

What's happening in the news this week?



Marathon Photos/@SWNS

Let's have a look at this week's poster!

20th - 26th April 2026

This week's story looks at events related to ...





**Is it ever too late
to try something
new?**

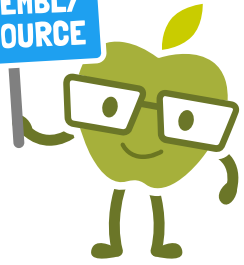


Let's look at this week's story

An 82-year-old runner, Eileen Hieron, has shown that age hasn't stopped her trying something new. She only started running in her 70s and ran her first marathon at the age of 74. Since then, she has completed nearly 10 marathons and even won her age group at the London Marathon. This Sunday, runners from all over the world will take part in the 2026 London Marathon, and stories like Eileen's are inspiring others to think about whether it's ever too late to try something new.

Learn more about this week's story [here](#).
Watch this week's useful video [here](#).
This week's Virtual Picture News [here](#).





Read the information found below, which provides more details about the London Marathon and some of the runners. What do you think inspired them to take part?

Charity

Lots of people run for charities and wear fancy dress costumes. Throughout its history, the event has raised over £1 billion for various charities. Many runners take part to help others as well as challenge themselves.



Many runners say finishing the race is more important than how fast they go. Training for a marathon can take months of practise and determination.



The London Marathon

It is one of the most famous marathons in the world, taking place every year in London. Tens of thousands of people run it, and millions watch each year.



Above: The finishing section of the London Marathon.

Source: TOLGA AKMEN/EPA-EFE/Shutterstock

Did you know?

Some runners take part in marathons in their 80s and even 90s!

Eileen Hieron started running in her 70s and completed her first marathon at the age of 74.

The oldest person to complete a marathon is believed to be Fauja Singh, who finished the Toronto Waterfront Marathon at 100 years old. He didn't start running until he was in his 80s.



Look at the resource below, which shows some motivational signs people share to inspire at marathons.



Think about a motivational sign for a marathon runner.

What would make someone feel happy, strong, and able to keep going?

What words would you choose to encourage a runner?

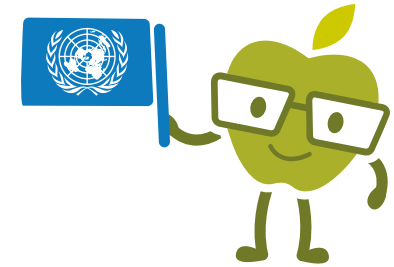
How could a sign make people smile, feel strong, or feel proud?

Where do people hold their signs during a marathon – at the beginning, the middle, or near the end? Why?





UN Rights of the Child



Families and communities should help children become independent learners by giving them the freedom to make choices. This gives children the confidence to take on new challenges as they grow.





Individual Liberty

Individual liberty gives us the freedom to make our own life choices and pursue new challenges. We are free to choose our goals, which can shape our journey throughout our lives.

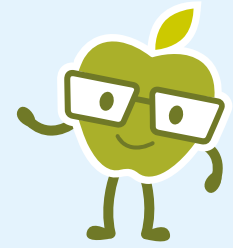
Protected Characteristics



Age shouldn't stop anyone from trying new things or reaching their goals. We should respect everyone regardless of their age and avoid judging what people can do based on how old they are.



Reflection



Age doesn't have to limit what we try. With determination and belief, new beginnings are possible.

