitors**

Name	Gender	Race No. & distance	Points of interest
Michael Absalom	Male	6121 8.2 miles	CBBC TV presenter
Angellica Bell	Female	5773 8.2 miles	CBBC TV presenter. Has entered a number of running events including London Marathon & Great north run. This will be her 3 <sup>rd</sup> Breakfast Run
Alastair Campbell	Male	6200 16 miles	Part of Leukemia Research’s Banana-army fundraising team. In training for the Banaman triathlon
James Cracknell	Male	2 16 miles	Double Olympic Rowing Gold Medalist
Nina Hossain	Female	5478 8.2 miles	ITN Newsreader. Completed first ever running event 5km, last May
Bart Ricketts	Male	8.2 miles	Liberal Councilor for Kingston
Zoe Salmon	Female	2776 16 miles	BBC TV Blue Peter presenter. Entered 2006 London Marathon. 16 miles will be furthest she’s ever run
Johnny Searle	Male	323 16 Miles	Olympic rowing medalist. Regular competitor of the Breakfast Run with an impressive PB of 1:48:35

**Information on ASICS Kingston Breakfast Run**

- First race starts at 8am
- The course is a one 8.2 lap or a two laps totaling 16 miles
- The event starts just off and finishes at the Ancient Market Place
- 5,109 competitors entered

- The 8 mile course record is held by Phillip Wickes with a time of 0:41:09
- The 16 mile course record is held by Phil Sly with a time of 1:24:12
- Please visit our website on [www.humanrace.co.uk](http://www.humanrace.co.uk)

**Information on Leukemia Research Fund**

Leukaemia Research (LRF), charity partner for Human Race hopes to raise £35,000 from the ASICS Kingston Breakfast Run. LRF is the only national charity devoted exclusively to improving treatments, finding cures and learning how to prevent leukemia, 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](http://www.lrf.org.uk)