

# THE SPARTAN

Reg No A0043579R

CLUB PATRON - Robert de Castella

April 2018

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## VALE MANNY KARAGEORGIU

### FROM THE PRESIDENT

Hi Spartans,

And a hearty g'day to my fellow Spartan wearers of the famous coloured singlets. As our numbers swell, it becomes more and more important to spread the Spartan message far and wide, by doing nothing more startling than wearing the Spartan singlet throughout the year. As Pres, what I don't necessarily want to see, not that it's against the law, is for Spartans to wear their Spartan singlets just once per year, on the day of the Melbourne Marathon.

There are several reasons why Spartans may not want to wear their Spartan singlet at other events and training runs throughout the year and one of the main ones is

that they don't want to be seen to be big-noting themselves. I say this not only because many runners have shared this with me but also because, I was one who thought this way until my own fairly incidental epiphany about 10 years ago. I was driving home from the airport and while driving past The Tan on what was a beautiful summer day, I thought it would be great to shake off the jetlag from the Kiwi flight and have a bit of a gallop. It so happened that the only top resembling a running top was my newly-presented blue Spartan 15 year singlet. It is fairly common knowledge among my acquaintances, and a little embarrassing to admit as Spartan Pres, that I never had an incoming green singlet as I only felt 'worthy' of applying to be a Spartan after I had run 16 Melbourne Marathons, so I therefore jumped straight into the blue singlet.

It was such a beautiful day that I couldn't not stop for a run, so I reluctantly reached for the blue singlet which was on the back seat between the grandkids' car seats. I changed in the car and even though I felt like an absolute dick, I decided to at least look confident and comfortable in my own skin as I started running the first of 5 laps. It was a fairly crowded lunchtime on a Wednesday and what struck me was the number and type of remark/comment I received and overheard over the couple of hours of running. I started feeling pretty good about myself after the first couple of acknowledgements and by end of the fifth lap I would have easily had somewhere between 15-20 comments. While not exactly developing a head-wobble about the whole experience, it occurred to me what a fool I had been. I am someone that is constantly amazed and inspired by people around me that I walk or drive past, and indeed like most of us, I am far more comfortable being inspired by others than doing some inspiring. It struck me that I wasn't pulling my weight, in much the same way as people that are far more comfortable giving than they are receiving. By occasionally receiving, we are in fact enabling someone's giving experience, and despite knowing this, we somehow feel cringey about it.

Therefore, may I urge you to give the Spartan singlet a much more frequent airing and inspire those around us. Just like I don't necessarily stop to thank people who have inspired me every single time and they have no idea that me seeing them inspired me, so similarly as we run past, we all inspire people who are walking or driving past, that we will never know we inspired.

The logo and design composition of the Spartan singlet is such that it has a balanced design and looks good being worn without a race-day bib and we do occasionally receive feedback (which we greatly value) from once-a-year wearers that the bib covers some of the words and logo. Their suggestion is that there should be a great vacant area on the front of the singlet to receive the bib on that one day of the year, while leaving an extremely unbalanced composition for the other 364 days when the singlet is worn at Parkruns, VRR runs or countless other organised events and training runs. Just to repeat that all input and feedback from members is greatly valued regardless if it is adopted or not, but like any representative body we obviously have to make certain choices and there are and will always invariably be members who would have chosen differently.

Other developments on the Spartan landscape this year include the Spartan Homestay tab being launched next month after tireless work and input from Bruce

Hargreaves and Magnus Michelsson. We hope this added dimension increases the camaraderie among runners and that total strangers will become lifelong friends, or at the very least that people have the opportunity of meeting a fellow track-pounder that they would never have otherwise met.

The Teganuma Marathon organisers are currently visiting Melbourne and I am meeting with them this week to organise the arrangements for this year's winner/s. IMG have kindly agreed to take care of return flights to Tokyo's Narita airport and the winners will enjoy sampling Japan's culture, the media interviews and the Homestay experience with the organisers in their home and get to say a couple of words about their experience at our 2019 AGM.

We had a contingent of Spartan Committee travelling to Warburton this week to present incoming Spartan Susan Winterbottom with her singlet at the lovely Yarra Ranges Aged Care where she resides. Susan was unable to attend last year's AGM due to health issues but indicated a desire to be presented in person. The facility invited local media to record the event and a lovely morning tea was arranged at the premises. We presented Susan with the singlet along with some Spartan merchandise which will obviously hold pride of place and bragging rights among other residents and also the staff at the facility.



***Susan Winterbottom  
after being presented with her Spartan Singlet***

This year we are exploring options for design and supply of a Spartans polo top in an effort to grow our merchandise range by one item per year. We are receiving some great input and suggestions so please feel free to chime in with your two bob's worth. Obviously like all such initiatives, it is simply impossible to adopt every suggestion but we always value all input and especially members' care factor at taking the time to write in.

