




Melbourne Marathon Spartans Club Inc.
ANNUAL GENERAL MEETING – MONDAY 16 SEPTEMBER
7.30pm, AFL Dining Room, Melbourne Cricket Ground

Agenda

Item	
1	WELCOME President, Jay Fleming (S1012)
2	Apologies: Minute Secretary, Pamela Young (SF0093) (please see Page 5&6)
3	Confirmation of Minutes: of the Annual General Meeting held on 18 September 2023
4	Business Arising from the Minutes: Nil
5	Correspondence Incoming/Outgoing
6	President’s Report (please see Page 2)
7	Treasurer’s Report (please see Page 4)
8	Minute Secretary’s Report (please see Page 4&5)
9	General Business: Nil
10	Election of Office Bearers – Nominations Received
	<p>President: Jay Fleming, Vice President: Paul Basile, Treasurer: Vicky Chung Membership Secretary: Felicity Doolan, Minute Secretary: Pamela Young People and Culture Secretary: Jay Fleming General Committee (7): David Foskey, Kai Ooi, John Zeleznikow, Candida Baskcomb, Peter Seal, John Kaparelis, Gavin Criddle</p>
11	Presentations/Awards
	<p>Shirley Young Award - First Female Spartan in 2023 – Meta Vincent (SF0095) – Net Time: 3.17.47. Presentation by Maureen Wilson (SF0034)</p> <p>Jack Gubbins Award - First Male Spartan in 2023 – Jason Daye (S1293) – Net Time: 2.26.55. Presentation by Life Member Peter Battrick (S0005)</p> <p>Hall of Fame Award Induction – 31 Melbourne Marathons - Jamie Craik (S738) Presentation by Clarke Whitehand (S0160)</p> <p>Life Membership Award Presentation by John Dean (S0020)</p> <p>Honorary Spartan - 15 Year Milestone Singlet - Tyler Parfuss (SH0003) Presentation by Guest Speaker and Spartan, Oscar Carlson (S0096)</p>
10 MINUTE BREAK	
12	Guest Speaker - Oscar Carlson (Spartan, Ironman, Teacher, Coach, Artist)
13	Presentation of Spartan Singlets
	<p>Presentation of singlets by Oscar Carlson to: 10, 15, 20, 25, 30, 35, 40 and 45 year runners. Photography by Hamish Blair (S1423)</p>
14	MEETING CLOSE
	<p>Please join us for a catch-up and light refreshments.</p> <div style="text-align: right;">  </div>

PRESIDENT'S REPORT – Jay Fleming (S1012)

Welcome to our 2024 AGM! Approximately half of this evening's attendees are attending for the very first time as incoming Spartans along with their significant others. I extend a warm welcome to all and particularly to the 67 incoming Spartans, along with the nearly 30 current Spartans progressing to their next milestone singlet. We hope you all love running the 2024 event in your new colours and that you enjoy being the very first cohort doing your 'walk of fame' toward the presentation area on our new green carpet.

As with any entity, we endeavour to strike a balance between innovative progress while also paying regular homage to the rich tapestry of history and tradition of what has led us to this point in our existence, as per our brief summary on Spartans website via the QR code at right. Speaking of progressive, I take this opportunity to announce a new initiative we're kicking off from next year: **'The Pheidippides Award'**, which will be awarded to the runner with the closest time inside the cut-off time (currently 7 hours).

For over 36 years, the Melbourne Marathon Spartans Club has consisted of a very diverse membership boasting runners of all ages and abilities. It has long been a 'stone in my shoe' that the acknowledgement and recognition of runners' achievements has focused predominantly on the fastest time to the exclusion of all else. While this is almost universally the case around the world, this overly simplistic view of recognising achievements is a breathtaking failure when considered from the perspective of one significant but ignored marker ... 'effort level'. We have runners who are running with newly tweaked medication regimens, those unable to go over a certain pulse rate, runners recovering from car accidents, runners undergoing rehabilitation post joint replacement, runners in remission between cancer diagnoses, runners undergoing major trauma either personally or in their immediate and extended family circle, runners running in a brain fog not knowing if their loved one will survive the week due to substance detox or suicidal ideations, runners with acquired brain injuries ... and I am certain we could all fill up several A4 pages of other life events that may be going on for an entrant at the time of the race event. Life does not care that we are running a marathon. Due to the triumph of the human spirit, runners undergoing such battles have chosen not to sit at home rocking away in a corner but have decided to press on and roll up to the start line, when their inner voice was telling them loudly that morning, and perhaps the whole week or month, to stay in bed. When we consider the 'Effort Level' from a Spartan viewpoint, we understand it is entirely possible to run the marathon distance in 6 hours and 55 minutes and yet be consistently operating at 80-90% effort level, and each marathon completed inside the cut-off mark increments the Spartan total by one.

