

DID YOU HEAR?

That our Club Captain arranged for the gazebo to be delivered to Knysna for the Outeniqua marathon and half? The logistics of this are quite mind-blowing.

That a certain eminent gastro surgeon and our Club's vice chairman was spotted accepting what looked like an anabolic steroid from his family during Oceans. Turned out that it was nothing more formidable than the drink that "gives you wings". How's that for the Power of Positive Thought?

That **Lesline McG's** 13 year old son earned major Brownie points by running with his Mom from Hout Bay to half way up Constantia Nek. Then lost them immediately by asking "Mom, do you always run so slowly?"

That **James Wynne's** VOB vest must be worth a lot of money as it is so faded that it must have been one of the originals. Certain club members are thinking of taking up a silver collection to buy him a new vest so that photographers can see him approaching.

That two eminent physicians, namely a cardiologist (a former Club Chairman) and a gastrointestinal surgeon (the current Club vice chairman) have been seen running with a well-known and far, far better looking occupational therapist. Seems to us that it is a bit late in life for these two characters to be going for career guidance.

That at a recent committee meeting we were discussing who out of the two doctors would be at the top of the mountain and who would be at the bottom for the *Table Mountain 16km* race. **Former Club Chairman Joe:** "I'll be on top". **Current Vice Chairman Aaron:** "So I must be at the bottom". **Joe:** "As long as I'm on top it will be OK".

Responding to the minutes prepared by **Charlotte; Joe** sent this following email: *"Thanks Charlotte, for the TM race I'm pleased to see I am 'Top doctor'. Also I notice Aaron is 'Doctor at bottom' and not 'Bottom doctor'!"*

That the "Desperate Housewives" are no more. The two founder members (**Tracey Lupini** and **Sally Bunting**) aren't running anymore. Furthermore, the group has been invaded by a group of not so desperate 'hunks'. Therefore, a new name was sought. Firstly **BOYZ ZONE** was muted but it's too bling. Then someone thought, if you run at 5 then you have sleep problems — hence **THE INSOMNIACS**. The winning name was — **THE ILLUMINATI** — considering how many lights are needed to run at that unholy hour. (reported by **Aaron Nduli**)

That **Social Co-ordinator Cheryl Morris** has bought the **Rambling Rose** coffee shop in Meadowridge and is thinking of turning it into a pit stop for the Tuesday and Thursday running groups.

That **James "Versace" Wynne** has been at it again: catching a lift in the middle of a training run to get ahead of his mates. This time it wasn't a lift from his mother, but from the **Club Captain** himself.

That our intrepid webmaster, **Richard**, organised an orienteering event in the **Alphen Green Belt**. Talk about home ground advantage!

That "**Richard the Wretched**" is still avoiding time trials and is nursing an Xmas pudding on his stomach — some four months after Xmas? Although in the past he has been a favoured contestant for **Wet Tee Shirt Night**, he is now going for the less-

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coveted title of “Mnr HangKas”. When, the people ask is he making his comeback?

That **Captain Richard** was quite chuffed when someone commented on his looking like he was “approaching 40” — unfortunately, it was pointed out that it was his girth (inches) and not his age they were referring to!

That **Mark Wright** received the following response from **Seamus Daly** to his article in the recent issue of *Imbaleki*: “I thoroughly enjoyed your article in *Imbaleki*! I seem to be having more comebacks than Britney Spears myself — except I don't remove my underwear.”

That the editor received the following question from a member: “This chubby new men's captain I see wandering around the club looks more like a beer barrel than an athlete — can he run?”

That the self-appointed “**official club photographer**” wrote to the Editor stating: “I would like to assure all VOB runners that my purpose at certain races is to take as many photos as I can of our club runners. Please understand that if I miss your photo it is only because a) I am caught by surprise or b) the digital camera is still switching itself on or saving the previous photo to memory. It is not because the boys are ugly (which they often are!) or the ladies forgot their lipstick.”

That the Editor received the following offer of an article from a “**Top Doctor**”: “Regarding Doug Murray's PB article — for the next *Imbaleki* I could give some tips on how a middle-of-the-field runner can become a bottom-of-the-field runner. It's quite easy, a lot easier than Doug's tips in fact, and can be achieved remarkably quickly. Yoga for example is not necessary — it is painful and will simply slow down your regression.”

