



14th October 2017 – Otter Estates 5km Fun Run/Walk report

At the social evening on Wednesday Ron told me that Norma had beaten him by 8 seconds in the last Parkrun. He said that he had been out training 3 times since then. I told him that if he kept it up he would soon be able to challenge Manfred, who walks uphill and runs downhill. He said that his first priority was to pulverise Norma. And pulverise Norma he did on Saturday by setting a new PB and beating her by 5 minutes and 30 seconds. I wonder who is next on his list to pulverise. Norma will probably say that he only beat her as she had done the Lanseria 5km Parkrun in the morning in her quest to earn her black Parkrun t-shirt for completing 100 Parkruns this year. She has now completed 88 Parkruns. I am falling behind in our race.

I had more than a mild angina attack on Friday morning at gym and had been booked in for an Angiogram by my Cardiologist on Monday morning. At the wedding celebration for Dick S & Catherine on Friday night a look of surprise appeared on Helen's face when I told her that I would not be walking with her on Saturday. This changed to a look of disbelief when I said that I had found 2 other girls to walk with and then a look of relief when I said that I would be walking at the back of the field with my 2 grand daughters. She said that she was going to walk with Royston as he was recovering from flu. However her competitive spirit took over about 1km into the race & she took off leaving Royston to find his own way to the finish.

At the wedding celebrations on Friday night, as soon as the music came on, Team Evergreen ladies, Linda, H, Judy P and Cynthia decided to put in some last minute training and showed some fancy foot work and body movements as they did at least 5000 steps on the dance floor.

I registered 32 Team Evergreen members and 9 family members for the race. However due to illness, injuries and the call to attend a more important function, only 35 made it to the start. After the event we were told that this Otter Estates Fun Run/Walk had now been going for 14 year and that sadly the founder member of Otto Estates, Betty Otto, had passed away earlier in the day. We thank you Betty for initiating this well organised and enjoyable event.

When we gathered at the clubhouse to leave for the race on Saturday afternoon, I said to Charles and Irene that I heard rumours that they had been seen regularly walking at speed around the village, breaking the speed limit, which Charles denied. However this proved to be true as he was the 2nd Team member to finish and Irene was in the leading group of ladies to finish, both setting new PB's. Charles finished in 40mins 11secs behind Dave N who ran the race finishing in just over 27 minutes, despite having to go into hospital on Monday morning to have a bladder problem sorted out.

Henry either had not met Charles before or was unaware that he was ahead of him and finished 2 minutes behind Charles. Chris has either been neglecting his training since he retired, finishing 4 minutes behind Henry, or was hanging back to enjoy the company of the leading group of ladies, but put in a spurt at the end to beat them by 17 seconds.

As mentioned above, Helen abandoned Royston after about 1 km and finished joint 1st Team lady home with Irene & Tess in 46mins 28sec. H, who was the 4th Team lady home, said that she thought she had been walking quite fast until Ron, Bob and Royston came strolling past her. Gentleman Bob did walk with her for a while and then politely asked if she minded if he went ahead. He eventually finished with Ron with Royston behind them just 1 minute ahead of H.

Ian, the man who does not do any training that we know of, finished 1 minute behind H while Robin teamed up with Hennie who helped him to a new PB of just less than 52 minutes. Craig Stacey (90) put in yet another splendid performance by setting a new PB of 51mins 57secs, just 2 seconds behind Robin & Hennie.

I must mention at this stage, taking nothing away from those who set new PB's, that the route had reverted back to 5kms this year thus avoiding that gruelling hill about 1km from the end of the previous distance of 6.7kms. There was also a very pleasant long downhill to the finish which would have assisted everyone to achieve good times.

Kate, having just returned from a 2 week visit to the UK, walked with Norma. She said that she was glad that Norma had done the 5km Parkrun in the morning as this enabled her to just manage to keep up with her. Keith & Sue invited their 12 year old grand son, Dillon, and his mother, plus 2 other family members to join us. Dillon enjoyed beating his grand parents' home.

I think that Judy P may also have set a new PB of 57mins 32secs. She walked with Kathy, who had enthusiastically started walking in the mornings again but has only done one walk to date. Dennis & Cynthia, joining the Team for the first time, were 1 minute behind them. I think that Cynthia's last minute training session on the dance floor the night before, may have drained her of some energy. Pierre, without his normal helpers to drag him across the finish line, finished with Lilo about 11 seconds ahead of Liz who walked at a comfortable pace to protect her hip. Well done Liz. Hope that you will still be able to join us for the **Residents Walk now to be held on the Saturday 4th of November.**

Comment of the day came from Judy Mac who walked with Linda. Linda said that she thought that they were walking at a fairly fast pace, but everyone was passing them. Judy Mac said "They must be walking faster than us".