When I received my initial letter from Spartans, signed by then Secretary, the mighty Maureen Wilson, acknowledging my invitation to the AGM and singlet presentation, the little quote in italics down the bottom read: *The race is not always to the swift, but to those who keep on running.*

With advanced application technology of the last decade, there has never been greater visibility of any runner's performance in any event around the globe just by pressing a button on a smart phone. As per any Ying, there is always a Yang in that participants may feel the weight of expectation every step of the way. Just as there is the positive of sharing one's great performances and faster-than-expected times with everyone, on the flipside there may be the pressure of running 'heavy' with the perceived burden of everyone's expectation and the inner embarrassment some may feel after a slower-than-expected time due to any number of factors not going as planned on the day.



A decade ago, one had to wait for the newspaper lift outs, usually on the Tuesday following the event to see one's own time in print for public consumption and perhaps have a curious glance to ensure a fellow entrant finished after a long stint in rehabilitation or alternatively to follow the progress of a close friend who had trained hard for the event and shared their target finishing time with us. At a Club like Spartans, while excellence and dedication are certainly celebrated and acknowledged, the cold hard fact remains that is totally irrelevant if a Hall of Fame runner has completed 30 Melbourne Marathons averaging 6 hours and 55 minutes or 30 Melbourne Marathons averaging 2 hours and 55 minutes. They all count! Commencing with the 2025 AGM, the runner with the finishing time closest to the 7-hour-cut-off will be **offered the option** of having their magnificent effort acknowledged at the AGM. Acceptance of the **Pheidippides Award** will be **strictly optional**, and although we are yet to work out the finer points, in the event of a runner opting not to receive the Award, which is perfectly acceptable and understandable, it may be decided to extend eligibility to runners with finishing times between 6hrs:55 – 7hrs:00.

On Committee this year, we bid farewell and extend our deepest thanks to two Spartan giants: John Dobson and Rod Bayley. As per the write-up in the last Newsletter, John has been the measured voice of reason on Committee for over a decade. He is renowned for entering and supporting regional events, has given freely of his time with numerous guest speaker gigs and has distinguished himself over a stellar running career with many notable and consistent results, but perhaps his crowning glory is being one of only three runners to have completed all 45 Melbourne Marathons since 1978 (2020 was cancelled).

Rod Bayley has done an admirable job as Treasurer for well over a decade and is another who has made running an integral part of his life and extracted the very best out of himself. Despite resigning themselves to the prospect of relinquishing some of their duties, Rod and his wife Helen (fellow Collingwood supporter) have continued to be integral to the posting and maintenance of milestone garments along with organising all singlets for AGM presentations and those being collected at the Expo and sometimes even on the morning of the event. As a voluntary representative body, on Committee we strive to work collaboratively with members. We always invite new perspectives through fresh eyes of any little one-percenters to enhance the goosebumps, the spine tingle, the glazed eyes feeling of what it means to be a Spartan, both during the Melbourne Marathon itself and at Club events throughout the year. If you do get any inspiration or thought bubbles over the journey, please drop us a line as we remain open-minded to investing membership moneys into any worthy initiatives, and these become even more worthy when initiated by members.

On a human note, we are aware of several Spartans doing it really tough at the moment, and we spare a thought for them on our night of nights as they would dearly love to be here tonight. As my current overseas work commitments become more manageable, I look forward to fleshing out the newly-created role of **'People and Culture'** Secretary which will be the primary contact for any Spartan human interest stories including integrity issues integral to Spartan Culture, milestones, health challenges, major recoveries, posthumous reflections, birthdays, weddings, deaths, births ... in fact any issues predominantly about the story of the runner behind the Spartan Number.

And finally, a little message from your old Pres, for us to please be kind to ourselves every step of the way as it can be a delicate balance to continually strive to be a better version of ourselves, while also being grateful and truly satisfied with just how far we've come as our current version.

