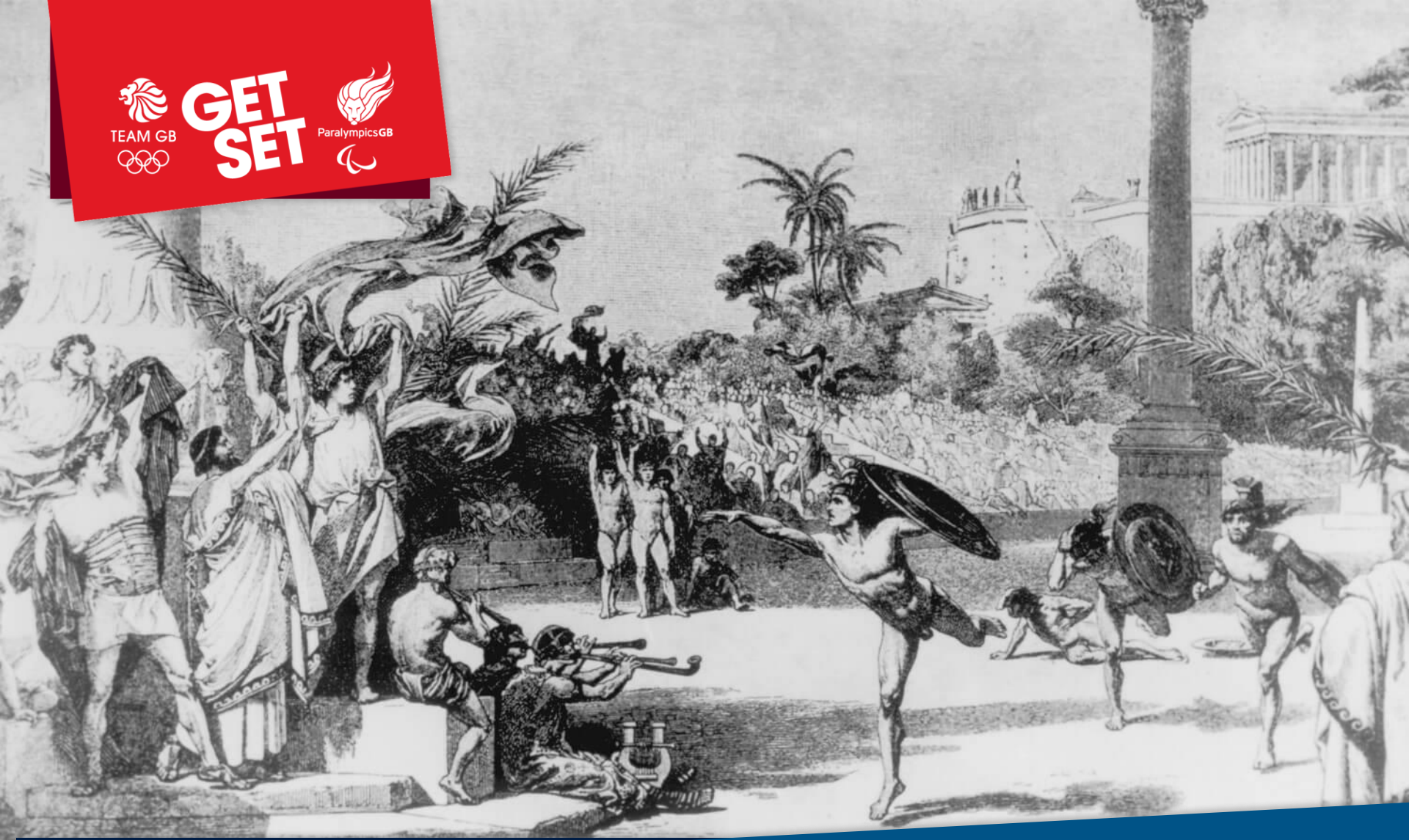




The History of the Olympic and Paralympic Games



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The ancient Olympic Games took place thousands of years ago.



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The Games were held in honour of Zeus.



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They celebrated the physical qualities of athletes and encouraged cities around Greece to get on well together.



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At first, the Olympic Games lasted just one day and consisted of one event – a running race.



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Alison Williamson
 ... The First Medal Winner in both the World and International Games

Probably the greatest triumph of the legend of the World's Oldest Games was the triumph of Alison Williamson at the International Physical Culture and Sports Exhibition and Competition of Great Britain in 1911, aged 16. Alison was crowned as the World's Oldest Games champion and runner-up.

In 1912 Alison took part in the London Olympic and made history by being the first woman to win a medal in the World's Oldest Games. She won a bronze medal in the 100 yds. race in 1912, a silver medal in the 200 yds. race in 1912, and a gold medal in the 400 yds. race in 1912.

Alison was the first woman to win a medal in the World's Oldest Games in 1911, being crowned as the World's Oldest Games champion and runner-up.



William Brouder
 ... and Brouder, a.k.a. the father of the Games

Dr. William Brouder, a.k.a. the father of the Games, was a prominent figure in the history of the World's Oldest Games. He was a doctor and a sports enthusiast who organized the first World's Oldest Games in 1869 in Much Wenlock, Shropshire.

