

THE SPARTAN

CLUB PATRON - Robert de Castella

August 2018

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ANNUAL GENERAL MEETING MONDAY 1 OCTOBER 2018



What an opportunity and a privilege it is to have four times Olympian, World Record Holder and World Champion Irish runner Sonia O'Sullivan as our AGM Guest Speaker. What a night the 1 October 2018 is going to be.

Sonia is a former Irish track and field athlete who won gold in the 5000 metres at the 1995 World Championships and a silver medal in the 5000 metres at the 2000 Sydney Olympic Games. Her 2000m world record of 5:25.36, set in 1994, still stands after 24 years. Sonia first came to prominence when winning the 1500m at the 1991 Universiade before going on to finish fourth in the 3000m final at the 1992 Barcelona Olympic Games. She then won a silver medal in the 1500m at the 1993 World Championships. She was the favourite for the 5000m title at the 1996 Atlanta Olympic Games but dropped out of the final due to illness.

As well as her 1995 World Championship title, she won three gold medals at the European Championships in the 3000m (1994), 5000m (1998) and the 10,000m in 1998 and is a two-time World Cross Country Champion. Sonia won silver medals in the 5000m and 10,000m at the 2002 European World Championships and competed at her fourth Olympic Games in Greece in 2004. She is known for her dramatic kick, often clocking 28 seconds for the final 200m in many of her races.

Come and enjoy an evening with your fellow Spartans and friends and hear Sonia talk about her amazing experience as a first class athlete.

**Melbourne Marathon Spartans Club
Annual General Meeting
Monday, 1 October 2018 at 7:30 pm
Venue-Harrison Room - Melbourne Cricket Ground**

**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 of the names of those attending.**

RSVP by 25 September 2018 to either:
Felicity Doolan: spartans.team@hotmail.com or Mob: 0411 405 529
John Dean: jkdeano@hotmail.com Mob: 0481 328 494 or Ph.9337 7179

How to get there

Harrison Room – Level 2

Coming by foot: Enter via Gate 1 and take lift to Level 2

Coming by car: Enter via Entrance A off Brunton Ave. Park close to lifts 1,2,& 3
Take lift to level 2

A gold coin donation to help support the Club's preferred charity, The Cerebral Palsy Education Centre, would be greatly appreciated.

To enable the AGM to progress smoothly and to keep proceedings to a reasonable time, any items of General Business must be received in writing no later than 24/9/2018 via spartans.team@hotmail.com.

If you would like to nominate for the committee, please contact John Dean, details above.
See also the Nomination Form at the end of this newsletter.

FROM THE PRESIDENT

Hi Spartans

Welcome to the last month of winter and some slightly confused weather patterns where several extreme events are causing horrible issues in the northern hemisphere, while I'm already seeing some early signs of spring on some trees and edible plants down here in little Upper Ferntree Gully. I write to you having just returned from a Spartan Run at Albert Park Lake which we hurriedly organised to coincide with Spartan Legend Bruce Hargreaves' visit to Melbourne from Queensland's lovely Mount Tamborine. Albert Park turned on a positively balmy eight degrees for him, and some illegal winds that would have deemed our lap times unofficial for the record books. What I like about our runs either at The Tan or Albert Park is that we start off together and do a lap followed by a sit-down over some caffeine talking about how fast we were, and may I say that the older we get, the faster we were ☺. After this, runners with other pressing Sunday engagements leave while those wanting to smash out extra laps do so. My own little ritual after these runs is to pop by Brunswick Street's 'Bon

Ap Petit Bistro' for some beautiful quiche and salad ... and I buy some wicked slices for the grandkids, much to my elder daughter's ... umm ... annoyance: ☺

As mentioned in the last newsletter we are thrilled to have Irish legend Sonia O'Sullivan accept our invitation to speak at our AGM on October 1, which we have had to push back a couple of weeks to give her time to return from commitments in Europe. At the AGM we will also be acknowledging further incoming Spartan achievements from the mighty CPEC (Cerebral Palsy Education Centre) runners.

