



AGGREGATE POINTS

We have a first here, with Kuni appearing in all events – clearly a multi-talented lady! With 3 rounds now completed, it's close in all events.

Middle Distance

1	Michael Bishop	12
2=	Ashley Page	10
2=	James O'Brien	10
4	Duncan McKellar	9
5	Kuni Bowden	7

Same names, slightly different order.

Sprints

1=	Ross Kent	15
1=	John Mathew	15
3	Bob Wishart	10
4	Mike Thomas	7
5	Kuni Bowden	5

As above, same names, slightly different order.

Long Distance

1	James O'Brien	11
2	Kuni Bowden	10
3=	Avril Britter	8
3=	Ashley Page	8
5	Greg Hughes	7

Ashley has made an appearance here this month.

Walk

1	Kuni Bowden	14
2	John Morrison	12
3	Sylvia Machin	11
4=	Ian Beaumont	9
4=	Margaret Beaumont	9

Good to see a new leader here. And is our leader a new walker?

APRIL BIRTHDAYS

Mick Gray
Cath Wilkins
Helen Bryan



Best wishes to our birthday athletes. We wish you all continued fun & fitness every day of your new year.

Q: Why did the child study in the airplane?

A: He wanted a higher education.

SNIPPETS

- Congratulations to all the Mentone athletes who performed so well in the recent VMA Track & Field Championships, many winning multiple medals
- The variety of events you all competed in was impressive – with special mention of Julie Aylward who medalled in every event from 60m to 1500m
- Wasn't it good to see John & Nyala Waite twice this month!
- Isn't it great to see Geoff Barrow back on the track after his recent medical adventures – and also to have Col back running most weeks
- Sounds like the travellers had a great cruise to NZ – and the weather Gods were good to them for most of the trip
- Congratulations to Bev Hugo who won her Age Group in the 2015 VMA Throws Pentathlon Championships
- Don't forget the special revised program and pizza supper on April 1 to celebrate Ted's BIG day
- I hear we have a new electronic starting gun that everyone's slowly getting used to
- Don't forget the AGM – the committee needs you!

What do you call a man with a seagull on his head?

- Cliff

VENUE RECORDS SET IN MARCH

Athlete	Event	Result
Sandra Wynne	W60 900m	4:08.23
Mike Thomas	M40 900m	2:48.27

APRIL / MAY EVENTS

3-6 April	AMA Track and Field Championships Bankstown NSW
12 April	Geelong ½ Marathon 8:00am Moorabool Street Bridge
19 April	VMA 3km Championships - followed by Lunch then VMA AGM 11:30am Glen Eira Venue, Murrumbeena
28 April	VMA 10km Track Championships 7:00pm Collingwood Athletic Track
29 April	Peter Colthup 5 Miles Self Handicap 7:15 Mentone Venue
17 May	VMA 8km Cross Country Champs Yarra Bend Park

EDITORIAL COMMITTEE

Ashley Page, Glad Wishart, Sonya McLennan



RESULTS FOR MENTONE ATHLETES

VMA Track & Field Championships 14-15 March 2015

ATHLETE	#	AGE	EVENT	RESULT
Claire Johnson	1	W30	2000m Steeple	7:34.69
Helen Bryan	3	W40	800m	02:38.69
	3		1500m	05:25.98
Julie Aylward	2	W40	60m	8.95
	2		100m	13.85
	1		200m	28.67
	2		400m	63.38
	2		800m	2:28.97
	2		1500m	05:24.61
Kuni Bowden	5	W45	5000m	21:14.29
	3		2000m Steeple	8:59.91
Dorn Jenkins	1	W55	Discus	26.05m
	1		Hammer	41.70m
	1		Shot Put	8.40m
	1		Weight Throw	13.92m
Marlene Gourlay	2	W60	1500m	06:33.62
	1		3000m Walk	18:02.02
	1		2000m Steeple	9:45.02
Jeanne Bryan	1	W70	400m	01:34.50
	1		800m	3:38.21
	1		1500m	07:10.85
	1		5000m	26:40.97
Gwen Steed	1	W70	1500m walk	9:27.69
	1		3000m walk	19:49.24
Pam Mews	1	W80	1500m Walk	15:57.42
	1		3000m Walk	32:25.80
Ross Kent	2	M70	60m	9.96
	2		100m	15.75
	2		200m	33.91
Ralph Bennett	1	M70	3000m Walk	16:32.42
John Morrison	1	M75	1500m Walk	10:17.96
	2		3000m Walk	23:03.74
Graeme Noden	1	M75	60m	9.50
	3		100m	15.80
	4		200m	35.66
	1		Long Jump	3.98m
	3		Javelin	19.60m
Andrew Farr	1	M65	Javelin	39.92m
Shawn Hennig	1	M45	Javelin	32.72
Mike Thomas	5	M40	1500m	5:11.44
	4		800m	2:30.04

Q: Where do you go if you want to go on a diet?

A: A paint store. You can get thinner there

MONTHLY RAFFLE WINNER

Our lucky winner for March was **Joan Clarke**.

RECIPE OF THE MONTH

Anzac Slice

An ideal recipe for the grandchildren to help with when they visit

1 ¼ cups plain flour
 1 ¼ cups rolled oats
 1 cup firmly packed brown sugar
 1 cup shredded coconut
 150g butter, chopped
 2 Tbsp golden syrup
 ½ tsp bicarbonate of soda
 2 Tbsp boiling water

Preheat oven to 180°C / 160°C fan-forced.
 Line slice pan with baking paper.

Combine flour, oats, brown sugar and coconut in a large bowl. Make a well in the centre.

Place butter and golden syrup in a saucepan over low heat. Cook, stirring occasionally until smooth.

Combine bicarbonate of soda and water in a jug.

Remove butter mixture from heat. Stir in bicarbonate of soda mixture. Add to the flour mixture. Stir to combine.

Transfer to prepared pan. Use the back of a spoon to press the mixture evenly into the pan.

Bake for to 25 to 30 minutes or until golden.
 Cool into pan then cut into squares.

What did the hamburger name his daughter?

- **Patty!**

TROPHY WINNERS IN MARCH

Athlete	Event
Heidi Engel	Murray Brown Trophy
Glennis McPherson	3km E.T. Walk
James O'Brien	900m E.T.
Sandra Wynne	900m E.T.

What do you call a man who has been mauled by a lion?

- **Claud**