

The London Marathon



The London Marathon is a long distance running event held in the spring of every year. It was first run on 29 March 1981 – 39 years ago!

The day is filled with numerous world record attempts, huge amounts of funds raised for charity and many colourful costumes.

However, for us at Maths on Toast, it's all about the numbers – so we have discovered some amazing number facts and popped in a bit of fun maths for you too!



The race is 26.2 miles long. That's 42 kilometres.

Can you work out what that is in metres? What about centimetres?



6255 runners crossed the finish line in 1981 compared with 42,549 in 2019.

How many more runners finished in 2019?



On average, a runner takes 50,000 steps.

Do you know how many steps you take in a day?

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Eliud Kipchoge was the fastest male to run the London Marathon with a time of 2:02:37 in 2019.



Paula Radcliffe still holds the title of fastest female to run the London Marathon with her time of 2:15:25 in 2003.

What is the time difference between the two record holders?



Disgusting Fact:

The amount of sweat produced by runners would fill approximately 2340 bath tubs! Yuk!



Wow Fact:

Each runner burns enough energy to charge a smart phone for a year.



Shrinking Fact:

The average runner loses 1.25cm in height during the race. Don't worry; they regain their height about 24 hours later!



Fun Fact:

40 new Guinness World Records titles were achieved at the London Marathon 2019 with most achievements being for fastest times wearing a costume. From a tent to a post box –

What would your costume be?

Perhaps you could create a costume (it could just be a mask or cape!) to wear when you take part in the Maths on Toast Marathon.

Take a look at the following instructions to see how you and your family could run your very own marathon at home!

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Maths on Toast Marathon

The challenge:

The London Marathon is 26.2 miles so your challenge is to **run/walk 26 laps of your home, garden or even the park.**

We're sticking to 26 miles and not 42 kilometres for this because:

In Greek history, the first marathon commemorated the run of the soldier Pheidippides from a battlefield near the town of Marathon to Athens in 490 BC.

Legend has it that Pheidippides ran approximately 26 miles to announce the defeat of the Persians to the Athenians.

What you will need:

1. A stop clock/watch

(You can use a phone.)

2. Pen and paper to record times

3. Water for refreshment

4. Ribbon/string/paper for finish line

5. Paper bib and pin/paperclip to pin it to t-shirt

(You can use our template or make your own.)

6. Medal

(You can use our template, make your own or use a toy medal.)

7. Cheering spectators (optional)

(One will do and pets can join in!)

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What to do:

1. Plan your lap – have a clear start and finish line. Don't forget the ribbon!
2. Decorate your bib with your name and number (pin it on) and colour your medal for WHEN you complete your marathon.
3. Have the clock/watch/phone ready at the start/finish line to record your time. (You may have someone to do this for you and you may like to record your time for both one lap and total laps)
4. Warm up/ do some stretching
5. Race!

More maths:

If you're taking part with others, what is the difference between the fastest and slowest finish time?

Predict how long it will take you to complete 26 laps.

Is it true, the older you get, the faster you get? Prove it!

Can you complete the race again and beat your previous time?
What is your personal best?

How many steps does it take to complete one lap?

Is there a way of measuring the distance of one lap/26 laps?

Why's this maths?

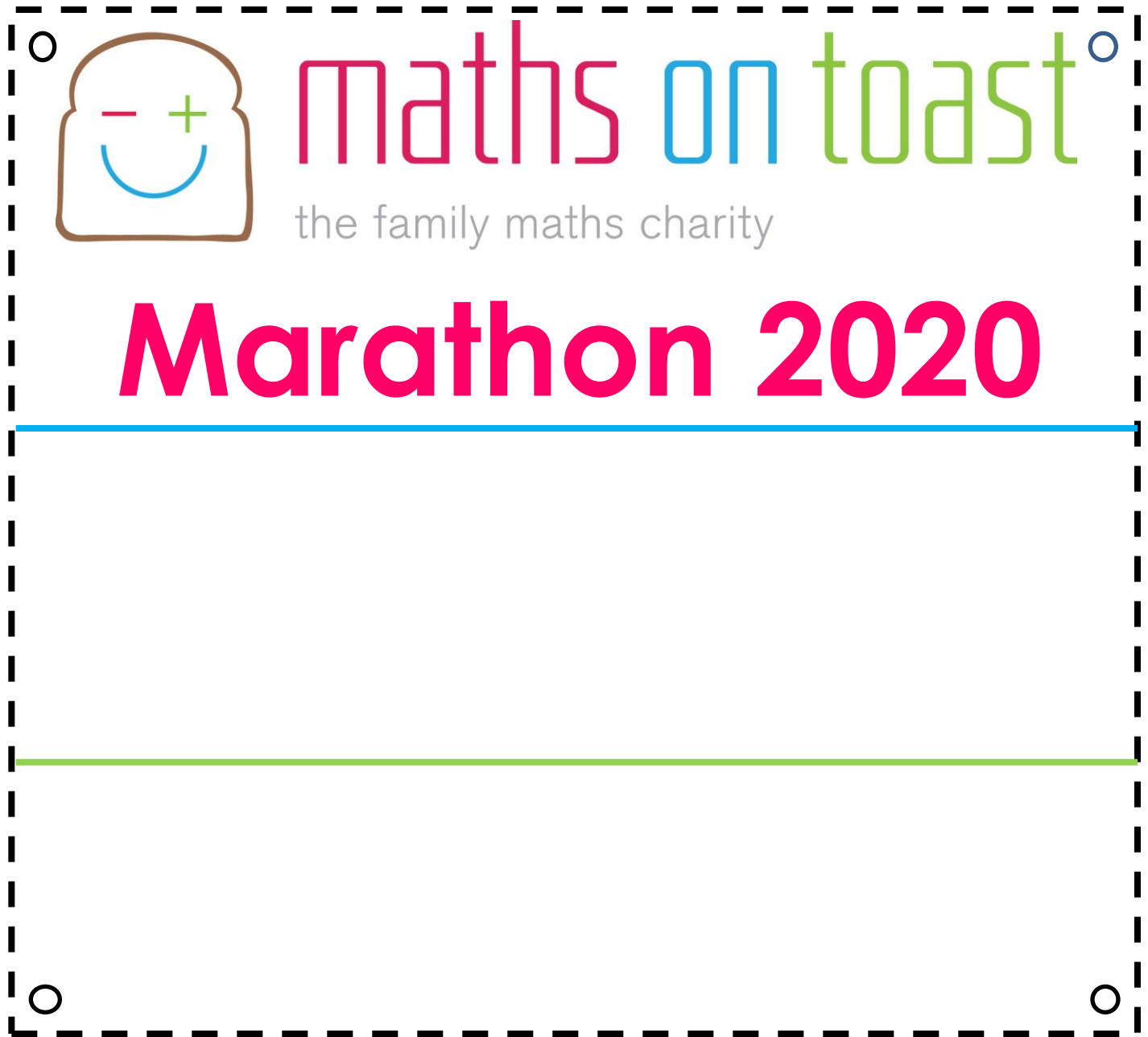
You are measuring time and distance, converting units and making predictions.

