***Use the word given in capitals to form a word that fits the gap.***

# RUNNING SPEED



Elite **1)** _____ [COMPETE] like the Jamaican Usain Bolt have **2)** _____ [REGULAR] been clocked at nearly 45 kilometres per hour. Such speed would have seemed **3)** _____ [BELIEVE] not so long ago. **4)** _____ [SCIENCE] now suggest that humans can move **5)** _____ [CONSIDER] faster than even that, perhaps as fast as 65 kilometres per hour.

For years, it was assumed that simple muscle power determined speed, but recent, research suggests otherwise. The most important **6)** _____ [LIMIT] factor appears to be how **7)** _____ [QUICK] the muscles can contract and thus **8)** _____ [MINIMUM] the time a runner's foot is in contact with the ground.

Is our athletic **9)** _____ [ABLE] inherited? **10)** _____ [RESEARCH] Alun Williams has **11)** _____ [IDENTITY] twenty-three inherited factors that influence sporting **12)** _____ [PERFORM], such as the efficient use of oxygen and **13)** _____ [STRONG]. As world **14)** _____ [POPULATE] rises, predicts Williams, the **15)** _____ [POSSIBLE] of there being someone with the right genes for these twenty-three **16)** _____ [CHARACTER] will increase **17)** _____ [NOTICE] and thus faster **18)** _____ [RUN] are likely to emerge in the future.

Adapted from *FCE Booster*

LIVEWORKSHEETS