Part 7

You are going to read an article in which four people talk about the sport they do. For questions **43–52**, choose from the people (**A–D**). The people may be chosen more than once.

Mark your answers on the separate answer sheet.

Which person

says how overcoming a fear has proved worthwhile?	**43**	
says they constantly think ahead while doing their sport?	**44**	
compares actually performing an action to practising for it?	**45**	
mentions being unfamiliar with some aspects of their sport at first?	**46**	
mentions the mental focus required to do their sport?	**47**	
emphasises how much potential there is for problems to occur?	**48**	
has ambitions to do their sport in a wide variety of locations?	**49**	
enjoys someone's company while doing their sport?	**50**	
says their sport is organised in a similar way to another sport?	**51**	
emphasises the freedom they experience when doing their sport?	**52**	

LIVEWORKSHEETS

Four sportspeople

A Gary, surfer

Every wave is different, and there are waves out there, all over the world, that I intend to ride. To catch a wave, you have to position yourself behind the white water. You start paddling as a wave approaches and, just before it breaks, jump up to your feet. Getting from a paddling position, lying on your stomach, to standing on the board in one smooth motion takes a good degree of skill. But it's easier to do this in the sea than when you're a beginner training on dry land, as you can use the momentum of the water to your advantage. The feeling when you step off the land into the sea, into an untamed and wild environment, is amazing. The speed, the power and the G-force as you do huge sweeping and swooping turns off the top of the wave is about as close as you can get to flying. It's addictive.

B Stephanie, flat-water kayaker

One day, some talent spotters came to my school and tested the sporty people in my year. My friend and I both got a letter saying we'd been selected for flat-water kayaking. I'd done a bit of kayaking on holiday, but I never knew it was a competitive sport nor how physically demanding it could be. Flat-water kayaking takes place anywhere with a long stretch of water, much like the Olympic rowing events. In a sprint, you line up in one of nine lanes, then go as fast as you can in a straight line for either 200, 500 or 1,000 metres. The racing kayaks are long, sleek and about the width of your hips. They're also rather unstable, so there is, of course, the possibility of capsizing. Apart from wanting to win, the main draw is the social side. You see the same faces at competitions, and I've made friends with people from all over the country.

C Amy, rock climber

Generally speaking, there are two types of outdoor climbing: sport climbing, where there are metal bolts in the rock that you clip into as you go up to keep safe, and traditional climbing. The latter is where you place your own bits of equipment in the rock as you climb, to catch you if you fall. My cousin introduced me to the sport and I really took to it. The adrenaline rush is part of the appeal. Climbing is the ultimate full-body workout, and there's nothing like it for living in the moment. You're out on this cliff, exposed to the wind and freezing weather: you can't afford to worry about other things in your life because you really have to concentrate on keeping yourself safe. When I started, I didn't like to look down, but over time and with some effort, I've become less anxious so now I've really started to appreciate my surroundings. I've seen some places that other people don't often get to see, and from a totally unique perspective.

D Jim, track cyclist

My dad's a keen track cyclist too and we race against each other. We compete in the same league every Friday. I usually do better than him but sometimes he'll beat me. It's just nice to be able to race alongside him. Riding inside a velodrome is very different from cycling on the road. The tracks have incredibly steep sides, known as the banking. When you're at the top, you're almost horizontal – I found it a bit scary at first. You're always at the limit of how hard you can go, always planning your next move. And there are any number of mishaps that can happen, especially as the bikes don't have brakes – you can only slow down by pushing back against the pedals or going up the banking. Towards the end of a race, your legs feel as if they're on fire.

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