



**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.**

The Otter Estates 5km Fun Run/Walk - Saturday 28 July 2018

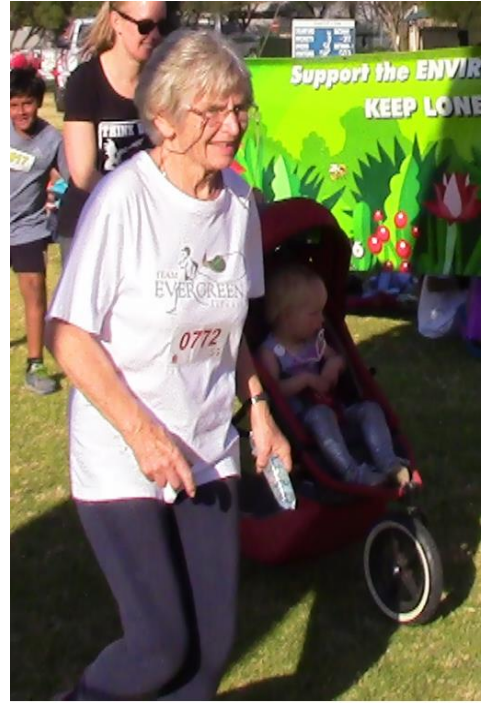
With 9 Team Evergreen members being away or just having returned from holiday, 9 members who are injured or sick and a further 9 who had other commitments it left just 24 of us registering for the above event. However 2 members withdrew on Saturday morning due to not feeling well. Thank you to everyone who took part.



Team Evergreen gathered for a team photo before the race

A very large crowd started the event along a course which had changed from last year as they included that dreaded long up hill again at about the 3.5 km mark. It was a well organised and enjoyable event with finishers receiving medals and goodie bags and lucky dip prizes afterwards. Andy was the first person over 70 to respond to collect a prize - a 6 pack of beers. We wondered how he was able to react so quickly after the walk. He confessed that he and VB (their dog) had taken a short cut.

We thank Hennie D for “volunteering” to take photos of members finishing. However Charles finished so fast that she missed taking his photo. I asked Charles afterwards if he knew what his finishing time was. He said he never checked as this was a Fun Run with no PB’s to beat. He did say that he finished a long way ahead of Henry (?) who finished next. Henry did know his finishing time & I was able to calculate everyone’s finishing time from the photos, for interest sake only. Well done Charles for being the 1st team member to finish.



Henry 2nd in time of 44.14 Ron finished in time of 44.54 followed by Norma. Time 49.06

As you can see from the photo, Ron was looking very pleased with himself as he was the 3rd team member home AND he beat Norma by a good 4 minutes despite, by his own admission, carrying top weight as they say in the horse racing world. Norma was the 4th team member.

You are probably wondering what happened to Wally. He decided to go and do the Waterfall Parkrun in the morning and set a new PB of 29.49. He took it easy finishing with Helen, Dave, Philippe and Royston. This was Dave’s first outing since Comrades and having cataracts removed from both eyes. Good to see you back Dave.



Wally, Helen, Dave, Philippe and Royston

I asked Helen on Wednesday night how all her aches and pains were and she said, with a big smile “Gone!” Royston added “But she is still a pain in the butt” Was that a nice thing to say?

Dennis and Cynthia came strolling in 20secs behind Wally & Co while Andre, making another guest appearance, was in a happy mood as he followed them home



Cynthia & Dennis finished in 52.14



Andre in 53.32

Linda brought 5 of her family along to keep her company and carry her home if her back gave her too much grief again. I don't know what happened to Penny as I saw her walking ahead of us with Linda. Hopefully her little pinkie toe did not worry her and she was able to finish. Lilo decided to stride it out by herself (I don't believe that she did not talk to anyone for 51mins 36secs)



Linda, with family to back her up, finished in a time of 56.16



Lilo in time of 56.36

Rebecca, Sean (my son-in-law), young Samuel (4 years old) and I overtook Lilo 4 times, but had to stop to stand the traffic cones upright again after being knocked over by the kids who were now both sitting in the pram. Becca was supposed to walk/run and beat grand dad but realised it was a lot easier sitting behind young Samuel in the pram while Dad pushed them. However Sean made them both get out and walk halfway up that dreaded hill. Becca decided to try and push the pram home putting many lives in danger.

