



Please note: Comments and chirps made in these reports, which may not always be entirely true, are made in jest & that is the way you should take them. They are not intended to upset or offend anyone & are not directed at any particular resident. No one is spared. If not included these reports would be very boring. So I ask you, please not to take them seriously. Just sit back & laugh at the things you & others were alleged to have said or done. Thank you

22 July 2017 – Lonehill Park 5km Parkrun

With my eagle eye I spotted several new residents who could be potential walkers. Among them were Manfred and Kate, 2 veteran Parkrunners who have completed 11 & 17 Parkruns respectively. Manfred has a new approach to Parkruns. He walks up hills & runs down them. When reporting results in future I am going to have to include a new category between Runners and Walkers. As the competition heats up among other team members, I have found out that some of our members have taken to doing a little jog or trot in places as they try and catch up & bet other members. This category is going to become well populates. See comments later in this report. Have you any suggestion for this category? Runkers, Walners? I will use Runkers in this report.

Other newcomers are Charles & Irene, who are brand new residents as are Graham & Caroline. When I spoke to Charles & Irene, he said that they loved to walk and did a lot of walking in Europe, which they were hesitant to do here because of obvious reasons. He registered as a Parkrunner but Irene was not sure if she could walk 5kms and did not register. After the race I spoke to her and she said she had enjoyed the outing & would defiantly be registering as a Parkrunner. Welcome to the team.

Graham & Caroline were keen to join us on Saturday but when I phoned hem to confirm, Caroline answered the phone and said I should speak to Graham. She called him and said "It's that Ernie on the phone" She has not yet found out about my ability to nag residents to get them to walk. Unfortunately they had both caught colds & were unable to join us. They are going to have to come up with a better excuse next time.

I am hoping that Angela & Peter will join us next time. Peter enjoys his bowls but I am sure he could join us, and his wife, on one Saturday a month. He can still go bowling in the afternoon. If not, Angela will have plenty of other members to walk with when she joins us. Kevin is also another potential member.

Judy P was a welcome new face who joined us for the first time. When she first arrived at the village, she said that she and Dave often used to walk together but blamed a sore ankle for not being able to join us. I set up an appointment for her with Anke, our local Physio, and she was cured after just one painful cession. Judy has joined us in the Thursday morning exercise class held by Anke. Halfway through one session we were doing with weights, she said to Anke "And to think we actually have to pay you to do these classes"

She started slowly on Saturday to test her foot and increased her pace as she went along. However she said she had tweaked it again towards the end. Does she want another session with Anke? I don't think so.

I had to give Elsbeth a wake up call at 6.30am to remind her to come and walk. Helen arrived fully dressed this time & everyone was wearing their new Team Evergreen t-shirts

I, with my achy brakey back, set off at a comfortable pace at the start. Half way up the hill, before turning around the tree to come back, I saw Helen about 100 meters behind me. She looked surprised to see that I was ahead of her I saw her grit her teeth, close her mouth & set off in pursuit, leaving Royston behind in her dust, She did catch up to me about a kilometre later & hardly spoke to me as she whizzed past. Was it because of comments I had made about her talking in my previous report? After the race she confessed that she **Had To** run down some of the hills because of her dicey knee (?)

Chris caught up to me shortly after the start and said that they had not done any walking since they had returned from a 5 week holiday overseas. That is the problem I have in assembling a team to walk each time we go out. No sooner does one couple return from holidaying overseas before others set off to holiday all around the world. Our 2 runners, Dave N & Basil, recently set off on holiday overseas as did Sue & Judy Mac will soon be setting off. The Morgan's are still enjoying their 2 month holiday in Texas.

Other members are not walking because of medical or other reasons while more enjoy the warm comfort of their beds during the winter months as they grow older. Robin & Maureen seem to elect to go away on holiday every time an event is organised and Kathy is now nearly 60.

Tess caught up with me on the second lap. I told her that Chris had told me that he had left her behind at the start because she was so busy talking. I also told her that Helen was ahead of us. She said she would catch up to them. Lo and behold, as we turned around that tree again, she set off at a trot to catch them. Dave P told me that she came jogging past him & Chris down the home straight. They put in a trot to prevent her from beating them. Although the official finishing times show that she did finish ahead of them they said they were just being gentlemen and allowed her to clock in ahead of them. The "Runkers" category is filling up fast. But what the hell, as long as we all enjoy ourselves, who cares how we elect to complete these races.

However at the finish, Tess was still bragging that she had finished 2nd to Henry when she suddenly said she was feeling feint and fell, hitting her head hard against the ground. We were all very concerned and someone phoned ER emergency to come to the park. When Tess heard this she staged to her feet and said she was fine, not that we believed her. We think she did not want to leave in an ambulance. We thought that she should have waited for them to check her vital signs. She staged off to their car with Chris and one of the helpers who was a doctor. I don't want to say this Tess, but that is what happens when you try and play with the big boys. There are no prizes for finishing 1st or last, just bragging rights.

