



GCSE

4171/02



S16-4171-02

**ENGLISH/ENGLISH LANGUAGE
HIGHER TIER
UNIT 1 (READING)**

A.M. TUESDAY, 7 June 2016

1 hour

ADDITIONAL MATERIALS

Resource Material.

You will need a WJEC pink answer booklet, which has been specifically designed for this examination. No other style of answer booklet should be used. If you run out of space, use a standard 4-page continuation booklet.

INSTRUCTIONS TO CANDIDATES

Use black ink or black ball-point pen. Do not use pencil or gel pen. Do not use correction fluid.

Answer **all** questions.

Write your answers in the separate answer book provided, following the instructions on the front of the answer book.

Use both sides of the paper. Write only within the white areas of the book.

Write the question number in the two boxes in the left hand margin at the start of each answer,

e.g.

1	1
---	---

.

Leave at least two line spaces between each answer.

INFORMATION FOR CANDIDATES

The total mark available for this unit is 40.

The number of marks in brackets will give you an indication of the time you should spend on each question or part-question.

Answer all the following questions.

The separate Resource Material is a newspaper report, ‘Mud and barbed-wire hurdles: it’s the extreme fitness trial,’ by Peta Bee.

The text on the opposite page is an internet article, ‘Tough Mudder wasn’t so tough – in fact I enjoyed it,’ by Stuart Heritage.

Look at the first page of the newspaper report in the separate Resource Material: ‘Mud and barbed-wire hurdles: it’s the extreme fitness trial,’ by Peta Bee.

- | | |
|---|---|
| 1 | 1 |
|---|---|
- What are Peta Bee’s thoughts and feelings about Tough Mudder events? [10]

Now look at the second page of the newspaper report.

- | | |
|---|---|
| 1 | 2 |
|---|---|
- According to the second page of the report, why do people take part in Tough Mudder events? [10]

Now look at the internet article on the opposite page: ‘Tough Mudder wasn’t so tough – in fact I enjoyed it,’ written by Stuart Heritage.

- | | |
|---|---|
| 1 | 3 |
|---|---|
- How does Stuart Heritage convince us that he enjoyed the Tough Mudder event? [10]

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

- | | |
|---|---|
| 1 | 4 |
|---|---|
- Compare and contrast what the two writers say about the dangers of Tough Mudder. [10]

You must make it clear from which text you get your information.

Tough Mudder wasn't so tough – in fact I enjoyed it

I wish to make an apology. In April, I wrote an article complaining about being signed up for a Tough Mudder, a 12-mile assault course involving hypothermia-inducing ice baths, electric shocks and other grisly nonsense such as dehydration. I mentioned how reluctant I had been to commit to something so gruelling but many of you wrote to tell me it wouldn't be that bad.

I will now concede that you may have had a point. The London Tough Mudder race took place on Saturday, and it really wasn't that tough. Or muddy. Or anywhere near London, for that matter. I'll admit that I found elements of it hard, but that's mainly because I'm still a vaguely out-of-shape idiot who hates heights and doesn't realise that trying to breathe underwater is a silly idea. But it's far from being The Toughest Event on the Planet, which is how it sells itself. I've only been running with any degree of enthusiasm for five months, and I have already completed harder events. Trying to work out where the car was parked afterwards was probably tougher than Tough Mudder itself.

Instead, Tough Mudder is Disneyland. It's Tesco. It's a huge, slick, fiercely marketed money making machine; a travelling funfair that sweeps around the country indulging tens of thousands of would-be soldier fantasies. This weekend, approximately 20,000 of us took part, many of whom have already signed up for next year. Yes, it's hard to shake the feeling that this event is for profit as much as fun. Literally the last thing you see before taking a deep breath and submerging yourself in the Arctic Enema obstacle (essentially a load of ice in a skip) is an advert for cider.

But would I do it again, despite these qualms? Yes, in a heartbeat. It couldn't have been better organised. What's more, the atmosphere was fantastic. So much effort goes into reinforcing the notion of teamwork and camaraderie that there wasn't a trace of the unhealthy competitiveness you often get at these things.

Inevitably, my younger brother Pete – the person who bullied me into doing this – had the time of his life. He came along with a squadron of Mini-Petes, all topless and whooping and rubbing suntan lotion on to each other. At one stage in the race, Pete slipped off the 13ft 'Berlin Wall' and blacked out. I'm already bracing myself to hear that story get repeated every Christmas until one of us dies.

I was terrified of the Tough Mudder before it started. I'd heard that it took five hours to complete. I heard about the man who died in April. I had read about the likelihood of broken bones. But it was fine. It was a lovely day out. We were wrapped up in about two and a half hours. If you can run a reasonable distance, you could probably do the Tough Mudder without too many worries. Plus, every couple of miles they give you a banana. What could be better than that?

