



All comments are from things heard to be said or done (or not done). They are not personal and should be taken in jest

Lanseria Parkrun 12^h May 2018 (Compiled by BB in EM's absence)

10 of us participated. A chilly morning but it did not deter our intrepid Evergreen gang! Relatively speaking, a small number of participants with only 200 finishers. A challenging, but interesting rural course – around a farmland, between dams and a short distance along the Crocodile River. Two billy goats at the start/finish were there to see us off and welcome us back.

The terrain was decidedly uneven – as Charles discovered when he took a tumble and sustained some nasty injuries which resulted in a loss of blood and some pride. Remarkably this did not deter him from coming first in his age category.

Of interest is how many of us have achieved firsts in our age categories. As a group our Evergreen team is performing well above the average!

Lonehill

Kate participated at Lonehill because of a time constraint and came first in her age category (in a field of many more participants). Andre, a regular at Lonehill, completed his 59th event and achieved a new PB!

Parkrun Lanseria 12th May 2018

Position	Name	Time	Age Group	Age Category	Gender Pos	No. Runs	Comment
35	Basil	31:48:00	VM70-74	58.60%	27	38	New PB! First in the category VM70-75
41	Walter	32:45:00	VM65-69	53.23%	31	11	New PB! First in the category VM65-70
43	Charles	33:12:00	VM75-79	57.08%	32	10	First in the category VM75-79 despite fall!
100	Manfred	40:40:00	VM75-79	50.49%	72	49	New PB! Continues to push boundaries
137	Ron	46:19:00	VM75-79	41.63%	89	21	Working hard at shedding excess kg's
155	Bob	49:30:00	VM80-84	44.75%	100	28	Only walker in the category VM80-84
158	Gerd	49:37:00	VM75-79	38.19%	102	53	Consistent performance
159	Marlies	49:38:00	VW75-79	48.86%	57	8	First of only 2 walkers in category VW75-79
170	Norma	51:43:00	VW75-79	47.73%	63	111	111 runs and still going strong
171	Andrew	51:52:00	VM75-79	38.72%	108	31	Work cut out keeping pace with Norma
200	Finishers						

Parkrun Lonehill 12th May 2018

507	Kate	49:09:00	VW75-79	51.17%	232	28	First in the category VW75-79!
476	Andre	47:54:00	VM80-84	49.06%	267	59	First in the category VW80-85 and a New PB!
694	Finishers						