

1. The Fastest People On Earth



- Do you think you can run fast?
- Could you be a record breaker?

People have tried time and time again to prove they are the fastest runners on Earth. In fact, the first recorded Olympic Games took place nearly 3,000 years ago. Today, sprint races are seen by many as the most exciting of all athletics events.

The word 'sprint', means 'a short race at full speed'. The term 'sprint races' means the 100m, 200m and 400m.

Some runners discover that only one of the sprint distances is right for them. Others find they can compete in two sprint races, such as the 200m and 400m. If you want to make it as a sprinter, it's never too early to begin, but to start you'll need the right gear.