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Level 1 – 19th January 2023

Woman runs record 150 marathons in 150 days

FREE online quizzes, mp3 listening and more for this lesson here:

<https://breakingnewsenglish.com/2301/230119-record-marathon-runner-1.html>

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Please try Levels 0, 2 and 3. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/2301/230119-record-marathon-runner-1.html>

It's hard to run a marathon. We need to train for months to run 42 km. However, marathons seem easy for the 32-year-old Australian runner Erchana Murray-Bartlett. She just ran one every day for 150 days. She ran 6,300 km over five months from the top of Australia to the bottom. She beat the previous world record of 106 marathons. Ms Murray-Bartlett is a professional runner. She did not qualify for the Tokyo Olympics, so she did the marathons instead.

Murray-Bartlett broke the world record to raise awareness of species extinction. Australia is rich in biodiversity, but many animals are dying out. She raised \$70,000 for a wildlife charity. She said the marathons were very hard, but she knew she could do them. She said she was "covered in sweat and flies, and everything ached". She kept telling herself to, "go 500 more metres". She said lots of tiny goals means you can do it. This is a lesson for all of us.

Sources: <https://www.bbc.com/news/world-australia-64286469>
<https://www.theage.com.au/national/victoria/i-m-so-stoked-woman-wraps-up-150-marathons-in-150-days-with-tan-track-dash-20230116-p5ccul.html>
<https://www.abc.net.au/news/2023-01-17/erchana-murraybartlett-runs-150-marathons-in-a-row-breaks-record/101861080>

PHRASE MATCHING

From <https://breakingnewsenglish.com/2301/230119-record-marathon-runner-1.html>

PARAGRAPH ONE:

- | | |
|--------------------------|-------------------|
| 1. It's hard to | a. world record |
| 2. We need to train | b. five months |
| 3. marathons seem | c. Tokyo Olympics |
| 4. She just ran one | d. for months |
| 5. She ran 6,300 km over | e. every day |
| 6. She beat the previous | f. run a marathon |
| 7. qualify for the | g. instead |
| 8. she did the marathons | h. easy |

PARAGRAPH TWO:

- | | |
|--------------------------|-----------------------|
| 1. Murray-Bartlett broke | a. in biodiversity |
| 2. raise | b. extinction |
| 3. species | c. for all of us |
| 4. Australia is rich | d. are dying out |
| 5. many animals | e. in sweat and flies |
| 6. a wildlife | f. the world record |
| 7. she was covered | g. charity |
| 8. This is a lesson | h. awareness |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2301/230119-record-marathon-runner-1.html>

It's hard to run a marathon. We ⁽¹⁾ _____ for months to run 42 km. However, marathons ⁽²⁾ _____ the 32-year-old Australian runner Erchana Murray-Bartlett. She ⁽³⁾ _____ every day for 150 days. She ran 6,300 km over five months from the top of Australia ⁽⁴⁾ _____. She beat the previous world ⁽⁵⁾ _____ marathons. Ms Murray-Bartlett is a professional runner. She did not qualify for the Tokyo Olympics, ⁽⁶⁾ _____ the marathons instead.

Murray-Bartlett broke the world record ⁽⁷⁾ _____ of species extinction. Australia is ⁽⁸⁾ _____, but many animals are dying out. She raised \$70,000 for a wildlife charity. She said the marathons ⁽⁹⁾ _____, but she knew she could do them. She said she was ⁽¹⁰⁾ _____ and flies, and everything ached". She kept telling herself to, "go 500 more metres". She said ⁽¹¹⁾ _____ goals means you can do it. This is a lesson ⁽¹²⁾ _____ us.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2301/230119-record-marathon-runner-1.html>

It's hard to run a marathon. We need to train for months to run 42 km. However, marathons seem easy for the 32-year-old Australian runner Erchana Murray-Bartlett. She just ran one every day for 150 days. She ran 6,300 km over five months from the top of Australia to the bottom. She beat the previous world record of 106 marathons. Ms Murray-Bartlett is a professional runner. She did not qualify for the Tokyo Olympics, so she did the marathons instead. Murray-Bartlett broke the world record to raise awareness of species extinction. Australia is rich in biodiversity, but many animals are dying out. She raised \$70,000 for a wildlife charity. She said the marathons were very hard, but she knew she could do them. She said she was "covered in sweat and flies, and everything ached". She kept telling herself, "go 500 more metres". She said lots of tiny goals means you can do it. This is a lesson for all of us.

MARATHONS SURVEY

From <https://breakingnewsenglish.com/2301/230119-record-marathon-runner-4.html>

Write five GOOD questions about marathons in the table. Do this in pairs. Each student must write the questions on his / her own paper.
When you have finished, interview other students. Write down their answers.

| | STUDENT 1 _____ | STUDENT 2 _____ | STUDENT 3 _____ |
|------|--------------------|--------------------|--------------------|
| Q.1. | | | |
| Q.2. | | | |
| Q.3. | | | |
| Q.4. | | | |
| Q.5. | | | |

- Now return to your original partner and share and talk about what you found out. Change partners often.
- Make mini-presentations to other groups on your findings.

WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student A: Do not show these to your speaking partner(s).

a) _____

b) _____

c) _____

d) _____

e) _____

f) _____

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WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student B: Do not show these to your speaking partner(s).

a) _____

b) _____

c) _____

d) _____

e) _____

f) _____