In the next newsletter we will confirm our guest speaker for this year's AGM. Every year it is always a challenging and rewarding exercise trying to secure an engaging and inspirational speaker for the right price, which for a humble club like ours, essentially means on the smell of an oily rag.

The folks that most inspire me are those that are living their passion in life, mainly because I'm still working toward fully discovering and achieving mine. Therefore I'd like to finish with one of my favourite quotes from one of my favourite profound intellectuals:

***"The two most important days in your life are the day you are born and the day you find out why"*** Mark Twain

### **VALE MANNY KARAGEORGIU**

Spartan Legend Manuel Karageorgiou (S45) lost his long battle with Multiple Myeloma in January at the young age of 61. He completed the 2014 to 2016 marathons while receiving treatment. Manny entered and started the 2017 event (his 40<sup>th</sup>) even though he knew he would be unable to run more than a few kilometres. There is a tribute page here:

<https://melbournemarathonspartans.com/manny-karageorgiou/>

### **CLUB RUN Sunday, April 22**

All current and potential 2018 Spartans are invited to a club run around the Tan on Sunday April 22. We will meet outside the Observatory, Birdwood Avenue at 8am and run/jog/walk a lap or two of the Tan. Afterwards we can have a coffee or meal at Jardin Tan. Please wear your Spartan singlets so we can make a show. Parking is free on Sundays.

We will run clockwise (up Anderson St hill) so if you arrive late, run in the other direction and you should meet up with a group.

Contact David Foskey at [djfoskey@ozemail.com.au](mailto:djfoskey@ozemail.com.au) or 0432 146 747 for further information. No need to confirm, but it would be helpful if you could let us know that you will be running. Friends and family very welcome.

### **NUTRITION TIPS FROM AGM SPEAKERS by David Foskey**

Tom Denniss (2016) drank two litres of milk a day on his 622 day round the world run! On hearing this, my mind went back to 1978 when I and hundreds of other first time marathoners sat in the National Gallery's Great Hall listening to tips from an expert panel prior to the first Big M. The great Raelene Boyle had been asked for pre-race nutrition advice and started to say "the only thing I do is to avoid dair..." when she remembered the sponsor. Tom went on to say that he wasn't able to be

too fussy about what he ate, and also mentioned that he liked a glass of red wine at night. He drank milk because of its near perfect electrolyte balance.

I thought about nutrition habits of other speakers. Janette Murray-Wakelin & Alan Wakelin (2014) shared their experience running around Australia, covering at least the marathon distance for 366 successive days. They did this as "raw vegans" eating only uncooked and unprocessed (apart from blenders!) fruits and vegetables.

Our most recent speaker, Robert de Castella, in his book "On Running" recommends reducing fats, salt, and sugar, and deriving protein from vegetables rather than meat. His sample menu for a week contains no red meat and might include fish or chicken at the weekend. Like Raelene, he avoided dairy products before competing as he considered them mucus forming. He did carbohydrate load before marathons.

Bruce Fordyce, nine times winner of the Comrades marathon, wasn't an AGM speaker but did join us for a Sunday morning run in 2016. He is a convert to the high fat, low carbohydrate Banting diet which is a surprise to those of us who have been encouraged to carbohydrate load. A typical menu is breakfast: bacon and eggs, lunch: chicken salad with some olive oil, dinner: pork chops with vegetables. Dairy foods are encouraged. The Banting diet has been adopted and popularised by Tim Noakes, the South African sports scientist and author of "The Lore of Running".

When Derek Clayton, former World Record holder, was guest speaker in 2009 he spoke of his annoyance that an ABC TV documentary focussed on how much potato he ate.

Members seeking to improve their marathon time by adopting our guest speakers' diet regimes will end up very confused. I intend to copy Tom Denniss by drinking red wine at night.

### **SPARTAN LOGO ON OTHER CLUB SINGLETs & VICE VERSA by Jay Fleming**

Recently I had an email from Neil Woods, President of the Knox Road Runners regarding a question posed at their last Committee Meeting and I have copied the gist of the enquiry below:

*"Is it possible for us to get the SPARTAN's logo printed on the Knox Roadrunners uniform?"*

And Neil follows:

*The idea of this is that our members like to run the marathon in our uniform but they would also like to advertise the fact that they are a Spartan as well.*

There are many Spartans that are also members of several other clubs and, even though it isn't an extremely urgent issue on the running landscape, it would be nice

for members of any running club to not have to choose between singlets while participating in a given event. This issue goes for all over Oz, so for instance if I'm one of the Gold Coast Marathon's Blue Legends and also a Melbourne Marathon Spartan, I really shouldn't have to choose between which singlet I wear in either event. We simply have to come to some sort of agreement with the relevant clubs to share each other's artwork and logo.

