

Marathon running

Listen to Lluís talking about running and what happened when he ran the Barcelona Marathon.

Before listening

Do the preparation task first. Then listen to the audio and do the exercises.

Preparation task

Match the definitions (a–h) with the vocabulary (1–8).

Vocabulary

1. a distance
2. a speed
3. an ambition
4. dizzy
5. a marathon
6. numb
7. weak
8. to beat your best time

Definition

- a. a running race of approximately 42km
- b. a strong wish to achieve something
- c. the space between two places
- d. how fast something moves
- e. to go faster than you have ever gone before
- f. feeling as if everything is turning around and you may fall down
- g. not strong
- h. not being able to feel a particular part of your body

Tasks**Task 1**

Write a number (1–6) to put the items in the order that Lluís mentions them.

_____ Doing his first half-marathon

_____ Finishing the Barcelona Marathon

_____ Running the first half of the Barcelona Marathon

_____ When and why he started running

_____ Getting a watch that measures the distance and speed you run

_____ Feeling dizzy and weak during the race

Task 2

Put the words and phrases in order to make sentences.

1. to run when I years ago, 14 or 15 quit I started smoking.
2. to like by it. Little I little started
3. came when I got a watch The big change and the speed. that measures
the distance
4. My a race first half- was marathon.
5. for a half-marathon, best time my an hour I beat and 40 minutes.
which was
6. a very day It was hot and maybe drink enough. I didn't
7. were weak. I dizzy my legs felt and
8. not I finished the time the marathon, with that I wanted. but

Discussion

Do you like running? Have you ever taken part in any sports competitions?

Transcript

Interviewer: Hello, Lluís.

Lluís: Hello.

Interviewer: Erm, would you like to tell us about, erm, marathon running? 'Cause I know that you've started running marathons recently. Could you tell us a little bit about that, please?

Lluís: Er, well, yes, I started to, to, to run, like, er, I think, like, fourteen or fifteen years ago when I quit smoking. At the beginning I should run like a kilometre or two. And little by little ... because I didn't have any ambition of this, to run much, it was just to do a bit of exercise to help my quitting of smoking. Er, so, but little by little I start to like it. And then, you know, I start to run a little bit more time, do more kilometres. And the thing that, the big change became when I got a watch, this kind of watches that, er, measures the distance and the speed. After that, you know, you try to get better, to do more kilometres, to do, er, yah, more time, and so on. Until, you know, er, I reach, er, a form that allow me to do a half-marathon. Y'know, this was my first race, was a half-marathon and I saw that I could do a half-marathon. And then, you know, little by little I thought why not try a marathon! And that was two years ago, that I did my first marathon. It was from Girona to the Costa Brava [... ?].

Interviewer: Ahh. And have you done any more marathons since the first one?

Lluís: Oh yeah. Last ... This year, I did the Barcelona Marathon, which would ... went at the beginning quite well 'cause I beat my best time for half-marathon which was like an hour and forty minutes and I did in the Barcelona Marathon an hour and thirty-one minutes which is quite good for men of my age (which ... I'm forty-eight) and, you know, I'm not a professional or anything like that, so, quite a good time for me, I think. But then, at, at the end, you know, it was a very hot day. Maybe I didn't drank enough or something. At the kilometre forty, when it was only two kilometres left, I felt dizzy and, you know, so I found myself on the ground and just my legs were weak and, you know, it felt numb and, you know, they had to, to help me out and sit me on a chair and they brought me some water and some food and, you know. So, at the end of the time it wasn't so good.

Interviewer: But you did finish the marathon?

Lluís: Yes, I did. I did finish the marathon but not with the time that I wanted to do, which was three hours and fifteen. So, it was three hours and thirty-five minutes which is not that ... twenty minutes more than I wanted to do. But it was, still, it was still all right.

Interviewer: OK, well, congratulations. Thanks for telling us about it.

Answers

Preparation task

1. c
2. d
3. b
4. f
5. a
6. h
7. g
8. e

Task 1

- 3 Doing his first half-marathon
- 6 Finishing the Barcelona Marathon
- 4 Running the first half of the Barcelona Marathon
- 1 When and why he started running
- 2 Getting a watch that measures the distance and speed you run
- 5 Feeling dizzy and weak during the race

Task 2

1. I started to run 14 or 15 years ago, when I quit smoking.
2. Little by little I started to like it.
3. The big change came when I got a watch that measures the distance and the speed.
4. My first race was a half-marathon.
5. I beat my best time for a half-marathon, which was an hour and 40 minutes.
6. It was a very hot day and maybe I didn't drink enough.
7. I felt dizzy and my legs were weak.
8. I finished the marathon, but not with the time that I wanted.