



WOODLANDS 5KMS PARKRUN – 1ST JULY 2017 – 8AM START

WHAT A GREAT VENUE. For those of you who could not and would not join us, you missed out on being able to walk on flat wide open roads paved with bricks, similar to Evergreen roads which meandered up and down hills within a very picturesque office complex with plenty of trees to provide shade along the way. We will definitely be going back there to do it again. Atholie, whose arm I had to twist more than once on Wednesday evening while she was sipping her wine, to get her to join us, came to me afterwards and said “What a lovely venue to walk” The only thing wrong were the numerous speed bumps of all shapes and sizes which had been installed to combat “evergreening” that slowed us down.

Most of us who were going to walk appeared at the clubhouse ahead of the proposed departure time of 7.15am. It was Dave Nesbitt’s birthday and he was showered by hugs and kisses. I merely shook his hand and congratulated him. Helen then remembered that she was only half dressed and sent Royston back to fetch something she had to pull up over her knees, while Hennie went back to fetch his bar code card. Penny was too worried about a waxing appointment she had later in the day and did not realise that she too had left her bar code card behind. We set off 7 minutes late, following Royston who had found a quicker way to get there. By the time we found parking and walked to the start, we arrived 2 minutes before everyone set off – perfect timing.

Helen, Royston, Hennie and I all started together. Helen took off like a bullet and Royston encouraged her to go ahead as he had two of us to walk with. Hennie said that the last time he walked with me he had set a “Personal record” (PB), I was testing out my recent injuries so decided to be his pace maker (a la Olympic style) so he could set another PB. This lasted until about the half way mark when I noticed that the gap between Helen and us had narrowed quite a lot. I then set off in pursuit of her, leaving Hennie and Royston to try and maintain the pace for that PB.

In the meantime Basil ran another PB in 31mins 18secs as he tried to chase down the “Birthday boy” but in vain. Dave finished in 27mins 40secs in 110th place overall out of a field of 794 entrants all of whom finished in less than 1 hour - 1st person home finished in 17mins 29secs, hardly worth getting out of bed for.

On Thursday night while watching the movie, Val said that she wanted nothing to do with us, which upset some of us, and wanted to walk at a very comfortable pace as she had just recovered from bronchitis. Naturally Heather Mutch, normally Dick S’s guarding angel, agreed to walk with her and everyone was happy. Dick S, our legendary inspirer, has been neglecting his training lately as he has been in pursuit of more important matters. However, Craig Stacey, exactly one year younger than Dick S, was a more than adequate replacement for oldest starter as he finished in an excellent time of 52mins 6secs. I think his ever present knee guard has something to do with this.

The “Walkie Talkies” Atholie, Heather, Val and Lilo continued to plod their way home and were the last four of our group to finish. We were waiting for them about 50 meters from the finish and they thought that they had finished. Lilo was wearing a purple jersey and when told she still had 50 meters to go, the air around her turned purple.

Back in the leading group, as I caught up with Helen she caught me to prevent me from doing a Val as I had tripped and nearly fell. Royston must have seen this and admitted that he had abandoned Hennie to run 400 meters down the last hill to try and catch up to us. Thinking back, after I caught up to Helen the pace slowed down as we were talking too much – or rather Helen was talking too Mutch, and we could have been a minute or 2 quicker.

Gerd, our most improved walker who is now finishing in less than 50 minutes on a regular basis, a target he failed to achieve for a long time when he first started walking, caught up with Hennie and continued to set the pace for Hennie to do his PB, which he did, finishing in 47mins 52secs. Well done to both of you, Penny was next home after Craig, and had a worried look on her ace: was it because she had left her bar code card at home or was she worrying about that waxing appointment later in the day? We were happy to see that Keith and Sue had come along to join us finishing in 55mins.

There were only 15 of us who did this walk as 4 couples were away on extended holidays overseas, while Patti and Dave Bromfield had a genuine excuse not to walk this time. Patti had a hip op on the Wednesday before the Walk and Dave had to look after her to see that she did not do anything stupid. I wished him luck. Patti we hope that all went well with the op and wish you a speedy recovery so you will be able to join us once again, with no excuses, and do even speedier times in future walks.

While others had been enticed away by Ivar to play bowls on a Saturday morning, a few others preferred the comfort of their warm beds to getting up at 7am to go and do a walk. Is old age setting in? I wonder if new "Team Evergreen" T-shirts would have been an incentive for them to walk.

We encourage newcomers to our village to join us for future walks. We try and do at least one 5km walk a month to give you time to recover for the next one. I know several of you are still finding your feet but do come along.

Results were as follows:

Runners

Dave Nesbitt - 27mins 40secs – was upset that he has now moved up into an older age group.

Basil Bolt - 31mins 18sec – another PB. If he keeps this up he will never return to tennis.

Walkers

Helen Knowles and Ernie – 45mins 58secs – a new PB for Helen at this venue

Royston Knowles – 46mins 21secs – a new PB for this venue

Gerd Pontow - 47mins 36secs – a new PB for this venue

Hennie du Preez – 47mins 42secs – a new PB for all venues

Craig Stacey – 52mins 6secs – a very creditable time for possibly the oldest entrant

Penny Henegan – est. time - 53mins 3secs – forgot her bar code card at home

Keith & Sue Coombe – walked together all the way. No music this time so they could not dance

Atholie Preacher & Heather Mutch 58mins 28secs – first of the "Walkie Talkies"

Valerie & Lilo Kauzil – 58mins 33secs – the rest of the "Walkie Talkie" team

Future events

July – one of the Parkruns as the Lonehill 6.7km race is probably moving to September

August – one of the Parkruns

3rd September – Melrose Arch (owned by Amdec) 5km "Walking on Sunshine Spring Walk" I encourage as many of you as possible to try & enter the Walk to justify our repeated requests for new T-shirts

September — Lonehill 6.7km race - date still to be confirmed

October – Woodlands 5km Parkrun

November – 5km "Sisters with Blisters Walk" in aid of the prevention of abuse to women & children. Last year there were over 5000 entrants, all in fancy dress, and they raised over R350 000. Please give your waist size to Isabel or Marilyn to have your pink tutu made for the very enjoyable occasion

Please let me know if you hear of any other events we could possibly enter in future.

In the mean time – keep fit and remain evergreen

Ernie – Unit 80