



## **Report on the Otter Estates 6.7km Mandela Challenge Fun Run - 16 July 2016**

I contacted Shelley, one of the organisers of the above race to find out details about this year's race. She said they remembered TEAM EVERGREEN from last year's race and were wondering if we would be entering a team this year. I replied that we would and although we had passed the closing date to receive free T-shirts, she said she would ensure that we all received a T-shirt.

She was delighted when she saw that there would be 26 TEAM EVERGREEN members plus 5 family members entering the race. I also sent her a brief story about how TEAM EVERGREEN started. She was very impressed when she read that it started after 4 of us from Evergreen Broadacres entered their race in 2013 when it was still a 5km race. She put a short story about us on their website together with the Evergreen logo. They took a picture of us after the race to put on their website as well. (To view website go to [www.facebook.com/lonehillresidents/](http://www.facebook.com/lonehillresidents/)). As each TEAM EVERGREEN member approached the finish line they announced that another member of TEAM EVERGREEN was finishing.

We thank you Shelley for helping us with our registration and T-shirts and for your article on your website. We also thank the rest of your team and sponsors for a well organised race. However the spot prize I won is defiantly not on my bucket list – a free bungee jump. It may have been different 30 years ago. However my daughter, Lisa claimed my prize and said she wanted to do it. TEAM EVERGREEN enjoyed the race and will definitely be back next year with hopefully a mutch bigger and fitter team.

As Dick S and his ever present guardian angel, Heather, entered the final bend of the race they announced that the oldest entrant, aged 89, was now finishing & he was a member of TEAM EVERGREEN. He raised his and Heather's hand in triumph as he crossed the line, nearly 4 minutes quicker than last year. One of the staff rushed over with a chair for him to sit on when he finished. The medics who were following the back markers came and tested his vitals and told him that he was fit enough to walk for another 20 years. However they were a little concerned when they checked his blood. They found that there was mainly wine in his veins. We salute you Dick S for being an inspiration to the rest of us youngsters and showing us, race after race, what can be achieved if you "Keep fit and remain Evergreen"

Congratulations to Lettie for finishing her first race. Last year she entered this race as her first ever race but started too fast and burnt herself out by the time she reached that dreaded long hill at about the 4.5km mark. She was very disappointed that she did not finish the race. This hill is now referred to as "Lettie's Hill". This year she did a lot of early morning training in the cold, listened to my advise to start slowly and walk at a comfortable pace. She cruised up "Lettie's Hill" and finished the race with the broadest smile ever on her face. Well done Lettie.

Val was 1st lady home as usual and finished 4<sup>th</sup> overall. However she was a bit concerned about a month ago that there were so many people walking early in the mornings. She asked if she could join me on my early morning walks on two occasions. However she decided that it was far too cold to walk at that time of the morning and preferred the comfort of her warm bed instead. The competition is heating up Val.  
Read on

Robin was delighted to hear that the race was around the streets of Lone Hill as he used to live there. He said that he and Maureen often went for walks of varying distances around the streets and that he knew the streets like the back of his hand. As this gave him home ground advantage, he was odds on favourite to win the walk. However since moving to Evergreen Broadacres his life style has changed and he was handicapped out of the race by the extra weight he had to carry and only managed to finish in joint 5<sup>th</sup> place with Judy.

Judy wanted to walk but was playing bowls in the morning and had committed herself to baby sitting her 2 young grand sons that evening. I convinced her that she could walk and finish the race with plenty of time to spare to collect her grand sons afterwards. We were pleased that she decided to join us and was 2<sup>nd</sup> lady home, just 1min 50sec behind Val. After the race she said that she should have walked faster to catch up with Val but decided to conserve a bit of energy for her baby sitting duties later that night.

Penny was another who was not sure if she would be able to finish 6.7km so she went to the race in own car. She surprised herself by finishing in fine style with no problem with her Achilles & finished 3<sup>rd</sup> lady home just 2mins & 50secs behind Val.

A welcome sight at the start of the race, for the first time, was Tess who had undergone a successful back operation a few months earlier to relieve the severe back pain she suffered from. She walked with Sue J her early morning walking partner, who together with Chris, make up the Charge of the Sleigh Brigade in the morning

Another first timer was Marlies who had to be convinced that she could walk 6.7km and that there would be portable loos along the way. However she found a very kind walking partner in Hennie du P. They talked all the way and she forgot about needing a loo break and the hills just passed with no effort. We are not sure what they spoke about but are sure that it was not about engineering. Maybe they talked about the smart new walking shorts that Hennie was wearing.

Keith & Sue brought their daughter, Charmaine & grandson Dillon, aged 7, along to join us. However the only time they saw them was at the start & finish of the race as they decided to run and walk all the way. Henry & I must have passed them at least 3 or 4 times, but they eventually finished just ahead of us. Keith and Sue finished 4 minutes quick than last year.

Pierre casually mentioned at lunch one Friday that he & Moira often used to go for walks, Moira preferring to walk in her thick soled slops rather than walking shoes. I immediately saw the opportunity to recruit a new team member & told him how successful our TEAM EVERGREEN T-shirts had become, attracting support from spectators along the way and also attracting the organiser's attention who took pictures of us after each race to put on their websites. We are becoming a household name in the neighbourhood. I said to Pierre that it would be nice if we could receive some new T-shirts to replace our existing ones which were now starting to look a little "tired" & faded. After a bit more arm twisting I persuaded him to join us & walk this race. We had a few problems with T-shirt sizes but eventually sorted it out. He did fairly well in the end considering he had not done any training that we know of & had probably never walked 6.7km before. (Moira is my next target to join TEAM EVERGREEN so she had better look for some more thick soled slops.)

