

8 Personal Best

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- 8.1 whitewater rafting** (n) /waɪt 'wɔ:tə(r) 'rɑ:ftɪŋ/
The sport of travelling down a very fast river in a raft • *We tried whitewater rafting on the Alfeios River in Greece and it was so exciting.*
- 8.2 creek** (n) /kri:k/
a small river; an area like a very narrow bay where the sea flows into the land • *The river wasn't very deep so we were able to walk across the stones to the other side of the creek.*

Reading

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- 8.3 ice hockey** (n) /aɪs 'hɒki/
a sport played on ice by two teams of six players who use hockey sticks to hit a rubber puck into a net to score goals • *Ice hockey is popular in cold countries like Canada.*
- 8.4 general public** (n) /'dʒenrəl 'pʌblɪk/
the ordinary people who are not members of a special group, club, etc. • *We're doing a special performance for a small audience tonight, and then the show opens to the general public next week.*
- 8.5 admission** (n) /əd'mɪʃən/
the entry to or cost of entering an event or building • *How much is the ticket for admission to the Acropolis Museum?* > admit (v)
- 8.6 VIP** (abbr) /,vi: aɪ 'pi:/
a very important person with a high position; a celebrity • *We felt like VIPs when we got the best seats in the theatre.*
- 8.7 drill** (n) /drɪl/
a way to learn sth by doing it many times • *Once a year, we do an earthquake drill at school to practise what we would do if it really happened.* > drill (v)
- 8.8 preview** (n) /'pri:vju:/
a performance for a few people before a film, play or show opens for the general public • *The reporters who attended the theatre preview said the actors gave a brilliant performance.* > preview (v)
- 8.9 stand** (n) /stænd/
an area of a stadium with seats where people sit to watch a match, race, etc. • *George and his friends watched the final from the best seats in the centre of the stand.* > stand (v)
- 8.10 impaired view** (v) /ɪm'peəd vju:/
the view from an area of a stadium where you can't see the full playing field • *I didn't exactly see the winning goal because I was in the impaired view area at the opposite end of the stadium.* > impair (v), impairment (n)
- 8.11 long jump** (n) /'lɒŋ dʒʌmp/
a sport where people run up to a line and then jump as far as they can • *How far did Teresa jump in the long jump at the school sports day?*
- 8.12 hurdle** (n) /'hɜ:dl/
sth that you have to jump over in a race; sth that gets in your way • *Tony fell over the second hurdle and broke his leg.* > hurdler (n)
- 8.13 helmet** (n) /'helmt/
a hard hat that you wear on your head to protect it • *Put on your helmet before you start skateboarding.*
- 8.14 skates** (n pl) /skeɪts/
a kind of shoe with wheels, rollers or a blade on the bottom • *Remember to bring your skates to play ice hockey.* > skate (v), skater (n)
- 8.15 glove** (n) /glʌv/
sth that covers your hand and each finger • *It's freezing outside, so wear your hat and gloves.*
- 8.16 shoulder pad** (n) /'ʃəʊldə(r) pæd/
a piece of hard material (e.g. plastic or rubber) that you wear on your shoulders inside a shirt so you won't get hurt • *American football players always seem huge because they're wearing shoulder pads.*
- 8.17 shin guard** (n) /ʃɪn gɑ:d/
a piece of hard material (e.g. plastic or rubber) that you wear on the lower front part of your leg so you won't get hurt • *Cricket players have to wear shin guards because their legs might get hit by a ball.*

- 8.18 elbow pad** (n) /'elbəʊ pæd/
a piece of hard material (e.g. plastic or rubber) that you wear on the middle bone of your arm so your elbow won't get hurt • *The skater broke her arm when she fell because she wasn't wearing elbow pads.*
- 8.19 brochure** (n) /'brəʊʃə(r)/
a small magazine with pictures and information about sth • *Jill brought home some holiday brochures to choose where to go this year.*
- 8.20 Jamaica** (n) /dʒə'meɪkə/
> Jamaican (adj, n)
- 8.21 baseball** (n) /'beɪsbɔ:l/
a game with two teams of nine players in which a player uses a bat to hit a ball and others run to catch it • *My American cousins are all crazy about baseball, but I prefer football.*
- 8.22 originally** (adv) /ə'ɹɪdʒənəli/
at the beginning before sth changed in some way • *This theatre was originally a factory building.* > original (adj), origin (n)

