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Level 3 – 19th January 2023

Woman runs record 150 marathons in 150 days

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

Contents

The Article	2	Discussion (Student-Created Qs)	15
Warm-Ups	3	Language Work (Cloze)	16
Vocabulary	4	Spelling	17
Before Reading / Listening	5	Put The Text Back Together	18
Gap Fill	6	Put The Words In The Right Order	19
Match The Sentences And Listen	7	Circle The Correct Word	20
Listening Gap Fill	8	Insert The Vowels (a, e, i, o, u)	21
Comprehension Questions	9	Punctuate The Text And Add Capitals	22
Multiple Choice - Quiz	10	Put A Slash (/) Where The Spaces Are	23
Role Play	11	Free Writing	24
After Reading / Listening	12	Academic Writing	25
Student Survey	13	Homework	26
Discussion (20 Questions)	14	Answers	27

Please try Levels 0, 1 and 2 (they are easier).

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THE ARTICLE

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

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: <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>

WARM-UPS

1. MARATHONS: Students walk around the class and talk to other students about marathons. Change partners often and share your findings.

2. CHAT: In pairs / groups, talk about these topics or words from the article. What will the article say about them? What can you say about these words and your life?

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

Have a chat about the topics you liked. Change topics and partners frequently.

3. RUNNERS: Students A **strongly** believe governments should all make us into runners; Students B **strongly** believe the opposite. Change partners again and talk about your conversations.

4. GOALS: What are your goals regarding these things? Will you achieve them? Complete this table and share what you wrote with your partner(s). Change partners often.

	Goal?	Achieve?
English		
Fitness		
Food		
Hobby		
Environment		
Friends		

5. RECORD: Spend one minute writing down all of the different words you associate with the word "record". Share your words with your partner(s) and talk about them. Together, put the words into different categories.

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

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

VOCABULARY MATCHING

Paragraph 1

- | | |
|-------------------|--|
| 1. struggle | a. All the way across an island, and island nation or a continent. |
| 2. get into shape | b. Created. |
| 3. distance | c. Try very hard to do something very difficult. |
| 4. coast-to-coast | d. Existing or happening before something else in time or order. |
| 5. set | e. Do exercise to be fit and healthy enough for something. |
| 6. consecutive | f. How far something is between A and B. |
| 7. previous | g. Following each other continuously. |

Paragraph 2

- | | |
|------------------|---|
| 8. awareness | h. The water that comes from your skin when you exercise, are hot, or have a fever. |
| 9. extinction | i. Knowledge or understanding of a situation or fact. |
| 10. crisis | j. The action of a group of animals or plants having no living members on Earth; dying out. |
| 11. species | k. The variety of plant and animal life in the world or in a particular area. |
| 12. biodiversity | l. A group of living things that are able to have babies together, or reproduce. |
| 13. tough | m. A time of intense difficulty or danger. |
| 14. sweat | n. Very difficult or painful to do. |

BEFORE READING / LISTENING

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

1. TRUE / FALSE: Read the headline. Guess if a-h below are true (T) or false (F).

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**

2. 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 |

3. PHRASE MATCH: (Sometimes more than one choice is possible.)

- | | |
|-----------------------------------|-----------------------------------|
| 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 |

GAP FILL

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

Many people would (1) _____ to run just one marathon. They would need months of training to get into (2) _____ to last the 42.195-km (3) _____. 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 (4) _____. Her five-month coast-to-(5) _____ run set a new world record. It's the most (6) _____ daily marathons ever run by a woman. She smashed the (7) _____ 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 (8) _____ on a record-breaking challenge.

sights
shape
bottom
consecutive
struggle
previous
distance
coast

Murray-Bartlett (9) _____ on her marathon number of marathons to raise awareness of the extinction (10) _____ in Australia. Many species of animals and plants are dying out in her country. Australia is rich in (11) _____, but has the worst rate of mammal loss of any country. Her run has raised \$70,000 for the conservation (12) _____ 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 (13) _____ and flies, and everything (14) _____, I thought: 'No, I can go one more kilometre' or: 'No, I can go 500 more metres'. If you keep stringing together little tiny (15) _____, you can make it." This is a (16) _____ for us all.

sweat
embarked
ached
lesson
biodiversity
crisis
goals
charity

LISTENING – Guess the answers. Listen to check.