So now, I have a favour to ask. Despite myself, I think I might be a little bit into this. I'm already eyeing up other mud-type events for September. Nothing too crazy. I don't want to race a horse or anything stupid like that. But I think I'd like to do *something*. So, readers, what should I try next?

Stuart Heritage

Adapted from 'The Guardian' online



GCSE

4171/02-A



S16-4171-02A

**ENGLISH/ENGLISH LANGUAGE
HIGHER TIER
UNIT 1 (READING)**

A.M. TUESDAY, 7 June 2016

Resource Material

Mud and barbed-wire hurdles: it's the extreme fitness trial



Underwater tunnels, electric shocks, ice baths — Peta Bee takes on the Tough Mudder challenge.

Some call it sport. Some call it fun. I think it's madness. If it sounds weird, it's weirder still if you try it. I am wading down 'mud mile', a chest-deep quagmire with perilous hidden trenches that plunge you into deep filthy water. It is brutally cold and wet but less so than the deadly 'spa bath' — a builder's skip filled with ice and a barbed-wire hurdle you must dip underneath — which we've already passed. It is nowhere near as much of a psychological ordeal as the maze of dark and dirty underwater tunnels still to come. One moment I'm calm, running normally, on moderately muddy turf; within seconds I'm swinging like a lunatic by hand from a series of greased monkey bars. Then I'm running — or staggering — again trying to ignore my throbbing limbs; then shooting down a water-slide into a pond so shockingly icy that I have to remind myself to breathe again when my head emerges from the water.

Along with 10,000 other deranged individuals, I am trying to complete Tough Mudder, a 12-mile course with 20 obstacles so challenging that it is billed as: 'Probably the toughest event on the planet.' It is so tough that only three quarters of starters cross the finish line. We Tough Mudders think marathons and triathlons are for wimps. To truly test your steel you must overcome mental barriers as well as physical ones. Initially, Tough Mudder events were only staged in America but such was the demand in the UK for this kind of gritty, ultra-endurance trial, that one was held here for the first time in 2012. What struck me at my first event was that, much like the London Marathon, competitors come in all shapes and sizes — you don't have to be superfit to try it. Having done one myself, these races offer an alternative to the 'you against the clock' environment of a marathon. In Tough Mudder events, the time doesn't matter as much as making sure you can conquer the obstacles, conquer your fears and work as a team. These events offer a totally different sense of accomplishment.

Tough Mudder was the brainchild of a British entrepreneur, Will Dean, 31, when he was studying at Harvard Business School. "I had a bit of time on my hands and trained for a marathon and then a triathlon," he says. "I found them pretty antisocial, and thought they were mainly a test of how long you were able to spend training." He and co-founder Guy Livingstone staged the first Tough Mudder event in May 2010 and they have since put more than two million people through hell. Events are so colossal that, like the one I did, they need to be staged over a weekend with up to 10,000 people taking part each day.

Aside from the obvious, what sets these challenge events apart from fun runs is that they are actually really good fun. Just running or cycling can be so boring that many people need to listen to music just to make them bearable. This is about camaraderie, teamwork. Some of the obstacles you simply couldn't do without working with other people. Scaling the 13ft 'Berlin Wall' would have been impossible were it not for the burly team of fellow competitors who gave me an almighty shove over the top. I survived. One of my team mates, however, broke his leg. Equally, I'm certain I would not have swum across a freezing river, so cold I stopped breathing for several seconds when I jumped in, if my team-mates were not relying on me to get to the other side. None of the obstacles in a Tough Mudder is compulsory; you can skirt around the side if you find one you really don't fancy and still finish the course. Yet rarely does this happen as you get caught up in the mental exhilaration that comes from doing something you had previously thought impossible.

Will Dean believes his events are so popular because people want something different, "things that offer a sense of achievement and a memory, be it climbing a mountain or bungee jumping." My 12 miles of self-imposed torture finished with a crawl through a particularly nasty-looking device comprising a 5m frame from which a forest of hanging wires delivered electric shocks. Grown men were seen to buckle and collapse to the ground. Make it around the entire course, as our team did, and the finish line greets you with a free pint of beer, open-air showers and the prized, orange Tough Mudder survivor's headband.

And how did I feel? After Tough Mudder, my body was battered and bruised like never before, but I was not physically exhausted in the same way I am after running 26.2 miles; indeed, my legs barely ached the next day. What it left was a complete sense of elation and pride. There's nothing quite like telling people that, yes, your war wounds really are from racing through flames and hauling tyres through a muddy bog.

Peta Bee

Adapted from 'The Times' newspaper