



### **The Cardiff Half Marathon**

Thirteen miles runners expect to do  
Starting from Lloyd George Avenue  
A sea of people flow from Cardiff Bay  
Colourful, snakelike, on their way  
15,000 bodies determined to run  
Serious, passionate or having fun  
Sweating blue Smurfs scurry by  
Their weeks of training justify  
Batman without Robin, clowns with balloons  
Listening on iPods to time passing tunes  
Raffia skirted men, two little chicks  
Someone dragging a long crucifix  
Pounding along for each deserving cause  
Crowds encourage with cheers and applause  
Cancers, Parkinson's Noah's Ark Appeal  
Money for research or helping to heal  
Different sizes fast and slow  
Fit and unfit - ready steady go  
Two joggers carrying Thomas the Tank  
Generous people the charities will thank  
Blistered feet, muscles cramped and sore  
Forget the pain - a few miles more  
Checking their watches, sipping water  
Hoping their best time's slightly shorter  
Spectators feel complete admiration  
Wishing they had athletic dedication  
Every runner achieving an internal reward  
and each of them we sincerely applaud