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

- 1) They would need months of training to _____
 - a. get onto shape
 - b. get in two shapes
 - c. get into shape
 - d. get unto shaped
- 2) ran 6,329 km from Queensland, at the top of Australia, to Melbourne, _____
 - a. at a bottom
 - b. ant the bottom
 - c. at the bottom
 - d. art the bottom
- 3) the most consecutive daily marathons ever run by a woman. She smashed _____
 - a. the previous record
 - b. the previously record
 - c. the impervious record
 - d. the perilous record
- 4) Ms Murray-Bartlett is a professional runner. She missed _____
 - a. out ton qualifying
 - b. out tone qualifying
 - c. are ton qualifying
 - d. out on qualifying
- 5) for the Tokyo Olympics, so she set her sights on a _____
 - a. record-break-in challenge
 - b. record-braking challenge
 - c. record-break king challenge
 - d. record-breaking challenge
- 6) embarked on her marathon number of marathons to raise awareness of _____
 - a. the extension crisis
 - b. the extinct shun cry sis
 - c. the extinction crisis
 - d. the ex tincture crisis
- 7) Australia is rich in biodiversity, but has the worst rate _____
 - a. of mammal lost
 - b. of mammal loss
 - c. off mammal loss
 - d. of mama loss
- 8) Her run has raised \$70,000 for _____
 - a. the conversation charity
 - b. the consternation charity
 - c. the constipation charity
 - d. the conservation charity
- 9) sometimes you are covered in sweat and flies, _____
 - a. and everything arched
 - b. and everything caked
 - c. and everything ached
 - d. and everything eight
- 10) If you keep stringing together little tiny goals, you _____
 - a. can make it
 - b. can may kit
 - c. can make kit
 - d. can my kit

LISTENING – Listen and fill in the gaps

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

Many people would (1) _____ just one marathon. They would need months of training to get into (2) _____ the 42.195-km distance. However, marathons are (3) _____ 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 (4) _____ 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 (5) _____ for the Tokyo Olympics, so she (6) _____ on a record-breaking challenge.

Murray-Bartlett (7) _____ marathon number of marathons to raise awareness of the (8) _____ Australia. Many species of animals and plants are dying out in her country. Australia is rich in biodiversity, but has the worst rate of (9) _____ any country. Her run has raised \$70,000 for the conservation charity the Wilderness Society. She said it was (10) _____ five months, but she knew she could do it. She said: "Even though sometimes you are (11) _____ 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 (12) _____, you can make it." This is a lesson for us all.

COMPREHENSION QUESTIONS

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

1. What does the article say many people would struggle to do?
2. What's the distance of a marathon?
3. How far did Erchana Murray-Bartlett run?
4. What was the previous record for consecutive daily marathons?
5. What did Ms Murray-Bartlett miss out on qualifying for?
6. What did Ms Murray-Bartlett run to raise awareness of?
7. What did Ms Murray-Bartlett say Australia is rich in?
8. How much money did Ms Murray-Bartlett raise for a charity?
9. What did Ms Murray-Bartlett say she was covered in?
10. What did Ms Murray-Bartlett say she kept stringing together?

