

Please check the examination details below before entering your candidate information

Candidate surname

Other names

Centre Number

Candidate Number

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Pearson Edexcel International Advanced Level

Friday 9 January 2026

Morning (Time: 2 hours)

Paper
reference

WEN03/01

English Language

International Advanced Level

UNIT 3: Crafting Language (Writing)

You must have:

Source Booklet (enclosed)

Total Marks

Instructions

- Use **black** ink or ball-point pen.
- **Fill in the boxes** at the top of this page with your name, centre number and candidate number.
- Answer **BOTH** questions.
- Answer the questions in the spaces provided
– *there may be more space than you need.*
- Plan your answers in the spaces provided. Plans will not be marked unless no other response is provided.

Information

- The total mark for this paper is 50.
- The marks for **each** question are shown in brackets
– *use this as a guide as to how much time to spend on each question.*

Advice

- Read each question carefully before you start to answer it.
- Check your answers if you have time at the end.

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SECTION A

Read texts A, B and C in the Source Booklet before answering Question 1.

Write your answer in the space provided.

- 1** Using the texts in the Source Booklet, write a speech about the significance of running in people's lives.

You may include additional material drawn from your own knowledge and experience.

Choose your own audience, purpose and context and complete the grid below.

(20)

Genre	Audience	Purpose	Context
Speech			

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(Total for Question 1 = 20 marks)

TOTAL FOR SECTION A = 20 MARKS



SECTION B

Write your answer in the space provided.

2 Write a commentary on your new text.

In your commentary you should:

- analyse and evaluate the language choices you have made
- show how you have reshaped the source material to meet the new genre, audience and purpose
- comment on how contextual factors have influenced your language choices.

You should support your analysis with evidence.

(30)

Area for writing the commentary, consisting of horizontal lines.





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(Total for Question 2 = 30 marks)

TOTAL FOR SECTION B = 30 MARKS
TOTAL FOR PAPER = 50 MARKS



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Source Booklet

Do not return this Booklet with the question paper.

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Topic: Running

The following texts all deal with the topic of running: its uses and history, the talented individuals who have achieved success as runners, and the ways in which running can change people's lives.

Text A is an edited online article from the Australian website of an international energy drink company, well-known for sponsoring sporting events and teams.

The history of running – from the Stone Age to the present day

Walking is innate to humans. Even our ancestors did it – when hunting and gathering. Today it is mainly used for health and sporting competition.

01 Running in the Stone Age

The history of running is as old as man himself. Even our ancestors relied on running to ensure their survival. The first evidence of this is provided by cave paintings from the Stone Age, which show men hunting.

Fun fact: Experts believe that Bushmen from the Kalahari Desert used precursors of today's spikes to move better and faster in sandy soil. This is suggested by finds of bast* sandals with thorn spikes and leather sandals with beak-shaped spikes on them.

02 Walking in antiquity

In the approximately 2,000 years up to antiquity, running was professionalised from a mere means of obtaining food to a multi-tool for rulers. Pharaohs in Egypt had surveyors walk the borders of their empire. Alexander the Great began to use pedometers to map the conquered territories on his campaigns. The Greeks had professional runners deliver messages of all kinds and thus probably launched the first messenger service.

The most famous messenger runner of this time to date is Pheidippides, also known as Diomedon. According to legend, in 490 BC he ran around 40 kilometres from Marathon – where the Greeks had surprisingly won a battle against the overpowering Persians – to Athens to announce the victory. Immediately afterwards, he collapsed from exertion and died. This run by Pheidippides is regarded as the historical basis for today's marathon distance of 42.195 kilometres.

The first known athletic races also took place in Greece. Initially as combat training, later also as part of the Olympic Games of antiquity. There were soon three running competitions: the stadium race over 190 m, the cross-country race over 1,500 m and the arms race in full armour over around 2,000 m.

03 Running in the Middle Ages

People also ran in the Middle Ages: on pilgrimages, crusades and messenger runs. However, running lost much of its prestige between the 6th and 15th centuries. This was because the church and Christians rejected all physical activity as an end in itself – including sporting competitions.