On a different theme, regarding previous requests by some members to have Neville Gardner reinstated as a Spartan Legend after he was erroneously issued with a registered finishing time despite exceeding the cut-off mark of 7 hours (7:04) a couple of years ago and therefore not being recognised by Spartan Committee as an official 'finisher'. Since the last Newsletter, as requested we have put this issue to the vote on Committee for a second time and the votes were: 6 against, 2 for and 1 abstain, which therefore upholds the existing status and does not reinstate Nev as a Spartan Legend. This in no way detracts from Nev's startling achievement in that marathon, particularly after his significant health issues just months prior, so significant that the average runner would have had difficulty completing in under 10 hours. I thank the lobbying members for expressing their passion on this issue and this can now be considered as finalised. On several occasions over the years, Committee has been put in excruciatingly difficult positions to adjudicate on some very emotive and difficult issues, and while it's not the first time in the event's long history that a finishing time exceeding the official cut-off time has been recorded, it will most certainly be the last.

In conjunction with IMG, the time clock now gets switched off on the dot of 7:00 hours so that no other times are recorded. As anyone could imagine, if someone is deemed a finisher with a 7:04 for instance, it discriminates against the guy who finishes in 7:05 for not having his time recognised as an official finisher. In my opinion, the discretion afforded to event officials for extending the cut-off time of an event ought to be purely for emergency purposes or extenuating circumstances such as the race course being blocked by fallen trees or emergency evacuations in the precinct or some other dire event that may have impacted the safety of runners, thereby requiring interruption of the course or the slowing of runners in order to prevent or minimise hazards or risks.

As the number of Spartan Legends decreases over the coming years, Committee is currently considering ways of immortalising these individuals instead of them simply becoming invisible once they break their sequence of 'officially' completed Melbourne Marathons. It simply should not be the case that one moment you're a Legend and after the event you're out with the other mortals. Unlike some I do not believe that ending an extremely long sequencing of anything is a 'first-world-problem' that is solved by simply giving someone the old 'you'll get over it'. Whether it's the ending of a long sequence of performing a certain job at the same organisation, a long sequence of living in the same house in the same neighbourhood or a long sequence of being married to the same person, or for any of us when the sequence of running marathons, either sequentially, or at all, starts winding down and eventually stops, these can be times of significant grieving and when handled correctly, can also be times of significant rejuvenation. To this end, I have been considering some options to soften the impact during such a challenging period. The one I favour is the forming of a group called 'The Original Legends' of which there will always be 13 as that was the total of Legends when the term 'Legend' was initially coined several years ago. Therefore, when a Legend fails to officially complete a Melbourne Marathon, they remain

forever enshrined as one of the 13 Original Legends. Additionally, I believe that the current 'Hall of Fame' listing on the Spartans website curated by David Foskey, which also lists all Spartans who have completed 15 Melbourne Marathons and above, provides fine recognition and acknowledgement in a public forum of the longevity and determination of the human spirit over a remarkably long timespan. These initiatives should ensure that the accomplishments of ALL Spartans are preserved well into the future and beyond.

In other developments we have slightly tweaked the design of the new 40-year singlet. It is still the same colour as all 'Hall of Fame' singlets but we have added some gold highlights to the letters and numbers so they stand out a little more and draw attention to the wearer's accomplishments more effectively. The other addition is the replacement of the manufacturer's branding on the back of the singlet with the name of our great country 'AUSTRALIA', which we will keep for all new incoming and milestone Spartan singlets going forward. This will help identify Spartans participating in overseas events as an Australian having made the long journey to their country and will also help to generate goodwill and interaction with other runners during the event itself.

Spartan Hall of Famer Clarke Whitehand has written to Committee a couple of times floating the excellent option of a Spartan ring. Having had his for a very long time, he felt that other similarly proud Spartans may similarly be interested in displaying their achievement through beautifully-designed jewellery. If you are interested, please drop us a line and we can get the conversation and research started in conjunction with Clarke to see where it takes us. Anything that increases our visibility and branding is a great thing, so I may well look into this myself.

For Spartans participating in the de Castella Run on Sunday August 26, I'll catch you out there to support the great man for a great cause; otherwise I look forward to seeing you on one of the many training runs in the lead-up to the big one.

Happy running! Jay Fleming (S1012)

CEREBRAL PALSY EDUCATION CENTRE by Michelle Jones

(CPEC) is once again excited to be the official charity of the 2018 Melbourne Marathon. We love being part of this iconic event as it not only helps raise much needed funds for our centre, but gives our children and families a great sense of community and achievement by being involved.

