NEWS LESSON

Kipchoge Is Still Winning at 41



BEFORE YOU READ

1 Warm up

Talk about these questions with a partner.

1. At what age do people start telling others to slow down?
2. Would you rather beat your own record or win a race?
3. What makes a sports comeback exciting?

2 Key words

These words are in the article. Write the letter of the meaning (A to H) in each box.

1	**career**	☐	A	the habit of doing hard things every day
2	**record**	☐	B	a win
3	**victory**	☐	C	something good that you did with a lot of effort
4	**participants**	☐	D	a large group of people in one place
5	**achievement**	☐	E	people who take part in something
6	**discipline**	☐	F	the best result that anyone has ever had
7	**limits**	☐	G	the work or sport that someone does for many years
8	**crowd**	☐	H	the most that someone can do

3 Read

Read the article and underline the key words from task 2. The paragraphs are numbered.

Eliud Kipchoge is 41 and still winning. He won the Melbourne Marathon in a record time. What does his story teach us about age?

1 At 41, Eliud Kipchoge was still winning. On 11 October 2026, the Kenyan runner won the Melbourne Marathon in 2 hours, 9 minutes and 10 seconds, a new record for the race. The marathon is 42.2 kilometres long. Thousands of people had come to watch one of the most famous runners in the world, and he gave them another reason to cheer.

2 Kipchoge has enjoyed an extraordinary career. He won Olympic marathon gold medals in 2016 and 2021 and held the official world record for several years. In 2019, he also ran a marathon distance in under two hours during a specially organised event. That performance was remarkable, although it did not count as an official world record because the conditions were different from a normal race.

3 In recent years, however, things have not always gone his way. He has experienced disappointing results, and some people have suggested that his best days are behind him. Running at the highest level is hard on the body. Younger athletes recover more quickly and often find it easier to maintain their speed. Kipchoge's victory in Melbourne was therefore important, even though it was not one of the fastest times of his career.

4 The race itself offered a reminder of his experience. He stayed with the leading runners for much of the course before breaking away during the final ten kilometres. Australian runners Thomas Do Canto and Reece Edwards finished behind him. The athletes ended their race at the Melbourne Cricket Ground, where a large crowd was waiting.

5 There was another side to the day. Some ordinary participants complained that water stations ran out of drinks and that the event was overcrowded. Their experiences showed the difference between watching an elite athlete win and taking part in a huge public race. For many runners, simply reaching the finish line was a major achievement.

6 Kipchoge's latest win does not mean that age has stopped affecting him. It does show that an athlete can remain competitive, and keep testing their limits, after the years when most people expect them to slow down. He has often spoken about the importance of discipline and enjoying the process of running.

Sources: ABC News Australia. Picture: AI illustration.

4 True, false or not given

Circle **T** (true), **F** (false) or **NG** (the article does not say).

1. His 2019 sub-two-hour run counted as an official world record. T F NG
2. Kipchoge's winning time in Melbourne was a record for the race. T F NG
3. Kipchoge has said he will retire after this season. T F NG
4. Some people taking part said the event was too crowded. T F NG
5. His Melbourne time was one of the fastest of his career. T F NG

5 Vocabulary

Complete the sentences with words from the box. Two words are not needed.

competitive	disappointing	extraordinary	official	overcrowded	slippery	tiring

1. She hoped to win the race, so finishing in fourth place was _____ .
2. The train was so _____ that many people had to stand for the whole journey.
3. Only an _____ time can be accepted as a national record.
4. Swimming across a wide lake in one day would be an _____ achievement for anyone.
5. He is 41, but he is still _____ against much younger runners.

6 Verb forms

Write the correct form of the verb in brackets.

1. On 11 October 2026, the Kenyan runner _____ the Melbourne Marathon. (WIN)
2. In 2019, he _____ a marathon in under two hours. (RUN)
3. Younger athletes often find it easier _____ their speed. (MAINTAIN)
4. So far, Kipchoge _____ a long and successful career. (ENJOY)
5. Kipchoge's win does not mean that age has stopped _____ him. (AFFECT)

7 Language focus: prepositions

Complete the sentences with words from the box. Two words are not needed. Some words go with one small word. Learn them together: proud of, worry about, depend on.

about for from in into of on

1. She is very proud _____ her son's medal.
2. Many runners worry _____ the weather before a race.
3. Many older people are interested _____ running a marathon.
4. A marathon runner depends _____ good training.
5. He is famous _____ his speed.

SPEAK

8 Talk about it

Discuss in pairs or small groups. Give reasons for your answers.

1. Who should decide when an athlete has had enough?
2. Can a slower performance still be someone's greatest achievement?
3. Which ambition would you like people to stop putting an age limit on?

9 Role-play: am I too old to race?

Work in pairs. Read your card, then have the conversation. Swap roles and do it again.

Student A · the worried friend

Your friend is 45 and wants to run a marathon in six months. You think it's too hard on the body. Ask at least two questions, then say what you really think.

Student B · the keen runner

You're 45 and you want to run your first marathon. Explain why it matters to you and how you'll train safely. Try to get your friend's support.

Useful phrases

I'm worried that it's too much for you.
I've always wanted to do it.
How are you going to train?
I'll start slowly and build up.
Age is just a number, isn't it?
I'll support you, but please be careful.

Afterwards, tell the class: did the friend agree to support the plan, and was that a good decision?

ANSWER KEY

2 Key words

1 G · 2 F · 3 B · 4 E · 5 C · 6 A · 7 H · 8 D

4 True, false or not given

1 F · 2 T · 3 NG · 4 T · 5 F

5 Vocabulary

1 disappointing · 2 overcrowded · 3 official · 4 extraordinary · 5 competitive

6 Verb forms

1 won · 2 ran · 3 to maintain · 4 has enjoyed · 5 affecting

7 Language focus

1 of · 2 about · 3 in · 4 on · 5 for

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