# 7 Emotions and moods

In this unit we focus on fixed expressions describing various emotions. You may not need to use them often yourself, but you need to understand them when you read or hear them.

#### A Positive feelings, moods and states

Mary seems to be on cloud nine these days. [extremely pleased/happy] Everyone seemed to be in high spirits. [lively, enjoying things] She seems to be keeping her chin up. [happy despite bad things] Jo's as happy as the day is long. [extremely content]

#### B Negative feelings, moods and states

He had a long face. [looked depressed/sad]
She certainly looked down in the dumps. [looked depressed/sad]
Gerry is in a bad mood. [a bad mood/temper]
Martin was like a bear with a sore head. [extremely irritable] (See Unit 96.)
Alice threw a wobbly the other day. [became extremely angry and upset]



#### Physical feelings and states

I'm feeling done in. [exhausted]
You're looking a bit under the weather. [not very well / ill]
She looked, and felt, on top form. [in good physical condition]
I suddenly felt my head was spinning. [unable to balance, feel as if you will fall over]
I was almost at death's door last week! [very sick/ill]
Old Nora's as fit as a fiddle. [very fit indeed]



### D Fear/fright

She was scared stiff. [very scared]
She frightened the life out of him. [frightened him a lot]
We were all shaking in our boots/shoes. [trembling with fear]
The poor lad was scared out of his wits. [very scared indeed]
I jumped out of my skin when I heard the bang. [gave a big jump]



#### Other expressions for actions and feelings

#### Capricorn (21.12-19.1)

Don't get carried away by promises that won't be kept. Keep a cool head and take everything as it comes. On the work front, things are looking up.

### **Taurus** (21.4-20.5)

If someone says something that makes you swell with pride<sup>5</sup> and feel on top of the world<sup>6</sup>, enjoy the moment!

### Language help

There is often an element of **exaggeration** in expressions. They make quite strong comments on the situation and often lighten the tone of what you are saying. So use them only in informal situations,

<sup>&</sup>lt;sup>1</sup> get too excited <sup>2</sup> stay calm <sup>3</sup> deal calmly with events as they happen <sup>4</sup> improving <sup>5</sup> feel proud / very pleased because of something good that you did <sup>6</sup> very happy indeed

7.1	Match the sentence beginnings on the left with the endings on the right to make fixed expressions.					
	1 Sally was on	6	a her chin uj	p.		
	2 Michaela was in			h a sore head.		
	3 Anna kept		c cloud nine			
	4 Lilian was as		d a bad moo	od.		
	5 Kathy was like 6 Sharon threw		e a wobbly.	he day is long.		
	o sharon threw		т парру аз с	ne day is long.		
7.2	Complete the fixed expressions from A and B opposite.					
	1 Has something good happened? You all seem in high spirits					
	2 What's the matter? You've got a long					
	<ul><li>4 It's been an awful day!</li><li>5 Has something bad ha</li></ul>					
	o rias sometimis bad na	ppened. 10	u look down	***************************************	*************** *	
7.3	Read the comments and	then answe	er the question	s.		
	Mark: 'I've never felt so					
	Lidia: 'I was just not fee					
	Andrea: 'I felt as if I cou			d was about to	o fall.'	
	Krishnan: 'I've been feel					
	Lars: 'I was very ill inde			1 2		
	Karen: 'I've gone to the	gym every o	day this month	and I can fee	I the results.'	
	comment			name		
	1 Who was feeling un	der the wear	ther?	Lidia		
	2 Who is probably as	fit as a fiddl	le?			
	3 Who was scared out	of their wi	ts?			
	4 Who was at death's	door?				
	5 Whose head was spi	nning?				
	6 Who is feeling on to	p form?				
7.4	Use fixed expressions to	rewrite the	words in hold			
	-	Use fixed expressions to rewrite the words in bold.				
		1 I gave a sudden jump when he fired the gun. jumped out of my skin 2 I think you should not panic and just be patient.				
					nask!	
	4 Everyone was trembling with fear when they saw the door open all by itself.					
	5 I was very scared before I did the bungee jump, but it was OK.					
	6 She felt very proud indeed as her daughter received the gold medal.					
	7 I think I got too excite	d by the ide	a of joining a r	ock band. It's	actually very hard work!	
	8 I try to just deal with o		alm way as the	y happen		
7.5	Over to you					
	Write sentences about	ourself.				
	1 Describe a situation or	event which	would make you	feel on top of	the world.	
	2 Do you feel that thing	s are looking	up for you perso	nally in general	or not?	

