

You are going to read a magazine article in which four people talk about running the London Marathon. For questions 16–30 choose from the people (A–D). The people may be chosen more than once.

Mark your answers on the separate answer sheet.

Which of the people

- ran in order to help a charity? 16
- doesn't like the reactions of the watching crowd? 17
- feels that entering the marathon is a rewarding experience? 18
- began running to accompany a runner? 19
- didn't finish last year's marathon? 20
- had an unpleasant experience in his or her first marathon? 21
- entered the marathon with colleagues from work? 22
- is not confident about his or her physical condition? 23
- belongs to a sports group? 24
- intends to run another marathon soon? 25
- compares entering the marathon to life? 26 27
- trains under bad weather conditions? 28
- saw himself or herself on television? 29
- doesn't have to go far for his or her runs? 30

Running for fun



A Peter Chamberlain

I was always keen on sports. Running a long distance is a bit like life too. You start with a sense of anticipation, you go through some great highs and terrible lows, but in the end it seems to be worth it. There is nothing that I enjoy more than a good workout at the gym or a good one-hour run across the local wildlife reserve. Fortunately, where I live, I can reach the open countryside in just a couple of minutes on foot from my front door step. In my case, participation in the London Marathon was not about winning, it was about doing the best you possibly can. My first marathon was a disaster. Everything was going fine until the twelfth mile when I started to feel a bit of fatigue kicking in and hit the wall between the fourteenth and fifteenth miles.

B Rosalind Masterson

I surprised myself by doing so well, to tell you the truth. It all started when a friend of mine was training for the marathon and asked me to join her a few mornings a week. I didn't think I was very fit when I started, although years ago I'd go cycling three times a week and jogging at weekends. I found the experience enjoyable but realised I preferred jogging on my own. Success depends a lot on your mood. Last year, for example, I was feeling very stressed for one reason or another, and I got tired much more quickly; I didn't even get to the end of the course! This year's been completely different. London was such a success that I've entered for the Berlin Marathon next month, along with three friends. My husband thinks I'm mad, though when we watched the news that night and he could see my face among the crowds, he was fairly impressed.

C Ruth Watson

Long distance running is not about how fast you can run, it's about how much pain you can take. Long distance running is a good discipline for life itself. I run with my head and my heart, because physically I don't think I've got a great deal of talent or ability. I was always a very energetic sports person and I have entered the marathon five times so far. Last year I managed to complete a half marathon in 90 minutes, which was quite an accomplishment for someone who did not train systematically. One thing that annoyed me in my last marathon was the attitude of people watching. They took more interest in the fun-runners and celebrities than in the battle of the elite runners chasing qualification times for the Olympic Games.

D John Saddler

An old friend of mine has been a member of a jogging club for years, and he finally persuaded me to go along with him one Saturday to see if I would enjoy it. Well, I felt fairly good afterwards, so I joined the club and started thinking seriously about running. I thought that entering for the marathon would give me a unique opportunity to raise some cash for the Red Cross. In fact, four of us from the office decided to do the same thing, and between us we raised over £25,000, which was great! Running wasn't as hard as I expected. Training can be difficult, especially when it means I have to drag myself out of bed on cold winter mornings and go jogging in the pouring rain. I never train with friends because I find it impossible to concentrate on what I'm doing.