This year, we are extremely proud that one of our children, Tyler Parfuss, will be running his tenth Melbourne Marathon and officially joining the ranks of the prestigious Spartans! As you are well aware, this is a mammoth accomplishment in itself, but even more so when you consider the physical effort it takes for a child with cerebral palsy to move their muscles correctly and keep their balance. Tyler is our third child to reach Spartan status, and there are a few more up and coming runners determined to earn the illustrious singlet in the future.

Focusing on early intervention, CPEC is a world leading centre providing the essential therapy and equipment for children with cerebral palsy (and similar conditions) to live life on their own terms. With the help of CPEC, children like Tyler are given the knowledge, skills

and support they require to actively participate in life and achieve their goals. They are literally "Learning for Life".



If you would like to support CPEC at this year's marathon, simply set up a fundraising page via Everyday Hero and select us as your charity. The difference this makes to the children and their families is *life changing*. To set up a page or make a direct donation simply visit our website and follow the links: www.cpec.org.au

The collage at left shows Tyler with Kevin Mannix, both wearing their Melbourne Marathon medals.

Kevin will also be attending the AGM as an incoming Spartan – what a team!

PREPARING FOR THE BIG DAY – Anne Ziogos (Secretary)

By now most of your big runs should be under your belt. That is the plan in most cases, however things don't always go to plan. If you have not done as much training as you should have done all is not lost. We have all been there and do understand there is life to be lived. If you happen to be injured or just can't get out there, why not cross train. When you get home late and just can't get out there have a few alternatives:

- *Water running or swimming
- *Using a stationary bike
- *Using a rowing machine
- *Develop a backyard gym using steps, skipping rope, and weights

Use the weekend to catch up on some running. Try and get a long session in of 2-3 hours and make sure you include some hills. These will build your strength without causing any injury. Back it up the following day with a shorter and perhaps sharper run including a few comfortable sprints. Eat well and stay well hydrated, drink to thirst. Over hydrating can be just as dangerous as not hydrating. Rest as much as you can.

Below is a simple recipe to help you keep healthy and fit and one you can take on your training runs. Don't forget your stomach also has to be trained or you end up with a sloshy stomach.

BISCUIT RECIPE USING THREE INGREDIENTS

INGREDIENTS

1 Cup Fresh Dates, Seed removed

1 Cup Almonds

1 tablespoon cacao powder



1. Place all ingredients into bowl of processor
2. Blitz until dough forms
3. Roll into balls (size to your liking)
4. Press each ball with fork to flatten on baking tray lined with with baking paper.
5. Bake in a Moderate Oven 180°C for 10 mins.

The biscuits cook very quickly so watch them when you pull them out they won't look cooked but will harden slightly once cool. They are a soft biscuit though!

HAPPY BAKING AND HAPPY RUNNING.

This will be my first year that I will be missing the AGM. I will be away competing in an event I have been wanting to do for a while. Due to time restraints and injury I have been unable to compete until now. I have finally got my entry accepted by Grand to Grand, a 280km self-supporting stage race in the Grand Canyon. (Anne Ziogos)

THE BIG QUESTION

Whilst six Spartan Legends completed the marathon in 2017, each is getting older and slower and as each year goes by, more prone to injury. Will the 2018 marathon be any different? The question is *will the six listed below be on the start-line on 14 October 2018*. We certainly hope you are, good luck.

Frank Biviano
Wayne Thompson

John Dobson
Roger Weinstein

David Foskey
Bruce Hargreaves (See "Steps")

MILESTONES TO BE ACKNOWLEDGED AT THE AGM

As we all know our Club recognises milestones of any runner who has completed (or about to complete) 10, 15, 20, 25, 30,35 or 40 Melbourne Marathons so it's important that when you have a milestone coming up you let us know. So, if you have an upcoming milestone or a past milestone that hasn't been recognised as yet please contact Felicity Doolan at spartans.team@hotmail.com or via Mob: 0411 405 529 as soon as possible as singlet presentations are currently being arranged. If you cannot find all your times/result books still contact Felicity or John Dean as they may be able to help.

2017 FASTEST SPARTANS

Congratulations to Andrew Selby, S1115, 2:44:20 who was fastest male in 2017.
Kirsten Jackson, SF0111, 3:10:57 was fastest female.