Dr. Brouder's vision of the Games was to provide a platform for the local community to showcase their athletic talents and to promote the health and well-being of the people of Much Wenlock. He was a pioneer in the field of sports medicine and a champion of the idea of the Games as a means of promoting physical fitness and mental well-being.

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William Robertson
 ... the man who helped define the spirit of the Games

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William Snook
 ... local hero or early sports cheat?

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The modern Olympic Movement began in Much Wenlock, Shropshire.



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William Penny Brookes set up the 'Wenlock Olympian Games'. He wanted to provide PE and sport as part of young people's education.



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A French aristocrat called Pierre de Coubertin was inspired by the Wenlock Olympian Games.





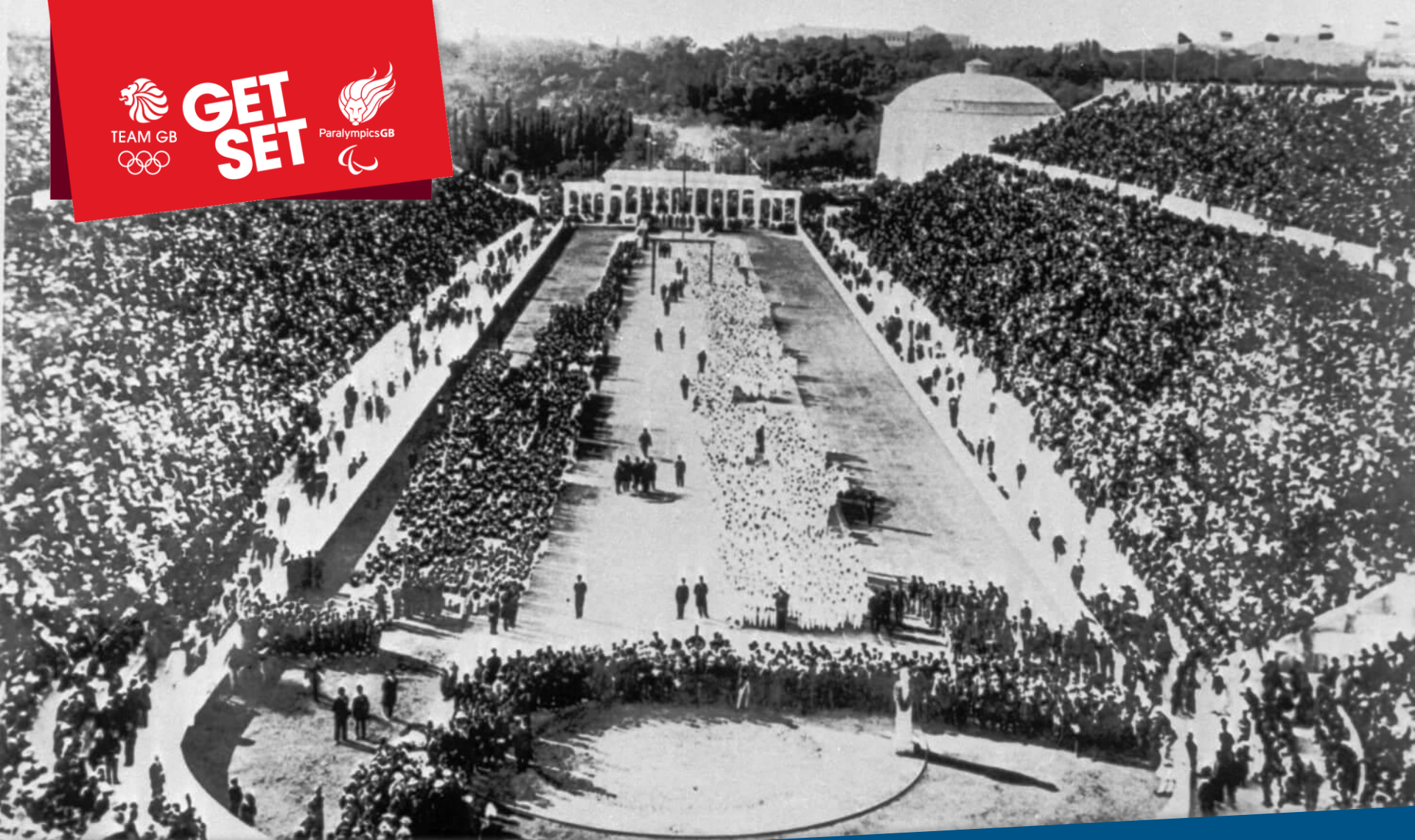
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Pierre de Coubertin founded the International Olympic Committee in 1894.



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In 1896 the first modern Olympic Games were held in Athens.



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The winners received a silver medal and an olive branch.



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Now the Olympic Games last more than two weeks and, at Tokyo 2020, athletes will compete in 32 sports.



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In Rio 2016, 205 countries took part and Team GB won an amazing 67 medals!



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The Paralympic movement began in 1948.



