

**V insight** Synonyms: endurance sports

- 1 Rewrite each sentence, replacing the phrases in *italics* with phrases that contain one of the words below.

■ tenacity ■ preoccupation ■ serenity ■ aficionado  
■ depletion ■ fatigue ■ anguish ■ hurdle

- 1 As *anyone who really knows about mountaineering* will tell you, climbing the north face of the Eiger in the Alps is *something many climbers want to do above anything else*.
- 2 In 1935, after three days on the mountain, feeling *extremely tired*, and possibly suffering from the effects of *not having enough oxygen to breathe*, two young Germans became the first to die while trying to climb the north face.
- 3 In 1992, French climber Catherine Destivelle was *remarkably strong-willed and determined*, overcoming *many difficult problems in her way*, such as rockfalls and windy conditions, to become the first woman to complete a solo ascent.
- 4 Since the 1930s, over sixty climbers have died on the north face, bringing *terrible emotional pain* to many families. But still climbers come, seeking *a moment of peace and calm* as they look out on the view from the summit.

**V insight** Quantity phrases with of

- 2 Choose the correct answers.

- 1 After a **lapse** / **strip** / **pinch** of twenty years, the competition was revived once more last season.
- 2 The athlete said there wasn't a **strip** / **grain** / **wall** of truth in the allegations, and vowed to fight to clear his name.
- 3 You should take what the club manager said with a **pinch** / **torrent** / **lapse** of salt. He tends to exaggerate.
- 4 There was a **grain** / **strip** / **crumb** of comfort for sports fans in that they were promised a refund after the game was cancelled.
- 5 The coach faced a **wall** / **torrent** / **ray** of criticism from the press after his team was beaten for the sixth successive match.
- 6 The use of illegal supplements in cycling once went unchecked because of a **grain** / **strip** / **wall** of silence. Nobody wanted to denounce fellow competitors.

**V Obsessions**

- 3 Complete the sentences with the correct form of the words below. Use each word once.

■ fancy ■ fix ■ junkie ■ habit ■ weakness

- 1 Gossip-lovers who want to get their next ..... of celebrity gossip should buy *Hollywood* magazine.
- 2 I think my cat's taken a ..... to your armchair. He's been lying on it all morning.
- 3 Health charities have warned coffee-drinkers to kick the ..... now or risk high blood pressure.
- 4 I have a real ..... for designer trainers. I spend far too much on them!
- 5 Amy is such an adrenaline .....! She's going paragliding again next weekend.

- 4 Complete the article with the words below. There are two words that you do not need.

■ strip ■ slave ■ devotees ■ tranquility ■ fortitude  
■ handicap ■ torment ■ exhaustion ■ ray

**Born to run** As all sports <sup>1</sup>..... already know, Haile Gebrselassie is one of the greatest long-distance runners of all time. Born in 1973 in rural Ethiopia, young Haile showed remarkable <sup>2</sup>..... to develop his abilities as an athlete in an environment in which, at first, there was little professional support. Haile himself, however, never considered his comparatively poor background to be a <sup>3</sup>..... Far from it. Each day, he would race the ten kilometres to school, carrying his school books under his arm, and at the end of the day he would run home. Then, before collapsing into bed, overcome with <sup>4</sup>....., he would help his father on the family's farm – a <sup>5</sup>..... of land in the Oromia region, over 2,000 metres above sea level. At the age of twenty, he won the 10,000 metres at the World Championships, and in Atlanta in 1996, he won the first of his two Olympic gold medals. Stepping up to the marathon, the long-distance race that often proves a great physical and mental <sup>6</sup>..... for many athletes, Haile was to achieve even more success. In 2008, aged thirty-five, he won the Berlin Marathon in world record time. Nowadays, although he still competes in endurance races, he is no longer a <sup>7</sup>..... to the sport he loves, preferring to devote more of his time to campaigning against poverty, and less of it to the rigours of training and competing.

- 5 **CHALLENGE!** Imagine that you experienced the events below. Describe your feelings to a journalist.

- 1 As the clouds disperse, you climb the last few metres to finally reach the top of the mountain.
- 2 Racing round the final bend in the Olympics 10,000 m, three athletes pass you, leaving you to finish fourth.



