

For each question, choose the correct answer.

Kirsty Wade, young athlete

I've always been keen on sport and very fit so a few years ago I decided to join my local athletics club. In the beginning I put all my effort into the long jump because it was my best event, but the coach encouraged me to try different things.

I ended up as a middle-distance runner, which means I don't run the short distances like 100 metres, or long cross-country races, but the in-between ones like 800 metres. It's an interesting type of running because you have to mix speed with strength. You also have to think a lot about how you race, and choose the right moment to run at your maximum speed. You need to do quite a lot of regular training when you first start and it helps if you have a good coach who can keep you motivated and teach you the basics. I take part in some quite major competitions now, but I still remember my first race. I was so nervous before it started. And when it finished, I could still feel my hands shaking. It was a great race and I came second so I was very pleased. Since then I've learned to stay calm before and during races. I do a lot of breathing exercises that help me stay focused and relaxed. Competing has really helped me to trust in my own abilities. And now I find that I love running in front of a crowd – I suppose it's a sort of performance.

One thing I don't enjoy so much is how hard you have to work to stay fit and strong enough to race, although it helps that I often train with others. I try to eat and sleep well, but I don't have a special diet. Mostly it's a case of getting plenty of variety and eating more of everything because I'm so active.

I sometimes watch Olympic athletes on TV and imagine myself in their position. It must be a fantastic experience, but at the moment I

don't feel that is necessarily where I'm aiming. I think you have to give up so much if you want to reach that level.

- 1 Why did the writer join an athletics club?
 - A Because she enjoyed taking part in sports.
 - B Because she thought she should get more exercise.
 - C Because she wanted to become an athletics coach.
 - D Because she wanted to become a professional long jumper.
- 2 What does the writer say about 800-metre running?
 - A You have to know when to run fastest.
 - B It's harder than running in the 100 metres.
 - C It's more important to be quick than strong.
 - D You need to forget everything and just run.
- 3 What does the writer say about competing in races now?
 - A It always makes her feel scared.
 - B It feels good to be in front during the race.
 - C It's helped her to develop new skills.
 - D She enjoys people watching her race.
- 4 What does the writer say about the food she eats?
 - A If she eats a lot, she can run faster.
 - B Eating plenty of food helps her to sleep better.
 - C She eats the same kind of things as other people.
 - D She would like to eat different types of food.
- 5 Which best describes the writer?
 - A A young athlete who trains hard and hopes to be selected for the Olympics in the future.
 - B A girl who was good at the long jump and likes running, but who doesn't see herself becoming an international athlete.
 - C A girl who is a keen athlete, but doesn't like running in front of a crowd and who finds the training very boring.
 - D A keen athlete who finds it enjoyable to practise with other people and compete as part of a team.