

13 Adrian's favourite sport

- Presenter:** Welcome to *My Sports* here on BBC2. With us in the studio today is Adrian. Adrian, tell us about yourself and your sport.
- Adrian:** I'm fourteen and I really like running. I started running when I was eleven years old and I've never stopped. I just love it.
- Presenter:** Where do you train?
- Adrian:** In the park mostly. I live in Camden Town, so I just run down to Regent's Park. I normally meet up with a group of runners and we do our rounds in the park together.
- Presenter:** You said 'normally'. So sometimes you run on your own? Alone?
- Adrian:** Yes, I do. I train every day, and the group only trains three or four times a week, so there are days when I train alone. But that's not a problem. When I'm alone I can listen to music. But running with others is cool, too.
- Presenter:** Tell us about the group. Are they all kids like you?
- Adrian:** Oh no, some of them could be my grandparents. I'm the youngest. Some of the older runners are really good. Sometimes I find it hard to keep up with them. Four are taking part in the London Marathon in three months.
- Presenter:** What about you? Are you ready for a marathon?
- Adrian:** No, running 26 miles is too much for me. I'm going to run a half marathon next week though.
- Presenter:** Wow Adrian, that's 13 miles. How long do you think it will take?
- Adrian:** I want to stay under two hours. One hour and 45 would be great.
- Presenter:** What does your trainer say to that?
- Adrian:** I don't have a trainer. I have my own training plan. I got it from the Internet. I showed it to my PE teacher and he gave me some tips and we changed it a bit.
- Presenter:** One more question. Are there days when you find it hard to go running?
- Adrian:** Oh yeah. Sometimes I'm tired when I get home from school.
- Presenter:** Last question: What was the coolest thing that ever happened when you were running?
- Adrian:** In a 5-mile race three weeks ago. Lots of people were watching and cheering. That gave me a lot of energy.
- Presenter:** Did you win?
- Adrian:** No, I didn't, but I was one of the best runners of my age group.
- Presenter:** All the best for your half marathon and future. Thanks for talking to us. Bye.
- Adrian:** Bye.