

196 marathons in 196 countries

Elementary

1 Warmer

Put these in order from 1 (the most difficult) to 5 (the easiest).

- | | |
|----------|-----------------------------------|
| 1. _____ | a. climbing Mount Everest |
| 2. _____ | b. running a marathon (42.195 km) |
| 3. _____ | c. swimming one kilometre |
| 4. _____ | d. lifting 100 kilos |
| 5. _____ | e. doing a parachute jump |

2 Key words

Fill the gaps in the sentences with these key words from the text. The paragraph numbers will help you.

charity

cancer

victory

calorie

battle

visa

1. A _____ is when one side wins a battle or a competition. (para 1)
2. A _____ is a fight between two armies in a war. (para 1)
3. _____ is a serious illness. (para 2)
4. You give money to a _____ and they help poor or ill people. (para 2)
5. A _____ is an official document or mark in your passport that allows you to enter a country for a specific period of time. (para 3)
6. A _____ is a unit for measuring how much energy you get from food. (para 3)

3 Find the information

Find the following information in the text as quickly as possible.

1. When was the Battle of Marathon?
2. When were the first modern Olympic Games?
3. Where did Nick Butter run his first marathon?
4. How far did he run in total?
5. How many passports did he use?
6. How much money has he made for the cancer charity?

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5 December, 2019

- 1 The marathon is the longest race at the Olympic Games with a distance of 42.195 kilometres. The name comes from the legend of a man in Ancient Greece who ran from Marathon to Athens in 490 BC. He ran to take the news of a Greek victory in a battle against the Persians. The marathon race was run at the first modern Olympic Games in Athens in 1896, and now there are more than 800 marathon races around the world each year.
- 2 Now, a British man, 30-year-old Nick Butter from Bristol, has become the first person in the world to run a marathon in all 196 countries. A friend of his is very ill with cancer, so Nick decided to run 196 marathons in 196 countries to make money for a cancer charity.
- 3 He ran his first marathon in the snow in Canada in January, 2018, and finished in “the home of the marathon” in Athens on 10 November, 2019, 674 days after he started. He ran a total of 8,270 kilometres and used ten passports because he needed visas for a lot of the countries he ran in. He visited all seven continents, including Antarctica. He took 5.1 million steps during the 196 marathons and burnt 5.1 million calories.
- 4 Nick has made £65,000 for the cancer charity, but he wants to make £250,000 in total. He has completed his record-breaking 196 marathons, but he is not planning to stop running. He says he will continue to run one or two marathons every week. His next plan is to run over 1,300 kilometres around the coast of Iceland.

4 Comprehension check

Match the beginnings and endings to make statements about the text.

- | | |
|---|---|
| 1. The marathon is ... | a. ... burnt over five million calories. |
| 2. A British man has become ... | b. ... to complete all 196 marathons. |
| 3. He decided to run the 196 marathons ... | c. ... the longest race at the Olympic Games. |
| 4. He took 5.1 million steps during the 196 marathons and ... | d. ... to make money for a cancer charity because one of his friends is very ill. |
| 5. It took him 674 days ... | e. ... run more than 1,300 kilometres around the coast of Iceland. |
| 6. He is now planning to ... | f. ... the first person in the world to run a marathon in all 196 countries. |

5 Chunks

Rearrange the words to make phrases from the text.

1. news a Greek the of victory
2. two week or every marathons one
3. Iceland of the coast around
4. the person world in first the

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6 Two-word phrases

Match the verbs in the left-hand column with the nouns in the right-hand column to make expressions from the text.

- | | |
|---------|---------------|
| 1. make | a. calories |
| 2. burn | b. steps |
| 3. take | c. a marathon |
| 4. run | d. money |

7 Prepositions

Fill the gaps in the phrases using these prepositions.

for

of

at

against

1. in a battle _____ the Persians
2. make money _____ charity
3. the legend _____ a man in Ancient Greece
4. the longest race _____ the Olympic Games

8 Discussion

- Would you like to run a marathon? Why? Why not?

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KEY

1 Warmer

1. victory
2. battle
3. cancer
4. charity
5. visa
6. calorie

3 Find the information

1. 490 BC
2. 1896
3. Canada
4. 8,270 kilometres
5. ten
6. £65,000

4 Comprehension check

1. c
2. f
3. d
4. a
5. b
6. e

5 Chunks

1. the news of a Greek victory
2. one or two marathons every week
3. around the coast of Iceland
4. the first person in the world

6 Two-word phrases

1. d
2. a
3. b
4. c

7 Prepositions

1. against
2. for
3. of
4. at