

Unit 3

Listening script [1.04]

Radio host Welcome to today's *Interesting People* programme. Every week, we speak to people about their amazing achievements. Today, we are talking to Katie Beaumont who has been training to try to break the record for being the fastest woman to cycle around the world. Welcome, Katie. I've been looking forward to meeting you.

Katie Thanks, Neil.

Radio host So tell us, just how many kilometres is it to cycle around the world?

Katie Well, Neil, the total distance is 29,000 km.

Radio host Wow! So what is the current female record for cycling around the world and who holds it?

Katie Juliana Buhring, from Germany, has held the record of 152 days since 2012 and I haven't managed to break it, yet!

Radio host So have you been doing lots of cycle rides in preparation for your record attempt?

Katie Yes, my first long-distance ride was four years ago, from the top of Scotland to the foot of England, which is 1,407 km. I've been doing longer and longer rides ever since then. I still haven't quite achieved my training goal of 215 km a day – which I'll have to do to break the record – but I've been getting nearer to it with each ride.

Radio host Wow! And you've just returned from a long-distance ride in France which didn't sound much fun. Tell us about it.

Katie That's right. I've just completed the Tour de Force challenge, which is a 3,500 km ride following the route of the famous Tour de France race. I set off on the 29th June and arrived in Paris on the 19th July after twenty-one days of cycling through valleys and up and down mountains. It hasn't been easy. I had to eat 6,000 calories a day to keep my energy levels up.

Radio host That sounds exhausting! Have you ever thought of stopping?

Katie No, never! Of course it has been difficult at times, but I've loved every minute of it. But I think the hardest part will be leaving behind my friends and family.

Radio host Well, good luck, Katie. It sounds like you've been enjoying a great adventure so far and the next ride is going to be the journey of a lifetime!