a Read the article about Alistair Brownlee. What did he do?

b Paragraph 2 tells the story of what happened. Most of the verbs are simple past, but there are two examples of the past continuous, and four of the past perfect. Can you find them? Why are they used?

Past continuous:

It's used for:

Past perfect:

It's used for:

Alistair sacrifices gold... to help his brother

Nobody will remember who won the world triathlon in Cozumel, Mexico, in 2016. Instead, they will remember the sacrifice of Alistair Brownlee, who stopped to help his brother, Jonny, instead of winning the gold medal himself.

As Jonny, 26, entered the last kilometer of the 10-km run, he was winning by a lot – he'd gone very fast in the swimming and bike riding stages. But then he began to feel sick because he hadn't drunk enough in the hot conditions, and he stopped at the side of the road. His brother, Alistair, was running behind him, but when he saw that Jonny had stopped, he didn't run past him to win the race. Instead, in a wonderful act of brotherly love, he took his brother's arm and helped him to run the final few hundred meters. Seconds before they reached the finish line, South African Henri Schoeman, who had been behind them until then, ran past them both and won the gold medal.

Alistair said, "It was a natural human reaction to my brother, but for anyone, I would have done the same thing."

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