

For questions 1–8, read the text below and decide which answer (A, B, C or D) best fits each gap. There is an example at the beginning (0).

### Why we need to play

Human beings are not the only creatures that like to (0) ..... fun. Many animals play, as do some birds. However, no other creatures spend so much time enjoying themselves as human beings do. Indeed, we (1) ..... onto our sense of fun right into adulthood.

So why do human beings spend so much time playing? One reason is that we have time for leisure; animals have very little time to play as most of their life is spent sleeping and (2) ..... food.

So, is play just an opportunity for us to (3) ..... in enjoyable activities or does it have a more important (4) ..... ? According to scientists, (5) ..... from being fun, play has several very real (6) ..... for us – it helps our physical, intellectual and social development. It also helps to (7) ..... us for what we have not yet experienced. With very (8) ..... risk, we can act out what we would do in unexpected, or even dangerous, situations.

1	A hold	B keep	C save	D stay
2	A searching	B looking	C seeking	D gaining
3	A engage	B combine	C contribute	D involve
4	A motive	B purpose	C intention	D cause
5	A excluding	B except	C apart	D away
6	A assets	B profits	C services	D benefits
7	A plan	B prepare	C practise	D provide
8	A brief	B short	C narrow	D little

For questions 17–24, read the text below. Use the word given in capitals at the end of some of the lines to form a word that fits in the gap **in the same line**. There is an example at the beginning (0).

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### Tea

Tea is an (0) ..... popular drink with many people. It is estimated that the consumption of tea in England alone exceeds 165 million cups daily. Despite this, the drink was virtually (17) ..... in England until about 400 years ago. The first (18) ..... to tea in England comes in a diary written in 1660. However, its (19) ..... really took off after the (20) ..... of King Charles II to Catherine of Braganza. It was her great love of tea that made it (21) .....

**EXTREME**

**KNOW**

**REFER**

**POPULAR**

**MARRY**

**FASHION**

It was believed that tea was good for people as it seemed to be capable of reviving the spirits and curing certain minor (22) ..... It has even been suggested by some historians that it played a significant part in the Industrial Revolution. Tea, they say, increased the number of hours that (23) ..... could work in factories as the caffeine in tea made them more (24) ..... and consequently able to work longer hours.

**ILL**

**LABOUR**

**ENERGY**

3.

For questions 25–30, complete the second sentence so that it has a similar meaning to the first sentence, using the word given. **Do not change the word given.** You must use between two and five words, including the word given. Here is an example (0).

**Example:**

0 A very friendly taxi driver drove us into town.

**DRIVEN**

We ..... a very friendly taxi driver.

Write **only** the missing words **IN CAPITAL LETTERS** on the separate answer sheet.

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25 They didn't sell many programmes at the match.

**FEW**

Very ..... at the match last Saturday.

26 We got to work late because we decided to drive rather than take the train.

**INSTEAD**

We got to work late because we decided to drive ..... the train.

27 Last Friday was the first time my car ever broke down, even though it is very old.

**NEVER**

Until last Friday, my car ..... down, even though it is very old.

28 'All your complaints will be investigated by my staff tomorrow,' said the bank manager.

**LOOK**

The bank manager promised that his staff ..... all our complaints the next day.

29 Last year the heavy rain caused the postponement of the tennis tournament.

**BECAUSE**

Last year the tennis tournament ..... so heavily.

30 Jack does not want to work for his uncle any longer.

**CARRY**

John does not want ..... for his uncle.

You are going to read a newspaper article about a blind runner. Six sentences have been removed from the article. Choose from the sentences A–G the one which fits each gap (37–42). There is one extra sentence which you do not need to use.

Mark your answers on the separate answer sheet.

## Blind Runner

*Paul Hardy reports on a blind runner called Simon Wheatcroft who enjoys taking part in marathon and ultra-marathon races, running distances between 42 km and 160 km.*

Running marathons, a race of 42 km, has become increasingly popular. This distance poses extreme physical and mental challenges for anyone, but for Simon Wheatcroft there is another hurdle; he has been blind since he was 18 years old.

For the past two years Simon, now 29, has been overcoming his disability to compete in marathons and ultra-marathons by training with runners who act as his guides, and also, rather uniquely, by teaching himself to run solo, out on the streets. 'I got bored exercising indoors, so thought, "I'll have a go at running outside",' he explains. 37

Then he got bored again and wanted to try running on the roads.

Weeks of gradual exploration followed, walking a route alone. 38 It took him along little-used pavements alongside a busy main road. He also recruited technology to help him form his mental map of the area using a smartphone app, to provide feedback through headphones about his pace and distance. This information could then be cross-referenced with his knowledge of the route and any obstacles.

Now, having covered hundreds of km alone on the route, Simon has been able, gradually, to phase out the app. 'When I first started I had to really concentrate to an unbelievable level to know where my feet were falling. Now it has become quite automated.' 39 'I did make a few mistakes early on – like running into

posts. But you only run into a post once before you think "Right, I'm going to remember where that is next time",' he laughs.

Joining Simon for a training session, it's striking how natural and fluid his movement is; he takes shorter, shallower, more gentle steps than most runners, using his feet to feel his way. His landmarks are minute changes in gradient and slight variations in the running surface. 40 'I have to believe this route is going to stay consistent, and there won't be things like roadwork signs or big rocks,' he says.

41 'I try to concentrate on the millions of footsteps that go right and think positively,' he explains. When it comes to racing in ultra-distance events, Simon has to use guides to run sections of the course with him; after all, it would be almost impossible to memorise a 150 km stretch of countryside by heart. However, the physical and practical advantages of training in the fresh air, on his own terms, are vast and have boosted his confidence in his running ability as well as providing inspiration to others.

But for Simon the real thrill and motivation for training come from simply being able to compete on equal terms. 42 'I can't hide the fact I'm blind,' he says, 'but at the same time I would rather compete with everybody else and not be put into a special group. Being visually impaired doesn't mean you can't run.'

- A** These provide the familiarity and consistency essential for the blind runner.
- B** Their support gave him extra confidence regarding his changing surroundings.
- C** Simon believes the feelings of liberation and independence he gets from running solo far outweigh any anxiety over such dangers.
- D** He began by training on football pitches behind his house, running between the goalposts.
- E** It gives him a great opportunity to run with everyone.
- F** That's not to say the learning curve has been without incident.
- G** As a result of this slow experimentation, he was able to memorise a set five-kilometre course.