In my opinion, the old sew-on patches or printed material bibs don't really have the same degree of cred (anyone could have got it anywhere and just stuck it on) as something that's printed onto the runner's singlet. It raises the attractive possibility of a runner running with 2 or 3 of these logos from other clubs where they are a member printed onto the singlet of their primary club of choice. I guess it's also the lighter option as opposed to, for instance sewing on 4 or 5 patches which would create a heavier singlet to lug around 42 km, particularly on wet days. I have had great reports about the quality of our Spartan cap and its logo, even after strenuous wear and tear. The same technology used in that cap logo could be used to imprint the Spartan logo onto other singlets (with our goodwill of course). The logo could even be printed on a small background patch of colour reflecting the milestone singlet colour of the wearer. I'm sure there are many innovative ideas floating around out there on this topic that we would love to harness in order to facilitate some logistics that would be workable.

Similarly, there would be Spartans that would choose to proudly display on their Spartan singlet the logo of another club, like KRR or Sydney marathon's Blueliners ... so going forward, it becomes a wonderful opportunity for Spartan Committee on behalf of members to build relationships with clubs like ours all around the land by exchanging club logo rights and responsibilities.

The purist's view may well be that such fiddling with the Spartan singlet may compromise the integrity of our singlet. To that I would point to the upcoming Great Ocean Road Marathon in May this year as one small example. There will be around 15 Knox Road Runners (20-30 in past years) also running it, and many of them are also Spartans. I can tell you they will all be running it in KRR singlets because they are in Team KRR. Personally, I would be happier if all their singlets had a little Spartan 'running man' logo on them bobbing up and down on the Great Ocean Road course than to have no Spartan visibility at all. I would much rather a small percentage of something than a whole percentage of nothing.

Love to hear your email input on this folks!

### **TEGANUMA COMPETITION by Jay Fleming**

Just a little further clarification regarding entry criteria for this competition. As we are all aware the world has become far more multi-cultural in recent decades which has involved a lot more interaction with people from other cultures and their cultural scripts. Multiculturalism has involved peoples of differing social scripts (of what constitutes proper and appropriate behaviour, and by inference improper and

inappropriate behaviour) co-existing respectfully and sensitively side by side without seeking to influence each other to their way of thinking. This has obviously been a very difficult task as evidenced by the number and scale of conflicts around the world from mid last century.

Regarding this topic and us here on the humble Spartans Committee, the previous two Spartan Teganuma competitions have been conducted by us as cultural exchange opportunities open to all, and due to the fact that it was a Homestay experience, the host indicated a greater preference for female entrants in their home which we thought it appropriate to accommodate. We did not stipulate any qualifying times as it was felt that runners of all abilities, not just elite runners, ought to have the opportunity of sampling another country's hospitality. All along we have tried to treat the competition as an inclusive experience open to all.

Last year was Teganuma's first year of running the competition from their side and they set the bar very high when deciding who to consider as worthy entrants. They sent a contingent of serious, bordering on professional, athletes who ran excellent times for both the half and full Marathon events. Mai and Nanaka ran the Half in 1:17:32 and 1:13:29 respectively, and Keiko ran the Full in 2:54:44 and has since broken 2:50. See <https://melbournemarathonspartans.com/teganuma/>

In light of these excellent times it was decided that in this current format of the Teganuma Competition, it would be disrespectful to send runners of lesser abilities as this may be misprocessed as us disrespecting their event while they send us the cream of the cream of runners. Japan has always thought very highly of Australia as a sporting nation, but particularly as a running nation, as evidenced by the relationship they sought to establish with Spartans and the Melbourne Marathon through the Kawaguchi (now Mt Fuji) marathon in the late 1980's that eventually petered out. Such international relationships, as all relationships I guess, require regular interaction and exchange to survive the ravages of time and the challenges of people's busy lives.

I felt it was important to clarify this stance for members' understanding and as part of an exclusive club ourselves (not many runners get to be Spartans), the bulk of us now find ourselves on the other side, excluded from entering events such as these because the bar has been raised quite high.

My proposed solution going forward for this will be to have rotating categories of entrants in alternating years, something like a (2-3 hour runners year), (3-4 hour runners year) and (4-5 hour runners year), or maybe one from each category every year, or something resembling this. I am hopeful that this or something similar will be well received and that, while it's great to celebrate and acknowledge exclusive feats of the elite few, it's also great to celebrate inclusive feats of the mainstream many. For example, a runner running a 6:30 marathon after 4 years of rehabilitation following a serious car accident, illness or misadventure is an extremely worthy ambassador for themselves, Spartans, Melbourne Marathon and Australia, despite their seemingly slow time in a results booklet. Focusing solely on a listed finishing time can be extremely deceptive as many runners in the 6-7 hour category for

example, regularly overcome several Everests worth of challenges every year just to make it to the start line and unfortunately that boundless courage and grit isn't evident while scanning some seemingly underwhelming figures next to their names.

