Vocabulary and grammar

Insight Word analysis

1 Complete the text with the words below. There is one word that you do not need.

a great deal ■ attentive ■ conundrum ■ gradual ■ haggard ■ interim ■ penalized

Tegla Loroupe is a highly successful Kenyan long-distance runner. Her passion for running started when she was seven and had to run ten kilometres to school every morning. She soon found that she was very good at it.

However, her father was not a very [1]_____ parent, and at one point he stopped Tegla from running altogether, saying it was not ladylike. Tegla faced a [2]_____. She wanted to be a good daughter, but she didn't want to be [3]_____ for being a girl. Supported by her mother and her older sister, she kept running and made [4]_____ but steady progress.

In 1994, Loroupe was the first African woman to win the New York Marathon, and became an important sporting role model. During the 2000 Summer Olympics in Sydney, Loroupe was expected to do very well. However, on the night before the race, she came down with severe food poisoning. Although she felt exhausted and looked tired and [5]_____ the next day, she still managed to complete the 10,000 m in fifth place.



She retired from running in 2003 and now devotes [6]_____ of her time to humanitarian activities.

Vocabulary extra Qualities of a hero

2 Match the words below to comments 1–5.

courageous ■ determined ■ inspirational ■ resourceful ■ willing

1 She wasn't willing to change her mind about moving abroad to continue her studies. _____
2 They never object to doing anything I ask them to do. _____
3 He's good at finding new ways of doing things. _____
4 Her life story gave me many new ideas and motivated me to change a few things in my own life. _____
5 They weren't afraid of jumping into the water to save the children. _____

Past perfect simple and continuous

3 Choose the correct answers.

1 When Tegla got to school on her first day, she was exhausted. She _____ 10 km to get there.
a had run **b** had been running
2 Tegla _____ in school races for a long time before she realized she was good at running.
a had taken part **b** had been taking part
3 The Kenyan athletics federation _____ in her until she won a barefoot race in 1988.
a hadn't believed **b** hadn't been believing
4 By 1994, Tegla _____ long distances for 14 years.
a had run **b** had been running
5 Tegla was delighted. She _____ the New York Marathon.
a had won **b** had been winning

4 Complete the text using the past simple, past perfect simple or past perfect continuous. Sometimes more than one answer is possible.

Katherine Johnson was born in 1918 in a small town in West Virginia, USA. Her father [1]_____ (want) his daughter to fulfil her potential – he [2]_____ (drive) her more than 190 km so that she could continue her education. By the time she was 18, she [3]_____ (graduate) from university with a degree in maths.

After marriage, children and the sudden death of her husband, she [4]_____ (get) a job as a 'human computer' with NASA. In 1953, she [5]_____ (not work) there for long when she [6]_____ (meet) two other women: Mary W Jackson and Dorothy Vaughan. It was on the basis of their calculations that several historical space missions [7]_____ (happen). This is an even greater achievement since their careers [8]_____ (begin) in the era of segregation in America, when African-American women [9]_____ (have to) work in a separate building from their white colleagues. The women [10]_____ (face) constant and unfair discrimination and a lot of people would not believe they were equal to men. However, they consistently [11]_____ (come up with) solutions for problems more quickly than their male colleagues. They were by far three of the best mathematicians and engineers ever, and were way ahead of their time.



5 TASK Find out about another person who achieved something great. What qualities did they have? What can you learn from them?

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