



Aggregate Events

The competition is in full swing once more now that track repairs have been completed, with close results throughout.

Sprint

1	Ron Arthur	16
2	Ross Kent	14
3	Mike Elder	11
4	Glad Wishart	10
5	Helen Bryan	8
6	Jan Morrey	7

Middle Distance

1	Ashley Page	16
2	Col Waring	14
3	Heather Wilkie	11
4=	Duncan McKellar	9
5=	Helen Simmons	8
5=	Chris McKenzie	8

Distance

1	Ashley Page	13
2	David Dodson	11
3	Duncan McKellar	9
4=	Ray Kemp	8
4=	John Kneen	8
6	Helen Simmons	7

Walk

1	Marg Beaumont	19
2	Gwen Steed	14
3	Bev Hugo	11
4	Ian Beaumont	10
5	Ron Hugo	9
6=	Ralph Bennett	9
6=	Geoff Barrow	9

June / July Events

When	Event
6 June	VMA 10km Cross Country 10:00am Yarra Bend (George Knott Reserve)
13 June	RWA 10 miles champs Canberra
27 June	VMA 20km Race Walk Albert Park
24 July	RWA 10km Challenge Albert Park
25 July	VMA 10km Road Champs 10:00am Braeside Park

ON THE SPOT PROFILE

- Runner

Name: **Ann Holcombe** 

Age Group: W60

How Long Have You Been Running?

Since I was 5 years old, 58 years ago.

What Is Your Favourite Distance?

400m / 800m

What Is Your Best Race Memory?

Probably the Nationals in South Australia, 1987. In the 800m I surprised everyone (including myself) & beat the then world champion Judy Daly.

Your Worst Race Memory?

Racing Judy Pollock in an 800m back in 1985. I ran the first lap in 60sec with Judy on my shoulder. Needless to say she ran past me and won in 2:12. I ran 2nd in 2:21! She said she felt like she was racing Charlene Rendina back in the ol' days!!

Any Advice For Other Athletes?

Eat well, sleep well, and have a realistic goal with your sport and keep your 'core' muscles strong

What Is Your Favourite Food?

*Grilled fish
With LOADS of vegies*

What Is Your Favourite Holiday Destination?

Anywhere in South America - though the Inca Trail was very very challenging

How do you relax?

Sitting in the sun or gardening, but have become a 'sudoku' nut of late!

NOTE Ann has been a world class athlete. She attends Glen Eira (Caulfield), Springvale and East Burwood Venues and is known to many Mentone folk.

Club Records set in May

Athlete	Event	Time
Jan Morrey	W70 200m	35.28
Jan Morrey	W70 300m	59.00
Jan Morrey	W70 3000m	15:36

SNIPPETS

- Nice to see to John Waite who has been house sitting in Melbourne and enjoying the track and supper at Mentone. Nyala will join him shortly before they return to NZ mid-June
- Congratulations to John Zeleznikow on completing yet another Boston Marathon in a time of 5hrs 44 min which was 20+ minutes better than last year.
- We notice that Ashley has been off travelling recently, spending 2 weeks crossing the Top End from Broome to Darwin
- We saw a new record for Mentone last month with the smallest 5km field ever – 3 runners. If it wasn't for a visitor from NZ, John Waite, and a stalwart from Glen Eira, Ray Kemp, it would have been a 1 horse race!
- Congratulations to Ralph Bennett for a double gold month, winning both the VMA 10km track & 10km walk championships
- Ralph recently completed a 20km walk only to find after he had finished that he had been DQ'd. How bad is that!
- Congratulations to Gwen and Marg for also winning gold in the 10km walking championships
- Congratulations to Bob Wishart who was a member of the M60+ relay team that recently set a new Vic record for the 4 x 400m relay
- Congratulations to Judy Wines for a great win in the recent Peter Colthup handicap. Special mention goes to Marlene Gourlay for the great time she set as first female finisher.
- Great to see Jan Morrey is setting new track records nearly every week – in both sprint and distance events
- We see that the light at the 300m mark on the track is not working – apparently one of our athletes received a shock recently when switching it on so it now awaits repairs



