

Section 1:

#1 (Opening exchange) Strengths:

- Creates an engaging opening that establishes context and introduces key characters
- Effectively uses dialogue to build rapport between host and guest

Weaknesses: Inconsistent formality → Your dialogue shifts between casual and formal tones, particularly in the host's introduction. "Welcome Welcome Everybody" followed by "were our star runner" creates an uneven tone.

Exemplar: "Welcome, everyone, to the Tuesday Morning Show. Today we're joined by Mark, one of Africa's most accomplished runners."

#2 (Training description) Strengths:

- Provides specific details about training conditions
- Conveys the challenging nature of desert running

Weaknesses: Unclear progression → Your description jumps from training to competition without clear transitions. The leap from "barley puffed after doin 100 metre sprints" to race day leaves gaps in the narrative flow.

Exemplar: "Through months of rigorous training in temperatures reaching 50 degrees, I progressed from struggling with basic sprints to maintaining my pace effortlessly."

#3 (Race incident) Strengths:

- Creates dramatic tension through unexpected events
- Incorporates interesting plot twist with the sabotage revelation

Weaknesses: Underdeveloped resolution → Your conclusion rushes through the aftermath of the incident. The jump from "getting my confidence back" to breaking the world record needs more development.

Exemplar: "In the rematch, I channelled my determination from the previous incident, pushing through each stride until I not only won but shattered the existing world record."

Actionable task: Rewrite the race incident section (#3) focusing on creating a clearer sequence of events from the sabotage to the world record achievement, ensuring each major development gets adequate attention.

Score: 38/50

Section 2:

#1 ~~Welcome~~ Welcome [Welcome,] Everybody, ~~Welcome to~~ [to] the Tuesday Morning Show, ~~were~~ [where we have] our star runner, Mark. ~~He is~~ [He's] one of the most successful runners in ~~the whole~~ [all of] Africa! This is why ~~Let him join~~ [we've invited him to] our show.

Mark: Oh thank you for inviting me here today [!]

Host: No worries. ~~Ok~~ [Now] so Mark [,] how did you cope with this scorching weather?

#2 Mark: Oh it took pretty long, first I had to do lots of running in about 40-50 degrees. ~~At first I literally thought~~ [Initially, I believed] it was impossible but then I kept on working and practicing until I ~~barely~~ [barely] ~~puffed~~ [breathed heavily] after ~~do~~ [doing] 100 metre sprints.

Host: That sounds treacherous [.] I believe only the best runners could keep going.

#3 Mark: ~~Ok~~ [Well], so when I thought about sprinting the last 50 metres [,] something struck me. It was like a Blue Bottle Fish had stung me. ~~The moment~~ [When] I looked down [,] I saw blood and blood and more blood.

Host: ~~Uhhh~~ [Oh my,] this is ~~sure~~ getting ~~terrifying~~ [terrifying].

Mark: ~~Ok~~ [Right], so back on the topic, when I looked down [,] people started passing me like I was a snail. Then, I heard the judges disqualify someone. ~~Then~~ [Subsequently,] the judges said we had to rematch in a week because one person ~~splashes~~ [splashed] fake blood on me ~~purposely~~ [purposely] to make me look down.

Host: Then what about the thing that hurt you?

Mark: Oh [,] I stepped on a pile of small thorns [,] ~~and~~ [that] the guy threw ~~it~~ [there].

Host: I hope you are alright [,] and I heard that you ~~demolished~~ [dominated] the races ~~bye~~ [by] breaking the world record!

Mark: Oh yeah, at that match [,] at the start [,] I started getting my confidence back.

THE END