

THE SPARTAN

Reg No A0043579R

CLUB PATRON - Robert de Castella

June, 2013

Club Contacts

President spartans.team@hotmail.com
Jay Fleming Phone: 9758 3161

Secretary
spartans.team@hotmail.com

Treasurer
Rod Bayley spartans.team@hotmail.com

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

Enquiries: spartans.team@hotmail.com

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, Christine Hodges, Ken Matchett Dec'd, Conor Mc Niece, John Raskas, Ron Young, Shirley Young, Peter Ryan, Maureen Wilson

FROM THE PRESIDENT

Annual General Meeting 16 September 2013

Venue – Harrison Room - MCG

Time: 7.30 p.m.

Guest Speaker: Tristan Miller

Hi Spartans

At each of our past six Annual General Meetings we have enjoyed the company of legends of Australian Sport in Tom Hafey, Steve Moneghetti, Tim O'Shaughnessy, Derek Clayton, Magnus Michelsson and Rob de Castella and I'm pleased to advise that this year will be no different.

I have pleasure in confirming that our Headline Guest Speaker at this year's AGM is none other than the remarkable Tristan Miller. We will confirm the support speakers in the next newsletter.

In the year 2010 Tristan ran 52 marathons in 52 weeks across 47 countries. He has chronicled his global travelogue in the well written and brilliantly entertaining 'Run Like Crazy'. Tristan will be signing copies of his fantastic book during the evening.

We are most grateful to Tristan for making the time to be with us as he has been in huge demand on the speaking circuit. Come along and be inspired. I'm sure that by evening's end we'll all come away buzzing to tackle some of those projects we've had on our backburner or our bucket list.

As you can see by The Bull Run information below, Tristan is aiming to kick off Australia's own landmark ultra-event and at Spartans we would love to do our bit to assist in any way we can. If you haven't already done so, I invite you to hop onto The Bull Run website and register your support in the next 7 days. If target amounts are not reached, pledged amounts are refunded. Please pledge your support to enter any of the running events on offer (75km Bull Run, Marathon, Half Marathon) as it is still vital to build a strong 'expression of interest' to ensure the inaugural event next year, should this year's event not get the necessary numbers.

So guys let's get behind a courageous local talent getting off their backside and having a red hot go at something ginormous!

I would also like to encourage any Spartan to nominate for any of the committee positions as it is a terrific experience contributing to the organisation and putting something back in. Who better to contribute

suggestions for maintaining and improving our great event than the participants! Currently we have two opportunities available to serve on committee. If you've had initiatives floating around in the back of your mind that you've felt could improve the club, this is the ideal opportunity to contribute them. If certain issues have been driving you mad and you wish to contribute to the democratic process of instigating change in an orderly fashion, you're especially invited to join! So come on guys, bring your fresh ideas and enjoy the camaraderie of the Spartans Committee for a couple of hours every couple of months. Hope you're all enjoying some of the bracing but sunny winter mornings. Just a reminder to keep an eye on the website for our group runs. Over the last couple of months we've had them at Albert Park Lake, meeting at The Carousel car park at 8am. Runners run at their own pace, start whatever time they want, do however many laps they want to and join up for a coffee mid run or post run. There is no pace pressure and the scenery and vibe is very relaxing. We will also be changing things up a bit and scheduling runs around The Tan which we will announce on the site. If you have other suggestions, please let us know. It's your club.

All Spartans their families and friends are most welcome.

For catering purposes please email Spartans.team@hotmail.com with name(s) of people wishing to attend the evening by 06/09/2013

**Jay Fleming
President**

**GUEST SPEAKER
TRISTAN MILLER**



**THE
BULL RUN**
MELBOURNE 75KMS/46MILES

The Bull Run is separated into four categories:

- THE FULL BULL – 75 kms for the Brave Bulls
- THE MOORATHON – for the Marathon Lovers
- THE HALF MARATHON – for the Sprint Bullievers
- THE RELAY RAMPAGE – Team of 3

The Race

Now to be held on 8th December, 2013. Race had to move by one week to co-ordinate start and finish lines over this huge course.

The Bull Run is set to be the biggest participation ultra-road race in Australia!

We are creating a race that is the next big step after conquering your fears to nail your 1st, 5th or 10th marathon.

We're going to take running to a whole new level in Melbourne, by providing a course that will no doubt be punishing, but shall reward the brave!!

75 kms from the Yarra Valley Race Course in Yarra Glen, all the way to the Alexandra Gardens in Melbourne's CBD. There's also a Half Marathon and a Marathon just in case you're not ready to go for the Full Bull!!

Documentary Filming

On May 19 a number of Spartans made their way to Albert Park Lake to participate in the filming of a segment of Rahul Prasad's documentary. Ray Cilia came all the way from New South Wales to run and Bruce Hargreaves flew down from Queensland. Peter Battrick brought Jack Gubbins who retired from Marathons after running the first 30. Unfortunately, I chose a day that the RSPCA also selected for their "Million Paws Walk" which made access to parking difficult. It was also the weekend of the Great Ocean Road races which ruled a few more Spartans out.

