

Stephen: Ah, this is what I need.

Ashlie: You don't need a tennis racket.

Stephen: What about this?

Ashlie: Stephen, you never play cricket! You certainly don't need a cricket bat.

Stephen: What's this?

Ashlie: I've got no idea! Come on. We need the running section.

Stephen: Ashlie and I are going to run a half-marathon. And this little beauty is going to help me do a really fast time.

Ashlie: Luckily, it's not about running fast. We're running to raise money for charity. If I actually *can* run twenty-one kilometres.

Stephen: Of course you can.

Ashlie: You're right. Think positive – I *am* going to do it and I *am* going to raise lots of money. How many sponsors have you got?

Stephen: Well, I've decided to concentrate on the running, as that's the most important thing.

Ashlie: Stephen! It doesn't matter how fast you run.

Stephen: You're only saying that because you know I'm much faster than you.

Ashlie: But I'm going to make the most money.

Stephen: Come on, Ash. Let's buy this and get to the gym. We've got work to do.

Stephen: Have I done 10 kilometres yet?

Trainer: No, Stephen. You've only been going for five minutes.

Trainer: That's better, Stephen. Maybe we can try something a bit harder next time. Anyway, next it's the step machine and after that some weights.

Stephen: 10, 11, 12... 498, 499, 500... Hey, Ash. How's it going?

Ashlie: Wow, Stephen. You are doing really well. Five hundred already.

Stephen: Yeah, and I'm only warming up really. I'm getting ready for a proper workout. Even my personal trainer's impressed.

Ashlie: I heard there's a medal for the person that gets the most sponsorship money.

Stephen: Ash, you're not going to get round the race unless you start getting fit and working out. You need to treat this as a proper science.

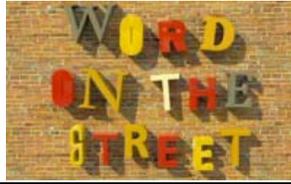
Ashlie: Yes, Stephen.

Stephen: You're not going to get a good time or even finish the race unless you start training hard.

Ashlie: I'm eating healthy food. I'm sure I'll be fine.

Stephen: Ash, it's 12.31. You're distracting me. I've got a timetable to follow. I've got 500 press-ups to do and then weights.

Ashlie: I think I'll sit over there and have a nice glass of juice. Oh, is that your personal trainer? I might see if she'll sponsor me.



Ashlie: Hello. I'm running a half-marathon. Do you think you could sponsor me?

Trainer: Sure.

Ashlie: Great, thank you.

Stephen: Eight, nine, ten... Ashlie!
Ashlie! Ash! Ash!

Ashlie: Stephen, are you OK?

Stephen: Yeah, can you just help me out?

Ashlie: Yes, I'll just lift this bit.

Stephen: There must be something wrong with the machine.

Ashlie: Are you sure you're all right?

Stephen: Yeah, I think I'm okay. But I might need a rest.

Ashlie: Oh dear, you poor thing. I'll just put these away and I'll meet you in reception.