

150/02

ENGLISH

FOUNDATION TIER

PAPER 2

P.M. THURSDAY, 8 June 2006

(2 Hours)

ADDITIONAL MATERIALS

Resource Material for use with Section A.
A 12 page answer book.

INSTRUCTIONS TO CANDIDATES

Answer **all** questions in Sections A and B.
Write your answers in the separate answer book provided.
You are advised to spend your time as follows:

Section A – about 50 minutes
Section B
Q. B1 – about 35 minutes
Q. B2 – about 35 minutes

INFORMATION FOR CANDIDATES

Section A (Reading): 40 marks.
Section B (Writing): 40 marks.
The number of marks is given in brackets at the end of each question or part-question.

SECTION A: 40 marks

Answer **all** the following questions.

The **Resource Material for use with Section A** is a newspaper article written by Anne Johnson.

The extract on the opposite page, *The London Marathon*, is taken from Matthew Parris's autobiography.

Look at the newspaper article 'Going the Distance' on the separate Resource Material.

A1. Look again at the first three paragraphs of the newspaper article.

List ten things you learn about the way Fauja Singh prepares for marathons in these paragraphs. [10]

A2. Now look again at the whole newspaper article.

How does the writer, Anne Johnson, try to make this an interesting article?

You should consider:

- the use of the headline, introduction and photograph;
- what she tells us about Fauja Singh that is interesting;
- any other ways she tries to make the article interesting. [10]

Now look at the extract from Matthew Parris's autobiography entitled 'The London Marathon' on the opposite page.

A3. What different feelings does the writer experience before, during, and after running the marathon?

You should organise your answer into three paragraphs using the following headings:

- before the marathon;
- during the marathon;
- after the marathon. [10]

To answer the next question you will need to look at both texts.

A4. Fauja Singh and Matthew Parris are both marathon runners. Compare the two men, using the following headings:

- their ages;
- their fastest marathon times;
- the number of marathons each runner has taken part in;
- their attitude towards the other runners;
- their attitude to running marathons in the future. [10]

The London Marathon

In my fifth marathon I ran the best race I had ever run in my life, or ever will.

It is a nervy feeling for anyone, to be pacing Blackheath too early on a cold Sunday morning, and wondering why you ever entered. A sort of misery, a wretchedness, invades the runner's soul in the moments before the Off in an important race. You wish you hadn't entered. You promise yourself that if you can just get through this one without disgrace you'll pack it in.

Then the cannon, and you're off. Wave at the cameras, just in case. It's a human traffic jam. Then the road clears and - hey - this is OK! What's wrong? Why am I going so fast? Surely I can't keep this up?

Tower Bridge and it still felt fine. I was running much faster than I had in training. Could I keep it up? My brain told me I would burn out but it just didn't feel like that. It felt easy. Could it last?

It didn't. A sudden stitch knotted my stomach. I gritted my teeth and kept going - but was this where it would all start to go wrong? I faltered. A stitch. There I was, only half way round and already in trouble. Was this burn-out? Would I even finish? My feelings swung wildly from over-confidence to despair, and back.

How, I groaned to myself, had I ever thought I could carry this off? Obviously I was too old. At 36 I should have packed it in the previous year. I waved wearily at the many people lining the road.

They cheered back, a huge cheer. And a band was playing. And that stitch - where was it? Gone. Disappeared while my mind was not thinking about it. I sped up a bit and checked the time. If I could only keep this up ... No, I said, stop thinking about it. Just run. My pace quickened after that. People in front of me were wobbling into the arms of spectators. Good, I thought. Let them.

They say the marathon's a friendly race. 'All in it together', they say. Together? I know I should feel sympathy for every other runner in trouble ... and yet - he's fading, I'm still here; one down, ten thousand to go. Hah!

The miles around the Isle of Dogs melted and I was feeling fine. The carbohydrate-loaded diet really did work. All that stuff about 'hitting the wall' at eighteen miles was just old wives' tales, I told myself, powering past the nineteen-mile marker.

Seven to go. Nothing could stop me now, I thought. I was almost there.

Then the wall did hit me. It was awful. People around me began dropping like flies, and all at once I knew what they were going through. I too was ready to drop. Five miles left - could I keep any kind of a pace going? I slackened speed but struggled on. This really hurt.

Big Ben at last. The last mile had been torture. 2.32.55 - 2.32.56 ... And I came in at a time of 2 hours, 32 minutes, 57 seconds: 385th out of 20,000.

What a feeling inside! However, I decided never to enter another London Marathon. This result was so much better than I had expected, so much better than I deserved. Not for me the slow decline as year succeeds year and you then enter the veterans' section. Then at sixty the knee troubles hit. No, I resolved, this is the best I'll ever do so I'll quit while I'm ahead. And I did.

Matthew Parris

SECTION B: 40 marks

Answer Question B1 and Question B2.

*In this section you will be assessed for your writing skills, including the presentation of your work.
Take special care with handwriting, spelling, punctuation and layout.*

Think about the purpose and audience for your writing.

A guide to the amount you should write is given with each question.

- B1.** Imagine you have a friend or relative who has decided to run in the London Marathon (a distance of over twenty-six miles).

Write a letter to your friend or relative giving your opinions. [20]

The quality of your writing is more important than its length. You should write about one to two pages in your answer book.

- B2.** *The Rough Guide* is a guide-book for tourists which prides itself on giving frank and honest opinions about places, both the positive and the negative.

