

THE SPARTAN

Reg No A0043579R

CLUB PATRON - Robert de Castella

August, 2013

Club Contacts

President spartans.team@hotmail.com
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Secretary
spartans.team@hotmail.com

Treasurer
Rod Bayley spartans.team@hotmail.com

Postal Address

P.O. Box 162., Rosanna. Vic. 3084

Websites References

www.melbournemarathon.com.au	Melbourne Marathon site
www.melbournemarathonspartans.com	Melbourne Marathon Spartans
www.coolrunning.com.au	Best Australian Runners Site
www.vicmastersaths.org.au	Victorian Masters Athletics
www.athsvic.org.au	Athletics Victoria
www.athletics.org.au	Athletics Australia
www.vrr.org.au	Victorian Road Runners
www.aura.asn.au/	Australian Ultra Runners Assoc
www.ausrun.com.au	Australian Runners World
www.run4yourlife.com.au	Run For Your Life
www.traralgonmarathon.org.au	Traralgon Marathon Site
www.sixfoot.com	45 kms pleasure & pain
www.ausrunning.net	Races and marathon results
www.mymarathonclub.com	Listing Australasian marathons

Life Members

Paul Basile, Peter Battrick, John Dean, John Dobson, Peter Feldman, Jack Fredrickson, Christine Hodges, Ken Matchett (Dec'd), Conor Mc Niece, John Raskas, Ron Young, Shirley Young, Peter Ryan, Maureen Wilson

Annual General Meeting 16 September 2013

Venue – Harrison Room - MCG

Time: 7.30 p.m.

Guest Speaker: Tristan Miller

In our June 2013 Newsletter I advised that our Guest Speaker at this year's AGM would be none other than the remarkable Tristan Miller and that is certainly still the case. I must admit I am very much looking forward to hearing Tristan speak of his 2010 effort of running 52 marathons in 42 countries in 52 weeks on each of the seven continents, something that would be on most of our bucket lists.

To simply pack your bag and travel around the world for twelve months, let alone run a marathon during every week you are away is certainly some mean effort. I understand that Tristan has an interesting story to tell so come along and listen to this inspirational runner speak of how he sold his apartment and belongings and put his journey of a lifetime together which should set the tone for a good evening. Tristan has written a book about his journey and will be signing copies of the book "Run Like Crazy" on the night.

All Spartans and their families are most welcome.

The only thing we do ask for MCG security and catering purposes is that you let us know the names of those attending. Closing date is 6 September 2013

Bookings are essential to: Maureen Wilson – spartans.team@hotmail.com Ph.: 0433 110 819
Rod Bayley - spartans.team@hotmail.com Ph. 9458 1409 Mobile: 0412 028 260

How to get there

Harrison Room

COMING BY FOOT – Enter through Gate 1 between light towers 5 & 6 – take lift/escalator to Level 2

COMING BY CAR – Enter MCG underground parking via Entrance A off Brunton Ave. The Security Officer will direct you to park in the Northern Stand – park closest to lifts 1, 2 & 3 and take lift to Level 2.

Cost: To help with the cost of the night a Gold coin donation would be appreciated.

A FEW WORDS FROM THE PRESIDENT

It's that lovely time of the year again, spring time when everybody's thoughts turn to getting out and having a run and of course how they might perform in the coming Melbourne Marathon.

With the 36th Melbourne Marathon well within all Spartans sight as we count down the number of long weekend runs before putting our Spartan singlets on, this year's race is set to be the most successful yet with what looks like will be record numbers, that is numbers in excess of those in the early 1980's. With there being no marathon field limit this year and with the Half-Marathon already having reached its capacity it wouldn't surprise me with still seven weeks to go if numbers reached 7500. Also when comparing the ratio of men to female runners of the 1980's as compared to this year it is pleasing to see the female numbers continue to climb.

A number of years ago it was suggested by a member that each level of milestone singlet have a title and whilst that suggestion was widely discussed at Committee level it was eventually decided to not take it up. It was decided to let the milestone levels be seen and known by their distinctive colours, green, blue red etc. The members suggestion however that those Spartans who had run every marathon be known as Legends was taken up as was a further suggestion that any Spartan who completes thirty Melbourne Marathons become a Hall of Fame member. The Hall of Fame concept has now been in place for some time and to now formalise that achievement each Hall of Fame member will be inducted into the Hall of Fame at the AGM and presented with a framed Hall of Fame certificate.

