



All comments below are from things heard to be said or seen. They are not meant to be personal & should be taken in jest.

Ernest Ullman Parkrun on 17 Feb 18 – Report and results and notices

The organisers could not believe their eyes when 30 Team Evergreen members arrived at the start wearing their Team Evergreen t-shirts. They insisted on taking a photo of us before the start for their website. (Just as well as some of us did not look to smart at the end) Some of us did this Parkrun at the end of last year as a “social walk” Afterwards I went to the organisers and apologised for keeping them waiting so long for us to finish. I told them we would be back to show them what we could really do. The course meanders twice around a shaded park and was in good condition, except for a patch half way around where the grass had been cut but the grass cuttings had been removed from the route making it difficult under foot.

We welcomed Wally who joined us to walk his 1st Parkrun. However he has completed many Comrades and Two Ocean marathons and may be tempted to run in future. Many other regulars returned after being missing for some time due to them being sick, lame or lazy.

At the start, Basil, Charles, Manfred, Erika, Ron & a few others set off running, jogging and trotting. This course did not suit Ron & Erika as there were too few down hills for them to do their 700m dashes and gentle trotting. Wally & I walked together and discussed what Dave Nesbitt should be doing to qualify for his 1st Comrades this year. Graham’s wife told him the night before that he must do less talking & more walking this time. (He & Trevor finished at the back of the field last time we walked here solving all the problems of the world) He decided that there were no more problems to be solved now that we have a new President, & tagged along behind Wally & I determined to keep up with us and in doing so set a new PB of 45mins 3secs.

We were in pursuit of Erika whose gentle trotting down the few hills opened up a bit of a lead on us from time to time. We had to pass her 3 times before the altitude, or was it the amount of wine she had consumed the night before, eventually took its toll. However she still managed to easily beat Ron again: this time by 1min 3secs.

Basil led the field from the start but half way around the 2nd lap decided to lie down and rest on the grass cutting. This did not last for long as he was nearly trampled by the other runners. He took off again and finished in 32mins 43secs, 3mins 16secs ahead of Charles who did some running & set a new PB of 35mins 59secs. Manfred walked & jogged again and finished in his normal time of about 43mins. The 2 Kiwis, Dave P & Ron, finished within seconds of each other but were in no condition to do the “Hakka” afterwards. They should have done it at the start. Royston suggested that we should compose a Team Evergreen war cry which we should render as we started to make others stop to see what was going on and open up the way for us.

Helen again dragged herself to the Parkrun still suffering from a pain in her butt. Thank you for your determination to join us again. She got left behind a bit at the start and did not join the leading group of

walkers as usual. Sorry Helen, we could not wait for you as we were chasing down the Canadian. We missed your company and talking up front. At the end I asked her how she was feeling. She was either too tired to talk or in too much pain and just waved her hand up & down. We really hope & pray that you will do something soon to be pain free again.

Marlies put in another brilliant performance and finished in 47mins 19secs to set her 2nd PB in two weeks. She was just 33secs behind Ron. Look out Ron: there is another lady rival creeping up behind you. When will it ever end? Kate brought her young Grand sons along to keep her company. But they soon became bored walking at Granny's pace & set off on a mission of their own. Jack beat Manfred home finishing in just over 42mins while Adam beat Gran.

BREAKING NEWS – The battle of Normandy is over as a truce was declared and Norma and Andy finished together. Andy had a very red face at the start and we wondered if Norma had beaten him up for beating her in the last walk. Hennie joined us again after a long lay off. He walked with Judy P helping her to set a new PB of 55mins 6secs. Judy P has also been missing for some time due to illness. It was good to see both of you again. Bob decided to walk with them & enjoy their company. However he could not remember their names afterwards.

Dennis & Cynthia have really become addicted to Parkruns as they have not missed a Parkrun since they joined us 6 Parkruns ago. I admire Cynthia's tenacity as she turns up every week after suffering with terrible back ache after their 1st walk. I also admire Dennis for his patience as he walks with her. He has also done a few Comrades but recently had to have another knee op and is taking it easy. Sue C accused me of not notifying her about this walk. She is just another who does not read the 2nd page of my walking reports. Actually they have a communication problem as Keith knew all about it.

Trevor, who did not have Graham to talk to this time, spoke to anyone who cared to listen to him. He ended up talking to an old dear with a walking stick who claimed to have completed 100 Parkruns. Heather became bored with the slow pace, having walked with me at a comfortable pace at the "social walk" at the end of last year, and went off ahead of him. However his male chauvinism would not allow that and he put in a trot at the finish to beat her. She did not appreciate this.

Sue J took advantage of the fact that her league bowls match had been postponed to that afternoon and joined us finishing in under an hour. The bowling must be keeping her fit. Hope she was fit enough to bowl in the afternoon. Pierre appears to have lost his charm with the ladies as he could not find 2 of them to assist him over the finish line as he normally does.

