

THE SPARTAN

CLUB PATRON - Robert de Castella

August 2019

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FROM THE PRESIDENT Jay Fleming (S1012)

Hey Spartans and welcome to our August Newsletter. I write this on a rainy Sunday afternoon in the Dandenongs, happy that the rain held off till the PM so this morning's Spartans Run at The Tan (picture above, taken August 18) wasn't impacted. I have experienced similar satisfactions numerous times previously when it has poured of an afternoon after I'd finished the lawns and gardening of a morning. For the first time today, one of my grandsons, Archie (7) joined me on the pilgrimage to a Spartans Run. He's actually the first of the 5 grandkids to express any interest in running, so as they say (whoever they are), when either your kids or grandkids want to do stuff with you, take them up on it because that window of time sadly may not last all that long, before they go back to thinking of you as old or irrelevant☺. Upon arriving and being introduced, Archie quickly commented on the vibe and energy of Spartans and that these weren't your ordinary 'old people', not just because of their fitness but because of the laughter, encouragement, positivity, great logo and colours and of course plenty of unashamedly childish dad jokes. He was even more mortified when it slowly dawned on him that his daggy ol pops has been Pres for a while, as in ... couldn't they find anyone better☺. Driving to our favourite Fitzroy café after the Run, he asked me over ten times when the next Spartan Run was (*tell Archie it will*

be November 24 - ed) and how he could join Spartans and get a Spartans shirt. I mentioned that I would give him a couple of Spartans buffs and a cap to wear next time. He was a little put out when told about the ten-year bit to qualify ... so on Committee, we might have to look at extending our running shirt range to include a 'Spartan in Training' option as I can't imagine he'd be the only one asking such questions 😊

Everything everywhere is flowering and budding as we approach spring and my favourite month, September. I regularly run past the numerous Hawthorn shrubs up here that have carried even more significance for me in the 8 years since I lost my mum. For the last two and a half decades of her life, at her request I would pick the flowering Hawthorn buds for her heart health to dry on racks I had made for her. Even mum's neighbours on all sides regularly remarked how aromatic her house was for several months around this time of year with the lovely waft of drying Hawthorn tealeaves. It pains me having to type Hawthorn so many times as whoever discovered and classified the genus *Crataegus* in the family *Rosaceae* clearly should have had the foresight to name it Collingwood, not Hawthorn. Mum was a strict disciple of all things botanical for her wellness regimen, and our two daughters became naturopath and nutritionist respectively. Perhaps due to a combination of these and me getting older and more nostalgic, after a long layoff I will resume picking the Hawthorn buds this spring, but this time for myself and to perhaps think of mum while sipping on the deck. Please send in your own sentimental or poignant links to your own regimen that give your running meaning and purpose as we've all got them, and in my travels I've observed runners actually love hearing each other's stories.

On Committee we are excitedly planning for our AGM next month along with our rostering for the Expo and Spartans tent on race day in October. This is the busy time of year for us as we enjoy banding together and sharing our duties as equitably as possible while each utilising our strengths as best we can. I will provide a concise summary detailing the 2018/19 accomplishments on Spartan Committee in the upcoming AGM Report for Monday September 16.

After today's Run, I'm tipping the Spartans website, so admirably curated by Legend David



Foskey, will have a few more hits from the Ingram household from now on as Archie logs on to learn more of any news Spartan and to reminisce with the pic of his inaugural Spartan Run at The Tan, which he has already posted to his family social media in what was a pretty exciting day for one eastern suburbs seven year old. Hopefully we can attract more family members, children and pets of current Spartans to our Tan Runs, not to mention today's unexpected and very welcome accompaniment to the coffees, two delicious cake offerings (a dead heat for mine between the lemony madeira cake and the chocolate cake) kindly brought along by

Brenda Hutchinson, as they really add a homely and family vibe to the occasion.

