TAKEHOME

20th - 26th April



In the news this week

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.

Things to talk about at home ...

- Have you ever tried something new that felt difficult at first? What helped you keep going?
- Do you believe age should matter when trying something new? Why or why not?
- Is there someone you know who has tried something new later in life? What have they done?
- Why do you think people take part in challenges like the London Marathon?

Please note any interesting thoughts or comments

Share your thoughts and read the opinions of others www.picture-news.co.uk/discuss

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