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**Distance** From the millimetres that separate losers from winners in archery to the 42,195 metres of

a marathon, exact distances are part of many Olympic events.

Rods and rulers are often used to mark out distances – but they need careful design. Objects change length as temperature rises and falls, and as a result, rulers are longer at the Summer Olympics than at the Winter games. So it is essential to choose a material that expands very little with temperature.

> Did you know? In the 1908 London Olympics, 385 yards were added to the planned 26-mile marathon route, so that the race finished at the royal box. The resulting distance, 42,195 metres, later became the standard.

And how do we know a metre rod really is a metre long? Until 1960, the ultimate standard of lengths were actual rods held in national laboratories, but length standards are now optical and based on the unchanging wowning 200 m spirit properties of light.

Olympic distance, world record times and average speeds

3.18s (33.4 km/h)

19.32s (37.3 km/h)

400m



National Physical Laboratory

Distance mattered in the Meient our nor the Armer

statue shows a discus statue stous a mous statue the narry vents, moust, 120 be, the nas a until 120 event was a outpressed of m sorri

9.74s (36.9 km/h)

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101.11s (28.5 km/h)

1500m

World Metrology Day 20 May 2008

No games without Measurement

06s (26.2 km/h)

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