



If you said it or did it you may regret it
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.

REPORT ON LONEHILL AND OTHER PARKRUNS – 21 DECEMBER 2018

EB had returned to the Cape to be with their family for the festive season, Kate and Norma were away on holiday, H withdrew at the last moment and Val was not going to walk so there was no chance of a women beating him. I even persuaded his Kiwi mate to come and join us. I chose Lonehill, his preferred venue, as the last organised Parkrun of the year so that the Team could go and walk with him. However the man decided to go and do Bryanston instead?? What is wrong with Ron? Does he not want to walk with the Team or did he want to do Bryanston, a flat and suspected short course, to try and improve his time? Please tell us Ron.

Besides persuading Kiwi Dave P, Judy and Zoe to join us, I also persuaded Henry to come along. Henning a new resident in Unit 122 phoned and asked if he could also join us. He said that he was not sure whether he could do 5kms but was willing to try and I was able to give him a Team Evergreen t-shirt. He arrived at the clubhouse looking very smart wearing his Team Evergreen t-shirt and very colourful shorts. If there had been a competition for the most colourful shorts he would have beaten everyone, including the and ladies. However if there had been a competition for the best looking legs, many ladies would have beaten him. Well done Henning, we need a bit of colour in our Team. I am sure that you were pleasantly surprised with your unofficial finishing time of 54.25. (I forgot to tell him to register as a Parkrunner)

And the BIG NEWS is that I set a new venue PB which has eventually beaten H's all time PB which she set at this venue of 42.33 on the 10th January 2015 when I was marshalling after my first stent op. I also finished 2nd in my age group 70-74 but was beaten by Peter Rolland who finished 10th in a time of 24.11?? I think they should ask him to bring his ID to the next Parkrun. His time was even better than Basil's, who was 1st in his age group 75 - 79, in the absence of the other Hillbillies.

I only send Henry an email late on Friday afternoon about the Lonehill Parkrun and advised that we had a lift for him if he did join us. He was so keen to join us that he arrived at the clubhouse on his scooter at about 7.00. (We were only going to leave at 7.30) At the start he said that he was going to give Basil a fright and sprint past him. I said that he would have to be very fast to do so. Guess who was right? Afterwards he told us that this was the 1st time that he had done so much running yet his time was slower than he did when he walked all the way. Unfortunately he was not a registered Parkrunner when he did those times so they do not count.

Gerd did very well in the heat and set a new venue PB by 10secs. However it was a lot slower than his all time PB of 43.50 set at the short course (?) at Bryanston, where a lot of us set our all time PB's. See details on "All time Personal Best times" below

Little Zoe was really intimidated by all the bigger dogs at the start. However she was so happy to be out in the fresh air that when the race started she dragged Judy all over the Park sniffing at every tree and bush she could find. She and Judy were so exhausted after the 1st lap that they could not do a 2nd lap. Dave P, who had only just recovered from an illness caused mainly by dehydration (Dave P? impossible!!) and had not done a Parkrun for some time as he is a star bowler, did very well in his unfit state finishing just over 2mins slower than his all time PB of 45.05 set at Delta Park on the 18th of March 2017.

Trevor, once again inspired by listening to Zulu songs along the way, also set a new venue PB and was only 40secs slower than his all time PB. Cynthia, although still battling with her back, joined us and Dennis took advantage of this and rushed ahead of her at the finish to beat her by 4secs. Arthur also brought along a pet: no I don't mean Ness. They were dog sitting a very big dog for their son. I think that he battled to hold the dog back and this affected his time.

I thank all of you and your pets for joining the Team at Lonehill, even though Ron was not there, and hope to see you again some times in the New Year at our monthly outings. Remember you have to "keep fit and remain evergreen"

Norma and Andy were on holiday at Plettenburg Bay where she slipped while doing a hike and broke her wrist. However being the determined little lady that she is, it did not stop her from doing the Harkenville Parkrun a day after her operation. She said that she looked a sight with her arm in a sling and walking with a stick, but she managed to add another Parkrun to her impressive record even though it was her Personal Worst. I was glad to see that Andy had completed his wall at last and was able to join her on holiday and also added another Parkrun to his total.

