

Section 1:

#1 Mark: "Well, Tom, it's a long story, but it all started when I was a little kid growing up in Africa. I loved to go on long runs with my dad. He had supported me my whole life. Anyway, I loved running, and suddenly I wanted to be a professional athlete. I trained daily, slowly pushing my self to the limit, by running when the sun was up, and increasing the painstaking distance. Soon I was ready for the race."

Strengths:

- Effectively establishes an emotional connection through personal backstory
- Good use of progressive development showing dedication

Weakness: Fragmented Flow → Your writing contains choppy sentences that disrupt the narrative rhythm. "Anyway, I loved running" creates an abrupt transition, while "He had supported me my whole life" appears disconnected from surrounding ideas.

Exemplar: "Growing up in Africa, I discovered my passion for running through countless adventures with my father, whose unwavering support inspired me to pursue athletics professionally. Through daily training sessions under the scorching sun, I gradually pushed myself to new limits, steadily increasing my distance until I felt ready for the race."

#2 Mark: "Well, on the boiling run, I had a mental image of my family, and that they would be waiting for me at the finish line. That's what kept me going for the entire race. Another way I faced this challenge, was by getting in the right mind set. Just keep on telling your self: you can do it!"

Strengths:

- Strong emotional resonance through family connection
- Effective incorporation of motivational elements

Weakness: Underdeveloped Ideas → Your writing introduces compelling concepts but doesn't fully explore them. The mention of "getting in the right mind set" lacks specific details about the mental preparation process.

Exemplar: "Throughout the gruelling run, I drew strength from visualising my family awaiting my arrival at the finish line. This powerful image, combined with my rigorous mental preparation and constant self-affirmation, helped me maintain focus and determination throughout the race."

#3 Tom: "That's amazing! I can't even handle the normal summer days in Australia. So, Mark, Can I ask you about your most memorable moments?"

Strengths:

- Creates relatable contrast between interviewer and interviewee
- Effectively transitions to new topic

Weakness: Informal Dialogue Structure → Your writing includes casual elements that diminish the professional tone of the interview. "That's amazing!" followed by personal commentary appears too conversational for a sports interview format.

Exemplar: "That's truly remarkable, especially considering how challenging even Australian summers can be. Mark, could you share some of your most memorable moments from this extraordinary journey?"

Actionable Task: Rewrite the interview introduction focusing on creating smoother transitions between questions and answers, ensuring each response flows naturally into the next topic while maintaining a professional yet engaging tone.

Score: 42/50

Section 2:

Intro theme plays

Tom: Merry Christmas, and welcome back to another episode of Xtreme Sport. Tonight we have a very special guest who's here to share an amazing story. Conquering the hottest desert in the world in a 42.5 kilometre marathon, we have Mark Anderson!

Mark: Thank you, everyone! As Tom probably stole my line, I won the annual desert marathon, finishing in just under two and a half hours.

Tom: Wow! I can barely walk to work, and it's less than three k's [kilometres] away in under an hour! So Mark, tell me about the preparation to this sweltering run.

#1 Mark: ~~Well, Tom, it's a long story, but it all started when I was a little kid growing up in Africa. I loved to go on long runs with my dad. He had supported me my whole life. Anyway, I loved running, and suddenly I wanted to be a professional athlete. I trained daily, slowly pushing my self to the limit, by running when the sun was up, and increasing the painstaking distance. Soon I was ready for the race.~~ [Well, Tom, it began during my childhood in Africa, where I developed a passion for long-distance running alongside my father. His lifelong support inspired my dream of becoming a professional athlete. Through daily training sessions, I gradually pushed

myself to the limit, running at peak sunlight hours and steadily increasing the challenging distances until I felt prepared for the race.]

Tom: What an inspirational story, Mark. That must have been very challenging. I was just wondering, how did you manage to conquer heat, and boiling temperatures?

Mark: Well firstly, the training paid off a lot, and I was ready to experience the scorching temperatures. Running in the Sahara desert was a lot hotter than I expected, reaching up to 49 degrees Celsius. Fighting the heat was a ~~grueling~~ [gruelling] journey, but worthwhile one, and I could experience a beautiful type of solitude.

#3 Tom: ~~That's amazing! I can't even handle the normal summer days in Australia. So, Mark, Can I ask you about your most memorable moments?~~ [That's remarkable, particularly given how challenging Australian summers can be. Mark, would you share some of your most memorable moments from this experience?]

Mark: You certainly can! One of my most memorable moments was when I was training, I slipped and fell, breaking my foot and my ankle. It took about ten weeks to be ready to go back to running. I was so determined, that I even tried to sneak out of the hospital to go for a run before the sun rose. The moment I got out of my wheelchair outside, I fell down, and I had to be hoisted back on the wheelchair. It was so embarrassing.

Tom: That is determination. My most memorable time in my whole life was when the fish and chip shop was out of chips and fish! It was the worst ever! Also, Mark, I've been waiting to ask this question.

Mark: Ok?

Tom: How did you face this challenge on the mental side of things?

#2 Mark: ~~Well, on the boiling run, I had a mental image of my family, and that they would be waiting for me at the finish line. That's what kept me going for the entire race. Another way I faced this challenge, was by getting in the right mind set. Just keep on telling your self: you can do it!~~ [Throughout the scorching run, I maintained focus by visualising my family waiting at the finish line, which became my driving force. I also developed specific mental strategies, constantly reinforcing positive self-talk and maintaining an unwavering belief in my abilities.]

Tom: How inspirational, though I have never gone on a marathon in the Sahara desert, ~~do~~ [so] I don't have much experience about mentally training for a run like that. Can you tell ~~be~~ [me] about how it was to cross the finish line?

Mark: Crossing the finish line felt amazing. People cheered and chanted my name, I felt on top of the world. All my training had paid off. Dropping out of school to go running was probably one of the best choices I made.

Tom: Oh, I wish people chanted my name. So, Mark, do you have any other advice to everyone out there that want to be like you?

Mark: No challenge is impossible. Just follow your dreams, work hard, and they will come true. I promise.

Tom: Ooh, what a nice thing to say. It was a pleasure, Mark, for you to come in today, and thank you for listening to Xtreme sports. Catch ya Later.

Outro Music