

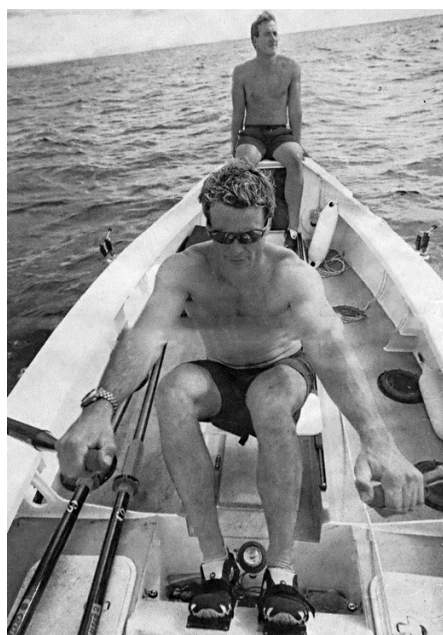
I'm Just Beginning

By James Cracknell

(1) Since taking up rowing I'd dreamt of winning a gold medal. Relationships, a 'proper' career, money, holidays, and friends' weddings had all been sacrificed at the altar of rowing. After having won two Olympic gold medals I was mentally prepared to retire. Then television presenter Ben Fogle bounced up to me at a party. "I'm doing a rowing race across the Atlantic. Do you want to do it with me?" he asked. After discovering he couldn't row I politely declined, but soon realised I was missing something: a goal. I'd had one since I was 16 years old and felt incomplete without having something to aim for. So I phoned up Ben and agreed to enter the Atlantic Rowing Race.

(2) The difference between preparing for a sporting event and a challenge like this became obvious on a number of fronts: practical, financial and emotional. The Olympics demanded that I train to the best of my ability and then perform when it mattered; not easy, but I was supported by a coach and several other trained specialists. Ben and I only had each other. We also had a boat to build, navigation tests to pass, radio and sea-survival courses, training and (in Ben's case) learning to row. Getting sponsorship was virtually impossible and my wife wasn't too keen on me spending two months at sea.

(3) 21. We only got clearance to race 24 hours before the start and hadn't spent more than two hours on our boat. We'd totally under-estimated the psychological challenge of being out at sea in a tiny boat. There had been no discussion about how little we really knew each other or would function as a team. The first week aboard was spent coming



to terms with the 3,000 miles of ocean ahead. It was hideous. We just wanted to give up. We'd run out of water, survived a capsizing, lost all communication and three stone in weight. However, by the time we arrived in Antigua I'd learnt how the mind and body can be strong enough to survive any situation.

(4) After that experience I wanted to test myself in different ways. After swimming the Strait of Gibraltar, paddling the Channel on a surfboard and making a tandem record attempt from Land's End to John O'Groats, I should be ready to admit I 23 challenges.

(5) What I haven't answered is why I want to do these things. A psychologist I've worked with says it takes at least two years to fully retire from sport. Perhaps it's taking me longer, but I'm still learning so much about myself and our planet on every trip, it feels as if I'm just starting out on this phase of my life.

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- 1p 19 Why did James Cracknell decide to take part in the Atlantic Rowing Race, according to paragraph 1?
- A He needed a new challenge now that he had fulfilled his dream.
 - B He wanted to start a new career as a sports show host.
 - C He was afraid Ben Fogle would not manage without his support.
 - D He was without a job at that time and needed some income.
- 1p 20 Welk deel van een zin uit alinea 2 geeft aan dat er financiële moeilijkheden waren bij de voorbereiding op de Atlantic Rowing Race? Citeer (= schrijf over uit de tekst) **dat deel van de zin** in de uitwerkbijlage.
- 1p 21 De eerste zin van alinea 3 ontbreekt. Kies bij 21 in alinea 3 het juiste antwoord uit de gegeven mogelijkheden.
- A Our friendship was growing.
 - B Our material was inadequate.
 - C Our overall feeling was pride.
 - D Our preparation was terrible.
- 1p 22 Which of the following words describes how James Cracknell felt after finishing the Atlantic Rowing Race, according to paragraph 3?
- A confident
 - B disappointed
 - C irritated
 - D glamorous
- 1p 23 Kies bij 23 in alinea 4 het juiste antwoord uit de gegeven mogelijkheden.
- A am hooked on
 - B am too old for
 - C have tried most
 - D need better
- 1p 24 What becomes clear about James Cracknell from paragraph 5?
- A He feels the urge to go on extreme trips is gradually fading away.
 - B He is afraid he will need professional help if he stops going on extreme trips.
 - C He is not planning to stop going on extreme trips anytime soon.
 - D He likes combining scientific research with going on extreme trips.

Bronvermelding

Een opsomming van de in dit examen gebruikte bronnen, zoals teksten en afbeeldingen, is te vinden in het bij dit examen behorende correctievoorschrift, dat na afloop van het examen wordt gepubliceerd.