

# THE SPARTAN

CLUB PATRON - Robert de Castella

March 2019

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## AUTUMN EDITION

### FROM THE PRESIDENT Jay Fleming (S1012)

Hi Spartans! Hopefully every one of you has had a fruitful start to the year and that all of us are settling into something remotely resembling a groove, as we approach the end of March. We have had our first Committee meeting for the year and I just wanted to briefly update you in bullet-point form of some of this year's initiatives on Committee:

- We intend to list, define and formalise the duties of all portfolios on Spartans Committee to ensure they are always completed in a timely manner regardless of which member is serving in that portfolio. This will also ensure that as members go through any life challenges of their own (like all runners and Spartans do) that they will simply be able to tick off which bullet-points of their portfolio duties they are unable (or will be unable) to complete so that another member can assist.
- We have started filling orders in earnest of [the new Spartans running shirts](#), which are much lighter, more vibrant and breathable. I have been wearing my Club shirt everywhere and just give it a light wash under running water after every wearing, and find that it dries very quickly by the next morning. I have ordered multiples and look forward to their arrival so I can rotate them. Spartan Matt Callaghan has taken ownership of this from the design phase right through to logistics and has kept Committee updated on all developments. A couple of days ago he posted out the first 30 singlets and next week 36 more are going out so it's a very exciting time for the Spartan colours!
- After many years of frustrating inactivity (due to several factors) regarding increasing demand for Spartan garments specifically tailored for our female Spartans, I'm ecstatic to report that there is finally movement at the station on this front. We have

certainly had enough feedback in the past regarding the lack of dignity felt by several of our female Spartans (that we know of) due to the ineffective and insufficient coverage the male Spartan singlets have afforded them, which has almost always forced them to shop for other better-fitting garments instead of wearing ours, or to have the Spartan singlets altered, often at their own expense. I have personally found this embarrassing in 21<sup>st</sup> century Australia and frankly would have deemed it not-good-enough in the 1990s. This year our female Spartans will finally be able to purchase proper-fitting Spartan garments and I personally apologise that this has taken so long.

- Given the superior quality and feel of our new Spartan garments, members will choose to wear them a lot more going forward, particularly on their many training runs. This extra visibility will increase our presence in communities across Melbourne and elsewhere. Visibility and presence are very marketable commodities and present a great opportunity for our Club as we enter our fourth decade. In my capacity as Spartan President, I have sent several emails to entities exploring possible networking opportunities and I intend to send on average about a couple every month. The main themes I am targeting are entities or organisations who share common themes on health, wellness and longevity as I believe all Spartans embody these qualities and I would love relevant organisations to want to be associated with us and vice versa. To give you some idea, organisations I have written to this month include The Heart Foundation and The City of Melbourne. As a result, Dale Stewart from The City of Melbourne responded by phone a couple of days ago and has passed my details to the appropriate department to explore what an ongoing association may include and look like. It was sheer luck that my email was forwarded to him as, having completed 5 Melbourne Marathons himself, he was certainly aware of us and could envisage mutually beneficial dealings for various functions and projects going forward. If you have any of your own suggestions for potential symbiotic networking with worthy entities worth exploring, please drop us an email.
- We have formalised our timetable of [2019 Club Runs](#), starting with 4 to see how we go. This year the runs are scheduled for March 24, June 30, August 18 and November 24. Please hop on to the website for further details and we look forward to seeing you at The Tan. If you live in a regional centre or a long way from The Tan and would love to organise your own Spartans Runs in your area, just drop us an email and we'll help to publicize it, and depending on availability, I and others may even hop down for a gallop to catch up and lend support. The March 24 run had its usual terrific vibe, laughter and lively conversations at the al-fresco café tables after the laps. A couple of the runners who shall remain nameless (David and Peter) were insensitive enough to remind me of Geelong having fluked a win over Collingwood last Friday night, just in case I had forgotten ☺. As an added benefit to members in 2019 and going forward the club will shout the drinks after these runs, and given that we rate eco-sustainability very highly, we will ensure that we provide keep-cups to avoid the plastic and foam cups of outdoor cafés.
- As Spartans Committee continues to grow our merchandise and networking, we hope to also grow our revenues. We would like to plough these back into the club to benefit all members and to improve the benefits of being a paid-up Spartan each year. One of the questions being included in an upcoming survey to all members is to seek

