

## Sprint Finish

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Ethan our boy; strong, handsome and bold,  
Ethan the boy we're all yearning to hold.  
Ethan who'll grow strong, kind and clever,  
Ethan now changing **our** lives, forever.

With work-outs inside your Mum's growing bump,  
For weeks you've given her many a thump,  
Head down, eyes focussed with clearest intent,  
Prepping yourself for the Biggest Event.

But today it was **Ready** and **Steady**

And---- **GO!**

Then you raced out,  
The boy we now know!

Welcome into our hearts,  
Ethan McConnell Bonthron,  
Sprint Finish Gold Medal Baby!



Over the line at 13.32 on 31-10-13 weighing 7 lb. 12 oz., Southern General Hospital, Glasgow.