

Progress test 7

1 Complete the sentences with appropriate verbs in the correct form. More than one answer may be possible.

- 1 The organisers have decided to~~hold~~..... the next city marathon in March instead of April. This year, 20,000 people and next year, 25,000 runners are expected to in this world-famous race.
- 2 Anyone who works regularly on computers should try to at least half an hour's exercise per day.
- 3 Michele is keen to get fit and now swimming four times a week. He used to football at the weekend, but gave that up after a knee injury.
- 4 Though I other sports as well, I've always found the best way to relax is to fishing. I also golf for the first time last week – it's a good way of networking in business.
- 5 When I was at school, I part in lots of competitions with other schools.
- 6 If you are a sporting event, however small, publicity is the key to success.

2 For questions 1–8, read the text below. Use the word given in capitals at the end of some of the lines to form a word that fits in the gap in the same line. There is an example at the beginning (0).

First-time sailor

Sailing always looks so relaxing, doesn't it? Out on some quiet lake without a care in the world.

'What a (0)~~civilised~~..... way to spend a summer's day!' I thought. As with many things that look

easy, the (1) is different. The first time I went out in my new boat I had a fairly

(2) time sailing around. There were

a few (3) moments as I narrowly missed other boats, but I don't think anyone noticed

my (4) The second time, foolishly, I had entered a beginners' sailing (5)

I put the boat in the water and, (6)

to get going, I raised both sails. Unfortunately, I was quite (7) for the strong gust of wind that blew my boat on its side and me into the lake.

This taught me a (8) lesson: make sure nobody is watching when you try a new sport!

CIVIL

REAL

ENJOY

COMFORT

EXPERIENCE

COMPETE

PATIENT

PREPARE

VALUE

3 Complete each sentence with the verb in brackets in the correct form.

- 0 I'm bored with taking the train every day, so I've decided~~to look~~..... for another job nearer home. (*look*)
- 1 It's no use about the result. My team won and yours lost. Better luck next time. (*argue*)
- 2 I'm really sorry, but I was too late a table at the restaurant tonight. (*reserve*)
- 3 We promised Jean Marc a lift to the station. (*give*)
- 4 I'm thinking of camping this weekend. Would you like to come? (*go*)
- 5 Not another language might be the biggest mistake you ever make. (*learn*)
- 6 If you want more about our services, visit our website. (*find out*)
- 7 at weekends is a terrible way to spend your free time when the weather's so nice, isn't it? (*study*)
- 8 Diego is so bad at ; in fact, he's a good example of how not it. (*ski; do*)
- 9 Would you mind the time of our appointment tomorrow? (*change*)

- 4 Complete each sentence with a word or phrase in the box in the correct form. You can use the words more than once.

hear listen listen to ~~look~~ look see watch

- 0 A: Can I help you?
B: Yes, I was looking for a black coat, something for the winter.
- 1 If you carefully, you can just the sound of the sea. It's just over that hill.
- 2 I can't meet you for a coffee. I have to go and my tutor at 11.00.
- 3 He doesn't know anything about cars, so Mario needed a mechanic to at his when it broke down.
- 4 I had a really boring weekend. I just TV for hours. Nobody called at all.
- 5 These problems would never have happened if you'd me in the first place.
- 5 You are going to read a magazine article about young athletes in Kenya. Six sentences have been removed from the article. Choose from the sentences A–G the one which fits each gap (1–6). There is one extra sentence which you do not need to use.

The school run

How Kenya's athletics success begins with the daily trip to school

David and Ben had a long journey, over ten kilometres on foot every day, when they were at school in northern Kenya. (1) David looks set to become another of Kenya's famous long-distance runners, coming second in the 10,000 metres at the recent Paris games, while his brother was third in the same race.

Now, another group of students from the same school has to make the same daily journey. They have, however, been encouraged by the success of David and Ben – but with a difference. (2) Like David and Ben, 17-year-old Moses also faces a ten-kilometre journey to school, and his schedule would amaze many of those used to catching the bus or being driven to the school gates by parents.

His day starts with him preparing his own breakfast at five o'clock, before setting out on his journey, and he aims to arrive at school by seven o'clock in the morning.

(3) Part of the journey takes him through a forest,

where wild animals, some very dangerous, live. The majority of the way is along muddy roads, with the further danger of flooded rivers. Occasionally the bridges he needs to cross are under water or even swept away.

On such days, he stays at home. On a bad day, this might mean going several kilometres before he even realises he can't go any further. He then has to go all the way back. (4) He is driven on by his desire to get a good education and has ambitions to become a doctor one day. According to Moses, there is nothing much good about his journey to work. The romantic idea of the Olympic stars developing their skills on their school journey is misleading.

Outrunning dangerous animals and crossing flooded rivers to get to school do not really reflect the reality for most students, though. Moses' school can be found in one of the poorest parts of the country. It is very rural and lacks many of the basic facilities that many children will take for granted. Resources are scarce and the prospects for most children growing up in these conditions can be limited. (5) At Moses' school there are currently two children who have been entered for the Kenyan National Athletics Championships. They hope to follow in the footsteps of the school's most famous graduate, Gabriel Mburu.

As with many champions, Gabriel also ran to school. When he thinks back, he agrees that, despite it being an important part of his development as a runner, he would still have preferred an easier journey, given the choice. He wasn't. He used to run two kilometres to school every morning, mainly because he was always late; then at lunchtime he ran back home and then went back to school in the afternoons, again running. (6) A champion marathon runner on three continents, he is targeting a gold medal at the next Olympics, and the Games after that, too, if all goes according to plan. If Gabriel has a golden future, it will have a lot to do with that daily journey to school.

- A He doesn't give up, though.
- B In the end, though, this particular distance might be the basis for something unexpected.
- C If that sounds tough enough, he has to deal with hazards most children never experience.
- D Nowadays, such distances are nothing to him.
- E For at least one of them, achieving sporting success is only part of the picture.
- F This could give them an early start in becoming successful marathon runners in later life.
- G Athletics success does offer hope, though, and the rewards can be huge for the lucky few.