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关于台词的备注:

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British Athletes 英国运动员

Will: Hi I'm William. It's time for another BBC Learning English Ask About Britain programme, Li.

Li: 是的，我们最近又收到了大量的听众来信。今天我挑选一个同奥运相关的问题。提问者署名 **Teresa**，由我的同事 **Helen** 带读：

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We all know that Beijing Olympic Games is coming very soon and London is the next host city. Could you please introduce to us several famous athletes in the UK? Thank you very much.

Li: **Teresa** 希望我们介绍几位著名的英国运动员，今天我们要介绍两位，他们是：

Will: Paula Radcliffe and Tom Daley.

Li: 宝拉·拉德克利夫和汤姆·戴利。

Will: Paula Radcliffe is a world class long-distance runner and currently holds a total of 10 world records.

Li: 拉德克利夫是一名世界级长跑运动员，目前她持有 10 项世界纪录。 **She holds 10 world records.**

Will: Although she holds 10 world records, she has never won any Olympic medals. Now that she is 34 Beijing may be her last chance. So how does she feel about it?

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I think I want to go to the line knowing that I can, I go out there and do myself justice and run well. If you feel good and you feel that you can go out there and run well and run hard, then you need to put yourself there in the mix and that's what the Olympics is about. If you said, "Oh it's just another race" then probably I wouldn't have gone through all that I've gone through to be at this point in terms of the amount of commitment and dedication that's taken with the cross-training, with fighting back from every setback that I've had. But because it is the Olympics, you've done that and then now it's the, almost the easy part is going out and doing the race.

Will: She sounds quite confident there. She wants to go to the line knowing that she can do herself justice and run well.

- Li: To do herself justice. 发挥出自己的实际水平。她说，如果你感觉良好，就应该前去参与，置身于比赛当中 **put yourself in the mix**.
- Will: Paula had a thigh injury and has been through months of intensive cross-training to get herself ready for the Beijing Olympics. Notice the grammar in the sentence "I wouldn't have gone through what I have gone through". It is what we describe as the third conditional.
- Li: The third conditional 就是虚拟语气。拉克德利夫说，若不是奥林匹克运动会的话，她就不会那么拼命苦练了，而事实上，她确实全力以赴的投入赛前训练。 **Commitment and dedication**. 全力以赴，兢兢业业。
- Will: The second British athlete we are introducing is the up-and-coming diver Tom Daley.
- Li: 14 岁跳水神童 汤姆-戴利是英国代表队中年龄最小之一的运动员。在北京奥运会前心态很轻松，希望通过北京奥运练练兵，为 2012 年的伦敦奥运做准备：

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I am going out there just for the experience to get ready for London 2012. I'm sure if I went straight into London 2012, it would be a bit overwhelming with the whole size of the Olympics and the fact that it's going to be in a, like, home crowd as well.

- Will: Tom feels that, without the Beijing Olympics experience, London 2012 would be a bit overwhelming - too much to take in.
- Li: Overwhelming 气势宏大；势不可挡的。Next Tom talks about the balance between training and school work.

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While I'm at school I do three hours a day but when I'm not at school I train twice a day and do six hours. I do miss quite a lot of school but it's good because the school gives me stuff on the internet and they send me emails just to give me some work to do.

- Will: Daley is one of the youngest Summer Olympians ever to have competed for Britain, but a medal in Beijing is probably beyond the Devon schoolboy. Let's hear some comments made by Britain's performance director Steve Foley.
- Li: He says that there are two things against Tom winning an individual medal. Listen carefully for what they are:

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In my honest opinion, there's two things against him winning an individual medal. Firstly, it's a little bit of inexperience. Secondly, his degree of difficulty is actually a bit low – I mean it's unbelievably high for a 14 year old, it's staggering. But what we did find in the recent World Series is, he was leading this guy from Cuba and another one from China – and just one dive, because of the degree of difficulty, scored 15 more points – and there's a lot of divers that can do that dive. Now

that's a dive Tom will have for London – he knows that – but he hasn't got it now, just because of where he's at in his learning curve. He's got enough on his plate with the list of dives he has. So individually I don't feel he'll get a medal but we're certainly not denying that you never know.

- Will: Did you hear the answer? The first thing against Tom winning an individual medal is that Tom is a little bit inexperienced.
- Li: Inexperienced 缺乏经验的。这是第一点。
- Will: Secondly, his degree of difficulty is a bit low, in other words, some of the dives might be a bit too challenging for him.
- Li: 第二点就是，难度太大。 Degree of difficulty 困难的程度。
- Will: We also heard the expression "his learning curve", learning curve.
- Li: 学习过程。
- Will: Then we heard the idiomatic expression: "He's got enough on his plate".
- Li: To have enough on one's plate 手里的事情已经满了，不可能再承受更多。好了，英国著名的运动员还有很多，请大家随时登陆我们网页，阅览同奥运有关的专题。
- Will: It's www.bbcchina.com.cn 谢谢收听。
- Li: Well done William. What's goodbye in Chinese?
- Will: 再见。
- Li: That's excellent!

Glossary

athlete 运动员	dedication 兢兢业业
long-distance runner 长跑运动员	diver 跳水运动员
Olympic medals 奥林匹克奖牌	overwhelming 气势宏大的
to do oneself justice 发挥一个人的实际水平	learning curve 学习过程；学习曲线
commitment 全力以赴	to have enough on one's plate 手头事情够多了；已经有点吃不消了