

EVERY WEDNESDAY  
'LET'S BREAK A MENTAL SWEAT'  
WEEK 5



*Track Events Special*

1. There are 3 different variations of running spikes footwear? Can you identify which type is used for sprint events?
  - A. No heel cushioning
  - B. Small amount of heel cushioning
  - C. Cushioning throughout the heel to toe

*Answer: A – Sprinters use spikes with no cushioning on the heel as all the running is on the balls of their feet. B is for middle distance events and C is for long distance events.*

2. A standard outdoor athletics track is 400m in length. What is the standard size of an indoor athletics track?

*Answer: 200m ([Click here for more info](#))*

3. Is it true that you must always stay in your lane for the duration of the race in every track event?

*Answer: No. You must only stay in your lane for the duration of the race in all sprint races up to 400m for outdoor track athletics*

4. Can you be disqualified for hitting knocking your hurdle over during a hurdles race?

*Answer: No but it would slow you down! ([Click here to see what you shouldn't do!](#))*

5. The final leg of a relay race i.e. the athlete who will finish the race is often called the what?

- A. The Iron
- B. The Anchor
- C. The Bullet
- D. The Horse

*Answer: B. The Anchor ([Click here for more info](#))*

6. A photo finish race is one of the most exciting events in athletics. What part of the body must cross the finish line 1<sup>st</sup> to win a track event?

- A. Head
- B. Knees
- C. Torso
- D. Hands

*Answer: C. Torso ([Click here to see an unusual finish](#))*

7. Zola Budd was an Olympian and world track competitor. She also broke the world record in 5000m race but what did Zola do that made her even more famous?
- A. Run barefoot
  - B. Jump over the finish line
  - C. Run in the outside lane for the full race
  - D. She would run 1 extra lap after each race

*Answer: A. She would run barefoot ([check it out here](#))*

8. London 2012 was the last time the UK has hosted the Olympic Games. The highest TV audience during the games was over 20 million but for which event?
- A. Heptathlon Final – Jessica Ennis Hill
  - B. 5000m – Sir Mo Farah
  - C. 4x100m Mens Relay Final – Jamaica
  - D. 100m Mens Final – Usain Bolt

*Answer: D. Usain Bolt ([Watch it here](#))*

9. Paavo Nurmi is the most successful male track athlete of all time. He won 9 golds and 3 silver medals in his career starting at the 1920 Olympic Games. How long was his best race winning streak?

- A. 61 Races
- B. 91 Races
- C. 121 Races
- D. 151 Races

*Answer: C. 5000m and 10000m his specialism*

10. Christine Ohuruogu is the most successful British woman track athlete. She won the gold medal at the 2008 Beijing Olympic Games in which event?
- A. 100m
  - B. 200m
  - C. 400m
  - D. 800m

*Answer: C. 400m ([Watch it here](#))*