

Section 1:

#1 - Opening of the interview (Host's introduction and first question) Strengths:

- Clear introduction of the show and guest
- Friendly, welcoming tone appropriate for radio

Weaknesses: Lack of detail in introduction → Your opening needs more specific details about Mr Potato's achievement. Phrases like "remarkable journey" and "conquered" are vague. Include when the marathon happened and his finishing position/time.

Exemplar: *"Today we're joined by Mr Potato, who recently completed the gruelling 42-kilometre Sahara Desert Marathon in just 3 hours and 30 minutes, finishing first among all competitors!"*

#2 - Equipment discussion Strengths:

- Thorough listing of items
- Clear explanation of each item's purpose

Weaknesses: Repetitive structure → You list items one after another using "I" statements. The dialogue sounds more like a shopping list than an engaging radio conversation.

Exemplar: *"My key survival gear included UV-protective clothing, from my breathable top to my specially chosen running shoes. Most crucial was my cooling system - a lightweight backpack containing ice packs and two water bottles to combat the desert heat."*

#3 - Training schedule description Strengths:

- Shows progression in training
- Includes specific distances and times

Weaknesses: Unclear progression → Your training description jumps between different distances and schedules without a clear timeline. Phrases like "after running up to 25 kilometers" and "over many weeks" make the progression hard to follow.

Exemplar: *"I started with 12-kilometre runs on weekdays, gradually building up to 25 kilometres over six weeks. Weekend runs were double the distance, helping me reach my target marathon time of three and a half hours."*

■ Your radio transcript needs more vibrant descriptions of the desert environment and the emotional experience of running in such extreme conditions. Add more dialogue about what you saw, felt, and experienced during the actual race. Include sensory details about the heat, sand, and physical challenges. Your answers could be longer and more detailed, especially when discussing memorable moments.

Action Step: Rewrite the "memorable moments" response by including vivid details about the environment, your physical state, and emotions at each milestone you mention.

Score: 40/50

Section 2:

Host (Bob): Good morning listeners tuned in ~~on~~ [to] Bob's radio station, I am Bob, your host for today. ~~Today we will interview the remarkable journey~~ [Today we'll hear about the incredible achievement] of a marathon runner who conquered the Sahara Desert. His name is Mr Potato—Welcome Mr Potato to the show! #1

Host (Bob): Hello Mr potato! It is lovely to have you here today! Tell us about your journey to finishing the Sahara Desert marathon.

Mr Potato: ~~So basically,~~ [Well,] when I thought about doing the Sahara Desert marathon, I first researched the marathon, and the Sahara Desert, so that I would have a rough idea about doing the marathon.

Host (Bob): So, what sort of topics did you research?

Mr. Potato: I first researched the marathon, how long it was, and the temperature of the Sahara. It was 42.2 kilometres long, averaging 30 degrees. Luckily, it was summer when I was preparing so I was practicing under 27 - 33 degrees. Then, I researched about the equipment I would need for the marathon.

Host (Bob): What sort of equipment did you use? #2

Mr. Potato: I got some sports clothes, a breathable short-sleeved top, quick dry, and sun protection, same for my pants, but I wore long pants. On my arms, I put sports arm warmers to block UV light. I still wore sunscreen on my arms, legs, feet, and face. I also wore a big-brimmed hat so that it would shade my face and some UV ~~UV-protected~~ [protected] sunglasses. My shoes were ~~running breathable~~ [breathable running] shoes. I carried a light backpack with me, ~~it kept~~

~~cold inside~~, [which kept things cold,] I had a banana, a big water bottle with ~~ice~~ [ice] inside, and an emergency refill bottle as well, my phone and wallet were also in the bag. ~~I also kept an ice pack and some reusable ice cubes inside as well. Also,~~ [I packed an ice pack and some reusable ice cubes, along with] a light sports jacket, in case the race went into the nighttime.

Host (Bob): That is a lot you had to prepare for! Tell us about your training schedule. #3

Mr Potato: ~~I did run~~ [I ran] 11 - 12 kilometres Monday - Friday for the first week, and went to the gym. ~~While on weekends~~ [On weekends,] I would rest one day, and do research, and on the other day I would run maybe 2 to 3 times the distance I ran on the weekdays. I would slowly increase my running distance by 3-5 kilometers per week while going to the gym for some time as well. Not only that, but after running up to 25 kilometers on weekdays I would start timing myself until I reached 42 kilometers in 3 hours and 30 minutes, then I would start attempting to ~~become~~ [become] quicker over many weeks.

Host (Bob): Oh, wow, what about when you were running the marathon, how did you mentally prepare yourself?

Mr Potato: Every single time I prepare, I reward myself with something to motivate me to continue practicing and thinking of the moment when I finish ~~the finish line~~ [crossing the finish line] and seeing my family there cheering for me. During the marathon, I thought of the same thing.

Host (Bob): So, what were the challenges you faced?

Mr Potato: It took me a long time to face the fact that I had to wear sunscreen under my clothes and how sticky I would be during the marathon. Also thought about how hot it would be and how to overcome my nerves.

Host (Bob): What were the memorable moments during the marathon?

Mr. Potato: Crossing the finish line, starting, overtaking all my competitors halfway, speeding up when I saw the five kilometres left to go sign, and sprinting towards the finish line when I saw it in the distance.

Host (Bob): Wow, what a memorable journey, what would you like to say to aspiring marathon runners?

Mr Potato: I would like to say, do your research, set realistic goals for yourself, and do your best and never give up.