04 Running in modern times

From the late 16th century, running experienced a rebirth. The cradle of modern running: England. The starting shot was fired with the six-day runs (on the seventh day, Sunday, you had to rest), which became increasingly popular with the nobility from the 17th century onwards. At the same time, pedestrianism developed as a counter-movement to the aristocratic means of transport such as carriages, horses and bicycles, with its followers relying solely on travelling on their own two legs.

From the 18th century onwards, long-distance runs became increasingly popular, some of which were remunerated and on which bets were always placed.

05 1896: Spyridon Louis brings running into the modern era

The heyday* of running began in 1896. With the modern Olympic Games, running competitions become more important internationally and the running distances that are common today become increasingly popular – from the 100 metre sprint race to the marathon.

The first official modern Olympic champion over the marathon distance was the Greek Spyridon Louis, a shepherd and soldier, who ran the 42 km in 2:58:50 h on 10 April 1896.

Glossary

*bast – a strong woody fibre obtained from plants

*heyday – a period of greatest success or popularity

Text B is the voiceover script of a video produced by the British Broadcasting Company (BBC) as part of the 2024 Olympics coverage on their website.

Abebe Bikila: The man who changed African running

He was not expected to compete. He was not expected to win. And he was definitely not expected to make history. But what if I told you that this Ethiopian runner would become a long-distance running legend?

This is Abebe Bikila, the first Black African man to win an Olympic gold medal. The first to win for Ethiopia, the first to win two Olympic marathons, and the first to dominate the sport. But if you think his achievements are remarkable, wait until you hear his life story.

The son of a shepherd, Bikila was born in 1932 in the rural village of Jato. After moving to the capital as a teenager, he joined the nation's Imperial Guard, an incredibly prestigious role as he was tasked with protecting the Emperor Haile Selassie.

It was here, while serving the most important man in the country, that his potential was first recognised. But Bikila was actually Ethiopia's second-best runner. His teammate, Wami Biratu, was favoured for the 1960 Rome Olympics. But just days before their departure, Biratu fell ill, and stayed behind.

When Bikila arrived in Rome, his running shoes had worn out and he worried that a new pair would give him blisters. So, he made a bold decision and ran the marathon barefoot. From start to finish and on the cobblestones of Rome.

Bikila was a complete unknown outside of Ethiopia but it didn't take long for him to captivate the world. He ran a strong and steady race, keeping pace with the favourite from Morocco. The pair were less than a mile from the end when Bikila pulled away and crossed the finish line with a time of two hours, 15 minutes, and 16 seconds.

This was a historic moment, as not only did he become the first Black African man and first Ethiopian man to win an Olympic gold medal, but he also set a world record. Abebe Bikila, the barefoot marathoner, had become a legend.

His victory was more than just a personal triumph, it was a moment that announced East Africa as a powerhouse in distance running. But his success didn't end there. Four years later he defended his title at the 1964 Tokyo Olympics.

Despite undergoing the emergency removal of his appendix just 40 days prior, Bikila dominated the marathon, winning his second gold medal and setting a new world record. By winning consecutive Olympic marathons, he became the first man in history to achieve such a feat.

In 1969, tragedy struck. A car accident left Bikila paraplegic*, but his story didn't end there. Despite his paralysis, he demonstrated extraordinary resilience. Bikila turned to archery and table tennis. In 1970, he participated in the Stoke Mandeville* Games in London, an early precursor to the Paralympics. The following year, he competed in Norway, where he won the cross-country sleigh-riding event at a competition for disabled athletes.

Abebe Bikila passed away in 1973 at the age of 41, his life cut short by complications from his accident. Ethiopia and the world mourned the loss of a true legend. His incredible performances have inspired generations of runners. Abebe Bikila remains a symbol of perseverance and triumph, remembered by people around the world.

