



Context of Wounded Runner

By Marcus Lander (September 2009)

This poem is based on an incident that happened to me several years ago, when taking part in the Hartshill Heartbreaker Race in Nuneaton. It was a winter 10 mile cross-country style race with a lot of hills for an extra cardiac challenge. It started off fun, but part way through I managed to sprain my ankle. However rather than retiring from the race like a sensible person, I was determined to finish. Afterwards I wrote this poem as a reflection on the lessons that can be applied from this situation to life, which is the biggest race of them all.