MULTIPLE CHOICE - QUIZ

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

- 1) What does the article say many people would struggle to do?
 - a) last the distance
 - b) run 150 marathons
 - c) run just one marathon
 - d) stay in shape
- 2) What's the distance of a marathon?
 - a) 42.195 km
 - b) 42.915 km
 - c) 42.591 km
 - d) 42.951 km
- 3) How far did Erchana Murray-Bartlett run?
 - a) 6,239 km
 - b) 6,329 km
 - c) 6,392 km
 - d) 6,293 km
- 4) What was the previous record for consecutive daily marathons?
 - a) 108 marathons
 - b) 100 marathons
 - c) 116 marathons
 - d) 106 marathons
- 5) What did Ms Murray-Bartlett miss out on qualifying for?
 - a) a gym membership
 - b) sponsorship
 - c) the Tokyo Olympics
 - d) the Melbourne Marathon
- 6) What did Ms Murray-Bartlett run to raise awareness of?
 - a) the health benefits of jogging
 - b) the extinction crisis
 - c) koalas
 - d) the coast
- 7) What did Ms Murray-Bartlett say Australia is rich in?
 - a) minerals
 - b) kangaroos
 - c) resources
 - d) biodiversity
- 8) How much money did Ms Murray-Bartlett raise for a charity?
 - a) \$77,000
 - b) \$70,000
 - c) \$170,000
 - d) \$17,000
- 9) What did Ms Murray-Bartlett say she was covered in?
 - a) sweets and flies
 - b) sweat and flies
 - c) sweat and files
 - d) sweets and fries
- 10) What did Ms Murray-Bartlett say she kept stringing together?
 - a) little tiny goals
 - b) little tinny goals
 - c) little tiny goats
 - d) little tiny foals

ROLE PLAY

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

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.

AFTER READING / LISTENING

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

1. WORD SEARCH: Look in your dictionary / computer to find collocates, other meanings, information, synonyms ... for the words 'marathon' and 'runner'.

marathon	runner
-----------------	---------------

- Share your findings with your partners.
- Make questions using the words you found.
- Ask your partner / group your questions.

2. ARTICLE QUESTIONS: Look back at the article and write down some questions you would like to ask the class about the text.

- Share your questions with other classmates / groups.
- Ask your partner / group your questions.

3. GAP FILL: In pairs / groups, compare your answers to this exercise. Check your answers. Talk about the words from the activity. Were they new, interesting, worth learning...?

4. VOCABULARY: Circle any words you do not understand. In groups, pool unknown words and use dictionaries to find their meanings.

5. TEST EACH OTHER: Look at the words below. With your partner, try to recall how they were used in the text:

<ul style="list-style-type: none">• just• problem• top• coast• previous• Tokyo	<ul style="list-style-type: none">• crisis• dying• raised• five• covered• little
---	---

MARATHONS SURVEY

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

MARATHONS DISCUSSION

STUDENT A's QUESTIONS (Do not show these to student B)

1. What did you think when you read the headline?
2. What images are in your mind when you hear the word 'marathon'?
3. What do you think of marathons?
4. What do you think of the record 150 marathons?
5. Would you like to run marathons?
6. How healthy is running for the body and mind?
7. Should schools get all children to run regularly?
8. What are the good and bad things about running?
9. Do you think professional runners have a good life?
10. What advice do you have for Ms Murray-Bartlett?

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

STUDENT B's QUESTIONS (Do not show these to student A)

11. Did you like reading this article? Why/not?
12. What do you think of when you hear the word 'runner'?
13. What do you think about what you read?
14. What do you think of running?
15. What issues would you like to raise awareness of?
16. What do you think of the extinction crisis?
17. What tough things have you done in your life?
18. When was the last time you were covered in sweat?
19. What tiny goals do you have?
20. What questions would you like to ask Ms Murray-Bartlett?

DISCUSSION (Write your own questions)

STUDENT A's QUESTIONS (Do not show these to student B)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

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DISCUSSION (Write your own questions)

STUDENT B's QUESTIONS (Do not show these to student A)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

LANGUAGE - CLOZE

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

Many people would (1) _____ 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 (2) _____ 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 (3) _____ of Australia, to Melbourne, at the bottom. Her five-month coast-to-coast run (4) _____ a new world record. It's the most consecutive daily marathons ever run by a woman. She (5) _____ 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 (6) _____ on a record-breaking challenge.