suggestions for how you feel these funds should be spent. Obviously, we intend on being fiscally responsible by keeping a reserve amount for operational costs and term deposits, but we think it appropriate to invest in members and benefits also rather than simply building a bigger dollar amount for the sake of a handsome balance sheet. We look forward to your input.

- We have again been very kindly assisted by IMG with entries into the 2019 Melbourne Marathon for our 3 [visiting Japanese runners from Teganuma](#). All 3 are very accomplished elite runners who will do Japan proud and we very much look forward to facilitating their homestay exchange with us and at the Spartans tent to ensure it is a memorable experience for them. Similarly to the previous 3 runners from Japan in 2017, they will come bearing individual gifts for Spartans at the tent which is always such a warm gesture that is graciously received by recipients. We are very proud to be involved in this ongoing and reciprocal cultural exchange between our two sports-mad nations.
- It becomes increasingly challenging to keep sourcing quality speakers for our AGM year after year, particularly on a budget like ours in an era when most 'names' are understandably focused on monetizing their demand while they still have currency in the marketplace. We believe we have another quality speaker earmarked for this year and look forward to announcing them in the next Newsletter.
- Lastly, I would like to bring to your attention the [Emer Casey fun run](#) for ovarian cancer (5km or 10km) held on the last Sunday in May at Jells Park. Last year's AGM speaker, Sonia O'Sullivan has been associated with this event for over a decade and mentioned it to us as being very close to her heart, so for any of you that can slot it into your calendar, it would be great to have some Spartan singlets bobbing up and down around Jells Park for a very worthy cause.!

Happy autumn running Spartans!

*We all have two lives. The second one starts when we realise we only have one" – Tom Hiddleston*

### **A MESSAGE FROM THE SECRETARY Anne Ziogos (SF45)**

Time certainly passes quickly. As Jay has already mentioned, a lot is happening within the Spartan committee, making sure that the Spartan Club stays updated with modern merchandise as well as keeping its traditional singlet. The most exciting news is that we are having clothing items especially designed to fit the female frame to cater for our growing female members. We are all thrilled about the new items. Also the introduction of a T-shirt which is very light and breathable that can be worn all year around, is a great addition to our uniform. I will certainly be wearing one during the cold months.

A topic that has caught my interest during the Summer season has been CRAMPS!!! I am not sure why but during this summer season, I have had more than my fair share. When I spoke to other runners, they expressed the same concerns. Could it be due to loss of electrolytes or the heat? I have been doing some research to see if there is an easy answer. Like everything else there is no "one size fits all".

Here are some suggestions that you can try if you too have had issues in this matter.

Leg cramps come on quickly without any warning. You may have overstridden or moved the wrong way. There is no specific reason for the onset. They can last from seconds to minutes, and can be quite painful. While any muscle can spasm or cramp, the muscles that are most commonly involved in leg cramps are the calf muscles, the hamstrings, and the quadriceps. Quickly treating the cramped muscle causes the pain to stop, but sometimes you may need to take additional steps if you have frequent leg cramps.

The main steps to take are trying to stretch the muscle out or getting someone else to help you stretch.

You can also try massaging the area. Sometimes applying heat can help or even icing it.

To try and prevent any cramps, warm up before you start any strenuous exercise and make sure you are well hydrated and take salt tablets if you are going for a long run and you sweat a lot. A strong recommendation is to take magnesium tablets and foods which contain magnesium, potassium, calcium, and sodium. Such as nuts, meat, eggs, avocados, bananas, potatoes and fish. Other recommendations are, having mustard, pickle juice and vegemite during your active time and as I have mentioned taking salt tablets regularly or electrolytes every two hours.

