



**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.**

### **Gilloolys Parkrun Report - 22 September 2018**

Once again we had a poor turnout from the rest of the team with only 2 non Regulars joining 11 Regulars and what a day it was for new all time and venue PB's. Norma was doing this venue for the 1<sup>st</sup> time and only 3 of the rest of us failed to set new PB's. I know some of the Team are still carrying injuries and others are sick, but the rest of you are either still in hibernation, have lost interest or are saving yourselves for the RESIDENTS FUN WALK around the village on Saturday 13<sup>th</sup> October starting at 5pm – after your afternoon kip.

Dave, also doing his 1<sup>st</sup> Parkrun at this venue, scorched around the course to set a new all time PB and widen the gap between him and the rest of us. He said he was enjoying doing the Parkruns again: they were a bit shorter than the Comrades. Wally set a new venue PB but Dave had to wait for 3mins 11secs for him at the finish. Charles and Manfred also set new venue PB's. Manfred is now 3<sup>rd</sup> in his new age group at this venue. Graham, one of the non regulars, doing this Parkrun for the 1<sup>st</sup> time improved his all time PB in the 5 Parkrun he has done to date.

I did very little jogging in the first part of the race as I warmed up my knees. With about 1.5kms to go I saw a gent about 200 meters ahead of me wearing a green cap and baize shorts and wondered if it could be Graham. It was and as I caught up to him I said "Come on Graham" and he responded by promptly jogging away from me and finishing 7seconds ahead of me. Next time I will have to try and sneak past him. When I told the guys waiting at the finish what Graham had done, Wally said that Bob was catching up to me and if the course had been 100 meters longer he would have passed me. Bob said he would not have passed me as it would have embarrassed me. I told him that I was a big boy now and had been embarrassed many times before. Most embarrassing was when Erika beat me by about 3mins when I had a really bad day at Woodmead and then had to check to ask me where I had stopped for tea. That is the only time she has beaten me and finished a distant 4mins behind me today.

She did however beat Ron (again) and we wondered if he was suffering from Erikatitus. Gerd accompanied Ron and took nearly 2mins off his venue PB. Erika said that they were the only 2 gentlemen present today as they had let her finish ahead of them. (Was she trying to soften the blow for Ron?) Kate walked with Norma all the way and then put in her now traditional 10 meter sprint at the end to beat Norma and set a new venue PB. Trevor was the other non regular to join us. He has taken a new interest in walking since he returned from a 6 week holiday in Houston Texas. He shaved 4mns 45secs off his all time PB in this his 3rd Parkrun. I think he may be inspired to become a regular and join us more often in future.

Gilloolys		PARKRUN RESULTS 22 September 2018					
Pos	Name	Pos in field	Time	PB @ venue	Comments	No of P/runs	
1	<b>Dave Nesbitt</b>	<b>61</b>	<b>25.52</b>	<b>25.52</b>	<b>New all time PB by 28secs</b>	<b>62</b>	
2	<b>Wally Ross</b>	<b>130</b>	<b>29.03</b>	<b>29.03</b>	<b>New venue PB by 1min 6secs</b>	28	
3	<b>Charles Carroll</b>	<b>232</b>	<b>32.59</b>	<b>32.59</b>	<b>New venue PB by 1min 27secs</b>	22	
4	<b>Manfred Leitner</b>	<b>399</b>	<b>39.47</b>	<b>39.47</b>	<b>New venue PB by 56secs</b>	<b>68</b>	
5	<b>Graham Brickett</b>	<b>459</b>	<b>42.01</b>	<b>42.01</b>	<b>New all time PB by 3mins 2secs</b>	5	
6	Ernie Mutch	463	42.08	39.47	Just could not catch Graham	<b>64</b>	
7	<b>Bob Haselum</b>	<b>465</b>	<b>42.11</b>	<b>42.11</b>	<b>New all time PB by 1min 27secs</b>	43	
8	Erika Barton	567	46.13	45.09	Missed venue B by 1min 4secs	<b>144</b>	
9	Ron Mackie	639	48.10	46.48	Beaten by Erika again - did beat Norma & Kate	31	
10	<b>Gerd Pontow</b>	<b>642</b>	<b>48.14</b>	<b>48.14</b>	<b>New venue PB by 1min 56secs</b>	<b>64</b>	
11	<b>Kate van Rooyen</b>	<b>689</b>	<b>49.59</b>	<b>49.59</b>	<b>New venue PB by 12secs</b>	39	
12	Norma Johnston	690	50.01	50.01	1st time at this venue	<b>125</b>	
13	<b>Trevor Morgan</b>	<b>818</b>	<b>53.49</b>	<b>53.49</b>	<b>New all time PB by 4mins 45secs</b>	3	
<b>Total finishers</b>		<b>991</b>					

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 PB's shown above. Some may have done quicker times but were not registered

LONEHILL		PARKRUN RESULTS 22 September 2018					
	Andre Oosthuizen	421	49.23	47.12	Becoming a permanent resident at Lonehill	<b>78</b>	
	Andy Johnston	571	60.09	48.44	Much slower than PB - did VB hold him back again	40	
<b>Total finishers</b>		<b>611</b>					

**13 October – RESIDENT’S FUN WALK** around the village that you have all been training so hard for. (Bromfield’s you promised to do this walk so please do not go off jolling in you new electric car) Please will all of you reserve the date and avoid double date. Come and enjoy being out in the cool evening air, tainted only by the smell of the boere cooking for you to enjoy with Hennie’s famous pap and sous afterwards. If you feel that you will not be fit enough to do any walking why not come down to be a helper or just to watch the activities. BYO and stay afterwards to socialize with other residents you may not have had the pleasure of meeting before  
Full details will be sent out shortly. Look forward to seeing you there.

### March 2018 Resident’s Fun Walk



Checking registration



Trevor leads the way



Preparing to braai the boere