

You will hear an interview with a student called John Benton, who's just completed a 25-kilometre running race. For questions 24-30, choose the best answer (A, B or C).

24 Why did John decide to enter the race?

A He was encouraged by his father to take part.

B He wanted to prove his friends wrong.

C He was inspired by a celebrity's achievements.

25 One feature of John's training before the event was to

A get some rest between training sessions.

B leave himself enough time to build up his fitness.

C set targets that he felt were realistic.

26 John says that once he started training, he had difficulties

A fitting it in around his usual school schedule.

B finding time for leisure activities after school.

C making himself run in cold weather before school.

27 What does John say about his diet before the race?

A decided not to follow a very strict diet.

B left it almost too late to adopt a suitable diet.

C was unwilling to give up his favourite foods.

28 What particularly encouraged John on the day of the race?

A The atmosphere was much more positive than he's expected.

B People he's never met before were wishing him well.

C Some people in the crowd were there to support him personally.

29 One strategy John used to keep himself going was to

A maintain a fairly even running speed throughout the race.

B ignore any negative thoughts about failure.

C keep in mind the finishing time he wanted to achieve.

30 Immediately after John finished the race, he

A was almost too tired to notice people congratulating him.

B promised himself he would never attempt another one.

C celebrated his achievements with friends.