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Woman runs record 150 marathons in 150 days – 19th January 2023

Level 0

It's hard to run the 42 km of a marathon. This seems easy for a 32-year-old Australian runner. She just ran one every day for 150 days. She ran 6,300 km across Australia for over five months. She easily beat the old world record of 106 marathons. The woman did not qualify for the Olympics, so she ran the marathons instead.

The woman broke the record to raise awareness of animals in danger. Many animals in Australia are dying out. She raised \$70,000 for a wildlife charity. The marathons were very hard, but she knew she could finish. She was "covered in sweat and flies, and everything ached". She kept giving herself lots of tiny goals.

Level 1

It's hard to 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.

Level 2

Many people could not run a marathon. They would need to train for months to be in shape for the 42-km run. However, marathons are no problem for Australian runner Erchana Murray-Bartlett. She just ran one every day for 150 days. The 32-year-old ran 6,329 km from the top of Australia to the bottom. Her five-month coast-to-coast running is a world record. It's the most consecutive daily marathons ever run by a woman. She smashed the previous record of 106. Ms Murray-Bartlett is a professional runner. She could not qualify for the Tokyo Olympics, so she did the marathons challenge.

Murray-Bartlett ran her marathon number of marathons to raise awareness of species extinction in Australia. The country is rich in biodiversity, but many animals and plants are dying out. She raised \$70,000 for a conservation charity. She said the record was an incredibly tough five months. 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 good lesson for all of us.

Level 3

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.

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