

STÝLLANOS KYRIAKIDES



Boston 1946 – Winner in 2h : 29m : 27secs – world best time and European record

First runner to train by correspondence with his coach – 1934, 1935 and 1945

First runner to use stop watch for pace - 1934

First runner to use stretching exercises - 1935

First runner to use special diet - 1935

First runner to run for charity – Boston 1946

First non American/Canadian to win Boston – 1946

First runner to run for a cause – Boston 1947

First non American athlete to co in a comic book – 1947

No 7 dominated his life – Bib 77, time 2:29:27, Died in 1987 age 77.

Also 1946 was the 7th time Boston marathon was run on the Saturday 20th of April, Saturday being the 7th day of the week. He was the 35th individual winner ($5 \times 7 = 35$)