



## Aggregate Events – Final Results for 2009

Congratulations to all of the placegetters in the 2009 Aggregate Event competition. As expected, there was close competition throughout the year in all events.

### Sprint

1	Bob Wishart	64
2	Ross Kent	31
3	Glad Wishart	29

*Bob sprinted away from the field this year, leaving everyone else to battle for the minor placings. (This is the highest annual point score achieved in any Aggregate Event to date) Ross grabbed 2<sup>nd</sup> place to prevent the Wishart quinella!*

### Middle Distance

1	James O'Brien	39
2	Ralph Bennett	35
3	Ashley Page	28

*This was a much closer competition, with the lead changing several times throughout the year.*

### Distance

1	Ashley Page	43
2	James O'Brien	36
3	David Dodson	32

*Good to see another podium finish for David! We have clear evidence here that age is no barrier – the winner is the oldest competitor in this event.*

### Walk

1	Maureen Seedsman	27
2	Marg Beaumont	21
3	Bev Hugo	21

*Another family effort from team Beaumont, but not enough to head off Maureen this year.*

Congratulations also to those who nearly made it to the podium – Sonya McLennan, Col Waring, Heather Wilkie and Ian Beaumont.

**If a tin whistle is made out of tin (and it is), then what, exactly, is a fog horn made out of?**

## Gordon Gourlay Sprint & Walk Series

In February there will be two series of multi-event competitions in memory of the late Gordon Gourlay who was a great competitor in both sprint and walking events. The sprint series will be held over 4 nights, and the walk series over 3 nights and we invite you all to participate.

## January / February Birthdays

### Happy Birthday to:

Geoff Barrow  
Vivienne Cash  
David Dodson  
David Wilkins  
Margaret Beaumont  
Beverly Hugo  
Jimmy Thomson  
Glad Wishart



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

### SNIPPETS

- Congratulations to Jan Morrey who celebrated her new age group by setting three new club records in December – the second on a 36° night
- In a private ceremony, in memory of Gordon Gourlay, his family has buried his ashes beneath the tree planted by the council at the first bend of the track
- The council has also planted a tree in memory of John Beck
- Did you get to see the Christmas pantomime at Caulfield? Compered by Peter McGrath, and directed by Kevin McGrath (who journeyed from NSW to supervise), notable performers included Glad Wishart, Jan Morrey, Anne Nicholls, Doug Wallace, Peter Bence and Kevin & Margaret Marion
- Despite some hot evenings we've had a good numbers attending Mentone so far this year – and it's great to see some of the 'old' faces returning
- History was made in the distance events at Mentone recently – for the first time ever we saw two sets of Mothers and Daughters/Daughter-in-laws competing in the same event – Bronwyn & Jessica Hanns, and Jeanne & Helen Bryan
- Is Mike Elder trying to emulate John Waite by entering almost every event each night??
- Who is it that has started the year off with a broken toe? (and could still run 10+km due to the wonderful support offered by running shoes these days)

## February / March Events

When	Event
03.02.2010	Andy Salter / Bert Warburton Relays 7:15pm Ross Reserve
07.02.2010	AMA Postal Relays throws & jumps
15.02.2010	Landy Trophy Doncaster venue
25.02.2010	AMA Postal Relays walks
20.03.2010 – 21.03.2010	VWM Track & Field Championships Box Hill



### Trophy winners in December & January

Event	Athlete
Distance Points Score series	Ashley Page
100m sprint E.T.	David Wilkins

### Club Records set in December & January

Athlete	Event	Time
Jan Morrey	W70 100m	16.14
Jan Morrey	W70 150m	26.03
Jan Morrey	W70 70m	11.85
Bob Wishart	M65 200m	27.31
Jan Morrey	W70 300m	60.55

### Other Recent Results

- We hear that John Kneen ran a great race in the recent Bells Beach Bash to finish 4<sup>th</sup> in the M60+ division
- It is an unconfirmed rumour that Marlene Gourlay won her age division in the recent Lindsay Thomas memorial run
- We entered two teams in the Andy Salter Relays at Springvale. Despite our best efforts we left empty handed, Knox and Glen Eira taking the major trophies. Our runners Bronwyn and Jess Hanns, David Dodson, Johns Kneen and Moore, Ashley Page, Heather Wilkie and James O'Brien did well considering the 30+ temperature and a fierce headwind the full length of Kelvinside.
- David Dodson once again ran the Twilight Race at Point Nepean over a narrow and difficult course.

### **RECIPE OF THE MONTH Banana Hotcakes**

*Ideal for that barbecue brekkie  
by the Yarra*

1½ cups plain flour  
¼ tsp salt  
1tsp baking powder  
1 tsp bicarbonate of soda  
½ cup caster sugar  
1 medium egg  
1 cup milk  
1tbsp melted butter  
Extra melted butter for hotplate  
3 large bananas, peeled & sliced  
Icing sugar for serving  
Maple syrup for serving  
Grilled bacon rashers for serving

Sift flour, salt, baking powder and bicarbonate of soda into a bowl and make a well in the centre.

Put sugar, egg and milk into a jug and whisk together. Gradually pour into the dry ingredients, whisking as you go, to make a smooth batter. Add melted butter and sliced bananas and gently stir.

Cook in spoonfuls on a lightly buttered barbecue hotplate over medium heat. When bubbles form, flip hotcakes over and cook the other side.

Keep warm on a plate covered with a thick tea towel while cooking the remainder.

Alternatively, cook the hotcakes in a lightly greased frying pan over medium heat.

Serve dusted with icing sugar, with maple syrup and bacon on the side.

**NOTE:** Make the hotcakes in a size to suit – either tiny hotcakes with single slices of batter coated banana or larger hotcakes with two or more slices of banana.

#### **EDITORIAL COMMITTEE**

Ashley Page, Glad Wishart,  
Sonya McLennan *If you have  
any articles or news items for  
publication, please pass to one of  
the above*

### Aggregate Events 2010 to Date

The 2010 competition is now underway, and it's time to hit the track, so to speak, to start accumulating points. With the larger fields, competition is expected to be keener this year.

Points are as follows after the first round of competition for the year:

#### **Sprint**

1	Mike Elder	7
2	Ross Kent	5
3	Jan Morrey	4
4	Mike Johnston	3

#### **Middle Distance**

1	Col Waring	7
2	Ashley Page	5
3	Mike Elder	4
4	James O'Brien	3
5	Ralph Bennett	3

#### **Distance**

1	Duncan McKellar	7
2	Ray Kemp	5
3	Bronwyn Hanns	4
4	Mike Elder	3
5	Helen Bryan	3

#### **Walk**

1	Ian Beaumont	7
2	Bev Hugo	5
3	Marg Beaumont	4
4	David Wilkins	3
5	Heidi Engel	2

**Did you hear about the new  
restaurant they just opened  
on the moon?**

**Great food, but no  
atmosphere**