"A calm and modest life brings more happiness than the constant pursuit of success combined with constant restlessness" – Albert Einstein

AGM GUEST SPEAKER by **Jay Fleming**

One of the absolute privileges of being in the President's chair, and there are many, is that I get the opportunity to speak with some remarkable people. I will qualify that by saying I honestly believe that there is no such thing as an unremarkable person, but due to the vagaries of language, as soon as one term has been used, by implication we have also used its 180-degree opposite. It's impossible to call someone beautiful without there being an ugly as its reference point (and who actually decides which is which?). It's impossible for there to be a civilized without an uncivilized (and who actually decides which is which?), an educated without an uneducated (and who actually decides which is which? I've met, in my judgement, numerous uneducated educated people, and vice versa). The J word (judgement) has a horrible reputation nowadays and we've all read somewhere that it's not a great thing to do in modern society, and we wouldn't openly admit to doing it but the uncomfortable reality is that we each pass dozens (probably far more) of judgements daily that we re-frame into the far more comfortable 'just who I am and what I think', but when others do the 'just who they are and what they think' to us, we call it out as 'judgement'. When faced with people whose actions, look or behaviour we somehow disapprove of, we have already projected our template of what is right and decided that the way this person is going about things just does not meet our lofty standards. But to reduce our feeling of superiority over the witnessed inferiority, we tend to reframe our judgement into more socially-acceptable terms that we are more comfortable with such as: discerning, insightful, perceptive, knowing, critical-thinking and even wise. Judging others or being judged ourselves doesn't make us bad people, but rather demonstrates one of our many human frailties. Many of the clients I work with in the community sector are on their own journey of character-building and redemption but to many outsiders looking on without the benefit of understanding the back-story, they are judged and grossly misunderstood as fundamentally-flawed characters who are a drain on society, who they wouldn't want marrying into their families and generally, people to steer well-clear of.



Our guest speaker is Doug Wilson, son of life member Maureen Wilson and prolific marathoner who recently won the "[Great Wall of China](#)" marathon. Doug would have received much judgement over the course of his life journey. This is a man I'm seriously looking forward to hearing at our AGM on September 16. Apart from Doug's survival, resilience and discipline, what makes this young man's story so remarkable is precisely that ... that he has told the story by totally and uncomfortably opening himself up and thus inspired numerous people so far through the telling of his story, and will inspire countless others into the future. So many other courageous journeys go untold and only

serve to inspire those in the person's immediate circle who ride the journey with them. There's nothing wrong with that and it's not against the law, but the telling of a story of struggle certainly can give added value and meaning, both to the teller and to the readers or listeners. This is the main reason I keep hounding Spartans, both in letters and at our

gatherings, to share their journeys with others by putting pen to paper. It doesn't have to be writing a book but even if a person only has time for several hundred words, those words can help inspire someone somewhere who they'll perhaps never meet or know about.

If I had my way I would have 'Kundalini Running' as part of an essential text library in fields as diverse as Mental Health, Alcohol and Other Drugs, Counselling (all classifications), ADD/ADHD, Substance abuse/misuse, Resilience Training, Sports Psychology, Depression/Suicide Prevention, Youth Justice, Responsible Parenting, Emotional Maturity, Rehabilitations, Coaching and Mentoring, Re-socialising after incarceration

It is a book written in very raw and honest speak but with a deep, genuine and reflective narrative that flows eloquently and would appeal to a wide variety of readers who would pause to benefit from its words. It is described in such visuals and imagery that only someone looking from the inside out, someone thinking from the inside out, and someone feeling from the inside out could ever describe. Now, I'm no particular authority on writing, but as someone who has taught in the Humanities sector for well over a decade, and worked in it for well over three decades, I have learned much from Doug's story that I have already incorporated into my classes, so for what it's worth, I highly recommend this book from an extremely resilient and courageous, yet (as is often the case) humble and unassuming young man. Please consider!

Doug has offered all Spartans a discount on his story. Using the code MELBMARA19 when checking out from <https://kundalinirunning.com/#buybook> will deduct \$10 from the book price. Alternatively, Doug will have copies on the night of the AGM for \$20 or \$50 for 3 copies (cash only). It's an incredibly inspiring read and well worth the investment.

MILESTONES TO BE ACKNOWLEDGED AT THE AGM

As we all know our Club recognises milestones of any runner who has completed (or is 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.

MERCHANDISE AT THE AGM AND EXPO

The club will have available caps, singlets, copies of "The Wall", mugs, tattoos, buffs. The "new singlets" and [Spartan jackets](#) will not be available at the MCG but must be pre-ordered for delivery by mail. The merchandise can also be purchased at the Expo tent which IMG kindly provides.

