

MarathonMan comes to London to run his 234th consecutive marathon

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****News/picture desks diary note**:**

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MARATHONMAN'S DAILY CHALLENGE TO LONDONERS

MarathonMan Stefaan Engels is about to step out in London as part of a gruelling challenge to create an unbeatable world record by running over 26 miles every day for a year.

For the 49-year-old Belgian, it is certainly not a case of the loneliness of the long distance runner, as he is joined by crowds of supporters wherever he runs.

His tour reaches London on September 28 where he will undertake his week of marathon 'jogs' starting at the Millennium Arena in Battersea Park from around 2 p.m. to 6.30 p.m. every day until October 4 when he will run from 9 a.m. until around 1 p.m. before leaving to fly to Seville in Spain.

His record claim will be lodged once he has completed his 365 consecutive days of marathon running on February 5 next year.

He set another world record in 2008 by completing 20 triathlon 'iron-man' events within one year - each triathlon involving 3.8 km (2.4 miles) of swimming, 180 km (112.5 miles) of cycling and 42.2 km (26.2 miles) of running in one continuous race.

Stefaan says his aim is to inspire others to realise they can be more active in their daily lives, to emphasise the benefits of healthy eating, and to prove that with the right determination and with the support of a good team, you can achieve any goal.

He has a message for overweight Britain. "I certainly wouldn't recommend starting with marathons to lose weight. It is important before starting strenuous activity to adopt a healthy diet and reduce weight because of the wear and tear on joints. But every obese person faces a personal challenge rather like running a marathon. They need strong determination and discipline to make it to their final goal," he says.

Sponsored by PronoKal®, the international weight management company, Stefaan is already almost two-thirds of the way towards what he reckons will be an unbeatable achievement in the Guinness Book of World Records.

"Just as it is giving me the vital support I need to accomplish my marathon challenge, PronoKal® can help to provide every overweight person, who has the determination, with the team support and dietary package they need to lose weight and achieve their goal," he adds.

Christian Mahy, chief executive of PronoKal® said: "PronoKal is proud and delighted to be the main sponsor supporting Stefaan Engels in his MarathonMan 365 challenge. Just as Stefaan has a whole professional team to help him succeed with his personal challenge, PronoKal provides a professional team to help each of its patients succeed with their personal weight-loss challenge."

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To arrange interviews, photographs, and for further information please contact:

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MarathonMan – go to www.pronokal.co.uk/marathonman365

PronoKal® has just opened its first UK clinic at 2 Harley Street, London.

For more information, please contact PronoKal® on 0845 604 8834.