



## What's going on?

Kenyan Runner Eliud Kipchoge has become the first runner ever to complete a marathon in under two hours! The Olympic champion and world record holder ran the 26.2 miles in 1 hour, 59 minutes and 40.2 seconds. The secret to his latest success is his amazing talent, combined with a huge mission by his team. He ran in Vienna in Austria on a specially designed course.

### Question:

#### Who is the fastest marathon runner?

#### Listen, think, share

- 🍏 Look at the poster and ask the children if they have heard of Eliud Kipchoge? Tell them that he recently succeeded in his goal to run a marathon in under 2hrs! The average time to complete a marathon in the UK is 4hrs and 37 minutes, which is more than double Kipchoge's time!
- 🍏 Ask the children if they know anyone who has run a marathon? How did they find it? Explain that a marathon is 26.2 miles! Use a local example to explain how far that is!
- 🍏 The attempt was a team effort, Kipchoge had pace runners (different people running alongside him to maintain his speed), a laser also and he was directly behind a car. Do you think it helped having a team behind him? Can you think of a time you were able to achieve something with help from others?
- 🍏 In Kipchoge's first attempt, he tried to run a marathon in under 2 hours 2 years ago but was 25 seconds over, can you imagine how he might have felt to be so close? Do you think it would have been hard for him to come back and try again 2 years later? Are you surprised he did? Before his successful attempt he didn't have any doubt that he wouldn't make it. Do you think having this confidence will have helped him to succeed?
- 🍏 Although Kipchoge managed to complete a marathon in under 2hrs, it isn't classed as a World Record as it is under 'assisted conditions', it wasn't an 'open race' as only Kipchoge was competing and there was extra help including a pace car which flashed a green laser line behind it to enable him to track his progress and he was supported by 42 pacemakers who ran in turns, in small groups in a V-shaped formation to help shelter him from the wind (and included several world and Olympic champions!) Do you think it is right that this isn't classed as a World Record? Kipchoge is still currently the fastest World Record marathon runner with a time of 2 hrs 1 min and 39 seconds set in 2018 in Berlin.
- 🍏 Watch the useful video which shows Kipchoge's journey. At the start of the video he says, "It's not about winning, it's about making history." What do you think he means by this?
- 🍏 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?

### Reflection

It is human nature to push boundaries, continue to learn, develop and achieve more. It's also human nature to worry and put limits on yourself and others. Eliud Kipchoge hopes that his amazing achievement will inspire others. In his own words, "No human being should be limited in their thoughts in what he or she should be doing. Self-belief is crucial".

#### Useful Video – Kipchoge's Journey

[www.bbc.co.uk/sport/av/africa/50002835](http://www.bbc.co.uk/sport/av/africa/50002835)

#### News story

[www.theguardian.com/sport/2019/oct/13/we-went-for-the-moon-how-eliud-kipchoge-made-marathon-history](http://www.theguardian.com/sport/2019/oct/13/we-went-for-the-moon-how-eliud-kipchoge-made-marathon-history)