MEL	ROSE ARCH - 5KMS WA	ALKIN	IG O	N	I SUNSHINE SPRING WALK				
HEL	D ON 25 SEPTEMBER 2	016							
		25 Sep 16				13 Sep 15		07 Sep 14	
Pos	Name	<u>Min</u>	<u>Sec</u>		Comments on 2016 Spring Walk	Min	<u>Sec</u>	<u>Min</u>	<u>Sec</u>
1	Dave Nesbitt	42	05		Could not run as this was a Walk				
	Henry Dobrowolski	42	05		Dragged home in good time by Dave	50	25		
3	Ernie Mutch	49	40		1st "lady" home. Instructed to take it easy	44	20	45	20
	Hennie du Preez	49	40		1st time walked 5kms under 50mins				
5	Penny Henegan	58	00		Had to have arm twisted to walk	57	30		
6	Keith Coombe	59	00		Left birthday party at 2.15am				
	Sue Coombe	59	00		Left birthday party at 2.15am				
8	Milly Haestier	59	30		1st time walker - finished in good time				
	Mrs Hennie Dobrowolski	58	45		Did not need magic knee guards	58	20		
10	Vince Boswell	59	55		Slowly regaining fitness after long lay off	53	40		
	Linda Brennan	59	55	+	Helped Vince to finish again				
12	Judy McLaren	67	20	+	1st walk after lengthy lay off after operations				
	Heather Mutch	72	00	+-	Walked wearing ankle guard on sore foot	66	55	66	45
	Dick Sheppard	72	00	+	At 90 oldest finisher in Spring Walk	66	55	66	45
	Elsbeth Hallbauer	72	00	+	Walked with traditional handbag. What's in it?	66	55		
Finishers		15			Finishers	18		8	
Novt	ovent Evergreen Besi	donto	Dur	_	wells to be held on Setunday 25 Octob	or @	4 20p		
	<u>~</u>				walk to be held on Saturday 25 Octob				
					er this year. Please diarise the date to avoid do				•
					us staff members and management will be able				
					utes have not yet been finalized yet due to pend			peratio	ns.
	•				way over the wetland by then. Distances will be	e as to	lows:		
600 meter dash - for the very senior residents and the lame and lazy									
1.25kms for the unfit residents and smokers - Shirley Anne, Pam , Pricilla &co									
	ns for those who are trying to			_					
5.0km	ns for the regular Team Everg	reen w	alker	S	and others who would like to test their fitness of	ver thi	s dista	nce	
					ailable after the Walk as well as some free Bee	-			
					aff in march. Let's try and beat that. further detai		be mad	le avail	able
as so	on as the finer details have be	e sorte	d out.	. E	Be there and enjoy the spirit of the day and the	fun.			