

## ONE PERSON'S IMPRESSIONS ON RUN AND FUN.

Table Tennis is on the move, for when you play it, you're in the groove,  
Girls or Boys nobody cares, for when you play it's usually in pairs,  
Combinations are simple to make, and who really cares if you make a mistake,  
Once a game starts, and you start to run, you'll quickly realise it's lots of fun,  
Sure you'll puff and pant for a while, but that's what makes you start to smile,  
You're not simply there to have a hit, it's also about getting your body quite fit,  
It doesn't matter be you fast or slow, all that's required is at least have a go,  
We may not be exactly in our prime, but we all know how to have a good time,  
When we feel it's getting a bit tough, we're wise to know we've had enough,  
The message behind this idle chatter, is while you're playing and having a natter,  
You'll end up feeling oh so good, just the way that everybody should.

Kevin F. Mc Cuskey.  
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