

Marathon Facts

**Follow the Active
School Walkway route
to find out more about
marathons.**



To complete a
marathon, you
have to run
42.2 km

(26 miles 365 yards).



When was the first marathon?

The first marathon took place in 490 BC, over 2,500 years ago. A messenger ran from a battlefield in Marathon back to Athens, a distance of 40 km (25 miles).



Who ran the first marathon?

Legend has it that name of the Greek messenger was Pheidippides. He ran from Marathon to Athens without stopping, discarding weapons and clothes along the way so that he could run faster. When he reached Athens, he burst in to the assembly shouting 'we have won!' before collapsing and dying from exhaustion.



40 km → 42.2 km

In 1908, the Olympics took place in London. Queen Alexandra requested that the race start on the lawn of Windsor Castle and finish in front of the royal box at the Olympic stadium, a distance that happened to be 42.2 km (26 miles and 385 yards). This became, and remains today, the distance of a marathon.

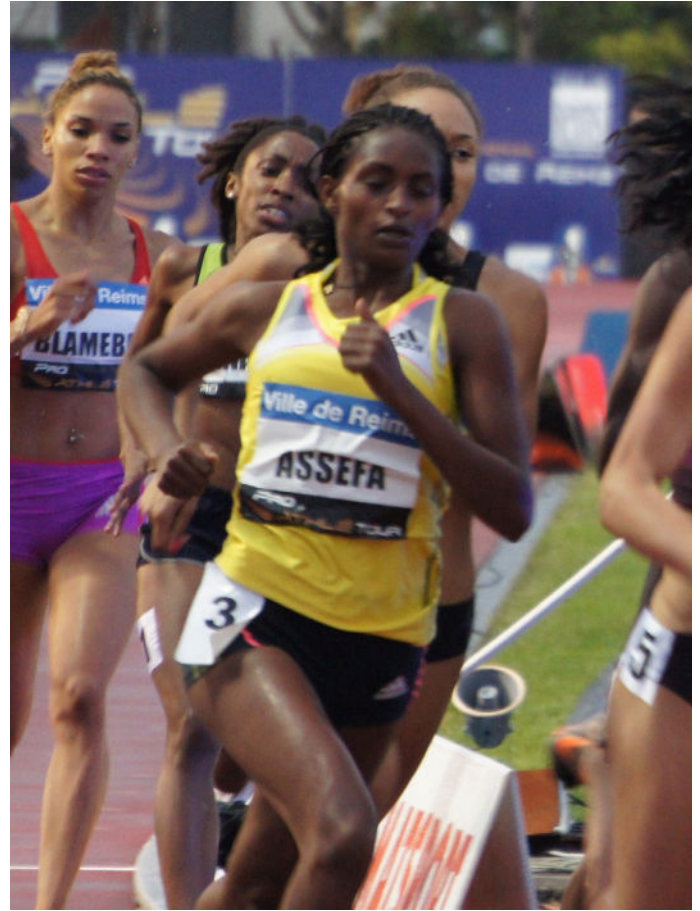
Fastest Marathon Times

6



Kelvin Kiptum
(Kenya)

2:00:35



Tigist Assefa
(Ethiopia)

2:11:53

Fastest Wheelchair Marathon Times

7



Marcel Hug
(Switzerland)

1:17:47



Catherine Debrunner
(Switzerland)

1:34:16



Marathons of the World

Over **800** marathons take place, in lots of different places across the world every year, ranging from the North Pole to the Great Wall of China.

The Boston Marathon started in 1897.
It is the world's oldest modern marathon.



The Dublin Marathon

The Dublin Marathon started in 1980 with 2,100 runners. In 2024, over 20,000 runners will take part. It takes place on the last Sunday in October every year. It is called the 'friendly marathon' as so many people line the route to cheer on the athletes.



Marathons of Ireland

Marathons take place in lots of different towns and cities every year including Clare, Cork, Donegal, Galway, Kilkenny, Waterford, Wexford to name but a few.

What's the nearest marathon to your school?