**Melbourne Marathon Spartans Club
Annual General Meeting
Monday, 16 September 2019 at 7:30 pm
Venue - AFL Dining Room, Melbourne Cricket Ground**

All Spartans and their families are most welcome. However, given the substantial cost of this event a \$5.00 charge will apply for all non-Spartans.

The only thing we do ask (for MCG Security and catering purposes) is that you let us know the names of all those attending.

RSVP by 5 September 2019 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

AFL Dining Room – Level 2

Coming by foot: Enter via Gate 6A and take lifts 14 or 15 to Level 2

Coming by car: Enter via Entrance E off Brunton Ave. Park close to lifts 14 and 15 and take lift to Level 2

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 5/9/2019 via spartans.team@hotmail.com.

If you would like to nominate for the committee, please contact John Dean, details above. The nomination form can be [downloaded from here](#).

HONORARY SPARTAN INDUCTION by David Foskey (S0025)



Tom Roach was born at 29 weeks, weighing less than a kg. He spent the first 290 days of his life in the NICU at the Royal Women's hospital. He was diagnosed at 2 with CP and soon after, started attending the Cerebral Palsy Education Centre. Here he spent countless hours learning to control his body and was encouraged and supported as he transitioned into the mainstream kindergarten system and then commenced his formal education at the local primary school. Today Tom is almost as tall as his mother, brims with confidence and his never give up attitude has seen him succeed in so many ways. Tom is in Grade 5 at Kew Primary where he is a popular member of the school community, and as an 11yo multiclass athlete he is a School Sport Victoria State Swimming Championship 50m silver medallist for backstroke and 50m bronze medallist for freestyle, a Little Athletics Regions Gold

medallist in 100m, Long Jump, Javelin and Shot Put, he finished 8th in the State School Victoria Cross Country Championships and he is part of the Team Vic Track and Field team heading to Darwin soon to compete in the School Sport Australia Track and Field Championships in Shot Put, Discus and the Relay. From the fragile baby who entered this world a few months too soon, Tom has taken every opportunity offered to him and flown.

Tom is running his tenth Melbourne Marathon Festival event in 2019 and thus will be inducted as our fourth "Honorary Spartan".

THE MARATHON DAY TENT

IMG also provides a tent for marathon day and 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.

MEMBERSHIP RENEWAL NOW DUE FOR 2019/2020

The Spartan financial year is 1 July to 30 June, so fees for 2019/2020 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:

\$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.

SPARTAN FOR LIFE Wayne Thompson (S78)

I have told people for the past 35 years there is no need to run marathons to be healthy. It may often prove to be damaging in some way just training. My effort has always been to encourage people to be healthy and fit to do tasks required in their lives and to feel well.

My marathon training, and competing, is at a level that would injure many people, even far younger than I am. It is a result of 52 years of work, and study. But, I do try to stay healthy. I encourage people, especially over 50, to proceed very carefully if using my program.

At almost 67, the past seven years have taught me that maintaining a standard is possible but requires intelligent, carefully planned action in every aspect of life, training, diet, rest, stress, work. My study, since 60, has been equal to all I had learnt in the prior 45 years of running. The internet, and several excellent books, have enabled performance improvement. I hope that anybody striving for health, for fitness, for marathon satisfaction, will READ. Never previously has such abundance of superb quality information been free.

Certainly, until I was 50, it was easy to simply bash out hard runs for a few days, until legs felt a bit dead, then with as little as a single day easy, repeat the process. Not so by year 60! The most specific facts which have enlightened me here are the nutritional, fuel and repair, factors. The need to focus on muscle retention, by speed, or other high resistance loading. The need to allow longer for absorbing, and responding to training stimulus. The need to recognise inflammation issues across the body and its systems. The need of quality rest. I hope that my embarrassment, at admission of this, is wasted on you, and that you pass 60 with awareness that a new paradigm has arrived. Someone should have made me aware!

