

Sample

Text 1 - Chasing the Finish Line

Sophia Calder had always possessed the heart of a dreamer. Raised in the windswept coastal town of Bayridge, she exhibited from an early age an extraordinary capacity to test her boundaries and transcend them. As a child, she was utterly fearless in the ocean, spending countless hours battling the rhythmic force of the waves, her strokes unrelenting against the pull of the tide. Alongside her friends, she embraced spontaneous competitions—racing barefoot along the damp shoreline, cycling up the steepest inclines without once pausing for breath, or daring one another to swim farther out to sea before turning back towards the safety of land. In each contest, Sophia's fierce, indomitable spirit came to the fore. There was within her a quiet but undeniable defiance, a refusal to surrender in the face of any challenge—and more often than not, it was her name that echoed in triumph. At school, she commanded admiration not merely for her academic diligence but for her physical prowess. She was the swiftest runner in her year and the girl who could outpace and outlast anyone on two wheels, her strength matched only by her resolve. Yet it was not until the age of fourteen, as she sat beside her father one afternoon watching the IronLegacy Triathlon unfold on the television screen, that her aspirations coalesced into something more tangible. As she observed the athletes push themselves across the unforgiving swim, the punishing cycle, and the relentless run, a clarity descended upon her. In that moment, a vision began to take root—unyielding, exhilarating, and profoundly her own.

From that moment, the dream took root. Sophia trained relentlessly through high school, excelling in all three disciplines. She was the school's top swimmer, held records in cross-country, and often rode her bike for hours along the scenic trails outside town but she knew that competing in a world-famous triathlon required more than natural talent—it required discipline, perseverance, and a relentless spirit. Through it all, her father, Daniel Calder, was her biggest supporter. He woke up at dawn to drive her to swim practice, fixed her bike when it broke down, and stood at the finish line of every race she entered. When he saw her getting ahead of herself, focusing too much on times and rankings, he reminded her, "Soph, don't forget why you started. You love this sport—don't let the pressure take that away." His words kept her grounded, ensuring that while she pushed herself to the limit, she never lost sight of the joy that had sparked her dream in the first place. By her early twenties, Sophia had relocated to the city of Ravenshire to train under Coach Melanie Grayson—a revered former triathlete renowned for producing champions. Under Grayson's disciplined supervision, Sophia committed to a relentless schedule: long swims at dawn, intense cycling drills by day, and distance runs into the evening. She was in peak condition, primed for the IronLegacy Triathlon—one of the world's most demanding races. Then, disaster struck. During a training ride through the Ravenshire Hills, a single misjudged turn sent her crashing hard onto the pavement. The pain in her right leg was immediate and excruciating. At the hospital, the verdict was shattering: a grade two hamstring strain, requiring no less than six weeks of recovery. Sophia was shattered as The IronLegacy was just ten weeks away. Missing it was unthinkable. Her shoulders slumped, and she stared blankly at the hospital wall, her fingers clenched into tight fists on the bed. The weight of disappointment pressed down on her, making it hard to breathe. When she returned home, her family could see it in her every movement—the way she barely touched her dinner, the way she avoided eye contact, the way she sat on the porch for hours, lost in thought. She tried to hide it, but the pain of watching her dream slip away was too much to mask. Coach Grayson remained by Sophia's side at the hospital, offering more than comfort—she offered conviction. The message was unequivocal: this was not the end. It was a challenge to be faced, adapted to, and ultimately overcome. Buoyed by steadfast support from her coach, her father, and her closest friend, Jenna, Sophia embarked upon an uncompromising recovery regimen.

The Text 1 is 1 $\frac{3}{4}$ pages long

Text 2 - A Test of Grit and Rescue

Each summer, the small coastal town of Bayridge came alive with renewed energy for its most anticipated tradition—the Annual Sea Swim. Established in the early 1900s, the event had long transcended mere athletic competition; it was a celebration of heritage, a living testament to the town's deep and abiding relationship with the ocean. Excitement coursed through every street, echoed in the hum of local shops and cafés, as banners fluttered brightly in the salt-laden breeze. In the days leading up to the race, volunteers repainted the starting buoy in vivid orange, rescue boats were carefully inspected, and seasoned fishermen lent their finest dinghies to patrol the course with pride and vigilance. This year, the Under-15 race drew particular attention. Among the young entrants was Rex Wellington, a determined fourteen-year-old who had trained with tireless resolve for months. Guided by his father, a former champion, Rex had honed his endurance, spending hours in the surf refining his breathing, mastering his strokes, and preparing to make his mark.