If you are suffering regularly it will be a good idea to attend a doctor. Sometimes certain medications, such as diuretics, can cause cramps as well.

One of our other Spartans (John Kaparelis) highly recommends using Salt Stick caps, Buffered Electrolyte Salts. They contain: Sodium, Potassium, Calcium, Magnesium and Vit D. During the last three weeks I have used them during training and racing and haven't had any cramps. Worth investing in, if they help keeps cramps away.

This is only a quick summary from my research and it is not conclusive medical evidence.

## **MELBOURNE MARATHON MEMORIES – Bob Ansett**

The lead up to my first Melbourne Marathon flowed from my interest in personal fitness. In the very early 70's I introduced a fitness campaign for my employees at Budget Rent A Car. Initially, I subsidised half the cost for any approved gym program employees wished to participate in. Later I set up an arrangement with the North Melbourne Football Club for their trainer to take us through an hour's training prior to work three mornings a week.

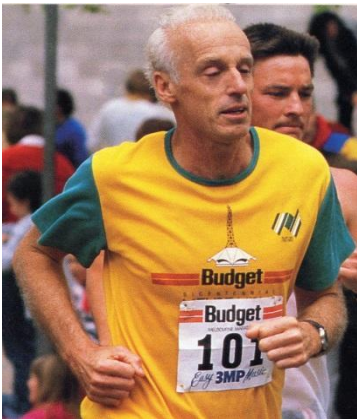
Not long after we began sponsoring 10km fun runs around Australia under the Budget banner. In the 80's this lead to some of us getting serious about running a marathon. About ten Budget employees including myself and wife Josie began training some months prior to the event. For me, it was a personal challenge to run my first marathon just after my 50<sup>th</sup> birthday.

The training programme progressed pretty well and we confidently ran a 30K trial the Sunday before the race. On race day we all climbed aboard a Budget Kombi Van and headed down the highway to Frankston where the race began in those days. I remember it was a really cold morning and we were all patiently standing around in shorts and a singlet waiting for Steve Moneghetti to fire the starter's gun. The sound from thousands of runners was deafening. Then we were off.



As we passed the first 10K mark I couldn't help but notice how quiet the race had become and wondered why? I soon found out as we were down to serious business now. By the time I got to the 30K drink station the runners had spread out considerably and I was looking forward to going up Fitzroy Street but this seemed to take an eternity, not helped by my legs starting to cramp up. I discovered Fitzroy St had a much sharper incline than I had expected. While it seemed to take forever to get onto St Kilda Rd, when I did I thought for a moment I was home and hosed. Quite the contrary as it seemed to be the longest leg of the race. About this time Derryn Hinch, being driven in an open car, pulled up beside me and started asking questions about how I was going for his live radio broadcast. By that time my mind was completely blank so I have no idea what he asked or what I replied. I hope it wasn't any expletives. I finished the race at the Arts Centre, stiff with a loss of toenails but jeez, it felt good. I remember Steve Moneghetti coming up to me and saying "I have great respect for you guys going on for close to five hours as I don't think I could run for that long". Tongue in cheek I'm sure.

In 1986 Budget took over the major sponsorship of the event and again we mobilised a team of Budget runners to fly the flag, so to speak. This time around we trained seriously over a three month period and again took the fateful journey to Frankston feeling confident we'd break the four hour mark.



Unlike the previous attempt, the morning was unseasonably hot with a very powerful Northerly wind blowing. It didn't have too much affect early as we lumbered up the Nepean Highway but when we turned into Beach Rd it was like being hit head on by a category 5 cyclone. Spectators lining Beach Rd took pity on us and poured countless bottles of water over our heads as we passed by. Some of us got a little light headed and kept seeing drink stations but they were just mirages. I am not sure how long Beach Rd is but I reckon I would have stopped at least at 5 drink stations, so my guess would be around 25K.