Maths on Toast Marathon Bib Template

Give yourself a number and draw it in the centre of the template and then add your name underneath

Cut along the dotted line

Pin it to your t-shirt



The image shows a bib template for the Maths on Toast Marathon 2020. It features a dashed border for cutting. At the top left is a logo of a slice of toast with a minus sign and a plus sign, and a smile. To the right of the logo is the text "maths on toast" in pink, blue, and green, with "the family maths charity" in grey below it. In the center, "Marathon 2020" is written in large pink letters. Below this, there are two horizontal lines, one blue and one green, for writing a number and a name. There are small circles at the corners for pinning.

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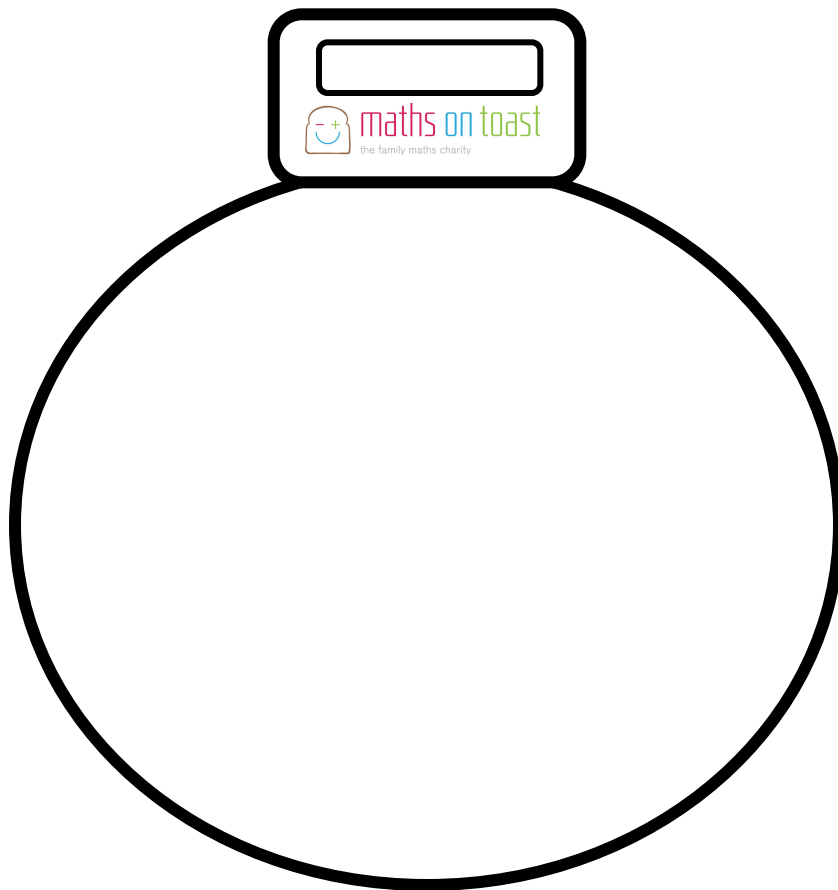
Maths on Toast Marathon Medal Template

Decorate your medal

Cut it out

Thread a piece of string or ribbon through the top

Wear it with pride on completion of your marathon



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