

# Marathon



**The marathon's origin lies with *Phidippides*, who ran the 26 miles to Athens from Marathon in 490BC after the Greeks had defeated the Persians. He dropped dead from exhaustion after announcing, "Rejoice, we conquer"**

In 1904 only 14 of 32 entrants finished in the St Louis heat, with just one water well. A Cuban in heavy boots and long trousers survived by raiding an apple orchard en route. The apparent winner was disqualified for cadging a lift. The declared winner had kept himself going on strychnine sulphate in egg white