

Grammar

Verbs followed by *to* + infinitive or the *ing* form

- 1 Read this extract from a biography and then complete the gaps with an infinitive or verb + *-ing* form, using the verb in brackets.

Ranulph Fiennes is a man who isn't afraid of

(1) *pushing* (push) himself to the limits.

He's famous for

(2) (visit) both the North and South Poles by land between 1979 and 1982 and

(3) (cross) the Antarctic on foot in 1993.



In 2000 he attempted (4) (reach) the North Pole on his own at the age of 55. On that trip, there was too much food and equipment for a single sledge (5) (transport), so he took two. This meant (6) (walk) one mile forward with the first sledge, then (7) (go) back for the second one so every mile gained involved (8) (travel) three on the ground. To do such a trip with one sledge is dangerous enough, but it is much worse with two. After (9) (park) the first sledge, you then have to set off (10) (fetch) the second one but if conditions get worse, however hard you try (11) (find) it, you may never see it again. Fiennes didn't ever lose his sledges in the snow but at one point during the journey, they fell through weak ice and he was forced (12) (pull) them out by hand. He would have kept (13) (go) but he got frostbite in his fingers which made it impossible for him (14) (carry on).

The experiences Fiennes had that time discouraged him from (15) (make) another attempt but he was not ready to stop (16) (push) himself to the limits. Since then he has carried out the extraordinary feat of (17) (complete) seven marathons in seven days on seven continents and in 2009 succeeded in (18) (reach) the summit of Everest at the age of 65.

- 2 Read each pair of sentences and then answer the question which follows.

- 1 A I forgot to take change for the bus fare.
B I'll never forget going in an aeroplane for the first time.
In which sentence did the speaker fail to do something?^A.....
- 2 A Jessie didn't stop complaining about her legs aching until she saw the view from the top of the hill.
B When we'd walked halfway up the hill, I stopped to admire the view.
In which sentence did someone stop for a purpose?
- 3 A I tried to tell Simon but I just couldn't.
B I tried sailing but I didn't like it.
In which sentence did someone attempt something difficult?
- 4 A The woman who used to live in the basement below us went on to become a famous writer.
B My uncle went on playing professional football until he was nearly 40.
In which sentence did something continue for a period of time?
- 5 A The college regrets to inform students that their results will be delayed by a week.
B The students regret not paying more attention during classes.
Which sentence is looking back at something that has already happened?
- 6 A They'd meant to travel by coach but it was already full when they got to the coach station.
B Travelling by plane means allowing plenty of time to get to the airport.
Which sentence refers to an intention?
- 7 A Everyone applauded loudly when they heard Peter sing his solo.
B We heard Peter rehearsing his solo when we arrived at the hall.
In which sentence did someone hear only part of Peter's solo?

Vocabulary

Useful words and expressions

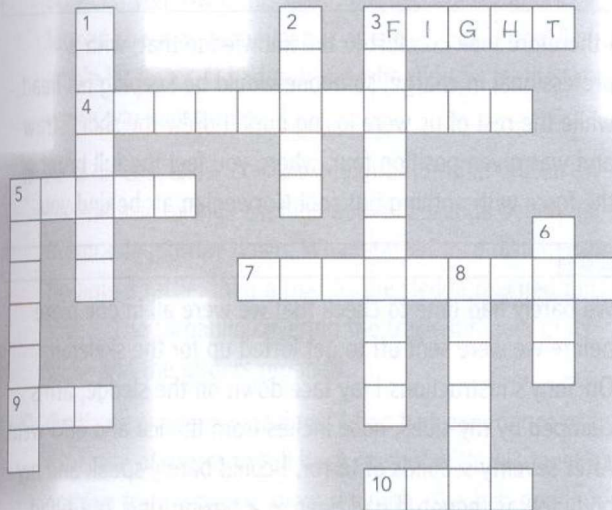
1 Complete this crossword puzzle.

Across

- 3 My brother loves arguing and he's always picking a with me over nothing.
- 4 I put my foot down on the in order to overtake the lorry.
- 5 Time stood while we waited to be rescued from the mountain.
- 7 I find using the in the gym much more enjoyable than jogging.
- 9 Can you keep an on that sauce for me while I make a phone call.
- 10 Shona has been really ill with food poisoning but she's on the now.

Down

- 1 You can build up your by jogging a bit further every day.
- 2 You have to have nerves of to be a driving instructor.
- 3 I kept on having to the day when I went sailing and got caught in a terrible storm.
- 5 As soon as we'd packed our bags, we up and left the hotel.
- 6 I remember slipping on a rock but everything's a bit of a after that.
- 8 A deer ran in front of the car and as I braked desperately, everything seemed to go into slow



Writing | Part 2

A proposal

Read this proposal written by an exam candidate. Then replace the underlined words, using one of the words or phrases from the box below to improve the vocabulary level and make the proposal more formal.

a wide range of appreciate as well as assistance
 compose declined donate forthcoming events
 had in mind personalities professional responsibilities
 scheduled such as taking into consideration
 the contents of

Sports and Social Club proposal: publishing a magazine for members

This proposal to the committee includes some ideas about the contents of (1) what is in the first edition. (2) Thinking about the secretary's suggestions (3) and some ideas from other committee members, I believe that the first edition should contain (4) different subjects to attract the interest of all its readers.

First of all we could include interviews with famous sports (5) people like Gerry Armstrong, the Scottish footballer. I also (6) thought of Joe Hill, the tennis player, but unfortunately he (7) did not accept my invitation due to his (8) job. However, he offered to (9) give one of his tennis racquets as a competition prize in our magazine.

