

THE SPARTAN

Reg No A0043579R

CLUB PATRON - Robert de Castella

August, 2012

Club Contacts

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

Secretary
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Rod Bayley spartans.team@hotmail.com

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Websites References

| | |
|--|--------------------------------------|
| www.melbournemarathon.com | Melbourne Marathon |
| www.vccl.org.au | Victorian Cross Country League |
| www.aims-association.org | International Marathons & Road Races |
| www.coolrunning.com.au/ultra | Australian Ultra Runners Association |
| www.coolrunning.com.au | Best Australian Runners Site |
| www.vicnet.net.au/~vicvets/ | Victorian Masters Athletics |
| www.athsvic.org.au | Athletics Victoria |
| www.athletics.org.au | Athletics Australia |
| www.home.vicnet.net.au/~roadrun | Victorian Road Runners |
| www.mountainrunning.coolrunning.com.au | Australian Mountain Running Assn. |
| www.ausrun.com.au | Australian Runners World |
| www.traralgonharriers.org | Traralgon Marathon Site |
| www.sixfoot.com | 45 kms pleasure & pain |

Life Members

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

C'mon Spartans

35TH MELBOURNE MARATHON - 14th October, 2012

Annual General Meeting 17 September 2012

Venue – Harrison Room - MCG

Time: 7.30 p.m.

Guest Speaker: Tom Hafey

At each of our past five Annual General Meetings we have enjoyed the company of legends of Australian Sport in 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 Guest Speaker at this year's AGM is none other than AFL football legend and health and fitness guru - Tom Hafey.

Spanning three decades as a senior AFL coach of Richmond, Collingwood, Geelong and Sydney Swans football clubs his legacy to the game is immense as is his commitment to a healthy lifestyle. At age 80 he trains like an athlete half his age with his daily routine starting off at 5.20am that includes ten minutes of stretching, 200 push-ups on the sand, then a ten minute swim in the freezing bay. After a quick dry off Tom trots back to his Bayside apartment, not to have a cup of tea and a lie-down but to do 700 crunches and sit-ups. Tom then rounds the session off with a gentle five to seven kilometre run.

I am most grateful to Tom for making the time to be with us and I certainly look forward to hearing him speak. Come along and listen to Tom talk about what he loves – health and fitness, living a healthy lifestyle and his friendship and lessons learned from legendary running coach - Percy Cerutti.

All Spartans and their families are most welcome.

The only thing we do ask for MCG security and catering purposes you let us know if you are coming. Closing date is 10 September 2012

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

How to get there

Harrison Room

COMING BY FOOT – Enter through Gate 1 near light tower 5 – 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: Free to all Spartans

Guests: Gold coin donation at the door

GUEST SPEAKER TOM HAFEY



FROM THE PRESIDENT

Hi Spartans!

I can't believe it's August already and we are counting down to the momentous milestone of our beloved Melbourne Marathon ... anniversary number 35. For us Spartans it's anniversary number 25 so, therefore, we have chosen to go with the historical and commemorative angle for our AGM.

As mentioned, we have the legendary and inspirational Tom Hafey, whose life has revolved around motivation, inspiration, strength through adversity and walking the talk at such a brilliant age. He is living proof that 80 can be the new 50 if we choose it to be so.

We also have Ted Paulin who is inextricably linked with the history of this event and whose drive and determination influenced much of the formative to middle stages of this event.

Rounding off the evening we have Chris Muirden, whose master work detailing the history of the Melbourne Marathon will be finished shortly after the completion of this year's 35th running of the event. His book will be the definitive chronicle of this event, written in a very informal and

conversational style with plenty of anecdotes from the identities he has interviewed during his lengthy research.

There will also be well over 600 images, mostly black and white, where you may recognise yourself or some of your friends back in the days when we all looked a tad different, not to mention the running apparel, hairstyles and cityscapes!

I look forward to seeing a huge number of us on the night. Personally I've always loved the vibe of these get-togethers. To have that many people in the same room that are so used to pushing through their individual pain barriers makes it a hugely positive environment to be around. In addition, by sharing and exchanging our interstate and international stories on the running calendar, we inspire each other to new adventures.

Come and celebrate these ties that bind us and commemorate a milestone over light refreshments with a roomful of wonderful people.

See you there!

Jay Fleming
President

ELECTION OF OFFICE BEARERS FOR 2012/2013

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. Maybe give President Jay Fleming a ring on **9758 3161** or Secretary Graeme Lay on **Mob: 0439 396 514** we'd welcome new members on board. 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 – the meetings are contained to two and a half hours (or shorter). Predominately the busiest time for the Committee is leading up to the marathon, August, September and October each year. Approximately three e 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 the AGM and subscription renewals. A “not so” over burdening workload but one that needs to be shared”

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:

- A secure bag drop off and collection point. The tent will be manned throughout the day.
- A place to meet family and friends after the run.
- Financial Spartans will be able to take advantage of our three massage therapists (Margaret, Katie and Alison) 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.

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 or 30th Melbourne Marathon in 2012 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

***Have you changed your email address in the past 12 months?
It could be the reason you are not receiving Spartan newsletters.***

***Please update via:
spartans.team@hotmail.com***

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.

MEMBERSHIP RENEWAL FOR 2012/2013

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. Membership form found on last page of 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 # 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

38 NEW Spartans IN 2012

To date there have been 38 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.

DATES TO REMEMBER

Sunday 12 August 2012 - 8.00pm Melbourne time Men's Olympic Marathon

Sunday 4 November 2012 – 11.00am Highlights of 2012 Melbourne Marathon, Channel 9

EXPO DATES

The 2012 Medibank Melbourne Marathon Festival will once again run the Active Feet Runners Expo on the External concourse of the MCG.