Training For a Marathon

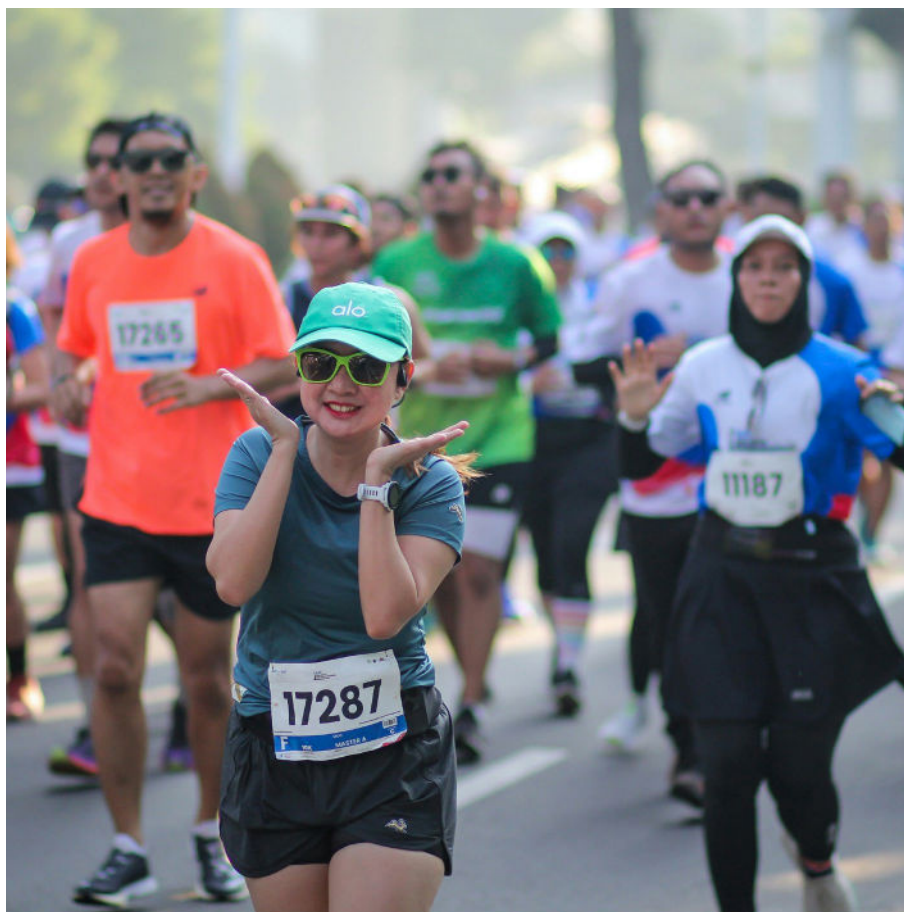
It's not easy! Most people have to train for 3–4 months before completing a marathon. They need to run lots of short and medium distance runs with much longer runs at the weekend. Stretching before and after training is really important. People training for a marathon also have to make sure that they have the correct footwear, that they eat healthily and get lots of rest and sleep.



Do you have to run a marathon?

Most marathon runners do so to challenge themselves, not to win the race. Lots of people use a combination of walking and running to complete the marathon distance.

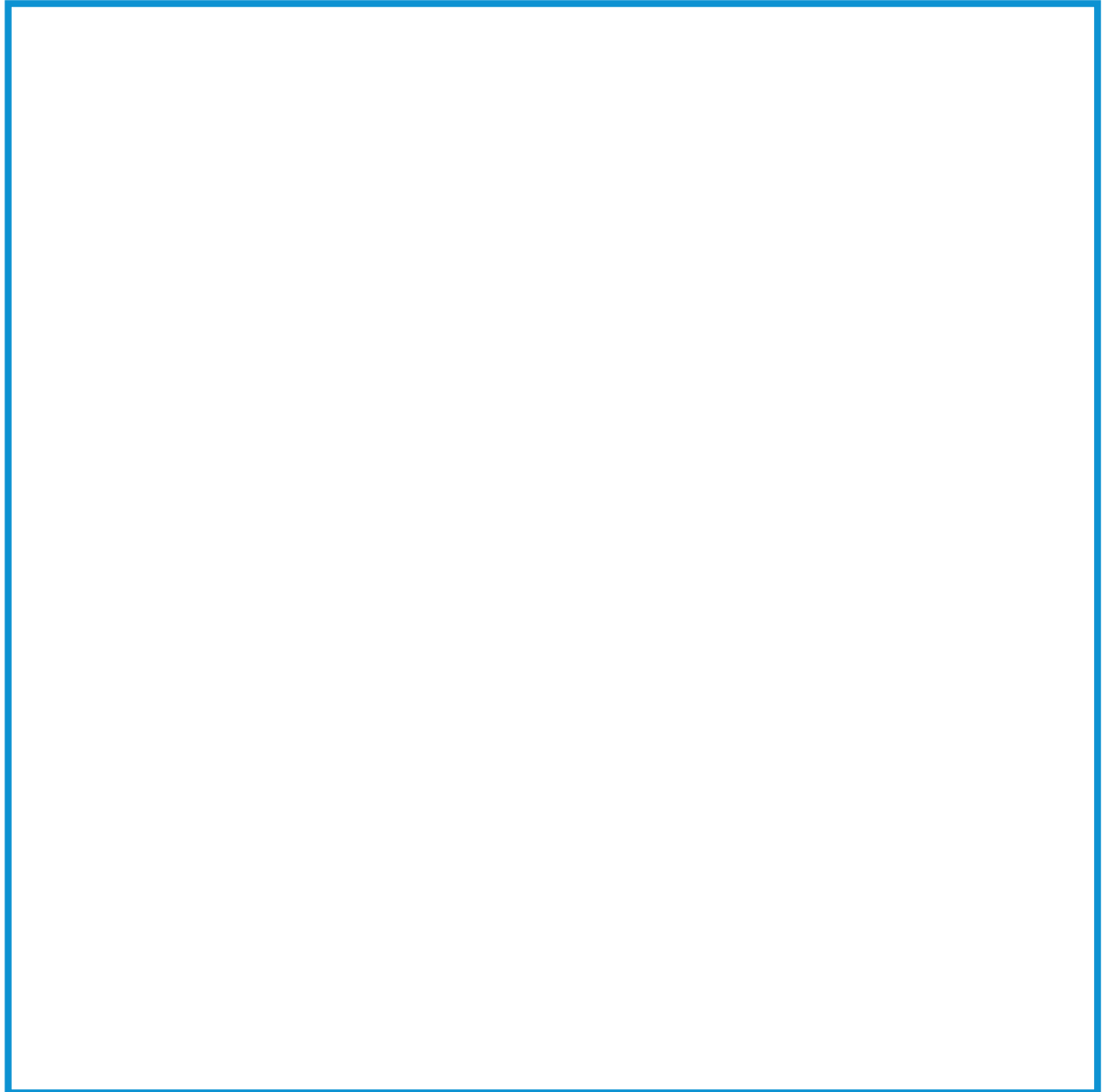
Sometimes runners even dress up!



