



## AGGREGATE EVENTS 2021

OMG – it’s February already! That means our new competition for the year is now well underway. Whilst we all have Covid peeking over our shoulder, at last we can now enjoy some ‘normality’ in our running and walking endeavours.

### Sprint

1	Vivienne Cash	7
2	Ron Arthur	5
3	David Short	4
4	John Mathew	3

Only 4 eligible runners made it to the podium this time.

### Middle Distance

1	Sandra Wynne	7
2	David Short	5
3	Helen Bryan	4
4	Ashley Birrell	3
5	Avril Britter	2

This event saw 15 runners, each with conservative estimates, and therefore a wide spread of results.

### Distance

1	Ashley Birrell	7
2	Kuni Bowden	5
3	Helen Castel	4

We have less names on the list here due to the large number of DQ’s in the first distance race in this year’s comp.

### Walk

1a	Dawn Bennett	7
1b	John Zeleznikow	7
2	Maureen Seedsman	5
3	Glennis McPherson	4
4	Sylvia Machin	3
5	Ian Cassell	2

We have two winners here as two options were offered for this event. In the longer event, John was the only participant. Isn’t it good to see a new name at the top! (no pressure).

**What’s the difference between a well-dressed man on a bicycle and a poorly dressed man on a tricycle?  
Attire!**

## SNIPPETS

- We start with a Double Congratulations to Helen Bryan. Not only did she win the first Aggregate Event for the year, in doing so, she also set the first new Venue record for the year.
- A different Congratulations goes to Helen Castel who achieved the first DQ for the year! In fact she has the dubious honour of being the first athlete to achieve 2 DQ’s for the month!
- I notice with interest the cautious approach people are taking with their estimating this year – with much evidence of underestimating of abilities and the resulting times recorded being well below the estimates
- 8 out of 11 runners DQ’d in the 3km event – oops!
- Sonya is pleased to have finally made it back into Victoria. She actually found the permit system not too difficult, and was pleasantly surprised at the quick response to the mandatory Covid testing.
- Even better was the return to Dolamore – lots of wind but no humidity or mosquitoes.
- And as proof of her long absence from the track, she scored a DQ in her first running event!
- Our Andy Salter relay team this year is Helen Bryan, James O’Brien, Frank McNamara and Mike Thomas. Good running all!
- In the Bert Warburton Walk we will be represented by Kevin Cassidy, Julian Boland and Rupert Van Dongen. Good walking lads!
- Did you know that Kate Seibold and her relay team broke the Australian record for 4 x 1500m relay at our track on January 20<sup>th</sup>. They took 9 seconds off the existing record for W45. Many thanks to our timekeepers Ted, James, Graeme and John Kneen.

- To our many generous donors of our much sought after prizes for the placegetters in each event we hold each night we extend a bid THANK YOU. We all appreciate your generosity.
- I understand that the Council has now approved a quotation for relaying the track at Dolamore, but we do not have a definite date yet. We are looking for an alternative track to use during the closure.
- The Gordon Gourlay series of sprinting and walking events will take place throughout February
- You are reminded to bring your own mug for your after-run cuppa in these changing times
- If you have some time to spare, and you have some Word / Adobe expertise, then have I got a deal for you. VMA are looking for you to become the new Editor of the bi-monthly Footprints publication. The job does not involve actually preparing the articles, instead the requirement is to consolidate the various contributions for publication & distribution. Please contact the secretary, Phil Urquhart, if you are interested.

**A vegan said to me People who sell meat are disgusting.**

**I said People who sell vegetables are Grocer!**

## FEBRUARY BIRTHDAYS

Happy Birthday to:

Margaret Beaumont  
Sharon Carr  
Helen Castel  
Beverly Hugo  
Glad Wishart



Congratulations on your birthday. On your Special Day we wish you strong health, great success and true happiness in your life.



## February/March Events

When	Event
3 Feb	Andy Salter Memorial relays 6:30pm Ross Reserve, Memorial Drive Noble Park

In these challenging times, this the only event that I can be certain of! Let's hope this situation changes soon.

**I had to fire the guy I hired to mow my lawns.  
He just didn't cut it!**

## Club Records set in January

Athlete	Event	Time
Helen Bryan	W50 1200m	4:32.8
Ashley Page	M80 2.5km	14:57
Marlene Gourlay	W65 900m	3:44.8
Kuni Bowden	W55 900m	3:47.6

**People are usually shocked  
when they find out that I'm not a good electrician!**



**I figured out why Teslas are so expensive.  
It's because they charge a lot!**



## RECIPE OF THE MONTH

### Nectarine and Raspberry Clafoutis

*A delicious way to use this wonderful seasonal fruit*

- 500g yellow nectarines, halved & seeds removed
- 60g butter, softened
- ½ cup (110g) caster sugar
- 4 eggs
- ½ cup (60g) ground almonds
- 300ml pouring cream
- 200g raspberries

Preheat oven to 180°C.

Cut nectarines into wedges. Divide between 6 shallow ovenproof dishes.

Beat butter and sugar in a large bowl with an electric mixer until light and fluffy.

Whisk in eggs one at a time, then whisk in ground almonds and cream until just combined. Pour batter over fruit and scatter with raspberries.

Bake for about 40 minutes or until golden and a knife inserted in the centre comes out clean.

Serve warm or at room temperature, dusted with a little sifted icing sugar.

*As an alternative, I used a larger baking dish rather than individual smaller dishes.*

**I have kleptomania.  
But when it gets bad, I just take something for it!**



**Editorial Committee:** Ashley Page, Glad Wishart, Sonya McLennan