



DELTA PARK 5 KM PARKRUN – 18TH MARCH 2017

Team Evergreen gathered at the clubhouse at 6.45 am to depart for the above Parkrun. Royston had goggled the way there on his cell phone. He asked me which entrance we must take to arrive at the start to which I replied “Good question” No one else seemed to know. He goggled again and found the start. After waiting for Elsbeth to arrive he ably led all the vehicles to the start.

When we arrived most members said that they would not have come that way. To prove that he had was right, he goggled on his cell phone again and found out that the “other ways” would have taken 15 minutes longer.

We were all surprised to find 1200 other people lining up for the start and that the grass was knee high. That was not the only surprise. The route turned out to be a very narrow goat track with deep furrows, muddy stretches, long grass on either side, where the grass had been cut, the cuttings were still lying next to the route and lots of stones hidden under large leaves. It was very difficult to overtake others, especially over the 1st kilometre or so.

I was told that Delta Park was the 1st Parkrun established in SA 5 years ago. I think it is also where Bruce Fordyce does most of his Parkruns. We do not know why they have not made an attempt to improve the running surface

Unfortunately Val had a bad fall cutting her head open near her left eye which subsequently required 2 stitches, and had other cuts and bruises on her hands and left leg. 2 Parkrunners escorted her safely back to the finish. They lent her a towel to wipe away the blood and it was covered with her blood when so joined us at the finish, so much so that they told her to keep the towel. They managed to patch her up with plaster. When we arrived back at the village, Royston kindly offered to take her down to the medical staff and ended up taking her to hospital to have the stitches inserted in the wound on her face.

When she arrived at the village braai arranged to start at 5 pm that evening, bearing all her wounds & bruises, she had regained her sense of humour having had a hot bath & scrub down, Everyone was concerned about her having fallen. Penny said that she had also taken a tumble & raised her elbow to reveal a few minor scratches. Val had one look at her, put her hand on her hip & said “If you are going to fall you must do a good job of it”

Back to the Parkrun – I think that Dave P and Hennie dup were a bit annoyed when I reported that they had walked together in the Lonehill Parkrun and had finished in the slow time of 53 minutes. They both set out to show what they could really do. Dave P joined Chris and walked with him to finish joint 1st of the walkers. He improved his time by 8 minutes. The question is “Was he holding Chris back??”

Hennie finished in just over 49 minutes, which was 4 minutes quicker, but he was disappointed that he did not finish a minute faster. Do not be disillusioned Hennie. That was a very good time considering the “goat track” we had to walk on. He finished just ahead of Helen & me.

After being “man down” for a month and only having had one week’s training I was fortunate to walk with Helen & Royston. Helen, wearing a new knee guard recommended by Sister Linda to support the pain at the back of her knee, set a very good pace. She was however kind enough to stop every 300 meters or so to enable us puffing away behind her to catch up, especially on that long uphill. Tess caught up to us after a while and then it was 3 of us trying to keep pace with her. If she had not stopped so many times her time would have been a good 3 – 4 minutes quicker. She was 1st lady home & I managed to finish with her. Royston & Tess were about 50 meters behind us.

Penny was next to finish and told us that she had also taken a tumble and would not come back and do this course again. We told her that we had already decided the same. Considering that the course was so uneven and in such a bad state, we were surprised that more people had not fallen.

Bob, the new resident in Unit 79, said he knew the course like the back of his hand. He used to live in the area and did a lot of training runs there when he was training for long distance running. 20 years or so ago he broke the record for grand masters, 60 years and older, in the 2 Oceans marathon when he ran it in just under 4 hours, finishing less than a hour behind the winner. He is not sure if anyone has broken his record. He said that those days are over and he is now a walker.

Elsbeth suddenly appeared among us at the finish looking as fresh as a daisy with her traditional bag over her shoulder. I asked her how she did. She said that she had walked with that couple who always hold hands, but decided to take a short cut home. I asked her why and she said "I did not want to walk" Craig, also trying out a new knee guard, finished in just over 55mins.

Bob & Lilo walked, & no doubt talked, all the way together. Gerd had also taken it easy for fear of injuring himself & finished in the slow time of just over 57 minutes – his best time I think is about 50 minutes. Caution before the fall. Keith & Sue were next home managing to finish in less than 60 minutes.

Trevor & Heather, the couple who always hold hands, were next to finish. They said that they had held back to keep an eye on Clive who appeared to be struggling a bit. I was surprised that Heather had decided to join us for this walk as she does not like walking on uneven surfaces. Was it because I had mentioned in my report on the Lonehill Parkrun that Trevor had walked all the way with Penny?

Basil was the only runner and the state of the course did not seem to worry him as he finished in 33 minutes, about the same time as his Lone hill Parkrun. Well done Basil.

Not everyone had registered as a Parkrunner therefore not all finishing times were available

Finishing times that were available were as follows:

Runner: Basil Bold 33mins 48secs

Walkers: David Powell & Chris Sleigh 45mins & 5secs

Hennie du Preez 49mins 12secs

Helen Knowles & Ernie Mutch 49mins 18ses

Royston Knowles & Tess Sleigh 49mins 45secs

Penny Henegan 53mins 23secs

Elsbeth Hallbauer – took a short cut & did not complete the course.

Bob Haselum & Lilo Kauzil NTT

Craig Stacey 55mins 28secs

Gerd Pontow 57mins 21secs

Keith & Sue Coombe 59mins

Trevor & Heather Morgan NTT

Clive Pitt NTT

Val Hutton- Wilson fell and was not able to complete the course.

All members should register as Parkrunners to assist in recording their times