The past two years have been particularly satisfying, as I have applied the new awareness, and trained very consistently in volume and quality, ensuring nutrition and fuel needs too. I record my training in an Excel spreadsheet. While I frequently run over 100km/wk in the winter, my summer "rest" (laziness from heat and over eating more honestly) is 35km/wk. Over the past six years, my ongoing weekly average, has barely varied from 45km/wk, and 6 days running out of each ten days. (Winter periods of 6 weeks un-broken, summer 2,3 d/wk.) This is more a result of "bad management" than clever planning, hopefully future summers will be better managed. When noting this 45k/wk, 60% days, I am pleased that in July 2018 my 3hr 20 min result was possible, and about 3rd best in Aus that year, equal to a 2hr 35 min for a man under 30 by most comparison charts, so "1minute a PB (relatively)"!



I include a hill run, or two, each week, and some fairly fast bursts of 1km or 2km. I mainly use 14 to 16 km runs and often the first half is very easy with a strong push home. Winter must have regular weekly runs of at least 24km up to some 32's. Summer has some 200, 400m grass sprints twice weekly, always protein and carbohydrate straight after runs.

My hope in writing these notes is to: A. Help those who will be running after 50 or 60 yrs of age if you are seeking strong performance, as I always have, to be reassured it is possible. B. Assure everyone that it is totally unnecessary to train so hard, as I do, to be healthy, fit, happy, enjoy running and your other life activities. Healthy is 2x8min km, 3 days week.

Lastly the greatest thing I can give anyone seeking life health is to recommend the book "Runners World Performance Nutrition" by Matt Fitzgerald written 2006 and easy to read.

At left, Wayne Thompson Age 65 at Sri Chinmoy Carlton Marathon July 2018 time 3h 20m. Wayne is a Spartan Legend having run all 41 Melbourne Marathons. He twice ran 2h40 in the early 1980s.

DOWN BUT NOT OUT. By Candida Baskcomb (SF0106)



“You’ve broken your leg”.

My first reaction to hearing this 6 months ago was one of disbelief. You see I’d only skidded very awkwardly walking down a steep gravel track. I had rolled my ankle but at the same time I’d also felt something odd go ‘off’ up by my knee. I assumed it was a strained ligament or muscle. I could still walk albeit in a slow wobbly way and being in Bali on my first holiday in 5 years I wasn’t going to let this mishap get in the way! It wasn’t ideal but I got about ...somehow. When my ankle turned 50 shades of black I started to get some sympathy from my travel companion, a 200m sprinter, who ironically had had shoulder surgery 6 weeks prior and couldn’t use his right arm. We must have looked quite hilarious together! Yes it hurt! And I know I have a very high pain tolerance level but I also believe that in my case “Ignorance was bliss!” I swear as soon as I knew what I had really done it all felt a whole lot worse and suddenly very scary. My second reaction was ‘Bugger’.... what about all those running events I’d entered for the year?’

At some point during our running lives most of us will have to face a decision when injured - whether to continue training or to stop and heal. More often than not its true to say sometimes we are in denial about what’s happened and ‘hope’ that we can just run through it. Sometimes you can. But more often than not you can’t. I couldn’t. Whether you have a chronic injury or a temporary set back injury - both will impact your mind. So what you do or don’t tell yourself can make a big difference to your recovery. For a while it all looks like doom and gloom. But it’s worth remembering that ‘You are not your thoughts’...especially if most of them aren’t the good ones. My surgeon (also by chance a runner) really understood the impact of what not being able to run can do to our minds as runners. For me there was nothing I could do but wait for time to pass and be very patient. He couldn’t stress that bit enough -‘please be very very patient’. This didn’t mean the demons didn’t appear - of course they did.

My first plan of attack was to be very realistic about all those events I had entered - withdrawing from them all including Melbourne marathon. This actually took the pressure off my trying to return to or being tempted to run too soon - a common mistake made by many a ‘too eager’ runner who ends up refracting or prolonging the original injury before the healing process is complete. The next thing I did was I told myself that the best thing I could do for my leg right now was to nurture it. Be kind to it. Breathe into it. Massage it. Look after it. Be at peace with it. Talk to it! I don’t deny that there were many days I felt down but I am also the sort of person who knows that nothing will change unless you do! I used this period for one of huge reflection and learning. I learnt to focus on the things I could do. I learnt to let go of others I couldn’t. It was time to reset - In particular I asked myself what training was possible? I could still get to the gym. I am now as strong as ever in my upper body!

