

# THE SPARTAN

CLUB PATRON - Robert de Castella

December 2022

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

## FROM THE PRESIDENT Jay Fleming (S1012)

Well, we've made it to another December and I hope your health and fitness is serving you well or at least holding steady, as without good health we have very little! It's been another fairly challenging year but thankfully we've had our physical activity to help us through it and make better sense of it all. Sometimes I reflect back on the lockdowns and wonder if I actually imagined them. We are reliably informed that while the strains continue to mutate, as all viruses do, the lockdowns will remain in the past.

As a Club, we are thrilled with the profile of Spartans across the country and internationally. A significant contributing factor to the brand has involved maintaining the integrity of parameters surrounding the issuing of Spartan singlets. Simply put, they don't come out of a 'Corn Flakes pack'. For each runner wearing the singlet, woven into the garment is untold sweat equity over a significant length of time. Unfortunately, there have been some runners over the journey, thankfully a very vocal few, who have sought to portray our enforcement of these parameters as somehow uncaring, hard-nosed and even cruel. These same folk were also quite vocal regarding having the virtual MM in 2020 count toward their total as well as demanding Spartans stop aligning with the official time limit of the event organiser by having no time limit whatsoever. I have written countless times in this column acknowledging that a runner running for 7 hours has arguably worked far harder than a runner completing the event in 3 hours and it gives us zero joy enforcing these parameters, especially myself with over 40 years working and teaching tertiary qualifications in the community services sector. In the second half of this year, Committee have received a couple more such communications from aspiring and milestone Spartans seeking to have their Melbourne Marathons that were **deemed** not officially completed, to count toward their tally, and both have taken extreme umbrage at being respectfully thanked for their communication but having their application turned down. I would like to again take the opportunity to confirm the requirements for a Melbourne Marathon to be **deemed** completed and to therefore increment a runners tally by one:

- the runner needs to have entered the event in their name (instead of for instance using another runner's bib who couldn't participate on the day)
- the runner needs to have entered the correct distance event of 42.195 km (instead of for instance having entered the half marathon and then changed their mind on the day to run the full marathon)
- the runner needs to have completed the whole 42.195km (instead of for instance where shortcuts have been taken along the course route or the runner not having commenced

the event at the start line but rather at the 5km mark ... (yes contents of these brackets are actual cases)

- the runner needs to have completed the event within the allocated time limit, currently 7 hours (instead of for instance even a couple of minutes outside that and asking for it to be considered as 'close enough'. We've even had requests for Spartans to facilitate personnel with a clipboard and stopwatch in Brunton Avenue to enable runners unable to officially finish within the 7-hour limit inside the MCG to have their run count toward their official tally. While honouring the triumph of the human spirit and paying homage to us slower runners is certainly noble, ensuring the safety of all Spartans is absolutely paramount. After the official time limit of the event, police commence re-opening the course to traffic, mobile and stationary first aid units wind up duties, volunteers at drink stations start packing up and marshals at key turning points start vacating their posts. The irony of these proposals is that runners running in excess of 7 hours are more likely to be in the high-risk category requiring the protections afforded by these very same safety parameters. A runner not recording a time within 7 hours is listed as DNF in the official event results as they are not **deemed** by event organisers to have completed the event by **satisfying all criteria**. If a runner registers a DNF, we as a Committee are unable to magically transform that DNF into an increment of 1.

I do apologise for having to address such an unsavoury topic a week before Christmas, but such has been the disrespectful and demanding tone of some of these requests that I thought it worth sharing with the Spartan Community and assuring you that despite challenges, we are doing our best to preserve the value of our garment.

On brighter matters, I have already commenced getting in touch with several of you and will ramp this up in the new year to extend the option of recording a 20-30 minute podcast for our 'Spartan Stories' series. These are in the form of an online link, similar to Zoom so location and distance is not a factor, including for interstate and overseas Spartans. I am approaching Spartans who have not only accomplished remarkable feats, but also those overcoming challenges on a health and personal level. Participating is strictly optional, and we hope to compile an extensive catalogue of runners and their many achievements over their running journeys. If you would like to participate or put forward a Spartan you feel would be a great candidate, please email the club or drop me a message on **0418 374 783**. For loved ones of dearly-departed Spartans, you are also welcome to record a tribute to your Spartan's story as inspirational deeds don't become any less inspirational after the person's passing.

Additionally, given that many of us run with our phones, we would like to spruce up future Newsletters a little by including far more photos of Spartans and the many sceneries we all get to see while pounding pavements and tracks. These don't need to be confined to just pics of runners but could include clouds, flowers, eating melting ice-cream, echidnas crossing the track ... basically whatever. If you're posting running pics to Strava, FB or Insta, we would also love to receive these as along with movie/trivia nights and family days, we feel they can help to increase connectedness among the Spartan community. We plan to make 2023 a breakout year for expanding the range of options on offer promoting Spartan connectedness.

