

You will hear an interview with a student called John Benton, who's just completed a 25-kilometre running race. For questions 24-30, choose the best answer (A, B or C).

24 Why did John decide to enter the race?

- A He was encouraged by his father to take part.
- B He wanted to prove his friends wrong.
- C He was inspired by a celebrity's achievements.

25 One feature of John's training before the event was to

- A get some rest between training sessions.
- B leave himself enough time to build up his fitness.
- C set targets that he felt were realistic.

26 John says that once he started training, he had difficulties

- A fitting it in around his usual school schedule.
- B finding time for leisure activities after school.
- C making himself run in cold weather before school.

27 What does John say about his diet before the race?

- A decided not to follow a very strict diet.
- B left it almost too late to adopt a suitable diet.
- C was unwilling to give up his favourite foods.

28 What particularly encouraged John on the day of the race?

- A The atmosphere was much more positive than he's expected.
- B People he's never met before were wishing him well.
- C Some people in the crowd were there to support him personally.

29 One strategy John used to keep himself going was to

- A maintain a fairly even running speed throughout the race.
- B ignore any negative thoughts about failure.
- C keep in mind the finishing time he wanted to achieve.

30 Immediately after John finished the race, he

- A was almost too tired to notice people congratulating him.
- B promised himself he would never attempt another one.
- C celebrated his achievements with friends.