



## 26 AUGUST 2017 - WOODLANDS 5KM PARKRUN REPORT

When Bob's wife, Anne, read my last report she said to Bob "You must stop looking at the passing scenery and go out and show them what you can do. Keep up with Ernie". Like a good husband he did exactly that and improved his time by 11 minutes for a new Personal Best (PB) of 46min 47secs. He kept up with Helen and I as we lead the walker's home in the absence of Henry, Chris and Dave P. However it was quite humiliating watching Helen nimbly stepping it out up the hills, especially the last never ending hill, while we dragged our tails, huffing and puffing behind her. She graciously eased off the pace at the top of each hill so we could catch up to her and all finish together. Thanks Helen for your patience and well walked. We are definitely going to have to increase our pace on our morning walks to be able to keep up with you in future walks.

24 Team Evergreen members put their names down to do this walk, but there were several withdrawals for various reasons, mainly illness and only 18 of us were at the starting line on a very cold morning (See photo attached of us all wearing our winter woollies which unfortunately covered up our new t-shirts). The course was changed from the last time we did it. The start was in the office complex and about half way through we went out into the adjoining park right down to the bottom and then had to face the never ending hill to go back to the finish. Walkers saw Dassies, Squirrel, Springbok, Impala and Blesbok. We only saw the first 2 as we were heads down and concentrating. It is still the best venue in the Johannesburg area with paved roads and paths to walk on all the way.

We welcomed two newcomers, Ron & Graham to the team. Ron is a veteran of many marathons and has completed 2 Comrades. He had only just moved in when I put the list up on the board for this Parkrun and was the 1<sup>st</sup> to put his name down. He confessed that he used to run regularly but had gone to seed over the last 5 years through lack of exercise. After the race he told me that he now knew how unfit he had become, but the bug had bitten again and he would be stepping up his training by regularly doing Parkruns. Good for you Ron.

Shortly after Graham and his wife, Caroline, moved in, I cornered them and they said they enjoyed walking and would definitely join us on future walks. Caroline could not join us this time as they had just had visitors and had to stay behind to clean up as they had now left. We are still anxiously awaiting the appearance of Lyn, one of Pierre's sales team, at an event. Maybe the Melrose Arch Spring Walk this coming Sunday will inspire her to join us wearing the special size t-shirt I ordered for her. She goes out regularly on morning walks but has yet to grace us with her presences although I have regularly asked her to join us, in my normal way.

Dave N again finished in the top 100 out of 749 finishers running the route in 28mins 18secs. He admitted that he had been admiring some scenery along the way when he realised that he would not improve his PB and overtook her. Basil was next to finish and said that he did not realise that Manfred was so close on his heels at one stage, and also increased his pace to finish 4mins behind Dave. He did not know that Manfred walks up the hills & runs down them. The last never ending hill put paid to Manfred doing a good time & he finished in 41mins and 26sec.

Ron did very well and finished behind us in about 49mins and 16secs: for some reason he did not swipe his bar code card when he finished. Royston said that he had been walking very well, again hogging their only water bottle, when he looked at his watch and noticed that his heart rate was not what it should be and wisely slowed down to finish in 49mins 22secs. Andre, our second member over 80, Bob being the 1<sup>st</sup>, finished behind Royston. He is slowly walking his way back to full fitness after enjoying a two & a half month holiday in the UK.

Keith once again left talkative Sue behind and walked with Graham to show him how he should do the Parkrun, finishing together in 52mins 43secs which beat his previous PB by 2mins 20secs. Heather abandoned her "Walkie Talkie" friends and helped Marlies to finish in 53mins, which was 5 minutes quicker than last time. She is actually the "dark horse" in the ladies field. When I don't tell her what to do, she can do very much better. Sue eventually finished in just over 60 minutes, 5mins slower than last time. Maybe she kept on looking for someone to talk to.

Dave B, who accused me of putting his name down to walk when he was slightly inebriated on a Wednesday evening, did not swipe his bar code card when he finished so I am not sure how he did. He was very quite at the finish blaming his wife, who recently had a hip op, for him not being able to do any walking recently. As usual, Lilo & Elsbeth, the "Walkie Talkies" were not interested in their finishing time and do not have bar code cards and just enjoy the walk. They did however finish just ahead of Judy Mac, our oldest lady member, who also does not want a bar code card. She did however enjoy my comment when she was told that she was not the last person to finish when I said "You left the others behind in your dust"

Howzat: not a single nasty comment about anyone.

This coming Sunday, the 3<sup>rd</sup>, is the Melrose Arch 5km "Walking on Sunshine Spring Walk" which starts at 8am at Melrose Arch. Therefore we are going to have to try and gather at the clubhouse at 6.45am, hoping to leave at the latest before 7am. We need to be a bit early as I am arranging to pick up our race numbers before the start to avoid having to go in on Saturday to collect them. So far we have 35 members, 37 if you include Lyn & Joy, with 5 more possible members; I am still nagging, plus 6 family and friends going to do the Spring Walk. If you have not yet put your name down to join us, please let me know directly, as soon as possible, as I need to send in a Group Entry form by Tuesday morning at the latest. Also let me know who will be going in their own cars so that I can arrange transport for the rest of us.

Getting back to the Woodlands Parkrun, I have decided not to try and list finishers in different categories as I was told that I was being derogatory. I will just list them in finishing order. There is also no way of finding out whether each member run, jogged, trotted or walked the course.

## Finishing positions for the Woodlands Parkrun on 26 August 17 were as follows:

Dave Nesbitt 28mins 18secs

Basil Bolt 32mins 25secs

Manfred Leither 41mins 26secs

Helen Knowles Ernie, Bob Haselum 46mins 45secs – a new PB for Bob

Ron Mackie 49mins 16secs (Est)

Royston Knowles 49mins 22secs

Andre Oosthuizen 50mins 47secs

Keith Coombe, Graham Brickett 52mins 43secs – a new PB for Keith

Heather Mutch, Marlies Bolt 53mins

Sue Coombe 60mins 7secs

Dave Bromfield NTT

Lilo Kauzil, Elsbeth Halbauer NTT

Judy Mac NTT

Well done and thanks to everyone who entered. Thank also to Royston for showing us the way there and safely back again and to Bob for assisting with the transport.



Basil & Marlies not included as they arrive late. Manfred is also missing.

## Upcoming events

**Sunday 3 September** – Melrose Arch 5km “Walking on Sunshine Spring Walk” @8am

**Saturday 14 October** - Lonehill Park 6.7km (?) Fun run @ 4pm (Note in the afternoon)

**Saturday 28 October** – Residents Fun Walk @ 5 pm - every resident & staff member can enter as there will be 4 different distances to choose to walk from the 700 meter dash to 5km

**November** – “Sisters with Blisters” 5km Fun Walk at Monte Casino – details still to be advised

**December** - Relax and enjoy the festive season

Until next time, remember to “keep fit and remain evergreen”

Ernie

Unit 80, Ext 180