

A. Kenyan champions Eliud Kipchoge and Vivian Cheruiyot at the 2018 Berlin Marathon, where Kipchoge crushed the world record. These two runners have also dominated this year's London Marathon, with Eliud Kipchoge winning his third title while Vivian Cheruiyot won the women's race.

www.iaaf.org

B. Nigeria: most successful African nation at Rio 2016

With eight gold, two silver and two bronze medals, the country's Paralympians outdid¹ their Olympic counterparts. The African nation earned 12 medals at the Rio 2016 Paralympics with record-breaking performances from their powerlifting² and track and field³ athletes.

www.paralympic.org

1. do better than **2.** *dynamophilie* **3.** *athlétisme*

C. South Africa women win African Hockey Championship 2015

South Africa have won the 2015 women's Greenfields African Hockey Championship after defeating Ghana in the final game to finish top of the standings.

www.ghanaweb.com

D. The Olympic Games in Africa? A door long shut could be opening

PYEONGCHANG, South Korea — Other than Antarctica, only one continent on the planet has never hosted the Olympic Games: Africa. Europe has hosted 30, North America 12 and Asia seven. Africa could change its status from competitor to host within a generation.

Associated Press, February 2018

File 13 p. 130 • Faith Kipyegon wins electricity for her village

Kenya's Faith Kipyegon virtually jogged the opening stages¹ before unleashing a devastating second half of the race to win the women's Olympic 1500 metres around ten days back at Rio de Janeiro. But what is fascinating here is the fact that Kipyegon had no idea her gold medal would trigger² the supply of electricity to the little-known Ndabibit village where she comes from. Kipyegon's family could not even follow her race as the village has been plagued with³ darkness for nearly four decades since the residents settled there in the 1980s.

But things changed after her medal-winning feat.

Moments after winning the gold medal, her father, Mr Samuel Koech Kipyegon, said, "I urge President Uhuru Kenyatta to make sure our village is connected to electricity so that I can see my daughter Faith running and winning medals for Kenya."

The action was swift⁴ and it took only nine days to construct the power line. Hundreds of villagers flocked to the Kipyegon residence to witness the switching on of electricity.

www.sportskeeda.com, 2016

1. the beginning of the race 2. provoke 3. tormented by 4. quick

Running from school to gold

Many Kenyan children have to run 10 km to go to school... and 10 km to come back! It is hard to know to what extent this has influenced the international results of the country, but Kenya sure is a great nation of runners. Since the first Olympic Games, Kenya has won 104 medals... 96 of which are track-and-field ones. During the Rio Olympic Games (2016), Kenya won 13 medals and ranked second winning nation in athletics after the USA. These performances have contributed to giving a positive image of Kenya in the world of sports.

The former South Africa president used the game to mend wounds¹ and unite a once-torn² country

Nelson Mandela's part in South Africa's Rugby World Cup victory in 1995 was far-ranging³ and will never be forgotten.

That photograph of him wearing a Springbok No 6 jersey and baseball cap while presenting South African captain Francois Pienaar with the golden trophy is an image that stretched beyond rugby.

The Springbok badge was an emblem of the previous division in the country and of the white supremacy, but Mandela realized that he had to make that Springbok jersey part of the new South Africa.

He knew how important it was to the white South Africans. And so he united the nation in its support of the rugby team. Subsequently, it has had incredible support from all South Africans.

You can talk about sport affecting politics and vice-versa, but what he did on that day was stunning⁴. I think if there was one single action that said a country was different, that this man was special, it was that. To me that was the power of sport at its best. [...]

He changed South Africa, and he used rugby to help that change.

Sir Ian McGeechan, former coach of the Scottish rugby team. *The Telegraph*, 2013

1. *guérir les blessures* 2. that used to be divided 3. very important
4. amazing

File 13 p. 133 • Standing together with the Springboks

“When you’re singing the national anthem who do you think about?”

“Who do I think about? Of guys who stood here before me. I think of myself firstly as a kid growing up just watching the Springboks.”

“See a nation that’s united and then you know they stand together no matter what.”

“I just think of the whole lot of green-and-gold people in front of us. Regardless of who you are or where you come from, linked up singing together.”

“When we’re about to sing, you can see us shifting and pulling each other tighter. 23 individuals but bound as one. This was like everything goes into sync. It shows that we... nobody can break this, this brotherhood we have.”

File 13 p. 133 • Nigerian sportswomen represent all Nigerian women

In Nigeria, almost 50% of women will be married before their 18th birthday. Women have less access to education than men (41% are literate, while 61% of men are). However, a greater proportion of Nigeria's sporting success is attributable to women, in terms of both impact and results. In spite of this, there has been an almost systematic neglect of women in sport in Nigeria.

After all the media interviews, it was time for the three women of the Nigerian bobsled team to get on the ice at the Pyeongchang Olympic Games. At first, it did not go so well, as their first trial runs left them in last place. But then, they have attracted interest less because of their medal chances and more for their aim to break barriers and "to help women, the country, the continent," as the team's captain and driver, Seun Adigun, put it.

Despite being all born in the United States, the Nigerian bobsled team have sought¹ to ensure their message resonates in the country and continent they represent.

"Having young girls and women in general be able to see us on the screen and know that we have done this and it's doable" is extremely important, teammate Ngozi Onwumere said. She said she hoped that girls born and raised in the homeland of her parents would realize that even if they come from a country without snow or ice, they could still learn to compete in a winter sport.

"This is something that will help the sport, something that will help women, the country, the continent," she said, "and those things do keep me grounded² and able to handle³ it."

Adapted from *www.nytimes.com*, 2018

1. try 2. *les pieds sur terre* 3. deal with

File 13 p. 139 • Kenya's slumdog footballers play for pennies and pride

Henry Eshiboko considers himself privileged. The 20-year-old lives with his wife and child in a single, windowless, nine-square-metre room. The tin roof and walls are held firm by wooden beams so there are no leaks¹ when it rains, there is a power socket² and, a little way down the alley, a shared water tap.

"This is all thanks to football!" said the local club left-winger and resident of Kibera, a huge slum in the heart of the Kenyan capital Nairobi.

"With the 300 shillings (2.7 euros) I get for training, four times a week, I can feed my family and pay a part of the rent. And with the victory bonuses, we can buy clothes, kitchen stuff and a few extra things. Right now, my wife is at the hairdresser!" said Eshiboko, his face lighting up as it does whenever he speaks of football or family.

In Kibera, a labyrinth of uneven paths crisscrossed by rivers of sewage³, Eshiboko's life is akin to luxury: 80 percent of the population does not have access to electricity, and many survive on less than a dollar a day.

"Some of our matches are even on television," said Eshiboko.

For the players, football is a way to defy destiny. "It's not because we come from Kibera that we can't do anything, or that we cannot have ambitions," said Eshiboko.

"When people talk about Kibera, they generally talk about crime, drugs, poverty. We have our issues, we're not denying this, but with football, we prove that Kibera is more than that."

www.dailymail.co.uk

1. fuite **2.** prise électrique **3.** eaux des égouts