Ludwig Guttmann was a German neurologist working with patients with serious spinal injuries at Stoke Mandeville hospital in Buckinghamshire.





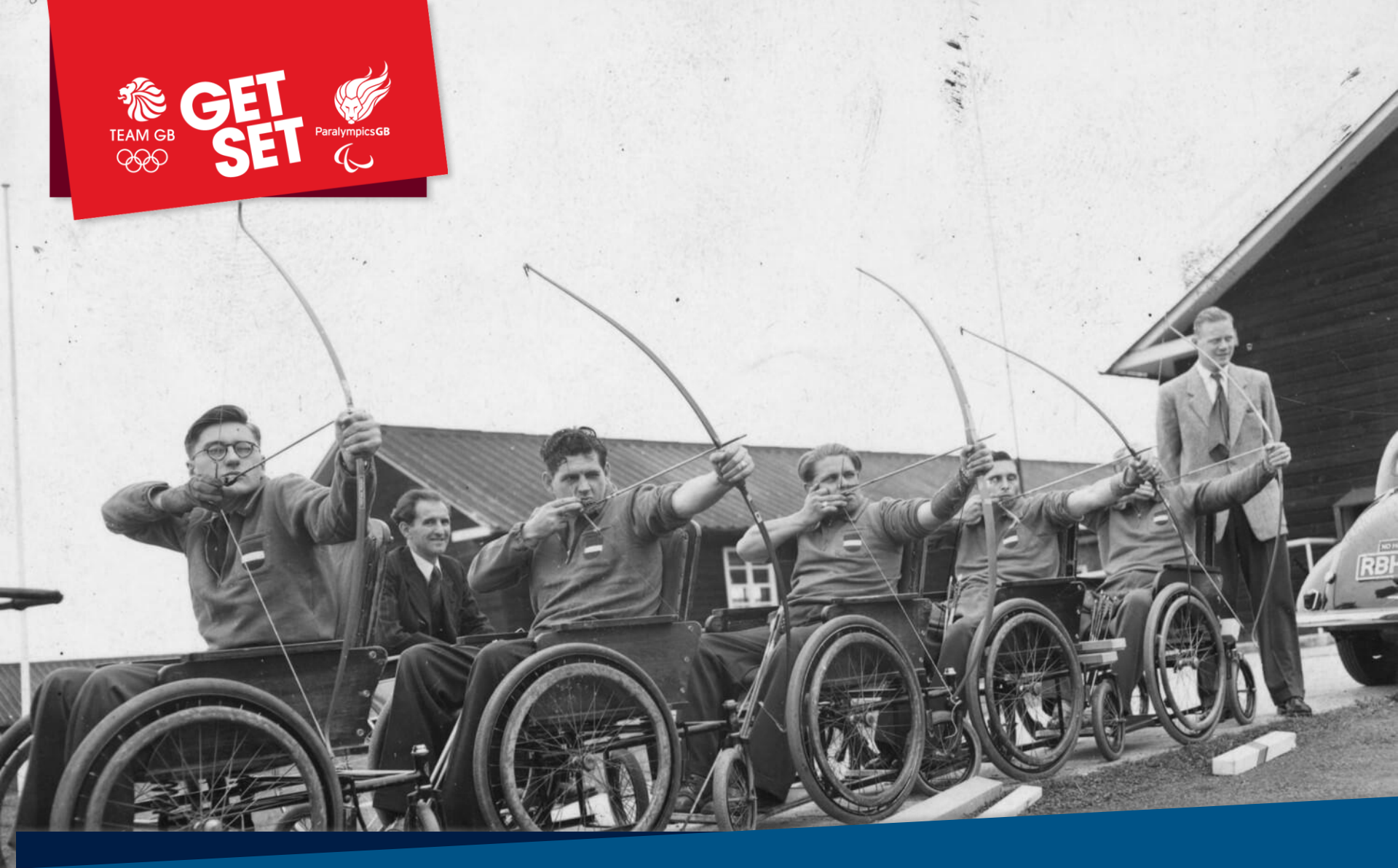
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Guttmann was determined to give his patients hope. He believed that physical activity and sport would strengthen his patients...



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...and give them confidence and ambition for a brighter future.



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On 28 July 1948,
Guttmann organised the
Stoke Mandeville Games,
a sports competition for
soldiers
recovering from spinal
injuries received during
the second World War.





By 1960 Guttman's vision had grown into an international movement and the first Paralympic Games were held in Rome.



It was to be held in parallel to the Olympic Games, once every four years.



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“I foresaw a time when this sports event would be truly international and the Stoke Mandeville Games would achieve world fame as the disabled person’s equivalent of the Olympic Games.”

Guttmann had a powerful vision...



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London 2012 saw the biggest ever Paralympic Games to date.



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4,302 of the world's best Paralympic athletes competed from 164 nations.



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At Rio 2016 4,328 athletes from 159 countries competed in 22 sports.



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Paralympic athletes are even challenging Olympic athletes with awe-inspiring agility and technology.



What's your favourite Olympic or Paralympic moment?