No one imagines that a symphony is supposed to improve in quality as it goes along or that the whole object of playing it is to reach the finale. The point of music is discovered in every moment of playing and listening to it. It is the same, I feel, with the greater part of our lives, and if we are unduly absorbed in improving them, we may forget altogether to live them. — Alan Watts

OUTGOING TREASURER'S REPORT- Rod Bayley (S612)

Financial Statement 1 July 2023 to 30 June 2024

Opening Bank Balance - 1 July 2023		\$ 11,795.00
 <u>Income</u>		
Membership	\$ 7,693.44	
Donations	\$ 2,380.89	
Post	\$ 285.00	
Singlets	\$ 2,715.00	
Merchandise	\$ 8,369.15	
Miscellaneous	\$ 95.00	<u>\$ 21,538.48</u>
 Cash balance prior to expenses		 \$ 33,333.48
 <u>Expenses</u>		
A.G.M.	\$ 6,887.45	
Marathon Day (Mass. & Refreshmnts)	\$ 2,033.43	
Merchandise	\$ 6,745.18	
Post	\$ 573.02	
Singlets	\$ 2,002.00	
Miscellaneous	\$ 469.60	\$18,710.68
		 <u><u>\$ 14,622.80</u></u>
 Total Funds consists of		
	Cash at Bank	\$ 14,622.80
	Term Deposit	\$ 5,664.47
		<u><u>\$ 20,287.27</u></u>

Membership 2023/24	349
Membership 2024/25	45

SECRETARY'S REPORT – Pamela Young (SF0093)

The miracle isn't that I finished. The miracle is that I had the courage to start.

It has been another great year in Spartan land, as we welcomed many incoming Spartans after the 2023 Melbourne Marathon and issued them with their unique Spartan number. The Club continues to grow with our total membership currently at **1719**. The breakdown of membership is as follows: **Male Spartans - 1529, Female Spartans - 184, Wheelchair Spartans - 2, Honorary Spartans - 4.**

There are very few clubs on the planet that have the criteria ours does, ie ten years of effort, commitment, endurance and pain to achieve membership. It is only fitting that we acknowledge and celebrate every Spartan in the room tonight and their families and/or friends who support them.

The Committee is delighted to again be able to hold the AGM at the MCG which has now become synonymous with the Melbourne Marathon. It is a fitting venue for us to acknowledge the achievements of Spartans and to welcome our newest members, and to present the coveted green singlet to a total of 68 recipients.

It is a privilege also to present Spartans with their new milestone singlets and to acknowledge the three Spartan Legends, John Dobson (S0021), David Foskey (S0025) and Wayne Thompson (S0078). These three men provide motivation to everyone who has an aspiration to keep on running the Melbourne Marathon, with all three lining up for their 46th on Sunday 13 October.

The traditional and the tried and true continues alongside ideas on how to further engage members, provide an array of useful merchandise, keep members informed and maintain a user-friendly website. Members can meet other Spartans and develop connections through the monthly Tan runs which are well attended. In true Spartan spirit, the often-inclement weather does not keep a good Spartan down. You are warmly invited to come along and join other like-minded thinkers and achievers on the fourth Sunday of the month. Discussion is not limited to running, with global and personal issues being part of the discourse; and a fair amount of humour is usually shared.

The Committee knows that Spartans have more than one story to tell. Please read the Spartan Newsletter and do write and submit your own stories, so others can benefit from your experience and be encouraged.

Personally, I am proud to be a member of a club and a committee that has the Spartan brand and reputation at the forefront of everything we do, with limited resources but a whole lot of Spartan passion and power. I hope you enjoy the evening, are inspired by those who speak and those who are sitting beside you.

The collective leg work and kilometrage in this room is phenomenal. You are amazing!

APOLOGIES RECEIVED:

Muhammad Hanafiah ("Fi") Abdul Rashid
Caroline Anderson
Helen & Rod Bayley
Mark Bergamasco
Craig Bowes
Vin Brereton
Luke Brophy
Douglas Brown
Nick Burnett
Stewart Calder
Ian Campbell
Jordan Cowley
Robert Davis
Tim Fearn-Wannan
Chris Firth
Luke Fowler
Christopher Giese
Matthew Grange

Adam Gregory
Rick Hargreaves
Carly Heggie
Adrian Hoel
Wayne Hogan
Danielle Jansse
Ashley Kissick
Adrian Lacey
Patrick McKinney
Mike Meadows
Stephen Murphy
Ngoh Ngoh Nester
Tim Nolan
Grant Padula
Stephen Paine
Elan Pamensky
Zeb Phoenix
Heather Robinson
Michael Roone6
Nick Saunders
Michelle Sawyer
Karin Smith
Trevor Smith
Neil Styles
Joseph Ta
Karin Thorburn
Karen Travill
Nicholas Turner
Ian Twite
Doug Wallace
Jeff Wright

Tonight's QR Codes:



Spartan Membership \$45



Non-member AGM \$5

MARATHON DAY – SUNDAY 13 OCTOBER 2024

Get Involved! Volunteers are needed for the Expo and Marathon Day Village marquee. See one of our friendly Committee members or contact Paul Basile 0439 718 281 if you are interested in assisting. Thank you for your support and your attendance this evening. see you next year!