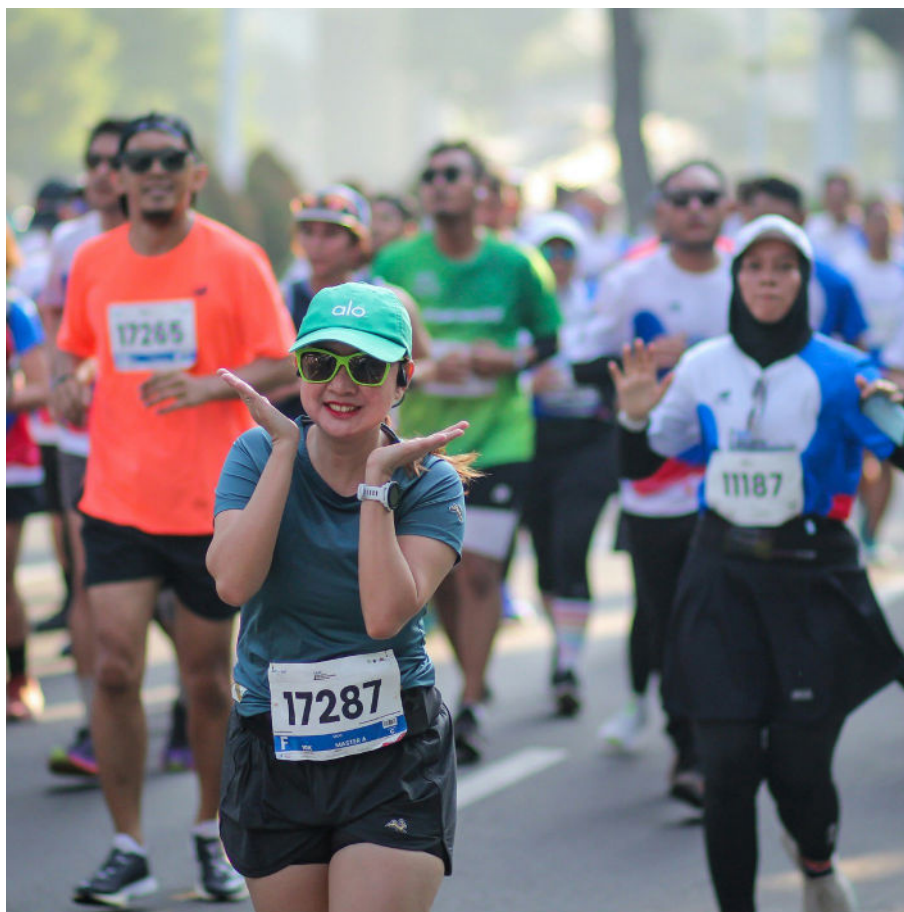
**Can you guess
which members
of our staff
have completed
marathons?**

Find out at the next walkway sign!

Our 14 Marathon Running Staff Members:



Maybe one day YOU will complete a marathon!



Do you know anyone who has completed a marathon?

Discuss it before the next walkway sign!

Maybe
one day
YOU
will complete
a marathon!

