

THE SPARTAN

Reg No A0043579R

CLUB PATRON - Robert de Castella

July/August 2016

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VALE SHIRLEY YOUNG

FROM THE PRESIDENT

Hi Spartans,

I trust this finds you healthy and well. I write from Byron where the weather for running, or anything else has been absolutely glorious. We've been back and forth up here during the year supporting our younger daughter as she prepares for the arrival of their second child very soon.

July saw the passing of our own esteemed Shirley Young. There's so much that has been said and will continue to be said about the great Shirley Young. Shirley's Funeral was packed to overflowing by the many family, friends, admirers and total strangers whose lives she touched with her numerous achievements. Shirley, you were the heart and soul of Spartans and you will be sadly missed.

Thank you to Spartans who attended our annual Spartans Tan Run where the star attraction this year was the legendary South African running enigma Bruce Fordyce. It was fantastic to spend a crisp July morning running a couple of laps with the great man followed by hearing him relate over an hour's worth of engaging and hilarious tales from his fabled career under the famous shape of the Sidney Myer Music Bowl. We would love to have scheduled the run when there were less competing events on the Melbourne running calendar, but we were a little constrained by Bruce's timetable and shortness of visit.

Spartans has been extremely proud to have brought Bruce down to Melbourne for a lovely dinner and run. We also felt it was an ideal opportunity to share him with his Comrades fans so we invited them also. Given that many Spartans are also Comrades it was a lovely mix of people that came to both the dinner and the run the following morning.

After much deliberation and consultation, we will be releasing the new Spartans Constitution for perusal by members and eventual ratification at the AGM. It has been an involved and rewarding exercise for us all to arrive at the finished product. Even though 'interesting' and 'Constitution' are rarely found in the same sentence, I have personally found the process quite interesting. My girls inform me, with an eyeroll, that it's because I'm getting old and need to get a life.

Finally just to say how proud Spartans are to bring out Tom Denniss to Melbourne as our headline speaker for this year's AGM. I think Tom would have to be one of the most well-rounded multi-achievers in life that has ever graced our AGM platform. He is an athlete who has circumnavigated the globe on foot (622 marathons in a similar number of days), entrepreneur, scientist, Doctor of Mathematics, author, champion of eco-sustainable practices ... and the list goes on. We very much look forward to welcoming this great man to our AGM, so pencil it in folks.

A quick shout out to a couple of Spartans who have been fighting their own marathon battles. Best wishes go out to our very good friend Ian Gainey as he continues to battle hard against some very significant challenges. Thank you to Spartans who attended Ray Cilia's 60th birthday. Ray and Ken were down from Shepparton for the event and had a most enjoyable weekend.

Best of luck with your training for this year's Melbourne Marathon and I hope the injuries and niggles are being well managed. As always when we round the corner into August, I'm genuinely excited about seeing as many of the Spartan family as possible at the AGM next month!

Jay Fleming (S1012)



Ray Cilia (S377) & John Dean (S20) at Ray's 60th Birthday Celebration



John Kaperalis (S749), Jay Fleming (S1012), Bruce Fordyce & John Dean (S20)

FROM THE SECRETARY

Dear Spartans,

I hope everyone is running well.

Like everyone else I was saddened to hear of the passing of Shirley Young. I first saw Shirley at my first Marathon in 1997 when I didn't even know what a Spartan was. She was very inspirational to me and I know to countless others. My sincere condolences to Shirley's husband, Ron and her family for their loss.

Our AGM is fast approaching (I really don't know where the year goes) so please put Monday evening, 19 September in your diary.

Notice of Annual General Meeting

**Monday, 19 September 2016 at 7.30 pm
to be held in the
Harrison Room at the Melbourne Cricket Ground ("MCG")**

Guest Speaker: Tom Denniss

Happy running always ☺
Felicity Doolan (SF80)

**COVER PAGE PHOTO: Shirley Young & Max Batchelor (then Mayor of Frankston) in 1978. Shirley is receiving her prize for finishing second in her age group in the inaugural Melbourne Marathon*

SHIRLEY YOUNG (SF2) 1929-2016

Shirley Young, peacefully passed away on 8 July after a long battle with Alzheimer's Disease. The President and Committee of the Melbourne Marathon Spartans Club wish to extend condolences to Shirley's husband Ron, her family and friends. Shirley was a Life Member of the Melbourne Marathon Spartans Club, the only female in the thirteen Legends who completed the first 30 Melbourne Marathons, and the trophy presented each year to the Fastest Female Spartan is named after her. She was the fastest woman in her age group 22 times.