I will keep you posted on developments with this and as usual welcome your input and feedback.

### **SPARTAN PROFILE – SUSAN WINTERBOTTOM**

**Proudest achievements (sporting or otherwise)** – To complete my first marathon

**What the world needs most** – Compassion and caring for others

**First car** – Toyota Tercel it was bright yellow with black vinyl stripes

**Favourite band** – Bee Gees

**Favourite movie** – Eddie the Eagle

**Favourite book** – David Copperfield

**Favorite dish** – Stir-fry or stew

**Favourite soup** – Pumpkin with broccoli

**Favourite bread** – Stoneground wholemeal

**Favourite salad** – Avocado

**Favourite season** – All seasons

**Favourite coffee** – Barista brothers milk coffee

**Favourite indulgence** – Fish and chips

**Favourite smells** – Fresh bread

**Favourite pet** – Cat called pussy

**Favourite model** – Elle McPherson – The body

**Favourite female movie star** – Marilyn Monroe

**Favourite male movie star** – Scott Eastwood (Clint Eastwood's son)

**First movie star crush** – Howard Keel

**Favourite sound** – Bee Gees

**Favourite obsession** – Bag of liquorice whilst watching a movie

**Favourite overseas country** – The motherland - England

**Most profound place visited** – 400 year old castle in England

**Always wanted to visit** – Switzerland

**Favourite human rights passion** – Violence against women

**Favourite female sportsperson** – Betty Cuthbert

**Favourite male sportsperson** – Rob De Castella

### **WOULD YOU LIKE TO CONTRIBUTE TO THE NEWSLETTER?**

Would you like to fill in a profile like Susan, or have you a marathon or Spartan story of interest? Do you have a favourite run you would like to share with us? Perhaps a recipe? If so, please email us at [spartans.team@hotmail.com](mailto:spartans.team@hotmail.com) and we'll include it in the next Newsletter.



## RECIPE CORNER

### **Lemon, Herb & Almond Mushroom Salad**

Preparation time: *10 minutes*

Serves: *4 (as a side salad or 1 as a decently-sized meal)*

#### Ingredients

125ml (¼ cup) extra virgin **olive oil**  
 Juice of one **lemon**  
 1 **red chilli**, de-seeded and finely chopped  
 250g **Swiss (or button) mushrooms**, sliced  
 4 **Lebanese cucumbers**  
 1 bunch flat leaf **parsley**, roughly chopped  
 Handful of roasted or activated **almonds**  
 Knob of grated **turmeric and ginger**  
 Himalayan salt and a little pepper, to **season**

#### Method

Dressing: In a screw top jar combine olive oil, lemon juice, chillies and a pinch of salt. Put on the lid and shake until well combined.

Salad: Add all salad ingredients to a bowl, top with dressing and gently mix to combine. Serve as a side salad with chicken, fish or grilled meat or consume the whole lot yourself for a very filling meal

*Tweaked recipe from Australian Mushrooms.*

## YOUNGEST SPARTANS by David Foskey



We recently received an enquiry from Danielle Cain, who will run her tenth Melbourne Marathon this year at the age of 32, wondering if this would make her the youngest female Spartan. She will be second youngest, but Cyndi Nunn (SF0081) was the youngest at 27 in 2013.

John Veltman (S0359) is the youngest male, achieving the feat in 1991 at the age of 22, having run his first at the age of 13. John ran his 14<sup>th</sup> and last Melbourne marathon in 2001. Steven Lightowler is second youngest running his first at the age of 16 in 1983, and his tenth at 25. Steven is still running, and in fact ran his 35<sup>th</sup> in 2017.

Oldest female is Sandra Brett (SF0117) who ran her tenth last year at the age of 68. She also has an interstate address to make the feat even more impressive.

Ern Walker (S0726) was 81 when he ran his tenth in 1995. Ern ran his last Melbourne in 1997.

### **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/>

<p><b>\$20 via EFT:</b>  Melbourne Marathon Spartans Club  BSB: 633-000  Account No: 139201743</p> <p>Please include name and/or Spartan Number</p>	<p><b>Cheque for \$20 via Post:</b>  "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 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**

**Email:** [spartans.team@hotmail.com](mailto:spartans.team@hotmail.com)

**Website:** [www.melbournemarathonspartans.com/](http://www.melbournemarathonspartans.com/)

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

**Life Members**

Paul Basile, Rod Bayley, 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

<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>	Vacant	

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