

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

First runner to use stop watch for pace - 1935

First runner to use stretching exercises - 1935

First runner to use special diet - 1935

First runner to run for charity - 1946

First runner to run for a cause - 1947