

THE SPARTAN

Reg No A0043579R

CLUB PATRON - Robert de Castella

May, 2015

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FROM THE PRESIDENT

Hi Spartans,

Welcome to our May Newsletter, as we prepare for tax time next month and then turn into the home straight for Christmas!

This year, our family has welcomed grandsons numbers 3 & 4 into the world. Currently it's a world that's going through some enormous hurdles that will present the next generation with some exciting possibilities and challenges. Some of the many ties that bind us all include music, compassion and of course sport. The running community is very much a people-glue all around the world. It has been terrific to liaise with the Teganuma Eco Marathon in Japan for this year's Homestay prize. We are pleased to announce that the winners of this Prize are **Jane Sturzaker & Helen Van Der Nagel** who will be jetting off to Japan a couple of days after this year's Melbourne Marathon to participate in this event and enjoy their prize win. I'm certain they will be fine ambassadors for not only the Melbourne Marathon community, but also all Spartans.

We have also held the first of our financial Members' random prize draws at our last Committee Meeting. This will be an ongoing event with the winner being announced in the very next Newsletter.

Based on Member feedback we are extending our merchandise range by one item this year in the form of a Spartans' running cap and we will update you of further progress as we get closer.

We have managed to make huge progress in the updating of the Spartan Constitution. This may not sound like a terribly exciting topic but nonetheless it is essential to our Governance and legitimacy as a functioning entity. This has only been made possible by the time generously donated by Spartans and family members with relevant skill sets. There will be further news on the Spartan Constitution in our next Newsletter.

Speaking of skills sets, it's fair to say we haven't been inundated with offers of assistance for Spartan Legend David Foskey. David has worked tirelessly on the building and administering of our Website for four years now. If you are a Spartan with relevant skills please drop us a line. We are just trying to build a bit more IT depth in our team as it's currently shouldered mainly by David and even though he's an absolute Legend, it's not a totally ideal situation.

We can also announce that our 2015 AGM will again be at the MCG Harrison Room on Monday September 14 at 1930. We are super proud to announce that our headline speaker will be the mighty Lavinia Petrie, 2014 Female Master Athlete of the Year, which makes this a night not to be missed. Lavinia has made herself impossible to ignore on the world running stage by setting world records from 3000m through to the marathon. It's also my birthday which definitely makes this a stellar event! Lavinia will certainly be the most inspirational of any of my birthday guests, ever!

Finally Spartans, I hope you're all enjoying this stunning autumn palette which makes each and every run that much more special.

Jay Fleming
(S1012)

FROM THE SECRETARY

Dear Spartans,

As the early morning runs get cooler, I evoke my clothing rules. Below 10 degrees, is a t-shirt (not singlet), below 8 degrees is long pants (not shorts). Thank goodness for the iphone weather app which tells me what to wear. I really don't like to think too hard when getting up in the dark and cold. I just do it. And never EVER regret running.

As Jay states in his Report above, it was very exciting to draw the inaugural winner of our random prize at our last Committee Meeting. Who says Committee meetings are boring?! We also have Jane & Helen jetting off to Japan! And there is also another competition IN THIS NEWSLETTER. So keep reading people, you have to be a financial member to be eligible. Winners are grinners, so are runners.

As always, if you have any feedback - please email me at spartans.team@hotmail.com.au.

Happy running ☺
Felicity Doolan
(SF0080)

VALE ROHAN KING (S1038)



It is with great sadness I let the Spartan running community know of the death of Rohan King, S1038.

Rohan, 44 years young, was an enthusiastic and proud member of the Spartan community. He completed 13 Melbourne Marathons and if injury prevented him running a Melbourne Marathon, he would volunteer his time at the Spartan Tent. He had his sights on a coveted blue singlet when illness turned his world upside down.

He passed away peacefully with family by his side at The Olivia Newton-John Centre on Monday 16th February 2015 after a courageous two and a half year battle with brain cancer.

Rohan leaves behind wife, Sam and two children, Sarah and Will. Deepest sympathies to the family.

Rohan, you were an inspiration and we are all richer for knowing you. You are so sadly missed.

Cath Bombardieri
(SF0068)

ANNUAL GENERAL MEETING 2015 – SAVE THE DATE – 14 SEPTEMBER 2015

The 2015 Annual General Meeting will be held on the evening of Monday 14 September. As per Jay's Report we have confirmed our guest speaker as Lavinia Petrie. Below is a terrific write up of Lavinia's many accomplishments.

More details of the AGM to follow in the next Newsletter.

Guest Speaker: Lavinia Petrie

Below is an excerpt from "Age Shall Prove No Barrier in the Pursuit of Excellence" by Mike Hall:

Born in Gateshead UK, Lavinia and husband Bob migrated to Australia in 1966. Both keen distance runners in those early days before Lavinia made her presence felt by becoming national cross-country champion in 1973, and her ultimate selection in the 1975 first world cross-country championships in Morocco.