3 Which of the expressions in C opposite best describe(s) your state at the moment?

# **Commenting on problematic situations**

#### A Types of problems and difficulties

There are many words for different types of difficulties. Chaos is a state of total confusion, where there is no order at all. A disaster is an event which causes great harm or damage. If you are facing a dilemma or are in a dilemma you are in a situation where you have to make a difficult decision between two things.

The earthquake was a dreadful disaster for the country. The transport system was in chaos for some time afterwards. The government were faced with a dilemma: start reconstruction work at once or wait until the likelihood of aftershocks had passed.

to be in a fix = be in a difficult situation to be in a tight corner = be in a situation that is hard to get out of to be in a muddle = be confused / mixed up

The word challenge puts a positive slant on a problem situation in that it focuses on the fact that it needs great mental or physical effort in order to be done successfully and therefore tests a person's ability.

#### Specific difficulties

You can be badly affected<sup>1</sup> by all sorts of things, from those that are mildly irritating<sup>2</sup> to the intensely annoying<sup>3</sup>.

<sup>1</sup> things can have a negative impact on you <sup>2</sup> slightly annoying <sup>3</sup> extremely annoying

Your plans may be disrupted. [prevented from continuing as intended]

Negotiations or a building may collapse. [fail because of a lack of support]

You can be deprived of something you value. [have something taken away from you]

Someone's heart can be broken. [made extremely sad]

Your life may lack something that you would like. [not have (enough of) something]

The nouns related to the words in this section are effect, irritant or irritation, annoyance, disruption, collapse, deprivation, heartbreak and lack.

#### C Idioms about dealing with problems and difficulties

to take a back seat [not to do anything; let others act instead] ≠ to take the bull by the horns [act positively to face and attack the problem]

to stir things up [do/say things that make the situation worse]  $\neq$  to pour oil on troubled waters [do/say things that calm the situation down]

I can't face (the thought of) clearing up all this mess today. [don't want to deal with]

I didn't know what to do but I thought it would be best just to lay my cards on the table.

[be very open, state exactly what my position is]

This has to be done by next week; we must get our act together before it's too late. [organise ourselves to respond; *infml*]

We need a proper investigation to get to the bottom of things. [find the true explanation for the state of affairs]

It's quite difficult to get people to sit up and take notice. [make them pay attention] I'm trying to get a grasp of what's happening; it's not easy. [find out / understand]

#### Idioms relating to changes in problem situations

The tide has turned for us; better days are ahead.

We can see the light at the end of the tunnel at last. [see that a difficult situation may be ending soon] I'm afraid we've just come to a dead end with our plans.

I think I've reached a turning point in my career.

The government and the unions have **buried the hatchet** for the time being. [made peace / stopped fighting each other]

All that trouble last year was just swept under the carpet in the end. [ignored / deliberately forgotten, without solving it]

48.1	Choose the best word from A opposite to complete these sentences.			
	1 Can you help Grandpa fill out that form? It's so long and complicated that he's getting in a bit of a _muddle			
	2 The manager told his staff that he didn't want to hear the word 'problems', but rather they			
	should talk about			
	4 I wonder if you could help me out – I'm in a bit of a tight			
	5 Should I take the job in New York or the one in Sydney? It's quite a			
48.2	Match the sentence beginnings with the words on the right and add a preposition to omplete the sentence.			
	1 Ben decided he would immediately lay his cards. On a troubled waters. 2 The best thing to do is just to take the bull bher life. 3 Fortunately we can now see the light at the end dade a dead end. 4 It'll take ages before we can get to the bottom dade a dead end. 5 It's asking for trouble to sweep things decided by the horns. 6 You can always rely on Naomi to pour oil for things. 7 At the moment my research seems to have come decided by the tunnel. 8 Claire has now reached a turning point date has now reached a turning poi			
48.3	Rewrite each sentence using the word in brackets.			
	The snow caused serious disruption to trains in the region. (disrupted) Trains in the region were seriously disrupted by the snow.  I don't want to drive home in all this traffic. (face) Karen doesn't seem to have much confidence. (lacking) Unfortunately, the project doesn't seem to be getting anywhere at the moment. (dead) Sleep deprivation can cause health and other problems. (deprived) Paula was profoundly affected by her meeting with Angus. (effect)			
48.4	Choose suitable idioms from C and D to fill the gaps.			
	<ol> <li>Selim's business has been going through hard times but he feels at last the tide has turned.</li> <li>No, please, don't say anything: you'll only</li></ol>			
	6 At last I've managed to get him to; he's paid no attention at all to			
	us so far.  7 I found it hard to understand thermodynamics at first but I'm beginning to			
	it now.			
	<ul><li>8 I think I'll just and let everyone else get on with sorting matters out.</li><li>9 I wish you and John wouldn't argue so much. Can't you once and for all?</li></ul>			

