



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

Lorraine Gray