

The modern Olympic Games began in 1896. The ancient Olympics began in 776 BCE in Olympia in Greece and they took place every four years until 394 CE. The first Games were a one-day event and had just one running race. There were also running races, horse races, chariot races, boxing and wrestling. About 40,000 spectators travelled to Olympia to watch the Games. A cook called Koroibos won the first ever Olympic race. Some of the events were discus, javelin, long jump and wrestling. There were no medals, no prizes and no second or third places. Some walked for days; others came by sea from places as far away as Spain, Italy and Egypt.