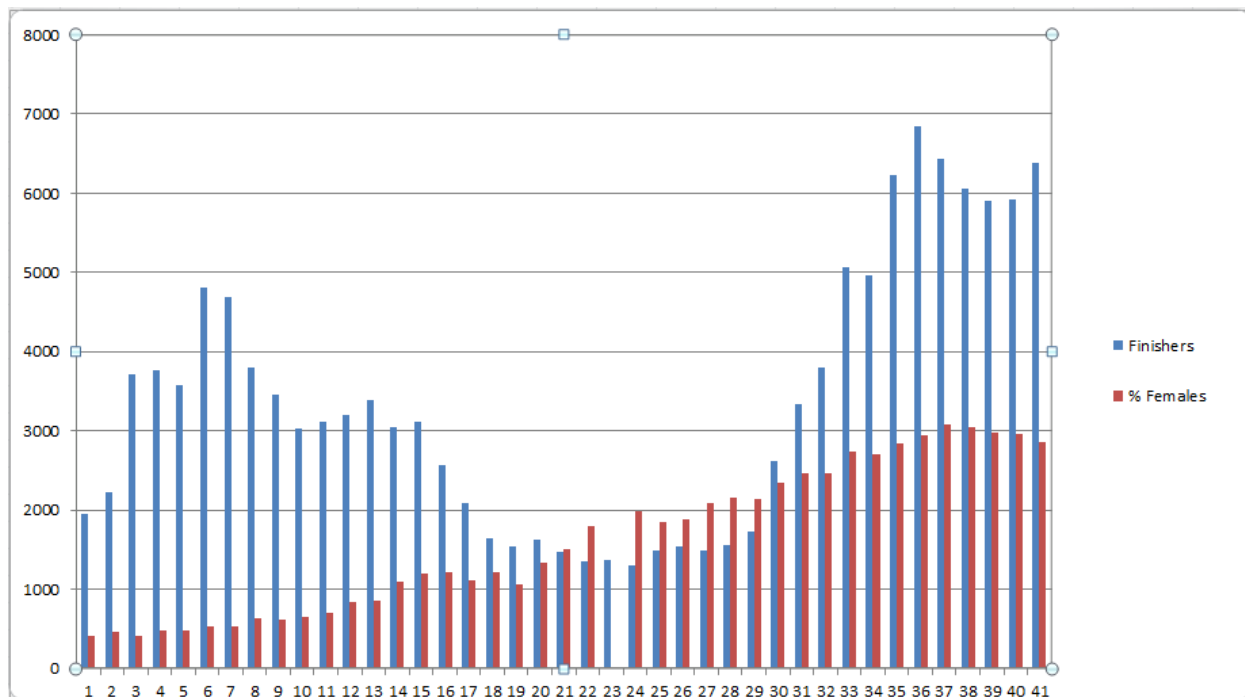
The crowds along Beach Rd were amazing at shouting encouragement us "It's not far to the next drink station". When I arrived at the St Kilda amusement park, help arrived in the form of an old friend, former North Melbourne player and now great Hawthorn coach, Alistair Clarkson who jogged alongside me up Fitzroy Street and along St Kilda Road all the way to the finish.

I didn't break the 4 hour mark but finished at 4 hours and 4 minutes.

Although I haven't run another marathon, I begin each day here in Noosa running about 7 kilometres through the National Park finishing it off with a swim in the bay. With my 86<sup>th</sup> birthday coming up in August, I will have run 9000 kilometres since moving to Noosa 25 years ago.

*There are more pictures of Bob's involvement with the [Melbourne Marathon here](#).*

## **MARATHON PARTICIPATION STATISTICS** David Foskey (S0025)



The graph shows the total number of finishers (blue bar) and percentage of female finishers (red bar) for the 41 Melbourne marathons. In 1978 there were 1947 finishers, 80 or 4.1% of whom were female. By 2013 the 36<sup>th</sup> marathon saw a record 6848 finishers, 29.4% females. The steady year on year rise in female participation peaked at 30.8% in 2014 but has declined to 28.6% by 2018.