My troublesome knee appeared to be Ok when we started but it talked to me after the walk and shouted at me later that night. Not good news.



Becca not interested in beating Grand dad, but look who is beating Sean. Time 57.45

Granny (H) got left behind at the start as she fiddled around with the pram until Sean took over. She had not walked for a month and a half due to the severe bout of bronchitis she had so she took it easy. I stopped to remove a stone from my shoe and when she came past I told her that Val was just ahead of her and she should walk with her to ensure that she did not take a short cut again, like she did the first time we did this walk in 2013. Actually Val was also making a come back after suffering from bronchitis for a long period and then dislocating her elbow. Was it her drinking arm? Welcome back Val. She and H finished in 60.54

It was good to see Robin and Maureen wearing their Team Evergreen t-shirts again. They used to live in the area and said they knew the streets around there like the back of their hands. I think they forgot about the short cuts they could have taken. Very Proud of you Maureen as you battled your way to the finish despite having a sore foot, hip, backto finish in 62.18

Everyone was very concerned that Manfred, Margaret and their dog had not yet finished, especially Lilo as I had to remind her that they gave her a lift. H thought that maybe they had taken a wrong turn, as Manfred has done before in Parkruns. However they eventually arrived and Andy said they probably got a bigger cheer than the winners. It turns out that Manfred went and did the Bryanston Parkrun in the morning and finished in a time of 40.26. I am sure that doing two 5km run/walks in one day took its toll on him and he held Margaret back from doing a better time than 63.44. It was good to see Margaret earning her bragging rights to wear our Team Evergreen t-shirt after completing her 1st 5km race. Welcome to the Team Margaret



Heather (H) and Val



Maureen and Robin



Margret, Manfred and their dog



After the race the Tem members still looked fresh and full of energy, including the dogs.

Thanks again Hennie Dobwolski

Everyone who did the Race said that they had enjoyed it. Hopefully we will have a bigger entry from the Team next year.

Please note Group events coming up

25th August – we will be inviting the Group to join us Regulars to do the Waterfall Parkrun, a new venue at the Mall of Africa, which is about 8kms away. The course is all on graded surfaces and is 3km of downhill and a gentle climb of 2km back to the finish. The developers are going to improve the area around the Parkrun by grassing it and putting in a Jungle Gym play area for the kids. The other open areas will be where they are going to have regular flea markets etc. You can do the Parkrun and then go shopping at the Mall of Africa afterwards if you have any energy left.

September is the Melrose Arch 5km “**Walking on Sunshine Spring Walk**” sponsored by Amdec on a Saturday. No dates are available as yet. I will let you know as soon as I have further info. Again it is a Fun Walk so there is no need to race to try and better your PB’s. Please come along in your Team Evergreen t-shirts which Amdec kindly sponsored for us. It is another well organised event. As we walk through the park there is an African band playing a variety of instruments and they also entertain the crowd at the end. In previous years we received a “Waling on Sunshine Spring Walk” t-shirts and a goodie bag for our entry fee. There are lots of places to eat after the race if you want to stay for a meal.

13th October is the Evergreen Residents Fun Walk. Please **note correction to date** and alter your diaries to avoid double dating. It starts at 5 pm on Saturday afternoon so you can still have your afternoon 40 winks beforehand. There are 4 different distances to choose to walk from the 700 meter dash to 5.4kms. It is a lot warmer these days so dig out your takkies and training gear and start training. See if you can walk further than you did last year. That is if the smell of the boere cooking and a free beverage afterwards does not tempt you to stop walking before going the distance you set for yourselves. No one will be checking how far you walked, or don’t walk as it is a Fun Walk. Come along and do it again this year and if you have not done it before come and join us. You will enjoy the comradie during the Walk, having had champagne and orange juice (?) beforehand. Afterwards you can stay and enjoy any champagne that may still be available and have the chance to meet other residents you may not have met before. You can also bring your own and stat longer if you wish. We need to break our record of 80 walkers and 20 helpers & spectators this time.

Remember to “**keep fit and remain evergreen**” or be nagged by me to do so.

Ernie

If you want more details about any of the above, please contact me at Unit 80 or on Ext 180