I went down to check on her when we got home. Chris said he had made her a cup of coffee and she was sitting down while he was making her breakfast. I asked if we could join them. He just laughed and turned his back on me.

Marilyn brought her 8 year old grand daughter along to walk with her in case she could not keep up with us, or was she just being a loving, accommodating Granny who wanted to spend more time with her beautiful grand child? We waited anxiously for them at the finish but they never appeared. Heather phoned her and was told that when her grand daughter was offered a milk shake instead of doing the 2nd lap, the milk shake won.

Manfred was the first team member home in a time of 42mins 30secs, followed by Henry about 2 minutes behind him which was a very good effort considering that running down the hills does improve your time. Therefore Tess's claim that she came 2nd was wrong. Helen was next of the "Runkers" to finish while I was just under a minute behind her with newcomer Charles, unknown to me, breathing down my neck just 2 seconds behind me. Well done Charles in your 1st Parkrun. Soon you will be challenging the leaders.

Royston was not feeling well when he finished. He should have kept their water bottle instead of insisting that Helen take it. I hope they bring 2 water bottles with them in future to stop these family feuds. Although Gerd was a bit slower this time, he set anew personal best (PB) for Lonehill (He has only done one other at this venue) Keith also set a PB for this venue. After starting with Sue & Heather and waiting 3 times for them to catch up to him, he decided to leave them behind because they were talking too much. Kate, another newcomer was next to finish in a time of 53mins 18secs followed by Sue & Heather, still talking, about 2 minutes behind her. Craig, who is about to turn 90, finished just 3 seconds behind them. Well done Craig, another sterling performance.

(This morning Henry asked Heather how come her PB was better than mine. You can relax Henry, you do not have to try and beat her PB. She was a "Runker" that day and I was marshalling as I had just had a stent inserted in my heart area. I was also a "Runker" when I set my PB at this venue. Since the operation I have been given the "Go Slow" sign by my Cardiologist, Doctor, Family and my Evergreen family)

Bob took a leisurely stroll though the park finishing 2 minutes slower than his PB which he set when I took him down to do his 1st Parkrun. At the time he said that it felt strange walking in a race as he had always run in races before. Has he lost his competitiveness or was he just admiring the passing scenery? Milly, who has been out of action with a sore knee for some time, donned a knee guard which she said was too big, finished in 64mins 44secs, not up to her usual standard which is to finish under one hour. The "Walkie Talkies" Lilo & Elsbeth ambled home in 66mins 30secs and said they did not care what their finishing time was as they had enjoyed the walk. I do not know what these foreigners found to talk about for all that time. When I told Elsbeth that she must reduce the weight she carried in her famous bag as it was slowing her down, she said she could not do that as all her worldly possessions were in that famous bag.

While we were all gathered around Tess when she fainted, one of the organisers approached Helen and told her that we must send them a photo of all of us wearing our Team Evergreen t-shirts as they would like to put it on their website. They may even send

it to Parkrun organises to put in their newsletter. We have been recognised again even though some of the t-shirts were covered with warmer clothing. Helen said that it would encourage other old ballies to enter future Parkruns. I told her to speak for herself.

I ask all of you who took part last Saturday to please come down to the clubhouse wearing your Team Evergreen t-shirts on this coming Saturday morning at 8.30am for about 10 minutes so that a photo can be taken, hopefully by Kiloran, our roving photographer, if that is not too early for her.

Results of the Parkrun were as follows:

Runkers

Manfred Leitner 42mins 30secs

Tess Sleigh 46mins 3secs

Dave Powell 46mins 6secs

Chris Sleigh 46mins 8secs

Helen Knowles 46mins 17secs – a new PB for this venue

Walkers

Henry Dobrowolski 44mins 28secs – a new PB for this venue

Ernie Mutch 47mins 10secs

Charles Carroll 47mins 12secs

Royston Knowles 48mins 52secs

Gerd Pontow 49mins 26secs – a new PB for this venue

Keith Coombe 51mins 42secs – a new PB for this venue

Kate van Rooyen 53mins 18secs

Sue Coombe 55mins 23secs – a new PB for this venue

Heather Mutch 55mins 27secs – well below her PB

Craig Stacey 55mins 30secs

Bob Haselum 57mins 46secs

Judy Powell 58mins 19secs

Milly Haestier 64mins 44secs

Lilo Kauzil & Elsbeth Hallbauer 66mins 30secs

Irene Carroll – NTT as she never registered as a Parkrunner. However she definitely beat our 2 foreigners.

PLEASE REMEMBER - Saturday 26th August will be our next outing at Woodlands Parkrun in Westmead. As explained in my last newsletter, it is the best venue around here where you walk on flat wide roads paved with bricks up & down hills within a very picturesque office complex. **Diarise the date** and please will existing members, newcomers and any others come along to do this Parkrun. A list will go up on the notice board, closer to the event, where you can enter your name if you require transport. I hope it will not be too cold on the day