Kirsten said: "I started running at age 14 just after my mum died. It was a way to deal with the tragedy. At the age of 18 I ran my first Melbourne Marathon and won in my age group! The furthest I had ran in training was 10km not sure how I finished 😊 I kept running about 20-30 km a week and then in 1998 I started doing about 50km a week after having my first child and ran 3:28. In 2005 I started training more intensively doing speed sessions and 80km weeks and eventually in 2008 I broke 3 hours in 2:58 in the Melbourne Marathon. Running has been very good to me I have made some of my best friends and enjoyed good health and been able to eat some cookies without getting fat!!"

Andrew said: "I have a profound hearing loss (from meningitis at 13 months old). I started running with Dad in 1989 when I was about 12, and kept running. Life with a profound hearing loss was very stressful, and running was a way of coping with at times stratospheric stress levels, particularly at Uni and when I started work. My first Melbourne Marathon was in 1997 (3:17). I had a cochlear implant in 2002, which did not give me normal hearing, but made life much less stressful & more enjoyable. I ran 2:42 (Melb, 2001), but then plateaued for a few years. A change of coach to Norman Osborne in 2007 got my PB down to 2:29 (Melb, 2009).

Injury led me to retire from heavy training after Melb 2010 (2:32), but I continued to run at lower intensity and logged MM #10 (and thus Spartan membership) in 2011. I also ran a few ultras and other races, including the iconic Three Peaks Race sailing & running race in Tassie in 2013. Recently the injuries have cleared up, so I've been pushing the training back past 100 km/week, despite getting married and having two little boys! - running to and from work is a crucial ingredient.

I like dealing with people, but it is also tiring when you have a hearing loss, even with a cochlear implant, so running gives me a break and an emotional reset. Additionally, when you have a disability the reality is that you often don't get treated fairly, particularly at work, and this discrimination can be hidden - for instance, you don't know about the opportunities that other people have chosen not to give you. What running gives me is an opportunity to compete in an environment that is demonstrably fair. When I line up, it's on a level playing field - and if the level playing field goes up a great honking big mountain, even better..." *A longer version of this story can be found on [the website](#).*

OLD RUNNING SHOES



Don't forget, if you have any old running shoes that you think could be recycled bring them along to the AGM on 1 October 2018 and we'll arrange for them to be given to special/underprivileged children through Spartan Legend Peter Ryan. There will be a designated drop-off point at the AGM. Please help us help those in need.

MEMBERSHIP RENEWAL NOW DUE FOR 2018/2019

The Spartan financial year is 1 July 2018 to 30 June 2019, so fees for 2018/19 are now due. Can't remember if you have paid? Look up your name via this link: <https://melbournemarathonspartans.com/financial-spartans/> If you are not there you haven't paid so here's how to pay:

\$20 via EFT: Melbourne Marathon Spartans Club BSB: 633-000 Account No: 139201743 Please include name and/or Spartan Number	Cheque for \$20 via Post: "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. OR*: [Download the membership form](#) and email or post it in. Thank you 📧

AN INSPIRATIONAL SPARTAN by Tim Nolan

Trevor Nolan, (Spartan 0061) passed away 22/8/2017. He was 65 and ran the Melbourne Marathon 16 times between 1978 and 1994 including a PB of 2:45 in 1982.

Trevor was a hugely influential person in my life for lots of reasons, including the influence he had on me as a runner. This year Trevor would've seen me run my 10th MM and become a Spartan like he was, so I thought what better time to celebrate his life and tell his story.

Trevor had well and truly finished with marathons by the time I arrived on the scene from Sydney in late 1999. I now know that of his 16 Melbourne Marathons, Trevor ran 13 consecutively, and some outrageously fast times along the way.

I'm sure most of us can recount the time we were called 'mad' or 'crazy' or even urged by friends and family not to run a marathon - "it's too far", "you won't be able to walk when you're 60", "your toenails will fall off!" - Trevor was no different. The story goes how one Saturday in nineteen eighty something, Trevor lay staring at the lounge room ceiling with serious flu symptoms being hen-pecked by his voice of reason (mum) - 'preparing' to run one of his 16 Melbourne Marathons the following morning, which of course he did.



Fast forward nearly 20 years, to 2003, and it was my turn to feel the nurturing wrath from Uncle Trevor, imploring me (probably correctly) to dial it back and run *only* the half, due to my serious lack of training and preparation.