## Defining and non-defining relative clauses

### 1 Rewrite the sentences about child sports prodigies. Use defining or non-defining relative clauses.

- 1 Tiger Woods won fourteen Grand Slam tournaments between 1997 and 2008. He started playing golf at the age of two.  
American prodigy Tiger Woods .....
- 2 Freddy Adu was playing Major League soccer in the US at fourteen. Many journalists compared him to Pele.  
Freddy Adu .....
- 3 Romanian gymnast Nadia Comăneci won three Olympic gold medals at the age of fourteen. Her talent was first noticed when she was six.  
Romanian gymnast Nadia Comăneci .....
- 4 A lot of footballers don't make it because they get paid too much at a young age. This seems an awful waste of talent.  
A lot of footballers .....
- 5 Venus and Serena Williams are tennis players. Their careers have inspired other African-American women.  
Venus and Serena Williams are .....
- 6 Cricketer Sachin Tendulkar first played for India in 1989. He was only sixteen years old then.  
Cricketer Sachin Tendulkar .....

## Pronouns and prepositions in relative clauses

### 2 Rewrite the sentences about amateurism in sport. Use a relative clause that contains a preposition and a relative pronoun. Decide where to put the preposition.

- 1 During much of the 20th century, rugby union was an exclusively amateur game.  
Rugby union was played throughout the 20th century, .....
- 2 Bobby Jones is the best-known of the five amateur golfers to have won the US Open.  
Five amateur golfers have won the US Open, .....
- 3 For the first time, most of the athletes at the 1988 Olympics were professionals.  
In 1988, they staged the first Olympics .....
- 4 Jim Thorpe walked away with two gold medals at the 1912 Olympics, but had to give them back when it became known he was a professional sportsman.  
Once his professional status was known, Jim Thorpe returned the two Olympic gold medals .....

- 5 Prize money wasn't handed out at the Wimbledon tennis championships until 1968.  
At the Wimbledon tennis championships, it wasn't until 1968 .....

### 3 Rewrite the text by turning the phrases in brackets into defining or non-defining relative clauses. Make changes where necessary, including adding commas.

## The remarkable Kobe Bryant

Kobe Bryant, the great American basketball player <sup>1</sup>(he played for the LA Lakers)

....., was

selected to represent the USA at the London Olympics

in 2012. A trainer <sup>2</sup>(the US basketball team had employed him to work with the top players)

..... tells a fascinating story about Kobe. At just after 3.30 a.m., <sup>3</sup>(any sensible person would be asleep at this time)

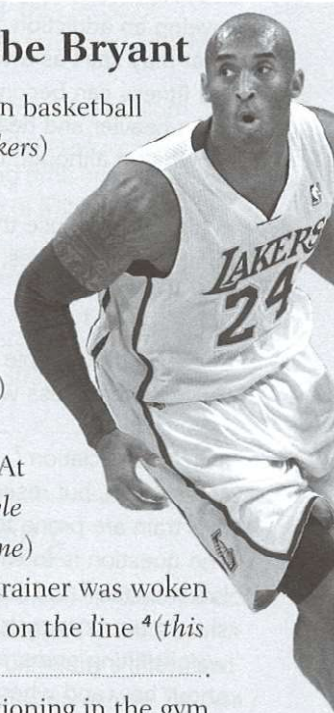
....., the trainer was woken up by a phone call. It was Kobe on the line <sup>4</sup>(this came as a big surprise), .....

He needed help with his conditioning in the gym. The trainer spent the next hour and fifteen minutes with Kobe, <sup>5</sup>(he did a lot of conditioning work during this time) .....

After that, the athlete started to practise his shooting, and the trainer went back to bed. At eleven o'clock, when the exhausted trainer, <sup>6</sup>(his eyes were bloodshot from sleeping badly) .....

....., returned to the gym, Kobe was still there. He was still shooting on the court <sup>7</sup>(the trainer had left him there hours ago) .....

It just goes to show that one of the most talented star athletes was also one of the hardest working.



### 4 CHALLENGE! Think of something that you have learned to do well. Which of the following has been most important to you in achieving your current level of competence? In what way?

- The hard work I've put in.
- My personal motivation.
- The encouragement of others.
- The training and advice I've been given.
- My natural talent.



