



**Aggregate Events**

It's good to see close competition in all events – and a few new names appearing on the leader board this month.

**Sprint**

1=	Mike Elder	11
1=	Ron Arthur	11
3	Ross Kent	10
4	Helen Bryan	8
5	Mike Johnston	6

**Middle Distance**

1	Ashley Page	11
2	Col Waring	10
3	Duncan McKellar	9
4=	Helen Simmons	8
4=	Heather Wilkie	8
6	Chris McKenzie	7

Interesting to see that Ashley, Duncan and Helen also feature in the Distance list.

**Distance**

1	Ashley Page	13
2	Duncan McKellar	9
3	Ray Kemp	8
4=	Mike Elder	7
4=	Helen Simmons	7
4=	David Dodson	7

**Walk**

1	Marg Beaumont	18
2	Bev Hugo	14
3	Ian Beaumont	11
4=	Ron Hugo	10
4=	Gwen Steed	9
4=	Ralph Bennett	9


Careful, Marg is starting to walk away from the field!

**April / May Events**

When	Event
11 Apr	VMA 5km Walk Champs Collingwood Venue
11 Apr	Canberra Marathon ?
11 Apr	Geelong ½ Marathon
18 Apr	VMA 3000m Track Champs Duncan McKinnon
19 Apr	Boston Marathon
10 May	VMA 10km Walk Champs Albert Park
18 May	VMA 10km Track Champs Collingwood Venue

**ON THE SPOT PROFILE**

**- Runner**

Name: Janine McKerron 

Age Group: W45  
(but looking forward to her next age group this year).

How Long Have You Been Running?  
5 years.

What Is Your Favourite Distance?  
400m to 3000m.

What Is Your Best Race Memory?  
*I haven't really won any big races. I won my first trophy last year with the VCCL. I do, however, love the moment when your running and all that technique and hard training come together with your mind in a good place and you feel you are absolutely flying. At that moment I don't care if I come first or last, I'm just happy to be alive.*

Your Worst Race Memory?  
*Probably when you are coming to the end of a tough race and your legs just won't or can't move. It feels like concrete blocks have been added to your feet, your chest hurts from pumping your arms but you push on.*

Do You Have Any Advice For Other Athletes?  
*I am only a newbie so - Listen to the wealth of knowledge that is around you and take what is right for you. Learn to run properly - thanks Al. Never lose your sense of humour or the reason you started in the first place and keep trying.*

What Is Your Favourite Food?  
*I eat and love a lot of seafood and I must admit I have a very sweet tooth which I have to fight off a lot.*

What Is Your Favourite Holiday Destination?  
*I go every year to a big music festival called the WORLD OF MUSIC in Adelaide. They bring great artists from all over and it is held in their Botanical Gardens. Adelaide also has the Fringe Festival on at the same time and the city comes alive.*

How do you relax?  
*I absolutely love a great book, movie or music. I do yoga once or twice a week and that chills me right out physically and mentally.*

Thanks, Janine

**April Birthdays**

**Happy Birthday to:**

- Philip Bowes
- Laurie Collard
- John Markham
- Alan Dinsdale
- Catherine Wilkins



Congratulations to each of you on your special day. Remember to count your life by smiles, not tears, & count your age by friends, not years.

**Snippets**

- Congratulations to all of the Mentone competitors in the recent VMA Track & Field Champs, most of whom who medalled in at least one event
- Special mention to our multi-event competitors, particularly to the talented Dave Wilkins who ran and jumped and threw himself about in 6 events over the two days
- Special mention also to Jan Morrey and Bob Wishart who both set new records in the recent champs
- And we must not forget our sprinter Dorn who also masquerades as a discus thrower
- John Zeleznikow is currently training to add another Boston Marathon to his CV this month
- A BIG Happy Birthday to Ted McCoy who celebrated a Biggie recently with a pizza supper with his Mentone friends
- Did you know that Ted currently holds 11 venue records from M35 to M60 in distances from 1500m to 10km

