

PART 2 Questions 11–20

Questions 11 and 12

Choose **TWO** letters, **A–E**.

Which **TWO** problems with some training programmes for new runners does Liz mention?

- A** There is a risk of serious injury.
- B** They are unsuitable for certain age groups.
- C** They are unsuitable for people with health issues.
- D** It is difficult to stay motivated.
- E** There is a lack of individual support.

Questions 13 and 14

Choose **TWO** letters, **A–E**.

Which **TWO** tips does Liz recommend for new runners?

- A** doing two runs a week
- B** running in the evening
- C** going on runs with a friend
- D** listening to music during runs
- E** running very slowly

Test 4

Questions 15–18

What reason prevented each of the following members of the Compton Park Runners Club from joining until recently?

Write the correct letter, **A**, **B**, or **C** next to Questions 15–18.

Reasons

- A** a lack of confidence
- B** a dislike of running
- C** a lack of time

Club members

- 15 Ceri
- 16 James
- 17 Leo
- 18 Mark

Questions 19 and 20

Choose the correct letter, **A**, **B** or **C**.

- 19 What does Liz say about running her first marathon?
 - A** It had always been her ambition.
 - B** Her husband persuaded her to do it.
 - C** She nearly gave up before the end.
- 20 Liz says new runners should sign up for a race
 - A** every six months.
 - B** within a few weeks of taking up running.
 - C** after completing several practice runs.