

only a (6) left. Support your local market and help local farmers. Contact your Town Hall to find out if there are (7) open-air markets.

2. READING PRACTICE - Multiple choice questions

Test TIP

- **Skimming**: Read the questions and the text once **quickly** to get an idea of the topic, writer's purpose and general meaning of the text.
- **Scanning**: Read the text again very **carefully** and find details to deal with the questions one by one.

Read the text and choose the best answer for each question below.

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.

1. 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
2. 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
3. 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
4. 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
5. 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