



AGGREGATE POINTS

Not too many changes in our leaders this month. Avril has now joined the list of athletes doing well in multiple events – and Kuni continues to shine in all events.

Middle Distance

1	Ashley Page	25
2	Kuni Bowden	22
3	James O'Brien	17
4	Michael Bishop	14
5	David Dodson	11

David appears here this month.

Sprints

1	Ross Kent	28
2=	John Matthew	19
2=	Kuni Bowden	19
4	Bob Wishart	15
5	Avril Britter	12

Good to see Avril has joined this list.

Long Distance

1	Kuni Bowden	21
2	Ashley Page	17
3	Avril Britter	16
4	James O'Brien	14
5	Michael Bishop	13

Same names, slightly different order this month.

Walk

1	John Morrison	25
2	Kuni Bowden	23
3	Sylvia Machin	20
4	Glennis McPherson	11
5	John Matthew	10

Little change in this competition this month.

TROPHY WINNERS IN JUNE

Athlete	Event
Avril Britter	1500m S/H
Bronwen Perry	Frank McGuire Trophy 3000m E.T. Walk
Ross Kent	400m H/C
Ashley Page	3.336km S/H

JULY BIRTHDAYS

Marie Brandeggen
Ilan Cassell
Jim Machin
Trevor McCann
Duncan McKellar
Janine McKerron
Sonya McLennan
Gwen Steed



Best wishes to all our birthday athletes. May your birthday be filled with sunshine and smiles, laughter, love and cheer, and may each day of the coming year add more happiness in your life.

**Some people are like clouds.
When they disappear it's a brighter day!**

SNIPPETS

- The winter weather has been kind to us at Mentone – long may it continue! And now that the winter solstice has passed, the nights will be getting shorter.
- Congratulations to our hardy walkers who braved freezing conditions on a recent Sunday morning to compete with great results in the VMA 20km championships.
- Ralph Bennett completed the distance in the amazing time of 2:02:22 (I'd be struggling to run the distance in that time) to win the M70 division with the excellent AG% of 89.61.
- Margaret Beaumont won the W75 division, finishing in 3:01:23, with AG% of 80.24, and Ian finished in 2:56:52, AG% 67.99.
- Good estimating saw both Avril and Joan run spot on their estimate times on the same night
- Despite promises, the lights on the exterior of the clubrooms have not yet been repaired – what's the bet they will be fixed after daylight savings starts!
- I understand that Sandra has now joined the growing number of attendees who have won the monthly raffle more than once. Are these members the lucky ones? – or perhaps regular attendance is the key!
- Did you spot the mistake in the June results circulated recently? Our trophy winners were marked as setting venue records!



JULY / AUGUST EVENTS

5 July	Gold Coast Airport Marathon
12 July	Warm Up for Lyon 11:00am LUBAC Bendigo
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
26 July	2015 Run Melbourne 7:00am Birrarung Marr, Federation Square
4 - 16 Aug	World Masters T&F Champs Lyon, France
23 Aug	VMA 10 Mile Road Championships Princes Park
23 Aug	Sandy Point ½ marathon, 5 km, 10km 7:10am Beach Road, Brighton
23 Aug	Adelaide Marathon Festival
30 Aug	Shepparton running festival

Q: What do you call a bruise on a T-Rex?

A: A dino-sore!

A poem I found on the Internet

WALKING WITH GRANDMA

I like walking with Grandma,
Her steps are short like mine.
She doesn't say "now hurry up"
She always takes her time.

I like to walk with Grandma,
Her eyes see things like mine do,
Wee pebbles bright, a funny cloud,
Half-hidden drops of dew.

Most people have to hurry,
They do not stop to see.
I'm glad that God made Grandma
Unrushed and young like me.

MONTHLY RAFFLE WINNER

June's raffle was won by **Sandra Wynne**

I heard a great joke about amnesia but I forgot it!

RECIPE OF THE MONTH

Pumpkin and Pasta Bake

A good winter warmer recipe

¼ cup olive oil 1 onion, finely chopped
 3 garlic cloves, finely chopped
 100g bacon or pancetta, chopped
 800g pumpkin, peeled and cut into 2cm cubes (3 cups)
 ¼ tsp dried chili flakes 3 cups chicken stock
 300g macaroni 300ml cream (thin)
 1 Tbsp chopped rosemary
 2 cups fresh breadcrumbs
 2 tsp grated lemon zest
 1 cup flat leaf parsley leaves
 1 ¼ cups grated cheddar (150g)

Pre-heat oven to 200°C.

Heat 1 Tbsp oil in frypan over medium heat.
Add the onion and garlic and bacon or pancetta and cook, stirring, for 2-3 minutes until the onion softens slightly.

Add the pumpkin, dried chili flakes and chicken stock, stir to combine, then stir in the pasta, cream and rosemary. Season to taste with sea salt and freshly ground black pepper.

Bring to a simmer then reduce the heat to low and cook for about 8-10 minutes until the pasta and pumpkin are tender.

Meanwhile, place the breadcrumbs, lemon zest, flat-leaf parsley and 1/3 of the cheese in a food processor and process until you have fine crumbs. Add the remaining 2 Tbsp olive oil and pulse to combine.

Stir the remaining cheese into the pasta mixture, then transfer to a baking dish.
Scatter with the crumbs then bake for 15 minutes or until golden.

Serves 6

Q: What is a horse's favourite sport?

A: Stable tennis!

EDITORIAL COMMITTEE

Ashley Page, Glad Wishart, Sonya McLennan