There was a sufficient number to enable filming of a "mass" start where we accompanied Rahul beginning a training lap. After the lap, Rahul interviewed Chris Muirden then the five Legends who were present. The documentary doesn't yet have a screening time, but I'm sure that we can arrange a viewing whatever happens.

The group occupied two tables at the Carousel Cafe and consumed copious amounts of coffee for a couple of hours. All present enjoyed the conversation and the occasion.

Facebook Page

Facebook users might have noticed the link to:

<https://www.facebook.com/groups/445114225505122/> on our home page

(www.melbournemarathonspartans.com). This group is maintained by Bruce Hargreaves and is available to all runners. A wide variety of postings are made. Useful if you want to get in touch with other runners, the page has the potential to allow the organisation of running groups.

DATES TO REMEMBER

See Spartans website for comprehensive guide.

Sunday runs from carpark Carousel, Albert Park at 8:00 am. A coffee and chat afterwards!!!

30/06/2013 Led by Jay Fleming 0418 374 783

These Sunday runs are **not** exclusive to Spartans – all interested running family, friends, Melbourne Marathoner first timers, seasoned marathoners, half marathoners, fun runners most welcome!!!!

Spartans 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:

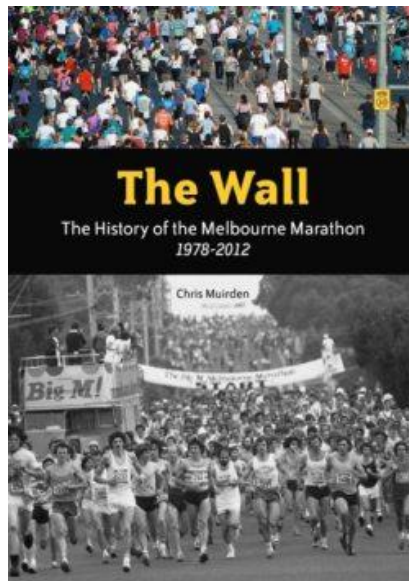
- Our financial statement.
- A story focussing on the ultra-marathon achievements of Shirley Young.
- An inspirational message from Robert de Castella.
- An events page.

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, eg thoughts on heart rate monitors, Nike vs Adidas vs Asics vs Brooks, the role of fartlek in training.

The Wall

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.



SPARTANS COMMUNICATIONS

If you know of any Spartan(s) not receiving the Newsletters – it could be because their email address has changed. If this is the case if you contact us at spartans.team@hotmail.com the Email address will be added to our Email Contacts.

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 \$ worth of goodies for only \$65 . . and in the process you will also be contributing to The Cerebral Palsy Education Centre.

Your 2012|2013 Entertainment™ Book exp

The 2012|2013 Entertainment™ Book will expire on Saturday 1st June 2013 – SUPPLIES ARE LIMITED - Get your NEW Book TODAY!

[**CLICK HERE TO BUY YOUR BOOK**](#)

Selling for only \$65, the new 2013|2014 Greater Melbourne Entertainment™ Book is packed with hundreds of up to 50% off and 2-for-1 offers from the best restaurants, cafés, hotel accommodation, attractions and activities. **The average Book owner is saving over \$1,000 per year!**

Plus, \$13 of your Book purchase goes towards OUR FUNDRAISING -- so please forward this email, and tell your family and friends, as the more Books we sell, the more funds we raise!

Thank you for your continued support.

Melbourne Marathon Spartans Club

**IMAGINE BEING
ABLE TO SAVE
BETWEEN 5% and 50%
ON MOST THINGS
YOU DO!**

**[IF YOU HAVE NEVER SEEN
AN ENTERTAINMENT™
BOOK BEFORE – TAKE A
LOOK THROUGH ONE
HERE!](#)**

[<image001.jpg>](#)

"Each year, I make sure I've got my new Book before the old one runs out. There's nothing worse than being Gold Card-less!"

— Ian, Melbourne

Imagine being able to save 25% - 50% on dining out, doing things with your friends and family, and 5% on your groceries and petrol all year round!

Each Melbourne Entertainment™ Book contains over \$15,000 in valuable offers. Here is just a taste of some of the many offers in the new Book:

[<image002.gif>](#)

...plus there are **hundreds** more! [Click HERE to see more »](#)

CLICK HERE TO BUY YOUR BOOK
ONLINE NOW

Melbourne Marathon Spartans Club

Contact: Jay Fleming

Phone: 0418374783 | Email: flemingjay2@gmail.com

Melbourne Marathon Spartans Membership Renewal 2013/2014

Email: _____

Name: _____

Address: _____
(Only if changed) _____

D.O.B. _____ / _____ / _____

Phone (H) _____ (W) _____ (M) _____

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

5

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

- Membership \$20
- Donation Amount \$..... *Thank you!*
- Singlet \$ _____ (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
& 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.