# 9 Number, quantity, degree and intensity

#### A Number and quantity

Number is used for countable nouns (e.g. a large number of students), amount for uncountable nouns (e.g. a large amount of money).

Some adjectives for expressing number and quantity:

minute/mainjuit/ average significant excessive vast tiny considerable substantial enormous

Even minute amounts of toxic material can be dangerous. (fml)

Add just a tiny amount of chilli pepper, or else it may get too hot.

Were there many people at the airport? Oh, about average, I'd say. (fairly informal)

A considerable number of people failed to get tickets, (fml)

A significant number of students have dropped out of university in the last year. [noticeably large]

Substantial amounts of money have been wasted on this project. (fml)

There is an excessive amount of sugar in many soft drinks. [too much; rather formal]

A vast / An enormous quantity of sand was blown on to the road during the storm.

#### Informal and colloquial words for number/quantity

I've got dozens of nails in my tool box. [a dozen is 12; dozens of means many; especially used for countables]

Scores of people were injured when the gas tank exploded. [a score is 20 or about 20; scores of means a large number of; usually formal]

There's heaps/bags/loads of time yet, slow down! (usually with singular there is, not there are; countable or uncountable; infml)

There was absolutely **tons** of food at the party – far too much. (again, note singular *there was*; especially used for things, not so often used for abstract nouns)

There are tons of apples on this tree this year – last year there were hardly any.

(*Note:* The verb here is plural because of 'apples', but singular in the example before with 'food' – number depends on the *noun* following, not on tons/lots/loads.)

Just a drop of milk for me, please. [tiny amount of any liquid]

#### Degree and intensity: collocations with utter(ly), total(ly), wholly

Utter(ly), total(ly) and wholly mean complete(ly).

Utter combines with 'strong' nouns like nonsense, contempt, silence, confusion, chaos and despair.

There was utter chaos during the transport strike.

Utterly combines with adjectives such as ridiculous, confused and impossible.

I was utterly confused by the instruction manual that came with my camcorder!

Total combines most often with disbelief and ban, e.g. She looked at him in total disbelief.

The government introduced a total ban on smoking in public places.

Totally combines most often with different, unexpected, unsuitable and wrong, e.g.

The two brothers have totally different personalities.

Wholly combines most often with dependent, inadequate and unacceptable, e.g.

The success of the project was wholly dependent on the weather.

49.1	Complete the sentences with words from A opposite.				
	1 It takes a considerable amount of time to learn to ski well. 2 A s				
	<ul><li>(two possible answers)</li><li>3 The scientists found only a m amount of the chemical in the food and said it was safe to eat.</li></ul>				
	<ul> <li>4 We ate an e</li></ul>				
	<ul> <li>7 A t</li></ul>				
49.2	Use words from A to fill the gaps. More than one answer may be possible.				
	1 Even a tiny / minute amount of sand can damage a camera. 2 I've had an absolutely amount of work lately. I'm exhausted! 3 Oh, you've given me a amount of food here! I mustn't eat too much. 4 It takes a amount of money to start a business. 5 An amount of fat in your diet is dangerous.				
49.3	Circle the most suitable answer. More than one may be correct.				
	<ol> <li>Tons / Scores / Bags of people came on to the streets to hear his speech.</li> <li>We've got loads / scores / dozens of time. The train doesn't leave till 2.30.</li> <li>There was / were tons of food left over after the dinner party.</li> <li>I've got heap / loads / dozens of CDs that I never play any more.</li> <li>There was / were dozens of people waiting outside the building.</li> </ol>				
49.4	Using intensifiers from C, write what you could say in the following situations.				
	1 You thought someone's views were completely ridiculous. His/Her views were ufferly ridiculous. 2 You read two novels by the same author which were completely different.				
	3 You thought someone's behaviour was completely unacceptable.				
	4 You thought a particular way of working produced chaos.				
	5 You listened to someone's story and did not believe a word of it.				
	6 You think there should be a complete ban on using mobile phones in cinemas.				
49.5	Over to you				
	Write sentences that are true for you using these collocations:				

