**Table S1: Univariate regression model - the unadjusted prevalence ratio (PR; with 95% confidence intervals - CI) and % race entrants reporting analgesic / anti-inflammatory (AAIM) use by gender, a race type (21.1km and 56km), age group**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  |  | **% AAIM users** | **n** | **PR (95% CI)** | **p** |
| Gender | Female | 12.5 | 32612 |  |  |
| Male | 12.0 | 44042 | 1.05 (1.0-1.1) | 0.0365 |
| Race type | 21.1km | 8.3 | 47069 |  |  |
| 56km | 18.6 | 29585 | 2.2 (2.1-2.3) | <0.0001 |
| Age group | < 30 years | 8.1 | 20168 | 1.5 (1.4-1.6)a; 1.8 (1.7-2.0)b; 1.9 (1.8-2.1)c | <0.0001a,b,c |
| 31–40 years | 12.4 | 25045 | 1.2 (1.1-1.3)b; 1.3 (1.2-1.3)c | <0.0001b,c |
| 41–50 years | 14.8 | 19340 | 1.1 (1.0-1.1)c | 0.0959 |
| > 50 years | 15.6 | 12101 |  |  |

AAIM: Analgesic and anti-inflammatory medication

% AAIM use: frequency (%) of runners with history of AAIM use in each category

n: number of race entrants

PR: Prevalence ratio

CI: confidence interval

p: p-value

a: vs 31-40 years

b: vs 41-50 years

c: vs > 50 years

**Table S2: Univariate regression model - the unadjusted prevalence ratio (PR; with 95% confidence intervals - CI) and % race entrants reporting analgesic / anti-inflammatory (AAIM) use by musculoskeletal injuries and EAMC**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  | **n** | **PR (95% CI)** | **p** |
| Any running injury | no | 68323 |  |  |
|  | yes | 8331 | 2.8 (2.6-2.9) | <0.0001 |
| Any muscle injury | no | 73448 |  |  |
|  | yes | 3206 | 2.2 (2.1-2.4) | <0.0001 |
| Any tendon injury | no | 74660 |  |  |
|  | yes | 1994 | 2.4 (2.2-2.6) | <0.0001 |
| History of EAMC | no | 66040 |  |  |
|  | yes | 10614 | 2.2 (2.1-2.3) | <0.0001 |

AAIM: Analgesic and anti-inflammatory medication

EAMC: Exercise Associated Muscle Cramping

% AAIM use: frequency (%) of runners with history of AAIM use in each category

n: number of race entrants

PR: Prevalence ratio

CI: confidence interval

p: p-value

**Table S3: Univariate regression model - the unadjusted prevalence ratio (PR; with 95% confidence intervals - CI) and % race entrants reporting analgesic / anti-inflammatory (AAIM) use by main category of chronic disease history**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  |  | **% AAIM users** | **n** | **PR (95% CI)** | **p** |
| Any history of CVD | no | 12.1 | 75244 |  |  |
|  | yes | 21.1 | 1410 | 1.7 (1.5-2.0) | <0.0001 |
| Any risk factor for CVD | no | 11.5 | 67333 |  |  |
|  | yes | 17.8 | 9321 | 1.6 (1.5-1.6) | <0.0001 |
| Any symptoms of CVD | no | 12.1 | 75801 |  |  |
|  | yes | 23.9 | 853 | 2.0 (1.7-2.3) | <0.0001 |
| Any respiratory disease | no | 11.6 | 69573 |  |  |
|  | yes | 18.4 | 7081 | 1.6 (1.5-1.7) | <0.0001 |
| Any endocrine disease | no | 12.0 | 74543 |  |  |
|  | yes | 19.0 | 2111 | 1.6 (1.4-1.8) | <0.0001 |
| Any GIT disease | no | 11.9 | 74597 |  |  |
|  | yes | 23.4 | 2057 | 2.0 (1.8-2.2) | <0.0001 |
| Any nervous system / psychiatric disease | no | 12.0 | 74794 |  |  |
|  | yes | 21.5 | 1860 | 1.8 (1.6-2.0) | <0.0001 |
| Any kidney or bladder disease | no | 12.1 | 75533 |  |  |
|  | yes | 22.3 | 1121 | 1.8 (1.6-2.1) | <0.0001 |
| Any hematological or immune disease | no | 12.2 | 76061 |  |  |
|  | yes | 17.8 | 593 | 1.5 (1.2-1.8) | 0.0006 |
| Any cancer | no | 12.1 | 75446 |  |  |
|  | yes | 17.1 | 1208 | 1.4 (1.2-1.6) | <0.0001 |
| Any allergies | no | 11.6 | 68887 |  |  |
|  | yes | 18.1 | 7767 | 1.6 (1.5-1.7) | <0.0001 |

AAIM: Analgesic and anti-inflammatory medication

CVD: Cardiovascular disease

GIT: Gastrointestinal

% AAIM users: frequency (%) of runners with a history of AAIM use in each category

n: number of race entrants

PR: Prevalence ratio

CI: confidence interval

p: p-value