



# NEWS DETECTIVES

## TODAY'S NEWS STORY

### The man who ran the length of Africa

#### KEYWORDS

- Marathons:**  
Running 26 miles
- Terrain:** Ground
- Borders:** Where one country ends and another begins
- Span:**  
The distance across

A man from Worthing, East Sussex, has set a record by running the length of the continent of Africa.

#### Road runner

Do you know how long it takes to run across all of Africa? Russ Cook does.

Since 22 April 2023, Russ has been “on road”. Now he’s finally finished his epic mission, running 9,940 miles in less than a year.

The 27-year-old has completed over 360 **marathons**, starting in South Africa and ending at



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#### WHAT YOU NEED TO KNOW

Russ Cook is an ultramarathon runner. This is what races longer than marathons (which are 26 miles) are called. The longest individual ultramarathon is 3,100 miles, but some people have run around the entire world before!

the northernmost point of Tunisia.

#### Road bumps

It’s been a bumpy journey. Russ had to struggle against rough **terrain**, issues with police at **borders**, health problems and even robbery.

But none of that stopped him. He’s certainly earned his nickname, “the hardest geezer”.

He’s run through the jungle, across mountain ranges and the entire **span** of the Sahara Desert.

#### Road to redemption

Along the way he’s raised more than £800,000 for charity.

Russ began his journey because he wanted to do something worthwhile. Running had helped him with his mental health struggles, so he made it his mission to run as hard as he could to help other people.

#### End of the road

Fans and well-wishers ran alongside him as he completed his mission. “I’m pretty tired,” he told journalists.



# INVESTIGATION OF THE DAY

## IS DETERMINATION ALL YOU NEED?

**WHAT**  
makes Russ  
Cook special?

**WHO**  
is the hardest  
geezer?

**WHERE**  
did Russ Cook  
start his run?

**WHY**  
was it a  
difficult  
journey?

**WHEN**  
did Russ Cook  
start running?

**HOW**  
many miles  
did he cover?

### 1 CHECK YOUR FACTS

Make sure you have all the facts before you start your investigation. Can you answer these questions?

### 2 KNOW YOUR KEYWORDS

Can you remember what these keywords mean? Match the word to the correct meaning.

1=D

2=

3=

4=

1. Marathons

2. Terrain

3. Borders

4. Span

A. Where one country ends and another begins

B. The distance across

C. Ground

D. Running 26 miles

### 3 LOOK AT ALL SIDES

There's always more than one side to every story. How might the people involved feel about the story?

Other long distance runners

Russ Cook's family

People who want to take up running

People helped by the charities Cook is fundraising for

Happy

Sad

Calm

Excited

Surprised

Angry

Scared

Bored

Disgusted

Confused

### 4 DISCUSS THE QUESTION

Is determination all you need?

What do you think?  
Use the speaking prompts here to help you get started.

I disagree with...

I agree with...

I'm not sure about...

I'd like to know more about...

I think that...

I don't think that...



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### 5 REPORT BACK

Write, present or record a report that communicates your view. Share this with your class, family and friends. What's their opinion?