Write an entry about a place you know well for *The Rough Guide*, including details the tourist board would like visitors to see, but also providing an insider's view of any less attractive features. [20]

The quality of your writing is more important than its length. You should write about one to two pages in your answer book.

WELSH JOINT EDUCATION COMMITTEE
General Certificate of Secondary Education



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150/02-A

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FOUNDATION TIER

PAPER 2

P.M. THURSDAY, 8 June 2006

Resource Material for use with Section A

Going the distance

At this year's London marathon, Fauja Singh aims to beat his best time of six hours. It seems a modest ambition – but then, he is 93. Anne Johnson finds out what drives him.

He trains in a calm, measured way, maintaining a steady pace like a man entirely in control of himself and his destiny. He likes routine and he runs 9 or 10 miles a day, every day, clocking up 70 miles a week. There is nothing particularly unusual about that, you think – there are plenty of people who take their training seriously – until you discover that this man is 93 years old.

He ran in the London event for the first time at the age of 89, with no course preparation. He runs no extended distances in advance, just small circuits on the local pavements, building up his endurance.

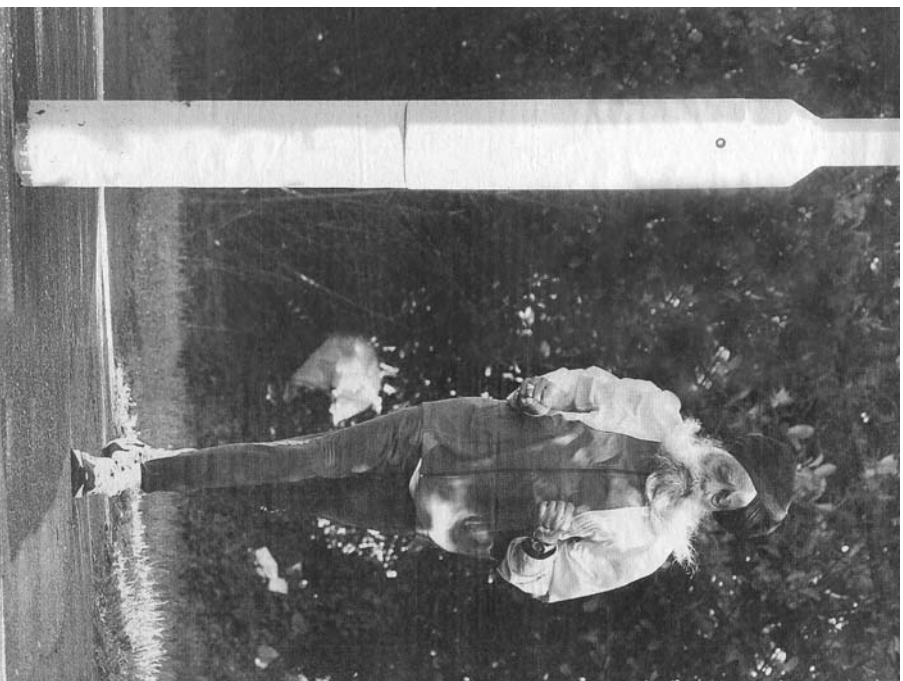
He looks the picture of health. When I saw him, he ran several laps of his pavement circuit at 15 minutes each and was not even breathless. He keeps his weight to just eight stone which, for his height of six feet, is almost nothing. To keep healthy for marathons he eats a basic vegetarian diet, doesn't drink or smoke, and avoids new foods in case they upset his system.

Surprisingly, Fauja Singh hasn't been running for very long. He took it up when his wife died 11 years ago, and since then it has been the main focus of his life.

After living most of his life in India, he came to Redbridge in Essex after his wife's death to join his youngest son and his family. As a young man he was a competitive runner, and when he decided to take it up again after his bereavement, he initially thought of running as therapy. Then it became his passion.

It wasn't long before he was introduced to Harmander Singh who took on the role of being Fauja's trainer, although training does not involve a proper track; Fauja simply trains by running on his local streets.

He began by running short distances – then five kilometres, then 10 km, then 20 km. He first saw the London marathon on television and fancied having a go, although he didn't at first quite understand the distance involved.



In all, he has done six marathons – 4 in London and one each in Toronto and New York. When he runs in London, he is hoping to come in below the six hour mark – having crossed the finishing line last year in his best time of six hours and 43 seconds.

Fauja is intensely competitive, and loves the fact that he has beaten the London Marathon record for his age group – runners in their 90s – every year. So his pace may be steady, but it's obviously not quite as slow as it looks. "He loves being a star," Harmander says. "He values being recognised and he sees it as raising the profile of Sikhs."

Fauja's desire to win and set records is the driving force in his running. The idea of finishing a marathon with thousands of younger people behind him is clearly an appealing one and, ultimately, what keeps him going.

He also believes that his running can help others. Currently he runs for Bliss, a charity that helps premature babies; he sometimes also runs under the banner of the British Heart Foundation, in honour of some of his jogging friends who have taken up running after heart attacks.

Last year Adidas also signed him up for its 'Nothing is Impossible' advertising campaign. He won't reveal how much money the deal involves, but says that anything he makes goes to charity. But can so much strenuous exercise be sensible at his age?

Harmander admits that Fauja probably needs to take it slightly easier from now on. If in April he crosses the finishing line in his seventh marathon as undefeated master in his age group, he surely has nothing else to prove. But I came away not quite convinced. The world record for the oldest person to run a marathon is 98, and Fauja would dearly like to beat that. So he is hoping to make a one-off comeback in the 2009 London marathon.

The prospect of becoming not only the fastest but the oldest in his group must be almost irresistible.