### Section 1:

#1 "Mark: So, Sarah, you must have had a lot of preparation leading up to this big marathon in the Sahara Desert, right? Sarah: That's right, Mark! I prepared a lot for my big desert marathon, and it certainly paid off!"

## Strengths:

- Good use of natural dialogue flow between interviewer and guest
- Effective opening that immediately establishes the topic

Weakness: Limited detail in responses → Your answer lacks specific details about the preparation process. When Sarah responds, she simply states "I prepared a lot" without sharing any concrete training methods, timeline, or specific challenges faced during preparation.

Exemplar: "That's right, Mark! My preparation involved six months of intense training in heat chambers, running 100 kilometres weekly, and working with a sports nutritionist to handle desert conditions."

#2 "Sarah: Oh, certainly, Mark. Right before my race, my body just seemed to shut down, and I was seriously considering dropping out of the marathon last minute, right then and there."

### Strengths:

- Good emotional authenticity in the response
- Clear presentation of a dramatic moment

Weakness: Underdeveloped conflict resolution  $\rightarrow$  Your writing mentions a serious problem but jumps too quickly to the solution. The phrase "right then and there" is repeated, making the response sound rushed rather than thoughtful.

Exemplar: "Oh, certainly, Mark. The night before the race, my body was overwhelmed with exhaustion and fever. I spent hours debating whether to withdraw, but my support team helped me push through with proper medical supervision."

#3 "Sarah: Aside from it being tremendously hot and humid in the desert during the race, the rest of my journey was pretty much problem free!"

## Strengths:

- Good inclusion of environmental challenges
- Natural conversational tone

Weakness: Contradictory information  $\rightarrow$  Your statement conflicts with the later mention of nearly collapsing. The phrase "pretty much problem free" downplays the significant challenges you later describe.

Exemplar: "The extreme desert conditions tested us constantly. While the support stations provided water, we faced scorching temperatures of 45 degrees, making each step a battle against heat exhaustion."

■ Your radio transcript would benefit from more detailed responses from Sarah. Include specific examples, statistics, and vivid descriptions of her experience. Add follow-up questions from Mark to dig deeper into interesting points Sarah mentions. Your dialogue flows naturally but needs more depth to truly capture this remarkable achievement.

Rewrite Sarah's response about crossing the finish line, focusing on including sensory details and specific thoughts that went through her mind at that moment.

# **Score: 42/50**

#### Section 2:

Mark: Welcome back, listeners! Today we have the Sahara Desert Marathon winner with us here, and she will be telling us all about her experience, with a wide range of topics that we will be covering. Well, what are we waiting for? [Without further delay,] Let's begin! [soundtrack plays]

#1 Mark: So, Sarah, you must have had a lot of preparation leading up to this big marathon in the Sahara Desert, right? Sarah: That's right, Mark! I prepared a lot for my big desert marathon, [My extensive preparation for this desert marathon] and it certainly paid off!

Mark: Didn't it just! Throughout your journey, both before, during, and after your big race, did you happen to meet any challenges along the way?

#2 Sarah: Oh, certainly, Mark. Right before my race, my body just seemed to shut down, and I was seriously considering dropping out of the marathon last minute, right then and there. [The night before the race, my body completely shut down, and I seriously contemplated withdrawing from the marathon.] But then I reminded myself how hard I had trained for this, and that, no matter what, I would finish the race, even if I came last.

Mark: Well, you certainly didn't come last, did you?! [both laugh] Mark: And what about during and after the race, Sarah? Were there any challenges you had to break through then?

#3 Sarah: Aside from it being tremendously hot and humid in the desert during the race, the rest of my journey was pretty much problem free! [The tremendous heat and humidity in the desert created constant challenges throughout the race.] Although there were people along the way handing us runners cold bottles of water now and again, the heat was still almost unbearable, and at one stage during the race, it was so overpowering that I almost collapsed, right there in the scorching sand! Luckily, I managed to keep on going.

Mark: That is truly incredible, Sarah. Were there any memorable moments for you, at all?

Sarah: Oh, Mark. I think the best part of the entire journey was crossing that finish line, [The most exhilarating moment was crossing that finish line,] not knowing whether I had come first or last, and feeling that incredible sense of accomplishment wash over once I came to my senses and realised that nobody else had been here before me.

Mark: Wow. That is honestly amazing, and I am more than certain that all our listeners think so too! [both laugh] Mark: Well, before we go, Sarah, Is there anything special that you would like to add, maybe to tell our listeners a little bit about your inspiration for your running, and perhaps something personal you want to tell everybody who is listening in to us today!

Sarah: Absolutely, Mark! Well, some of my friends might say I started running before I started walking! That is not entirely true, however I did start the sport when I was very young. [I began this sport at a very young age.] I was inspired purely by my joy and other complex emotions I experienced when I first ran, and whenever I feel like not running, I just reminded myself of the powerful feelings I get to experience when I do run.

Mark: That's great Sarah. Thank you so much for coming in today! Your words have been truly valuable, and I am sure all our listeners would not hesitate in taking my side for that one! [Both laugh] Mark: Well, that's it for today on this channel! We'll see you next time! [soundtrack plays]