

Listening 35: Lesson 10A, Exercise 3

- 1 My dad was really keen on the sport – he still is – and when I was eight or nine years old, I used to go on the course with him and carry his clubs. I loved watching him. And he used to let me hit a few balls sometimes, just to get an idea of the game. He says I used to miss more than I hit. He's quite surprised I'm now a professional!
- 2 You never forget your first fight. Mine was in London, against a guy who was nearly two metres tall! I was so nervous, I couldn't get my gloves on. But when we got into the ring, I calmed down. And I won! The crowd were amazed. So was I!
- 3 I've always loved cars – especially fast cars! And I took part in my first races when I was still a teenager. I've only just moved into Formula 1. This is my second season. I reckon my favourite circuit is Monaco.
- 4 I was born in the UK, but my dad is Swedish. He grew up on the slopes. So as soon as I could walk, he took me – and my brother and sister. Now that I'm seriously into the sport, in a professional way, I've had to move to Sweden because the snow isn't reliable enough in the UK.
- 5 I got my first racket as a birthday present on my fifth birthday. There were some public courts near my house, and I used to beg my parents to take me there every day after school. They were really patient. I remember, I was only as tall as the net! Of course, when I was a bit older, I could go by myself. I spent half my pocket money on balls. I really was mad about the game!
- 6 At school, my best distance was 400 metres. As I got older, though, I began to prefer the longer distances – 1,500 metres and then 5,000 metres. By the time I was fifteen, I was the best in the school at those events. I started training seriously, going out early and doing ten kilometres before school! I liked it because it seemed such a natural sport – no equipment necessary, apart from a decent pair of trainers.

Listening 36: Lesson 10C, Exercise 3

Speaker 1 I guess in an ideal world, we wouldn't need sponsorship. Everyone would do sport – and watch sport – just because they enjoyed it, and money wouldn't really be an issue. But the reality is, these sporting events cost a fortune to put on. And although they can sell tickets, they could never get enough money that way to cover their costs. Sponsorship brings in the money that's needed – so it's here to stay, I guess.

Speaker 2 I don't know why people always moan about sponsorship. In my view, it adds a bit of glamour. Imagine you suddenly got rid of it all – so all the shirts were plain, with no logos, and the advertising boards all disappeared from the stadiums. That's what sport looked like fifty years ago – and if you ask me, it was pretty dull. I prefer how it looks now.

Speaker 3 I think it's a shame that sport seems to be all about money these days. In the past, sportspeople were really good role models – heroes, even, for the younger generation. But because of all the money that's poured into sport from big business, sports stars are rich – rich and spoilt. They don't care about the game anymore, they just want to drive around in a Ferrari and go for holidays in the Caribbean. As a result, sport just isn't what it used to be.

Speaker 4 It costs these companies millions to sponsor big sporting events, doesn't it? And I don't see why they do it. I mean, have you ever bought a particular drink, or used a particular airline, just because they sponsored a match you've watched on TV? Of course not! You know, an airline company paid to have the name of my local team's stadium changed – but I didn't even realise that the new name was an airline. It just didn't mean anything to me. So I don't know why they bother.

Speaker 5 It's just a form of advertising, isn't it? I mean, instead of paying for a TV ad which says 'Buy my product', they put their logo on your favourite football team's strip. You see the name of the product every time you watch your team – and it goes into your mind. Of course it does. Subliminal advertising, they call it. Nobody likes to think that it works on them, but to be honest, why would these companies spend a fortune on sponsorship if it didn't get results?

Listening 37: Lesson 10F, Exercise 1

Girl This photo shows an exercise class at a fitness club, or maybe a sports centre. It seems to be a class for women only. The main focus of the photo, I'd say, is the faces of the women doing the class. That's what we're looking at – not the instructor, who has her back to us and is almost out of shot. There are only two women we can see clearly, plus one in the background whose face is partly hidden. And I can make out a few extra feet, but we can't see who they belong to! The women we can see are all wearing trainers, shorts and vests or T-shirts. They're holding bars across their shoulders. The women all look quite serious. They aren't really smiling, but maybe that's because they're concentrating on following the instructor. They're all bending their knees slightly – I guess it's an exercise for strengthening the leg muscles. I'd say they're regulars at this class – they all look as if they know what they're doing!

Listening 38: Lesson 10F, Exercises 6 and 7

Girl The last time I did some exercise as part of a group was last weekend. I was in the park with a couple of friends and we noticed some boys playing basketball. Well, they noticed us really. And then one of them came over and asked if we wanted to play. We agreed – and suggested a match, boys against girls. But that was unfair because there were five of them and only three of us. And they were pretty good too. So we mixed up the teams and played for about an hour. It was really good fun – I enjoyed it.

Listening 39: Get Ready for your Exam 5

Announcer Runners of the Bristol Marathon – welcome! In order to get the race off to a flying start, please listen carefully to the following instructions. Please ensure that you are wearing your runner’s bib with your race number. Do not fold, tear or deface your bib in any way. It needs to be securely attached to the front of your vest, and your number must be visible to the marshals at all times. Please make sure that you have your emergency details completed on the back of your race bib, so that we can offer the correct aid should you need assistance during the race. We would also ask you to refrain from wearing earphones and playing music, so that you can hear the instructions from the marshals during the race. The marshals are there to ensure your safety at all times.

We will shortly be asking you to make your way to the race pens for the start of the race. Please ensure that you are in the correct zone as denoted by your bib’s colour band, as these have been issued to match your estimated race time. Please avoid starting in the wrong zone, as slower runners starting from a faster race pen can cause accident and injury. Should you wish to complete the race with another runner from a different zone, faster runners are allowed to start with slower runners further back. Please allow the marshals to check your bib for the correct colour band as you enter the pen.

Drinks stations are positioned every five kilometres and energy drinks, bars and fruit pieces will be available at drinks stations every ten kilometres. Please avail yourself liberally of these refreshments as it will be a hot day. Little and often is recommended. Now, please make your way to the start pens ...