Word Focus

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- 8.23 colony** (n) /'kɒləni/
an area of the world where people have travelled to from a powerful country and taken control of the people and land • *Australia was once a British colony.* > colonise (v), colonial (adj), colonisation (n)
- 8.24 independent** (adj) /,ɪndɪ'pendənt/
free to do things without being controlled or helped by sb else • *Scotland was an independent country before it became part of the United Kingdom in 1707.* > independence (n)
- 8.25 rule** (v) /ru:l/
control and have power over a country • *The Romans ruled part of Britain in ancient times, but they couldn't control Scotland.* > ruling (adj), ruler (n), rule (n)
- 8.26 govern** (v) /'gʌvn/
control and make laws to rule a country • *The British governed India from 1858 to 1947 when India became independent again.* > government (n), governor (n)
- 8.27 authorities** (n pl) /ɔ:'θɒrətɪz/
the organisations with the power to make decisions to control a country or area • *If you're planning an outdoor concert, you'll have to get permission from the authorities first.* > authorise (v), authority (n)

- 8.28 bullfighting** (n) /'bʊlfɑɪtɪŋ/
the activity of killing bulls in front of an audience • *Bullfighting was popular in ancient times, but many people believe it's wrong now.* > bullfighter (n), bullfight (n)
- 8.29 entertainment** (n) /,entə'teɪnmənt/
activities for people to enjoy themselves • *TV is not such a popular form of entertainment as it was in the past.* > entertain (v), entertaining (adj), entertainer (n)
- 8.30 bull** (n) /bʊl/
a male cow • *Be careful when you're passing the farm because the bulls might chase you.*

Reading

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- 8.31 unwind** (v) /,ʌn'waɪnd/
relax • *I love listening to music to unwind after I've finished my homework.*
- 8.32 the West Indies** (n) /ðə ,west 'ɪndɪz/
> West Indian (adj, n)
- 8.33 fascinating** (adj) /'fæsɪneɪtɪŋ/
very interesting • *We heard a fascinating story about how people used to travel in the past.* > fascinate (v), fascinated (adj), fascination (n)
- 8.34 war** (n) /wɔ:(r)/
a long period of fighting between countries or groups • *Millions of lives were lost during the First World War between 1914 and 1918.* > warring (adj), warrior (n)
- 8.35 run (for)** (v) /rʌn (fə(r))/
continue to happen (for a period of time) • *The film ran for four weeks at the Odeon.*
- 8.36 the Caribbean** (n) /ðə ,kærɪ'bi:ən/

Countries, Nationalities & Seas

Alaska	Jamaican
Cuba	the West Indies
Cuban	the Aegean
Hawaii	the Caribbean
Jamaica	

- 8.37 marathon** (n) /'mærəθən/
a race that is about 26 miles or 42 kilometres long • *Thousands of runners took part in the London marathon.* > marathon (adj)
- 8.38 synonym** (n) /'sɪnənɪm/
a word with the same meaning as another word • *The adjectives 'big' and 'large' are synonyms.*

