



AGGREGATE EVENTS

There's been little change in our leaders listed here, though a number of people have swapped positions. Kuni continues to be placed in all events.

Middle Distance

1	Ashley Page	22
2	James O'Brien	17
3	Kuni Bowden	15
4	Michael Bishop	14
5	Mike Thomas	10

Same people, but Ashley & James and Kuni & Michael have swapped positions.

Sprints

1	Ross Kent	23
2	John Mathew	18
3	Kuni Bowden	17
4	Bob Wishart	14
5	Julie Aylward	12

Good to see Julie now amongst the leaders here. Kuni & Bob have swapped.

Long Distance

1	Kuni Bowden	20
2	James O'Brien	14
3	Avril Britter	13
4=	Ashley Page	12
4=	Michael Bishop	12

Michael has replaced Ralph this month.

Walk

1	John Morrison	24
2	Kuni Bowden	19
3	Sylvia Machin	15
4	Glennis McPherson	10
5=	Ian Beaumont	9
5=	Margaret Beaumont	9
5=	Maureen Seedsman	9
5=	John Mathew	9

Kuni & John have swapped positions, and Glennis and John have joined the group this month.

Trophy Winners in June

Event	Athlete
4km E.T.	James O'Brien
70m E.T.	Sandra Wynne

SNIPPETS

- Congratulations to the three Mentone runners who ran well in the recent VMA cross country championships (see next page)
- Michael Bishop is currently 3rd in the men's section of the Browne shield following his great results in the VMA 10km and cross country races. Well done!
- Interesting to see that recently we held two walking events on one night, and the same 3 placegetters finished in the same order in both events. That must be a record!
- We say Bon Voyage to John and Joseph Zeleznikow who are off to the Northern Hemisphere for 8 months. Needless to say John will fit some marathons into his busy scholastic itinerary.
- Nancy is now bringing forward the availability of tea and coffee so that finishers in the earlier events can seek refreshment earlier. How good is that!
- I see that Graeme Noden was part of an M75 4x100m relay team that recently set a new Vic record
- My internet access these days is very intermittent. I searched the results for the great Ocean Road marathon and associated events, but found no Mentone names. Sorry if I missed you.
- Congratulations to the Mentone contingent who all performed very strongly in the recent AMA championships in Sydney - all collected a number of medals

tomorrow (noun)

a mystical land where 99% of all human productivity, motivation and achievement is stored

Monthly Raffles

The lucky winner for May was **Bob Wishart**.

Q: What is a frog's favourite year?

A: Leap Year

ON THE SPOT PROFILE

Name: John Wilson

Age Group: M60

How Long Have You Been Running
On and off for about 30 years

What Is Your Favourite Distance?
800 metres

What Is Your Best Race Memory?
Running the 1992 Boston Marathon

Your Worst Race Memory?
After being in bed for most of the previous 3 weeks with shingles, I ran a marathon and had to pull out, exhausted, after 10km (could not go another step further).

Any Advice For Other Athletes?
When an injury heals, wait another week before attempting to do anything more than a jog.

What Is Your Favourite Food?
6 Vita Brits with hot milk

Favourite Holiday Destination?
England – going back there in May to visit my son and to play cricket.

How do you relax?
Lie down on the bed no matter what time of the day, just about guaranteed to fall asleep within two minutes.

Thanks, John





Results for Mentone Athletes

VMA 8km Cross Country Champs 28th April

ATHLETE	#	AGE	RESULT	AG %
Pam Mews	1	W80	97:30	45.83
Michael Bishop	2	M40	30:49	72.99
David Dodson	6	M55	44:15	56.42
John Zeleznikow	5	M60	70:03	38.23

Results for Mentone Athletes

AMA Championships Sydney 2015

ATHLETE	#	EVENT	RESULT
Gwen Steed	1	W70 1500m Walk	9:34.37
	1	W70 5000m Walk	34:01.25
	1	W70 10000m Walk	1:14:11
Margaret Beaumont	1	W75 1500m Walk	12:29.32
	1	W75 5000m Walk	43:35.01
	1	W75 10000m Walk	1:32:46
Graeme Noden	2	M75 60m	9.76
	3	M75 100m	16.26
	3	4x100m relay 240+	
	1	M75 Long Jump	3.99m
Dorn Jenkins	2	W55 Discus	23.66m
	1	W55 Hammer	37.02m
	1	W55 Weight Throw	13.42m
Ian Beaumont	2	M75 1500m Walk	12:15.22
	2	M75 5000m Walk	42:15.41
	2	M75 10000m Walk	1:25:28

JUNE/JULY Events

When	Event
21 June	VMA 20km Road Walking Championships 9:00am Victorian Race Walking Club Middle Park
21 June	Traralgon Marathon Festival
5 July	Wellington Marathon (NZ)
5 July	Gold Coast Airport Marathon
18 July	VMA 10km Road Walking Championships 9:00am Victorian Race Walking Club Middle Park
19 July	Eric Greaves Memorial VMA 10km Road Champs 10:00am Braeside Also 5km run and 5km walk

If poison goes past its used by date, does it get more toxic or less toxic?

Editorial Committee:

Ashley Page, Glad Wishart, Sonya McLennan

JUNE BIRTHDAYS

Bronwyn Hanns
Sylvia Machin
John Moore
John Zeleznikow
Janet Holmes
Donna Urquhart



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

RECIPE OF THE MONTH

Chickpea Curry

Tasty, healthy, cheap and filling!

- 1 Tbsp oil
- 1 onion, chopped
- 1 garlic clove, crushed
- ¼ tsp salt
- ½ tsp ground cumin
- ¼ tsp ground coriander
- ¼ tsp tumeric powder
- ¼ tsp red chilli powder
- 1 fresh tomato, chopped
- 400g tin chickpeas, drained
- Pinch garam masala
- 5cm piece root ginger, grated

Heat oil in a deep saucepan (that has a lid).
Cook the onions and garlic until the onions have caramelised.

Add the salt and spices. Mix for a minute then tip in the tomato. Cook until the sauce begins to thicken.

Add about 4 Tbsp water and stir, then tip in the chickpeas and mix. Cover and simmer for 5 minutes. Add the ginger and garam masala and cook for another minute.

Serve with rice.

NOTE:

Vary spices to suit – you can use curry powder if you don't have other spices listed.

