

3B

THERE ARE A LOT OF GOOD RUNNERS IN KENYA

1 GRAMMAR

Present perfect and present perfect continuous

- a Underline the correct words to complete the sentences and questions.
- I've always loved / I always loved rugby. It's my favourite sport.
 - They've won / They won the championship two years ago.
 - What have you thought / did you think of the match?
 - The players haven't arrived / didn't arrive yet, so the match can't begin.
 - I've been running / I was running in the park when it happened.
 - Marina has been doing / was doing yoga since she was a teenager.
 - I have completed / been completing five marathons.
 - A Why is your shirt wet?
B I've run / I've been running.
 - Joshua hasn't played / been playing tennis since he was at school.
 - Our judo trainer has learned / been learning Japanese for ten years.
- b Complete the text with the correct forms of the verbs in brackets.

Shantelle Gaston-Hill ¹ has just broken (just / break) a world record! Yesterday in Manchester, England, she ² _____ (run) a half-marathon – that's just over 21 kilometres – in 2 hours, 16 minutes and 3 seconds. And she did it backwards! Shantelle is 32 years old and this is the second time she ³ _____ (beat) all the best runners in the world. From March 2017 to January 2019, Shantelle ⁴ _____ (hold) the world record and now, just ten months later, she ⁵ _____ (set) a new world record!

Shantelle started retro-running – running backwards – for fun, but soon after, she began to take her hobby more seriously. But that's not all! She ⁶ _____ (also / complete) five marathons and eight ultra-marathons. It's safe to say that Shantelle ⁷ _____ (run) forwards and backwards for quite a while!

Every time she ⁸ _____ (race), she ⁹ _____ (represent) a charity. This time Shantelle represented YoungMinds, a mental health charity for children and young people. She wants to show people that consistent training and determination can get extraordinary results.

- c **03.03** Listen and check.

2 VOCABULARY

Words connected with sport

- a Read the definitions and write the words.

- the act of winning a competition victory
- a person who is in charge of a sports game _____
- shout approval or encouragement _____
- people who watch a sports event _____
- be in a competition for your country _____
- an area for playing sport, especially football _____

- b Complete the text with the correct forms of the words in brackets.

Everyone thinks that ¹ professional (profession) sportspeople get paid a lot of money to ² _____ (competitor), but this is not always true. The top ³ _____ (athletics) in smaller sports like handball, mountain running and women's cricket don't earn much money. Such sports are very ⁴ _____ (competition) and the athletes ⁵ _____ (training) hard, but even if they ⁶ _____ (representation) their country, they often can't make a living from their sport. Unfortunately, ⁷ _____ (victor) in ⁸ _____ (champion) and new world ⁹ _____ (recording) very often don't mean money, especially if the sport isn't popular on TV. But maybe this doesn't matter if the athletes enjoy what they do and spectators are happy to watch them perform and ¹⁰ _____ (cheerful) for them. Money isn't everything, after all.

- c **03.04** Listen and check.

3 PRONUNCIATION Word stress

- a **03.05** Listen to the conversation and underline the stressed syllables in the highlighted words.

- ELENA I know you like ¹ athletics, but do you ever take part in ² competitions?
- DIMA Sometimes – in fact, I'm going to ³ compete in the national ⁴ championships next weekend.
- ELENA So you're almost a ⁵ professional ⁶ athlete then?
- DIMA Not really. It's hardly a ⁷ profession but I do a lot of ⁸ training, and I'm hoping for a good ⁹ performance. There'll be a lot of strong ¹⁰ competitors and I'll have to ¹¹ perform really well on the day.
- ELENA So ¹² victory might be yours then, and we'll welcome the ¹³ victorious champion home?
- DIMA Don't laugh, I might win!