

## File Test 5

### Reading and Listening A

#### READING

#### 1 Read the article and tick (✓) A, B, or C.

##### Fang Su

I used to be very competitive when I was younger. I hated losing! Now I'm older, I'm getting used to slowing down. My husband and children were very excited about a Colour Run in Shenzhen, our city. The race sounded a bit silly to me, but we entered as a family. We usually jog around the park together on a Sunday morning, so 5k was a reasonable challenge for us. I have to admit, it was great fun. The aim of the race is to get as messy as possible. At the start, everyone was wearing white clothes. And after every kilometre, machines sprayed us with different coloured paint powder. There was no winner, and no-one was told their time at the finishing line. At the end, I really wanted a shower! But my kids didn't want to leave because there was a party. So we listened to music and all got covered in even more paint!

##### Shuo

I don't play anymore but when I was at school I was in a local football team. Most weeks we lost but I remember how much fun it was to compete with all my mates. Well, I went to university and then moved to Shenzhen. Of course, we all lost touch. Then a few months ago, I started working out at a gym near my office. One day, I recognized Dishi from my old football team! We couldn't believe it! We started a Facebook group to find the old team and last week, five of us completed the Colour Run. I've just posted a photo of us covered in paint. Maybe we'll find the rest of the team now.

##### Hao

Last year, I entered a 10k running race. I wanted to do more exercise because I'd put on a bit of weight. I lost two kilos, which was great. But I trained too hard and got injured so I couldn't take part in the 10k. It took me two months to recover and that's when I heard about the Colour Run. It was a 5k race so it was a simpler challenge, and the only aim was to have fun rather than getting a fast time. I entered with Chan from my work. There are only three of us in the office so I already knew we got on well. We normally jog once or twice a week after work and then we go to a café for a drink and a chat. We can't talk while we jog ... it's too tiring!

Example: Fang Su used to run faster when she was younger.

A True  B False  C Doesn't say

- 1 Fang Su jogs with her husband and children once a week.  
A True  B False  C Doesn't say
- 2 The winner of the Colour Run gets a special, white T shirt.  
A True  B False  C Doesn't say
- 3 Fang Su and her family stayed for the party after the race.  
A True  B False  C Doesn't say
- 4 Shuo used to live in Shenzhen when he was at school.  
A True  B False  C Doesn't say
- 5 Shuo and Dishi trained for the Colour Run at their gym.  
A True  B False  C Doesn't say

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- 6 Shuo and Dishu didn't manage to find all the members of their old team.  
A True  B False  C Doesn't say
- 7 Hao decided to enter the Colour Run after he recovered from an injury.  
A True  B False  C Doesn't say
- 8 Hao and Chan are training partners, not colleagues.  
A True  B False  C Doesn't say
- 9 Hao and Chan normally talk to each other after their training sessions.  
A True  B False  C Doesn't say
- 10 Hao plans to enter his first 10k race next year.  
A True  B False  C Doesn't say

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### 2 Write *F* for Fang Su, *S* for Shuo or *H* for Hao.

Example: I used to weigh more than I do now. H

- 1 I used to love winning. \_\_\_\_\_
- 2 I share an office with my training partner. \_\_\_\_\_
- 3 I didn't use to win many football matches. \_\_\_\_\_
- 4 I didn't expect to enjoy the Colour Run. \_\_\_\_\_
- 5 I completed the Colour Run with my old friends. \_\_\_\_\_

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Reading total		15
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#### LISTENING

#### 1 Listen to Evie talking about a difficult race she did. Complete the sentences with one or two words only.

- 1 Evie chose this triathlon because it started \_\_\_\_\_.
- 2 Evie thinks she should have done more \_\_\_\_\_ preparation for the race.
- 3 The race marshals mainly stopped people from getting \_\_\_\_\_.
- 4 Evie's swim time was \_\_\_\_\_ than she expected.
- 5 Teams of \_\_\_\_\_ competitors were allowed to enter.

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#### 2 Listen to five conversations. Tick (✓) A, B or C.

- 1 How did Mark lose touch with Rosie?  
A Rosie got a new boyfriend.  B Rosie moved out of the flat.   
C Rosie got a new job.
- 2 Why did Jessica join the running group?  
A She wanted to meet new people.  B She wanted to improve her health.  
  
C She wanted to compete in a race next month.
- 3 What is the relationship between Hayley and Roman?  
A They don't know each other well.  B They've been going out together for  
3 years.   
C They're colleagues and a couple.
- 4 What is Lewis' relationship with his brother like?  
A They're less close than they used to be.  B They're closer than they used  
to be.   
C It has been the same since they were children.
- 5 Why aren't Tomas and Albert watching the football match on TV?  
A It is bad luck for their team.  B Their team isn't playing.   
C It is bad for their friendship.

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Listening total		10
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