

## KEY INSIGHTS FROM THE RACE SCRIPTS

1. Loves training before the actual race (Guillaume, William)
2. Thinking of registering a new race (Guillaume, Antoine)
3. Loves going out with friends (Antoine, Joe, Guillaume)
4. Drank a lot after race (Joe, Nathan)
5. Hadn't run many races (Joe, Guillaume)
6. Runs at least 15 km (William, Guillaume)
7. Runs several times a week (Joe, Nathan, Guillaume)