The following text is a transcription of part of the Cable News Network television broadcast on the morning of the 2003 New York City marathon.

Here the presenter Carol Costello is talking to athletics club director Julia Emmons about the involvement of amateur “citizen athletes”.

(a) Imagine you are Sam Austin, the citizen athlete referred to by the speakers in the transcription. You have been keeping a blog of your training and preparation for the marathon. On the night after running the marathon, you write the last of your entries.

Write the opening of this blog entry. Base what you write on the ideas and information in the transcription. Write your response in 120–150 words.

(b) Compare the style and language of your diary entry with the style and language of the transcription.

Costello: is it nine oclock () OH () its nine twenty five (1) the marathon is already under way in new york city

Emmons: but the CITIZEN ATHLETE has NOT started yet

Costello: the CITIZEN ATHLETE (1) one of the citizen athletes this year () his names sam austin (1) have you heard about this

Emmons: I HAVE (1) its WONDERFUL

Costello: he says () he said in eight weeks he could train to run the marathon () twenty six point two miles () and he is gonna beat oprah winfreys time

Emmons: well () we’ll see () i would have my doubts () oprah really did train () and she did it in under four hours () and you really () generally () need about six months of GOOD training to do a a decent marathon () so i think () mister austin () is gonna be () QUITE MISERABLE [laughs]

Costello: if you have seen any of his television coverage of his training [laughs] HE IS

Emmons: [laughs]

Costello: but () you know () i ran the marathon in washington dc () and the mantra was () if oprah can do it () i can do it (1) she has really given runners the sense that they can do it if she can (1) thats a good thing

Emmons: its a wonderful thing (1) and a citizen athlete really can do it () but you do need about six months of decent training () the whole clue to it () that mister austin is ignoring is () is that you have a long run every week the way () the way you did () and then you slowly build (1) add a mile every two weeks () so you start at
six or seven miles (.) the next two weeks eight miles on your long run nine
ten (.) and eventually you get to twenty (.) and you feel pretty good (.) and
you wont get injured (.) i think mister austin (.) well (.) bless his heart

Costello: I CANT WAIT to see how he does

Costello: hes (.) hes gonna take off in what oh about five minutes (2) anyway (1)
lets get back to the idea that ANYONE can run the marathon [laughs]

Costello: how am i going to run ten miles

Emmons: ANYONE can run the marathon [laughs]

Emmons: or twenty six point two miles

Emmons: well (.) thats how you start (.) and i would actually (.) actually (1) if if i was
the citizen athlete (.) who hasnt started yet (.) i would take a full year (1)
and by late spring i would be running a a LONG run of about six miles (.)
i would start doing short little races around town (.) every town in a five
kilometre (.) a three mile race or a six mile race (.) and then i would (.) at that point (.) i would (.) with a base of about six months i would go
back to that (.) that program i mentioned (.) that you run one long run on
the weekend (1) and have some friends (.) it gets pretty boring after a
while (.) and so its really a lot more fun with your fellow [laughs] your fellow
suckers
Text A

Rare Recipe from Bryan Webb, Tyddyn Llan

Prior to moving to Wales, Bryan ran “Hilaire” in London, a restaurant highly acclaimed by the food guides. Bryan has continued to gather awards and accolades at Tyddyn Llan. His cooking is all about subtle flavours and an uncompromising attitude to sourcing the finest, freshest ingredients.

ROAST WILD BASS\(^1\) WITH LAVERBREAD\(^2\) BUTTER SAUCE

Bass and Laverbread has been a favourite of mine since my early days of cooking at the Drangway restaurant in Swansea back in the early nineteen-eighties.

We would go through loads of bass caught just off the coast. They would all be line-caught and stiff as a board so we had to leave them a day to be able to fillet them.

Bass is the one thing Wales has in common with the south of France. We have the best bass swimming around our shores and these days farmed bass is readily available for the home cook and restaurants that choose to serve a one portion fish. The wild type is always my first choice but I run a restaurant where you expect only the best. Fresh line-caught bass have a ravishingly beautiful bright silver belly which darkens to a pale blue grey on its sides. It’s a great sporting fish and thrives in rough weather.

Laverbread grows on the rocks and beaches of the Gower coast near Swansea. It has a dark and smooth appearance which makes it distinctive. Traditionally it is boiled for hours to render it to a thick puree. It is sold in the markets and fishmongers’ in south Wales and it’s a part of Welsh culture and heritage and is as famous as our lamb.

The combination of fresh wild bass and a light Laverbread butter is a simple combination but it is a light dish and speaks volumes about Welsh food.
INGREDIENTS
4 150g pieces of wild bass, skin on and all pin bones removed
4 finely chopped shallots
1 tablespoon of white wine vinegar
250g unsalted butter
Salt and a pinch of cayenne pepper
Juice of half a lemon
2 tablespoons of laverbread
2 tablespoons of double cream
300g raw picked spinach
50g extra butter

METHOD
1. Put the white wine vinegar and shallots into a saucepan and slowly reduce to a syrup.
2. On a light heat slowly add the butter a little at a time until it forms a slightly thick sauce, season with salt and cayenne pepper, add the juice of the half lemon.
3. Strain the sauce into a clean saucepan. In a separate saucepan add two tablespoons of laverbread with 2 tablespoons of cream, bring to the boil and add half the butter sauce.
4. Season the fish and coat lightly with olive oil. Place onto a hot griddle skin side down, until the skin is crisp, then place onto an oiled tray and bake in a hot oven at 200°C for five minutes.
5. While the fish is cooking, in a large pan melt the extra butter and cook the spinach until wilted.
6. Serve the bass on a bed of spinach and pour the laverbread sauce around one side and the remaining butter sauce around the other side.

1 bass: a fish commonly used in cooking.
2 laverbread: edible seaweed.
Text B

Quick and Cheap Cooking Tips for Students

Some advice for students about shopping and cooking on a budget

You've moved out of home, you're living at uni, you're free! Naturally, you're excited about being able to buy and cook the food you want instead of living by mum's kitchen rules.

But then you find yourself in the supermarket thinking: “I know I need food. I know what I like to eat. Why do I not know what to buy?! How does this supermarket suddenly seem so empty?!” Even worse, you find yourself in the kitchen: “I'm starving. I have these five ingredients. Now what?”

First tip – Don't panic. Everyone's been there! But to help you avoid the hunger pains associated with not knowing your way around the dorm kitchen, consider the following points.

At the shops …

Stock up on staples! Soup, pasta, rice, meat & fish, meal bases & sauces. Keep an eye out for when these things are on special, and buy bulk (or as bulk as your wallet will allow). Pasta & rice are great – you only need a tiny amount for each meal, and they don't go off.

Don't be afraid to shop at more than one place! Check out the supermarkets, your local markets, or any other stores around town. Get to know what you can buy, where, and for how much – and don’t get caught up on brand names. Woolworths does Sayo crackers – Aldi calls them Sanz. They're half the price, and taste exactly the same.

Work out the price per serving. Some things may seem expensive, until you realise how many meals you can get out of them.

In the kitchen …

Don't forget the internet! It may seem silly, but so many people tend to forget that you can find recipes, measurements, and even how long that dip will last, online. Google is your friend. He will tell you what you need to know.

Don't be lazy! Plan ahead, and set aside time to cook and eat. It's better to say to yourself “Right, at 12:30 I'm going to stop studying/Facebooking and go make myself this meal – I'll get back to this at 2:30” than to wait till 1:00, realise you're starving, and whip up any old (and most likely unhealthy) thing to satiate your hunger. Use cooking and eating as your breaks – you'll enjoy it more.

1 dorm: university or college accommodation.