



Report on Melrose Arch – 5km “Walking on Sunshine Spring Walk” held on 25 Sept 2016

Unfortunately some members had to withdraw due to illness & another because she overslept; therefore only 15 Team Evergreen members entered this Walk. There are also a number of members who do not walk on Sundays. However when a group of 13 (Keith & Sue were late) of us all arrived at registration together wearing our faded Team Evergreen T-shirts we attracted a lot of attention. The official photographer gathered everyone together for a photo & did so again at the start.

Dick S was interviewed at the start by the MC, who was a lady who used to be in Isidingo, with a very mod hairstyle, when she heard that he was walking this Walk at the age of 90. I'm sure she also announced at the finish that 90 year old Evergreen Dick was now finishing. He received a big round of applause as he crossed the finish line together with his maids in waiting, Heather and Elsbeth. He was then interviewed by Classic FM live on radio for 6 minutes.

Shortly after the start Hennie and I overtook a few elderly ladies who asked a lot of questions about Evergreen. As I have said before we are becoming a household name up here and are promoting Evergreen every time we walk. I suggest that in addition to the changes in the design of the new (?) T-shirts recommended by Pierre, Amdec should also consider printing some advertising on the back of the T-shirts. Example

Evergreen Lifestyle Villages

For more info enquire within.

This may cost a bit more to print but a cheaper price should be obtained if more T-shirts were ordered & distributed to other Evergreen Villages to promote advertising in other area. The cost of these T-shirts should definitely be included in Derek's, if not the Head Office's budget for next year. I rest my CASE. I could not resist that Arthur.

Back to the Walk: Milly, after much nagging joined us for the 1st time & finished in under an hour. She said that she had enjoyed the Walk, was very happy with her time, but had started too fast, a common mistake. She also said she was sore in muscles she did not know she had in her behind after the Walk. She revealed that she and a friend in Cape Town used to regularly walk 5kms in 45 minutes. More competition coming up for you ladies in future

Penny tried to use the excuse that she could not walk as she had to go to work at 1pm. I told her that the Walk started at 8am & she would probably be home by 10am, showered by 10.30 &

would then have an hour to put on her face & still have plenty of time to be at work by 1pm. She eventually condescended & joined us for the Walk.

Obedying strict instructions from my Cardiologist, my Doctor, my family & my Evergreen family not to be so competitive and to walk at a more leisurely pace in future, I was “1st “lady” home in under 50 minutes (sic) some 7 & a half minutes behind Dave N & Henry. However Hennie, who walked with me, managed to walk 5kms under 50 minutes for the 1st time. Maybe I do not talk as much as his other walking companions. If there is going to be a Mutch bus in future, al la Bruce Fordyce style in the Comrades, Hennie’s other walking companions are going to have to step up their training to be able to join the bus.

Dave N did not run this time as it was a Walk. Henry said that Dave had dragged him along to the finish in a very good time of just over 42 minutes. Well done youngsters, aged 64 & 66 respectively. You really are raising the bar.

Keith & Sue arrived about 15 minutes before the start as they had been celebrating their daughter’s birthday until 2.15am that morning. They were pleased that there was music at the start so they could carry on dancing. They eventually finished in 59 minutes having sweated out a lot of extra liquid. I’m sure that they had a little sleep when they eventually arrived home.

Mrs Hennie decided to walk by herself, without any magical knee guards, & finished 25 seconds slower than last year. Vince who is slowly returning to full fitness again after a lengthy lay off was the next to finish with Linda. It was a welcome sight o see Judy Mac back in the team again after having missed a few walks while she recovered from a recent operation. Welcome back Judy Mac.

The last few members’s to finish were Dick S & his maids in waiting, Heather who had to walk with an ankle guard after recently hurting her ankle badly in a fall & Elsbeth carrying her traditional handbag. One day we will find out all the magic potions she carries in that bag to boost her performance.

Well done members & again a special thank you to those who provided the transport. However certain driver’s could not find their cars afterwards & their passengers had to walk around underground for about half an hour before they eventually stumbled across their vehicles.



1. Team Evergreen waiting at registration



2. Sorting out registration



3.



4.



5.



6.



7.

3. Dick, Elsbeth with MC (Isidingo Star)
4. Team Evergreen at start of race
5. Keith and Sue Coombe
6. Dick with Elsbeth and Heather just before finish line
7. Dick being interviewed by Classic FM