



AGGREGATE EVENTS

It's early days yet, so we have close results all round. Good to see some new names amongst the leaders here. Interesting to see Kuni is off to a great start, featuring in 3 events.

Sprint

1	Ross Kent	12
2	Bob Wishart	10
3	John Mathew	8
4	Kuni Bowden	5
5	Mike Thomas	3

Middle Distance

1	Duncan McKellar	8
2=	Michael Bishop	7
2=	Kuni Bowden	7
2=	Ashley Page	7
5	James O'Brien	6

Distance

1	Kuni Bowden	10
2	Avril Britter	8
3	Greg Hughes	7
4	Michael Bishop	5
5	James O'Brien	4

Walk

1	John Morrison	10
2	Maureen Seedsman	7
3=	Margaret Beaumont	6
3=	Sylvia Machin	6
5	John Mathew	5

Trophy Winners in February

Event	Athlete
Middle Distance Points Series	Sandra Wynne
60m E.T.	Avril Britter

Q: Why did the three little pigs leave home?

A: Their father was an awful boar.

Monthly Raffles

The lucky winner for January was **Gwen Steed**.

SNIPPETS

- Mentone's running team of Julie Aylward, Mike Thomas, Michael Bishop and James O'Brien ran strongly in the recent Andy Salter relay, just missing out on a placing. Our walk team of Gwen Steed, John Morrison and Ian Cassel suffered a similar fate. Well done to all of you.
- Special mention to Julie's great effort. She suffered every runner's worst fear in taking a wrong turn in the race due to absence of marshals
- Congratulations to the Mentone walkers who all performed well in the recent VMA 5km champs. Ralph and Gwen were amongst the leading performers with AG% above 84% (with Ralph leading scorer with 88.31%). Pam Mews, as is often the case, was the oldest finisher.
- Sonya is back from her NZ trip during which she cycled the Otago Rail Trail. As a non-cyclist she recommends it as achievable for any of you – there was a group of four over 70's in the group she cycled with. Weather was amazing – from bright warm and sunny days to a freezing morning following a heavy overnight snowfall.
- Did you see the results from the recent Wangaratta marathon? Lavinia Petrie ran an amazing 3:38:53.2 – and this is likely to be a new world record for W70
- I hear that Ashley didn't get much running during his stay in India, mainly due to the incredible state of the footpaths (not to mention the traffic). He resorted to the treadmill in his hotel, a poor substitute.
- If you were to shout "John" at Mentone, no less than 6 heads might turn – Kneen, Mathew, Morrison, Walsh, Wilson & Zeleznikow!

- Hope the NZ cruisers have a great time on their upcoming adventure
- Good to see such strong fields in the recent Gordon Gourlay series of events
- If you're going to take part in the VMA championships this month, we wish you much success in your chosen events

ON THE SPOT PROFILE

Name: Sandra Wynne

Age Group: W60

How Long Have You Been Running

I think I started about 1980

What Is Your Favourite Distance?

Any distance as long as I get over that finish line without any injuries.

What Is Your Best Race Memory?

My very first Herald Sun Fun Run, over Westgate Bridge

Your Worst Race Memory?

Malvern mini Marathon, near to the end was a steep hill, I was stuffed and swore all the way up it. Ha Ha

Any Advice For Other Athletes?

Don't put too much expectation on yourself, keep at it and most of all enjoy it and have fun

What Is Your Favourite Food?

Lobster and chocolate, not necessarily together.

Favourite Holiday Destination?

Just back from Cambodia and Vietnam, it was amazing, but closer to home, Torquay

How do you relax?

I am still working on that, I find it really hard to relax.

Thanks, Sandy



Results for Mentone Athletes
VMA 5km Walking Championships 8th Feb

ATHLETE	#	AGE	RESULT	AG %
Gwen Steed	1	W70	34:20	84.63
Margaret Beaumont	1	W75	43:45	72.26
Pam Mews	1	W80	56:45	58.97
Ralph Bennett	1	M70	29:28	88.31
John Morrison	2	M75	37:52	70.60

March/April Events

When	Event
8 Mar	Coburg 6 hour ultra run/walk 6:00am Harold Stevens track
8 Mar	King Island Imperial
14-15 Mar	VMA Track & Field Championships 8:00am Tom Kelly Reserve, Doncaster East
22 Mar	VMA Throws Pentathlon Championship 9:00am Duncan McKinnon Reserve, Murrumbeena
29 Mar	VMA Track & Field Pentathlon Championship 9:00am Duncan McKinnon Reserve, Murrumbeena
3 – 6 Apr	AMA Track & Field championships Georges Hall, Bankstown, Sydney
12 Apr	Geelong ½ Marathon 8:00am Moorabool Street Bridge
19 Apr	VMA 3000m Track Championships & AGM 11:30am Duncan McKinnon Reserve, Murrumbeena
28 Apr	VMA 10,000m Track Championships 7:00pm Collingwood Athletic Track, Knott Reserve

Q: Who earns a living driving customers away?

A: A taxi driver

FEBRUARY BIRTHDAYS

Ian Beaumont
Julian Boland
Ross Kent
David Mather
Ted McCoy
Graeme Noden



Best wishes to all our Birthday athletes – we wish you all continued fun and fitness every day.

A bus driver was heading down McNamara Street in Queenstown Tasmania. He saw a "no right turn" sign, but turned right anyway. He came to a one-way street, but went the wrong way. A police officer saw everything he had done, but did not arrest him. Why not?

The bus driver was walking, not driving the bus.

RECIPE OF THE MONTH

Apricot Bran Loaf

An oldie but a goodie

Had this when staying with friends in Wellington, and it revived old memories!

- 125 g dried apricots chopped *
- 1 cup bran cereal
- 1 cup self-raising flour
- 1 cup milk
- 1 cup brown sugar
- 1 Tbsp honey

Combine milk, bran, sugar, apricots and honey in a bowl. Cover and stand overnight.

Add sifted flour and mix well. Grease and line base of a loaf tin. Spoon mixture into prepared pan and bake in a moderate oven for one hour or until skewer comes out clean.

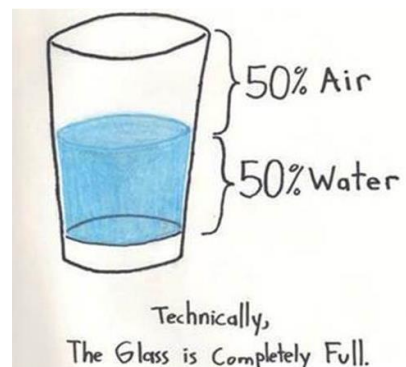
Turn out and cool on wire rack.

Serve sliced with butter or by itself.

Great for lunch boxes, morning or afternoon tea.

NOTE

- You can make this recipe with half the sugar for those who are sugar conscious and it still tastes nice but not as nice as the original recipe.
- You can substitute anything you like here. Try mashed banana, dates & walnuts or try adding almonds or coconut to the apricots.



Editorial Committee:

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