**Results for Mentone competitors
in VMA 10km Walk Championships 15 May 2010**

Age	Place	Athlete	Result	AG %
W40	1	Gayle McIntyre	59:11	73.62
W65	1	Gwen Steed	66:53	85.16
W70	1	Marg Beaumont	78:38	77.13
M65	1	Ralph Bennett	56:02	89.63

**Results for Mentone competitors
in VMA 10km Track Championships 18 May 2010**

Age	Place	Athlete	Result	AG %
M65	1	Ralph Bennett	44:10.21	79.71
	3	John Waite	56:52.04	62.56

Results from Peter Colthup 5 miles handicap 26 May

Place	Athlete	Result
1st	Judy Wines	49:57
Fastest Female	Marlene Gourlay	36:53
Fastest Male	Andrew Edwards	31:14

Great Signs

- In a Podiatrist's office:** "Time wounds all heels."
- On a Septic Tank Truck:** Yesterday's Meals on Wheels
- At an Optometrist's Office:** "If you don't see what you're looking for, you've come to the right place."
- On a Plumber's truck:** "We repair what your husband fixed."
- On another Plumber's truck:** "Don't sleep with a drip. Call your plumber."
- At a Tyre Shop:** "Invite us to your next blowout."
- On an Electrician's truck:** "Let us remove your shorts."
- In a Non-smoking Area:** "If we see smoke, we will assume you are on fire and take appropriate action."
- On a Taxidermist's window:** "We really know our stuff."
- On a Fence:** "Salesmen welcome! Dog food is expensive!"
- Outside a Muffler Shop:** "No appointment necessary. We hear you coming."
- In a Restaurant window:** "Don't stand there and be hungry; come on in and get fed up."
- In the front yard of a Funeral Home:** "Drive carefully. We'll wait."
- At a radiator shop:** "Best place in town to take a leak."

June Birthdays

Happy Birthday to:

- | | |
|-----------------|---------------|
| Bronwyn Hanns | Sylvia Machin |
| John Moore | Nola Finn |
| John Zeleznikow | Janet Holmes |



May you each receive special joy for each candle on your cake!

RECIPE OF THE MONTH
Apple Crumble Cake
a quick & easy winter pudding

- 100g cold butter
- 1/2 cup sugar
- 1 tbsp baking powder
- 1 egg
- 4 medium apples, cored & unpeeled
- 1/2 cup brown sugar
- 2 tsp mixed spice
- 1/4 cup chopped walnuts (optional)

Cut butter into about 16 cubes and put in food processor with the sugar, flour and baking powder. Process with metal blade until evenly mixed. Break the egg into the mixture and process again.

Press a little more than 1/2 of this mixture into a greased or lined sponge roll tin. Press firmly to form solid bottom layer.

Remove remaining mixture from processor into a large bowl.

Do not wash processor. Using the same blade, process apples 1 or 2 at a time into small pieces but not into pulp.

As each batch is processed remove to bowl with mixture. Add brown sugar and spice and mix until all well combined.

Pile in a smooth layer on top of the other layer but do not press down.

Sprinkle with chopped walnuts.

Bake 45 – 60 min at 190°. The cake is cooked when the centre feels as firm as the edge.

Serve warm, cold or re-heated.

VARIATIONS:

- Use slivered almonds instead of walnuts.
- Add 1/2 cup sultanas to the apple mixture.

The New Track

We welcome the *new* track at Mentone, and all agree that it's a great surface now. Nine Mentone Masters met at the track recently with the official Kingston Council photographer, and councillor Paul Peulich to have some photos taken for the June Kingston Newsletter.

Those who attended on a beautiful sunny afternoon were Gwen Steed, Maureen Seedsman, Sylvia Machin, Jan Morrey, John Moore, John Kneen, Ian Cassell, Bob and Glad Wishart.

The Council now hope to have a new hammer cage completed August-September

Editorial Committee: Ashley Page, Glad Wishart, Sonya McLennan