The Committee and I wish all Spartans and their families a very Merry Christmas and a wonderful New Year's celebration to welcome in 2023.

*'Everyone shines, given the right lighting' – Susan Cain*

## **SPARTAN A LONG TIME COMING**

**David Cannings S1378**

I first planned to do the Melbourne Marathon in 1982. I had done two marathons. I was living in Sydney, in the second-last year of university and I liked Melbourne. So why not? I planned to go by train. I dreamed of going on the Southern Aurora. I am a country boy, from Taree NSW. The thought of flying never entered my mind. Far too complicated and expensive. Driving? Well, I did drive from Sydney to Melbourne in 1979, in my 1957 Morris Minor 948 cc two-door saloon, but I



went via Brisbane, Cairns, Mt Isa, Alice Springs, Darwin, Perth and Adelaide and it took eight months, and three years later the old chariot was showing a bit too much wear and tear. Alas, the plan to run the 1982 event never came to fruition. Time went by, life moved on, I did marathons in fits and starts, and then during the 2005 Cadbury marathon in Hobart I met a Melbourne Marathoner of Distinction, someone who has become a lifelong friend and mentor and a never-ending source of inspiration: Jane Sturzaker. By then I had done 36 marathons. Jane



was aghast that I had never done Melbourne. So I made another plan: yes I must do the Melbourne Marathon. Well, it took a while, as most good things do, and I eventually got around to it on the tenth of the tenth 2010: my first Melbourne Marathon. It was my 72<sup>nd</sup> marathon. I did 2011 and then came 2012. I shared my 100<sup>th</sup> marathon in Melbourne with my best mate Paul Crouch-Chivers. Jane put on a party for us at the Emerald Hotel, South Melbourne. It was a beautiful and memorable occasion. Melbourne was in my blood. I continued to do the Melbourne Marathon every year. I got hooked on the after-party that Bruce Digger Hargreaves hosts at the Mountain View Hotel in

Richmond. I could not miss it. I love it. I completed the 2019 event and became a Spartan. It was a long time coming, just like me doing a marathon. I have a sparkling green singlet. I wear it with enormous pride. 2020 was destroyed by Covid. As for 2021, though you had an event, it was too hard for me to get there. I have been living in PNG for 33 years. It's still a challenge to get to the start line in Melbourne, just as it was in 1982. My average time these days is well over six hours but who cares? Never been fast, never will be but I am still doing them. I am doing my darndest to be there on 2 October 2022. *(Ed: David did complete the 2022 event. He is with Jane Sturzaker in the above photo taken after the 2019 marathon.)*

**SPARTANS RULE**    **Pamela Young SF0093**

*One run can change your day, many runs can change your life.* Unknown

In that room, on that night, the collective kilometres run by Spartans would be staggering. Where else on the planet is there a club that requires ten years of effort and physical endurance to qualify for membership, or in this instance, Spartanship?



I was proud to attend the Annual General Meeting. Proud to receive (retrospectively) my 15 Year Runner blue singlet; proud to be among a growing Spartan tribe; proud of my fellow Spartans and their amazing achievements that make me feel like a mere minion by comparison, and the feminist in me has to add, proud to be one of the greatest minorities in existence, the Spartan Female.

Running is an integral part of my life and has been for twenty-three years now. If I do not run, I am not myself. You will know this feeling because it seems to be one that is universal in runners. Through running and finally achieving Spartanship, I have gained much more than a green, and now a blue singlet. I have a

connection to a group of people that are inclusive, generous in spirit and are down to earth decent human beings.

Thank you to the Committee for the hard work that goes on behind the scenes throughout the year. Thank you for the setting up and the setting down of the Annual General Meeting at the iconic 'G', thank you for turning up at club runs (hail, rain, or shine) and thank you for continuing to inspire us all.

*The photograph shows Pamela in her blue singlet with Candida Baskcomb at a recent Club Run.*



**FRANCIS KASZMAREK**

**David Foskey S25**



Regular runners in recent Melbournes will be familiar with a runner who wears thongs, long trousers and a long sleeved shirt. Many will not be aware that Francis Kaszmarek is Spartan S940 who has run 30 consecutive MMs since 1992. Thus, he will join the Hall of Fame at the 2023 AGM.

The photo at left shows him on the course during the 2019 event and below, on the massage table in the Spartan tent. The back pack contains, what else, a spare pair of thongs.

*Francis sent the following prior to the 2022 event, which he duly completed:*

Back in 1992, I made a wonderful discovery! There was this fun run called the Melbourne Marathon, and it was perfect! Well almost perfect! It just needed to be 10km shorter! Anyhow, I somehow managed to walk those last pesky kms (all ten of 'em) and collect a medallion for having completed the event. Now 30 years on, and several diseases later, the Melbourne Marathon is still the perfect fun run! Well almost perfect! It just needs to be 27km shorter! Anyhow, I, yet again, somehow managed to walk those, latter, pesky kms.