Murray-Bartlett embarked (7) _____ her marathon number of marathons to raise awareness of the extinction crisis in Australia. Many species of animals and plants are (8) _____ out in her country. Australia is rich in biodiversity, but has the worst rate of mammal (9) _____ of any country. Her run has raised \$70,000 for the conservation charity the Wilderness Society. She said it was an incredibly (10) _____ five months, but she knew she could do it. She said: "Even though sometimes you are covered in (11) _____ 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 (12) _____ all.

Put the correct words from the table below in the above article.

- | | | | | |
|-----|---------------|-------------|--------------|--------------|
| 1. | (a) straggler | (b) snuggle | (c) struggle | (d) strangle |
| 2. | (a) no | (b) now | (c) non | (d) not |
| 3. | (a) top | (b) high | (c) above | (d) end |
| 4. | (a) set | (b) met | (c) let | (d) get |
| 5. | (a) meshed | (b) mused | (c) mashed | (d) smashed |
| 6. | (a) sites | (b) sates | (c) sits | (d) sights |
| 7. | (a) on | (b) in | (c) at | (d) of |
| 8. | (a) doling | (b) drying | (c) dealing | (d) dying |
| 9. | (a) loss | (b) loser | (c) lost | (d) lose |
| 10. | (a) bough | (b) tough | (c) though | (d) cough |
| 11. | (a) sweet | (b) sweat | (c) swat | (d) swift |
| 12. | (a) us | (b) they | (c) them | (d) we |

SPELLING

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

Paragraph 1

1. people would glesgurt to run
2. last the 42.195-km ecasintd
3. the most soeuncctiev daily marathons
4. She smashed the eouvirsp record of 106 marathons
5. iuianlfqgy for the Tokyo Olympics
6. a record-breaking glaelehcn

Paragraph 2

7. raise seawseran
8. the xicotninte crisis in Australia
9. Many pcsiese of animals and plants
10. Australia is rich in itbodyeyvrsi
11. raised \$70,000 for the conservation cyhtair
12. covered in tswea and flies

PUT THE TEXT BACK TOGETHER

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

Number these lines in the correct order.

- () do it. She said: "Even though sometimes you are covered in sweat and flies, and
- () shape to last the 42.195-km distance. However, marathons are no problem for Australian runner Erchana Murray-Bartlett. She has just run
- () charity the Wilderness Society. She said it was an incredibly tough five months, but she knew she could
- () 150 of them - every day for 150 days. The 32-year-old ran 6,329 km from Queensland, at the top
- () everything ached, I thought: 'No, I can go one more kilometre' or: 'No, I can go 500 more metres'. If you keep stringing
- () 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
- () of Australia, to Melbourne, at the bottom. Her five-month coast-to-coast run set a new world
- () for the Tokyo Olympics, so she set her sights on a record-breaking challenge.
- () biodiversity, but has the worst rate of mammal loss of any country. Her run has raised \$70,000 for the conservation
- (**1**) Many people would struggle to run just one marathon. They would need months of training to get into
- () crisis in Australia. Many species of animals and plants are dying out in her country. Australia is rich in
- () together little tiny goals, you can make it." This is a lesson for us all.
- () Murray-Bartlett embarked on her marathon number of marathons to raise awareness of the extinction

PUT THE WORDS IN THE RIGHT ORDER

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

1. marathon . run to Many people would struggle a
2. to of shape . training into Need months get
3. record . run set Her world coast-to-coast five-month a
4. most It's the daily consecutive run . marathons ever
5. for out on missed She the qualifying Olympics .
6. and out . Species plants are animals dying of
7. worst of of country . The rate any loss
8. five an It incredibly was months . tough
9. sweat flies . in you are and covered Sometimes
10. tiny goals . little keep If you stringing together

CIRCLE THE CORRECT WORD (20 PAIRS)

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

Many people would *struggle / snuggle* to run just one marathon. They would need months of training to get into *sharp / shape* to last the 42.195-km distance. However, marathons are *no / not* problem for Australian runner Erchana Murray-Bartlett. She has just *ran / run* 150 of them - every day for 150 days. The 32-year-old ran 6,329 km from Queensland, at the top *in / of* Australia, to Melbourne, at the bottom. Her five-month coast-to-coast run *set / let* a new world record. It's the most *consecutive / consecutively* daily marathons ever run by a woman. She *smashed / mashed* the previous record of 106 marathons in 106 days. Ms Murray-Bartlett is a professional runner. She missed *in / out* on qualifying for the Tokyo Olympics, so she set her *sights / sites* on a record-breaking challenge.

