



Listening

1 Label the pictures with these words.

barbed wire burning logs ditch mud net wall



2 Always use the time that you have before hearing the recording to read the questions and think about what they, and the answer options, mean. Read questions 1-4 in 3 and underline the most important words. Compare with your partner whether you underlined the same words. If there are any words that you don't understand, discuss them with your partner and try to guess the meanings from the context.

3 In this task, you will hear a short radio report and some questions. Before the report, you will have time to read the questions. Listen to the radio sports report and choose the best answer from the answer choices (A, B, C or D).

- What is a Spartan race?
 - a race like a marathon but across fields
 - a race for disabled people
 - a race for ex-soldiers
 - a race with obstacles
- What happened to James Simpson in 2009?
 - He joined the army.
 - He was sent to Afghanistan for the first time.
 - He was injured in an explosion.
 - He started running.
- Why is James leaving the army?
 - to continue his education
 - to spend more time raising money for charity
 - to get a different job
 - to spend more time training for races
- What does the speaker mean when she says 'there could be no stopping him'?
 - James probably wants to stop running races now.
 - It will be difficult to beat James in future races.
 - James is likely to try even harder races from now on.
 - James's future career won't allow him to continue racing.

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Don't panic if you read or hear some words that you don't understand. You can probably have a guess at what they mean from the context, and even if you can't, you still might be able to answer the question correctly by eliminating the other three options.