Kate was down in Durbs and managed to weave her way through 1517 finishers to finish in 1182 position. However she was suffering with a cold that had moved to her chest.

Bob missed his 3rd Parkrun in a row due to illness and we missed him. We wish you a speedy recovery Bob. Enjoy the rest and come back fighting fit in the New Year.

Stats - Parkruns

Attached is a schedule showing all time PB's set by Team members at Parkruns in and around Johannesburg since members registered as Parkrunners. Please check it and let me know if there are any queries or errors. Ignore details underlined.

As some of us grow older, some of these times will never be repeated again. I am going to start a new schedule from the 1st of January 2019 bring forward only the times set by members in 2017 and 2018 so you can see where you are seeded.

Hopefully this will inspire you to greater heights in the New Year to try and move your way up the ladder.

Stats – Comrades and Two Oceans

Attached are the "Hall of Fame" details of our Comrades and Two Oceans runners. Please send me details if anyone else has completed these events.

Also please check details and advise if there are any queries or corrections to be made.

I wish you all a New Year filled with good Health and lots of Happiness

LONEHILL		PARKRUN RESULTS - 21 DECEMBER 2018					
Pos	Name	Pos in field	Time	PB @ venue	Comments	No of P/runs	
1	Basil Bold	107	34.23	31.22	1st in age roup 74 - 79	65	
2	Ernie Mutch	209	42.32	42.32	New venue PB by 29secs-2nd in 70-74	70	
3	Henry Dobrowolski	245	44.40	44.26	63secs slower than all time PB	6	
4	Gerd Pontow	274	47.14	47.14	New venue PB by 29secs	73	
5	Dave Powell	275	47.15	46.06	Good walk after recent illness	5	
6	Trevor Morgan	291	48.38	48.38	New venue PB by 29secs	7	
7	Henning Brandt	347	54.25	54.25	Unofficial time in his 1st ever Parkrun	1	
8	Dennis O'Connor	352	55.23	53.40	Beat Cynthia who has a sore back	33	
9	Cynthia O'Connor	354	55.44	53.38	Still battling with a sore back	33	
10	Arthur Hills	356	55.44	51.44	Had to walk with dog he was dog sitting	4	
Total finishers		400					
BRYANSTON		PARKRUN RESULTS - 21 DECEMBER 2018					
	Manfred Leitner	378	41.56	38.23	Mutch slower than venue PB	80	
	Ron Mackie	488	46.50	43.01	Hoping for improved time at flat short course	40	
Total finishers		641					
HARKENVILLE - PLETTENBURG BAY		PARKRUN RESULTS - 21 DECEMBER 2018					
	Norma Johnston	551	65.35	35.35	On holiday but had to walk with broken wrist	131	
	Andy Johnston	552	65.35	65.35	Encouraged Norma	45	
Total finishers		560					
NORTH BEACH		PARKRUN RESULTS - 21 DECEMBER 2018					
	Kate van Rooyen	1182	50.33	50.33	Did this Parkrun for the 1st time	42	
Total finishers		1517					
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							