# Numbers and shapes

#### A Pronunciation of numbers

Notice how we say the following:

28% twenty-eight per cent  $10m \times 12m$  ten metres by twelve metres

 $1^2/_3$  one and two thirds  $4/_5$  four fifths  $9/_{13}$  nine thirteenths / nine over thirteen

4<sup>2</sup> four squared 7<sup>3</sup> seven cubed 8<sup>4</sup> eight to the power of four 10.3 ten point three 32°C or F thirty-two degrees Celsius or Fahrenheit

Decimal fractions are separated by a dot and not a comma in English and this is pronounced *point*. Note how commas are used to separate each set of three numbers in long numbers: 1,623,457 = one million, six hundred and twenty-three thousand, four hundred and fifty-seven.

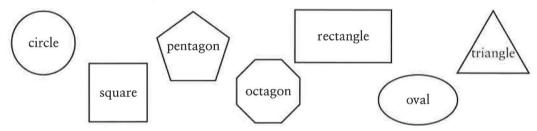
Telephone numbers are usually said like this: 01223 20675 = oh one double two three, two oh six, seven five.

#### Language help

B

When saying a long number, you pronounce each set of up to three digits separately with rising intonation, until the last set, where the intonation falls at the end to make it clear that the number is complete.

#### Two-dimensional shapes



The corresponding adjectives are: circular, pentagonal, rectangular, triangular, square, octagonal, oval.

A rectangle has four right angles. A pentagon has five sides.

A circle is cut in half by its diameter. Its two halves can be called semi-circles.

The radius of a circle is the distance from its centre to the circumference.

#### C Three-dimensional shapes



The corresponding adjectives are: spherical, cubic, pyramidal, spiral. The two halves of a sphere can be called hemispheres.

#### D Arithmetic

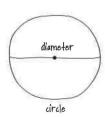
+ addition $2x + 3y - z = 3z/4x$	- subtraction Two $x$ plus three $y$ mir	× multiplication  nus z equals three z divided by	÷ division four x or three
	z over four x		
$6 \times 7 = 42$	Six times / multiplied b	by seven is forty-two or six seven	ens are
	forty-two		

- 50.1 Write the following in words rather than in figures or symbols.
  - 1 62.3% of adults have false teeth. Sixty-two point three per cent of adults ...
  - 2 According to a UN study, 2% of the world's population owns over 1/2 of all household wealth.
  - $3 \ 0^{\circ}C = 32^{\circ}F$
  - $4^{1}/_{2} + ^{3}/_{4} \times 4^{2} = 20$
  - 5 This article says that 7,556,981 people are currently living in London.
- 50.2 How good at maths are you? Try this numbers quiz. Write the answers in words rather than figures.
  - 1 What is seven times nine? sixty-three
  - 2 Name two shapes that have four right angles.
  - 3 Subtract 41 from 93.
  - 4 What is three fifths of twenty?
  - 5 How many sides has an octagon?
  - 6 What is one third of ninety-nine?
  - 7 What is three squared?
  - 8 What is four cubed?

#### **50.3** Complete this table.

description	name of shape	adjective
shape with four sides of equal length and four right angles	square	square
round shape		."
shape with three sides		
shape with eight sides		
shaped a bit like an egg		
three-dimensional round shape		
three-dimensional square shape		

- 50.4 Correct the mistakes in how the numbers are said in these sentences.
  - 1  $3^2 = 9$  Three square equals nine. Three squared equals nine.
  - 2 46.6% Oxygen accounts for forty-six comma six per cent of the earth's crust.
  - 3  $7 \times 9 = 63$  Seven nine are sixty-three.
  - 4  $18^{\circ}$  C The temperature today is eighteen points Celsius.
  - 5  $3m \times 6m$  My bedroom is three multiplied by six metres.
  - 6 69 What is six at the power of nine?
  - 7 <sup>11</sup>/<sub>16</sub> Eleven sixteens of the students passed the exam.
  - $8^{2}/_{3} \times 5^{3} = 83^{1}/_{3}$  Two third times five cubes is eighty-three and three third.
- **50.5** Draw the following shapes.
  - 1 A circle with its diameter indicated.
  - 2 A right-angled triangle with two equal sides of about two centimetres in length. Draw a small circle at the centre of the triangle and then draw lines from the centre of the circle to each of the angles of the triangle.
  - 3 A rectangle with diagonal lines joining opposite angles.
  - 4 An octagon with equal sides. Draw an oval in the middle of the octagon.
  - 5 A cube of roughly 3cm by 3cm by 3cm.