What I also learnt was being down doesn't mean you have to be out. I spent a lot of time visualising my favourite trail runs, literally running in my mind when I physically couldn't. Oddly it helped... the power of the mind can be amazing.



Slowly I was able to get outside and walk. At the gym brisk walking in short bursts was possible on a treadmill then cycling and rowing, all slowly strengthening my legs and knees again. Of course I had special exercises to do. I did them all every day. In July I was allowed to attempt graded test runs on a treadmill. First 200m then 500m and assess if there was any after pain. There wasn't. My first run outside was this August with fellow Spartans - around the Tan, my first run of 3.82kms. This might sound laughable but it's actually a huge distance when considering all that has gone before. So here I am starting to run again slowly emerging out from the other side of rehab and it just proves that a patience of mind and letting go of any ego pays off every time. Remember this next time your body reflags you and remember the best thing you can do for it on those occasions is have the courage to stop and give it heaps of time to heal. Courage is not always a roar - sometimes courage is the quiet calm voice at the end of the day saying "I will try again tomorrow".

BAN BROTHERS ONGOING CANCER COMEBACK STORIES 18 MONTHS AFTER 2018 KING ISLAND 32K by Paul Ban (S1177)

See <https://melbournemarathonspartans.com/ban-brothers-king-island-imperial-20/> for an article describing the first part of Paul and Chris's successful fight against cancer.

I'm writing this on behalf of Chris and I, mainly because it's easier to do on my own and, after all, I'm the Spartan and not him. Recovering from cancer treatment is a relative thing. For some people it means being able to do the gardening again or being able to go for walks with the dog. However if you are a long-time runner, like me, or a late-in- life runner like Chris, your recovery goals are a little higher. Two and a half years after my donor stem cell transplant for non-Hodgkin's lymphoma, I'm starting to feel like a runner again, albeit a slower one.

During the second half of last year post King Island I ran a series of trail runs where distance and time didn't matter. The ultimate goal was to run the 2019 Two Bays Trail 28k Dromana to Cape Shank. As the Pier to Pub swim was the day before Two Bays, I combined the two events and invited Chris to join me in both to celebrate the two year mark since my treatment, an important milestone to achieve regarding total recovery. After King Island Chris had discovered a running group and was slowly reducing his 5k Park Run as well as his half marathon times. His recovery from throat cancer meant that his salivary glands were damaged and he has had to work out how to keep up the lubrication with small intakes of water. As I had strong doses of chemotherapy to kill the cancer rather than Chris's targeted throat radiotherapy, my whole body was impaired and needed to reboot, as my specialist said.



After Chris made a better fist of the two events than me, I decided that my goal for this year was to focus on 5k Park Runs and half marathons like him to get a proper qualifying time for Two Bays 2020 rather than me having to plead my case for special entry in 2019. However Chris decided that as his speed was ok he would run the Gold Coast and Sunshine Coast marathons four weeks apart. His logic was lost on me to go down that path, as one marathon was a big jump – but two four weeks apart?? He found out he wasn't Superman after all and finished both of them 50 minutes slower than his last marathon before cancer. I'm on target for my speed (!) plan and should reach the Two Bays qualifying time soon. The Pier to Pub and Two Bays are over the same weekend in January 2020, so it will be an achievement to do them again in better shape than last time. Chris is considering coming to Victoria

from Queensland to show me up again.

While non-runners might say that you should be happy just to be able to run around the block after two bouts of lymphoma and one bout of throat cancer, we runners know that going as fast as your body allows is what running is all about. There is a fine line between pushing your body beyond its capabilities and suffering damage versus striving for a goal just beyond your reach that gives you satisfaction when you pull off what seemed impossible. The excitement and challenge is to work out where that line is for you. I have and always will be inspired by the multiple decade Spartans who have to redefine that line each year come Melbourne Marathon time.