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

Talk about the connection between each pair of words in italics, and why the correct word is correct. Look up the definition of new words.

INSERT THE VOWELS (a, e, i, o, u)

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

M_ny p__pl_ w__ld str_ggl_ t_ r_n j_st _n_ m_r_th_n.
Th_y w__ld n__d m_nths _f tr__n_ng t_ g_t _nt_
sh_p_ t_ l_st th_ 42.195-km d_st_nc_. H_w_v_r,
m_r_th_ns _r_ n_ pr_bl_m f_r __str_l__ r_nn_r
_rch_n_ M_rr_y-B_rtl_tt. Sh_ h_s j_st r_n 150 _f th_m
- _v_ry d_y f_r 150 d_ys. Th_ 32-y__r-_ld r_n 6,329
km fr_m Q__nsl_nd, _t th_ t_p _f __str_l__, t_
M_lb__rn_, _t th_ b__tt_m. H_r f_v__m_nth c__st-t-
c__st r_n s_t _ n_w w_rld r_c_rd. _t's th_ m_st
c_ns_c_t_v_ d__ly m_r_th_ns _v_r r_n by _ w_m_n.
Sh_ sm_sh_d th_ pr_v__s r_c_rd _f 106 m_r_th_ns _n
106 d_ys. Ms M_rr_y-B_rtl_tt _s _ pr_f_ss__n_l r_nn_r.
Sh_ m_ss_d __t _n q__l_fy_ng f_r th_ T_ky_ _lymp_cs,
s_ sh_ s_t h_r s_ghts _n _ r_c_rd-br__k_ng ch_ll_ng_.
M_rr_y-B_rtl_tt _mb_rk_d _n h_r m_r_th_n n_mb_r _f
m_r_th_ns t_ r__s_ _w_r_n_ss _f th_ _xt_nct__n cr_s_s
_n __str_l__. M_ny sp_c__s _f _n_m_ls _nd pl_nts _r_
dy_ng __t _n h_r c__ntry. __str_l__ _s r_ch _n
b__d_v_rs_ty, b_t h_s th_ w_rst r_t_ _f m_mm_l l_ss
_f _ny c__ntry. H_r r_n h_s r__s_d \$70,000 f_r th_
c_ns_rv_t__n ch_r_ty th_ W_ld_rn_ss S_c__ty. Sh_ s__d
_t w_s _n _ncr_d_bly t__gh f_v_ m_nths, b_t sh_
kn_w sh_ c__ld d_ _t. Sh_ s__d: "_v_n th__gh
s_m_t_m_s y__ _r_ c_v_r_d _n sw__t _nd fl__s, _nd
_v_ryth_ng _ch_d, _ th__ght: 'N_, _ c_n g_ _n_ m_r_
k_l_m_tr_' _r: 'N_, _ c_n g_ 500 m_r_ m_tr_s'. _f
y__ k__p str_ng_ng t_g_th_r lttl_ t_ny g__ls, y__ c_n
m_k_ _t." Th_s _s _ l_ss_n f_r _s _ll.