## V insight Nouns + prepositions: addictions

### 1 Complete the text with the missing prepositions.

#### Bodybuilding addicts

While physical exercise is part of a healthy lifestyle, some people become addicted and begin overtraining. Bodybuilders are particularly vulnerable and can develop an addiction <sup>1</sup> ..... weight-lifting. What may start as a way of improving their strength and fitness can become a fixation <sup>2</sup> ..... lifting heavier and heavier weights. Research has shown that although more men are likely to develop an obsession <sup>3</sup> ..... bodybuilding than women, that's only because they take up the sport in greater numbers. Both sexes, once hooked, have a comparable susceptibility <sup>4</sup> ..... developing a profound dependence <sup>5</sup> ..... weight-lifting. There is evidence that people who suffer from depression and those who are less well-off are more likely to develop a reliance <sup>6</sup> ..... bodybuilding. Not only is there a clear association <sup>7</sup> ..... poverty and poor self-esteem, but research also shows that those who overtrain are prone to other addictions. The question is to what extent bodybuilding addiction is a menace <sup>8</sup> ..... health. Perhaps there should be more restrictions <sup>9</sup> ..... access to weight-lifting gyms, and more support and guidance about how and when to use weights.

## V Medical metaphors

### 2 Choose the correct answers.

- Our **ailing** / **agonizing** / **terminal** health system, under-funded and under-resourced, cannot hope to deal with the approaching obesity crisis.
- Common long-term or **chronic** / **endemic** / **terminal** illnesses include heart disease, depression and arthritis, each of which need to be managed over a period of time.
- The **recovery** / **ailing** / **terminal** process for traumatic brain injury is long and arduous, but it is often successful.
- Although cancer is still a big killer, the long-term **diagnosis** / **endemic** / **prognosis** for many patients is improving.
- Diseases like tuberculosis, which were once **prognosis** / **terminal** / **ailing**, can now be cured with antibiotics.
- Unlike malaria, chicken pox is in an **endemic** / **agonizing** / **ailing** steady state in the UK. This means that it is constantly prevalent in the population.

### Planning a day at a camp

- 3 3.12 Listen to a radio interview with Professor Trevor Swift, the founder of the Goodness Weight Loss Camp for overweight children. What are the aims of the camp's programme?

- 4 3.12 Listen again. Are the sentences true (T), false (F) or not given (NG)?

- Professor Swift has recently published a book about attitudes to weight issues. ....
- He believes there is a lack of understanding towards overweight people from the general public. ....
- He is critical of the way young people can be judgmental when it comes to body image. ....
- He decided to open the weight loss camp after witnessing comparable camps in the US. ....
- Neither the professor nor the presenter has been impressed by US weight loss camps. ....
- The professor argues that getting the balance right between what we eat and how we exercise is the most essential aspect of maintaining weight loss among young adults. ....
- A majority of the young people who come to the professor's weight loss camp have had social problems. ....
- The presenter admits to not having read any of Professor Swift's books. ....

### Question tags and echo tags

- 5 Complete the question tags and echo tags from the recording.

- Let's start with the book, .....?
- It draws some alarming conclusions about how most people behave towards overweight people, .....?
- Such an attitude can't be helpful, .....?
- 'And feeling good about yourself is more important than having the perfect figure.'  
'Yes, .....?'
- Nobody deserves to be bullied just because of their body shape, .....?
- They inspired you, .....?
- 'They were a nightmare.'  
'.....? I'm surprised.'
- 'There's much more to it than that.'  
'Really? .....?'
- You see that as vital, .....?
- Come and visit us at the centre, too, .....?

- 6 Read and comment on the first half of a typical day at Goodness Weight Loss Camp. What other activities would you include for the second half of the day?

#### DAY #1 Morning itinerary

7.30	Stretch and morning walk through the countryside
8.30	Breakfast: scrambled eggs, fresh fruit and yoghurt
9.00	Depart for climbing trip
12.00	Lunch ...

#### DAY #1 Afternoon itinerary

13.00



# Vocabulary and grammar On the run

## V insight Idioms: sport

- Complete the idioms in the sentences below. Use one word in each gap.
  - Female footballers want *a level* ..... *field*. They want the same media exposure as men.
  - The nation's Olympic performance was ..... *for the course*. We won the same number of medals as last time.
  - The city *won* the bid to host the games ..... *down*. They got three times the votes of any other city.
  - The brilliant anti-racism campaign has *set the* ..... for other sports and nations.
  - The athletes were ..... *and neck* down the home straight, and finished in a dead heat.
  - City's stadium *is in the* ..... to host a European final. The decision will be made next month.
  - Reforms *across the* ..... will transform all aspects of the sport.
  - In a *race against* ....., organizers had to repair all the barriers before the drivers could line up on the grid.
- Complete the text with six of the idioms in exercise 1. You may need to change the form of the verbs.