CHEATING IN MARATHONS – Jay Fleming (S1012)

I never even knew such a thing existed in the Melbourne Marathon or anywhere else until alerted to the indisputable evidence of the disgusting actions of a couple of runners several years ago. To be deemed an 'official finisher' of a marathon (or any event) two criteria (time and distance) need to be met. The full distance needs to be covered within the allocated time before cut-off. In order to maintain the integrity of The Melbourne Marathon, and by inference, The Melbourne Marathon Spartans Club, sadly we again need to shine a light on the issue of wilful cheating. In the modern era of social media, where building one's brand has become the norm for corporate profiles and CV's, there are those who feel it's worth gambling on not being found out while wilfully cheating to gain a faster time to qualify for international marathons with a cut-off qualifying time like the Boston Marathon. Some also feel it's worth gambling with integrity to gain entry to Spartans just to add credence to a high-powered online profile.

While I'm certainly not proposing that just because we have a Hall of Fame, that we should also have a Hall of Shame, I also don't think that the current situation is anywhere near

adequate as there is absolutely no deterrent to the practice of wilful cheating. Currently, an entrant can have a pattern of cheating behaviour (I'm not referring to one-off anomalies or genuine issues with event planning here) over several years without any record of their cheating, without any consequence, and to add further insult, they are able to enter the same event over and over in future years.

I will be liaising closely with IMG during the debrief of this year's event to case out the establishing of a private 'Exclusion Register', similar to other industries both in Community Services (Disability sector) and Sport (unruly fans in AFL) in an effort to weed out this behaviour. I also urge Spartans to call out any untoward behaviour that you witness during this year's event, such as runners coming out of a mid-race toilet break and changing their direction toward a short-cut due to being 'mysteriously disoriented', or 'mysteriously' joining the race well after the start line, or those taking the wrong fork of a shorter event due to being 'mysteriously confused' despite the presence of marshals and large signs. Thankfully, computer printouts pick up the vast majority of some of these 'mysteriously-fast' split times at various stages of an event and generate an anomaly often leading to a DNF, but we know that some still slip through.

Some may think of this approach as being over-officious and so what if someone cheats. In an era of social media profiles, reputations and branding, the gravity of such actions was highlighted by an eastern suburbs police station in their footy tipping competition over a decade ago. One of their senior constables was found to have consistently submitted his footy tips each Sunday afternoon after nearly all matches had been completed, resulting in regular near-perfect scores for him over several years. The rationale for standing him down was simply that if he could be dishonest about the tipping, what else could he also be dishonest with, especially in a profession that relies on integrity? While we're not here to be self-appointed bastions of integrity in society, we also recognize that our club highlights elite accomplishments in distance-running. Poor cultures in any industry or organisation develop by enough people being aware of untoward practices and being silent about them. Silence enables poor culture, as silence isn't just silence but rather screams out loudly that: "I'm OK with the poor practice I've just witnessed and what's more I personally support it". Well I don't support cheating and have no intention of keeping it hidden but rather plan to escalate the matter with event organisers to give current parameters some long-overdue proper teeth.

MYELOMA MARATHONS by Daniel Cudmore, incoming Spartan 2019

During my lifetime I have become aware of only a hand full of people who sadly succumbed to the form of blood cancer known as Myeloma. One was the passing of that wonderful musician and singer song writer Jim Keays. Another was the father of a close friend. In the case of the latter, I only had the privilege of meeting my friend's dad once, in the very late stages of his condition. The circumstances of that meeting have remained with me for nearly 20 years as I witnessed the incredibly positive attitude of a man so ill that he had to be fed brown goo intravenously and yet his first question of the day was "who do you think will win

the footy this afternoon?" The legacy of this bright and mentally strong man's passing is that his son is now on the Board of the Myeloma Foundation in Australia.

So the question for me was simple, how can I best support my friend with the work he is doing? And the answer? OK go for a run. An easy answer for me really, I happen to like running.



In fact I like running marathons; however, I'm not as ambitious as Adam Schwab who in October 2014 ran the Melbourne Marathon raising funds for the Foundation in bare feet! Part of my life time "bucket list" was to complete the world's six major marathons. By April of 2017 the London marathon was my last of the six (being Boston, Berlin, Tokyo, New York, Chicago and London) and I have to say, one of the best organized I have ever had the privilege to participate in.