At last year's Annual General Meeting you may recall a Spartan speaking passionately about our singlets. The member suggested that in lieu of having the various coloured milestone singlets that we have only the one colour (uniform) singlet and that be a green singlet. The members' suggestion was taken on-board and whilst there is much support for the current milestone singlet colour range to continue, we have been able to consolidate the colour range after Hall of Fame statue is attained at 30 years. The new 30-Year singlet will be unveiled at the AGM. All presentations on the night will be photographed and available for viewing on our web page.

In the coming year what I would like to get from you the members is some indication as to whether you are content with the current number of Spartan get-togethers of two annually (AGM and Marathon) or, if you would like and support more frequent get-togethers like going for a run monthly or quarterly. If you have any suggestions I'd like to hear them.

This coming year we have three committee positions that we need to fill if we are to spread the workload and make life easier for everyone. Although we are sorry to see any committee member leave the Committee, it does create an opportunity for someone else to contribute to this unique club. Although there are of course a variety of jobs to be done as a Committee, I am flexible as to who performs what job.

Given Chris Muirden's role at IMG of Course Director and his role as author of **The Wall - The History of the Melbourne Marathon**, I have invited Chris to our AGM to speak and advise us of any changes to this year's event/course and to also talk about the publication of his hardcover book twelve months ago. He has offered to have his book for sale on the night and would be only too pleased to sign copies. I must admit it is an excellent publication and a book that you can pick up anytime and read.

In closing I would like to thank Peter Ryan for his long and outstanding service to the Melbourne Marathon Spartans Club. For personal reasons Peter has decided to not stand for Committee this coming year. Peter became the inaugural Vice President in 1988 and remained in that role for four years before becoming President in 1992. He remained President for twelve years and for the last nine years has remained on committee as a General Committee member. Thank you Peter. Thank you also to Graeme Lay for your good work and time on Committee.

I look forward to seeing you all on Monday 16 September at the MCG for what should be a terrific night.

Jay Fleming
President

SPARTAN WEBSITE

We continue to upgrade the website in an attempt to make it more meaningful and interesting. New additions will normally be noted on the first page, so remember to periodically check it. We will also keep it updated with news such as AGM and race day details.

Latest additions include:

- Our financial statement.
- A story focussing on the ultra-marathon achievements of Shirley Young.
- An inspirational message from Robert de Castella.
- An events page.

Blog

The blog has been used for less structured posts such as book reviews and training logs. All members are invited to submit anything suitable to webmaster@melbournemarathonspartans.com Topics could include anything of interest, e.g. thoughts on heart rate monitors, Nike vs. Adidas vs. Asics vs. Brooks, the role of fartlek in training.

ELECTION OF OFFICE BEARERS FOR 2013/2014

For the past twelve months your Committee has operated two Committee Members down and with longstanding Committee Member Peter Ryan deciding to not stand in 2013/2014 for personal reasons, it does create an opportunity for three new faces on Committee this year. As we have said many times before, if the work can be shared between a full Committee it makes life easier all round. Please consider giving us a little of your time.

If you would like to spend a little time on the Spartan Committee please let a Committee member know as we would certainly like to fill all committee positions this year. Maybe give President Jay Fleming a ring on **0418 374 783** or Assistant Secretary Maureen Wilson on **0433 110 819**, new members are most welcome. Please see the attached Nomination Form. To help you understand what is involved as a committee member the following has been collated:

***“A year in the life of a Committee Member”** loosely involves a committee meeting bi-monthly. Meetings are contained to two hours (or shorter). Predominately the busiest time for the Committee is leading up to the marathon, August, September and October each year. Approximately four Newsletters are sent to financial members during the year and a global newsletter is sent to ALL Spartans on the Club books in August to coincide with advising details of the AGM and subscription renewals. Not an over burdening workload but one that needs to be shared.*

AN UPDATE ON THOSE NOT SO WELL

Peter Ryan continues his recovery from open heart surgery in May 2013 and hopes to walk/shuffle through the marathon on 13 October. If he can make the finish it will be a fine job.

Although **Peter Battrick** just made the cut-off time last year because of injury, his struggle with fitness continues as he battles a lung condition that limits one lung capacity to 60 percent. This year will be extremely hard for Peter.

Following **Neville Gardner's** immune system breakdown and his hip replacement prior to last year's marathon his struggle to build up his mileage continues.

THE WALL - The History of the Melbourne Marathon 1978-2012

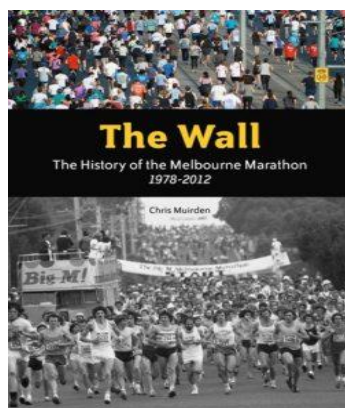
This handsome hardcover book is still available for purchase. It is most certainly a book you will be proud to display on your coffee table and will pick it up to read the report of your fastest marathon, or look again at some of the 500 pictures it contains.