- 8.39 sauna** (n) /'sɔːnə/
a small room that is very hot, sometimes with steam, which you sit in or lie down in to clean yourself • *Sometimes Tracy has a sauna at the gym after her workout.*
- 8.40 due to** (prep) /djuː tuː/
because of • *The bus couldn't get to the village due to the snow on the road.*
- 8.41 repair** (n) /rɪ'peə(r)/
an action to fix sth that is broken or not working correctly • *My bicycle needs some small repairs before I can use it again.*
> repair (v), repaired (adj)
- 8.42 secure** (adj) /sɪ'kjʊə(r)/
safe; not easy to move out of place • *We felt secure when we sailed our yacht safely into the harbour.* > secure (v), security (n)
📖 Opp: insecure
- 8.43 thief** (n) /θiːf/
sb who steals sth • *A thief got into the house and stole the computer and some cash when the Smiths were at work.* > theft (n)
📖 Plural: thieves
- 8.44 provide** (n) /prə'vaɪd/
give sth for sb to use • *The sports centre provides rackets, balls and any other equipment you need when you pay for a session.* > provider (n), provision (n)
- 8.45 aerobics** (n) /eə'rəʊbɪks/
physical exercises to help you breathe better and become stronger • *Mum goes to her aerobics class at the sports centre three times a week to keep fit.* > aerobic (adj)
- 8.46 timetable** (n) /'taɪmteɪbl/
schedule • *On the door of the gym, there's a timetable that shows when each class is on.*
> timetabled (adj)
- 8.47 goggles** (n pl) /'gɒɡlɪz/
special glasses to cover your eyes for sports in the snow or swimming • *I don't like swimming underwater without my goggles because the water hurts my eyes.*
- 8.48 changing room** (n) /'tʃeɪndʒɪŋ rʊm/
an area where people can change clothes before and after taking part in sports • *When I got to the swimming pool, I put on my swimsuit in the changing room.* > change (v, n)
- 8.49 push** (v) /pʊʃ/
press on sth with your hand or finger • *Push the handle on the side of this machine to make it work.* > push (n)

- 8.50 button** (n) /'bʌtn/
a small round or square part of sth that you press to make sth work • *When you push this button, the door will open.*
- 8.51 assistance** (n) /ə'sɪstəns/
help (to do sth) • *Could you give me some assistance to put up the tennis net, please?*
> assist (v), assistant (n)
- 8.52 fan** (n) /fæn/
sb who likes a particular sport or team • *The fans went wild when their team scored the winning goal.*

Vocabulary

Pages 98-99

- 8.53 net** (n) /net/
a piece of sports equipment in a playing area which players hit with a ball to score points (e.g. football, basketball) or hit a ball over (e.g. tennis, volleyball) • *Andy hit the ball over the net to win the final game.* > net (v)
- 8.54 court** (n) /kɔːt/
the area where a game is played in tennis, badminton, basketball or volleyball • *The basketball fans ran onto the court to meet the players at the end of the game.*
- 8.55 goal** (n) /gəʊl/
a point scored in a sport by hitting a ball into a net, e.g. football, hockey • *When Henderson scored his third goal, Liverpool won the match.*
- 8.56 pitch** (n) /pɪtʃ/
the area where a game of football, rugby or hockey, etc., is played • *David ran with the ball and kicked it to the other side of the pitch.*
- 8.57 bat** (n) /bæt/
a piece of sports equipment for hitting a ball • *Kelly hit the ball hard with the baseball bat.*
> bat (v)
- 8.58 stand on your hands** (phr) /stænd ɒn jɔː(r) hændz/
do a handstand • *Be careful when you stand on your hands because you might fall over and hurt your back.* > handstand (n)
- 8.59 the Aegean** (n) /ðə iː'dʒiːən/
the Aegean Sea
- 8.60 opponent** (n) /ə'pəʊnənt/
a person or team that you are playing against • *Our opponents were too good for our team to beat and we lost the match 3-1.*
- 8.61 referee** (n) /,refə'riː/
sb who controls a game in a sport (e.g. football, basketball) • *The referee gave Miguel a yellow card for being rude to him during the match.* > referee (v)