The Expo will be open at the following times:

| | | | |
|----------------------------|-----------------|--------------------------|-----------------|
| Thursday 11/10/2012 | 4.00pm – 6.00pm | Friday 12/10/2012 | 9.00am – 7.00pm |
| Saturday 13/10/2012 | 8.00am – 3.00pm | Sunday 14/10/2012 | 7.00am – 2.00pm |

As in past years we have been asked by IMG to participate in the Expo hence, if you could find an hour or so over the weekend to help man our display that would be fantastic. If you are able to help us out please ring our Expo Convenors Paul Basile on 0439 718 281 or President Jay Fleming on 9758 3161

The greatest pleasure in life is doing the things people say we cannot do.

-- Walter Bagehot

Our greatest glory is not in never falling, but in rising every time we fall.

-- Confucius

SPARTAN PROFILE – Ian Gainey SW0001



Ian Gainey (left in 1980 and 2004) was the first Melbourne Marathon Spartan Wheelchair athlete. In 2004 he achieved his long term goal of completing 20 Melbourne Marathons. He is now training and concentrating on completing his 24th Melbourne Marathon in October 2012 and wants to reach the “Magic Mark” of 25 within 1 or 2 years.

In early 1954, at the age of two, Ian contracted poliomyelitis and was left with paraplegia in both his lower limbs. This has not hindered him nor stopped him from having a full life

Ian's Sporting achievements and highlights have included two Paralympics (London 1984 and Seoul 1988), a 10,000 metres World Record in the 1986 London World Wheelchair Games and many Australian events. He has also participated in more than 12 Marathons and Half marathons in Oita, Japan on the Southern Island of Kyushu, England, Germany, Singapore, and USA. Ian recorded his best marathon time of 1 hr 51 mins in Japan, 1986 at a time when the world record for the marathon was 1 hr 40 minutes.

His first appearance in the Melbourne Marathon was in 1979 when he was one of ten wheelchair entrants. Ian's best time of 2.01.41 in the Melbourne Marathon was 1985. 'Normal' runners probably envy wheelchair athletes as they fly past in downhill stretches, but uphill & headwinds are challenging, and weaving through packs is especially difficult. Ian regrets that the number of wheelchair entrants has dwindled from ten in 1979 to two in 2011.

Ian still remembers clearly the original Marathon course from Frankston to Melbourne and has many regrets that it is no longer possible for organisers to maintain that course. Also a big regret is the non-availability of an equal or a 30 second start with able bodied' Marathon runners.

The 2011 Melbourne Marathon presented a new and testing challenge when two kilometres from the start one of Ian's tyres punctured. His one-man support crew was waiting to check on him and assist at the 17 kilometre mark; however, he pushed on and received some help with the wheel change from a few innocent bystanders on Beaconsfield Parade. He was still able to finish in a very respectable time of 3:03 and for at least the fourth time was the first wheelchair home.

"My very first 42.195 kms was the 1979 Big "M" Melbourne Marathon from Frankston to Melbourne and it was a huge challenge not only to finish but also as to what condition was I going to be in when I did finish. It was one of my most memorable times because I not only competed; I competed against some of my idols in the sport of wheelchair road racing. At that time I certainly did not ever think that I would take part and complete 23 Melbourne Marathons, there you go.

After being recruited by Paravics staff in 1975, now Disability Sport & Recreation, I enjoyed playing wheelchair basketball for quite a few years, however, the challenges in that sport grew thin and I then wanted to advance to another sport and I chose wheelchair track and road racing and have not ever regretted that decision.

Outside of my sporting career I commenced employment with the Department of Defence in April 1973 and I am currently still employed with the Defence Department at Laverton, Victoria. Among other interests, I am still involved in umpiring cricket in the summer months and doing a tad of volunteering as a timekeeper for Redan Football Netball Club in the Ballarat Football League.

"Finally I have enjoyed everything I have done and I intend to stay positive, exercise and keep healthy and fit, and do a lot more...



REMINDER:

Bring any preloved running shoes to the AGM. Peter Ryan can find a good home for them – they go to underprivileged/special children at his school. Shoes must be in reasonable condition & clean.

Contact Peter by email: ptryan48@hotmail.com

or Phone: 0417 372 070

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.

(Herald-Sun 2/8/2012)



Century in sight: Jane Sturzaker, who is planning to run her 100th marathon. Picture: FIONA HAMILTON

Running towards a personal best

A MELBOURNE woman is trying to run 100 marathons before the age of 60, and she won't stop there.

Jane Sturzaker, 59, has run 99 marathons in the past 15 years, starting with the Melbourne Marathon back in 1997. The fitness

fanatic wants to clock 100 marathons before her 60th birthday in January, all in the name of fun.

Last year alone, the personal trainer covered 19 marathons, including running three of them in as many days. This year the

Medibank Melbourne Marathon Festival is aiming for 7000 runners to stampede through the city's streets. While the main race isn't for the faint-hearted, measuring just over 42 kilometres, the festival also offers people a

half marathon, 10km, 5.7km and a 3km walk.

In the lead-up to the event Ms Sturzaker will prepare by competing in the San Francisco Marathon and running through the night across the Nevada desert.

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 Secretary Graeme Lay (spartans.team@hotmail.com) who will assist.

Melbourne Marathon Spartans Membership Renewal 2012/2013

Email: _____

Name: _____

Address:
(Only if changed) _____

D.O.B. _____ / _____ / _____

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

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

Spartan Number (if known) S ____ F ____ Incoming 2012

Membership: \$20

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

Singlet: \$25 financial member, \$30 non financial member _____ (S) (M) (L) (XL) (XXL)

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 the details section record surname or Spartan Number).

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

Postal Address:

Melbourne Marathon Spartans Club

P O Box 162

ROSANNA VIC 3084