



2nd July 2016 – Bryanston 5km Riverside Parkrun

On Saturday, 11 Team Evergreen members set out on a very cold morning to do the above Parkrun. When I phoned Atholie on Friday evening and told her that I would be giving her lift to the race she said “That’s great, but don’t expect me to walk with you” to which I replied “Nobody loves me any more”

The course is a one lap fairly flat out and back course. The start is something to behold. Everyone lines up at the start, which stretches for approx 100 meters. When the starter says “Go” a title wave of people, children, dogs and prams set off & you feel like you have been left behind. Within approx 100 meters the course narrows down to a car track so some of the entrants proceed along the road that runs next to the course for 400 meters before they cut back onto the car tracks. It makes it quite difficult to overtake others as the grass alongside the car tracks is “Tufted” as Dick S said afterwards and blamed this for slowing him down.

However, only 5 of us finished as we had our first, and hopefully last, casualty. On my way back after turning at the halfway mark, I saw Liz Davies and Val still on their way to the halfway mark doing the “Walky talky” Shortly after that Liz tripped and fell to the ground. Those around her, which included the other 5 TEAM EVERGREEN members, battled to make her sit up as she kept on wanting to faint. Val dashed back to the start to call Talfryn. Luckily, Keith arrived who was wearing his Evergreen emergency bracelet & was able to contact an ambulance. A lesson for all of us to always wear our emergency bracelets as you never know what might happen to you.

Although Liz kept on saying that she was prone to fainting spells, the ambulance staff were very concerned about her and insisted that she travel to the hospital in the ambulance. She had a number of tests and scans to check if she had fractured her nose or had any other serious injury. Fortunately she had not injured herself badly or broken any bones and was given the all clear to go home at approx 11.30. We all wish you a speedy recovery Liz and hope that this has not put you off walking.

A senior organiser of the Parkrun was called out to where Liz had fallen. However he did not have any emergency contact numbers to call for medical assistance. Members said that the organisers should have a marshal at the halfway mark so that entrants could go back to him to report any incidents in future. I will be writing to the organisers about this.

Those of us who completed the Parkrun were vey impressed with the scenic course but the car tracks were a bit rocky in places. Although only 3 of us were wearing our TEAM EVERGREEN T-shirts, it attracted the organiser’s attention and a photo was taken to put on their website. More advertising for you Pierre. Now you have to join us for a race in the future.

Times of finishers were as follows:

Ernie 45min 35sec
Gerd 51min 48sec
Atholie 61min 51sec
Lilo 61min 59sec
Dick S 65 min – he had not registered as a Parkrunner and told us his time.

Those who did not finish as they were more concerned about Liz were Val, Keith & Sue, Pat Bayley and Elsbeth. There are easier ways of attracting attention Liz, like Maureen Thompkins great new hair style. We are grateful to the above for putting Liz's safety before their quest to finish the race. Well done to all of you for showing that true Evergreen spirit.

Otter Estates 6.7km Fun run- Saturday 16 July 2016 at 2pm

I contacted Shelly, one of the organiser's of the above race, to find out more details. She told me that they had been talking about TEAM EVERGREEN the previous week and were wondering whether we would be entering a team this year. You see Derek and Pierre, our TEAM EVERGREEN T-shirts are making an impact and being remembered from the races we do. However we need to have new T-shirts printed for next year as the present ones are looking a bit "tired"& faded, especially where the gold printing is. I suggest that you leave the underside of the leaf white and print our motto in dark green as well. This will save on the printing costs. You could advertise on the back of the T-shirts.

When I confirmed that we would be entering the race this year she sent me an email asking for a list of names and T-shirt sizes before 1 July so that she could arrange free "Mandela 6.7km T-shirts" for us. (The race is to celebrate Nelson Mandela day and part of the proceeds go towards his Trust Fund).

I emailed and told her that it would not be possible for me to provide a list of names and T-shirt sizes by 1 July as we can only concentrate on one race at a time as memories were a bit short in our village. She replied that she would ensure that we all received a T-shirt.

So PLEASE, let's support this race and I ask as many of you as possible to enter. There is a list up on the notice board at the Bistro for you to enter your name and T-shirt size and also so we can arrange transport.

I need this info **URGENTLY** so that I can process your entry online. The entry fee is R50 which I ask you to please pay me ASAP so that I can register you for this race.

If you have any queries, please contact me at Unit 80 or on Ext180