

3 Read the text. Complete the gaps

On my way through London a few years ago, I watched as thousands of runners took part in the London Marathon. It was a mesmerising (mesmerise) sight. And it was to change my life for ever.

At that time I was struggling to survive as a composer. I was working on an opera about two ¹ _____ families that were fighting with each other for dominance, but because I was stuck for ideas as to how to finish it, I took up running to see whether it would inspire me. It was such a success, especially the changes in the ² _____ arrangements that now I run five or six times a week. I am sure that if I have written anything at all ³ _____, it is due to my running.

I have a ⁴ _____ that the current popularity of running is because it gives people some control over their lives. Charity runs, for example, mean that people can make a stand and show both mental and physical ⁵ _____ about what is happening in the world.

1. **groups disagree and argue strongly with each other**
2. **of (music sung by) a choir or a chorus**
3. **using new methods or ideas**
4. **a belief or idea that something may be true**
5. **behaviour in which you refuse to obey someone or something**

m	e	m	o	r	i	s	i	n	g
y	z	d	a	d	f	d	b	u	l
s	x	c	z	s	h	e	e	r	n
t	b	h	x	o	m	f	o	i	n
e	w	o	l	a	v	i	n	c	o
r	a	r	j	r	p	a	e	h	v
i	w	a	r	r	i	n	g	q	a
o	a	l	a	k	e	c	w	a	t
u	t	t	e	r	w	e	l	k	i
s	i	s	t	e	r	d	f	m	v
s	u	s	p	i	c	i	o	n	e