

LISTENING SCRIPT

Exercise 1.

Hello everyone, and thank you very much for coming. We appreciate you giving your time to help all the marathon runners tomorrow, and I'm going to start by mentioning the first thing I'd like you to do. As you know, the marathon starts at nine, but we'll need everyone to be ready before that. You should try to be here by seven at the latest. Before anything else, you need to collect your uniform. You'll find it at the race centre, and you'll need to put it on so that runners can see you're an official race volunteer.

OK, so here's your next task. You will be working at different stations along the marathon route. So, go straight to your station. You'll find your tables there, already arranged, and lots of boxes on the ground. Open them up, and you'll see lots of bottles inside. You need to put them on the tables. They contain an energy drink for the runners. You'll need to make sure that they are spaced out nicely, and that their tops have been taken off, so that the runners can grab them as they're running past, and drink from them straightaway.

OK, there will be one other thing to check before the race begins, and it concerns safety on the road. The runners need to go past your station easily. It might rain tomorrow, and there could be large puddles of water on the roads, but there is nothing we can do about that. However, we must be careful about litter. If you see anything on the road that you, or someone else has dropped, pick it up, no matter how big or small it is. It's easy for runners to slip on something, and needless to say, this could be dangerous when there are hundreds of people running near each other, in wet conditions.

Exercise 2.

Presenter: You will hear the organiser of a school sports event talking to a group of parent volunteers.

Speaker: Hello. Thanks to everyone for coming to the meeting and volunteering to help at next week's sports day. As you know, the event will be held at the local Athletics Centre. Although the students don't start competing until later, Mr Robinson, the sports teacher, does need some help between 8 and 9 o'clock – before it all gets going. So, he would like some parents to help transport a few large pieces of equipment that we'll need to the Athletics Centre. If you can help with that, and you've got room in your car, please let me know after the meeting. Also between 8 and 9 a.m., Mr Robinson is hoping that a couple of parents will get to the Athletics Centre nice and early so they can display some signs that he's made – some for the car park, and some around the Athletics Centre itself, with directions to the toilets, the first-aid centre, that kind of thing. So again, if you can help with that, please come and tell me.

OK, our students will be coming on the school bus and arriving shortly before 10 a.m. at the Athletics Centre. When they come off the bus, we'll need two or three parents to help direct them to where they can pick up their sports kits – their T-shirts and shorts. That'll be in the large tent we'll be putting outside the main hall. You can't miss it. They can then head to the changing rooms to get ready for the day. There's one kit for every child – and we've labelled them all according to size.

What else? Oh yes, the children already know which individual event, or events, they're taking part in, and at what time. Please do remind them that we can't have them taking their mobile phones to the events – they should be left in their bags in the changing room – which will then be locked for safety reasons. Also please remind the children to bring water with them, because it's likely to be a hot day. Just check that everyone takes some to their event.

One other thing I need to mention: I think everyone here knows Jane Wright – she's one of our heads of department and she'll be coming along to sports day to help out. Students will need to go directly to her if they receive an injury – she'll have plenty of ice packs and plasters and that kind of thing. So, do take students to Jane if you think they need that kind of attention. Thanks.

Exercise 4.

OK, let's have a look at a map of the Athletics Centre. You can see Southgate Road along the bottom of the map, going horizontally, and there's Eastgate Road on the right-hand side – going from the bottom up to the top of the map. And there's the main entrance – also there at the bottom of the map on Southgate Road.

So, first of all, you'll need to know where to send other parents to park their cars. That'll be car park 3. Actually, there are several car parks at the centre, on both sides of the main entrance. See the large square-shaped area on the map? Car park 3 is the top half of that square – just below the trees. So please send parents over there.

Now, the changing rooms. You'll need to know where to find them. I remember they used to be up near the running track – you can see the running track is that large oval area on the map. But the changing rooms are much more conveniently located now. All you have to do is come in through the main entrance, immediately take the road that goes off left, and aim for the building that looks a bit like a cross. That's where the kids will be getting changed for this year's sports day.

Right, the first-aid centre. Hopefully we won't be taking too many children there but you do need to know where it is. So, if you're starting from the main entrance, the quickest route is to walk around the hall – on the right-hand side. There's no path so you'll be walking on the grass. Keep straight on so you're walking between the main field and the oval running track, – and then you can see on the map there – that the first-aid centre is just above those two locations, and right below that little bridge.

The café is a bit of a walk from the main entrance. It's in that long, narrow building – the one that's near the northern end of Eastgate Road, and sort of above the oval running track. If you're walking from the hall, you'll probably want to cut through that line of trees to get up there. Anyway, you can see that that building is divided into two and you want the room with a view of the river, not of Eastgate Road.

Finally, when the kids go kayaking on the river, they'll all have to be wearing lifejackets. The lifejackets are kept in a small building near the boathouse. There's no actual road to the lifejacket shed – but it's just a short walk from the boathouse – you can see it there – not far from Southgate Road. So make sure no-one gets into a kayak without first getting themselves a lifejacket. So, the other ...