❑ LISTENING - PART 4

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).

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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'd expected.
- **B.** People he'd 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.

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