Health and fitness

Exam task

1 **You are going to read an article about how a desert marathon runner found a pet dog. Six sentences have been removed from the article. Choose from the sentences A–G the one which fits each gap (1–6). There is one extra sentence which you do not need to use.**

The desert runner and the dog



The story of how a homeless dog became an internet star and found a home in the UK begins in China, in the Gobi Desert, during an ultramarathon in which competitors cross 250 kilometres of desert in seven days. The dog 'adopted' Australian **marathon** runner Dion Leonard when it chose to join the racers on the second day. Leonard's affection for the dog grew as it ran hour after hour with him in the harsh desert conditions, and by the last **stage** of the race, they could not be separated. He named her Gobi, after the desert.

1 ____ He claims she helped him do so well in the race. In fact, Gobi set the **pace** for Leonard, and the two days she didn't run with him, his times were not as fast as when she did. He added that she sometimes **beat** him too – but when Gobi ran too quickly she would stop and wait for him to **catch up**, and then they would continue together.

Dion Leonard's affection for the dog was so strong that he decided he would take her back to Scotland, where he currently lives. 2 ____ This included setting up a crowdfunding campaign (raising many small amounts of money from a large number of people) on the internet to cover the costs of medical and **fitness** checks for Gobi and for her to be flown to Scotland.

However, the drama of the story increased when Gobi disappeared just before she was due to travel to Beijing. 3 ____ She had escaped by dashing outside through an open door in Urumqi, the Chinese city where some of the ultramarathon race team were caring for her.

After hearing this news, Leonard took a flight back to China as soon as he could, and began to search for Gobi. He knew there was little chance of finding Gobi on his own, so he set up a media and social media campaign, and put posters up all over the city. Soon, groups of local volunteers were helping him hunt for Gobi all across Urumqi, looking in parks and dog shelters, and asking all the people they came across whether they'd seen the dog. Leonard became quite well-known after he was interviewed by local television, and people often stopped him in the street to wish him luck and give him encouragement. 4 ____

Leonard didn't **give in**, and eventually the call that he'd been waiting for came: a man and his son had seen a small dog while **walking** their dog in a local park. 5 ____ Leonard was doubtful – the man had sent pictures, but they were a bit too dark to be able to identify the dog as Gobi.

When he walked into the room where they agreed to meet the man with the dog he'd found, Leonard was not feeling at all hopeful that it was Gobi. But as soon as the dog saw him, she rushed towards him and jumped up, barking excitedly. 6 ____ He's deeply grateful to the residents of Urumqi, as he would never have found her if they hadn't helped him in his search.

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A He soon found that the process for achieving this was difficult and expensive, so he returned home and started making arrangements from there.

B They had taken her home and thought she could be Gobi.

C It was as if the two had never been apart, and Leonard says he felt just like he had when they were racing together.

D She had to be monitored there for three months before she was allowed to travel out of China.

E Leonard managed to win second place in the race, despite having to carry Gobi across rivers and giving her food and water from the supplies he had to carry.

F Furthermore, he feared the dog could easily have run a long way out into the surrounding countryside.

G Leonard even launched a live blog to keep people interested in and up-to-date with his search.

2 Complete the sentences with a word in bold from the text in Exercise 1.

1. Jake doesn't like ..... the new puppy so I always have to do it.
2. You need a really good level of ..... to be a good cyclist.
3. Always fight your match right to the end – never .....!
4. I always run alone because I like to go at my own .....
5. During the first ..... of the race, the Danish swimmer was leading.
6. When we play tennis doubles against our friends, we always ..... them, but they don't mind.
7. If the other competitors get too far ahead in a race, you won't be able to ..... enough to win.
8. When I ran my first ....., it took me two weeks to recover!

3 Choose the correct alternative to complete the sentences.

1. The rules say you *must / shall* not run across another competitor's lane during the 1500 metres race.
2. At the stadium, it's great when there isn't a full crowd because they *allow / let* us sit in the better seats.
3. If you want tickets for Saturday's match, you *can / should* buy them as soon as possible.
4. Would you *mind / matter* if I didn't come to basketball practice tonight?
5. You'd *rather / better* stop cycling now if your ankle feels sore.
6. I *could / should* give you a lift back from the pool tonight if you wanted me to.
7. *Would / Do* you like the coach to give you some extra practice exercises this week?
8. *Could / Shall* we rent the football pitch for another hour, please?

Exam tips

- Quickly read through the text to get an idea of what it is about and its structure, and read sentences A–G.
- Carefully read what comes before and after each gap.
- In sentences A–G and in the sentences before and after the gaps in the main text, underline words that link the information together – for example *them, this, that, it, also, however, although, one* and *do so.*

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Exam task

3 Track 10 **You will hear an interview with a travel writer called Anna Bryant, who is talking about what to do when visiting other countries. For questions 1–7, choose the best answer (A, B or C).**

1. Before travelling to another country, Anna always tries to
   - **A** watch people practising their traditions.
   - **B** talk to someone from that country.
   - **C** do some background reading.

2. How does Anna feel about her language skills?
   - **A** regretful that she didn't pay more attention at school
   - **B** confident that she can communicate fairly easily
   - **C** amazed by how many languages she has acquired

3. Anna says that when visiting someone in their home
   - **A** it's fine to let them know you're anxious.
   - **B** it's a good idea to copy how they behave.
   - **C** it's advisable to find out what to do in advance.

4. How did Anna feel when she made a mistake?
   - **A** annoyed that she had forgotten some advice
   - **B** grateful that her host was sympathic
   - **C** amused by her own behaviour

5. How did Anna overcome culture shock when she lived abroad?
   - **A** by studying the culture carefully
   - **B** by getting to know local people
   - **C** by establishing a routine

6. How did Anna feel when she was at the Lantern Festival?
   - **A** astonished that she had never heard about it
   - **B** anxious to remember every moment of it
   - **C** eager to participate in it

7. What does Anna say about the book she is writing about culture?
   - **A** She is disappointed in her progress so far.
   - **B** She is keen to get feedback from people she knows.
   - **C** She is unsure about including her own experiences.

Exam facts

- In this part, you listen to a recording of two people speaking.
- You have to choose the correct answer (A, B or C) for seven questions.

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