



**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.**

### **Group Parkrun report held at WOODLANDS – 23<sup>RD</sup> JUNE 2018**

**Happy Birthday Norma:** and she blushed as she stood there in her “Black 100 Parkrun” T-shirt when everyone at the start sung Happy Birthday to her. This must have inspired her as she decided to latch onto Helen and Gerd as pace makers for most of the way and finished in a very good time of 46.55, 7 minutes faster than her last two Parkruns at Lonehill. Well done Norma. It shows that there is still plenty of gas left in your fuel tank. I think Helen enjoyed you being with them to talk to as you talk just as much as she does whereas I think Gerd just listens and nods his head as he tries to keep up with her. It must have been a battle for both of you to get a word in edgeways. You must have sensed that you were going to do a good time as you broke away from them to beat them by about 30secs to the finish.

It was good to see Henry & Hennie D plus Judy joining us together with monthly regulars, Helen & Royston & Keith & Sue. The rest of the residents are sick, lame or lazy or preferred the comfort of their warm beds. However Judy is not used to doing Parkruns and when she finished she handed in her Spar card instead of her bar coded card hoping to get a discount on her time. She should know by now that you do not get discount on the weekends. I had to guess her finishing time by choosing one of the “Unknowns” who finished ahead of Bob and Royston. Bob told us that he used to work in that office complex and we wondered whether he took Royston to see his old office as they finished so far behind.

I went one better than Judy: after reminding everyone to bring their bar coded cards I left mine & my watch at home. However I knew I finished in 272nd position, just failing to pass 271. I saw Manfred clocking in ahead of me with about 10 people behind him. So my time would have been about 40.25, which is an all time PB for me. I was expecting to do a good time as I did a lot of jogging down the many hills & did not take too much strain up that dreaded long uphill to the finish. When I came through the gate from the park, a Marshall said “Come on Evergreen. Your mates are ahead of you” I said “Thank you for that inspiring information” My time was 9 minutes faster than the bad run I had here last time when Erika beat me for the 1<sup>st</sup> & only time.

Although 9 out of the 19 Team members set new venue PB's, some just failed to beat their all time PB on this difficult course. Wally was 24secs slower, Manfred 40secs slower and Kate only 7secs slower – she should have started that finishing sprint of hers to beat Hennie a bit earlier. However Hennie just missed his all time PB by only 9secs.

Is old age catching up with Basil? It is the second week in a row that he has been about 2mins slower than his venue PB. Maybe he has resigned himself to the fact that Wally has taken over as No1: that is until, or if, Dave returns at the end of June. Dave is sulking at the moment as he completed 18 Parkruns in a row on the 10<sup>th</sup> of June but the Parkrun organisers will not let him add these to his total of Parkruns completed as he never did them at a recognised venue.

Although Charles took a bit of a tumble, he still managed to do a venue PB. When is he going to learn that if he has a drink before the race, he must put more water in it? Wally said afterwards that Charles must learn how to run up the hills as he is losing time there. Charles has never done that before as there are no hills on the squash court. Dennis and Cynthia continued to set new venue PB's every time they go back to a venue.

Henry has also not done a Parkrun for a while and could not believe that a lot of us were now jogging down the hill at the start so he jogged with me down the 1<sup>st</sup> hill. However he said that he had not jogged for some time and it took its toll on him at the 3km mark where he felt completely flat but continued on to finish in a very creditable time of 43.41. It was only when we drove out the gate that I realised we had not seen Hennie D finish and I felt terrible, like the Captain of a sinking ship abandoning the ship before all the passengers. I caught up with them at the Mall later that day and apologised for doing that. I asked Hennie D how she did. She said that she had enjoyed it and it was one of the better courses. She stopped in the park to watch the wild deer and other animals. Henry and I both said "What wild deer and animals?"

### **LONEHILL PARKRUN 23<sup>rd</sup> JUNE 2018**

Andy and VB decided to go and do Lonehill as dogs were not allowed at Woodlands because of all the wild deer and other animals. (What wild deer and animals?) He let VB set the pace as he did not have to try and beat Norma. After Andre's scare last week, he followed the doctor's orders and took a stroll in the park this Saturday.

He told me he went out very hard at the start the previous week in an attempt to set a new PB. But after only 200 meters he was out of breath and veering off to the right knocking into other people and could not stop himself from doing it. Eventually a nice lady took him by the arm and sat him down on a park bench and called the medics. She did various tests on him for about 5 minutes and allowed him to continue, provided he promised to take it easy and go and see his doctor as soon as possible. As mentioned last week, Andy was also there to help him. He was very impressed with the Medic as she stationed herself at various positions along the course to check that he was doing OK until he finished. He did go and see his doctor who did 12 different tests on him and he is still waiting for the results of 3 of them. As was to be expected, his daughter, who finished her 1<sup>st</sup> Comrades on the 10<sup>th</sup> of June, gave him a thousand words for trying to set a new PB every week. Andre, if you want to set a new PB you must start doing a bit of gentle trotting down some of the hills as a lot of us are now doing.

### **TEAM EVERGREEN REGULARS**

Is a group of us who try and do a Parkrun every Saturday whenever possible. We have a "What's App" to communicate with each other every week to find out who will be doing that week's Parkrun as not everyone can make it every Saturday. All welcome to join us. If you would like to do more than one event a month & want to be included in our Regular Group, please contact Norma on ext 1111 or email [normandy@vodamail.co.za](mailto:normandy@vodamail.co.za), give her your cell phone number and she will add you to the list

I asked Charles where he would like to go this week and he said "I would like to go to Brianston" which was seconded by Basil. I also asked Norma which was her favourite venue and she said Lonehill. So **Bryanston it is this week.** Parking is a bit of a problem as there is a large turnout every week but if we leave by 7.15 on Saturday we should be OK.

