



**Next “Team Evergreen” event – Parkrun Saturday 27<sup>th</sup> May 2017 @ 8am**

**General news** – There are a few of us who are now doing a Parkrun whenever we can on Saturday mornings either at Lonehill Park or Bryanston Riverside Park. Those who did the Lonehill Parkrun last Saturday achieved some memorable milestones.

Dave Nesbitt ran his 43<sup>rd</sup> Parkrun in a Personal Beat (PB) time- 27mins 12secs

Basil Bolt ran his 3<sup>rd</sup> in a PB of 32mins 19secs

Hennie du Preez walked his 5<sup>th</sup> at Lonehill and had a PB of 48mins 45sec – 1<sup>st</sup> time under 50mins at Lonehill.

Val & Bob took a stroll in the park in 56mins 45secs, 3mins slower than last time!!

I completed my 30<sup>th</sup> Parkrun – 20 more for that red shirt.

I am not sure how Royston, Helen & Gerd did at Bryanston as I was unable to attend the social evening on Wednesday. However, the previous Saturday Gerd achieved a PB of 46mins 16secs, which I think is 3mins faster than his previous PB. Well done Gerd. The frontrunners will have to start looking over their shoulders for you in future.

**Saturday 27<sup>th</sup> May** – We were hoping to go and try the Parkrun at Woodmead, where I was told we walk on tarred surfaces. However we have heard that the Parkrun has been suspended for a while due to the deer on the course being in foal at the moment. Helen and I will find out more details before the 27<sup>th</sup> and let you know what we plan to do. If Woodmead is not available we will either have to go to Lonehill or Bryanston again. Please discuss these options while I am away – 8<sup>th</sup> – 19<sup>th</sup> May on our annual pilgrimage to Kruger Park & Sabi River Sun – and we can make a decision at the social evening on 24<sup>th</sup> May 2017.

I appeal too as many members as possible to join us on the 27<sup>th</sup> May. Hopefully it will be the last time that we have to wear our old and faded “Team Evergreen” T-shirts. Derek has advised that we will receive the new ones by the latest end of June

Keep fit and remain evergreen

Ernie