Who better to write this history than Chris Muirden who is a journalist and has been the Course Director of the Melbourne Marathon on many occasions. Chris has also run three Melbourne Marathons in times under 2:46 and has given us several course briefs at past AGM's. If anyone is qualified to write our history it is Chris. The range of the book is extraordinary. There is a detailed report of the leading runners for each marathon. The administrators who made it all possible are given their due respect and there are sections covering celebrities who have run and VFL/AFL footballers who have found it a far more difficult challenge than expected.

Chris made many discoveries while researching and some of the most insightful sections are the interviews with past competitors. These are interspersed as breakouts throughout the book. Seek out the sections on Shirley Young, Kylie Dick, and Russell Foley.

The Spartans are well covered with nine pages. Club formation is described and there are interviews with the Legends and the "Almost Legends". Not surprisingly, Spartans also feature strongly throughout all pages.

The History of the Melbourne Marathon 1978-2012 by Chris Muirden will be on sale at the AGM – alternatively the book can be purchased direct from Chris via email at muirden@iprimus.com.au or online through the Melbourne Marathon web site. <https://shopdesq.imgstg.com/index.cfm?fuseaction=main&OrgID=1142> The book is also available at Dymocks book stores - seen in Camberwell and Bendigo, so probably available everywhere.



WE GET MAIL! by Webmaster David Foskey

Quite a few emails come through the website, and I'd like to share two recent discussions.

American Tom Metts informed us that the first Melbourne Marathon was actually run in 1971. There were 65 starters and 45 finishers including one female. Oh, he did mention that this marathon was in Melbourne Florida and has now been renamed the Space Coast marathon. Tom was in high school in 1971 and was 9th placed finisher in 3:15. He has also run two of the real Melbourne's with a best time of 2:44 in 1980. Now living in South Korea, Tom still runs every day and might visit us again in the future.

Swede Anders Forselius wants to complete marathons in 100 countries and is currently at 69, having already notched up all 50 American states. His overall goal is to run 500 marathons. Anders' Melbourne Marathon experience was to run 3:20 in 1997. He has a blog, and John Dean has provided him with some photographs from 1997: <http://bikingviking.net/listing/melbourne-marathon-australien-1998/> Spartans Dave Rabl and Graeme Alford feature.

SPARTAN TEAM in Melbourne Marathon

Following our excellent team effort last year we have again registered a Spartan team in this year's marathon and we would like any Spartan who is not already in a team to join ours. Whilst only the first five runners to finish count, it would be great to have another red-hot go and win the teams event. Let's run as one. Simply click on the Team link when completing your online entry.

SPARTAN TENT AT THE MARATHON FINISH

We have again arranged for a tent at the marathon finish for the benefit of Spartans and their families so please come back after you finish and say hello and share your day's experiences. On Race Day the Spartan tent offers:

- (1) A secure bag drop off and collection point. The tent will be manned throughout the day.
- (2) A place to meet family and friends after the run.
- (3) Financial Spartans will be able to take advantage of our three massage therapists **Margaret, Katie** and **Lisa** at *no cost*.

Due to the high demand for massages after the run non-financial Spartans will unfortunately be unable to avail of this opportunity.

Light refreshments will be available on the day so come along before the start of the marathon and drop your bags off and afterwards relax and enjoy the day. It's also a point where you can get a few carbohydrates back into your body before heading home. Spartan Paul Basile is coordinating the tent activities and is looking for a few helpers so if you are **not** running this year and can spare some time to help please give Paul a ring. He can be contacted on Mob: 0439 718 281

MILESTONES

If you are going to run your 10, 15, 20, 25, 30 or 35th Melbourne Marathon in 2013 we would certainly like to hear from you so we can acknowledge your milestone. Remember that you get your Spartan singlet to run your milestone marathon in. Please email: Spartans.team@hotmail.com

SPARTAN COMMUNICATIONS

If you have changed your telephone number, postal address or email in the past 12 months or know of any Spartan who hasn't been receiving Spartan newsletters please advise us and/or advise your updated details to: spartans.team@hotmail.com

MEMBERSHIP RENEWAL FOR 2013/2014

Your Annual Subscription of \$20.00 is now due. Your payment would be greatly appreciated as it helps fund our AGM/Singlet presentation night/trophies and the cost of the two marquees at the marathon finish. A Membership Form can be found on the last page of this newsletter. Payment can be made by EFT in which case please ensure you put surname or Spartan number in the Reference Field on the bank deposit slip. An Email to spartans.team@hotmail.com advising us of the deposit would also be appreciated.