Elsbeth, with her now trade mark bag, walked with Lilo & both of them improved their times from last year. Hennie D and Kiloran walked together just behind them. We were all a bit concerned about Kiloran after the race as she staggered a bit when taking a photo of us all waiting to welcome home our next team member. Next minute she disappeared & we could not find her. A search of the portable loos proved to be fruitless. It transpired that she had left early with Hennie du P who had a braai to go to. When we returned from the race I went across to see if she was alright. Besides feeling a little tired & looked it, she said that she was fine. When Hennie D, Kiloran's walking partner, was asked how her knees were after the race, she smiled and said "Bugged"

Dave has bought himself a fancy new watch which tells him everything about his body, some of which he does not want to hear. This watch also has a stop watch so he can now give us his actual finishing time & not a guestimate. He was glad that another “youngster” from the village was able to run with him. Basil said that he enjoyed running with Dave & they finished together holding hands. Was it a coincidence that the lucky spot prize that he won contained some sort of fragrance or other?

I took my Cardiologists advise & the threats from both my family & my Evergreen family seriously & did not start too fast. However I was pleasantly surprised when I went past the 3km marker in 27 minutes feeling really good & strong. Henry then joined me & said he had to increase his pace as he was being haunted by the “Ghost of Chris” another first time walker. The pace quickened & we entered the final bend walking neck & neck with Chris in hot pursuit. As we approached the finish line Chris did a little jog on the inside rail & finished with an Olympic type lunge for the line resulting in a triple dead heat.

**Just about everyone improved their time from last year proving that it pays to “Keep fit and remain Evergreen”**

### Relative’s results

Charmaine & Dillon have already been mentioned above.

Sean, our son-in-law, & baby Hannah in a pram, did very well finishing in 69mins 50sec. Hannah was full of smiles as they crossed the finish line and waved to everyone.

Rebecca, known as the village mascot, put in an extra sprint for the finish line when she saw me standing there, beating her mom by 5 seconds while Lisa was left to push the pram home just behind them.

Thanks to all of you for entering this event which is definitely the toughest & most enjoyable race we do each year. You can all now relax in the knowledge that all upcoming races will be over 5kms. Thank you to Kiloran for taking the photos and to Hennie, Henry and Robin for providing transport.

### Proposed future fixtures for TEAM EVERGREEN to diarise

20 Aug 2016 – Sat @ 8am - a 5km Parkrun at either at Lone Hill Park or Bryanston Riverside Park

Sept 2016– Netcare Cansave 5km Fun Walk – they are not sure yet if they will be holding this race.

8 Oct 2016 – Sat - Melrose Arch “Walking on Sunshine Spring Walk” – no further details available yet

22 Oct 2016 – Sat @ 4.30pm - Evergreen Broadacres Residents Fun Walk (Dick S is away from 29 Oct)

Nov 2016 – “Sisters with Blisters” 5km Fun Walk – no details available yet.

Please let me know if you have any other suggestions for races.

**Remember to “Keep fit and remain Evergreen” from Ernie**

Some of Team Evergreen members before the race



Waiting for other team members to finish



## Results of Otto Estates 6.7km Mandela Challenge - 16 July 2016

NAME	2016		2015		2014		
	Mins	Sec	Mins	Sec	Mins	Sec	
<b>Runners</b>							
Dave Nesbitt	41	17	40	+/-	62	20	2014 walked with dog
Basil Bold	41	17					
<b>Walkers</b>							
1 Henry Dobrowski	59	30					
Ernie Mutch	59	30	57	58	59	59	
Chris Sleigh	59	30					
4 Val Hutton-Wilson	65	40	75	42	62	18	
5 Robin Slogrove	67	30	92	20			
Judy Stowell	67	30					
7 Penny Henegan	68	30					
8 Tess Sleigh	70	30					
Sue Jackson	70	30					
10 Marlies Bold	72	55					
Hennie du Preez	72	55			78	50	
12 Keith Coombe	73	10	77	10	68	46	
Sue Coombe	73	10	77	10	68	46	
14 Pierre Theron	77	20					
15 Elsbeth Hallbauer	80	50	97	55			
Lilo Kauzil	80	50	87	30			
17 Hennie Dobrowski	81	40					
Kiloran Townsend	81	40					
19 Lettie Goslin	85	40	DNF				
20 Dick Sheppard	88	50	92	20	95	25	
Heather Mutch	88	50	92	40	94	45	

Relatives			Relationship
Charmaine van Wyk	58	10	Keith & Sue's daughter -ran & walked
Dillon van Wyk	58	10	Charmaine's 7 year old son
Sean Schulz	69	50	Ernie & Heather's son-in-law
Hannah Schultz	69	50	Sean & Sam's 17 month old daughter
Rebecca Schulz	78	40	Sean & Sam's 3yr 10mth old daughter
Sam Schultz	78	45	Ernie & Heather's daughter
Lisa Mutch	78	50	Ernie & Heather's daughter

Shows first timers

**Note: Times above are approximate times and may differ from the time you may have recorded on your own watches**