**WOODLANDS****PARKRUN RESULTS 23RD JUNE 2018**

<u>Pos</u>	<u>Name</u>	<u>Pos in field</u>	<u>Time</u>	<u>PB @ venue</u>	<u>Comments</u>	<u>No of P/runs</u>
1	Wally Ross	107	30.50	30.50	New venue PB leaving "old man" behind	17
2	Basil Bold	146	33.24	31.18	Is old age beginning to set in?	44
3	Charles Carroll	175	34.59	34.59	New venue PB even though took a tumble	14
4	Manfred Leitner	260	40.11	40.11	Only 14secs ahead of Ernie this time	55
5	Ernie Mutch	272	40.25	40.25	No bar code card.- Est. time for new PB	59
6	Henry Dobrowolski	316	43.41	43.41	First time at this venue	5
7	Norma Johnston	356	46.55	46.55	New venue PB on her Birthday	117
8	Helen Knowles	368	47.31	46.01	Helped Gerd to new venue PB	22
9	Gerd Pontow	370	47.33	47.33	Just listened to Helen. Did not talk	57
10	Kate van Rooyen	373	47.50	47.50	Sprinted at finish to beat Hennie again	32
11	Hennie du Preez	374	47.51	47.42	Missed all time PB by just 9secs	18
18	Judy Powell	419	52.35	52.35	First time at this venue	?
12	Bob Haselum	428	53.10	46.48	Previous venue PB put him 2nd in age group	34
13	Royston Knowles	429	53.11	46.21	Decided to walk with Bob	22
14	Cynthia O'Connor	433	53.17	53.17	You can't stop them - another Venue PB	23
15	Dennis O'Connor	434	53.18	53.18	You can't stop them - another Venue PB	23
16	Sue Coombe	458	56.17	55.04	Suffering from back ache as is Keith	10
17	Keith Coombe	459	56.19	52.43	What are they doing wrong?	10
19	Henni Dobrowolski	497	61.20	61.20	First time at this venue	?

<b>Total finishers</b>	<b>518</b>
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**LONEHILL****PARKRUN RESULTS 23RD JUNE 2018**

Andy Johnston & VB	504	54.10	48.44	Let VB set the pace	36
Andre Oosthuizen	519	55.45	47.12	Took it easy on Doctor's orders	65

<b>Total finishers</b>	<b>563</b>
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Number of Parkruns shown above is since members registered as Parkrunners.

Some may have done more than shown but were not previously registered. The same applies to the PB's mentioned above. You may have done a faster time but were not registered.

**DATES FOR ALL RESIDENTS TO DIARISE AND REMEMBER****28<sup>th</sup> July – Otter Estates 5km Fun Run**

Starts on Saturday afternoon at 2.30pm.

We have been doing this very enjoyable and well organised event since 2014. Last year there were 29 of us plus 4 family members. There are lots of Lucky Dip prizes given out afterwards. I have been unlucky with the prizes I have won – A hot air balloon trip for 4 people. 2 weeks later the hot air balloon was blown away. A free Bungee jump, which is definitely not on my bucket list

I encourage as many of you as possible to come along and enjoy the fresh air, meeting other people and have fun. (Most of us walk this Fun Run with a many other people and do not race it) Come on bowlers, have a break for one Saturday and also come along and join us.

## 6<sup>th</sup> October – Evergreen Village Fun Walk

Starts at 5.00pm on Saturday afternoon.

We must beat our previous record of 80 walkers and 20 supporters and helpers.

### COMRADES HALL OF FAME

I am still waiting for others to try and remember whether they have completed Comrades. If so please send me details of how many you have completed your best time and your age when you did your best time. I asked big Tom if he could remember whether he had complete Comrades. He said the only thing he can remember is his dog joke. Jenny said that when she met the gentle giant he was as thin as a rake. She said that he had done 2 and possibly a 3<sup>rd</sup> and was going to try and find the details and come back to me.

I may be wrong but the only other person I think may have completed Comrades is Dave Bromfield. His daughter completed Comrades this year. When I mentioned it at a social evening so, Kiloran said no way as Dave used to be very large before he moved to Evergreen.

I hope that she was wrong Dave. Please let ne know.

### TWO OCEANS HALL OF FAME

I have been asked to do this as well. Please will everyone who has completed this race let me know how many you have done, your best time and your age when you did your best time. Bob still holds the record he set 22 years ago for the 1<sup>st</sup> Grand Master to finish. His time was 3 hours and 58 minutes, less than one hour behind the winner tat year. Wally, who has completed many 2 Oceans, said that he wanted to do it again next year. Is he going to try and beat Bob's long standing record?

When I asked Derek and Arthur to let me know whether they had completed either the Comrades or 2 Oceans, Derek gave me his details for one of each that he had completed.

Arthur sent me the following email

*Hi Ernie*

*I have not run the Comrades or the Two Oceans but I did complete the Oyster Run and have the T shirt. It was Cape Town to Hermanus where we stopped for lunch and then back to Cape Town. I don't know what my time was but it was fast! My record was 36 oysters, 12 for starters, a dozen for lunch and 12 for sweets, washed down with a few glasses of Chardonnay. I was even quicker on the way back!*

*Suppose I should mention that it was done on a Yamaha Road Warrior 1800cc. Back of the T shirt reads ... The Oyster Run, hot rubber and loose torque!*

*It was a run to remember.*

*Regards*

*Arthur*

Please let me know if you would like any further details about any of the above

Remember to **“keep fit and remain evergreen”**

**Ernie – Chief Organiser and Persuader**

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