



Pam Norris Superstar

Not the Labours of Hercules
or the Quest for the Golden Fleece,
but at seventy years of age
to take out your bike
and decide to cycle
the Wild Atlantic Way,
all 2,500 kilometers of it.
Cycling through rain and hail and sleet.
Through buffeting Atlantic winds
and days of baking sunshine,
when the last mile seems unending.
To suffer all this and triumph
for the sake of raising funds
for Chernobyl Children International,
makes a superhero of you.
All Hail Pam Norris!

Gerry Murphy