**Trophy Winners in March**

Athlete	Event
Margaret Beaumont	Murray Brown Trophy 3km E.T. walk

Did you hear about the politically correct country club? They no longer refer to their golfers as having handicaps. Instead they're "stroke challenged"



**Results for Mentone competitors  
in VMA Track & Field Champs March 2010**

Event	Age	Place	Athlete	Result	AG %
3000m walk	W65	1	Gwen Steed	17:42.1	88.18
	W55	2	Marlene Gourlay	17:15.1	81.55
	W40	1	Gayle McIntyre	16:10.4	76.19
1500m	W55	2	Marlene Gourlay	06:19.2	81.21
100m	W70	1	Jan Morrey	16.18	91.59
	M70	3	Graeme Noden	14.72	86.41
	M70	1	Ron Arthur		
	M65	1	Robert Wishart	13.04	94.17
100m short hurdles	M50	2	David Wilkins	20.37	66.86
400m	W70	1	Jan Morrey	01:22.9	86.81
	W55	1	Janet Holmes	1:18.96	77.93
	M70	1	Ron Arthur		
	M65	1	Robert Wishart	1:05.34	87.34
Long Jump	M70	1	Graeme Noden	4.43m	86.86
	M50	2	David Wilkins	4.76m	68.49
High Jump	M50	1	David Wilkins	1.45m	73.98
60m	W70	1	Jan Morrey	10.17	94.99
	W65	1	Glad Wishart	10.57	85.88
	M70	1	Ron Arthur		
	M70	3	Graeme Noden	9.01	92.79
	M65	1	Robert Wishart		
200m	M50	4	David Wilkins		
	W70	1	Jan Morrey	34.73	89.66
	W55	2	Janet Holmes	36.56	74.26
	M70	5	Graeme Noden	32.28	82.15
800m	M65	1	Robert Wishart	27.16	93.48
		2	Ross Kent	30.8	82.44
Javelin	W55	1	Janet Holmes	03:07.4	73.38
	M55	2	David Wilkins	32.09m	43.24
Triple Jump	M60	1	Andrew Farr	41.65m	62.61
	W50	2	Dorn Jenkins	17.83m	32.67
Discus	M50	1	David Wilkins	9.77m	66.64

By the time a person gets to greener pastures, he can't climb the fence. *Anon*



Money makes money and the money money makes makes money.  
*Benjamin Franklin*

**RECIPE OF THE MONTH  
Fish Curry  
(for the fishermen amongst us)**

- 1 small onion, sliced
- 400ml coconut milk
- 2tsp green curry paste
- 1 large potato in large chunks
- Pumpkin, peeled & cut into chunks
- 400g fish cut into chunks
- 1 bunch baby bok choy
- Fresh coriander to garnish
- 1 cup ling grain rice

Soften the onion in butter.  
Add curry paste & let it sweat a little.  
Add coconut milk and stir over medium heat for 2 minutes.  
Add potatoes and cook for 5 minutes.  
Add pumpkin and cook for 5 minutes.  
When vegetables are nearly cooked, add fish and simmer uncovered for 5 minutes or until fish is just cooked.  
Add the bok choy and push gently down into the liquid. Simmer, covered, for 2 minutes or until bok choy just wilts.

Serve over rice and sprinkled with coriander.

**NOTE:**

Vary the vegetables and fish variety to suit. I recently used razor fish, a shellfish obtained from South Australian shores.

**Travellers Tales**

The travelers are now exploring the Eyre Peninsular, South Australia where they are spending most of their time in coastal locations. Their diet is predominantly freshly caught fish (mainly King George whiting), including shellfish. To celebrate their wedding anniversary, they recently went swimming in Baird Bay with a pod of about 30 dolphins, including 3 young, followed by a swim in a nearby bay with a large number of sea lions. Magic!

**Editorial Committee:** Ashley Page,  
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