But as sure as we've all been called mad or crazy, I sure wasn't going to heed sound advice and pull out either. I ran my first marathon, and it hurt. Despite a reasonable case for the "I told you so" lecture that day, Trevor was there at the end, wrapped in his yellow Spartan singlet, to run the final few KM's with me (another memory I'll treasure).

I never found out exactly how Trevor fell into running, though I do suspect it might've been the by-product of being an ordinary footballer.

What is for certain, is why I became a runner - Uncle Trevor. Seeking a brighter future, I relocated from Sydney to Melbourne and landed on Trevor's doorstep as a wayward and troubled 19yo really only looking for a place to 'crash' for a few weeks. I quickly noticed Trevor's generosity went far beyond taking me in, and was astonished to learn that Trevor would send EVERY family member (well in excess of 50 relatives) a birthday card EVERY year, without fail. Such sense of other was the ultimate corrective experience for me. A companionship formed between Trevor and I that grew over the 3 years he made his home mine, culminating in Trevor being the best man at my wedding. A proud day for both uncle and nephew.

Eventually Trevor and I would regularly run together. Running can be a lonely sport, and Trevor had found someone to experience his love of it with - so had I. Over the years Trevor could no longer run like he used to (the back, hip and knee), but he didn't treat it as the end of an era, instead the start of a new one. He took up yoga religiously, learnt to sing and paint and donated his time and happiness to the disabled and disadvantaged.

The way Trevor saw it, if he couldn't run marathons anymore (his body told him so) he'd found another avenue to stay involved in the sport by supporting me. He never said so, but I could see marathon morning still had enormous meaning to Trevor and his excitement was obvious and a joy to see.

And so here we are, nine down and one to go. I'm sure every aspiring Spartan has their own reason as to what it means to them, even beyond the hard slog. Even if Trevor didn't have a reason of his own for getting there - he's gifted me with mine.

A longer version of this story can be found on [the website](#).

WOULD YOU LIKE TO CONTRIBUTE TO THE NEWSLETTER?

Do you have a favourite run or a running goal you would like to share with us? Maybe you could tell us what motivates you or if you are into cooking, a favourite recipe. If so, please email us at spartans.team@hotmail.com and we'll include it in the next Newsletter. Have a read of some of the questions you might like to answer. Those that do respond will receive a **free** copy of The Wall- a coffee table publication of the Melbourne Marathon's history.

- What was it that motivated you to run your first Melbourne Marathon.?
- What do you enjoy about the Melbourne Marathon?
- Where do you enjoy running and what is your favourite training course?
- How many Melbourne Marathons have you run?
- Do you enjoy running alone or in a group?
- Do you participate in any other sport?
- What is your favourite food before and after a run?
- Please tell us about your family's support of your running?
- Many runners would like to be a Melbourne Marathon Spartan. How does it make you feel being a Melbourne Marathon Spartan?

SPARTANS AT THE MELBOURNE MARATHON EXPO



Each year IMG provides a tent for the Spartans at the pre-marathon expo. It is staffed by members of the committee and other Spartans who are all keen to have a chat with anyone passing by, so please say hi and perhaps browse through the memorabilia on display.

We sell our caps, mugs, "The Wall" and can also accept membership payments.

The picture at left shows Legend John Dobson with a Spartan (sorry, we don't have your name) who purchased his very own signed copy of "The Wall" at the 2017 expo.

THE MARATHON DAY TENT

IMG also provides a tent for marathon day. We have someone there from early morning until the last stragglers arrive. Spartans are invited to leave their bags at the tent and financial Spartans can have a massage after the event. Drinks and fruit are provided. The tent provides a wonderful opportunity to share stories of the day as well begin the long process of recuperation.

At right, John Kaparelis (S0749) enjoying a massage in 2014.



The following article has been heartily endorsed by the committee. Spartan Legend Bruce "Digger" Hargreaves has a track record of galvanising support from runners who compete in events ranging from Parkrun to the Comrades Ultra Marathon.

THE SPARTAN SPRING? By Bruce Hargreaves (S039)

This is how it works:

- For every Sunday in September as part of the build up to the Melbourne Marathon, at locations all around Greater Melbourne we want not only Spartans out there training for Melbourne 2018, but anybody who has entered Melbourne regardless of the distance they have chosen to enter.
- Many runners Spartans and non-Spartans already do this, and this is an opportunity for other runners who live in their suburb and nearby suburbs to link up with them and do that hard last 4 weeks of training together.
- Already there are clubs out there doing this (some commercial, some for free), and this is an opportunity for these groups to attract more members.
- In many areas there are runners training by themselves, who would like a training partner/group and there is no obvious local running group to join. This is an opportunity for these runners to either find a nearby group, or start a new group in their area.

