

Word list

The numbers / track references in brackets indicate the first occurrence of each word/phrase in the unit.

Unit 7

athletic *adjective* (83) strong, healthy and good at sports She looks very athletic.

be around *phrasal verb* (CD1 T24) If something has been around for a period of time, that is how long it has existed. This technology hasn't been around for long.

blister *noun* (76) a painful, raised area of skin with liquid inside that you get if your skin has been rubbed or burned I've got a blister on my toe.

civilised *adjective* (80) polite and behaving in a calm, reasonable way The meeting was very civilised.

come across *phrasal verb* (CD1 T25) to find something or someone by chance I came across the book in the library.

cushion *verb* (CD1 T25) to make the effect or force of something softer My thick coat cushioned the blow.

drop out *phrasal verb* (76) to stop doing something, such as a race or a course, before you have finished He dropped out of university.

endurance *noun* (CD1 T24) the ability to keep doing something difficult, unpleasant or painful for a long time a race to test athletes' endurance

eternity *noun* (76) a very long time The wait seemed like an eternity.

extreme *adjective* (CD1 T24) the most unusual or the most serious possible extreme weather conditions

furious *adjective* (76) extremely angry I was late and he was furious with me.

guarantee *verb* (CD1 T25) to make certain that something will happen or exist You will be guaranteed a good night's sleep in this bed.

hallucination *noun* (76) an experience in which you see, hear, feel or smell something which does not exist She began to experience hallucinations.

hazardous *adjective* (CD1 T24) dangerous These roads are hazardous for cyclists.

heighten *verb* (CD1 T24) to increase or make something increase, especially an emotion or an effect His words heightened the tension in the room.

hop *verb* (CD1 T25) (informal) to go somewhere quickly We hopped on the bus.

keep up *phrasal verb* (76) If you keep up with someone, you go as fast as them. They walked so fast, I couldn't keep up with them.

learning curve *noun* (CD1 T24) the rate of someone's progress in learning a new skill It's a steep learning curve when you start a new job.

little in the way of *phrase* (CD1 T24) If someone or something has little in the way of a particular thing, it does not have much of it or many of them. The town has little in the way of entertainment.

made up of *phrase* (CD1 T24) consisting of a team made up of past champions

methodical *adjective* (76) done in a careful, well-organised way a methodical approach

opponent *noun* (83) someone whom you compete against in a game or competition Her opponent hurt his leg.

pace *noun* (76) the speed at which someone or something moves or does something a slow/fast pace

rough *adjective* (83) dangerous or violent a rough part of town

run into trouble *phrase* (CD1 T24) to start to experience difficulties We ran into trouble when our car broke down.

safety-conscious *adjective* (CD1 T25) very careful to be safe or to keep people safe The race organisers have to be very safety-conscious.

set *verb* (CD1 T24) If you set yourself a goal, you give yourself goal. He set himself a target of running 20 miles a week.

spectator *noun* (83) someone who watches an event, a sport, etc. They won 4-0 in front of over 40 000 cheering spectators.

trophy *noun* (83) a prize, such as a silver cup, that you get for winning a race or competition He's an excellent snooker player, but he's never won a major trophy.

turn out *phrasal verb* (CD1 T24) to have a final, often surprising, result The truth turned out to be stranger than we expected.