



Modderfontein Parkrun Report and results - 3 February 2018

A new venue and a new experience as we walked around an open slightly sloped field through some of the numerous dynamite bunkers that were built to store the dynamite manufactured in the area at the height of the mining era. 10 Regulars set out to do the above and were surprised at the large turnout with 1202 finishers. It took us 30 minutes to get there and another 15 minutes to park, arriving 10 minutes before the start. The course was mainly along fairly bumpy grass tracks (speed humps?) and on old abandon roads full of pot holes. There was a large dam nearby with an abundance of bird life.

The organisers now scan your bar code cards before the start in an attempt to stop entrants from cheating and only doing the last short distance to claim their vitality points. If you do not have your bar code card scanned before the start you will not receive the results. I can't believe that people are cheating and appeal to Team Evergreen members who do not complete the full course, NOT to go through the finish tunnel at the end.

With so many entrants the start was a bit chaotic with everyone having to squeeze onto a grass track about 15 meters wide. This made it very difficult to pass others and it took about 1km 700m for the field to spread out and make passing easier. Manfred set off jogging as usual while Ron did his 700m dash once again. When Bob and I passed him after a short while, he said that his race was now over. Bob walked with me but said that I was walking faster than he could as he had to jog at times to keep up. However he put in a little jog at the finish to beat me by 3secs.

As mentioned, the course meandered up and down a very gentle sloping open field which enabled us to see others in front of us but we did not see Manfred. However if we looked far enough back we could see where Ron was. He did manage to finish 4th ahead of Norma again. He said afterwards that there were not enough down hills for him to do his now traditional 700m dashes He was followed by Kate who finished in 49mins 16secs, just 20secs slower than her PB. She bragged at the finish that she had beaten Norma, who finished about 1 minute behind her in one of her better times recently. Gerd was the perfect gentleman again and finished with Norma.

Andy, still walking in his hiking boots, failed by just 4secs to beat his PB, but this time he was nearly a minute behind Norma. Dennis said that Cynthia had to stop to tie her shoe laces which took quite a while. Well done to everyone and once again our Team Evergreen t-shirts were noticed. Norma was still wearing her "Red 50 Parkrun" t-shirt as she had not yet received her "Black 100 Parkrun" t-shirt.

Thank you to Andy, Manfred and Dennis for providing the transport.

Modderfontein Parkrun 3 Feb 2018

Pos	Name	Time	Pos in field	Comments
1	Manfred Leitner	40.55	495	Finished well ahead of us walkers/trotters
2	Bob Haselum	43.57	571	Walked & ran to keep up with Ernie
3	Ernie Mutch	44.00	573	Walked faster than Bob can so Bob ran a bit
4	Ron Mackie	46.55	677	Not enough down hills for his 700m dashes
5	Kate van Rooyen	49.16	743	Missed her PB by 20secs
6	Norma Johnston	50.59	800	One of her better times lately
7	Gerd Pontow	51.01	802	Took it easy & admired the scenery
8	Andy Johnston	51.53	820	Missed his PB by just 4secs
9	Cynthia O'Connor	56.05	960	Stopped for a while to tie her shoe lace
	Dennis O'Connor	56.05	961	Waited patiently watching the above
	Total finishers		1202	

Regulars who could not make it were Dave Nesbitt who did a 16km training run for Comrades, Basil who went and did the Lonehill Parkrun as he had time restraints afterwards, Kathy who said that there was a 90% chance of rain, but her prediction was about 12 hours too early as the rain only came later that night, and Erika who is still training in Cape Town.

Important dates to remember

17 Feb 18 – Saturday @ 8am – Group walk at Ernest Ullman Parkrun – It is a 2 lap course around the Park on flat grass pathways with very few hills. Very pleasant surroundings

10 March 18 – Saturday @ 8am - **Sisters with Blisters 5.5km Fun Walk, In aid of the prevention of abuse to women and children**

VENUE – St Stithians College, 40 Peter Road, Lyme Park, Sandton

Residents are all encouraged to enter this Fun Walk which is for a very worthy cause. It is a Fun Walk and not a race & no finishing times will be recorded. We will be doing this event as a Social Walk and all walk together, in our pink tutus & Team Evergreen t-shirt, in a bus or two to all finish together. You are also encouraged to enter into the spirit of the event & wear pink tutus, obtainable from Marilyn, Unit 65, or Isabella, Unit 30. Entry fee is R35 but I recommend that we pay R50 so that the extra R15 can be given to Marilyn and Isabella to recover their costs. A list will be put up on the notice board at the Bistro on 19 Feb for you to enter your names if you are going to come along and join in the fun, and for transport to be arranged for those we need a lift.

PLEASE ENTER YOUR NAMES AND PAY ERNIE THE ENTRY FEE OF R35, PLUS R15 TO RECOVER THE COSTS OF THE TUTUS, AS SOON AS POSSIBLE SO THAT A GROUP ENTRY FORM CAN BE SUBMITTED BEFORE 1ST MARCH

24 March 18 @ 5pm - EVERGREEN RESIDENTS VILLAGE FUN WALK.-Details later