



20 JAN 2018 – LONEHILL PARK PARKRUN REPORT AND RESULTS

Unfortunately the heat we are experiencing at the moment resulted in many Team members declining to join in the 1st Group outing of the year. And it was hot and very crowded and there were only 21 Team Evergreen members among the 1289 finishers. Due to the vast number of people there were numerous bottle necks at various points along the way and I thought that it was not going to be easy to set new PB's. But as always, the Tem proved me wrong.

5 Team members set new PB's for Lonehill while Henry, Andre, Atholie & Lilo failed by a few seconds to set new PB's. Star of the show however was Charles, "The flying Scotsman", who showed all us South Africans how we should be walking by finishing in just over 39mins in his 1st Lonehill Parkrun.

At the start, Basil said that he was not sure whether he would finish as he had a runny tummy. I told him that he may set a PB as he rushed to finish to find a toilet. But I guess running with cheeks clenched all the way cannot be easy. Dave made a welcome return after being sidelined with an injury for some time which has set him back in his training for Comrades. Henry complained about the bottle neck at the one gate where a woman with a pram was been told to go through but insisted that others go through ahead of her. Manfred anticipated this problem and went through the open area next to the gate and gained 50 meters on Henry. Bob decided to walk & jog again and set a new PB for himself at Lonehill. It looks like the rest of us walkers will have to start walking & trotting as well as it is becoming the new trend.

Helen was a pain in the butt, I mean had a pain in her butt all week but was determined to come and do this Parkrun. She took it easy on the 1st lap walking with Royston, but found the pace to slow and took off at the start of the 2nd lap. She came past me at a brisk pace. I realised that it was because her mouth was closed. (Royston did not believe it when I told him this at the finish). I caught up with her and she slowed down so we could walk to the finish together while chatting away. We were not pushing the pace as the bottlenecks were slowing us down and we realised that we would not set a good time. However we did not realise that Ron had been doing his traditional 700 meter dashes down all the hills and finished just 16secs behind us. At the end he was gloating because he had easily beaten his rival again. The gloating soon stopped when I told him that he had another new female rival in Helen who had beaten him.

Royston continued at a steady pace after Helen left him & finished in 48mins 19secs to set a new PB for himself at Lonehill. He was 38secs ahead of Andre, who joined us again after a long absence. However he has secretly been doing Parkruns by himself & completed his 46th on Saturday. He was wearing his Team Evergreen t-shirt. He seemed to be taking shortcuts at the beginning of the walk as I had to past him 3 times before pulling away from him. Graham finished together with Andre in his 1st Parkrun at Lonehill & Gerd improved his PB at Lonehill as well.

Another good showing on the day was from Andy who set a new PB for himself at Lonehill finishing just 20secs behind Norma. Norma I think you must stop worrying about trying to beat Ron and start watching your back in future as Andy is now on a mission to beat you. Kate also made a welcome return. At the finish she said her t-shirt was too hot and took it off. I did not see how she did that. Lillo teamed up with her old "Walkie Talkie" friend Atholie again and they did remarkable well failing by just 5secs to improve their PB's. Maybe they ran out of things to talk about.

Sue also joined us again after being sick towards the end of last year & missed a few outings. Her husband, Keith, did not as he had an early doctor's appointment. I should have told him that he did not need a doctor's certificate to prove that he was fit enough to walk. Dennis and Cynthia, now one of the "regulars", did not set new PB's as they have done in each of their previous walks.

20 Jan 18 LONEHILL PARKRUN RESULTS

Pos	Name	Time	Race pos	Comments
1	Dave Nesbitt	30.04	141	Slow time after being plagued by injury
2	Basil Bold	33.51	274	Had to run because he had the runs
3	Charles Carroll	39.10	449	(Scot) showed South Africans how to walk
4	Manfred Leitner	42.43	582	He said afterwards "Too hot - No PB today"
5	Bob Haselum	44.40	643	New PB at Lonehill – walked & jogged
	Henry Dobrowolski	44.40	644	Missed new PB at Lonehill by 12secs
7	Helen Knowles	47.29	771	Suffering from a pain in the butt
	Ernie Mutch	47.29	772	Managed to keep up with Helen
9	Ron Mackie	47.45	784	New PB at Lonehill- also beat Norma again
10	Royston Knowles	48.19	809	New PB at Lonehill
11	Andre Oosthuizen	48.37	830	Missed new PB at Lonehill by 11secs in 46th Parkrun
12	Graham Brickett	48.39	831	First time at Lonehill
13	Gerd Pontow	49.10	841	New PB at Lonehill – did not jog
14	Norma Johnston	51.29	917	Now completed 104 Parkruns
15	Andy Johnston	51.49	934	New PB at Lonehill-just 20secs behind Norma
16	Kate van Rooyen	51.51	935	Stripped at finish because her t-shirt was too hot!!
17	Atholie Preacher	55.02	1015	Missed new PB at Lonehill by 5secs
	Lilo Kauzil	55.02	1016	Missed new PB at Lonehill by 5secs
19	Sue Coombs	56.22	1067	Walked without Keith who went for medical check up
20	Dennis O'Connor	57.12	1097	First time at Lonehill – No PB today
	Cynthia O'Connor	57.12	1098	First time at Lonehill – No PB today
Total finishers			1289	

Notable absentees were Erika, who said that she was going to join us but stayed in Cape Town to avoid another clash with Ron and myself and Kathy, who withdrew at the last moment. I guess those Friday night parties in their street are getting a bit out of hand.

Next Group Outing - Saturday 17th Feb at Ernest Ullman Park in Wendywood. A new 2 lap venue around the park on level grass surfaces with few hills & goes alongside a river.

THE BIG ONE

Saturday 10th March @ 8am – “Sisters with Blisters” 5km FUN WALK at Monte Casino.

Provisional date – full details will be released later this week and I will confirm details

It is in aid of the prevention of abuse to Women & Children. Last time there were over 5000 entrants, the majority dressed in fancy dress with some men trying to walk in high heels. The event raised over R300 000 for this very worthy cause. The organisers advert for this event reads as follows “It is the largest peaceful protest of its kind and is a chance for you to dress up and step out to give victims of abuse a chance to change their lives for the better. Let’s walk”

I encourage as many residents as possible to come along and join in the fun. (Bowlers maybe you could miss your bowels for this one Saturday and also come along and support this worthy cause). Team, you do not have to try and set new PB’s in this WALK. Due to the crowd it is very difficult to record everyone’s finishing time. I am certainly not going to try and do this again. It is a FUN WALK and should be treated as one. (No trotting or jogging allowed)

Marilyn saw all the outfits at the start and during the WALK last time and said afterwards that we should wear pink tutus when we did this WALK again To join in the spirit of the day, I suggest we do this as a social WALK and all walk together in a buss or two, wearing our pink tutus, to show our support for this cause. I can assure the men that if they do wear pink tutu, no one will try and kiss them once they see your hairy legs.

Marilyn & Isabella are making the pink tutus for us to wear. Please contact either of them to obtain one. A small donation of at least R10 is required for the tutus to recover their costs. Heather & I already have our pink tutus and will definitely be wearing them. However I refuse to wear pink hot shorts or high heels.

Contact details to obtain a pink tutu: Marilyn Unit 65, ext 165, Isabella Unit 30, ext 130.