



02 JANUARY 2018 - NEWS UPDATE

Happy New Year to all of you! May you have a healthy, injury free New Year and achieve the goals you have set for yourselves.

PARKRUNS UPDATE

She set her goal to complete 100 Parkruns by the end of 2017. On Christmas day **Norma Johnston** achieved her goal and earned the right to wear the “Black 100 Parkrun” t-shirt. **Congratulations and well done Norma.** (Ron has only done 7 Parkruns) Shortly after she moved into Evergreen she told me that she had to complete 16 more Parkruns to reach her goal of 100 before the end of the year. As I had 16 more to complete to reach my goal of 50, I challenged her to see who would reach their goal first and finished a distant second due to circumstances beyond my control and only completed 40 by Christmas day.

Norma appears to have started doing Parkruns when she entered the 6th Parkrun to be held at Lonehill Park on the 31st May 2014, completing it in 63mins 59secs. Since then she has completed 93 of her 100 Parkruns at Lonehill Park. On the 30th January 2016 she did her Personal Best of 46mins 26sec. Over the years she completed 15 Parkruns in 2014, 26 in 2015, 23 in 2016 & 29 in 2017 of the 93 Parkruns at Lonehill Park. You are an inspiration to the rest of us Norma. Keep it up.

Dave Nesbitt had little interest in walking or running until I persuaded him to join us & start doing these Parkruns. He has now completed 50 Parkrun to earn his “Red 50 Parkrun” t-shirt. He has been inspired by his performances and has decided to do his 1st Comrades Marathon this year. Well done Dave. We hope all goes well with your training. The Comrades is equivalent to about 17 Parkruns but you have to do them all on one day in 12 hours.

Others who have decided to “keep fit and remain evergreen” by regularly doing Parkruns are Gerd 41, Manfred 31, Basil 21(?) who only started doing them when he retired from tennis because of tennis elbow, while we have coaxed Andy, Norma’s husband, out of retirement and he has now done 21 and is eager to join the group of us “regulars” who want to do Parkruns every Saturday morning whenever possible.

Regulars - Norma is setting up an App for these members and will send them an SMS by Thursday each week advising them which Parkrun we will be doing on the coming Saturday. Those who want to do that Parkrun must advise her or me by Friday noon if you will be joining us so that transport arrangements can be made if you are not going to go in your own car. Should you wish to be included on this list please send Norma your Cell Phone number and Email address. Her contact details are: Ext 1111, Cell No: 072 1416 895, Email: normandy@vodamail.co.za



Norma, in her “Red 50 Parkrun” t-shirt at the start of the Christmas day Lonehill Parkrun where she completed her 100th Parkrun supported by Bob, Andy, Ron & Ernie

Golden Harvest Parkrun on 30th December 2017

9 of us went and did the above Parkrun which turned out to be the toughest one we have done so far. For reasons unknown the organisers made us do the course in reverse. It is narrow in places and meanders through a wooded area with lots of stones and rocks to navigate. Ron set off at a lively pace at the start doing his 700 meter dash. I passed him on the uphill but he did another dash on the next downhill. When I overtook him again I was going to give him the Bruce Fordyce handshake but did not want to spoil his concentration. He did manage to beat Norma by about 5mins 30sec – according to him it was a crushing victory.

Unfortunately Manfred took a tumble while running down one of the hills but was not seriously injured & was the 1st member home in 43mins 47sec followed by myself in 48.52, Ron 50.41, Gerd 53.31, Norma 56.10, Bob 59.43, Andy 64.09 with Dennis & Cynthia finishing in 64.10. The latter 2 were going to Lonehill but saw us leaving and decided to follow us and are keen to become one of the “regulars” Welcome to the team.

Team Evergreen Proposed fixtures for 2018

Attached is the above which you can put up on your fridge/notice board or diarise for future reference. I urge as many of you as possible to enter these events at your desecration.

PLEASE WEAR YOUR TEAM EVERGREEN T-SHIRTS if you have one.

Newcomers and those who have not yet joined the TEAM

Also attached is a Newcomers information sheet about Team Evergreen for your info. You are welcome to come and join us for some fresh air, comradie and fun.

Remember to “keep fit and remain evergreen”

Ernie – contact details: Ext 180, Email address: mutchie@mweb.co.za