- 8.62 goalkeeper** (n) /'gəʊlki:pə(r)/
a player who stops the ball from going into the goal when the other team tries to score
• *Steve kicked the ball towards the net, but the goalkeeper caught it.*
- 8.63 whistle** (n) /'wɪsl/
a small piece of equipment that makes a high noise when you blow into it • *We were glad when the referee blew the final whistle and the game was over.* > whistle (v)
- 8.64 tournament** (n) /'tʊənəmənt/
a sports competition that includes different levels of games until only two teams/players are left in the final • *Gary was so happy to win the chess tournament.*
- 8.65 forever** (adv) /fə'revə(r)/
for always; for a long time • *I want my team to stay at the top of the League forever.*
- 8.66 bounce** (v) /baʊns/
move sth up and down; move up and down or hit against sth and come back • *You can bounce the basketball, but you're not allowed to kick it.*
- 8.67 score** (v) /skɔ:(r)/
win a point in a game, test, etc. • *The Liverpool fans went wild when the team scored the winning goal.*
- 8.68 coach** (n) /kəʊtʃ/
a sports trainer • *Leo's tennis coach taught him how to serve the ball over the net.*
> coach (v), coaching (n)

People

authorities	lover
coach	motorcyclist
colony	opponent
diver	referee
fan	runner
general public	thief
goalkeeper	VIP
gymnast	

- 8.69 beat** (v) /bi:t/
win more points or do better than another team or opponent so that you win • *When Charlotte saw the other girl running past her, she knew she couldn't beat her in the race.*
- 8.70 point** (n) /pɔɪnt/
a mark that counts on the score of a game or competition • *At the end of the word game, we counted our points to see who had the best score.*

- 8.71 pass out** (phr v) /pɑ:s aʊt/
lose your senses; fall down and become unconscious • *Nick passed out when the football hit him on the head.*
- 8.72 warm up** (phr v) /wɔ:m ʌp/
prepare for an exercise session by doing light exercises to stretch the muscles • *The players ran round the pitch to warm up before the game began.* > warm-up (n)
- 8.73 drop out** (phr v) /drɒp aʊt/
stop taking part in sth • *Hilda dropped out of her Spanish lessons because she wanted to go to zumba instead.* > dropout (n)
- 8.74 catch up** (phr v) /kætʃ ʌp/
reach others who are in front of you or at a higher level • *Sam is doing extra homework to catch up with the lessons that he missed when he was ill.*
- 8.75 equal** (adj) /'i:kwəl/
that is the same as sth/sb else • *The score was equal at the end of the first game, so we played again to decide the winner.* > equally (adv), equal (n)
- 8.76 unconscious** (adj) /ʌn'kɒnʃəs/
having lost your senses, as if you're sleeping because of sth that happened to you
• *When we got to the car, the driver and passenger were both unconscious, so we called an ambulance.* > unconsciously (adv)

Phrasal Verbs & Phrases

catch up	dream come true
drop out	stand on your hands
pass out	
warm up	

Grammar

Pages 100-101

- 8.77 motocross** (n) /'məʊtəʊkrɒs/
the sport of motorbike racing off-road on rough country tracks • *The motocross riders and their bikes were covered in mud after the race.*
- 8.78 refuse** (v) /rɪ'fju:z/
say you don't want sth from sb; say you won't do sth that sb asks you to • *My parents refused to let me stay out very late.* > refusal (n)
- 8.79 permission** (n) /pə'mɪʃn/
the act of saying that sb is allowed to do sth
• *Our teacher gave us permission to leave the room when we finished our test.* > permit (v)

