



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

## **21 April 18 – Lonehill Parkrun report and results**

After the confusion of who was going to take whom: who was going to take their own car: who withdrew because of injury: who withdrew at the last minute and one who overslept, 15 Team members arrived at the start for this Team Evergreen Parkrun outing, the lowest we have ever had. It was a disappointing turnout especially as Gerd was doing his 50<sup>th</sup> Parkrun.

We were all looking forward to the duel between Basil, Wally and Charles as the times between them was slowly narrowing. However Basil won the race as he had been away on holiday and trained everyday, in between drinking Pena Collards. Wally closed the gap to only 1min 11secs while Charles was just 1 and a half minutes behind Wally. We look forward to the next time the 3 of you clash again. By the way Basil, your time was about 5 minutes slower than Dave Nesbitt's PB at this venue.

I set out with 2 objectives in mind: to try & beat Manfred again & to try and beat Heather's PB at this venue which was faster than mine. Although I did what I did last time to improve my performance: a little jogging, I failed on both counts. Manfred was in a great hurry this week as he was going to the Village Market afterwards and left as soon as he finished, easily beating me. I failed by 46secs to beat Heather's PB, which she set in 2015, when she was a lot younger. I was marshalling that day having just had a stent implanted in my heart.

I ran way from Helen at the start as she now has a pain in her shoulder and not in her butt anymore. She teamed up with Gerd again doing what she always does best: talking all the way. So much so that she did not realise that Heather & Marlies were ahead of them and they beat them by just under a minute. Gerd, in his 50<sup>th</sup> Parkrun, just failed to beat his PB at this venue by 30 seconds. It was good to see Marlies joining us again after battling with a knee injury.

Royston strolled along behind Helen & Gerd with Hennie trying to match his long strides with him. Whenever I saw them he seemed to be doing more talking than Helen usually does, if that is possible. They were only 16secs behind Helen & Gerd finishing in just under 50mins.

Kate should not have walked as she was coughing badly and went to see the doctor after the walk. Cynthia & Dennis continued there good form and broke their previous PB at this venue by 6secs. Bob elected to have a stroll in the park again and walked with Cynthia & Dennis finishing 9mins slower than his PB at this venue.

Well done Team. Let's hope that more members will join us for the next Team Parkrun at Lanseria Farm on Saturday the 26<sup>th</sup> May 2018.

## LONEHILL

## PARKRUN RESULTS - 21 APRIL 2018

| <u>Pos</u>             | <u>Name</u>      | <u>Pos<br/>in<br/>field</u> | <u>Time</u> | <u>PB @<br/>venue</u> | <u>Comments</u>  | <u>No of<br/>P/runs</u> |
|------------------------|------------------|-----------------------------|-------------|-----------------------|--|-------------------------|
| 1                      | Basil Bold       | 163                         | 32.05       | 31.22                 | Did lots of training and drinking while on holiday     | 35                      |
| 2                      | Wally Ross       | 190                         | 33.13       | 33.13                 | New PB for this venue - only 3secs slower than best    | 8                       |
| 3                      | Charles Carroll  | 222                         | 34.42       | 34.42                 | New PB for this venue - only 30secs slower than best   | 7                       |
| 4                      | Manfred Leitner  | 382                         | 42.01       | 39.48                 | In a hurry and beat Ernie this time                    | 46                      |
| 5                      | Ernie Mutch      | 406                         | 43.19       | 43.01                 | Failed to beat Heather's PB at this venue by 36secs    | 52                      |
| 6                      | Heather Mutch    | 518                         | 48.51       | 42.33                 | Still has the fastest PB for venue in our family       | 17                      |
| 7                      | Marlies Bold     | 519                         | 48.52       | 48.52                 | Failed to beat her overall PB by                       | 6                       |
| 8                      | Gerd Pontow      | 532                         | 49.40       | 49.10                 | Completed his 50th Parkrun                             | 50                      |
| 9                      | Helen Knowles    | 533                         | 49.41       | 46.17                 | Talked all the way as usual                            | 20                      |
| 10                     | Royston Knowles  | 538                         | 49.57       | 48.19                 | Strolled behind Helen finishing just 16secs behind her | 20                      |
| 11                     | Hennie du Preez  | 539                         | 49.59       | 48.45                 | Under 50mins again                                     | 13                      |
| 12                     | Kate van Rooyen  | 598                         | 52.24       | 48.46                 | Should not have walked. Had a bad cough                | 25                      |
| 13                     | Cynthia O'Connor | 616                         | 53.40       | 53.38                 | New PB for this venue by 6secs                         | 15                      |
| 14                     | Dennis O'Connor  | 617                         | 53.40       | 53.38                 | New PB for this venue by 6secs                         | 15                      |
| 15                     | Bob Haselum      | 618                         | 53.41       | 44.40                 | Another stroll in the park                             | 26                      |
| <b>Total finishers</b> |                  | <b>755</b>                  |             |                       |  |                         |

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

**Criticism, comments and corrections welcome**



Gerd Celebrates completing his 50<sup>th</sup> Parkrun with Team members

## MAY TEAM PARKRUN

Saturday the 26<sup>th</sup> May 2018 at Lanseria Farm - the course goes around the Farm and you walk on grass and gravel tracks repeating some of the loops a few times. It is in a very pleasant setting and is not crowded with only approx. 150 – 200 entrants. **Please join us there before you start going into hibernation for the winter months**