

**Use of English (vocabulary & grammar)**

**Exercise 1:**

Use the word given in capitals at the end of each line to form a word that fits in the space in the same line. There is an example at the beginning (o). Write your answers in the blanks.

<b>RUNNING ROUND THE WORLD</b>	
John Shaw will (o) .. <i>shortly</i> .. be setting off on a 50,000 km run, which will make him the first person to perform the (1) ..... act of running all the way round the world if he succeeds. His timetable includes the (2) ..... Russian winter and the burning African summer. And he has no back-up team for (3) ..... He will be running alone, carrying all his (4) ..... on his back. 'My biggest fear is not the physical challenge, but (5) ..... ' Mr Shaw said. ' I'm as sociable as anyone and I'm very (6) ..... that I will form many (7) ..... on the way.' On a trial 2,000 km run under the blazing (8) ..... of the African sun, he came across wild baboons and (9) ..... snakes, but he proved that a target of 60 kilometres a day was (10) ..... 'I have made up my mind to do it and I will. Running is my life,' he said.	SHORT ORDINARY FREEZE ASSIST EQUIP LONELY HOPE FRIEND HOT POISON REASON

**Exercise 2:**

<b>HOW TO SUCCEED</b>	
Let me make a (o) ... <i>suggestion</i> ... to help you deal with difficult situations.	SUGGEST
If, for example, you are taking part in a sports (1) ....., meeting someone important, or giving a (2) ..... in front of a large audience, you will probably be quite (3) ....., and worry that you will not be as (4) ..... as you would like to be.	COMPETE PERFORM NERVE SUCCEED THOROUGH

What you need to do is to prepare yourself (5) ..... by running through the whole (6) ..... over and over again in your mind, (7) ..... going through every detail.	ACTIVE CARE PRISON
For example, a famous pianist, (8) ..... for seven years for (9) ..... reasons, could still play magnificently on his release. When asked how he managed to play so well, his (10) ..... was that he had practised every day in his mind.	POLITICS EXPLAIN

**Exercise 3: THE INFERNO SKI RACE**

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

The Inferno is the oldest and (0) ....most.... celebrated of all amateur ski races. (1) ..... is held every year, on a Saturday in the middle of January, above (2) ..... remote village of Mürren in Switzerland. Anyone can take part, as (3) ..... as they belong to a ski racing club and pay the race fee.

The Inferno (4) ..... , strangely enough, a British invention. The story begins with a former tennis racquet salesman called Henry Lunn, who came up (5) ..... the idea of the package holiday in the early 1900s and began taking groups of British people to the Alps for winter sports. Henry's son, Arnold, grew very fond (6) ..... Mürren and he founded a ski club there in 1924, which he called the Kandahar. Four years (7) ....., seventeen of the club's members took part (8) ..... the first Inferno race, from the top of the 2,970 metre Schilthorn mountain to Mürren below. In those early days, they (9) ..... to climb for six hours from the railway terminus in Mürren (10) ..... the start of the race. Today, racers can use a cable car which (11) ..... about twenty minutes. In the first race, the winning time for the fourteen-kilometre race was one hour, twelve minutes. (12) ..... days it tends to be almost exactly an hour less. Although the skiers are very (13) ..... faster now, some things haven't changed. The course, (14) ..... is steep and has sharp bends, remains (15) ..... of the most demanding and frightening in the world.

**Exercise 4: THE LONDON MARATHON**

The London Marathon is one of the best-known long-distance races (0) ..in.. the world. Some of the (1) ..... famous long-distance runners have competed in it. But (2) ..... makes it different from many other great sporting events is

(3) ..... fact that ordinary people can (4) ..... part alongside international stars.

The race was the idea of Chris Brasher, a former Olympic athlete. In 1979, friends told him about the New York Marathon, during (5) ..... the runners are encouraged to carry (6) ..... to the end of the course by the enthusiastic shouts of the spectators. He flew to the USA to run in the race (7) ..... was so impressed by (8) ..... that he decided to organise a similar event in Britain. Many problems (9) ..... to be overcome before the first London Marathon took place in 1981. Chris Brasher still takes a keen interest in the event, even though he is no (10) ..... the organiser.

(11) ..... total of around 300,000 runners have completed the race, with a record of 25,194 finishing in 1984. Numbers are limited (12) ..... the streets of London are too narrow to accommodate all those (13) ..... would like to run. Each year more than 70,000 apply (14) ..... the 26,000 places in the race. Hundreds of thousands of spectators line the route and at least a hundred countries televise it. Over the years, (15) ..... the first race was held, an estimated £75 million has been raised for charity by the runners.