

## PACKING IT ALL IN

*I've run a race or two  
When the storm clouds flew  
And I've run quite a few in the dry  
Though In the snow and fog  
Some have been a real hard slog  
But I could never pass 'em by.*

*Marathons in blistering heat  
I would not like to repeat  
And relays where I've given it my all  
Grass track half miles  
That brought on the smiles  
In those golden days when we had a ball.*

*Whilst much pleasure comes  
From the long training runs  
With a staunch pal by your side  
Over hill and country trail  
The busy roads we did prevail  
In shorts and vest and nowhere to hide.*

*Gale force winds I did endure  
Along many a sea shore  
Travelling the length and breadth of this land  
Or sometimes go overseas  
Run 'til I dropped to my knees  
Cheered on by the sound of the band.*

*I've got medals galore  
One or two 'won' what is more!  
And 'Tee' Shirts in all shapes and sizes  
With a shelf full of plaques  
Tens of coaching paper backs  
Commemorative mugs and some real prizes.*

*But that speed on the track  
Is never coming back  
And the timekeepers watch keeps on ticking  
So one must say 'adl.eu'  
To the rivals that one knew  
And the friends who gave me a real licking.*

*So I hang up my shoes  
Settle for an afternoon snooze  
Or go shopping in the rain with my brolly  
Read a book if I like  
Take the wife on a short hike  
To save going clear off my trolley.*