Listening

1 UT Track 10 **Listen to an interview with Olivia Johansen about her hobby and decide if the sentences are true (T) or false (F).**

1 Dirt running races take place on smooth running tracks. T / F
2 Olivia thinks that running in a stadium can be boring. T / F
3 One race last spring had to be cancelled because of bad weather. T / F
4 Dirt races are too difficult for beginners. T / F
5 Olivia hopes to make some money for other children in the next race. T / F

__/5

2 UT Track 10 **Listen to the interview again and choose the best answer (A, B or C).**

1 In what way are the dirt running races similar to a half marathon?
A Runners are expected to get dirty.
B Runners have to run a similar distance.
C They take place in a similar location.

2 How have the dirt races changed?
A They are more difficult than they used to be.
B They no longer take place in the countryside.
C The scenery has changed a lot in recent years.

3 What does Olivia recommend for running?
A Special shoes with metal on the bottom
B Nothing special
C Good quality running shoes

4 How long does a race take to complete?
A Most runners finish in an hour and a quarter.
B It should never take over three hours.
C It can take more than three hours.

5 How much money has Olivia raised for the charity so far?
A £600
B £1,000
C £50,000

__/5

Grammar

3 **Choose the correct words to complete the sentences.**

1 There were **so / such** many people on the beach that we couldn't find a place to sit.
2 I don't think we've got **enough / not enough** food for everyone.
3 There are **too much / too many** American series on TV nowadays.
4 They've got **so / such** a nice house, haven't they?
5 I think it's **too / too much** far for us to walk. Let's get a bus.

__/5

4 **Complete the sentences with *so, such, too much / many* or *(not) enough*.**

1 _____ people have shown an interest, so we're going to cancel the exchange trip.
2 That was _____ a difficult exam. I'm sure I've failed it.
3 I wonder if we've got _____ money to get mum a present.
4 There is _____ traffic on our roads nowadays. People should use public transport more.
5 The water is _____ deep in this part of the lake that you can't see the bottom.

__/5

5 **Complete the sentences with the correct form of the words in brackets.**

1 If you _____ (**tell**) us that the film was going to start at eight o'clock, we'd have got here sooner.
2 I think he'd have won the race if he _____ (**not fall**) over.
3 Even if I'd been invited, I _____ (**not go**) to the party. It was too late for me.
4 She probably would have helped us if she _____ (**see**) that we were in trouble.
5 I _____ (**stay**) in bed longer if you hadn't woken me up.

__/5

6 **Find one mistake in each sentence. Underline them and write the corrections.**

1 If you have met her before, you should have told me.
2 I wouldn't have thought of looking on the internet if you had told me.
3 She would have spoken to her parents whether she had a problem.
4 You could be hurt very badly if you hadn't been wearing a helmet.
5 If we hadn't leave then, we would have been late for school.

__/5

LIVEWORKSHEETS

Reading

The Athens Classic Marathon

If you're a fan of marathons, the Athens Classic Marathon is not to be missed. This year is particularly significant for marathon runners because it's the 120th anniversary of the first modern marathon. Although Athens is not a city you would want to run around in the summer, the marathon takes place in November so temperatures shouldn't be too high.

The marathon has its origins in a Greek legend, in which a messenger named Pheidippides ran nearly 42 kilometres from Marathon to Athens to deliver an important message. While there is still a debate about whether this account is true or not, to this day marathon runners still follow in the footsteps of Pheidippides, covering a distance of approximately 42 kilometres from Marathon to central Athens. The main difference between the legend and the modern Athens marathon is that nowadays there are thousands of runners. For instance, in the 2015 race, the runners numbered more than 40,000, with around 16,000 competing in the full race.

The fact that the marathon takes place in November means that it shouldn't be too hot for most experienced runners. However, that doesn't mean that this is an easy marathon. The long uphill climb, which goes on for more than 20 kilometres makes this one of the world's toughest city marathons. On the other hand, the final 10 kilometres are mostly downhill, all the way to the Panathenaic Stadium, which was the site of ancient athletics contests. This is a truly historic marathon, with runners passing statues of legendary athletes from the past. Some choose to run even further than the finish line in order to reach the walls of the Acropolis.

If you're not ready to try the full marathon, there are a number of less challenging options, such as the five- and ten- kilometre races or the power-walking race. These races are even more popular than the full marathon, attracting tens of thousands of participants every year. Following the route of the full marathon, you can still experience the glorious feeling of running into the Panathenaic Stadium at the end of the race. There's also a five-kilometre kids race for younger athletes so the whole family can say they've run the Athens Marathon.

If you'd like to take part in any of the marathon events, it's important to sign up early. You can do this online from April onwards but the places are soon taken. Once you've signed up, you will be provided with all the information you need to prepare for the big day. Although the organisers provide medics who are always on hand to deal with injuries and exhaustion, the best way to make sure you don't need them is by being well prepared. Your training programme will need to start immediately if you want to succeed in this race and the marathon website gives you all the information you need on how to train in the months before the race.

7 Read the article. Match the words from the text (1–5) to the correct synonyms (a–e).

1 significant (paragraph 1) __
2 debate (paragraph 2) __
3 challenging (paragraph 4) __
4 glorious (paragraph 4) __
5 sign up (paragraph 5) __

a) wonderful
b) put your name on a list
c) important
d) difficult
e) discussion

__/5

8 Read the article again and write a short answer for each question. Use a maximum of four words.

1 What special event is being remembered at this year's marathon?

_____

2 What did Pheidippides have to give to someone in Athens?

_____

3 What do some people hope to see at the end of the race?

_____

4 How far are children expected to run in the Athens Marathon?

_____

5 What should you read in order to prepare for the race?

_____

__/5

LIVEWORKSHEETS

Vocabulary

9 Complete the sentences with one word from the box. There are two words which you do not need.

coach | fundraiser | leader | medics | referee
sponsor | supporter

1 We have asked a professional _____ to help us raise money for the new youth club.
2 Our _____ has made us do extra training this week in order to prepare for the match on Saturday.
3 If you'd hurt yourself during a race, the _____ would have looked after you.
4 The _____ was so far in front that the other riders couldn't beat her.
5 My dad is an Arsenal _____ . He goes to watch them every Saturday, even when they're playing away.