TEAM EVERGREEN				
ALL TIME PERSONAL BEST TIMES				
No	Name	Venue	PB	Date
1	Dave Nesbitt	Gilloolys	25.52	22-Sep-18
2	Wally Ross	Gilloolys	28.19	22-Sep-18
3	Basil Bolt	Bryanston	30.36	05-May-18
4	Charles Carroll	Bryanston	31.16	20-Oct-18
5	Ernie Mutch	Bryanston	37.15	30-Jun-18
6	Manfred Leitner	Bryanston	38.23	15-Sep-18
7	Graham Brickett	Woodlands	40.09	15-Dec-18
8	Bob Haselum	Gilloolys	42.11	22-Sep-18
9	Helen Knowles	Bryanston	42.24	10-Jan-15
10	Heather Mutch	Lonehill	42.33	10-Jan-15
11	Erika Barton	Woodlands	42.52	23-May-15
12	Ron Mackie	Bryanston	43.01	03-Mar-18
13	Henry Dobrowlowski	Lonehill	43.41	23-Jun-18
14	Gert Pontow	Bryanston	43.50	16-Sep-17
15	Norma Johnston	Bryanston	44.47	16-Sep-17
16	Kate van Rooyen	Bryanston	44.51	05-May-18
17	Dave Powell	Delta Park	45.05	18-Mar-17
18	Chris Sleigh	Delta Park	45.05	18-Mar-17
19	Royston Knowles	Bryanston	45.09	16-Sep-17
20	Tess Sleigh	Delta Park	46.03	22-Jul-17
21	Hennie du Preez	Lanseria	46.21	14-Jul-18
22	Andre Oosthuizen	Lanseria	46.28	26-May-18
23	Val Hulton-Wilson	E Ullman	46.43	27-Aug-18
24	Marlies Bold	E Ullman	47.19	17-Feb-18
25	Trevor Morgan	Gilloolys	47.59	22-Sep-18
26	Andy Johnston	Lonehill	48.44	17-Mar-18
27	Cynthia O'Connor	Waterfall	49.47	30-Jun-18
28	Dennis O'Connor	Waterfall	49.48	30-Jun-18
29	Kathy Mohlig	Lonehill	50.10	28-May-16
30	Judy Powell	Lanseria	50.38	14-Jul-18
31	Keith Coombe	Lonehill	51.42	22-Jul-17
32	Arthur Hills	Lonehill	51.44	17-Oct-18
33	Penny Henegan	Delta Park	53.03	01-Jul-17
34	Lilo Kauzil	Bryanston	54.37	18-Sep-17
35	Atholie Preacher	Lonehill	54.57	28-May-16
36	Elsboth Halibuer	Lonehill	54.57	28-May-16
37	Sue Coombe	Lanseria	55.04	26-Aug-17
38	Heather Morgan	E Ullman	58.34	17-Feb-18
39	Sue Jackson	E Ullman	59.12	17-Feb-18
40	Picrre Theron	E Ullman	60.41	17-Feb-18
41	Linda Brennen	Bryanston	61.05	27-Aug-18
42	Hennie Dobrowlowski	Woodlands	61.20	23-Jun-18
43	Milly Haestier	E Ullman	62.50	17-Feb-18
Please check and advise if there are any errors or corrections to be made.				
The above table has been produced from official results I have been able to verify from Parkruns held in and around Johannesburg since members registered as Parkrunners.				

EVERGREEN BROADACRES

COMRADES HALL OF FAME - 87.5 - 90kms

Name	No. done	Best time	Age	Category	Comments
Bob Haselum	6	7.11	49	Veteran	2 silvers as a Veteran & 2 silvers as a Master
Wally Ross	12	7.19	36	Senior	Includes 1 silver medal
Ernie Mutch	3	9.08	39	Senior	Prediced his finishing time at the age of 17
Dennis O'Connor	8	9.36	38	Senior	Also completed 7 Two Oceans
Joe Rebelo	5	9.48	45	Veteran	Ada unexpectedly there to greet him at finish
Dave Powell	2	10.31	46	Veteran	Well within 11 hour finishing time
Jacque Messerschmidt	2	10.45	41	Veteran	Did one up and one down
Derek Drew	1	10.55	40	Veteran	Just inside 11 hour finishing time.
Ron Mackie	2	10.57	47	Veteran	Also just inside 11 hour finishing time
Dave Nesbitt	1	11.34	65	Grand Master	Extended finishing time to 12 hours in 2000
Tom Hammond	3	??	??	??	Can't remember his finishing time

TWO OCEANS HALL OF FAME - 56kms

Name	No. done	Best time	Age	Category	Comments
Bob Haselum	11	3.47	51	Master	Includes 2 silver medals
do	1	3.58	61	Grand master	Set 23 years ago and still record for GIM
Wally Ross	13	3.47	37	Senior	Includes 5 silver medals
Ernie Mutch	2	4.44	39	Senior	Just over 5mins a kilometer
Dennis O'Connor	7	4.58	??	??	His shortest one was 200m due to injury
Derek Drew	1	5.55	40	Veteran	Sneaked in 5mins under 6 hour finishing time
Joe Rebelo	1	5.58	??	??	Made Ada go down and do the half marathon

Please check above and send me details if anyone else has completed these 2 events

Also advise if there are any queries or corrections to be made