Glossary

*paraplegic – having partial or complete paralysis of the lower body

*Stoke Mandeville – a hospital in southern England with one of the largest specialist spinal injuries units in the world

Text C is an edited article from a British specialist running magazine aimed at women, celebrating the 20th anniversary of parkrun.

Happy 20th birthday parkrun!

We celebrate the ‘feelgood movement’ that has changed so many lives over the past two decades

If you haven’t heard of parkrun yet, where have you been hiding for the past two decades? The timed 5K* runs are held across the globe every Saturday morning and have become a weekly staple for many who enjoy taking part by running, walking or volunteering.

The very first event was held 20 years ago this October in South West London’s Bushy Park. Back then, it was known as a time trial and only 13 people took part. It was organised by talented marathoner Paul Sinton-Hewitt, who had invited members of his local running club along to test themselves out over 5K for some friendly competition.

Paul had the help of a few friends to organise it – a precursor to how integral volunteering would become to parkrun. He handed out finishing tokens he’d made himself and recorded the results on pen and paper, emailing finishing times to the participants afterwards. Paul wanted the meet-up to be a weekly event and hoped the number would grow if he persisted. But little did he know just how popular his time trial would become.

Snowball effect

Year on year, its popularity grew, not just in the UK but around the world in Paul’s native South Africa, across Europe and in Australia, Asia and America. Soon it became clear that calling it a time trial wasn’t reflective of what it was. The name parkrun was coined – one word and with a lowercase ‘p’ - and it was billed not just as an opportunity to see how fast you could run 5K, but a chance to socialise while running, walking or volunteering, especially as heading to a café afterwards was actively encouraged.

At parkrun, people of all abilities and backgrounds are welcome including those running with children, with dogs or disabilities. The inclusivity doesn’t just extend to participants but to venues too. A parkrun doesn’t have to be in a park: it can be in a forest, on a beach, through a vineyard or around a golf course. Some parkruns are even held on mountains and volcanoes.

Walk this way

While parkrun started out appealing to club athletes, it now attracts people who would never consider themselves runners. One of them is Allyson Kent, 59, from Yorkshire, who only started joining in after she was diagnosed with breast and then ovarian cancer.

“I wasn’t a runner before my diagnosis and never imagined I would be. There is increasing evidence that exercise helps with treatment, reduces side effects and improves outcomes, so when I heard about parkrun, it sounded like a great opportunity for me to stay active.

“I started out by walk-running and was delighted when I was able to run for 5K. I’m now the fittest I have ever been. I hope I can inspire others to have a go.”

Debbie Niblett, 57, from Coventry, is one of the people who has become a parkrun convert thanks to walking it. “I didn’t really know a lot about parkrun as I wasn’t

interested in running. I didn't know you could walk until a friend told me you could," she recalls. Debbie joined friends taking part and since then they all attend regularly and enjoy trying to complete various challenges.

"My time is slowly improving and I'm managing to run more than walk now. Saturdays are built around parkrun in the morning and we often head for a coffee after. I encourage anyone to join parkrun. Walk, run, hop or crawl. Just do it. The buzz is amazing."

parkrun stats

FURTHEST NORTH IN THE WORLD

POKKINEN PARKRUN, FINLAND

If you want to run in a winter wonderland, then Pokkinen parkrun in Oulu (the capital of Northern Scandinavia) is the place to go. The 9.30 start from late November to January is before the sunrise in freezing temperatures. Cold but beautiful.

FURTHEST SOUTH IN THE WORLD

CAPE PEMBROKE LIGHTHOUSE PARKRUN, FALKLANDS

This is the world's most southerly parkrun open to the public and runs on a gravel path surrounded by the sea towards the lighthouse that gives it its name.

Glossary

*5k – a five thousand kilometre (5,000 km) run

Source information:

Text A <https://www.redbull.com/au-en/the-history-of-running>

Text B <https://www.bbc.co.uk/sport/athletics/videos/cne4d214rgno>

Text C Women's Running (October 2024) © Anthem Publishing Ltd 2024