If you would like to make payment at the AGM please complete the attached Membership Renewal Form and place it, together with your money (cheque or cash) in an envelope clearly marked with your name & Spartans No. and what the payment covers and bring it along on the night. Otherwise, simply post your renewal request to our PO Box 162, Rosanna. Vic. 3084

22 NEW SPARTANS IN 2013

To date there have been 22 enquiries from runners focused on completing their 10th Melbourne Marathon. This coupled with those who are to receive milestone singlets should make the AGM a night to remember.

EXPO DATES

The 2013 Medibank Melbourne Marathon Festival will once again run the Active Feet Runners Expo on the External concourse of the MCG. Whilst the Spartan display is limited to Thursday, Friday and Saturday the Expo will be open at the following times:

Thursday 10/10/2013	4.00pm – 6.00pm	Friday 11/10/2013	9.00am – 7.00pm
Saturday 12/10/2013	8.00am – 3.00pm	Sunday 13/10/2013	7.30am – 2.00pm

As in past years the Spartans Club has been asked by IMG to participate in the Expo to which we have agreed to do. To enable our display to take place we of course need your help over the weekend hence, if you could find an hour or so over the weekend of the marathon to help man our display that would be fantastic. If you are able to help at any time please ring our Expo Conveners Paul Basile on 0439 718 281 or President Jay Fleming on 0418 374 783.

OLD RUNNING SHOES

At last year's AGM Peter was overwhelmed with the volume of preloved shoes brought to the meeting. Let's send him home again with a car load.

If you have any preloved running shoes please bring them to the AGM and Peter will find a good home for them – they go underprivileged/special children at his school. Shoes must be in reasonable condition & clean.



POST MARATHON GET TOGETHER

As part of our *Getting to know your Fellow Spartan*, President Jay Fleming and Spartan Legend Bruce (Digger) Hargreaves S0039 are hosting a post run *get together* at the Mount View Hotel, 70 Bridge Road, Richmond between 3pm – 6pm.

<https://www.facebook.com/events/688969164451974/>

There is no formality about the *get together* and no need to “book in”, just turn up and share your war stories. It doesn't matter whether you ran the marathon or the half, just come along and enjoy the social atmosphere. If you didn't run, come along anyway. As we have to guarantee the venue a 'Minimum Spend', we'll have to charge you \$10.00 per adult (kids free), but your \$10.00 will be spent on food, just buy your own drinks. A private room has been booked so you can set your kids up in a quiet corner while you relax (ha ha). It is planned to have some old Melbourne Marathon videos on the Big Screen as well.

THE ENTERTAINMENT BOOK!!!!

Spartans if you would like the perfect companion for the school holidays or as a present for someone with children, please consider purchasing The Entertainment Book Thousands of \$'s worth of goodies for only \$65 and in the process you will also be contributing to The Cerebral Palsy Education Centre. Books will be on sale at AGM.

Melbourne Marathon Spartans Membership Renewal 2013/2014

Email: _____

Name: _____

Address: _____
(Only if changed) _____

D.O.B. ____ / ____ / ____

Phone (H) (W) (M)

5

*If paying electronically
please insert name &/or
Spartan Number for
identification*

Spartan Number (if known) S ____ SF ____ Incoming 2011

Membership \$20

Donation Amount \$..... *Thank you!*

Singlet \$25.00 _____ (S) (M) (L) (XL)

Postage (\$7.50 *if required*)

\$.00 Total

Cheque

Cash

Electronic deposit

Account name: **Melbourne Marathon Spartans Club**

Bendigo Bank BSB: **633-000** Account No: **139201743**

(In details section record ***name in full or Spartan Number***).

Advice by email appreciated - spartans.team@hotmail.com

Postal Address:

Melbourne Marathon Spartans Club

P O Box 162

Rosanna Vic 3084

**If paying on the night of
AGM**

**please use this form & place it in an envelope
clearly marked with your name and Spartan No.
& hand in at the door.**

No receipts will be issued on the night.

MELBOURNE MARATHON SPARTANS CLUB NOMINATION FORM

To nominate for a position on the Melbourne Marathon Spartans Club committee please complete the details below and forward by post to the Secretary at P O Box 162 Rosanna 3084 or by Email to spartans.team@hotmail.com

Nominations must be received by the Secretary no less than 7 days before the date of the Annual General Meeting.