Now mainly concentrating on ultra-distance events, which has included (over) 23 marathons, she eventually joined Masters Athletics in 1976, even though still competing successfully in open competition, at the age of 45! Setting her sights on long arduous 50 kms and 50 mile track events in 1991, she began rewriting the record books in the W45 division and establishing a wealth of new Australian records in her two favourite distances. Reducing her 50 kms time to 3.49.32 when reaching W50 status and 50 miles to 6.23.53 in 1993. The following year Lavinia first created a new world best for 50 kms (road) 3.41.56 and set an Australian records in 100 kms (road) at 8.22.17.

Always looking for new challenges she then set her sights on the gruelling Comrades Marathon, in Durban, South Africa, clinching gold in the W50-59 category, covering the arduous 87 kms in 8.06.58. On advancement to the W55 age group she then entered her first World Masters Games, in Gateshead, UK in 1999, where she claimed gold in both 5000m and the Marathon, silver in the 10,000 and bronze in 1500m.

2003 witnessed a resurgence of her remarkable ability in ultra-distance events; she set about extending her world best one hour distance in the W60 division from 13.833 kms to 13.044 in the W70 age group over the next decade! And in the

process registered a new W65 national record for the half marathon in 1.37.53 and 3.28.24 for the marathon.

Well and truly establishing herself on the world scene in 2011 by winning gold in the 10,000m at the World Games in Sacramento, USA, Lavinia has since literally blitzed the record books, courtesy of her insatiable appetite for competition, setting 11 world and 15 national records.

Since entering the W70-74 age division in September 2013, she has established an amazing eight world and 11 national records and shows no signs of slowing down in the near future. A clear example of this was seen at the recent national championships in Hobart where her world record time in the 10,000m 44.38.00 was only marginally slower than her gold medal winning performance in the 2011 World Games in Sacramento.

As an active member and particularly as Club Captain of Victorian Masters Athletics, Lavinia's dedication to promoting our great organisation has no equal. Her constant refusal to let age become any sort of factor in her determination to maintain her strict training routine, will no doubt guarantee many more world class performances in the near future.

In fact Lavinia is a shining example to us all in Master's Athletics, and our philosophy of "age shall prove no barrier in the pursuit of excellence".

WORLD ADVENTURES – ERIC HEINE (S0872)– MARATHON DES SABLES

Last month, Spartan Eric Heine undertook the 2015 Marathon des Sables with his son and some friends. They are supporting Robert de Castella's Indigenous Marathon Project. To read about their fantastic adventure see their blog: <http://desertdidaz.tumblr.com/>.

MY FAVOURITE RUN

Do you have a favourite run you would like to share with us? If so, please email us at spartans.team@hotmail.com and I'll include in the next Newsletter.

Here is our first contribution from Spartan Legend David Foskey:

My favourite run is "The Tan", something I share with 1000's of Melburnians. This Sunday morning there must have been more than 100 people running and walking. Some were fast with intent in every step and breath, some were on a leisurely walk with pets and families.

At a touch under four kilometres it isn't too far. Distance signs every 250 metres enabled the analytical to calculate their pace in the days before every serious runner had a GPS enabled watch. There is only one minor road crossing. The surface of

hard gravel/sand probably isn't the ideal running surface but I'm not sure what is. There are plenty of working drink fountains. Gentle turns throughout keep the views interesting, and who can complain about running on the edge of a Botanic Garden and the Yarra River? There are enough hills to make it a workout, with Anderson Street being a challenge. The really committed sprint up the hill, jog back down and sprint again. The Observatory Cafe has re-opened for those who want to socialise after their runs.

Starting in the 80s, the Corporate Cup has been a magnet for lunchtime runners working in St Kilda Road or the city. Since 2005 the "Go Tan" (<http://www.fara.org.au/go-the-tan-melbournes-official-tan-time-trials/>) event has enabled runners to test themselves. The Victorian Road Runners (www.vrr.org.au) always have plenty of members and guests who turn up for four or eight kilometres at 7:30am on the first Saturday of the month. The times of Craig Mottram (10m 08) and Sarah Jamieson (11m 57.9) on the two clock towers remind mere mortals of what can be achieved.

A charm of the Tan is people watching. Most are ordinary mortals, but on occasion the Richmond Football Club will go past, mid fielders first, ruckmen last. Very occasionally someone who just has to be a top model will appear. Puts a spring in my step.

*Legend David Foskey
(S0025)*



Pictured L-R (those in Spartan singlets only):

Roger Weinstein, John Dobson, Nev Gardner, Bruce Hargreaves, John Dean, Frank Biviano & Wayne Thompson

RANDOM PRIZE DRAW: CONGRATULATIONS ANDREW FARRINGTON (\$1108)

As advised earlier we have introduced some random prize draws and will draw names from those Spartans who have paid their memberships aka "financial Spartans".

Our first was drawn by our President Jay Fleming at our April Committee Meeting. (Please see photos below – Jay on left and that arm belongs to Immediate Past-President John Dean!) **Andrew Farrington** is our first winner and has received a copy of The Wall and a Spartan's Mug. Stay tuned for future winners!