# 51 Time

#### A Periods of time – words and typical contexts

the Ice Age the Stone Age the Middle Ages the computer age [major historical/geological periods]

After the war, a new era of stability began. [long period, perhaps several decades]

A spell of hot weather. He's had a couple of spells in hospital in the last two or three years. [indefinite but short]

The city went through several stages of development to become what it is today. [period of development or particular time in a process]

Most teenagers go through a **phase** of being lazy. [a period which is part of a longer period; *phase* can also mean the same as *stage*]

#### B Useful expressions with time

During the 1980s I lived in Barcelona for a time. (vague, indefinite)

The doctor says you should stay in bed for the time being. [for now, not specific]

She can get a bit bad-tempered at times. [occasionally / now and then]

By the time we get home this pizza will be cold! (*Note*: followed by present tense, not future with will)

I'm not in regular contact with her; I just send her an email from time to time. [sometimes but not often]

One at a time, please! I can't deal with you all together.

We arrived just in time to hear the Prime Minister's speech. [at the right time / with enough time to do something]

Our plane was on time and she was waiting for us at the airport. [punctual / neither early nor late] I've told you time and time again not to ring me at the office! [many times; very emphatic and usually in negative contexts]

The city has changed a great deal over the course of time / over the course of the last two centuries. (used about long periods of time)

#### Verbs associated with time passing

 $2002 \rightarrow 2012$  Ten years had elapsed since they last saw each other. (normally used in the perfect or past, without adverbs; *fml*)

Time seems to fly as you get older. [pass very quickly]

This DVD lasts/runs for three hours.

The meeting went on / dragged on for two hours. (suggests longer than expected or desired; drag on is stronger)

#### D Adjectives describing duration (how long something lasts)

There was a momentary loss of electrical power and the data was lost. [very brief] I just got a fleeting glimpse of the President as his car drove past. [very short and quick] Venice has a timeless beauty.

#### Common mistakes

Don't confuse *in time* and *on time*. *In time* means with enough time to do something or at the right time. *On time* means punctual, neither early nor late.

We got there just in time for dinner.

I expect she will be late - the trains are never on time.

#### 51.1 Fill the gaps with age, era, period, spell, phase or stage.

- 1 The Minister said that before the new law came into force there would be a <u>period</u> of six months when people could hand in firearms without being prosecuted.
- 3 The new university will be built in three ......, beginning with the opening of the science faculty in 2015.
- 4 These factories mark the beginning of a new ............................... of industrial development for the country.
- 5 My son went through a ...... of refusing to eat vegetables when he was about nine or ten.
- 6 We had a very cold ..... in February. All the water pipes froze up,

#### **51.2** Complete the sentences.

- 1 <u>Over</u> the <u>course</u> of a century, from 1900 to 2000, the population grew steadily.
- 2 The lecture \_\_\_\_\_\_ for almost three hours and everyone was totally bored. (two answers)
- 4 Time seems to ...... when you're enjoying yourself.
- 5 A period of seven years ..... between the two earthquakes.
- 6 Shakespeare's plays have a ......quality they never grow old.
- 7 It was just a ......visit. She only stayed for about ten minutes.
- 8 There was a ......pause as the official considered her answer. Then she said she would try to help us.

## 51.3 Which phrases from B could you use in the following situations? Write exactly what you might say.

- 1 To a child who leaves the fridge door open despite being told off often. I've told you time and time again not to leave the fridge door open!
- 2 To someone you're happy to see who arrives just as you are serving tea/coffee.
- 3 On a birthday card you expect will arrive at someone's address just after you arrive in New York.
- 4 A large group of people want to talk to you but you'd prefer to see them individually.
- 5 Ask someone to use an old computer while the new one is being repaired.
- 6 Tell someone you'll do your best to arrive punctually at a meeting.
- 7 Explain to someone that the weather can be very hot in your city occasionally.
- 8 Tell someone you enjoy a game of tennis sometimes but not often.