As a shy, not particularly confident mother of three, Shirley joined husband Ron and daughter Lorraine as a participant in athletics at the age of 47. Ron had been close to selection for the 3000m steeplechase at the Melbourne Olympics and Lorraine later represented Australia as a race walker. Shirley's first marathon was the inaugural Melbourne Marathon in 1978. Her self-confidence grew as her running

career blossomed. She ran many more marathons but really shone over longer distances setting both Australian and World records. The best of those records is thought to be the 176.81 Km she ran in 24 hours at the age of 70.

She ran with the Saint Stephens and Victorian Masters clubs and made many lifelong friends, including a young Rob de Castella. When she saw him a few years ago she said "You can't be Rob de Castella, he's skinny and you're fat!"

In 1978, 6% of the finishers in the Melbourne Marathon were female and by 2014 the percentage had grown to 30. Shirley was one of the inspirations for this drastic increase. She was embarrassed initially when people would come to her to say how much her deeds meant to them. Facebook was almost certainly unknown to Shirley but not to those many posters who remembered seeing her, reading about her, or running with her.

Family was important to Shirley. She and Ron were married for more than 60 years and Shirley kept in close contact with her three children. One of her grandchildren did a school project on her, not because Shirley was her Grandmother but because of all her running achievements!

As the Alzheimers progressed, Ron ensured that Shirley kept training because he and the doctors believed that this slowed the progress of the disease. When he could no longer look after her at home and she went into care, Ron visited every day, and stayed until she went to sleep at night.

Those who would like to read more and see the extent of her records should visit http://melbournemarathonspartans.com/shirley_young/: the records are listed at the bottom of the page. There are also photographs and other information about Shirley on this page.

Legend David Foskey (S25)



Legends Jack Gubbins (S37), Shirley Young (SF2) & Pete Battrick (S5) with their medals after the 30th MM

ANNUAL GENERAL MEETING 2016 – 19 SEPTEMBER 2016

**Melbourne Marathon Spartans Club
Annual General Meeting
Monday, 19 September 2016 at 7.30 pm
to be held in the
Harrison Room at the Melbourne Cricket Ground ("MCG")**

**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.***

***RSVP 5 September 2016**

***RSVP to either:**

Felicity Doolan: spartans.team@hotmail.com or Tel: 0411 405 529
John Dean: jkdeano@hotmail.com or Tel: 9337 7179

**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. A Security Officer will direct you to park in the Northern Stand – park closest to lifts 1, 2 & 3 & take lift to Level 2.

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

SPARTAN'S ANNUAL GENERAL MEETING 2016 – GUEST SPEAKER

This year's AGM will again be held at the MCG on Monday 19 September. Our Guest Speaker is **Tom Denniss**.

Tom is an Australian athlete, inventor, scientist, and entrepreneur. A Doctor of Mathematics and Oceanography, he invented a technology to convert energy in ocean waves into electricity, founded a company to commercialise that technology (originally named Energetech Australia Pty Ltd in 1997, later changed to [Oceanlinx Ltd](#) in 2007), played [professional rugby league](#), was a finalist in the [Australian of the Year Award](#),^[1] and in 2013 set a new world record for the **Fastest Circumnavigation of the Earth on Foot**.

Find more information by visiting Tom's website: <http://www.tomsnextstep.com/>

MILESTONES – LET US KNOW!

If you are going to run your 10, 15, 20, 25, 30 or 35th Melbourne Marathon in 2016, 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.

WINNERS!

Congratulations to the winners of our Teganuma Half Marathon competition:

Christine Hodges (SF32) & Maureen Wilson (SF34)

Maureen & Christine will be travelling to Japan in October, staying with a host family and participating in the Teganuma Half Marathon.