What we intend to do is start a spreadsheet, which lists these groups so as you can find them, and this can only enhance your running and that of the group you join.

What we need from established groups whether formal or informal is the following:

- Contact details of the group co-ordination.
- Start location and time.
- Distances and abilities catered for.

For those who want to start a new group, here are some guidelines which in the past have been reasonably successful, and besides requiring the details from above please think about the following:

- Choose a start/finish at a car park which has a toilet etc. and a coffee shop nearby, and check that it is open when your run finishes.
- Choose an out and back course until you get established, as this stops others getting lost and also allows people unfamiliar with the area to run shorter distances. Obviously traffic free locations/courses are better than roads.
- When you start a running group from scratch, please be prepared to turn up week in, week out, with nobody turning up, yes it happens. Please do not let this dishearten you, as you are building a Cathedral and when you build a Cathedral sooner or later the faithful will follow, you just need to stick at it.



As we advance towards October, the weather will become warmer, so knowing whether there are taps on the course or whether you need to carry water will also become helpful.

So if you have a group you want us to list, whether already established or whether you are going to start a new group, please email the details to: digger@ozemail.com.au

The Sundays we want to try this Spartan Spring over are September 2nd, 9th, 16th, 23rd and 30th.

Why Sundays and not Saturdays? Because Saturday is Parkrun day.

STEPS! WHAT THE HELL ARE STEPS? By Bruce Hargreaves

During my current medical problems I saw several doctors before I found someone who could help. She was a 33 minute Park runner who planned to run the Medoc Marathon. When asked how she was going to fit Marathon training into her already busy/overloaded daily schedule, she just said "With steps".

She then showed me her GPS thingie and said at the moment with life, she was averaging about 10,000 steps/day, and all she had to do was bump it up to 20,000 to 25,000/day. After this conversation, playing with my Garmin, I found that it had secretly been recording steps forever.

Also at this time, I was in hospital, and finding it extremely difficult to stand up, let alone count steps. A day or two later, when I could walk, I realised I needed a plan to get to the Melbourne 2018 start line, so I decided there and then to turn on my Garmin and record how far I walked on a specific exercise/walk so I could record my improvement as Melbourne got close.

Since then, I have calibrated my Garmin's km's vs steps, and I think it has the following conversion:

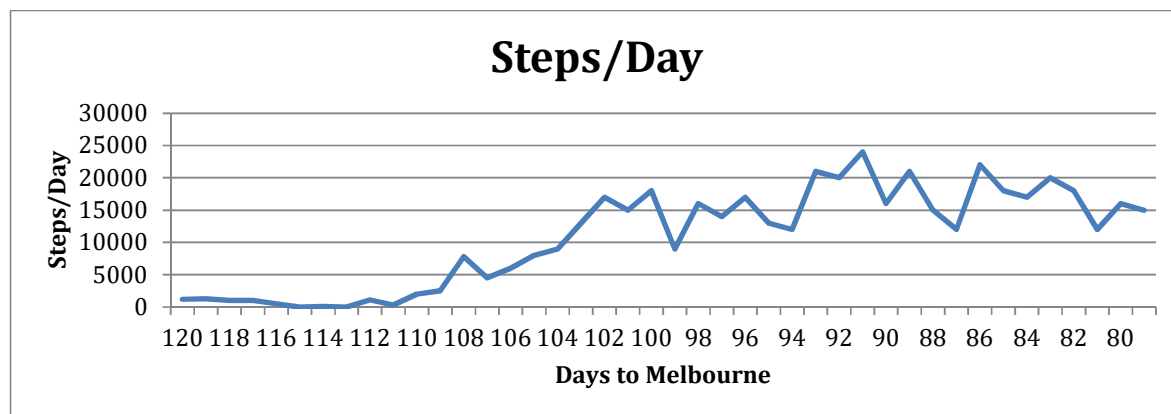
- When walking in a training session, it is about 1300 to 1500 steps/km.
- Just doing stuff around the house, I am guessing it is about 3000 steps/km.
- As I cannot run yet, I do not know the conversion for steps/km.

