



**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.**

LONEHILL PARKRUN REPORT – 2ND FEBRUARY 2019



Team Evergreen members support Kate after her 50th Parkrun at Lonehill

Well done Kate for completing your 50th Parkrun on Saturday and for joining 9 other Team members who have completed 50 or more Parkruns as well as being 1st in your age group 75-79. Kate's ambition is to complete 100 Parkruns before her birthday next year. We, as always, will support you all the way Kate as we also strive to reach that milestone. Pity you did not put in your sprint at the end to set a new venue PB.

Well done also to Henning for again setting a new PB. You are certainly becoming someone to watch out for as you slowly crept up on the rest of us. Trevor's competitive spirit has been woken and with the inspiration of his Zulu music, is another one to watch as he set a new venue PB. Gerd put in a good performance in the cool weather and smiled as usual as he was the 6th Team member home also setting a new venue PB

Graham brought a bottle of water with him and paced himself and looked much better than last week at the finish. He is still learning from his mistakes having now completed only 9 Parkruns.

Right: Gerd, Kate, Ron, Trevor and Henning, all together now “WE BEAT ERNIE” Although there were extenuating circumstances, I had to come out and support Kate. In my hooligan days I was called “The Iron Man” However some 31 years later I am starting to go rusty with a pain in my left shoulder and arm resulting in me having to wear a neck brace to walk. It makes you think! Have I been drinking too much water?

I eventually passed Hennie halfway around the 2nd lap. He said he was battling as he may have had too much red wine on Friday night. Andre also caught up to him and walked with him to the finish to ensure that he finished safely. Before Hennie reports me for taking a short cut, I plead guilty. I did go down the side of the small very steep hill about half way around the 2nd lap. I found it rather daunting walking down that hill wearing a neck brace. It shortened the distance by about 3 meters which is equal to 3secs. I finished way ahead of him so there is no reason to report me.

We welcomed back Heather (H) who has been absent since August 2018 after tripping over the open door of the dish washer and injuring her back. Also back was Norma who broke her wrist while on holiday during a hike in December. However, being the determined little lady that she is, it did not stop her from completing a Parkrun down there a day or so after the operation on her wrist, dragging Andy along with her. She really battled and did a PW. She took it easy on Saturday as she did not want to fall and injure her wrist again. Missing at the start was Andy who is only 5 Parkruns short of his 50th. When asked, Norma said he was recovering from a 2 hour flight back home on Friday. Andy your excuses are wearing a little bit thin.

Another unexpected Team member was Charles. He was going to play bowls, who knows why, but it was cancelled. It just goes to prove that running is much better than bowls as you can run in any weather and also come 1st in your age group 75-79 and beat Basil again by about half a minute. Wally was 1st in his age group 70-74 again but is battling to narrow the gap between his and Dave N's PB's at that venue. Manfred was also 1st in his age group 80-84 proving that the Hillbillies are at the top of their game.

Ron walked with Kate and being the gentleman that he is, let her go ahead of him at the finish not realising that it meant another defeat by a woman. Dennis and Cynthia were seen to do a 3 meter jog just before the end and then walked again. If only they had jogged a bit further they would not have missed out on improving their venue PB's by just 23secs. We are not sure when Val is going to show us how she set a venue PB of 53.25 on the 1st April 2017. H returned after a 5 month break without having done any training at all and felt a few twinges in her back on the up hills.

Thank you to everyone who turned out to support Kate on her 50th Parkrun. As usual there were a number of Team members who could not join us due to various reasons, mainly ill health and injuries. Thanks also to those who provided transport.

At the start of the Parkrun the organisers saw us and shouted “Welcome Evergreen” Two men came past us as we were waiting to have a photo taken with Kate and remarked that we were a group of oldies. I joking said that we were all under 55 and had to quickly add less than 55 minutes to remove the look of disbelief on their faces. As we were leaving a lady official said “We are proud of you Evergreen”

