

Resource

Read through the information about the journey to reach a sub 2hr marathon. How do you think Eliud Kipchoge felt after completing his goal on his second attempt?

Kipchoge's Sub 2hr Attempt

Throughout the attempt, Eliud stuck to a pace of 2min 50sec per kilometre.

He hit the one-hour mark with 11 seconds to spare and, with 500m to go, burst clear of his support team to break the hallowed two-hour barrier, punching his chest twice in celebration.

As he sprinted towards the finish line, where his wife, Grace Sugutt, was waiting to greet him, Kipchoge waved to the crowds. Upon breaking the tape, he grabbed a Kenyan flag and was mobbed by his support crew!



Eliud Kipchoge

"This shows no-one is limited, now I've done it, I am expecting more people to do it after me."

Chris Froome, four times Tour de France winner: "I don't like to think in terms of limits...I believe that limits shouldn't be set in sport as I believe this would change the mentality for a lot of sportsmen, a lot of coaches and certainly the way that people perceive sport"

Sir Ben Ainslie, greatest ever Olympic sailor and America's Cup winner: "To achieve your extraordinary requires grit, determination and an open mind. It's amazing what can be accomplished when you don't set limits."

Supporters of The INEOS Challenge. Source: www.ineos159challenge.com

What is INEOS?



INEOS is a global chemical manufacturing company. They believe that being physically active is an essential ingredient to a happy and healthy life. Their name comes from; "Ineo" is Latin for a new beginning, "Eos" is the Greek goddess of dawn and "neos" means something new and innovative.

They are also behind the 'Daily Mile' which you may have heard of! It encourages around 1.7 million children to keep active each day!

Kipchoge hopes his most recent success will inspire others to believe that nothing is impossible!