

**For Immediate Release**  
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Phuket, Thailand

## **Asia's Biggest Losers to Continue Winning Ways at Laguna Phuket International Marathon**



Suchat Charnives (Tony) from Bangkok is nearly half the man he used to be and will compete in the Laguna Phuket International Marathon on 13<sup>th</sup> June. High resolution image available at <http://www.lagunaresorts.com/~ftpdm/Pictures/ABL%20Tony.jpg>



Leading Asia's Biggest Loser contestant Martha Lai will show off her new slimline figure and fitness at the Laguna Phuket International Marathon on 13<sup>th</sup> June. High resolution image available at <http://www.lagunaresorts.com/~ftpdm/Pictures/ABL%20Martha.jpg>

Stars of the hit TV reality weight loss show Asia's Biggest Loser will show off their new slimline bodies and fitness lifestyles when they step out in the Laguna Phuket International Marathon on 13<sup>th</sup> June.

Bangkok-based Suthat Charnives (Tony) and Martha Lai from Hong Kong - who between them shed a total of 77 kilos in just 12 weeks on the popular show to transform their lives - are both in training for the fun run in paradise as they embrace new healthy lifestyles.

Tony and Martha each finished in the top elite of weight losers in the show's finale, with Martha finishing third runner-up and Tony in sixth place.

They will compete in the marathon's 10.5k run, and will be joined on the course by fellow Asia's Biggest Loser contestant and Phuket resident Garry Holden, who lost 45 kilos and is attempting the half marathon less than nine months after embarking on the show's weight loss and fitness regime.

"All three are amazing examples of dedication and determination and we're delighted that they will join us to bring a real sense of sporting achievement to our fun run in paradise," said race director Roman Floesser.

Also taking part and bringing a touch of glamour to the day will be Thai film superstar Ananda Everingham, who is set to join the 5k family walk.

The fifth annual Laguna Phuket International Marathon is on track to attract a total of some 5,000 runners and has a full marathon, half marathon, 10.5k run, 5k family walk and 2k children's run. Runners are encouraged to take part in fundraising, either for their own chosen charity or for Laguna Phuket's fund-raising efforts to support local schools.

The marathon begins at Laguna Phuket and takes in various local areas on a mainly flat course, including a Thai village market, rubber plantation, rice fields and beach views, before finishing back at Laguna Phuket.

Online registration is open until 5<sup>th</sup> June. For further information or to register, visit: [www.phuketmarathon.com](http://www.phuketmarathon.com)

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About Laguna Phuket International Marathon™  
Race Date: 13 June 2010  
For further information please see

<http://www.phuketmarathon.com>  
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[www.twitter.com/phuketmarathon](http://www.twitter.com/phuketmarathon)

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