Keep on Running with Birmingham

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One of the UK's top marathon coaches will next month take to the stage at the University of Birmingham to pass on his top performance tips to runners competing in this year's London Marathon.

On 20 March Bud Baldaro, head coach of Athletics at the university and former trainer to Olympians, will offer tips and advice for competitors of the premier event. The session will provide an insight into all aspects of approaching a marathon distance including information on nutrition, pre-event preparation and vital injury prevention.

Commenting on the London Marathon, which takes place on 13 April, Bud says: “Competition at all levels is fiercer than ever, with both experienced runners and beginners trying to do their best. Marathon running is about tactics as well as technique and beginners don’t always have access to the guidance and knowledge that can help them. I hope that the lectures will give people the opportunity to feel fully prepared to not only compete, but get the best results they can, in the greatest marathon in the world.”

As well as being one of the UK’s most experienced coaches for distance events, Bud is coach for the Tipton Harriers and running consultant to Adidas, in addition to his role at the university. To date he has trained numerous Olympians including two time winner of the Chicago Marathon, Marian Sutton and helped Tracey Morris improve her time by a massive 1 hour and qualify for the Athens Olympics.

Last minute training for the London Marathon takes place on 20 March at 6pm at the Munrow Sports Centre, University of Birmingham, Edgbaston Campus. Tickets cost £10 for adults and £5 for students. For more information visit www.sport.bham.ac.uk.

Notes to Editors:

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