Secondly, considering that our readers (10) like receiving advice on keeping fit, I arranged with Ken Brown, the sports centre instructor, to (11) write an article including his ideas and instructions on how our athletes can improve their fitness levels. To make the magazine entertaining, I suggest we should include competitions, (12) like sports crosswords, and also film and book reviews. Also, there should be announcements about (13) what's happening soon at our Club, such as the party and barbecue for our members, which are (14) planned for next month. Finally, I suggest that we should recommend the top restaurants in our town.

I hope that the above suggestions will be of (15) help to the committee for the first edition of our magazine.

Reading and Use of English | Part 7

You are going to read an extract from an article about a sport. Six paragraphs have been removed from the extract. Choose from the paragraphs **A–G** the one which fits each gap (1–6). There is one extra paragraph which you do not need to use.

The scariest ride on the planet

Charles Starmer-Smith spent a weekend in Norway learning how to ride on a bob skeleton, a one-person sledge which races down an ice track at 60 mph.

I glanced down at the red snow by my feet just a few yards from the finishing gate of the Lillehammer bob skeleton track. The bob skeleton is also known as a toboggan and reminded me of a tray a waiter might use to bring plates of food out in a restaurant. But this one was going to have me on it rather than a pile of food so seeing the blood of an earlier rider was a little unnerving. Make no bones about it, this has to be one of the scariest rides on the planet.

1

I feigned nonchalance at this information, but I was fooling no one. I have made a habit of scaring myself: I've leapt down the face of Switzerland's Verzasca Dam – the world's biggest bungee jump, I have descended the near-vertical Corbets Couloir at Jacksonhole – perhaps the most fearsome ski run in North America – and I have learnt to ski-jump at Calgary.

2

At least I was not alone as several other novices would be joining me. After a fitful sleep, we went out early to walk to the top of the track. The snow, hanging heavy on the branches of Lillehammer's forested slopes, made the track look even more imposing. Snaking down the slope like a giant metallic python, the walls were steeper, the straights were longer but the 16 turns were much sharper than I expected.

3

Halfway up, we arrived at the infamous Turn 13, a shuddering 180-degree U-turn where the centrifugal pressures equal those experienced by fighter pilots. 'This is where you'll feel the full force,' said Tony, our instructor, his eyes sparkling. 'So, is the track running quickly?' I asked tentatively. He did not need to answer.

4

All we caught was a flash of eyeballs and overalls as the rider sliced around the curved wall of ice at breathtaking speed. We glanced at each other, panic etched across our faces and laughed the nervous laugh of the truly terrified as we realised this would soon be us.

5

I therefore took comfort in the knowledge that, with a professional in charge, someone would be keeping his head while the rest of us were losing ours. I drew the short straw and was given position four, where you feel the full brunt of the force with nothing but cool Norwegian air behind you.

6

We barely had time to check that we were all in one piece before we were sent off to get kitted up for the skeleton. On Tony's instructions I lay face down on the sledge, arms clamped by my sides, nose inches from the ice and off I went. After seventy seconds of terror, I could barely speak and my body felt as though it had been in a boxing ring, but I had never felt so alive. What a ride!



A Before we had any more time to contemplate our fate, we found ourselves at the top, climbing aboard a bobsled. Designed to give you a feel for the track before going down on your own, this giant, padded open-top box looked about as aerodynamic as a bus, but it travelled a whole lot faster. It had a driver who did this all the time which was reassuring.

B As if on cue, snow crystals began to jump in unison on the metallic railings as, high above, a sledge began its inexorable journey down. What started as a distant hum became a rattle, then a roar as the sledge reached top speed. The tarpaulin covering the track stiffened in its wake and the girders groaned.

C On these previous occasions, I had had experience or the expertise of others to fall back on, but with this there was nothing from which to draw strength. The bob skeleton confounds conventional logic.

D It started deceptively slowly, but within moments picked up speed. It soon became clear that the rider has little control and survival instinct takes over.

E It is hard to describe the debilitating effect that such immense speeds and forces have on your body. It was like nothing I have ever experienced. The last thing I remember going through my mind was straining just to keep my head upright.

F We listened to advice on how to get round them safely – use your eyes to steer and tilt your head away from the corners to minimise the pressure. It sounded simple enough, but get it wrong at these speeds and your chin faces the cheese-grater.

G The man behind these adrenalin-packed weekends at Norway's Olympic park, explained that those who attempt the famous run often accidentally 'kiss' the ice with their nose or chin, leaving a layer or three of skin behind.

Listening | Part 3

▶07 You will hear an interview in which two people called Sarah and Peter who work in air and sea rescue are talking about their work. For questions 1–6, choose the answer (A, B, C or D) which fits best according to what you hear.

- 1 What do Sarah and Peter agree is most important when working in sea rescue?
 - A a lack of anxiety in unknown situations
 - B a willingness to follow instructions
 - C a certain amount of specialised knowledge
 - D an ability to get along with colleagues

- 2 Peter says the main difficulty in a rescue operation is
 - A lack of appropriate equipment.
 - B shortage of time.
 - C unpredictable weather.
 - D lengthy journeys.

- 3 Sarah criticises the people they rescued last week because they
 - A miscalculated how long their journey would take.
 - B underestimated the distance they faced.
 - C paid little attention to the weather forecast.
 - D began their journey in unfavourable conditions.

- 4 What does Peter say is the disadvantage of using a helicopter in a rescue?
 - A It is hard to keep in one position.
 - B It makes communication difficult.
 - C It cannot land on dangerous rocks.
 - D It gets very cold inside it.

- 5 Sarah gets annoyed when people being rescued
 - A are not grateful enough.
 - B have the wrong priorities.
 - C panic unnecessarily.
 - D refuse assistance.

- 6 What does Peter say he plans to do next?
 - A pass on his knowledge to others
 - B apply for a less hazardous position
 - C get promoted to a better job
 - D use his skills in different circumstances