PUNCTUATE THE TEXT AND ADD CAPITALS

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

many people would struggle to run just one marathon they would need months of training to get into shape to last the 42195km distance however marathons are no problem for australian runner erchana murraybartlett she has just run 150 of them every day for 150 days the 32yearold ran 6329 km from queensland at the top of australia to melbourne at the bottom her fivemonth coastto coast run set a new world record its the most consecutive daily marathons ever run by a woman she smashed the previous record of 106 marathons in 106 days ms murraybartlett is a professional runner she missed out on qualifying for the tokyo olympics so she set her sights on a recordbreaking challenge

murraybartlett 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 70000 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

PUT A SLASH (/) WHERE THE SPACES ARE

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

Manypeoplewouldstruggletorunjustonemarathon.Theywouldneed monthsoftrainingtogetintoshapetolastthe42.195-kmdistance.How ever,marathonsarenoproblemforAustralianrunnerErchanaMurray- Bartlett.Shehasjustrun150ofthem-everydayfor150days.The32-y ear-oldran6,329kmfromQueensland,atthetopofAustralia,toMelbou rne,atthebottom.Herfive-monthcoast-to-coastrunsetanewworldre cord.It'sthemostconsecutivedailymarathonseverrunbyawoman.Sh esmashedthepreviousrecordof106marathonsin106days.MsMurray- Bartlettisaprofessionalrunner.ShemissedoutonqualifyingfortheTok yoOlympics,soshesethersightsonarecord-breakingchallenge.Murra y-Bartlettembarkedonhermarathonnumberofmarathonstoraiseawa renessoftheextinctioncrisisinAustralia.Manyspeciesofanimalsandpl antsaredyingoutinhercountry.Australiaisrichinbiodiversity,butthast heworstrateofmammallossofanycountry.Herrunhasraised\$70,000f ortheconservationcharitytheWildernessSociety.Shesaiditwasanincr ediblytoughfivemonths,butsheknewshecoulddoit.Shesaid:"Eventh oughsometimesyouarecoveredinsweatandflies,andeverythingache d,Ithought:'No,Icangoonemorekilometre'or:'No,Icango500morem etres'.Ifyoukeepstringingtogetherlittletinygoals,youcanmakeit."Thi sisalessonforusall.

HOMEWORK

1. VOCABULARY EXTENSION: Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

2. INTERNET: Search the Internet and find out more about this news story. Share what you discover with your partner(s) in the next lesson.

3. MARATHONS: Make a poster about marathons. Show your work to your classmates in the next lesson. Did you all have similar things?

4. RUNNING: Write a magazine article about creating running classes for students from elementary school to high school. Include imaginary interviews with people who are for and against this.

Read what you wrote to your classmates in the next lesson. Write down any new words and expressions you hear from your partner(s).

5. WHAT HAPPENED NEXT? Write a newspaper article about the next stage in this news story. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

6. LETTER: Write a letter to an expert on marathons. Ask him/her three questions about marathons. Give him/her three of your ideas. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

VOCABULARY (p.4)

1. c 2. e 3. f 4. a 5. b 6. g 7. d
8. i 9. j 10. m 11. l 12. k 13. n 14. h

TRUE / FALSE (p.5)

- 1 F 2 F 3 T 4 F 5 T 6 T 7 F 8 T

SYNONYM MATCH (p.5)

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

COMPREHENSION QUESTIONS (p.9)

1. Run just one marathon
2. 42.195 km
3. 6,329 km
4. 106 marathons
5. The Tokyo Olympics
6. The extinction crisis
7. Biodiversity
8. \$70,000
9. Sweat and flies
10. Little tiny goals

WORDS IN THE RIGHT ORDER (p.19)

1. Many people would struggle to run a marathon.
2. Need months of training to get into shape.
3. Her five-month coast-to-coast run set a world record.
4. It's the most consecutive daily marathons ever run.
5. She missed out on qualifying for the Olympics.
6. Species of animals and plants are dying out.
7. The worst rate of loss of any country.
8. It was an incredibly tough five months.
9. Sometimes you are covered in sweat and flies.
10. If you keep stringing together little tiny goals.

MULTIPLE CHOICE - QUIZ (p.10)

1. c 2. a 3. b 4. d 5. c 6. b 7. d 8. b 9. b 10. a

ALL OTHER EXERCISES

Please check for yourself by looking at the Article on page 2.
(It's good for your English ;-)