



Woodlands Parkrun 10 February 2018 – report and results

After having a good walk last week, it was a bad day at the office at Woodlands this week. I could not get going and started with only 3 cylinders firing and limped home on 2. This was much to the delight of Erika who finished ahead of me and asked where I had stopped for coffee. These Canadians are really cheeky. Marlies had a great walk passing me with 20m to go to set a new PB of 49mins 10secs. Was my face red? Very well done Marlies. Hope we will see you more often in future.

After years of reframing to do it I am being tempted by others who are doing it to join them. All those doing it seem to enjoy it and say it improves your performance tremendously. If that is so, why not join them? In future you may see the rear sight of me actually trotting down some of the hills to keep the pretenders at bay.

Basil, still young enough to do so, ran all the way and finished in 33 minutes. Manfred, who refuses to accept that he is getting old, walked up and jogged down the hills to finish 10mins behind Basil. However he confessed later that he spent most of Saturday afternoon sleeping. Except for the last killer hill, the down hills seem to outnumber the up hills, making it easy for Erika to gently trot down all the hills to finish 3 and a half minutes behind Manfred.

Bob, who used to live and train in the area, met a lot of his old running mates who were surprised that he was walking and not running these days. He reminded them that he was at least 12 years older than most of them. I told him to go ahead of me with 1km to go as I was really battling. Kate, now wearing her traditional purple finishing shirt, followed me home while Andy said he followed Norma, watching her shuffle (his word) down the hills. He did some shuffling himself at the end to beat her for the 1st time.

On the way to the Parkrun Andy said that he was really enjoying these weekly Parkruns. He said that he also walks on Mondays and is looking to do another walk on either Tuesday or Thursday. He is really taking his walking, and shuffling, seriously, so look out Norma, he will be trying to beat you again. Dennis and Cynthia said that they had enjoyed the course and did not have any shoe lace problems this time.

We were concerned when we dropped Erika off afterwards. As she got out my car she bent over in obvious pain & then hobbled off towards her Unit. However I checked with her later on & she said she experienced a temporary sharp pain but was OK. Maybe it was caused by her efforts to beat me. The score is now one all.

Thanks to all who did this Parkrun & to Bob & Basil for also providing transport

Just a reminder to anyone else who would like to join us “regulars” to please contact Norma, Unit 111, and Ext 1111, email address: normandy@gmail.com and she will add you to our “What’s App” group & you will receive details of where we are going each week. **NB** If we do not hear from you by Thursday pm, we assume that you do not need a lift or are not joining us.

Woodlands Parkrun - 10 Feb 2018 results

Pos	Name	Time	Pos in field	Comments
1	Basil Bold	32.55	203	Young enough to run all the way
2	Manfred Leitner	43.03	460	Does not believe he is old. Walks & jogs
3	Erika Barton	46.37	559	Enjoyed trotting gently down the hills
4	Bob Haselum	48.18	609	Met a number of his old running mates
5	Marlies Bold	49.10	632	New PB. Very well done. Join us again soon
6	Ernie Mutch	49.18	635	3mins 15secs slower than last time here
7	Kate van Rooyen	51.37	689	Finished in her purple top again
8	Andy Johnston	53.39	735	Beat Norma for the 1 st time
9	Norma Johnston	53.40	737	Upset that Andy shuffled past her at the finish
10	Cynthia O'Connor	56.06	802	No shoe lace problems this time
	Dennis O'Connor	56.06	803	Enjoyed the course

Total finishers 896

IMPORTANT DATES TO REMEMBER

17 Feb 18 – Team Parkrun at Ernest Ullman Park Please put your names on the list on the notice board if you require a lift. Gather at clubhouse to leave by 7.10

10 March 18 – SISTERS WITH BLISTERS FUN WALK – 5.5km @ 8 am

Venue: St Stithians College. 40 Peter road, Lyme Park, Sandton

A reminder: this is not a race & no finishing times will be recorded. It is a Fun Walk and as we will all be wearing our pink tutus, we are going to walk together in a bus or two to enter into the spirit of the day. Please come along and support this event for a very worthy cause. If our entry can save one woman & one child from being abused our efforts will have been worthwhile. Order your pink tutus from Marilyn, Unit 65 or Isabella, Unit 30 now. Please put your name down on the list on the notice board at the Clubhouse **as soon as possible** & pay Ernie R35 +R15 to recover the cost of the tutus, plus R70 if you want to purchase a SWB t-shirt. A Group Entry has to be submitted by 1st March. Transport will be arranged for those who need a lift.

24 Mach 18 – RESIDENTS FUN WALK AROUND THE VILLAGE @ 5PM

Start training now. There are 4 different distances to walk. Enjoy a boere or hot dog roll & Hennie’s famous pap & sous, & a free beverage at the end BYO and stay afterwards to compare aches & pains and met other residents you may not have met before. Entry fee still R35, or more, to cover costs.