

Pre- to Post-M	Change in grade	Cartilage 0-4		Bone 0-3		Tendons 0-3		Ligaments 0-3	
		M	Non-M	M	Non-M	M	Non-M	M	Non-M
New/worse lesions	0 to 1	7	0	9	2	8	2	1	0
	0 to 2	4	0	9	1	4	0	1	0
	0 to 3	5	0	4	0	0	0	0	0
	0 to 4	1	0	0	0	0	0	0	0
	1 to 2	4	1	0	0	1	0	0	0
	2 to 3	2	1	4	0	0	0	0	0
	2 to 4	0	1	0	0	0	0	0	0
	3 to 4	2	1	0	0	0	0	0	0
	Total		25	4	26	3	13	2	2
Mean Change in amplitude		1.6	1	1.7	1.3	1.3	1	1.5	0
Improved lesions	1 to 0	0	0	9	0	0	0	2	0
	2 to 0	0	0	11	1	0	0	0	0
	2 to 1	0	0	1	1	1	0	0	0
	3 to 0	0	0	0	0	0	0	0	0
	3 to 1	0	0	2	0	0	0	0	0
	3 to 2	0	0	0	1	1	0	0	0
	4 to 0	0	0	0	0	0	0	0	0
	4 to 1	0	0	0	0	0	0	0	0
	4 to 2	1	0	0	0	0	0	0	0
	4 to 3	1	0	0	0	0	0	0	0
	Total		2	0	23	3	2	0	2
Mean Change in amplitude		-1.5	0	-1.6	-1.3	-1	0	-1	0

Table 1: Change in lesion grade/score (severity) from Pre-to Post Marathon in cartilage, subchondral bone marrow (oedema), tendons and ligaments, in marathon runners (n=71, 142 knees) and non-marathon runners who dropped out during training (n=11, 22 knees). M, marathon (runner).