



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

LANSERIA PARKRUN REPORT AND RESULTS – 26TH May 2018

Despite numerous reminders there was a very poor turn out from other Team members as only 3 joined us regulars: Keith & Sue and Lilo who decided to walk one lap and enjoy the country fresh air as none of her Walkie Talkie friends were there. What are the rest of you doing to “keep fit and remain evergreen?”

The ladies on Royston and my garmin/waze took us the wrong way and kept on telling us to do a u-turn and go back the wrong way again. Helen said that you should never listen to a woman. Anyway after a tour of the district we eventually found our way to Lanseria Country Estate. There were only 126 entries so parking was not a problem.

However there were some discrepancies in the times in the official results sent out:

Royston and Gerd finished with Helen but their times were almost 1 minute slower

Dennis’ time was 69secs faster than Cynthia, but they finished together

Sue’s time was 42secs faster than Keith even though they finished holding hands

I will write and inform the organisers about these errors.

We were joined by Cleo, Charles’ 13 year old grand daughter and Sean my son-in-law who both did very well. The exceptional performance of the day was from Cleo who finished in 27mins and was in the top 10 finishers. I can image her going to school on Monday and saying to her friends “I decided to go and do a Parkrun with my Granddad on Saturday to look after him as he had taken a tumble last time he did a Parkrun. But he was so slow so I decided to leave him behind and ended up beating him and all the other Evergreen team members as well: but they are all so old” Sean will say that he beat the “old man” but I will tell him that he is 31 years younger than me and remind him that he was beaten by 3 men aged 69, 74 and 75.

Basil regained his top position but had to set a new venue PB to beat Wally. It was good to see Charles back after all his injuries. Although well beaten by Cleo, he was only 35secs behind Wally while Manfred continued to “push the boundaries” as Basil puts it, and improved his PB at this venue by 15secs. I managed to improve my all time PB by a minute.

Erika returned to the 1st venue she ever did with the Team and improved her venue PB by over 2 minutes. The question is “Would she have beaten Ron?” Bob decided to do some running again at this venue, like he did when he beat Manfred by 40secs on his 1st visit here and failed by just 33secs to beat that time.

Andre decided not go to Lonehill as usual and joined us for this Group outing and it paid off. He set a new all time PB by nearly 1 and half minutes. Well done Andre – you should join us at other venues in future.

Helen took it easy as she was nursing pains in her shoulder (she must turn and put your full body weight behind her punch instead of only punching from the shoulder) and back, replacing her pain in the butt. When Royston finished he asked us where the beer was as there was a Brewery at the venue. I told him that we thought he had already stopped for a pint as it had taken him so long to finish. He did not appreciate that while Gerd just smiled.

Norma also set a new venue PB. However we wondered whether she had used unfair tactics again to prevent Andy from beating her. Andy thought that his back pack felt a bit heavy. On investigation he found a packet of rusks in it so he decided to slow down while he enjoyed eating them. Also setting new venue PB's were Dennis and Cynthia, as they do on a regular basis ever since they started doing Parkruns 19 Parkruns ago: broken toes and sore backs do not hinder them. We were glad to see regular Group outing attendees, Sue and Keith joining us once again even though Sue was also having problems with her back. These Evergreen ladies are real tough cookies and soldier on through the pain barriers.

LANSERIA PARKRUN RESULTS 26TH MAY 208

Pos	Name	Pos in field	Time	PB @ venue	Comments	No of P/runs
1	Cleo (Charles g/d)	10	27.00	27.00	Top 10 finisher at age of 13	1
2	Basil Bold	28	31.34	31.34	Beat Wally for new venue PB	40
3	Wally Ross	39	33.23	32.45	49secs behind Basil this time	13
4	Charles Carroll	41	33.58	33.12	46sec slower than all time PB	11
5	Sean Schulz	57	38.11	38.10	Ernie's son in law - New all time PB	8
6	Manfred Leitner	63	40.25	40.25	New venue PB	51
7	Ernie Mutch	66	40.57	40.57	New all time PB em4 - eb1	55
8	Erika Barton	72	44.00	44.00	New venue PB- 3mins behind Ernie	135
9	Bob Haselum	75	44.41	44.08	Took it seriously & ran some of way	30
10	Andre Oosthuizen	86	46.28	46.28	1st time at venue - new all time PB	61
11	Helen Knowles	103	48.31	48.31	Still struggling with a few pains	21
12	Royston Knowles	104	49.34	49.34	Time error - finished with Helen	21
13	Gerd Pontow	105	49.35	47.26	Time error - finished with Helen	55
14	Norma Johnston	108	50.32	50.32	New venue PB	113
15	Dennis O'Connor	115	53.20	53.20	New venue PB	21
16	Cynthia O'Connor	116	54.29	54.29	New venue PB Time s/be 53.20	21
17	Andy Johnston	117	54.30	51.26	Stopped to eat rusks on way??	32
18	Sue Coombe	118	55.08	55.08	1st time at venue - finished with Keith	9
19	Keith Coombe	119	55.51	55.51	Time error - finished with Sue	9
Total finishers		126				

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

Age group performances at Lanseria Parkrun only

Age group

80 – 84 - Bob holds the record in this age group of 44.08 to add to his long list of records

Andre is now 2nd in this age group with his time of 46.28

75 – 79 – Charles holds the record in this age group with his time of 33.12 which is also his PB

70 – 74 – Erika is 4th in this age group for ladies with her time of 44.00

Next Saturday – **Evergreen regulars** - I made a mistake when I suggested we do the Athlone Park Parkrun. I should have said Atholl Park Parkrun which takes place at Winston Ridge Park in Atholl. The course is one lap out and back mainly on trail paths. They advise that we must look out for, among other things, cyclists, pedestrians, wild life and park animals.

Directions – Take exit 22 off the M1 to Corlett Drive keeping in the right lane onto Corlett Drive. Turn right onto Cross Street and continue onto Park Road. Parking is available in the BluBird Shopping Centre.

I'm willing to go there to try out this new venue, are you? If so I suggest we leave the old clubhouse at the latest by 7.10 as the newsletter said it was in the busiest part of the Northern Suburbs.

Should you prefer an alternative venue, please let me know as early as possible so that we can reach consensus by Wednesday evening. (Gerd we will do Woodlands on the 24th June as a Group outing)

Other observations and comments welcome

TEAM EVERGREEN MEMBERS & OTHERS WHO WOULD LIKE TO JOIN US **IMPORTANT FUTURE DATE TO REMEMBER**

24 Jun 2018 – Woodlands Parkrun – This is a change in Venue so please alter your diaries.

The course is all on paved surfaces in and around a very shaded office complex and then down into the park where you will see some wild life. I ask as many of you as possible to come along and join us as we would like to see a big turnout.

Contact me at Unit 80, ext 180 if you would like more details

Remember to “keep fit and remain evergreen”

Ernie