LISTENING COMPREHENSION.

Listen to the interview again and choose the best answer (A, B or C).

1 In what way are the dirt running races similar to a half marathon?
A Runners are expected to get dirty.
B Runners have to run a similar distance.
C They take place in a similar location.

2 How have the dirt races changed?
A They are more difficult than they used to be.
B They no longer take place in the countryside.
C The scenery has changed a lot in recent years.

3 What does Olivia recommend for running?
A Special shoes with metal on the bottom
B Nothing special
C Good quality running shoes

4 How long does a race take to complete?
A Most runners finish in an hour and a quarter.
B It should never take over three hours.
C It can take more than three hours.

5 How much money has Olivia raised for the charity so far?
A £600
B £1,000
C £50,000

USE OF ENGLISH

Choose the correct words to complete the sentences.

1 There were **so / such** many people on the beach that we couldn't find a place to sit.
2 I don't think we've got **enough / not enough** food for everyone.
3 There are **too much / too many** American series on TV nowadays.
4 They've got **so / such** a nice house, haven't they?
5 I think it's **too / too much** far for us to walk. Let's get a bus.

Choose the correct words to complete the sentences

1 If he **wants / had wanted** to lose weight, he should do more exercise. _____
2 It can be bad for you if you **watch / watched** too much TV. _____
3 If she had wanted to go to swimming, she **would have said / will say** so. _____
4 Your body **would use / uses** a lot of energy if you go for a run. _____
5 If I had more money, I **will buy / would buy** some new trainers. _____

Complete the sentences with the correct form of the words in brackets

LIVEWORKSHEETS

1 If you _____ (**tell**) us that the film was going to start at eight o'clock, we'd have got here sooner.

2 I think he'd have won the race if he _____ (**not fall**) over.

3 Even if I'd been invited, I _____ (**not go**) to the party. It was too late for me.

4 She probably would have helped us if she _____ (**see**) that we were in trouble.

5 I _____ (**stay**) in bed longer if you hadn't woken me up.

Complete the sentences with a suitable word from people in sports.

1 We have asked a professional _____ to help us raise money for the new youth club.

2 Our _____ has made us do extra training this week in order to prepare for the match on Saturday.

3 If you'd hurt yourself during a race, the _____ would have looked after you.

4 The _____ was so far in front that the other riders couldn't beat her.

5 My dad is an Arsenal _____ . He goes to watch them every Saturday, even when they're playing away.

Complete the sentences with the correct form of the word in brackets.

1 They are going to _____ (**large**) the stadium so there is enough space for all their supporters.

2 Do you know what the _____ (**wide**) of this room is?

3 Now that the city has _____ (**deep**) the port, you can see some really big ships.

4 I haven't got the _____ (**strong**) to lift that box.

5 I wonder how _____ (**height**) that building is. There must be at least 40 floors.

_____

1 The organisers have not made a lot of progress trying to prepare the city for the marathon.
The organisers have been _____ to prepare the city for the marathon. **CIRCLES**

2 You're tired because you spend all your free time at the gym.
You wouldn't be so tired _____ all your free time at the gym. **IF**

3 There's such a lot of pollution in this city that it's sometimes difficult to breath.
There's _____ pollution in this city that it's sometimes difficult to breath. **SO**

Complete the second sentence so it has a similar meaning to the first. Do not change the word given. Use two to five words, including the word given.

4 How long would you say your swimming pool is?
What would you say is _____ your swimming pool? **THE**

5 He only managed to save some money because he worked hard all summer.
If he hadn't worked hard all summer, he _____ to save any money. **HAVE**

_____

LIVEWORKSHEETS

READING COMPREHENSION

The Athens Classic Marathon

If you're a fan of marathons, the Athens Classic Marathon is not to be missed. This year is particularly significant for marathon runners because it's the 120th anniversary of the first modern marathon. Although Athens is not a city you would want to run around in the summer, the marathon takes place in November so temperatures shouldn't be too high.

The marathon has its origins in a Greek legend, in which a messenger named Pheidippides ran nearly 42 kilometres from Marathon to Athens to deliver an important message. While there is still a debate about whether this account is true or not, to this day marathon runners still follow in the footsteps of Pheidippides, covering a distance of approximately 42 kilometres from Marathon to central Athens. The main difference between the legend and the modern Athens marathon is that nowadays there are thousands of runners. For instance, in the 2015 race, the runners numbered more than 40,000, with around 16,000 competing in the full race.

The fact that the marathon takes place in November means that it shouldn't be too hot for most experienced runners. However, that doesn't mean that this is an easy marathon. The long uphill climb, which goes on for more than 20 kilometres makes this one of the world's toughest city marathons. On the other hand, the final 10 kilometres are mostly downhill, all the way to the Panathenaic Stadium, which was the site of ancient athletics contests. This is a truly historic marathon, with runners passing statues of legendary athletes from the past. Some choose to run even further than the finish line in order to reach the walls of the Acropolis.

If you're not ready to try the full marathon, there are a number of less challenging options, such as the five- and ten- kilometre races or the power-walking race. These races are even more popular than the full marathon, attracting tens of thousands of participants every year. Following the route of the full marathon, you can still experience the glorious feeling of running into the Panathenaic Stadium at the end of the race. There's also a five-kilometre kids race for younger athletes so the whole family can say they've run the Athens Marathon.

If you'd like to take part in any of the marathon events, it's important to sign up early. You can do this online from April onwards but the places are soon taken. Once you've signed up, you will be provided with all the information you need to prepare for the big day. Although the organisers provide medics who are always on hand to deal with injuries and exhaustion, the best way to make sure you don't need them is by being well prepared. Your training programme will need to start immediately if you want to succeed in this race and the marathon website gives you all the information you need on how to train in the months before the race.

Read the article. Match the words from the text (1–5) to the correct synonyms (a–e).

1 significant (paragraph 1)
2 debate (paragraph 2)
3 challenging (paragraph 4)
4 glorious (paragraph 4)
5 sign up (paragraph 5)

a) wonderful
b) put your name on a list
c) important
d) difficult
e) discussion

Now, answer the following questions in your own words.

1. **What special event is being remembered at this year's marathon?**
2. **What did Pheidippides have to give to someone in Athens?**
3. **What do some people hope to see at the end of the race?**
4. **How far are children expected to run in the Athens Marathon?**
5. **What should you read in order to prepare for the race?**

LIVEWORKSHEETS