READING AND USE OF ENGLISH – Part 1

5 Read the text below and decide which answer (A, B, C or D) best fits each gap.

Creative ways to run for charity

It used to be that we raised money for charity by running 5 km, or if we were particularly **(0)** __C__ , a marathon. These days though, there are all kinds of weird and wonderful races **(1)** _____ to anyone who wants to participate. We get the **(2)** _____ to have a great day out and keep fit, all in **(3)** _____ to raising money for a worthy cause.

One innovative race **(4)** _____ runners to outrun the finish line. The length of their race **(5)** _____ depends on how fast they can run. That's because the finish line chases the runners. The runners set off from the start line. Thirty minutes later, a car, which represents the finish line, sets off from the same place and moves forward at a slow but steady pace. As soon as it overtakes a runner, their race is over. It's thrilling to watch runners **(6)** _____ trying to find the extra **(7)** _____ of energy they need when they see the finish line vehicle behind them! **(8)** _____ to say, most don't succeed, but one runner managed 64 km before his race ended.

0	**A** warm	**B** pleased	**C** enthusiastic	**D** anxious
1	**A** available	**B** vacant	**C** possible	**D** convenient
2	**A** occasion	**B** excuse	**C** convenience	**D** opportunity
3	**A** comparison	**B** extra	**C** addition	**D** contrast
4	**A** requires	**B** involves	**C** recommends	**D** concerns
5	**A** precisely	**B** completely	**C** certainly	**D** absolutely
6	**A** sorely	**B** properly	**C** desperately	**D** actually
7	**A** raise	**B** aid	**C** boost	**D** lift
8	**A** Useless	**B** Needless	**C** Pointless	**D** Redundant

READING AND USE OF ENGLISH – Part 2

6 Read the text below and think of the word which best fits each gap. Use only one word in each gap.

Nighttime patterns

I remember being surprised to read that our nighttime behaviour in the past **(0)** _____WAS_____ very different to what it is today. We didn't **(1)** _____ to go to bed at 11 p.m. and wake up at 6 a.m. as we do now. Instead, we slept for four hours in the evening, got up for a couple of hours to eat and chat with family and then slept again for another four hours **(2)** _____ the early hours of the morning.

So, what caused the change? It's all down to lighting. Before street lighting was available, it wasn't safe to be out on the streets on dark evenings. However, once lighting allowed people **(3)** _____ go out after the sun set, it became **(4)** _____ dangerous. This meant that people started to be a lot **(5)** _____ sociable in the evenings and went to bed later.

Of course, knowing that our sleep patterns have changed over the centuries makes me wonder **(6)** _____ they might change again in future. With technological advancements, we may **(7)** _____ longer need as much sleep as we need now. However, I doubt that we could survive without **(8)** _____ sleep at all.