Report on the families' progress during the race. Rebecca started off running while Hannah was in the pram. However Rebecca had been ice skating that morning and soon wanted to get into the pram letting Hannah do a little walk, which did not last very long. They both ended up in the pram until about half way when Rebecca saw Angelo, a school friend, ahead of us. She hopped out the pram and set off in pursuit. However her shoes were worrying her so she took them off and ran and walked the last 2kms or so barefoot on the tar and pavements with Angelo. She kept on trying to hold his hand, but being the boy chauvinist that he is, he brushed her hand away each time.

Hannah enjoyed riding on Dad's shoulders and having a piggy back ride on Mom's back. We were doing well, only 10 meters behind Liz, Lilo & Pierre at one stage, until we came to the watering point where Hannah had to pat all the dogs who had stopped for a drink of water delaying us for 2-3 minutes. I managed to get Hannah to run the last 20 meters or so with me.

Henry saw us and said “I saw you running at the finish”. I told him that we were Runkers (a runner and walker) for the last 20 meters. Sam commented after the race “Dad was content to walk at the back with us until he saw the race car right behind us as we were coming last. He stepped up the pace to avoid being last to finish”

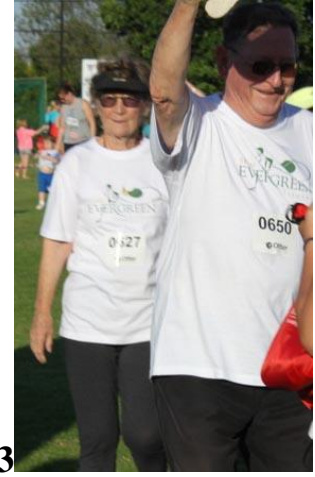




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1. Ernie gathering the Team together for a photo in front of the new clubhouse
2. Dave N finishing and stopping his stop watch
3. Charles 2nd Team member home and setting a new PB
4. Henry, 3rd to finish, checking his finishing time
5. The 1st Team ladies to finish
6. Bob and Ron finishing together
7. H, 4th Team lady home
8. Hennie helped Robin to set a new PB
9. Craig (90) also setting a new PB
10. Kate and Norma crossing the finish line
11. Dillon "I beat you grand dad and granny"
12. First timers Cynthia and Dennis. Welcome to Team Evergreen
13. Pierre finishing under his own steam with Lilo
14. Judy Mac and Linda
15. Rebecca striding ahead of Dad
16. Hannah with Grand dad and Mom

IMPORTANT NOTICE

The Residents Fun Walk has been moved to Saturday the 4th November due to the new clubhouse opening on 1st November. The list for Residents, Staff, especially Sales staff, Management and Dogs with pooh bags to enter their names is on the Notice Board together with some more information about the Walk. The sooner you enter your name to walk, help or just be a spectator, the less you will be nagged to do so, Lyn. Please enter your names as soon as possible to assist with catering arrangements.

Tell tales

Trevor Morgan was admitted to hospital a few weeks ago as he was not feeling well. He ended up having 4 stents inserted. When he found out he said “I’ve now got more stents than Ernie”. I asked him if his Doctor had not told him that he should not be so competitive at his age. When I found out on Friday that I had to go in for an Angiogram on Monday, I told his wife, Heather, that if my Cardiologist told me he was going to insert another stent, I would tell him to insert 3 stents so that I could beat Trevor. But relax Trevor, I did not have to have any more stents inserted and you are still the “Stent King”

Judy Stowell, renowned for making excuses to miss a Team Evergreen outing, even more so than the Bromfield’s: she even went to Vietnam once to miss a walk whereas Patti Bromfield only had a hip replacement in order to miss a race. We meet Judy on the way down to the clubhouse the other day and I told her that she must bring her diary with her to the clubhouse on the next social evening as I wanted to make 2 dates with her. I did not tell her that it was the dates of our next 2 walks. Without hesitating she said that she was not available on either of those days. She missed the walk on Saturday.

Patti Bromfield has made a good recovery from her hip op and I saw her and Dave walking around the village the other morning. Their excuse for missing Saturdays walk this time was that they were going to their timeshare in Pilansburg. As they were leaving last Friday, Patti wound down her window and said that she would say hello to the lions for me. I stopped them and said that if they were going to their timeshare now they would be back by next Friday and could join us for Saturday’s walk. Patti quickly wound up her window while Dave laughed and drove away.

The Mutchies – I told this story to the Team at the start on Saturday.

A few years ago my cousin asked me how long we had been married. I said 30 years. He said “Don’t you know that the maximum jail sentence in this country for murder is only 15 years, you could be a free man by now” I told the Team that today I had missed serving 3 jail terms as it was our wedding anniversary. I wasn’t too sure about missing another jail sentence.

Should anyone like a copy of any of the photos, please contact me.

Until next time “keep fit and remain evergreen”

Ernie

PS My Cardiologist found a small archery that was infected, but could not reach it to repair it as it may have caused damage. He has put me on full medication and advised me to continue doing regular, **strenuous** exercise, which will help to sort out this problem. He said if I felt a slight pain in my chest while exercising, I was to continue exercising through it.