It isn't possible to produce similar figures for Spartan membership. Of the 88 "original" Spartans in 1987, only two (2.3%) were female. Anne Callaghan and Shirley Young were both over 40 at the time of their first run. We now have 1471 Spartans, with 132 (9%) female Spartans. The 54 2018 inductees included 13 (24%) women.

One data point from the [October 1998 newsletter](#) is that there were 804 Spartans prior to the 1998 marathon with an expectation of 43 new Spartans that year. After 1997, there were 34 runners who hadn't missed one.

### **DO YOU WANT YOUR NAME ON YOUR BIB IN 2019?**

Enter Early Bird, pay for postage to an Australian address, and nominate as a Spartan. See the [December Newsletter](#) for more complete details.

### **NEW SHIRTS – NOW SHIPPING!**



The generic T-shirt is shown at left, but there are also 10, 15, 20, 25, 30 and 35 year options. The website has [full details](#).

Our other merchandise, including buffs, can be viewed [here](#). Perhaps now is the time for a [Jacket](#) as we won't always be sweltering.

**DELICIOUS CHIA CHOCOLATE MOUSSE**    **Maureen Wilson (SF0034)**

**INGREDIENTS:**

- ¼ cup chia seeds
- 1 x 400ml can coconut cream
- 1/3 cup cacao powder
- 1/3 cup real maple syrup
- 1 teaspoon vanilla extract
- 1/2 teaspoon flakey sea salt
- Cacao nibs, for serving (optional)

**INSTRUCTIONS:**



Blitz chia seeds first for smoother texture then add coconut milk, cocoa powder, maple syrup, vanilla and salt. Decorate with cacao nibs if using. Cover and place in the fridge for 2 hours or overnight.

**Variations:**

- Serve with berries, toasted almonds, toasted coconut.
- Serve with granola and coconut yogurt.
- Add peppermint essence.

**CAN YOU CONTRIBUTE TO THE NEWSLETTER OR WEBSITE?**

Please contact us if you would like to be profiled, or have a story you would like published.

**WE LOVE YOUR EMAILS:** [spartans.team@hotmail.com](mailto:spartans.team@hotmail.com)

Or

Telephone a committee member - see list at the end of the newsletter.

## **MEMBERSHIP RENEWAL NOW DUE FOR 2018/2019**

The Spartan financial year is 1 July to 30 June, so fees for 2018/19 are now due. Can't remember if you have paid? Look up your name via this link: <http://melbournemarathonspartans.com/financial-spartans/> If you are not there you haven't paid so here's how:

<b>\$20 via EFT:</b> Melbourne Marathon Spartans Club BSB: 633-000 Account No: 139201743 Please include name and/or Spartan Number	<b>Cheque for \$20 via Post:</b> "Melbourne Marathon Spartans Club" PO Box 162 Rosanna Vic 3084 Please include name and/or Spartan Number
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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 via [spartans.team@hotmail.com](mailto:spartans.team@hotmail.com). OR\*: [Download the membership form](#) and email or post it in. **THANK YOU** 😊

## **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](mailto: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**

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### **Life Members**

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

<b>COMMITTEE</b>		
<b>President</b>	Jay Fleming	0418 374 783
<b>Vice President</b>	Paul Basile	0439 718 281
<b>Treasurer</b>	Rod Bayley	9077 7192
<b>Secretary</b>	Anne Ziogos	9592 4481
<b>Webmaster</b>	David Foskey	0432 146 747
<b>Immediate Past President</b>	John Dean	9337 7179
<b>Committee</b>	John Dobson	0412 688 287
<b>Committee</b>	John Kaparelis	0447 447 448
<b>Committee</b>	Colin Silcock Delaney	5598 6090
<b>Committee</b>	Matt Callaghan	
<b>Committee</b>	Felicity Doolan	
<b>Seconded</b>	Vicky Chung	

**JOIN OUR MAILING LIST**

If you would like to be added to our mailing list or if you know someone who might like to join, please use [this link](#).