



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

LONEHILL PARKRUN REPORT AND RESULTS - 19TH MAY 1018

There were 3 highlights at the above Parkrun on Saturday. Unassuming Manfred, 4 months away from his 80th birthday, remains the 5th fastest Parkrunner of the team, did not tell us that he would be joining the ever growing list of members who have completed their 50th Parkrun, so we were unable to give him a big cheer at the start and congratulate him at the finish. Well done Manfred: it is a remarkable achievement. Keep it up.

Wally and Basil continued their competition at the front of the field with Wally beating Basil for the 1st time after narrowing the gap between them each week. Not bad for someone who has only done 12 Parkruns. In Basils' absence after the Parkrun, (was he sulking?) Wally said that he was not going to tell Basil not to go out so fast on the 1st lap and then run out of steam on the 2nd lap. The third highlight was achieved by Gerd, in his 54th Parkrun, who set a new PB for this venue of 48mins 23secs. Well done to both of you.

We welcomed Erika back from Cape Town for a brief visit. She was unable to renew her rivalry with another member and we wondered whether he had had advanced warning that "Erika was back in town" and feigned an injury. "Ha ha ha" said Erika when we mentioned this.

Kate, wearing her purple t-shirt again in preference to her "heavy" Team Evergreen t-shirt, did cover it up with a tracksuit top. She finished with Bob and Hennie, who forgot to bring his bar coded Parkrun card with him as Marion was not there to remind him. She is enjoying a holiday in New Zealand with her daughter and family.

Norma is employing dirty tactics to avoid Andy beating her. She walked the 1st lap with the family dog and then told Andy that he had to look after the dog so he could not do the 2nd lap and beat her. Leave the dog at home next time Andy and get your revenge.

At the finish Cynthia pointed out a long legged young lady who she said walked in front of them all the way at the same pace up and down the hills. Was this the reason why they did not improve their PB at this venue or was it Dennis' broken toe again?

Don't forget to put your names down on the list in the clubhouse on the side of the post boxes for this Saturday' Team Evergreen Group Parkrun at Lanseria.

I suggest that the Saturday after the above we go and do the new Parkrun at Athlone Park which opened a few months ago. Please advise if you are happy to do this.

LONEHILL

PARKRUN RESULTS - 19 May 2018

Pos	Name	Pos in field	Time	PB @ venue	Comments	No of P/runs
1	Wally Ross	137	31.58	31.58	Beat Basil for 1st time & set a new PB for this venue	12
2	Basil Bold	151	32.33	31.22	Did he start too fast?	39
3	Manfred Leitner	336	42.25	39.48	Completed his 50th Parkrun	50
4	Ernie Mutch	367	44.08	43.01	Returned after 3 weeks break due to bruised heel & holiday	54
5	Ericka Barton	410	45.57	53.54	Returned from CT for brief visit- Normal rival did not pitch	134
6	Andre Oosthuizen	441	48.22	57.54	Regular Lonehill Parkrunner completed his 60 th Parkrun	60
7	Gerd Pontow	442	48.23	48.23	New PB for this venue. Not his favourite venue	54
8	Kate van Rooyen	483	50.58	48.26	Far below her PB - did Bob hold her back?	29
9	Bob Haselum	485	51.05	44.4	Kept Kate company as he walked at a leisurely pace	29
10	Hennie du Preez	488	51.14	48.45	Left his bar coded Parkrun card at home	15
11	Norma Johnston	518	53.19	46.26	Dog given to Andy so he could not do the 2nd lap	112
12	Cynthia O'Connor	535	54.46	53.38	Followed a long legged young lady all the way	18
13	Dennis O'Connor	536	54.47	53.4	Was it this or his broken toe that PB was not Improved	18
Total finishers		589				

Andy Johnston had to dog sit the family dog after the 1st lap and could not do a 2nd lap

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

Attention all Team Evergreen members Future date to remember

26th May 18 – Team Evergreen Group Parkrun at Lanseria Farm

Basil described the course as “A challenging rural course around a farmland, between dams and a short distance along the Crocodile river over decidedly uneven terrain”
It is not as bad as he makes it out to be. Why not come & join us to see for yourself?
I and others enjoy this course as it is very open and you can see others ahead of you.

Please put your name down on the list in the clubhouse on the side of the post boxes **as early as possible** so that transport can be arranged. There are usually a small number of participants so parking will not be a problem. Need to leave old clubhouse by 7.15 on Saturday morning.

Don't forget to wear your Team Evergreen t-shirts & to bring your Parkrun cards with you.