



AGGREGATE EVENTS

In a COVID -affected month that saw some fancy footwork by Ashley to re-arrange our program, we managed to complete the originally scheduled events and therefore keep the competition on track. (no pun intended). As you'd expect it's close in all events so far.

Sprint

1	Vivienne Cash	11
2	Ron Arthur	10
3	Sandra Wynne	7
4	David Short	4
5=	John Mathew	3
5=	Avril Britter	3

Sandra has sneaked into the middle this month!

Middle Distance

1	Sandra Wynne	11
2	Jeanne Bryan	8
3	Ashley Page	6
4=	David Short	5
4=	Helen Bryan	5
6	Avril Britter	4

Nice to see Jeanne joining this list.

Distance

1	James O'Brien	8
2	Ashley Birrell	7
3=	Kuni Bowden	5
3=	Greg Hughes	5
3=	Ashley Page	5
6	Helen Castel	4

James has raced to the fore this month.

Walk

1	Maureen Seedsman	9
2	John Zeleznikow	8
3=	Dawn Bennett	7
3=	Geoff Barrow	7
5=	Julian Boland	6
5=	Glennis McPherson	6

Particularly close here!

**How do you turn six into nine?
Remove the S!**

TROPHY WINNERS IN FEBRUARY

Event	Athlete
4km Estimated Time	Sandra Wynne

SNIPPETS

- As we do each March, we start by congratulating our Andy Salter teams who performed so well in the recent relays hosted by the Springvale venue. Well done to our amazing team of James O'Brien, Mike Thomas, Helen Bryan and Frank MacNamara who finished a close fourth in the Challenge Teams section of the race. The team finished only 9 seconds under their estimated time, but were beaten into second spot by a mere 4 seconds by the Knox fun run team in the Estimated Time competition.
- Our walkers, Julian Boland, Kevin Cassidy and Rupert Van Dongen were clear past-the-post winners in their race, but unfortunately bragging rights were based on Estimated Time, and the team found themselves pipped by a single second by the Frankston team.



L_R Rupert, Frank, Julian, Helen, Kevin, Mike, with James in front

- The unexpected COVID interruption meant it was necessary to re-schedule some events, some into March – but things should settle down soon. Let's hope this is the last interruption!
- Speaking of interruptions, we are still investigating our options for when the track will be unavailable due to repairs – but it's now looking like we'll have the use of the track thru March.
- Maureen Seedsman set a new record in February – she won two E.T. events on the same night, both with a spot-on estimate. That will take some beating! (It is noted that Kevin Cassidy also achieved two spot-on estimates in the month, but not on the same night).
- Team Beaumont have headed to Canberra for the Nationals. We wish them well in their endeavours. We also hope they are not prevented from returning into Victoria
- We are missing our Bob from the sprints as he is carrying an injury which may see him sidelined for several months. We wish him a speedy recovery.
- I see the DQ count is rising – in a recent 80m event, 12 out of 15 starters were DQ'd. That's 80%! Quite possibly another record!



Club Records set in February

Athlete	Event	Time
Joan Clarke	W85 2000m	20:45
Marlene Gourlay	W65 1000m	4:14.1
Kevin Cassidy	M60 2500m Walk	15:10

MARCH BIRTHDAYS

Ian Beaumont
 Stephen Bird
 Julian Boland
 Derek Couper
 Martin Griffin
 Ross Kent
 Natalie King
 Ted McCoy
 Graeme Noden



Best wishes to all our Birthday athletes.
 We hope your Birthday brings you a special kind of happiness – and leaves you with the nicest kind of memories.



Monthly Raffle

The lucky winner for February was **Maureen Seedsman**

RECIPE OF THE MONTH Honey Lemon Creams

*Super delicious, very simple,
can be prepared ahead of time*

- 2 ½ cups cream
- ½ cup honey
- ¼ cup sugar
- ½ cup lemon juice
- Fresh blueberries and/or pomegranate seeds to garnish

Combine cream, honey and sugar in a pot over a medium heat.

Boil, stirring until sugar dissolves, then reduce heat and simmer for 3 minutes.

It is best to use a biggish pot as the mixture bubbles up a lot when it boils.

Remove from heat and stir in lemon juice.

Strain through a sieve into 6-8 glasses, ramekins or cups (or even dainty antique teacups) and chill until set (about 4 hours).

Serve topped with blueberries and/or pomegranate seeds, or other fruit of your choice.

Serves 6 - 8



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