COMPETITION TO WIN A COPY OF "THE WALL"

See picture below:

"Which marathon were they clamouring in the trees to spectate?"

The first financial Spartan to email the correct answer to spartans.team@hotmail.com will receive a copy of "The Wall"!

The Winner will be advised by email and the winner's name and answer in the next Newsletter.

How exciting!



MEMBERSHIP RENEWAL FOR 2014/2015

Still not financial? Annual Membership is \$20. Payment options are below:

EFT: Melbourne Marathon Spartans Club BSB: 633-000 Account No: 139201743 Please include name and/or Spartan Number	Cheque via Post: "Melbourne Marathon Spartans Club" PO Box 162 Rosanna Vic 3084 Please include name and/or Spartan Number
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OUR DONATION TO CPEC

The Spartans Club recently donated \$150 to the Cerebral Palsy Education Centre ("CPEC") following our promise to donate 50% of The Wall sales. Thank you Spartans.

2015 MELBOURNE MARATHON – 18 OCTOBER

Registrations to this year's Marathon are now open! Don't forget to join the Spartan's team. Here is the link to enter:

<https://eventdesq.imgstg.com/index.cfm?fuseaction=main&EventDesqID=11686&OrgID=1142>

MILESTONES

If you are going to run your 10, 15, 20, 25, 30 or 35th Melbourne Marathon in 2015, we would like to hear from you so we can acknowledge your milestone. Remember that you can purchase your Spartan singlet to run your milestone marathon. Please email: spartans.team@hotmail.com.

RUNNING WITH FELLOW SPARTANS



Join the **Victorian Road Runners** on the first Saturday of each month at the Tan, commencing at 7.30 am for a 4km or 8km (or more!). Jay hopes to see you for a lap or two and a catch up on Saturday, 6 June.

<http://www.vrr.org.au/>

SPARTAN SINGLETS

New Singlets are \$45 and we also have some very limited stock of the old style singlets at \$10 per singlet. Please email us if you would like an extra Singlet.

RECIPE CORNER



HUMMUS

Thank you Cath Bombardieri (SF0068)

Ingredients:

600g canned Chickpeas, drained, rinsed
3 Garlic Cloves, crushed
100ml Olive Oil
2 tbs Tahini Paste
1 tsp Ground Cumin
Juice of 1 Lemon

*Place all Ingredients in a food processor and process until combined.
Add ¼ cup (60ml) of water and process again until quite smooth.*

Place hummus in a bowl and serve with toasted Turkish bread or vegetable sticks!

ADVERTISING ON THE WEBSITE!

Don't forget, we now have advertisers:

<http://melbournemarathonspartans.com/advertisers>

Please identify yourselves as Spartans when you visit them.

Would you like to advertise your business or know of someone who would? Please email Committee member John Kaparelis via spartans.team@hotmail.com.

SPARTANS' CLUB STATEMENT OF PURPOSE

To advance the sport of marathon running to athletes of all ages and abilities and to encourage and assist all runners to achieve Melbourne Marathon Spartan status.

To provide a platform and environment for runners to receive and to build upon their achievements enabling progression through the various Spartan milestone singlet colours.

Assist in the promotion and publicity of the Melbourne Marathon and the charities it supports.

BENEFITS OF BEING A SPARTAN

The Melbourne Marathon Spartans Club is a club consisting of marathon runners from all walks of life, ages and abilities that have achieved Spartan status by having run ten Melbourne Marathons.

The benefits of membership include regular newsletters, organised training runs, being presented with a Spartan singlet after ten years and subsequent milestone Spartan singlets each five years, the opportunity to attend our AGM and hear a top-line guest speaker, being able to avail of refreshments and free massage after finishing the marathon, receive benefits and discounts from companies that advertise on our website.

Contact Information

Email: spartans.team@hotmail.com

Website: www.melbournemarathonspartans.com

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

Life Members

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

COMMITTEE		
President	Jay Fleming	0418 374 783
Vice President	Paul Basile	0439 718 281
Treasurer	Rod Bayley	9077 7192
Secretary	Felicity Doolan	0411 405 529
Webmaster	David Foskey	0432 146 747
Immediate Past President	John Dean	9337 7179
Committee	Cath Bombardieri	0407 996 356
Committee	John Dobson	0412 688 287
Committee	John Kaparelis	0447 447 448
Committee	Ashley Page	0448 866 025
Committee	Colin Silcock Delaney	5598 6090

Website References:

www.melbournemarathon.com
www.melbournemarathonspartans.com
www.coolrunning.com.au
www.vicmastersaths.org.au
www.athsvic.org.au
www.athletics.com.au
www.vrr.org.au
www.runnersworld.com.au
www.run4yourlife.com.au
www.traralgonmarathon.org.au
www.sixfoot.com
www.ausrunning.net
www.runningcalendar.com.au
www.parkrun.com.au

***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***

CONTRIBUTIONS TO THIS NEWSLETTER

All Spartans have great stories. If you would like to share one please email us at spartans.team@hotmail.com. We would love to hear from you 😊.