



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

## **WATERFALL PARKRUN REPORT AND RESULTS – 9<sup>TH</sup> June 2018**

The Waze's lady, who we shall call "Wonder" in future as we wonder which way she is taking us, once again took us on a tour of the subsidiary roads around the Mall of Africa before announcing that we had arrived at our destination, and there wasn't a Parkrunner in sight. We drove around aimlessly and eventually parked in the under cover parking. As we walked out a car stopped and told us to walk back and turn left up a hill to the start. About 600 meters later up the hill we eventually saw some Parkrunners.

This is a new venue where the course had only been constructed 6 weeks ago. It was all on graded surfaces, which were fairly good and meandered down many a hill (to Manfred's delight) before turning back up a slightly long uphill. Hennie spoke to the Race Director after the race and she told him that this was going to be a permanent venue at the Mall of Africa with grasslands planted all around it. A children's jungle gym was going to be erected in one area and there was going to be a place where markets could be held. Sounds good and I suggest that we go back there in about 6 months time to see how it has been developed.

There were 501 starters who set off on an extremely long downhill and continued down many other hills. I kept saying to myself that I hoped there was not another down hill as what goes down must eventually go up. Basil once again went out too fast (when will he ever learn) only for Wally to come whizzing past him again to beat him by about 2 minutes: in Basil's words "He came past me like a whirlwind" Now that "Whirlwind Wally" has learnt how to run Parkruns instead of long distances, his true potential is starting to show.

Charles returned from relaxing (training) holiday in the berg and failed by just 4 seconds to do an all time best while Manfred happily jogged down all the hills to maintain his dominance over me. Watching the Comrades on Sunday reminded me that I used to be able to jog for a long way, which I am going to have to learn to do again if I want to catch Manfred. It also made me think that maybe I should do Comrades again. However at my age, and like most of us, when I woke up on Monday morning that thought had been completely forgotten.

Hennie unwittingly left Kate behind at the start and walked with Marlies and Bob and did very well setting a new all time PB without even trying. Did Marlies help him to do this as she became the 1<sup>st</sup> woman in her age group at this new venue? Bob continued to "walk in" his new running shoes.

Kate just failed to go under 50 minutes and blamed it on a sore back she picked up after our last Parkrun. Was it caused by that little sprint she did at the finish to beat Hennie?  
Consolation prize: she is now the 3rd woman in her age group at this venue.

Dennis and Cynthia continue to set all time PB's and smashed their previous PB's by about 10 seconds. Well done again you two. The 50 minute barrier is just around the corner. Andy took Norma and VB, their dog, to the wrong venue. As soon as they realised this, they doubled back

and were able to do the Lonehill Parkrun starting a few minutes late. As you can imagine, Andy was in the dog box and probably had to walk with VB.

## 6<sup>th</sup> Waterfall PARKRUN RESULTS

Pos	Name	Pos in field	Time	Comments	No of P/runs
1	Wally Ross	85	30.28	New all time PB by 28secs	15
2	Basil Bold	109	32.35	Slow time especially with all the down hills	42
3	Charles Carroll	119	33.16	Missed all time PB by just 4secs	12
4	Manfred Leitner	236	0.18	Enjoyed jogging down all the hills	53
5	Ernie Mutch	245	40.57	Equalled all time PB set at Lanseria	57
6	Hennie du Preez	335	48.16	Did Marlies help him to set a new all time PB	17
7	Marlies Bold	336	48.17	1st woman in her age group at this venue	10
8	Bob Haselum	337	48.18	Only man in his age group to finish this course	32
9	Kate van Rooyen	372	50.42	Struggled with a sore back and leg	31
10	Cynthia O'Connor	395	52.06	Again set new all time PB	21
11	Dennis O'Connor	396	52.06	Again set new all time PB	21
<b>Total finishers</b>		<b>501</b>			

Some members went to the wrong venue but were able to back track and do the Lonehill Parkrun.

### Lonehill Parkrun results

Andre Oosthuizen	388	48.10	Returned to Lonehill to walk with friends	63
Norma Johnston	442	52.45	1 <sup>st</sup> lady home in her age group 75 - 79	115
Andy Johnston	520	59.33	Started late after going to wrong venue	34
<b>Total finishers</b>	<b>554</b>			

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

### Best performances in age groups at this venue

Name	Age group	Time	Position in age group
Basil Bold	70-74	32.35	2nd male in this age group
Charles Carroll	75-79	33.16	1st male in this age group
Marlies Bold	75-79	48.18	1st woman in this age group
Kate van Rooyen	75-79	50.42	3rd woman in this age group
Bob Haselum	80-84	48.18	Only male over 80 to have done this Parkrun

**Performance of the weekend** was definitely from **Dave Nesbitt** who was the 1<sup>st</sup> Team Evergreen member to finish the Ultimate Human Challenge this year: completing 18 consecutive Parkruns in one day in 11 hours 34 minutes. Congratulations David on earning your 1<sup>st</sup> Comrades medal at the young age of 65. You can now cross this off your bucket list, unless you are going to attempt an Up run next year. We are all very proud of you, especially me as I was the one who persuaded (some will say nagged) you to join us for a 5km Fun Walk about 2 years ago. It is amazing what you can do if you  
**“keep fit and remain evergreen”**

## Dave asked me to thank everyone for their messages of encouragement and support

### **Dave - comments sent through on What's app**

**Norma** – Dave's time was 11hrs 34mins 19secs

**Kate** – Fantastic!! Just watched the end so sad for those who missed the 12 hour cu off

**Helen** – Thrilled for him. I've been watching in the hope of seeing Dave come in. Shame very sad for those who did not finish in 12 hours

**Hennie** – Well done Dave, very proud of you! And you as well Peta, I'm sure without your support and encouragement Dave would not have done anything nearly as well!!

## **COMRADES HALL OF FAME**

<b>Name</b>	<b>No. done</b>	<b>Best time</b>	<b>Age</b>	<b>Category</b>
Wally Ross	12	7.19	36	Senior
Dennis O'Connor	8	9.36	36	Senior
Bob Haselum	6	7.11	49	Veteran
Ernie Mutch	3	9.00	39	Senior
Jacque Messerschmidt	2	10.45	41	Veteran
Ron Mackie	2	10.57	47	Veteran
Dave Nesbitt	1	11.34	65	Grand Master

Please let me know if anyone else has completed the Comrades and, if so, send me the above details so I can update my records.

**This Saturday's Venue** – I asked– **Kate** – probably not walking: sore back  
**Hennie** – does not mind where we go. **Bob** – can't remember where we have been  
**Wally** – may as well do Lonehill. **Ron** – hates Lonehill with uneven surface. **Manfred & Basil** like Bryanston however Hennie does not. **Gerd** – doing his favourite venue on 23<sup>rd</sup> June.

I would like to do Modderfontein again so **this week we are going to Ernest Ullman**.

**Please let me know by Wednesday night if you are coming so that transport can be arranged.**

**Remember the Group Parkrun on Saturday 23<sup>rd</sup> June at Woodlands**

Ernie – Team leader