LONEHILL		PARKRUN RESULTS - 2ND FEBRUARY 2019					
Pos	Name	Pos in field	Time	PB @ venue	Comments	No of P/runs	
1	Wally Ross	101	29.56	29.07	Came 1st in his age group 70-74	45	
2	Charles Carroll	170	33.15	32.34	Came 1st in his age group 75-79	35	
3	Basil Bold	184	33.47	31.22	Came 2nd in his age group 75-79	71	
4	Graham Brickett	392	42.30	41.10	Paced himsrfl mutch better this week	9	
5	Manfred Leitner	409	43.02	39.48	Came 1st in his age group 80-84	86	
6	Gerd Pontow	503	47.06	47.06	Improved venue PB by 8secs.	77	
7	Kate van Rooyen	523	47.47	46.32	50th Parkrun- 54secs slower than venue PB	50	
8	Ron Mackie	524	47.50	45.40	Beaten by a woman again	45	
9	Trevor Morgan	540	48.25	48.25	Improved venue PB by 1min 44secs	11	
10	Henning Brandt	541	48.25	48.25	Improved All Time PB by 45ses. Well done	5	
11	Ernie Mutch	564	49.04	42.32	A pain in the neck being beaten by 6-10 above	73	
12	Andre Oosthuizen	584	50.31	47.12	Escorted Hennie home after catching up to him	93	
13	Hennie du Preez	585	50.33	48.41	Said he had too mutch red wine on Friday night	34	
14	Norma Johnston	650	53.35	46.26	Took it easy-afraid of falling & hurting her wrist	132	
15	Dennis O'Connor	654	54.01	53.01	Should have jogged for longer at end	38	
16	Cynthia O'Connor	655	54.02	53.02	Should have jogged for longer at end	38	
17	Val Hu tton-Wilson	730	60.42	53.25	Waiting for her to set new venue PB again	9	
18	Hearher Mutch	731	60.43	42.33	5 months out of action-felt twinges in her back	20	
	Total finishers	786					

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

THIS SATURDAY 9TH FEBRUARY I suggest we go to Woodlands unless you would rather go to another venue, in which case please let me know. The course is all on paved surfaces as it menders through a very shaded office complex before going down into the Park where you will see numerous species of wild life. However there is a very long up hill to the finish so save some energy to negotiate that hill.

Those who have not yet joined the Team please feel free to join us at any time. It does not cost anything

Remember to “keep fit and remain evergreen”

Ernie – Team leader

Unit 80 Ext 180 for more details

TEAM EVERGREEN NEWS

From Basil Bold

The Evergreen Lifestyle Village in Broadacres has an active Parkrun/walk contingent of some 25? participants who take part in events in, and around, Johannesburg every Saturday. Participants all wear their Evergreen shirts and we have now become a recognized team at many of the venues. We are always surprised at how often we are approached by other participants wanting know more about us and Evergreen. Besides the undisputed benefits of regular (and measured) exercise, we have no doubt that our presence at these events provides Evergreen with very welcome public relations exposure!

The Evergreen T shirts are great, but unfortunately the materials soaks up sweat and are extremely 'hot' to wear. We need to prevail upon Evergreen (Amdec) to supply shirts made from modern, lightweight and sweat-free materials?

From Ernie Mutch

4 of us did the Otto Estates Fun Run in July 2013. Since then I have persuaded, convinced, some would say nagged, many other residents to join us. We now have 40 plus Team members who join us from time to time at the various events whenever they can. Dick S suggested that we call ourselves "Team Evergreen" I eventually convinced Amdec (now Evergreen) that we needed to have our own "Team Evergreen" t-shirts and what a success they have been at the various events we have done as Basil mentions above. Our motto is "keep fit and remain evergreen" which Evergreen forgot to print on the front of our latest t-shirts.

See photos below of the number of Team Evergreen members wearing their 'hot' Team Evergreen t-shirts when they supported Gerd and Bob after they had completing their 50th Parkrun



21Apr 18 Gerd with the Team when he completed his 50th



20 Nov 18 Bob (83) with the Team when he completed his 50th

With the exception of 4 Team members, all the others only started taking part in Park and Fun Runs after I had asked (??) them to join us. As at 2nd of February 19 the following members have now achieved and will soon be achieving milestones in Parkruns, always wearing their Team Evergreen t-shirts

PARKRUN MILESTONES BY TEAM MEMBERS @ 2 FEBRUARY 2019

ALREADY ACHIEVED

<u>Name</u>	No. of P/runs	Best times
Erika Barton	153	42.52
Norma Johnston	132	44.47
Andre Oosthuizen	3	46.48
Manfred Leitner	86	38.23
Gerd Pontow	77	43.50
Ernie Mutch	73	37.15
Basil Bold	71	30.36
Dave Nesbitt	68	25.52
Bob Haselum	55	42.11
Kate van Rooyen	50	44.51

OTHERS ABOUT TO ACHIEVE

<u>Name</u>	No. of P/runs	Best times
Andy Johnston	46	48.41
Wally Ross	45	28.19
Ron Mackie	45	43.01
Cynthia O'Connor	38	49.47
Dennis O'Connor	38	49.48
Charles Carroll	35	31.16
Hennie du Preez	34	46.21

We encourage all of you who have not yet joined the Team to contact Ernie Unit 80 Ext 180 for more details. It does not cost anything