



## Aggregate Events

Still close in most events, with changes to minor places only this month. Good to see a few new names appearing here.

### 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	19
2	Col Waring	15
3	Heather Wilkie	11
4=	Duncan McKellar	9
4=	Mike Elder	9
6	Helen Simmons	8

### Distance

1	Ashley Page	20
2	David Dodson	11
3=	Duncan McKellar	9
3=	Elaine Morrison	9
5=	Ray Kemp	8
5=	John Kneen	8

Good to see a couple of new names here this month.

### Walk

1	Marg Beaumont	19
2	Gwen Steed	18
3	Ian Beaumont	17
4=	Bev Hugo	14
4=	Geoff Barrow	14
6	Ron Hugo	11

## April / May Events

When	Event
24 July	RWA 10km Challenge Albert Park
25 July	VMA 10km Road Race 10:00am Braeside Park
Late July	Eric Greaves 10km Braeside Park TBA
25 July	San Francisco Marathon
31 July	Australian Outback Marathon
15 Aug	Adelaide Marathon Festival
22 Aug	Geelong ½ Marathon
22 Aug	VMA 10 miles Road Race Princes Park

## ON THE SPOT PROFILE

### - Runner

Name: **Ron Arthur**



Age Group: M70

How Long Have You Been Running?

32 years masters,  
27 years professional

What Is Your Favourite Distance?

200m / 300m

What Is Your Best Race Memory?

Pulling a hamstring and managing to hang on & win the vets 100m at Stawell in my first professional run

Your Worst Race Memory?

Whilst leading in a 400m pro race at Caulfield Grammar School, fell over (good dose of lactic acid) 200m from the finish!

Any Advice For Other Athletes?

Commit to training and work to a proven training schedule

What Is Your Favourite Food?

Seafood

What Is Your Favourite Holiday Destination?

Any seaside holiday

How do you relax?

Run / gardening / entertainment

NOTE Ron is one of Mentone's newer members, having attended this venue for several months now.

Thanks, Ron

## Club Records set in June

Athlete	Event	Time
Jan Morrey	W70 800m	3:26.2
Jan Morrey	W70 1200m	6:03
Jan Morrey	W70 900m	4:01.0
Jan Morrey	W70 70m	12.04

## Trophy Winners in June

Athlete	Event
Ross Kent	250m E.T.
Ashley Page	Middle Distance points series

## July Birthdays

Happy Birthday to:

Ian Cassell  
Jim Machin  
Trevor McCann  
Sonya McLennan  
Gwen Steed  
Marie Brandeggen  
Janine McKerron  
Duncan McKellar



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 Jim Machin who will celebrate his 80<sup>th</sup> birthday with a pizza supper with his Mentone mates next Wednesday evening
- Congratulations to Ashley Page and Mike Elder who both ran so well in the recent VMA cross country championships
- Congratulations to the Mentone athletes who all performed so well in the recent AMA championships in Perth
- Special mention to Jan Morrey who recorded in Perth 3 results with an Age Graded % over 90%
- Well done Jan Morrey who is currently setting track records almost every time she set foot on the track at Mentone
- We welcome back James after his sojourn up north
- A BIG Thanks to all of our volunteers who have to stand in the cold and sometimes in the wet timing events, noting results, setting handicaps, turning lights on/off and starting events. Without them we would not be able to compete in the events each week.
- Days are now starting to lengthen, so perhaps this will mean that attendances will begin to increase from the current winter slump!



**Results for Mentone competitors  
in VMA 10km Cross Country Champs June 2010**

Age	Place	Athlete	Result	AG %
M55	9	Mike Elder	50:58.0	62.75
M65	1	Ashley Page	52:23.3	70.57

**Results for Mentone competitors  
in AMA Championships held in Perth Easter 2010**

Event	Age	Place	Athlete	Result	AG %
60m	W70	1	Jan Morrey	9.79	98.67
100m	W70	1	Jan Morrey	15.85	93.50
200m	W70	1	Jan Morrey	34.05	91.45
400m	W55	2	Janet Holmes	76.99	79.92
800m	W55	4	Janet Holmes	3:00.4	76.37
4x400m relay	W200+	1	Janet Holmes	4:59.03	
1500m Walk	W65	1	Gwen Steed	8:47.79	85.10
5000m Walk	W65	1	Gwen Steed	30:43.83	87.84
10km Road Walk	W65	1	Gwen Steed	1:04:49.2	87.88

**While shopping for holiday clothes, my husband and I passed a display of bathing suits. It had been at least ten years and ten kilos since I had even considered buying a bathing suit, so I sought my husband's advice.**

**'What do you think?' I asked. 'Should I get a bikini or an all-in-one?'**

**'Better get a bikini,' he replied 'You'd never get it all in one.'**

**He's still in intensive care.**

**Mentone Track & Field Committee,**

This committee, which is responsible for upkeep of the track and field and clubrooms and liaison with Kingston Council, had its AGM in June.

Ashley was re-elected President, Glad was re-elected Treasurer and Ted keeps the position of Assistant Secretary.

Aren't we lucky to have such hard working club supporters.

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

**RECIPE OF THE MONTH  
Breakfast Muffins  
(good for Wednesday supper)**

Measure into bowl:

- 2 cups flour
- 4 tsp baking powder
- ¼ cup raw sugar
- ½ cup sultanas

Grate into bowl:

- 1 smallish carrot
- 1 small apple (unpeeled)

Add and mix to combine:

- 1 egg
- ¼ cup oil
- 1 ½ cups milk
- 2 tbsp coconut

Extra milk may be necessary to achieve a runny, pourable mixture.

Do not overmix.

Spoon into well greased muffin tins. Bake 15-20 minutes 200° C, until risen and brown.

Cool on wire rack.

Dust with icing sugar if desired.

**Oops**

In the recently reported relay results, details of the successful M70 4 x 400m relay team were inadvertently overlooked. Two Mentone athletes, Ron Arthur & Graeme Noden were members of this team which is now the new Victorian record holder in a time of 5:14.3

**A guy and a girl are having a drink together in a bar. The man raises his glass and says, "Here's hoping you're in Heaven ten minutes before the devil knows you're dead!"**

**"What's does that mean?" asks the girl.**

**"That," answers her date, "is an authentic Irish toast."**

**"Oh. Well, here's to bread, eggs and cinnamon."**

**"Bread, eggs and cinnamon? What's that?"**

**The girl says, "That's French toast."**