Race day dawned with the beach teeming with life. Families unfurled blankets across the sand, children darted between umbrellas, and lifeguards stood vigilant at their posts. The mayor's voice rang out through the loudspeakers, commanding attention as the call to the starting line echoed across the shore. Rex felt the quickening of his pulse as he stepped onto the damp, yielding sand, his gaze fixed on the glistening water ahead. From the sidelines, his best friend Jonah offered a silent gesture of support, a raised thumb that spoke volumes. The course stretched before them—buoys swaying gently in the distance, outlining a path that curved past the jagged outcrop before returning to shore. At the sharp blast of the whistle, Rex launched himself forward, slicing cleanly into the surf with ease. Though the sea was restless, its surface stirred by wind and current, he remained composed, his breathing steady, each stroke purposeful. By the halfway point, he had surged into the leading group, muscles burning as he fought the surge of waves and the thrashing limbs of swimmers at his side.

Then, without warning, a strong current pulled at his legs, and though he fought against it, trying to stay on course, a sudden, fierce wave crashed over him, flipping him onto his back. He struggled to regain control, but the current had dragged him further from the race path. The other swimmers were disappearing ahead. He kicked hard, but his strokes met resistance, the water pulling him sideways. His training had prepared him for rough conditions, but this was beyond anything he had faced. His arms grew heavy, his breaths short and ragged. He shouted, but the wind and waves swallowed his voice. His last sight before darkness crept in was the bright orange buoy, growing smaller as he drifted away.

The Text 2 is 1 page long

7. How did Sophia work herself back up to a full recovery? Choose all that are correct.
- a) She leant on the support of her coach, her father, and her best friend
 - b) She started her training with a 2 km walk daily
 - c) She initially focused on swimming
 - d) She started cycling on a stationary bike
 - e) She eased into a slow run
8. Which of the following statement describes the swimming leg of the triathlon? Choose the correct answer.
- a) The water was nice and warm, which was quite a relief
 - b) She was able to manoeuvre her way through the gentle waves
 - c) The first few minutes of the swim were chaotic
 - d) The salty water stung her eyes and made it impossible to see
 - e) Her goggles were blurred, and she could not clearly see the orange buoys ahead
9. What does Sophia's reaction to her injury reveal about her mindset? Choose the correct answer.
- a) She was relieved to have an excuse to rest
 - b) She quickly accepted that her triathlon dream was over
 - c) She felt deep despair but remained determined to recover
 - d) She blamed her coach for pushing her too hard
 - e) She decided to quit the sport altogether

Questions based on Text 1

22. Which statements below describe the initial part of the sea swim? Choose all that are correct.
- a) Rex dove into the water with ease
 - b) The sea was choppy
 - c) Rex stayed focused while breathing in rhythm
 - d) By the halfway mark, Rex was leading the whole race
 - e) Rex had to battle the waves
23. How did things suddenly change for Rex mid-swim? Choose the correct answer.
- a) A strong current propelled him forward, giving him a strong lead
 - b) Saltwater burnt his throat, causing him to choke fiercely
 - c) A fierce wave crashed into him, flipping him over onto his back
 - d) He crashed into another contestant
 - e) His leg got entangled in a long piece of seaweed
24. Which statements below describe the scenes at the end of the race? Choose all that are correct.
- a) There were multicoloured fireworks adorning the sky
 - b) There were cheers and applause from well-wishers
 - c) Parents embraced their children as they emerged from the water
 - d) The mayor made an announcement
 - e) Officials counted the contestants as they arrived

Questions based on Text 2

Section D

Consider both Text 1 and Text 2 when answering the following questions.

30. What are the similarities between both texts? Choose the TWO most accurate answers.
- a) The town in which the stories are set
 - b) Both had two supportive siblings
 - c) The town's involvement in hosting the races
 - d) The councillors' involvement in the promotion of the sport
 - e) The main characters in both texts were good swimmers
31. According to your understanding of the passage, what are the similarities between Sophia and Rex? Choose all that are correct.
- a) Their fathers were supportive
 - b) They are the same age
 - c) They both go through an unfortunate incident in the texts
 - d) They went to the same school
 - e) They both trained hard for their upcoming events

Questions based on Text 1 and Text 2