

Section 1:

#1 - Opening Interview Exchange (Lines 1-8) Strengths:

- Your introduction effectively sets the context with engaging background music and a warm welcome
- Your host's opening lines successfully establish the interview's theme of perseverance and bravery

Weaknesses: Short Opening → Your introduction feels abrupt and could benefit from more detailed scene-setting. The phrase "Welcome everybody back" would have more impact with additional context about the show and its purpose.

Exemplar: "*Soft inspirational music plays* Host: Welcome back to 'Extraordinary Athletes', where we showcase remarkable individuals who push the boundaries of human achievement. Today, we're honoured to welcome marathon runner Mark, whose incredible journey through the Sahara Desert will inspire us all."

#2 - Physical Challenge Description (Lines 19-24) Strengths:

- Your description of the physical struggle effectively conveys the intensity of the marathon
- Your inclusion of specific details about distance adds authenticity to the narrative

Weaknesses: Disconnected Details → your transition between training description and race experience feels choppy. The phrase "I had been going to the Gym" needs more connection to how it specifically prepared you for desert conditions.

Exemplar: "My training journey began with regular gym sessions, but I knew the Sahara demanded more. I developed a specialised 12-week programme that replicated desert conditions, pushing my body to adapt to extreme heat and challenging terrain."

#3 - Emotional Resolution (Lines 35-40) Strengths:

- Your conclusion powerfully captures the emotional impact of finishing first
- Your incorporation of family support adds depth to the achievement

Weaknesses: Limited Emotional Development → Your emotional journey could be more thoroughly explored. The phrase "I was so elated" could delve deeper into the psychological impact of the achievement.

Exemplar: "Crossing that finish line first, I felt an overwhelming surge of emotion. Years of dedication, months of specialised training, and the unwavering support of my family all culminated in this moment of pure triumph."

Actionable Task: Rewrite the section about the physical challenges you faced, focusing on creating smoother transitions between your training preparation and the actual race experience. Ensure you connect each training element to its specific benefit during the marathon.

Overall Score: 42/50

Section 2:

Intro music

Host: Welcome everybody back to another day of interviewing athletes. ~~Prepare yourselves~~ [Let us prepare] for a story of perseverance, bravery and strength. Welcome to the stage, marathon runner Mark! #1

Mark: Thank you, Sarah.

Host: Mark, would you like to tell us a bit about the marathon you ran in the Sahara Desert?

Mark: It was definitely a day to remember. ~~I couldn't believe my eyes when I realised~~ [I was astounded to realise] I had come first! I am so grateful that I tried out for the marathon.

Host: Tell us, Mark, how did you start training for the marathon in the desert?

Mark: ~~I had been going to the Gym~~ [I had been training at the gym] for a long time, but in the months leading up to the marathon, I began a 12-week training course in a hot, dry environment. It was often tough and relentless work, but I think it made a huge difference at the actual race. #2

Host: Amazing. Now, were there any challenges you overcame while running the marathon?

Mark: Certainly. I had to overcome the physical struggle of keeping my stamina. ~~42.2 kilometers~~ [kilometres], or to be exact, ~~42.195 kilometers~~ [kilometres] seems like a piece of cake for experienced runners. However, after the first ~~10 kilometers~~ [kilometres], I started to lose stamina. My legs felt weak, and I was short of breath. ~~To make matters worse~~ [What's more], the heat meant that I was dehydrated and couldn't move fast.

Host: How did you overcome that?

Mark: I pictured my loved ones at the end of the race, driving me forward to get them.

Host: Great! ~~loved ones~~ [Loved ones] always motivate us.

Mark: I also suffered from the mental struggle. The little voice in my head that kept telling me to give up every time I stopped.

Host: Wow! Why didn't you give up?

Mark: I had trained for 12 weeks, or 3 months before the marathon. My family encouraged me to join the marathon and I wanted to too. If I gave up, I would be letting my loved ones down, letting my coach down, and letting myself down. I put all the pain and sweat into all those things, and I wanted to make them proud.

Host: Alright. How did you feel when you crossed the finish line in first place? #3

Mark: I was so elated, and in that moment, I truly knew that all the things I worked hard on leading up to this were worth it. My friends and family were cheering [,] clapping, and hugging me.

Host: Mark, you are truly an awe-inspiring person. What are some words of encouragement you can give to our listeners?

Mark: Never Give up. Even when your legs are weak and you're out of breath, remember that you can't let yourself down.

Host: Amazing Quote, Mark. Unfortunately now we must part. Say goodbye to Mark the marathon runner!

Mark: Goodbye!

Host: Today has been a truly amazing day. Now, these touching words from Mark will stay with you forever. Remember: Never give up!