I, _____ wish to nominate for the following position on the Melbourne Marathon Spartans Club committee:

	(Please tick)
President	_____
Vice President	_____
Secretary	_____
Treasurer	_____
Committee (6 positions)	_____

Signed: _____
(Signature of person nominating for committee)

Date: _____

I, _____ Second the nomination of
(Name of Seconder)

_____ to the Melbourne Marathon Spartans Club Committee.

Signed: _____
(Signature of Seconder)

Date: _____

Note: If a Spartan wishing to nominate for a position on Committee cannot find a fellow Spartan to Second their nomination, then please send the nomination to spartans.team@hotmail.com and assistance will be provided.

medibank
For Better Health
MELBOURNE
Marathon
FESTIVAL

Distance & Start Times

2013	Medibank Melbourne Marathon (42.195km)	7.00am
2013	Wheelchair Marathon (42.195km)	7.55am
2013	Flight Centre Half Marathon (21.1km)	8.00am
2013	The Coffee Club 10km Run	7.30am
2013	ASICS 5.7km Run	11.00am
2013	ASICS 3km Walk	11.15am

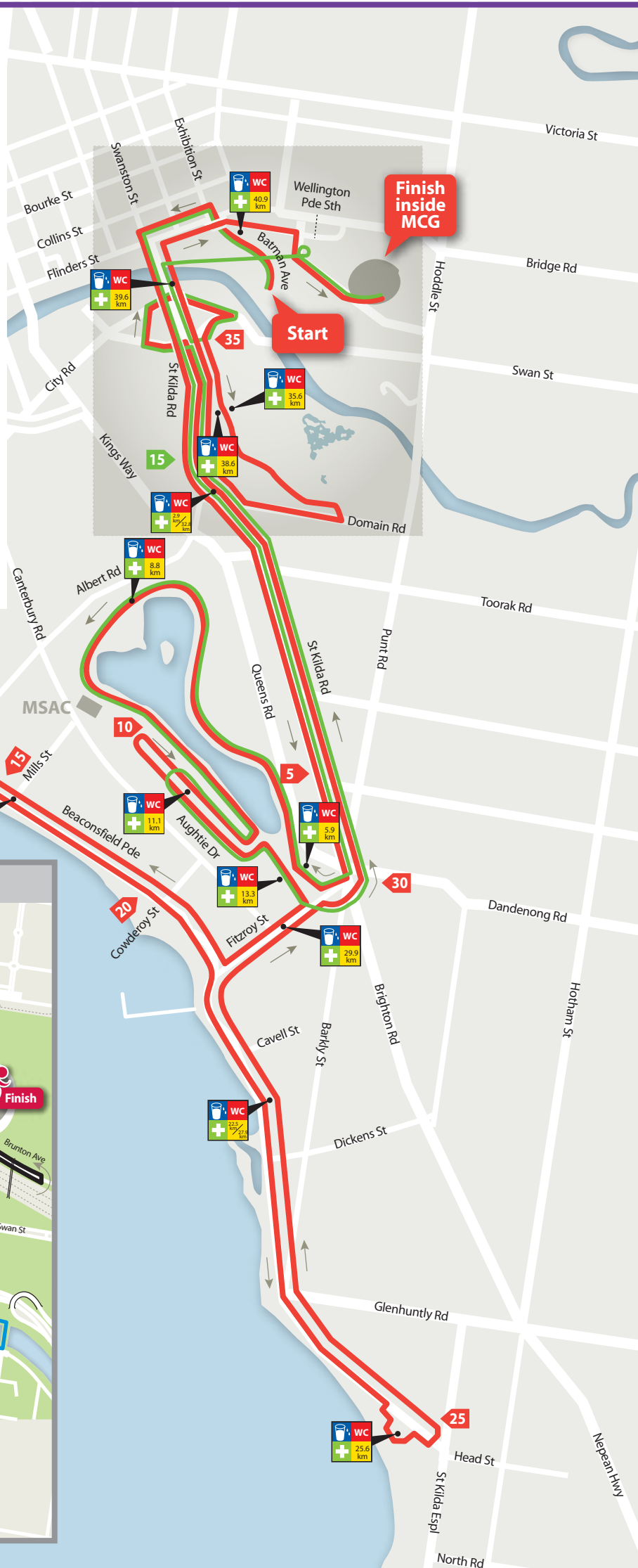
Key



Drinks
Toilets
First Aid Station



40
km Markers



All courses are subject to change under organisers' discretion