

Reading

1 Read the introduction to the article.

What are 'ultra-marathons'?

- a marathons shorter than 42 km
- b marathons equal to 42 km
- c marathons longer than 42 km

2 Read the rest of the article and put the topics in the correct order.

- a her future plans _____
- b how she started running _____
- c advice for new runners _____
- d what she likes most and least _____

3 Read the article again. Choose the correct option, a or b.

- 1 Lucy Wilkins runs _____.
 - a in England
 - b in different countries
- 2 When she first started, she _____.
 - a walked
 - b ran and walked
- 3 Her first race was _____.
 - a 5 km
 - b a marathon
- 4 After that she _____ increased the distance she ran.
 - a slowly
 - b quickly
- 5 Her race in France was _____ than a marathon.
 - a shorter
 - b longer
- 6 She likes running because it's _____ to do.
 - a easy
 - b challenging
- 7 She doesn't like thinking about _____.
 - a food
 - b clothes
- 8 The race in California is going to be _____ than her other races.
 - a shorter
 - b longer
- 9 She _____ she's going to finish it.
 - a thinks
 - b doesn't think
- 10 She says you need to start running _____.
 - a slowly
 - b quickly

4 Match the words/phrases in bold in the article with meanings 1–4.

- 1 easy _____
- 2 difficult, but interesting _____
- 3 do something slowly _____
- 4 a competition to see who or what is the fastest _____

In the long run



Lucy Wilkins runs ultra-marathons (marathons longer than 42 km). She lives in Hull in the northeast of England, but travels all over the world to run in **challenging** places. Here she talks to us about her running.

'I first started running in 2014. At first I was very slow and I walked a little, then I ran a little. Slowly I started to run for a longer time. Then I entered my first **race** – it was a 5 km race near home and I loved it. I wasn't very fast, but I really enjoyed running with lots of other people. Then I slowly increased the distance I ran and I entered my first marathon (42 km) two years later. I felt so good after that. Then I started to run longer distances. In 2017 I entered a 60 km race in the mountains in France, which lasted for 30 hours. It was very difficult, but I felt so good at the end.

I love being alone with my thoughts when I run. I also love the feeling I have at the end. I feel like I've really done something good for myself and for my body. It's such a **simple** thing, too, just putting one foot in front of the other. I don't like having to be careful about what I eat before a run though. You have to get it just right: not too much and not too little. If you get it wrong, you can feel really sick.

At the moment I'm training for a race in the US, in California. It's going to be my longest yet – 100 km! I'm sure I'm going to finish it, but I know it's going to be hard.

My main advice for anyone who wants to do long-distance running is to enjoy it! Slowly increase how far you run.

Take your time and enjoy the countryside!