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**a track**

a type of round or egg-shaped path, often red-coloured, for sports events like running

**spikes**

a set of short pointed pieces of metal or plastic fixed to the bottom of shoes worn for some sports, especially track sports, to stop the person wearing the shoes from sliding on the ground

**the hurdles**

a race in which people or horses jump over frames or fences known as hurdles

**a relay race**

a running or swimming race between two or more teams in which each person in the team runs or swims part of the race

**to hand someone the baton**

to pass a stick from one runner to another in a relay race; outside sport, to pass responsibility from one person to another

**to get off to a flying start**

to start a race, competition or project very quickly and make fast initial progress

**to be on the home straight**

to be at the final or winning stage of something, especially a race

**to be on the last lap**

to be at the final, but not necessarily winning stage of something, especially a race

**to be the front runner**

to be the leader or the favourite to win, especially in a race

**to enter the race**

to join a competition