

Questions 21–25

- Read the text and questions below.
- For each question, mark the letter next to the correct answer – **A, B, C or D** – **on your answer sheet**.

When I injured my back I had to take a break from my running career. I decided to introduce more women to the sport, to show them how much fun it can be and to give them the confidence to get out and run.

I decided to start a running club for women in my area because I was annoyed by the attitude of many race organisers. They complain about the lack of women in the sport but also use this as an excuse for not providing separate changing facilities.

I put up posters and 40 women, young and old, fit and unfit, joined. All of them were attracted by the idea of losing weight but I don't think they had really thought about running before. When or if they did, they had a picture of painful training. They didn't think of chatting and smiling while running in beautiful places, like by a river.

At first they ran for only a minute – now they can run for thirty minutes. They've also learned from other runners about diet and keeping fit in general.

I wanted to do something for women's running and I've had so much pleasure watching their progress – almost as much as they've had themselves.

21 What is the writer's main aim in writing the text?

- A** to describe her own running career
- B** to complain about race organisers
- C** to talk about women runners
- D** to describe good running methods

22 What would a reader find out from the text?

- A** the best kinds of places for running
- B** how runners can avoid injuring themselves
- C** the progress made by the women in the club
- D** the teaching skills of the writer

23 What is the writer's opinion of the runners she trained?

- A They were too serious.
- B They needed encouraging.
- C They couldn't develop their skills.
- D They were difficult to train.

24 The women joined the running club to

- A have a good time.
- B meet other people.
- C help them lose weight.
- D become top runners.

25 Which of the following would be the best title for the club poster?

A

**Discover
the pleasures of
running**

B

**Riverside
Running
Club for
Women**

C

**Athletics
competitions:
how to win**

D

**KEEP FIT BY
TRAINING
HARD**