



# MY KIND OF DAY

You are going to read a magazine article about a sportsman who is a champion hurdler. Choose the most suitable heading from the list (A-J) for each part (1-8) of the article. There are 2 extra headings which you do not need to use.

A	A regular practice routine	F	The daily routine varies
B	Concern about the future	G	Home and work
C	Not enough time in the day	H	Impatience sometimes wins
D	Doing better than ever	I	What I consume
E	International real estate ownership	J	Purchasing accommodation

1

Sometimes I don't eat for a couple of days — it's a personal thing that's developed over the past few years. It seems to me that people often eat out of habit, not because they're hungry. I'll often have a low-fat yoghurt in the morning and sometimes turkey or pasta in the evening.

2

Home is a four-bedroom detached house in Rhoose in the Vale of Glamorgan, near Cardiff, where I was born. I also have a studio in Toronto, a flat in Richmond, Surrey, where my sister Suzanne lives, and a terraced house in Florida, which is where I train in the winter. My friend Mark McKoy, the Olympic 110 metres hurdles champion, encouraged me to get a place in Toronto and I love it there. It's where I'd like to end my days.

3

My father Ossie, a retired sales supervisor, and my mum Angela, a nurse, live with me in Rhoose but I have my own office where I work for Nuff Respect, the sports marketing and PR company that I run with my friend Linford Christie. The name comes from a street expression that kids often say to us, meaning congratulations, our respect goes out to you.



4

I'm up about 8am and in training by 10am. Most days in the summer, I go to Cardiff Athletics Stadium with my hurdles partner Paul Gray. I usually drive into Cardiff in my Toyota Supra, pick up Paul and go to the track. We put the hurdles up — glamorous life, isn't it? — do an hour of stretching exercises and get into the hurdles work.

5

Hurdling is a natural thing — I think you have to be born with it. You need to combine a runner's speed with a dancer's grace. Getting technically more efficient is the only way to keep improving and I'm in excellent shape at the moment. I'm confident I can break my 110 metres hurdles world record this summer — in Zurich on 17 August, in Brussels two days later or at the Commonwealth Games on 22 August. There could even be three new world records in a week. Then I'll be focusing on the next Olympics.

6

In the afternoon I do some work for Nuff Respect, using my computer and fax machine. I enjoy the work — after all, I'm the product being marketed — but I have a severe problem with unprofessional people. Usually I'm quite relaxed, but I'll shout at those who waste my time.

7

When the work's finished, I'll shower, change, ask my father what he's doing and maybe pick up Mum from University Hospital. Later, I may drop into Paul's house and cook for him and his family. I cook whatever's there — it's the only artistic thing I do. But I rarely eat it myself.

8

Back home, I'll watch late-night television until I feel tired. I always go to sleep thinking about what the next day holds. Sometimes it seems like a circus, a fantasy world. All I can do is run fast — is that a real kind of world? It certainly won't last forever.

