



## 01 – RUNNING MARATHONS



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.