- 8.80 motorcyclist** (n) /'məʊtəsaɪklɪst/
sb who rides a motorbike • *The police motorcyclists rode after the thieves and stopped them at the crossroads.* > motorcycle (n)
- 8.81 swimsuit** (n) /'swɪmsu:t/
sth you wear to go swimming • *Don't forget to pack your swimsuits for the holiday.*
- 8.82 abseil** (v) /'æbseɪl/
move down a rope on a straight rock face or wall using your feet and hands • *You have to be very brave or completely mad to abseil down the outside of Europe's highest building.* > abseiling (n)
- 8.83 lifejacket** (n) /'laɪfdʒækɪt/
a small plastic jacket that you fill with air to keep you up in the sea • *The island beach was covered with lifejackets from the people who arrived on the boats.*
- 8.84 forbid** (v) /fə'brɪd/
say that sth is not allowed • *The law forbids the sale of cigarettes to people under the age of 16.* > forbidden (adj)
- 8.85 obligation** (n) /ɒblɪ'geɪʃn/
sth that you must do • *There's no obligation to go climbing if you don't want to.* > oblige (v)
- 8.86 necessity** (n) /nə'sesəti/
sth that is needed • *Helmets are a basic necessity for riders on motorbikes and people doing dangerous sports like snowboarding.* > necessary (adj)
- 8.87 scooter** (n) /'sku:tə(r)/
a children's vehicle which has a board that moves on small wheels with a long handle for the rider to hold • *Some children were riding their scooters in the playground.*
- 8.88 drink station** (n) /drɪŋk 'steɪʃn/
an area where participants can stop for a drink during a race • *During the marathon, there are many drink stations where the runners can have a drink and some fruit or chocolate to keep them going.*
- 8.89 riding** (n) /'raɪdɪŋ/
the activity of riding a horse • *Luckily, Owen was wearing his helmet when he went riding because he fell off his horse.* > ride (v), rider (n)

Places

changing room	gym
court	pitch
creek	ski slope
drink station	stand

Listening

- 8.90 thirtieth** (num) /'θɜ:tiəθ/
the number 30th
- 8.91 fortieth** (num) /'fɔ:tiəθ/
the number 40th
- 8.92 fiftieth** (num) /'fɪftiəθ/
the number 50th
- 8.93 sixtieth** (num) /'sɪkstɪəθ/
the number 60th
- 8.94 seventieth** (num) /'sevnɪəθ/
the number 70th
- 8.95 eightieth** (num) /'eɪtiəθ/
the number 80th
- 8.96 ninetieth** (num) /'naɪntiəθ/
the number 90th
- 8.97 thirty-second** (num) /'θɜ:ti 'sekənd/
the number 32nd
- 8.98 thirty-third** (num) /'θɜ:ti θɜ:d/
the number 33rd

Ordinal Numbers

thirtieth	eightieth
fortieth	ninetieth
fiftieth	thirty-second
sixtieth	thirty-third
seventieth	

- 8.99 watersport** (n) /'wɔ:tə(r) spɔ:t/
a sport that takes place on water • *You have to be a good swimmer to do water sports like rafting because you might fall into the river.*
- 8.100 discount** (n) /'dɪskaʊnt/
a lower price than usual; an amount cut off a price • *Students are allowed a 50% discount on train tickets.*

Speaking

- 8.101 zumba** (n) /'zʊmbə/
a type of aerobics mixed with Latin dancing steps • *Dancing to the music makes zumba classes more fun than basic aerobics.*

Sports & Activities

aerobics	motocross
baseball	riding
bullfighting	watersport
ice hockey	whitewater rafting
long jump	zumba
marathon	

Equipment

bat	net
button	pedal
elbow pad	sauna
glove	shin guard
goggles	shoulder pad
helmet	skates
hurdle	swimsuit
lifejacket	tyre
locker	whistle

Writing

Pages 104-105

- 8.102 blog** (n) /blɒg/
a piece of writing on a website that sb writes about events, opinions, etc. • *Have you read our new travel blog following the adventures of Heracles?* > blog (v), blogger (n)
- 8.103 electric** (adj) /ɪ'lektɪk/
that produces a sense of thrilling excitement; that works with electricity • *The actor gave an electric performance of Hamlet.* > electrical (adj), electricity (n)
- 8.104 truly** (adv) /'tru:li/
really; absolutely • *Seeing the River Amazon must be a truly wonderful experience.* > true (adj), truth (n)
- 8.105 easily** (adv) /'i:zəli/
with no difficulty • *You can easily get to the top of the mountain if you follow the path.* > easy (adj), ease (n)
- 8.106 unbelievable** (adj) /,ʌnbɪ'li:vəbl/
that you can't believe is true or possible • *An unbelievable number of fans came to see the game and many of them couldn't get into the stadium.* > unbelievably (adv)
📖 Opp: believable
- 8.107 touch** (v) /tʌtʃ/
be right beside sth with no space in between; put your hand or part of your body on sth • *The ball touched the net before the goalkeeper could stop it.* > touching (adj), touch (n)
- 8.108 emotion** (n) /ɪ'məʊʃn/
a feeling • *When she received her trophy, she showed her emotions and suddenly started crying.* > emotional (adj)
- 8.109 thrilled** (adj) /θrɪld/
very excited • *I was thrilled to hear the result of the match.* > thrill (v, n), thrilling (adj)
- 8.110 dream come true** (phr) /dri:m kʌm tru:/
sth you always wanted very much that actually happens • *Vanessa's win at Wimbledon was a dream come true.*