__/5

10 Complete the sentences with the correct form of the word in brackets.

1 They are going to _____ (**large**) the stadium so there is enough space for all their supporters.
2 Do you know what the _____ (**wide**) of this room is?
3 Now that the city has _____ (**deep**) the port, you can see some really big ships.
4 I haven't got the _____ (**strong**) to lift that box.
5 I wonder how _____ (**height**) that building is. There must be at least 40 floors.

__/5

11 Match the two halves of the sentences.

1 I would run ____
2 We were running around ____
3 Just take your time. Don't try to run ____
4 There's so much to do. We're run ____
5 You shouldn't run ____

a) before you can walk.
b) the risk of riding your bike without lights.
c) a mile if I saw a ghost!
d) in circles to finish our project on time.
e) off our feet.

__/5

12 Choose the correct words to complete the text.

My school is organising a five-a-side football tournament with teachers, parents and students to raise money for new sports facilities. My dad's the (1) **captain / referee** of my team, so if we don't do very well, we can blame him! We only have a couple of weeks so we're run off our (2) **circles / feet** trying to get ready. We're looking for (3) **fundraisers / sponsors** who will give money to the school. At the same time, we're doing exercise to (4) **stronger / strengthen** our muscles and make sure we're fit enough to play. That's not a problem for the younger ones, but it is for some of the parents, especially my dad. At the moment, I don't think he's capable of running the (5) **length / height** of the pitch!

__/5

LIVEWORKSHEETS

Speaking

13 **Complete the sentences with words from the box. There are two words which you do not need to use.**

counts | factually | funny | honest | sadly | sounds | though

1 I've never run a marathon, but I'd love to _____ .
2 It's _____ you should say that because I went in for that race as well.
3 To be _____ , I've never been very interested in running.
4 I used to compete in school races if that _____ .
5 I've never had the chance to enter a marathon, _____ .

__/5

14 **Write answers to the questions. Use phrases from Exercise 13 and remember to give an extended answer.**

1 Have you ever competed in a sports competition?
_____
_____
2 Have you ever taken part in a sponsored event?
_____
_____
3 Have you ever been in a difficult situation?
_____
_____
4 Have you ever had to shelter from bad weather?
_____
_____
5 Have you ever participated in a concert?
_____
_____

__/10

Use of English

15 **Choose the correct words to complete the sentences. Then label the sentences 0 (zero conditional), 1 (first conditional), 2 (second conditional) or 3 (third conditional).**

1 If he **wants / had wanted** to lose weight, he should do more exercise. __
2 It can be bad for you if you **watch / watched** too much TV. __
3 If she had wanted to go to swimming, she **would have said / will say** so. __
4 Your body **would use / uses** a lot of energy if you go for a run. __
5 If I had more money, I **will buy / would buy** some new trainers. __

__/5

16 **Complete the second sentence so it has a similar meaning to the first. Do not change the word given. Use two to five words, including the word given.**

1 The organisers have not made a lot of progress trying to prepare the city for the marathon.
The organisers have been _____ to prepare the city for the marathon. **CIRCLES**
2 You're tired because you spend all your free time at the gym.
You wouldn't be so tired _____ all your free time at the gym. **IF**
3 There's such a lot of pollution in this city that it's sometimes difficult to breath.
There's _____ pollution in this city that it's sometimes difficult to breath. **SO**
4 How long would you say your swimming pool is?
What would you say is _____ your swimming pool? **THE**
5 He only managed to save some money because he worked hard all summer.
If he hadn't worked hard all summer, he _____ to save any money. **HAVE**

__/5

LIVEWORKSHEETS

Writing

17 **Read the exam task and the first two paragraphs of the story. Decide if the sentences are true (T) or false (F).**

You have seen this announcement in an athletics magazine.

> **Short story competition**
>
> We want your short stories for our athletics magazine. Your short story must begin with this sentence:
>
> *As Susana got close to the finish line, she couldn't believe what happened.*
>
> Your story must include:
>
> • a race
>
> • something surprising.

Write your story.

An unbelievable race

As Susana got close to the finish line, she couldn't believe what happened. She had not started the race well and she didn't think she had a chance of winning.

Although her coach had told her that she was a promising athlete, Susana had not been running very well lately and she was lacking in confidence. She'd had too much school work and her mum had been unwell, which meant that she hadn't been able to concentrate on running. What's more, she'd recently sprained her ankle and she hadn't been able to do much training for the last couple of weeks. 'I'll never win,' she'd told her coach the morning of the race.

1 Susana thought she could win the race. T / F
2 Susana's coach believed she was a good runner. T / F
3 Susana had had a lot to think about before the race. T / F
4 Susana had hurt herself not long before the race. T / F
5 Susana had been practising hard for the race. T / F

__/5

18 **Continue the story and bring it to a close. Write two paragraphs (5-6 sentences). Remember to:**

• create an interesting and appropriate plot
• make sure you mention something surprising
• write a good ending.

_____
_____
_____
_____
_____
_____
_____
_____
_____
_____

__/10

Total score __/100

LIVEWORKSHEETS