Therefore, on the 14th October 2018, if I walk the MM, I need to cover between 55,000 and 65,000 steps in 7-hours, which at the moment will not happen, as my current walking pace over 10km is 11mins/km which will give me a 42.2km finish time of about 7hours 45mins. But hey, we have 10 weeks to go, and I am getting faster per week, and maybe soon I will be able to introduce some running in short sections. I have also got the other issues of lack of endurance, and long sustained effort will give me major physical and medical setbacks.

A year or so ago, when leading a 4hr 15min pacing group my heart rate data regularly showed that I run the 1st 25km at a HR of about 120bpm, which then consistently rose to 140bpm by the finish. And around home, on a 5km training run, at about 6mins/km my HR averaged about 120bpm.

So, taking this historical data on board, I have set myself the following parameters to get myself to the MM start, and hopefully a Sub 7-hour finish:

- When training on the flat or down hill (walking or running) I will keep the HR below 100bpm.
- On the uphill (or gentle inclines) where I currently do not cope well, I need to constantly watch the HR, and ideally keep it below 115bpm.
- I am not going to be able to do any long distance sessions, so I have decided that the maximum I will peak at per week will be between 50km and 60km, and no session is to exceed 10km, and all of this will be a weekly total in excess of 65,000 steps, and if spread over 5 days (allowing 2 rest days) is an average of 13,000 steps/day.



So let's see how I am going. The graph is tabulated as Steps/Day vs Days to Melbourne; -120 to 107 Days to go shows when I deteriorated and when I was bedridden as well as when my medication kicked in.

-At 106 to 93 days to go, I am home and coming to grips with how to train for Melbourne and literally finding my feet.

-By 92 to 79 days to go, I am just trying to get things done and work out when to walk and when to rest.

Note: All of the above 'step' data is what I did during the full 24 hours. If I did a 7km walk, which might be about 10,000 steps, but I did 19,000 steps in a day, those extra 9,000 steps may only reflect 3km extra. So, from all the above, I appear to be able to cover the distance required to train during any given week, however, the pace is the issue, and I need to get from 11mins/km down into the 9min to 9min 30sec/km area, and hopefully this will happen as time goes on.

SPARTAN MERCHANDISE FOR SALE



"The Wall" \$10
Race singlets \$45
Caps \$20
Mugs \$15
Tattoos \$2
Old style Spartan singlets \$10

We are currently investigating widening our range of items including:

- Spartans wristbands with identifying information;
- Key rings;
- Spartan rings;
- Polo tops;
- Car stickers;
- Jackets;
- Buffs - a tubular headband that can be used as headwear or scarf;

If any of these items are of interest let us know at spartans.team@hotmail.com or tell a committee member at the AGM.

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

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](#).

COMMITTEE		
President	Jay Fleming	0418 374 783
Vice President	Paul Basile	0439 718 281
Treasurer	Rod Bayley	9077 7192
Secretary	Anne Ziogos	9592 4481
Webmaster	David Foskey	0432 146 747
Immediate Past President	John Dean	9337 7179 / 0481 328 494
Committee	John Dobson	0412 688 287
Committee	John Kaparelis	0447 447 448
Committee	Colin Silcock Delaney	5598 6090

MELBOURNE MARATHON SPARTANS CLUB NOMINATION FORM

To nominate for a position on the Melbourne Marathon Spartans Club committee please complete the details below and forward by post to the Secretary at P O Box 162 Rosanna 3084 or by Email to spartans.team@hotmail.com

Nominations must be received by the Secretary no less than 7 days before the date of the Annual General Meeting on 1 October 2018

I, _____ wish to nominate for the following position on the Melbourne Marathon Spartans Club committee:

	(Please tick)
President	_____
Vice President	_____
Secretary	_____
Treasurer	_____
Committee (6 positions)	_____

Signed: _____
(Signature of person nominating for committee)

Date: _____

I, _____ Second the nomination of
(Name of Seconder)

_____ to the Melbourne Marathon Spartans Club Committee.

Signed: _____
(Signature of Seconder)

Date: _____

Note: If a Spartan wishing to nominate for a position on Committee cannot find a fellow Spartan to Second their nomination, then please send the nomination to spartans.team@hotmail.com and assistance will be provided.