- 8.111 disaster** (n) /dɪ'zɑ:stə(r)/
a very bad event, especially one where sth is damaged and/or people are hurt • *When our team lost 6–0, it was a complete disaster for us.* > disastrous (adj)
- 8.112 upset** (adj) /ʌp'set/
unhappy and worried • *Ken was feeling ill and he was really upset about not being able to run in the marathon.* > upset (v), upsetting (adj)
- 8.113 disappointed** (adj) /,dɪsə'pɔɪntɪd/
unhappy when sth doesn't go as well as you wanted it to • *We felt disappointed that we had to cancel our holiday.* > disappoint (v), disappointing (adj), disappointment (n)
- 8.114 ceremony** (n) /'serəməni/
a traditional event where people do things in a special way • *They had their wedding ceremony in a small village by the sea.* > ceremonial (adj)

Adjectives & Adverbs

amazed	secure
confident	thrilled
disappointed	unbelievable
electric	upset
equal	brilliantly
fascinating	easily
gentle	forever
independent	originally
rubber	truly

Video 8 A Muni Adventure

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- 8.115 adventure** (n) /əd'ventʃə(r)/
a journey or experience that is exciting and may be dangerous • *The first time I travelled by plane was a big adventure for me.* > adventurous (adj)
- 8.116 pedal** (n) /'pedl/
a small part of a bicycle that you push with your foot to make the wheels move; a control operated by foot inside a vehicle • *Which pedal should I press to stop the car?* > pedal (v)
- 8.117 tyre** (n) /'taɪə(r)/
a rubber cover around the edge of a wheel • *I had to walk home because my bicycle had a flat tyre.*

- 8.118 strength** (n) /ˈstreŋθ/
how strong sth is • *After her accident, Liz got back the strength in her arm again with a few minutes exercise every day.* > strengthen (v), strong (adj)
- 8.119 ski slope** (n) /skiː sləʊp/
the area on the side of a mountain that you ski down • *Daniel went snowboarding on the ski slope at Aviemore in the Highlands.*
- 8.120 rubber** (adj) /ˈrʌbə(r)/
made of a strong material that can bend easily without breaking • *You need a small rubber ball to play tennis.* > rubber (n)
- 8.121 knob** (n) /nɒb/
a round handle or switch on sth • *I tried to turn the knob, but the door was locked.*
- 8.122 grip** (n) /grɪp/
ability to move without losing hold on sth • *These new tyres have a good grip on the wet road.* > grip (v)
- 8.123 endurance** (n) /ɪnˈdʒʊərəns/
being able to do sth difficult for a long time without getting too tired • *Mountain climbing needs skills and endurance because you can't stop when you're half way up or down.* > endure (v)

- 8.124 exercise** (v) /ˈeksəsaɪz/
do activities to make your body fitter • *You can exercise your whole body at our zumba classes.* > exercise (n)
- 8.125 concentration** (n) /ˌkɒnsnˈtreɪʃn/
the act of focussing all your thoughts and attention on one thing • *You need total concentration on the game to win at chess.* > concentrate (v)

Verbs

abseil	push
beat	refuse
bounce	rule
cheer	run (for)
dive	score
exercise	surf
forbid	touch
govern	unwind
provide	

Qualities

concentration	strength
endurance	