



Bryanston Riverside Park Parkrun - 13 January 2018

10 of the Team “regulars” did this Parkrun with 1689 other entrants. For some reason or other the start was delayed for 10 minutes causing a lot of muttering among the crowd. Luckily the rain on Friday afternoon helped to settle some of the dust. Because of the large number of entrants there was chaos at the finish as the organisers ran out of tags to give to the finishers. As a result the race results only came through on Sunday morning.

I think the duel between Ron, Erika and Heather at the finish of the Lanseria Parkrun last week took its toll on all of them as they each had excuses to miss this Parkrun. I think Bob was also suffering from setting a PB at Lanseria as he elected to admire the scenery towards the back of the field again or did he forget that he could still run.

Basil ran as usual & possibly set a new PB while Manfred set off with a mission to erase last week’s performance from his memory and run most of the way. He said afterwards that he could possibly have run all the way except for the last 2 hills.

The Team received many comments about the logo on the back of our t-shirts. One lady I passed said that she wanted to take my t-shirt home to give to her husband?? She was running & walking with another lady and each time I passed them after that they said “Oh No. There he goes again” and set off running to pass me. In the end they did finish ahead of me.

Norma finished just ahead of Bob (He was 7mins slower than last week) followed by Andy who missed his PB by just 15secs. Dennis and Cynthia are improving every week and set a new PB of 54mins 51secs. First time “regulars” Kathy and Marlies were our “Tail walkers” this week ensuring that the rest of us all finished safely. Kathy may have regretted missing those early morning walks with Bob and I. Although the course is fairly flat as it goes out half way and then returns along the river, because of the crowd it was difficult to pass others in places especially while watching your footing to avoid the numerous stone out crops along the way. It was very hot and the late start did not help. Manfred and my t-shirts were wet through when we finished.

Bryanston Parkrun Results 13 Jan 2018

No	Name	Time	Race Pos	Comments
1	Basil Bold	30.42	363	Ran & maybe set a new PB??
2	Manfred Leitner	40.48	831	Ran most of the way
3	Ernie Mutch	43.53	969	1min 30sec slower than PB
4	Norma Johnston	50.36	1243	Beat Bob (No Ron to beat)
5	Bob Haselum	51.18	1366	7mins slower than last week
6	Andy Johnston	53.18	1367	Just 15sec slower than PB
7	Dennis O'Connor	54.51	1437	New PB by 2mins. Well done
	Cynthia O'Connor	54.51	1438	New PB by 2mins. Well done
9	Marlies Bold	60.07	1562	1st time "regular"
10	Kathy Mohlig	60.07	1563	1st time "regular"
Total Finishers			1689	

IMPORTANT REMINDER

This Saturday, 20 Jan 2018 – Lonehill Park Parkrun is the 1st outing for Team Evergreen for 2018. Please enter your names on the notice board in the Bistro **as soon as possible** if you are going to do this event so that transport can be arranged. Meet at Clubhouse to leave by 7.30 am. Newcomers welcome to come and join us.

Please wear your Team Evergreen t-shirts

Remember to “keep fit and remain evergreen”

Ernie – Unit 80 Ext 180