

Section 1:

#1 (Training description) Strengths:

- Detailed breakdown of different training elements (endurance, speed, mental preparation)
- Clear progression of training intensity

Weaknesses: Underdeveloped training details → Your description of training lacks specific examples of how you prepared for desert conditions. The phrase "that is just the beginning" leaves readers wanting more information about your complete training regime.

Exemplar: ***"I trained rigorously for three years, starting with endurance runs at fifteen kilometres per hour, gradually building to twenty-five kilometres per hour sprints. To prepare for the desert's isolation, I practised running alone in challenging conditions, spending hours training in high temperatures."***

#2 (Race experience) Strengths:

- Vivid sensory details of the desert environment
- Good use of immediate action with "the pistol for the start"

Weaknesses: Rushed pacing → Your race description jumps too quickly from start to finish. The phrase "three years flash by" to suddenly being at the race creates a gap in your story. You need to build more tension during the race itself.

Exemplar: ***"As the starting pistol fired, I surged forward, carefully pacing myself under the blazing sun. The scorching 49-degree heat tested my resolve with each step, while the golden sand stretched endlessly before me."***

#3 (Finish line sequence) Strengths:

- Emotional connection with family support
- Clear expression of accomplishment

Weaknesses: Limited emotional depth → Your description of finishing focuses mainly on physical sensations. The phrase "memorable joy and relieve fills me" could explore deeper emotional impact of achieving this goal.

Exemplar: *"Crossing the finish line, I was overwhelmed by a mix of pride, relief, and gratitude. Seeing my family's faces in the crowd made every painful step of this three-year journey worthwhile."*

■ Your radio transcript would benefit from more detailed descriptions of the desert marathon experience. Try adding specific challenges you faced during different stages of the race. Include more dialogue with the host to make it feel more like a real radio interview. You could also expand on how this achievement changed you as a person.

Rewrite the middle section of your transcript (the race experience) focusing on building suspense and including more specific details about your journey through the desert.

Score: 37/50

Section 2:

Host: Today Sam will be talking us through his extraordinary adventure in the grueling Sahara desert.

Sam: ~~he's~~ [He's] right. I ran a marathon in the ~~unforgivable~~ [unforgiving] Sahara. I have been training for about the last three years ~~with~~ [with] a lot of determination. #1 The first element is endurance around fifteen ~~kilometre~~ [kilometres] per hour then speed twenty-five ~~kilometre~~ [kilometres] per hour that is just the beginning. Then mental you will be isolated while ~~you~~ ~~running~~ [you're running] so you should be ~~courages~~ [courageous] and be isolated while you train. The pain that you will go through is tremendous so you have to train for that also.

#2 ~~Three years flash by the pistol for the start of the race gets shot~~ [After three years of preparation, the starting pistol fired] I ~~am~~ [was] in the lead. I ~~push~~ [pushed] on and on; my thighs ~~are~~ [were] hurting, so I ~~slow~~ [slowed] down. Look at the blazing sun, the golden sand and ~~whopping~~ [a whopping] 49 degrees.

Host: What were the hardships you faced along the way?

Sam: The heat really did some damage; the water was also heavy but I was determined to win the race. #3 I imagined my family cheering me on at the finish line; that gave me some energy to keep me going, as after all I was first—nothing to worry about. The finish line ~~is~~ [was] in five kilometres. My family was supporting me the whole way. Not much longer—come on you can do this! ~~push, push, push~~ [Push, push, push!] ~~two~~ [Two] kilometres away. I can see ~~thee~~ [the] finish line; ~~i~~ [I] can see my family and ~~as i~~ [as I] reach the finish line it was a memorable joy and ~~relieve~~

[relief] ~~fills~~ [filled] me. I ~~am~~ [was] happy; after I slowed down pain filled all of me but ~~i am~~ [I was] proud of ~~my self~~ [myself].

Host: Do you have any advice or words for people who want to follow you?

Sam: Yes, it is that the human body can do a lot of amazing things when you push it to ~~it's~~ [its] max.