Your country/culture may have names for important periods of its history (for example, British people often refer to the years 1840–1900 as the 'Victorian era/period' because the monarch at the time was Queen Victoria). Make a list in English of important historical periods from your culture.



# 2 Distances and dimensions

#### A Broad and wide and tall and high

Wide is more common than broad, e.g. It's a very wide road/garden/room.

Make a note of typical collocations for broad as you meet them, e.g. Economics is a very broad subject. We came to a broad expanse of grassland. [big area]

Note the word order for dimensions, e.g. The room's five metres long and four wide.

Don't forget that tall is for people but can be used for things such as buildings and trees when they are high and thin in some way. Otherwise, use high for things.

She's very tall for a five-year-old.

Her office is in that tall building in the square.

There are some high mountains in the North.

Deep ≠ shallow

В



The deep and shallow ends of a swimming pool.

#### Derived words, phrases and compounds

long Let's measure the length /len $\theta$ / of this rope.

I swam 20 lengths (of the swimming pool).

I've lengthened her skirt for her. [opp = shorten, see below]

Getting a visa can be a lengthy process. (usually refers to time; rather negative)

Tony has got a job as a long-distance lorry driver.

short The new road will shorten our journey by ten minutes.

There's a shortcut to the station. [quick way]

wide Let's measure the width /wid $\theta$ / of the room.

They're widening the road.

broad I want to broaden my experience. (usually more abstract contexts)

She's very broad-minded and tolerant of others. [willing to accept other people's

behaviour and beliefs; *opp* = narrow-minded]

I admire the breadth of his knowledge. (usually more abstract concepts)

high The height /hart/ of the wall is two metres.

The fog heightened the feeling of mystery. (usually used only for feelings and emotions)

low You can lower the microphone if it's too high. [opp = raise]

far He loves travelling to faraway places. [a long way away = distant]

distant What's the distance from Helsinki to St Petersburg? [= How far is it ...?]

deep The depth of the river here is about three metres.

His death so soon after hers deepened our sadness. (often with feelings)

#### D Other verbs for dimensions and for changing them

Our garden stretches all the way to the river, so we have plenty of room to extend the house if we want to.

The cities are spreading and the countryside is shrinking. [getting bigger; getting smaller]

The business expanded considerably in the last decade. [grew in size; opp = contract]

52.1	Complete B's replies using a suitable form of the dimension/distance words opposite and any other necessary words.				
	1 A: These trousers I've bought are too long. B: Well, why don't you getthem.shor.tened?				
	2 A: He's a big boy, isn't he? 1.90 metres! B: Yes, he's				
	B: Just to get there a bit quicker; it's				
B: That's not necessary; we already know the  5 A: The traffic seems to move far quicker on this road since I was last here.					
	B: Yes, well, they				
6 A: Why do they have music on TV news programmes? It seems totally unnecessary!  B: Well, I think they want to create a feeling of drama, and the music is supposed to					
52.2	Give opposites for:				
JZ.Z	1 a length of the pool a width of the pool	4 a local call	7 narrow-minded		
	2 to shorten	5 deep water	8 raise your hand		
	3 a very broad range of goods	6 nearby places			
52.3	Match the sentence beginnings on the left w	ith the endings on the right.			
	1 The city's spread a lot;	a for miles along the river.			
	2 It takes ten weeks; $\square$ 3 We extended the house $\square$	<ul><li>b you should broaden it.</li><li>c it's much bigger now.</li></ul>			
	4 You can choose;	d there's a wide range.			
	5 Your experience is too narrow;	e it's a lengthy business.			
	6 The forest stretches □	f to give us more room.			
52.4	Use the verbs in the box to fill the gaps.				
	spread expand extend stretch shi	rink contract			
	1 I'll spread the rug out on the grass so we can both sit on it.				
	2 The steel industry when the economy was strong, but now it has				
	and only employs 8,000 people.  3 This sweater of mine hasin the wash!				
	4 Our land as far as those trees there.				
	5 The arts centre has recentlyit	s opening hours.			
52.5	Fill in the prepositions. If you are unsure, try looking up the word distance in a dictionary.				
	1 The car was parked a distance about 150 metres from the scene of the robbery.				
<ul><li>2 I saw you the distance yesterday but didn't call out as you were with som</li><li>3 She's a great shot. She can hit an empty can</li></ul>					
	What's the total distancehere				