

## Loser's Medals 得奖的失落

*Vocabulary: Mental pressure 精神压力*

The Olympic medal ceremonies have already begun. But some athletes hardly **disguise** their **disappointment** when silver and not gold is hung around their necks. The British judo silver medallist Neil Adams calls his two from the 1980s 'loser's medals'.

Until four years ago, they were in a box at the back of a cupboard. His wife then had them framed for his 50th birthday and they are now up on the wall.



Adams feels **proud** when he looks at them, but his thoughts quickly turn to 'what ifs'. "I wouldn't change much", he adds. And he wouldn't need to. Gold was **within his grasp** twice, but **slipped away** by a narrow margin on the judo mat.

"The losses at the Olympic games were the most difficult thing for me to accept," he said. "I didn't win the silver medal. I lost the gold. In my mind they were losses. It has taken more than 30 years to get over it."

Mark Cavendish, Jessica Ennis and Mo Farah have never won Olympic gold, but they came into London 2012 as three of Team GB's biggest medal hopes. Unfortunately, Cavendish has already suffered disappointment in the cycling road race. Neil Adams was in that same position in both the 1980 and 1984 games. However, in a career in which he collected every other judo accolade, things simply went wrong at the Olympics.

In Moscow 1980, Adams was just 21 years old and found the media focus and **pressure of expectation** too much.

Asked about being a favourite, Adams said: "It is hell, and about how you cope with it in the mind. It can make you **afraid** to win or lose and there is a difference. I was afraid to lose. Sometimes you freeze. Sometimes it **takes you over**."

Adams says that he was very **cautious** and that when something was **tactical** and technical he approached it too tactically. Perhaps it's better to go in with a '**nothing to lose**' attitude. That might be the reason why the Olympic Games has often created surprise results. Sometimes it's the ones who **keep their cool** and work the hardest who get the results.

词汇表请参看答案与词汇部分

## Quiz 测验

阅读短文并回答问题。

1. According to the article, where are Neil Adams' two silver medals?
2. How does the athlete feel about gold medals?
3. What advice is he giving to other athletes?
4. What expression is used to describe when you are not feeling in control of your own actions?
5. What word means 'award'?

## Exercise 练习

请你在不参考课文的情况下完成下列练习。从每个表格中选择一个意思合适的单词填入句子的空格处。

1. James was madly in love with his first girlfriend. It has taken years for him to get \_\_\_\_\_ her decision to go and marry someone else.

under	over	across	above
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2. I was caught by surprise by a thief late last night when I got into my flat. I could have grabbed him and called the police but I \_\_\_\_\_ and he fled.

gelified	melt	froze	evaporated
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3. I'm making an effort this weekend to study some more for my exam on Monday. I feel that the top mark is within my \_\_\_\_\_.

grip	gums	glove	grasp
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4. If you have a job interview you should prepare to answer the questions properly or you'll see that promotion \_\_\_\_\_ away from you.

slip	slided	sided	sang
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5. I'm not the prettiest girl in town but I will compete on that beauty pageant. I've got \_\_\_\_\_ to lose.

never	nothing	empty	finished
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## Answers and Glossary 答案与词汇

### Quiz 小测验

1. According to the article, where are Neil Adams' two silver medals? He had kept them in a box at the back of a cupboard then his wife had them framed and put on the wall.
2. How does the athlete feel about gold medals? That he's lost them during the competition.
3. What advice is he giving to other athletes? To keep their cool, meaning to keep calm.
4. What expression is used to describe when you are not feeling in control of your own actions? It takes you over.
5. What word means 'award'? Accolade.

### Exercise 练习

1. James was madly in love with his first girlfriend. It has taken years for him to get over her decision to go and marry someone else.
2. I was caught by surprise by a thief late last night when I got into my flat. I could have grabbed him and called the police but I froze and he fled.
3. I'm making an effort this weekend to study some more for my exam on Monday. I feel that the top mark is within my grasp.
4. If you have a job interview you should prepare to answer the questions properly or you'll see that promotion slip away from you.
5. I'm not the prettiest girl in town but I will compete on that beauty pageant. I've got nothing to lose.

## Glossary 词汇表

<b>disguise</b>	掩饰
<b>disappointment</b>	失望
<b>proud</b>	自豪
<b>to be within (his) grasp</b>	就在他掌心里/近在咫尺
<b>to slip away</b>	溜走了
<b>to get over it</b>	克服它，忘却它
<b>an accolade</b>	一项荣誉
<b>pressure</b>	压力
<b>expectation</b>	期望
<b>a favourite</b>	热门选手
<b>to be afraid</b>	害怕
<b>to freeze</b>	一下子僵呆了，动不了了
<b>to take over</b>	控制
<b>cautious</b>	小心谨慎
<b>tactical</b>	策略上的
<b>with nothing to lose</b>	什么都不怕失去
<b>to keep (their) cool</b>	保持冷静