Val, former ladies champion, has also not walked for a long time as she battled for some months to shrug off a very bad cold. Let's hope that the applause she & Milly received from the Team as they finished will awaken that competitive spirit in her again. Milly also made a welcome return after having knee problems which hampered her walking. After 1 lap, Lilo & Elsbeth decided that it was easier to sit and talk in the shade as they waited for the rest of us to finish.

A big thank you to Royston, Hennie, Andy, Trevor, Ron and Basil for providing the transport

See you all at the **Sisters with Blisters Fun Walk** on 10th March

ERNEST ULLMAN PARKRUN RESULTS - 17 FEBRUARY 2018

Pos	Name	Time	Pos in field	Comments	No of P/runs
1	Basil Bold	32.43	109	Took a short nap on grass cuttings on 2nd lap.	30
2	Charles Carroll	35.59	150	Did some running and set a new PB. Well done	3
3	Manfred Leitner	43.06	236	Consistently runs and jogs at the same pace	38
4	Ernie Mutch	45.01	257	Walked with Wally to track down Erika. (em2 eb1)	47
5	Wally Ross	45.03	258	1st Parkrun - Thanks for joining us.	1
	Graham Brickett	45.03	259	A little less talking & more walking - set a new PB	4
7	Erika Barton	45.43	266	Too few down hills - too much wine night before?	124
8	Dave Powell	46.30	274	Had a bye from league bowls & joined us.	4
9	Ron Mackie	46.46	275	Still cannot beat Erika	12
10	Helen Knowles	46.51	277	Still battling with a pain in her butt	18
11	Royston Knowles	46.56	278	Was able to keep up with his wife	18
12	Marlies Bolt	47.19	289	Showed what she is capable of with another PB.	5
13	Kate van Rooyen	49.46	321	Left behind by her Grand sons	21
14	Norma Johnston	52.15	352	Declared a truce and finished with Andy	107
	Andy Johnston	52.15	353	Declared a truce and finished with Norma.	26
16	Judy Powell	55.06	375	Welcome back - New PB. Well done	2
17	Hennie du Preez	55.09	376	Out of practise. Has not walked for some time	8
18	Bob Haselum	55.12	377	Took a stroll in the park again	20
19	Cynthia O'Connor	55.44	387	Another very consistent performance.	7
	Dennis O'Connor	55.44	388	Another very consistent performance.	7
21	Sue Coombe	57.44	403	Said she never received notification of this event	8
	Keith Coombe	57.44	404	Communication problem. He did not tell Sue	8
23	Trevor Morgan	58.34	411	Jogged at the finish to beat Heather	1
24	Heather Morgan	58.34	412	Not happy about the above	1
25	Sue Jackson	59.12	417	Hope she was able to play league bowls later on	1
26	Pierre Theron	60.41	432	Could not charm 2 ladies to help him home	2
27	Val Hutton-Wilson	62.49	438	Former champ. Been out of action for a long time	6
28	Milly Haestier	62.50	439	Made a welcome return after knee problems	2

Total finishers 456

Lilo Kauzil 0.00 DNF Only did one lap

Elsbeth Hallbauer 0.00 DNF Only did one lap

Well done Team.

Kate's Grand sons (future residents)

Jack Bailey 42.18 219 9 years old - determined to beat Manfred 6

Adam Bailey 47.56 301 10 years old - determined to beat Granny 3

Number of Parkruns shown above is since members registered as Parkrunners. Some have completed more than shown but were not previously registered.

See next page for important dates to remember

10 Mar 18 – SISTERS WITH BLISTERS (SWB) 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 which is for a very worthy cause –**the prevention of abuse to women and children.** “If our entry can save one woman & one child from being abused our efforts will have been worthwhile” (quote by Andre after a previous walk) Last year over 5000 entrants helped to raise R300 000

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 March 18 – RESIDENTS FUN WALK AROUND THE VILLAGE @ 5PM

Hope you all diarised this date to avoid double dating Judy Stowell. Only 31 days left for you to get fit. There are 4 different distances for you to choose to walk or you can just come down and sit in the air conditioned lounge and watch the activities. It is a Fun Walk so no finishing times or positions will be recorded. There are no prizes for finishing 1st or last and nobody cares. You may walk as far as you want to, at a comfortable pace, on the day and no one will be checking how far you walked.

Come along and enjoy a boere or hot dog roll + Hennie’s famous pap & sous, plus a beverage after the Walk. You can even enjoy these if you are just a spectator and have just come down to enjoy the fun. BYO and stay afterwards to compare aches & pains, jokes and laughter and meet other residents you may not have met before. Entry fee is still R35, or more, payable by all attending the event, to cover costs. Indemnity forms will again have to be completed and signed by everyone attending as per instructions from **Evergreen Lifestyle Villages (Pty)Ltd.** These will be distributed to you later.

Unfortunately this event is for residents only as there are many legal requirements if others join in.

Last time we had close to 80 walkers. Let’s see if we can beat that this time

Remember to “keep fit and remain Evergreen”

Ernie

Unit 80, Ext 180 if you want more details about any of the above

e & oe accepted