



AGGREGATE POINTS

Kuni is not only appearing in all categories here, she is also leading two events. How good is that!

Middle Distance

1	James O'Brien	17
2	Ashley Page	15
3	Michael Bishop	14
4	Kuni Bowden	11
5	Mike Thomas	10

We now have a new leader here, and Mike has now returned to the list.

Sprints

1	Ross Kent	19
2	John Matthew	15
3=	Bob Wishart	13
3=	Kuni Bowden	10
5	Mike Thomas	7

Kuni and Mike have swapped positions this month.

Long Distance

1	Kuni Bowden	15
2	James O'Brien	14
3=	Avril Britter	9
3=	Ashley Page	9
5	Ralph Bennett	8

Kuni and James have swapped positions here. Good to see Ralph appearing on this list.

Walk

1=	Kuni Bowden	19
1=	John Morrison	19
3	Sylvia Machin	11
4=	Margaret Beaumont	9
4=	Ian Beaumont	9
4=	Maureen Seedsman	9

Maureen has now joined this list.

Q: What is as big as an elephant but weighs nothing?

A: Its shadow!

TROPHY WINNERS IN APRIL

Athlete	Event
Sandra Wynne	Middle Distance Series
James O'Brien	Peter Colthup 5 miles S/H

MAY BIRTHDAYS

Maureen Binyon
Heidi Engel
Anne Nicholls
Ken Priestley
Julie Aylward
Jeanne Bryan



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

Q: Who earns a living driving customers away?

A: A taxi driver!

SNIPPETS

- Congratulations to Pam Mews, who not only took home a gold medal for her efforts in the recent VMA 3000m championships, but also set a new Victorian record in the process.
- Congratulations to Michael B, David D and Ashley who also ran well in the 3000m champs
- Congratulations to Michael B and David M who ran exceptional times in the recent 10km champs – and Michael went on to run fastest time in the Peter Colthup race the next day
- Good to see the good estimating recently – 10 runners in the 1200m S/H event, and no DQ's
- Welcome back David Wilkins after several year's absence
- I hear that Ashley ran 1 second outside the margin in the Long Distance Aggregate Event. Costly!
- Ashley managed a repeat performance when he was DQ'd in the Peter Colthup race as he was one second faster than the allowable margin. So close!

MAY / JUNE EVENTS

16-17 May	Great Ocean Road Marathon Festival
17 May	VMA 8km Cross Country Champs Yarra Bend Park
24 May	Jacob's Creek Barossa Marathon
21 June	VMA 20km Road Walking Championships 9:00am Victorian Race walking Club Middle Park
21 June	Traralgon Marathon Festival

EDITORIAL COMMITTEE

Ashley Page, Glad Wishart, Sonya McLennan



Results for Mentone Athletes

VMA 3km Track Championships 19th April

ATHLETE	#	AGE	RESULT	AG %
Pam Mews	1	W80	30:06.5	52.8
Michael Bishop	2	M40	10:01.4	79.2
David Dodson	2	M55	14:43.3	59.8
Ashley Page	2	M70	14:46.6	71.7

Results for Mentone Athletes

VMA 10km Track Championships 28th April

ATHLETE	#	AGE	RESULT	AG %
Michael Bishop	1	M40	36:04	79.02
David Mellings	2	M45	37:06	79.24

PETER COLTHUP 5 MILE SELF HANDICAP

The 21st Annual Peter Colthup 5 mile Road Handicap was held on April 29 on a cool and windless evening, ideal conditions for running.

We were pleased that Marge Colthup attended with her grandson, Luke, and they presented the medals and trophies after the event. Other members of the Colthup family and friends also attended and several ran in the event. Runners from Glen Eira, East Burwood, Knox and Southern Peninsula also joined the field, including Club Captain, Lavinia Petrie.

The self-handicap event saw the backmarker, Michael Bishop, give a start of 30 minutes to the limit marker, and previous winner, Glen Eira stalwart, Judy Wines.

Jeanne Bryan was first over the line but she and several other competitors were relegated as they ran faster than the 40 second tolerance below their estimate - and the rest of the field finished in a tight 6 minute spread with James O'Brien leading David Dodson by a mere 9 seconds and Kuni Bowden 34 seconds further back in third place.

James was the winner in 2008, and now joins Andrew Edwards and Sonya McLennan as the only dual winners of the event in 21 years.

Michael Bishop was the fastest male in 31.28 and Kuni Bowden was the fastest female finishing in 35.33.

Special thanks go to those who assisted in managing the event and preparing and serving the supper.

MONTHLY RAFFLE WINNER

Our lucky winner for April was **Ross Kent**.

The winner of our special Easter raffle was **Pam Mews**.

ANZAC DAY IN NEPAL - BY SONYA

Anzac Day 2015 will remain in our minds for a long time. We began the day with a little Anzac ceremony before heading out to visit the Pashupatinath Temple (where the Hindu cremations take place), then the Bouda temple. This Temple is actually a stupa, so there is no opportunity to go inside. Instead, you can walk around the Stupa on two levels (clockwise, of course). We had finished our circumnavigations as a group and were enjoying some free time browsing the shops that surrounded the Stupa.