Since the Boston run in 2010 I must confess I've slowed down quite a bit. As readers well know, running marathons is very much a mental game, especially during the second half (or as it's known, "the business end") However, a couple of heart bypasses in 2012 and a failing aortic valve are definitely playing a part in my slower pace. With a watchful eye from my cardiac specialist and his team at Melbourne Heart Care we have an agreement that goes along the lines of "I will keep running marathons until you tell me I shouldn't for my family's sake!" by which time I will probably be able to replace that valve which will have gone past its use-by date well and truly.

So, back to the point of this story! Over the past five years I've been raising money for the Myeloma Australia Foundation and during that time met sufferers, carers and the entire Victorian team of dedicated employees of the Foundation. Myeloma Australia receives no government support, relying solely on the generosity of the community to fund its work. There is no cure at this time to this insidious disease, but advances are being made and clearly the goal is to one day soon discover that illusive cure.

A most respected Spartan Legend of recent times, [Manny Karageorgiou](#) passed away in January of 2018 after a battle with Myeloma and although I never knew Manny, I am acutely aware of what he faced and of his strength of character in lining up for the 2017 Melbourne Marathon with the knowledge that he wasn't going to run the full course.

In only the last few weeks I have sadly become aware that a mate (Greg) from the Vietnam War era and a fellow veteran of the Battle of Coral-Balmoral in 1968 has been diagnosed with Myeloma. He and his family are currently coming to terms with the fact that their lives have just taken a massive left turn.

So my fund raising focus has now shifted from a general scope of assistance to the Myeloma Foundation, to one totally focused on support for my fellow veteran and his family.

In October of course we have the 2019 running of the Melbourne Marathon and four weeks later I will be in Athens to run the original iconic event from Marathon back to Athens, and I can assure you I will take enormous pride in wearing my 'newly acquired' Spartan singlet for that event. Part of that event in Greece will be for myself, part will be for my veteran mate Greg and part will be for Manny, who always wanted to do the Athens marathon but never quite made it. (Wonderfully, his son did it in his honour in 2018)

And the last part will be for the Myeloma Australia Foundation and the great work they do.

Please consider supporting the Myeloma Australia Foundation, it's easy, just go to: <https://give.everydayhero.com/au/help-fight-myeloma> THANK YOU

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 16 September 2019 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.

Do you dedicate your Marathons to a memory or run to honour a cause?

Jay Fleming

Perhaps you are running your marathons in honour of someone special or dedicate your runs to some noteworthy cause. I lost a great colleague and mate to a sudden and aggressive cancer back in 1995, one of the early Spartans, Fred Blackman (S0520). He actually ran that year's Melbourne Marathon and died a couple of months later. For the previous decade we pushed each other during training runs and in events proper. I remember surprisingly overtaking him in the '95 MM around the 30km mark, which was very unusual as he was always much quicker. Little did either of us know what his body was fighting at the time and what he would succumb to only a couple of short months later. At the eulogy I dedicated all my future marathons to his memory. Please share any of your own stories of significance with your fellow Spartans, both now and for posterity on the website!

SPARTANS KEYRING - by Jay Fleming



Some Spartans may remember a mention in previous Newsletters of exploring availability and design of a Spartan Keyring. On a trip to Sparta about two years ago, Spartan Legend John Dobson brought back a couple of designs to hand out to Committee and I scored the one in this photo, which I have had on my keyring ever since so I can tell you it's tough and robust, just like us Spartans! Personally, I love it because of its splash of Spartan green and its rustic beauty exuding the ancient ruins of a historical region. I particularly love the side angle of the Spartan helmet in this design in preference

to the front-on angle of other designs which has a whole other look. Given that we are The Melbourne Marathon Spartans Club, I've been liaising with a couple of potential suppliers in Sparta as I feel this would carry more significance than mass-produced stuff with no soul. Just to let you know that the Keyring project is still a work in progress, albeit with the speed of a glacier, but I do hope to have something to report by year's end.

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.

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

COMMITTEE

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
Committee	John Dobson	0412 688 287
Committee	John Kaparelis	0447 447 448
Committee	Colin Silcock-Delaney	5598 6090
Committee	Felicity Doolan	
Committee	Matt Callaghan	
Seconded	Vicky Chung	

SNEAK PREVIEW – 2019 SPARTAN BIBS

Courtesy of IMG, here is a mock-up of the bibs to be supplied to early bird entrants:



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](#)