# Helen Ryvar Breaks World Record with 743 Consecutive Half-Marathons



Helen Ryvar, a 43-year-old single mother of three and owner of a cleaning business, has become a world-record holder for consecutive half-marathons. As of the last weekend, Ryvar achieved her 743rd consecutive run, marking her place in the Guinness World Records. Each of these runs typically begins at 4:15 AM around her home in North Wales.

Ryvar began her running journey in 2020 just before the UK entered a lockdown period, following the distressing news of her ex-husband's death due to mental health issues. Despite considering herself a "mediocre runner" during her school days and not adhering to any specialized diet or equipment, Ryvar has consistently maintained her early morning routine, which she credits for her success. According to Ryvar, the discipline of daily runs has become more manageable over time, enhancing her mental resilience and physical endurance.

Her regimen includes running early each day to align with her children’s schedule, maintaining hydration, a balanced diet, and regular magnesium salt baths, which she finds crucial for recovery. Helen aims to reach 1,000 consecutive half-marathons by January 24, 2025, a significant leap from the previous official record of 75 consecutive, officially timed half-marathons.

Ryvar's efforts are also charitable, as she raises funds for Cancer Research UK and Nightingale House Hospice in Wrexham. Her running ventures have provided her not only with personal satisfaction but also opportunities to travel, recently visiting places like Jordan, Miami, Turkey, and Malta.

Dr. Michael J. Joyner, a human performance expert at the Mayo Clinic College of Medicine, emphasizes the importance of incorporating light days into rigorous exercise schedules to prevent severe injuries like stress fractures. Ryvar’s journey underlines the blend of a strong mental outlook, physical consistency, and a structured routine in achieving personal health goals.