Our first indication that something was amiss was when all the pigeons that were around the stupa all took off into the air with much squawking. Then all the dogs began to bark. Then we heard this amazing rumble like the biggest steam train you could imagine. Then the ground started to shake. It was more like a rolling motion than actual shaking. As good kiwis we knew this was an earthquake. A Serious earthquake! We quickly moved from the shop we were in to stand beside the surround of the stupa. I figured that as this had been there for a long time, perhaps it would be a safer bet to stand beside - and it actually provided something to hold on to. I was seriously concerned the buildings would fall, and suggested to my Husband that we be ready to run. Everyone else who was in the Area did the same thing - locals, tourists, shop workers, shop keepers, etc. All stood together in unity. There did not seem to be any panic. Everyone helped each other. The shaking seemed to go on forever, and finally stopped. The world was very quiet as we all looked at each other with absolute shocked faces. No one was game to move for some time. Our tour leader sought us all out and we all stood together by the stupa wondering what to do next. The first aftershock was also a biggie, with the pigeons once more being the alert. I don't remember the dogs this time, and there was no rumble. This second quake certainly dented people's confidence, and no-one was keen to move.

Looking up we could see large cracks in the tower of the stupa, and these widened with each subsequent shake. One smaller monument on level 1 crumbled, and we had copped a bit of dust. We didn't really want to hang around here too much longer. I thought it was pretty amazing that no shops fell or were damaged. Was it because they are so close together or because the roll went along the line they were built on?

After some time our local guide was able to contact our bus driver, and he then attempted to make his way to pick us up. The roads were closed for a short while initially, then absolute mayhem, then it quietened down a bit. So we leapt on our bus and headed back to our hotel. People were standing in the streets, as they clearly did not want to be inside, so that was the first challenge the bus faced. We saw power lines at precarious angles

and plenty of brick walls down (some with obvious fatalities). Some roads were closed with walls of buildings collapsed, and we saw one multi-storey building at a seriously bad angle, and I would expect it has fallen over by now. The bus driver conducted a number of tricky u-turns and took lots of side streets to finally get us back to our hotel, all unscathed. Every piece of parkland or open space was full of people and families who did not want to be inside - and this was the same for the remainder of our stay. When it looked like rain, some tarpaulins for shelter magically appeared.

Near our hotel we were diverted once more as a small three-storey hotel behind us had collapsed, with 35 people inside. For as long as we remained there frantic efforts to find survivors continued. We saw bodies being removed. One of the walls surrounding our hotel had collapsed, burying a row of motorcycles underneath. This was a common occurrence around the place. Local shops simply shut - most likely so the owners could get to their families. There was an eerie quiet about the place.

Back at our hotel everyone was ensconced in the large gardens. We were eventually moved from our 3rd floor rooms to ground floor rooms (not sure why that should be any safer), and those who were not happy with that slept in tents on the lawn. (The local agent for our tour company provided tents). The hotel had several large cracks that got bigger with each subsequent shake, so we opted for the garden. It was quite comfortable, and we slept OK. The hotel had no hot water, and the water that was in the taps must have come from some sort of backup source and was not particularly clean. Toilets did not flush, but we worked out that if you filled the rubbish tin in your room with water you could fashion a flush. Hygiene was clearly going to be a problem. We had plenty of bottled water, but it was starting to run out. Thankfully we had plenty of travel wipes that became our method of 'showering'. The hotel was starting to run out of food. Truth is we were very lucky as our local tour guide was making sure we all had food and water - not everyone else did.

We had no internet access and no phone access so it was impossible to contact family. Our local tour operator was able to call the Perth company who then advised our family contact that we had indicated on our travel documents. So finally our family knew we were OK. Whilst waiting at the airport for our flight to Bhutan we were able to get more internet access and let everyone know a little more about our situation.

We left Kathmandu on our scheduled flight to Bhutan as originally planned. The difference being the awful crush at the airport, and the 9 hour delay. Long day! Our bus to take us from the hotel to the airport did not turn up but somehow another bus was found and we made it with plenty of time. Nothing could prepare you for the zoo inside, and we all are now very adept and pushing and shoving to get thru. It would seem that for a large part of the day the airport was concentrating on turning around planes that had arrived with rescue teams and aid equipment - so at least we had

something to watch for a while. Even got to see some of the dogs and their handlers arrive. Finally when our plane left the ground, a great cheer went up.

Later as we looked at news bulletins and read all the stories, we all know how lucky we have been. We were scheduled to visit Durbar Square the next day - and this whole area was wiped out. We have been inconvenienced on such a minor scale, and I personally feel very bad that there was nothing I could do to assist.

And as an afterthought we are a group of 14 who are still a little nervous when a flock of pigeons takes off!

Q: What is a polygon?

A: A dead parrot

A hound dog lays in the yard and an old man in overalls sits on the porch.

"Excuse me, sir, but does your dog bite?" a jogger asks.

The old man looks over his newspaper and replies, "Nope."

As soon as the jogger enters the yard, the dog begins snarling and growling, and then attacks the jogger's legs. As the jogger flails around in the yard, he yells, "I thought you said your dog didn't bite!"

The old man mutters, "Isn't my dog."