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On tracks for big day preparation

The passage below describes the writers' attempts at training to run a ten-kilometre race.



Task

Write a commentary in which you explain how the writers of this passage use language to entertain the reader.

Melanie: Hope springs eternal. I read last week about a woman in the London marathon who took up running a year ago and lost six stones [over forty kilos]. So I will persevere, although I haven't lost any weight yet.

My two dogs have, though. They've grown lean and mean with all the exercise they're getting. I don't know what they will do when I stop running, for as soon as I pick up my trainers, they start ululating [howling] with joy and jumping in the air, all four feet at once.

It is possible to chart some more progress. I am now doing three miles a night and feeling as exhausted at the end as I did, a few weeks back, after two miles.

Does anyone else suffer the same problems getting going?

Even with a warm up, the first half mile is dreadful, like trying to start a seized-up engine. It gets much easier in the middle of the run, before fading at the end ...

Fiona: Nine miles. In one day. In one outing, to be precise. I was exhilarated at the achievement, but completely exhausted. And it was all an accident.

Mr Bionic [her husband] had convinced me to try running five miles – a mile more than I've run before. He had the route planned out. (I couldn't get near the map because 'girls are navigationally challenged'.)

[Her husband got the map wrong and they ran nine miles by mistake.] ... my legs felt like lead ... when I found the estimated distance was nine miles, it felt fantastic (well, mentally, anyway).

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Let freedom reign *planned*

Four years after his release from prison, where he spent twenty-seven years for his stand against apartheid, Nelson Mandela was elected president in South Africa's first democratic elections. This is a section of his inaugural address.



Task

Comment on the techniques and the language the speaker uses.

Today all of us do, by our presence here, and by our celebrations in other parts of our country and the world, confer glory and hope to newborn liberty.

Out of the experience of an extraordinary human disaster that lasted too long must be born a society of which all humanity will be proud ...

The time for the healing of wounds has come. The moment to bridge the chasms that divide us has come. The time to build is upon us ... We pledge ourselves to liberate all our people from the continuing bondage of poverty, deprivation, suffering, gender and other discrimination ... We commit ourselves to the construction of a complete, just and lasting peace ...

We understand it still that there is no easy road to freedom ... We must therefore act together as a united people, for national reconciliation, for nation building, for the birth of a new world. Let there be justice for all. Let there be peace for all. Let there be work, bread, water and salt for all.

*Similar to Mandela's
strived for it
Mandela's*

Never, never and never again shall it be that this beautiful land of ours will again experience the oppression of one by another and suffer the indignity of being the skunk of the world.

Let freedom reign. The sun shall never set on so glorious a human achievement. God bless Africa ...

Nelson Mandela *The Penguin Book of Twentieth Century Speeches*