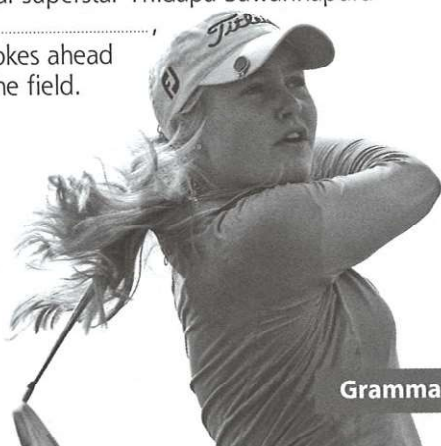
### The Ladies European Golf Tour

The Ladies European Golf Tour comprises over twenty separate golf tournaments. A number of competitors <sup>1</sup> ..... to win this year's tour, including Suzann Pettersen of Norway and Shanshan Feng of China.

During the early part of the year, Pettersen <sup>2</sup> ..... with consistently high finishes in a number of tournaments, but others now threaten her lead. The quality of play has been really high <sup>3</sup> ..... with players from the US, Australia and South Korea as well as Europeans winning titles. Prize money this year is higher than ever before, and totals approximately €12 million. This is, of course, a fraction of what the men get paid. However, although the women's game wishes there were <sup>4</sup> ....., the truth is that the men's game still generates a lot more in sponsorship.

Two of the most exotic venues on the tour are Agadir in Morocco and New Delhi in India. In Agadir, England's Charley Hull and France's Gwladys Nocera were <sup>5</sup> ..... until the final extra hole, which Charley won by one shot. And last year, in New Delhi, Thai superstar Thidapa Suwannapura <sup>6</sup> .....

a full three strokes ahead of the rest of the field.



## Non-finite clauses

- Complete the non-finite clauses in the sentences with the correct form of the verbs in brackets.
  - ..... (feel) exhausted, the athletes collapsed as soon as they crossed the finishing line.
  - The hurdles, ..... (place) at regular intervals along the track, appeared dauntingly high.
  - ..... (drive) to despair by a sense of injustice, the disqualified athlete screamed angrily at the officials.
  - The victorious athlete climbed onto the podium ..... (receive) the gold medal.
  - ..... (see) the winning time on the screen, the sprinter embarked on a lap of honour.
  - Over a thousand onlookers, ..... (lean) over the sides of the trackside barriers, cheered her on.
  - The judges delayed the race ..... (check) the numbers on the competitors' vests.
  - The athlete sprinted down the straight, ..... (wave) to the crowd.
- Choose the correct answers.

### THE FOUR-MINUTE MILE

<sup>1</sup>**Cheered / Cheering / To cheer** loudly, 3,000 spectators watched on as six men, <sup>2</sup>**dressed / dressing / to dress** in white sports kit, set off around the track at Oxford University's Iffley Road Stadium. It was 6 May 1954, and the men were there <sup>3</sup>**broken / breaking / to break** the world record for the mile. For years, athletes had tried to run a mile in less than four minutes, but nobody had managed it. Could this be the day when the feat was achieved?

<sup>4</sup>**Paced / Pacing / To pace** his colleagues around the track, Chris Brasher led the way for two laps. Then Chris Chataway, <sup>5</sup>**wore / wearing / to wear** the number forty-two, ran to the front, <sup>6</sup>**maintained / maintaining / to maintain** the pace as Brasher began to tire. With about 200 metres to go, Roger Bannister went into the lead and raced to the line. His time was three minutes 59.4 seconds. Bannister had broken the four-minute barrier!

<sup>7</sup>**Broken / Breaking / To break** by numerous athletes since, the 'four-minute barrier' is not as forbidding to the top athletes as it once was. However, it remains the standard for most male distance runners <sup>8</sup>**hoped / hoping / to hope** to prove their calibre as athletes.

- CHALLENGE** Which of the following one-off sporting achievements is the greatest? Justify your answers.

- Bob Beamon, who jumped 8.90 metres in the long jump in 1968, set a record that stood for twenty-three years.
- Yelena Isinbayeva, who has set twenty world records in the pole vault, became the first woman to jump over five metres in 2005.
- Usain Bolt of Jamaica, who set a world record time for the 100 metres of 9.58 seconds in Berlin in 2009.