

Enjoy learning about some Commonwealth Games events with these fact sheets.



The Commonwealth record was broken at the last games in Australia when Ugandan athlete Joshua Kiprui Cheptegei ran the distance in 27 minutes and 19 seconds.



When Usain Bolt ran the world record breaking time of 9.58 seconds, he reached a maximum speed of 23.35mph. That's faster than the average speed of cars in most cities!

Ali Smith is one of Britain's best para-athletes. She competes with Multiple Sclerosis and won silver at Para-athletics European Championships in Berlin.



In a competitive walking event, athletes are required to keep at least one foot in contact with the ground at all times.

**TASK** Why not try this during part of your next Daily Mile?



Since this event was introduced into the Commonwealth Games in 1970, England have won 3 bronze, 5 silver and 3 gold medals.

**KS1 TASK** How many medals in total have England won?

**KS2 TASK** What percentage of England's medals have been Gold?

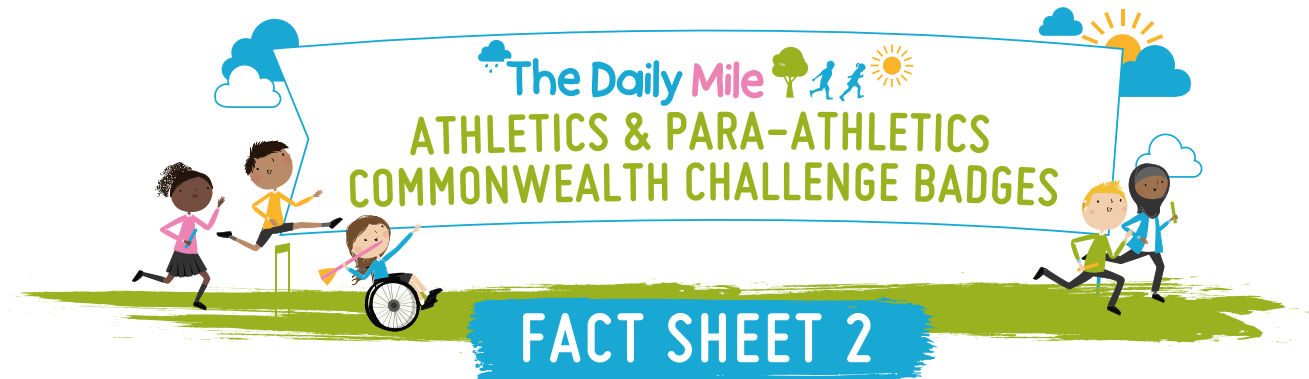


'T53' is a para-sport categorisation which involves athletes with spinal cord injuries, and other impairments, competing in wheelchairs. The world record for 1500m is held by Brent Lakatos who completed the distance in 2:51.84.



In 1966, the Commonwealth federation changed this event from 220 yards to 200 metres, making the event 1 metre shorter.





# The Daily Mile

## ATHLETICS & PARA-ATHLETICS COMMONWEALTH CHALLENGE BADGES

### FACT SHEET 2

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Like many athletics events, the relay is thought to have originated in ancient Greece where a baton with a message inside it would be carried between towns by couriers.



Grenadian athlete Kirani James set the Commonwealth record of 44.24 seconds at the Glasgow games in 2014.

**TASK** Work out how many laps of your Daily Mile route is 400m.



**KS1 QUESTION** If there are 10 hurdles evenly spaced around the 400m track, how many metres are between each hurdle?

**KS2 QUESTION** It takes an athlete an average of 0.3 seconds to jump over a hurdle. How much time will they spend jumping over all 10 hurdles around the 400m track?



The 5000m world record of 12:35.36 seconds was broken in 2020 by Ugandan runner Joshua Kiprui Cheptegei.



**KS1 QUESTION** If one lap of the track is 400m, and 2 laps is 800m... how would you write 1 lap as a fraction of the whole race?


**KS2 QUESTION** If 10m is 33ft, how many feet is an 800m race?




Decathlon is an ancient greek word, and the Dec or Deca of the word means 10. This is why the Decathlon consists of 10 sports, and a Decagon is a 10 sided shape.







# ATHLETICS & PARA-ATHLETICS COMMONWEALTH CHALLENGE BADGES



## FACT SHEET 3

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Three time paralympic athlete Aled Sion Davies is one of Wales' most decorated para-athletes. He is aiming for success at the Commonwealth Games in Birmingham.



1. The hammer used in the Hammer Throw event weighs a whopping 16 pounds.
2. The world record distance for the hammer throw is 79.42 meters (260 ft, 6 inches) for women and 86.74 meters (284 ft, 6 inches) for men.



Katarina Johnson-Thompson from England won Gold at the last Commonwealth Games in Australia.



Dick Fosbury is regarded as one of the most influential track and field athletes of all time for his contribution to the high jump event. He was the first athlete to jump over the bar back first. This is now known as the "Fosbury Flop." With this method, athletes sprint diagonally towards the bar then curve their body and leap back first over the bar.




In the Commonwealth Games and all major competitions, the javelin has to land tip first in order to be counted.




Long jump was among the first sports included in the Commonwealth Games when they started in 1930.





# ATHLETICS & PARA-ATHLETICS COMMONWEALTH CHALLENGE BADGES



## FACT SHEET 4

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The Daily Mile ambassador Eliud Kipchoge is the only human to have run a marathon in under 2 hours.



1. The highest pole vault by a male is 6.18 meters (20 ft 3.3 inches) by Armand Duplantis from Sweden.
2. The highest pole vault by a woman is 5.06 meters (16 ft 7 inches) which was achieved by Russian Yelena Isinbayeva.



1. The first recorded competitions of shot put were in the 1800s, in Scotland.
2. Historians believe that shot put began with soldiers throwing cannon balls.



1. The steeplechase event originated in Ireland.
2. This 3,000-metre obstacle course-style race is meant to mimic horse racing. In the original race, horses and riders raced from one town's steeple to the next. This was then modified to the modern race, where athletes run 3,000 metres around a track while clearing 28 barriers and seven water jumps.



English athlete Jonathan Edwards has held the men's World Record for this event for over 25 years.