

Woman runs record 150 marathons in 150 days

19th January 2023



Many people would struggle to run just one marathon. They would need months of training to get into shape to last the 42.195-km distance. However, marathons are no problem for Australian runner Erchana Murray-Bartlett. She has just run 150 of them - every day for

150 days. The 32-year-old ran 6,329 km from Queensland, at the top of Australia, to Melbourne, at the bottom. Her five-month coast-to-coast run set a new world record. It's the most consecutive daily marathons ever run by a woman. She smashed the previous record of 106 marathons in 106 days. Ms Murray-Bartlett is a professional runner. She missed out on qualifying for the Tokyo Olympics, so she set her sights on a record-breaking challenge.

Murray-Bartlett embarked on her marathon number of marathons to raise awareness of the extinction crisis in Australia. Many species of animals and plants are dying out in her country. Australia is rich in biodiversity, but has the worst rate of mammal loss of any country. Her run has raised \$70,000 for the conservation charity the Wilderness Society. She said it was an incredibly tough five months, but she knew she could do it. She said: "Even though sometimes you are covered in sweat and flies, and everything ached, I thought: 'No, I can go one more kilometre' or: 'No, I can go 500 more metres'. If you keep stringing together little tiny goals, you can make it." This is a lesson for us all.

Sources: bbc.com / theage.com.au / abc.net.au

Writing

We should all run marathons to stay healthy and live longer. Discuss.

Chat

Talk about these words from the article.

struggle / marathon / training / shape / distance / runner / coast / record / Olympics / awareness / extinction / crisis / species / biodiversity / charity / sweat / flies / goals

True / False

- 1) Many people said they struggled when they ran a marathon. T / F
- 2) A marathon is 42.159 km in length. T / F
- 3) A woman ran from the north of Australia to the south. T / F
- 4) The woman represented Australia in the Tokyo Olympics. T / F
- 5) The woman ran to highlight species extinction in Australia. T / F
- 6) The woman raised \$70,000 for a conservation charity. T / F
- 7) The woman said she was covered in sweets and fries. T / F
- 8) The woman suggested people could do things if they set small goals. T / F

Synonym Match

(The words in **bold** are from the news article.)

- | | |
|-------------------------------|--------------|
| 1. struggle | a. target |
| 2. get into shape | b. create |
| 3. set | c. death |
| 4. previous | d. increase |
| 5. set one's sights on | e. battle |
| 6. raise | f. earlier |
| 7. crisis | g. was sore |
| 8. loss | h. get fit |
| 9. tough | i. emergency |
| 10. ached | j. difficult |

Discussion – Student A

- a) What do you think of marathons?
- b) What do you think of the record 150 marathons?
- c) Would you like to run marathons?
- d) How healthy is running for the body and mind?
- e) Should schools get all children to run regularly?
- f) What are the good and bad things about running?
- g) Do you think professional runners have a good life?
- h) What advice do you have for Ms Murray-Bartlett?

Phrase Match

- | | |
|-----------------------------------|-----------------------------------|
| 1. Many people would struggle to | a. tough five months |
| 2. need months of training to get | b. coast-to-coast run |
| 3. Her five-month | c. on a record-breaking challenge |
| 4. She missed out on qualifying | d. plants are dying out |
| 5. set her sights | e. the extinction crisis |
| 6. raise awareness of | f. for us all |
| 7. Many species of animals and | g. run just one marathon |
| 8. Australia is rich | h. for the Tokyo Olympics |
| 9. She said it was an incredibly | i. in biodiversity |
| 10. This is a lesson | j. into shape |

Discussion – Student B

- What do you think about what you read?
- What do you think of running?
- What issues would you like to raise awareness of?
- What do you think of the extinction crisis?
- What tough things have you done in your life?
- When was the last time you were covered in sweat?
- What tiny goals do you have?
- What questions would you like to ask Ms Murray-Bartlett?

Spelling

- people would glesgurt to run
- last the 42.195-km ecasintd
- the most soeuncctiev daily marathons
- She smashed the eouvirsp record of 106 marathons
- iuianlfqgy for the Tokyo Olympics
- a record-breaking glaelehcn
- raise seawseran
- the xicotninte crisis in Australia
- Many pcsiese of animals and plants
- Australia is rich in itbodyeyvrsi
- raised \$70,000 for the conservation cyhtair
- covered in tswea and flies

Answers – Synonym Match

1. e	2. h	3. b	4. f	5. a
6. d	7. i	8. c	9. j	10. g

Role Play

Role A – 150 Marathons

You think doing 150 marathons is the toughest thing. Tell the others three reasons why. Tell them why their things aren't as tough. Also, tell the others which is the easiest of these (and why): fluency in English, finding true love or less smartphone use.

Role B – Fluency in English

You think fluency in English is the toughest thing. Tell the others three reasons why. Tell them why their things aren't as tough. Also, tell the others which is the easiest of these (and why): 150 marathons, finding true love or less smartphone use.

Role C – Finding True Love

You think finding true love is the toughest thing. Tell the others three reasons why. Tell them why their things aren't as tough. Also, tell the others which is the easiest of these (and why): fluency in English, 150 marathons or less smartphone use.

Role D – Less Smartphone Use

You think less smartphone use is the toughest thing. Tell the others three reasons why. Tell them why their things aren't as tough. Also, tell the others which is the easiest of these (and why): fluency in English, finding true love or 150 marathons.

Speaking – Tough

Rank these with your partner. Put the toughest things at the top. Change partners often and share your rankings.

- | | |
|----------------------|---------------------------|
| • 150 marathons | • Finding true love |
| • Climbing Everest | • Stopping climate change |
| • Fluency in English | • Becoming a billionaire |
| • Dieting | • Less smartphone use |

Answers – True False

1	F	2	F	3	T	4	F	5	T	6	T	7	F	8	T
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Answers to Phrase Match and Spelling are in the text.