More lucky prize winners were drawn at our recent Committee Meetings:

June: Michael Evagora (S1188)

July: Terrence Smith (S1155)

August: Vince Politino (incoming Spartan for 2016!)

Remember you have to be a financial member to be eligible for prizes!

MEMBERSHIP RENEWAL FOR 2016/2017 IS NOW DUE

Memberships are due! To be financial until 30 June 2017, details are below:

<p>\$20 via EFT: Melbourne Marathon Spartans Club BSB: 633-000 Account No: 139201743</p> <p>Please include name and/or Spartan Number</p>	<p>Cheque for \$20 via Post: "Melbourne Marathon Spartans Club" PO Box 162 Rosanna Vic 3084</p> <p>Please include name and/or Spartan Number</p>
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If you are a current member, you do not need to fill in a Membership Form but please advise of any changes to your contact details: spartans.team@hotmail.com.

MY FAVOURITE RUN

The small town of Kilcunda on the South Coast offers three different running opportunities. Kilcunda is 120 Km from Melbourne CBD on the Bass Highway between Phillip Island and Wonthaggi and has an excellent caravan park with sites and cabins, a motel and the Killy Pub with very good recovery beverages and meals. At present the runs are out and back unless you have a support crew to meet you at the other end.

The first run is along the Rail Trail eastwards towards Wonthaggi, approximately 13 Km of straight mostly level gravel track, typical railway terrain crossing the landmark trestle bridge.

A diversion after 2.5 Km that I have not yet explored is the park around the Desalination Plant and Wind Farm which can be accessed from River Powlett Road.

The second run follows the Rail Trail westwards towards Anderson and has several interesting hills over its 6Km. This trail is being extended towards San Remo and is nearing completion when it will be about 11Km in total.

The third run is my favourite even though it is shorter. It follows the George Bass Coastal Walk towards Phillip Island, starting in Kilcunda and finishing at Punchbowl Road.

The hills are challenging and the surface of the trail varies between gravel, grass and about 600m of beach. Out and back is about 16 Km but the scenery makes the hills most worthwhile. Apart from the summer holiday season there is little traffic on the trail but there are no drink facilities so a water bottle is advisable. A friend jogged the walk twice daily to train for the Kokoda Trek. When the San Remo Bike Track is finished a loop of about 16 Km will become available.

In February Running Wild organises an out and back 16Km run on the George Bass Coastal Walk and they offer an extra 5.1 Km on the Rail Trail to those who wish to run a Half Marathon.



Ashley Page (S584)

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.

VICTORIAN ROAD RUNNERS

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!). We hope to see you there on Saturday, 6 August. <http://www.vrr.org.au/>

RECIPE CORNER



EASY PEASY FOUR-BEAN SOUP

Ingredients:

- 1 Tbsp Olive Oil
- 1 Onion (roughly chopped)
- 3 Garlic Cloves (sliced)
- 1 Celery Stalk (roughly chopped)
- 1 Carrot Stick (roughly chopped)
- 3 Thyme Sprigs
- ½ Cup (105gm) Pearl Barley
- 2 Cups (500ml) salt-reduced Vegetable Stock
- 2 x 400gm cans Four Bean Mix (rinsed and drained)
- 400gm can Chopped Tomatoes
- ½ Cup Flat-Leaf Parsley (finely sliced)

Method:

1. Heat the oil in a large, deep saucepan over low heat. Add the onion, garlic, celery, carrot and thyme. Cook, stirring for 8-10 minutes until the onion is soft. Add the barley and stir to coat in the onion mixture.
2. Add the vegetable stock and 4 cups water and then bring to the boil. Reduce heat to medium/low and simmer for 20 minutes or until the barley is slightly tender.
3. Add the beans and tomato and stir to combine. Bring back to a simmer and cook for a further 15 minutes or until the barley is soft.
4. Serve in bowls sprinkled with parsley & crusty bread!

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 (Dec'd), 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.runnersworldonline.com.au
www.run4yourlife.com.au
www.traralgonmarathon.org.au
www.sixfoot.com
www.parkrun.com.au
www.ausrunning.net
www.runningcalendar.com.au

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 ☺.