



CANDIDATE
NAME

CENTRE
NUMBER

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NUMBER

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0500/11

May/June 2022

2 hours

You must answer on the question paper.

You will need: Insert (enclosed)

- Answer **all** questions.
- Use a black or dark blue pen.
- Write your name, centre number and candidate number in the boxes at the top of the page.
- Write your answer to each question in the space provided.
- Do **not** use an erasable pen or correction fluid.
- Do **not** write on any bar codes.
- If additional space is needed, you should use the lined pages at the end of this booklet; the question number or numbers must be clearly shown.
- Dictionaries are **not** allowed.

- The total mark for this paper is 80.
- The number of marks for each question or part question is shown in brackets [].
- The insert contains the reading texts.

This document has **16** pages. Any blank pages are indicated.

Read **Text A, *Endurance events***, in the insert and then answer **Questions 1(a)–(e)** on this question paper.

Question 1

- (a) Give the **two** examples of types of endurance events, other than ultra-marathons, according to the text.

.....
 [1]

- (b) (i) **Using your own words**, explain what the text means by:

‘challenge the limits’ (line 3):

.....
 [2]

- (ii) **Using your own words**, explain what the text means by:

‘mythical beast’ (line 4):

.....
 [2]

- (c) Re-read paragraph 3 (‘Somewhere ... you?’).

Identify **two** ways in which Tough Mudder always differs from other extreme events.

-
- [2]

(d) Re-read paragraphs 4 and 5 ('I've no idea ... with life.').

(i) Give **two** reasons why the writer decided to drop their 'habitual laziness' and take up running.

-
- [2]

(ii) Explain why extreme sports are growing in popularity according to the text.

.....

 [3]

(e) Re-read paragraph 6 ('After completing ... achievement.').

Using your own words, explain why some Ironman competitors might still like to compete in marathons.

.....

 [3]

Read **Text B, *Tough Mudder***, in the insert and then answer **Question 1(f)** on this question paper.

(f) According to Text B, why did Jayden Dee want to take part in this particular event?

You must **use continuous writing** (not note form) and **use your own words** as far as possible.

Your summary should not be more than 120 words.

Up to 10 marks are available for the content of your answer and up to 5 marks for the quality of your writing.

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[illegible]

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..... [15]

[Total: 30]

Question 2

Read **Text C**, *What it's like to be married to a future Ironman*, in the insert and then answer **Questions 2(a)–(d)** on this question paper.

(a) Identify a word or phrase from the text which suggests the same idea as the words underlined:

- (i) The writer was slightly unsure that it was a good idea to publish their blog entry.

..... [1]

- (ii) Her husband's training had little effect on the daily life of the family to begin with.

..... [1]

- (iii) Fitting in bike rides to the family's weekend schedule was perfectly manageable.

..... [1]

- (iv) The writer accepted grumpily that they hadn't changed their mind about Sam competing in the Ironman.

..... [1]

(b) **Using your own words**, explain what the writer means by each of the words underlined:

June was all about Ironman. Endless weekends with Sam gone until 5pm each day. After exercise he would need to sleep for an hour or so, thus he was technically gone for longer. I was desperate for us to go away and have a break from it.

- (i) endless [1]

- (ii) technically [1]

- (iii) desperate [1]

- (c) Use **one** example from the text below to explain how the writer suggests their feelings about Sam's approach to training for the Ironman event.

Use your own words in your explanation.

There was so much laundry ('different road conditions') so much extra food ('fuel') and so much gear (multiple pairs of goggles with different tints 'because you never know...')! Smiling understandingly, Sam assured me the next one will be cheaper. Next one?

.....

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[3]

(d) Re-read paragraphs 10 and 12.

- Paragraph 10 begins ‘Because it’s there ...’ and is about the writer’s reactions to other people’s views.
- Paragraph 12 begins ‘Having said all that ...’ and is about the writer’s feelings at the end of the race.

Explain how the writer uses language to convey meaning and to create effect in these paragraphs. Choose **three** examples of words or phrases from **each** paragraph to support your answer. Your choices should include the use of imagery.

Write about 200 to 300 words.

Up to 15 marks are available for the content of your answer.

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[15]

Re-read **Text C, *What it's like to be married to a future Ironman***, in the insert and then answer **Question 3** on this question paper.

Question 3

You are Sam. After completing the race you are interviewed for a podcast about your experience and the advice you would offer to anyone thinking of entering an Ironman.

The interviewer asks you three questions only:

- How exactly do you need to prepare for a challenge like Ironman **and** why is each aspect of that preparation important?
- How do you think preparing for Ironman affected other areas of your life **and** what advice would you offer anyone considering entering an Ironman for the first time?
- What were the rewards of completing an Ironman for you and your family?

Write the words of the interview.

Base your interview on what you have read in **Text C**, but be careful to use your own words. Address each of the three bullet points.

Begin your interview with the first question.

Write about 250 to 350 words.

Up to 15 marks are available for the content of your answer, and up to 10 marks for the quality of your writing.

[illegible]

Additional Page

If you use the following lined page to complete the answer(s) to any question(s), the question number(s) must be clearly shown.

This image shows a full page of a handwriting practice worksheet. It consists of multiple sets of three horizontal dashed lines, providing a guide for letter height and placement. The lines are evenly spaced across the entire page, leaving ample room for practicing various letters and words. There is no text or other markings on the page.

Additional Page

If you use the following lined page to complete the answer(s) to any question(s), the question number(s) must be clearly shown.

[illegible]

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