



LANSERIA PARKRUN - 6 JANURY 2018

12 Team Evergreen “regulars” went and did the above Parkrun including newcomer Erika for the first time. Although she and her husband moved into the village about 6 months ago, Erika still has a business in Cape Town and travels back and forth regularly, completing most of her 117 Parkruns at sea level, Welcome to the Team Erika. We hope you will be able to join us for many more outings.

Bruce Fordyce, founder of Parkruns in South Africa, and his wife were both there wearing their Green 250 Parkrun t-shirts and yellow tourists caps which indicated that they had completed Parkruns at 100 different venues. (An Orange tourist cap is awarded to those who have completed at 20 different venues) He gave us a brief history of Parkruns saying that they were held in many countries around the world. He suggested that if anyone was going overseas on holiday, or to some place else in SA, they should check before they go to see if there was a Parkrun in the area. He told us that we only needed to register once as a Parkrunner and we could use our bar-coded Parkrun card at any venue throughout the world and would still receive 300 vitality points if we were a member of Discovery Vitality.

There were only 129 entrants so Evergreen “regulars” made up just under 10% of the field. Afterwards the main organiser came and asked me if we would be coming back next week. I told him that we were from Evergreen Broadacres and travelled around to different venues each week and that we would be back. The course meandered around the Estate and we had to do some loops 2 or 3 times which enabled us to see those ahead of us.

At the start Manfred and Erika set off at a trot with Ron putting in his now traditional 700 meter dash followed by Heather. I passed both of them within a short distance and then passed Ron again & again as he did his 700 meter dashes down hills. After a hard chase I eventually overtook Erika who I had kept in my sight all the time - she said afterwards that she was beaten by the altitude?? Bob soon appeared at my side and said now that he had caught up to me he could catch his breath again. However he saw Manfred ahead of us starting to jog again and said “We can’t let him get away with that” and set off running in pursuit of him. I think Bruce’s presents inspired Bob and reminded him that he could still run. He overtook Manfred and kept on running and walking to finish in a new PB of 44mins 7secs. He was 2nd behind Basil, who ran all the way but failed to meet Bruce’s challenge to others to try and beat him.

Manfred was concentrating so much that he went the wrong way 3 times, despite Marshalls showing him which way to go. Each time he was called back it enabled me to make up 5 meters of his lead. The 3rd time he went the wrong way I was able to go ahead of him and although I

kept up my pace he came jogging past me with about 20 meters to go, but being the gentleman that he is, stopped before the finish line so we could both finish together. Thank you Manfred

Meanwhile Ron, Erika and Heather were engaged in a gruelling battle for the finish line. With about 200 meters to go Ron trotted past both of them. Heather then ran past him and Erika but the latter was not having any of that and overtook Heather on the line with Ron trialling some 7 seconds behind them in their dust. Gerd, who also walked all the way, was next to finish & said that he had enjoyed the course, as did all of us.

When Norma finished, about 6 minutes behind Ron, she said that she doubted whether she would ever beat him again. However the Kiwi Stirrer did not say anything as he was quietly sulking. He said later that he had just rid himself of one rival when 2 more had appeared, referring to Erika and Heather, and vowed to step up his training to avoid this humiliation.

Norma, having just completed her 102nd Parkrun, asked Erika afterwards how many Parkruns she had done. Erika told her she had completed 118 Parkruns to which Norma responded “Now I have to beat you”

Dennis and Cynthia finished together again with Cynthia battling with a sore back ,especially up hills while Dennis is still taking it easy after recently having had an operation to his knee. Andy was our “Tail Walker” – a new innovation introduced at Parkruns, who walked at the back to ensure that everyone finished safely. I noticed that both he and Norma were carrying a back pack. I told them that this was not a horse race and they did not have to add extra weight on their backs as jockeys do.

At the social evening on Wednesday night Erika asked me what my time was. I think she was a bit annoyed that I had beaten her as I had walked all the way. She showed that she had been caught up in the competitive spirit in the Team already by pointed her finger at me and saying “I am going to beat you” I wonder how long it will take her to become acclimatised!! Maybe I will also have to resort to doing some trotting, as most of the team are now doing, as the competition up front heats up.

As advised previously, Norma has set up a “What’s App” to contact all the “regulars” who try and do a Parkrun every Saturday morning whenever possible. Should you wish to be included on her list, please advise her of your Cell phone number and Email address. You do not have to enter every Parkrun we do and are free to choose those you would like to do. **YOU DO HAVE TO ADVISE US BY LUNCHTIME ON FRIDAY IF YOU ARE GOING TO JOIN US SO THAT TRANSPORT CAN BE ARRANGED.** If we do not hear from you we will assume that you will either not be joining us or that you will be using your own transport. Those requiring a lift must meet at Unit 80 on Saturday mornings to leave at about 7.15 am

Remember to “keep fit and remain evergreen”

Ernie – Unit 80 ext 180

Norma’s contact details: Unit 111, Ext 1111, email address: normandy@vodamail.co.za

IMPORTANT REMINDER

PLEASE PUT YOUR NAME ON THE LIST ON THE NOTICE BOARD IF YOU WILL BE DOING THE 1ST TEAM PARKRUN AT LONEHILL PARK ON 20TH JANUARY 18 SO THAT TRANSPORT CAN BE ARRANGED FOR THOSE WHO NEED A LIFT