Since 2007, annual completion of the Melbourne Marathon, has held a far greater depth of personal importance and meaning, primarily because that was the year that I received my post viral Chronic Fatigue Syndrome medical diagnosis, and the mystery behind my declining physical and cognitive performance was finally unveiled.

Although I have been rendered unable to run as far, or fast, or frequently as I could in earlier years, completion of the Melbourne Marathon has become my biggest, and most important, annual achievement. It is one of those very few things, from my life prior to CFS that I have managed to retain.

Every year that I somehow manage to drag myself across that finish line, with time to spare, is basically another year that I have succeeded in giving CFS the "middle finger". To me that's

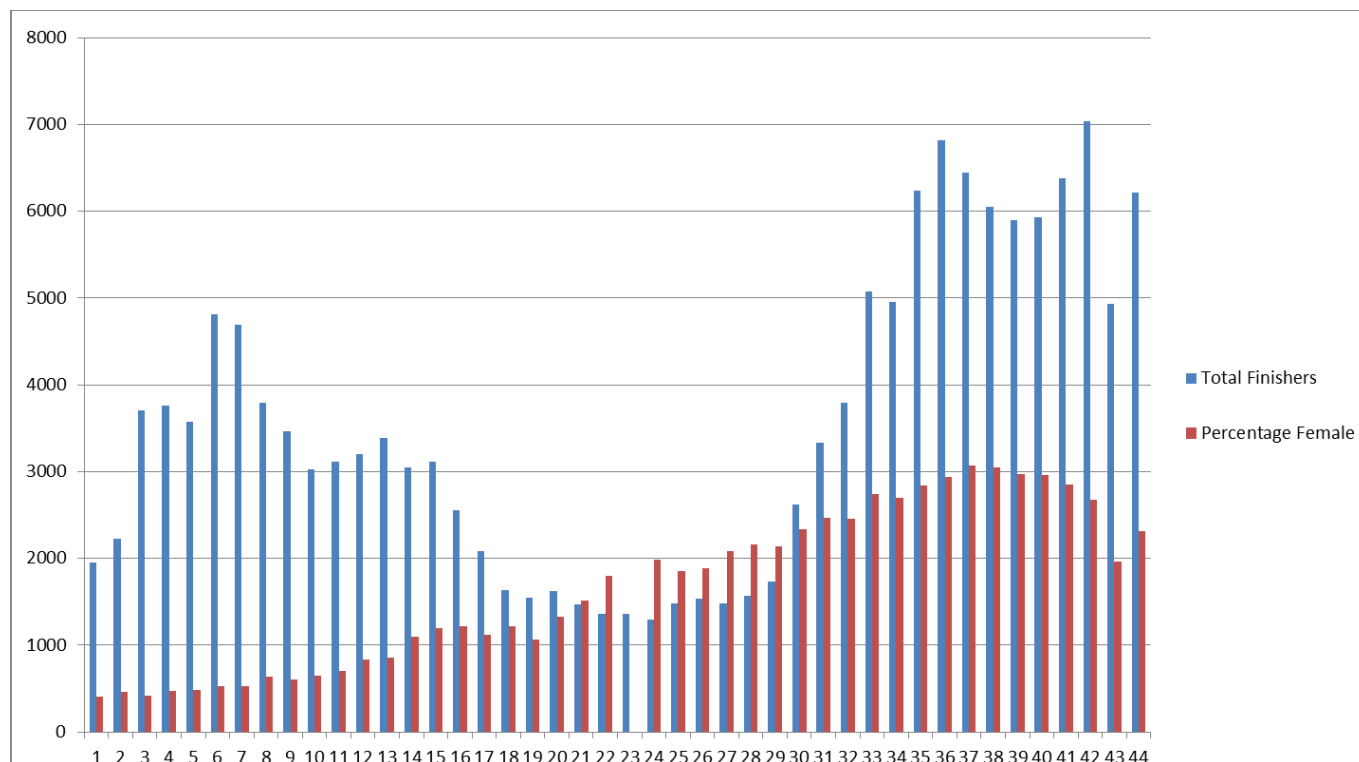
a personal victory of epic proportions, and one that I hope to be able to continue celebrating in the years to come.

I hope to see you all in October 2023.



## **PARTICIPATION FIGURES** David Foskey S25

The graph below shows the number of finishers (blue line) and the percentage of female finishers (red) for the 44 Melbourne Marathons. There were 6215 finishers in 2022 a return to normality after the low figure of 4937 in 2021. The second figure tracked (in red) is the proportion of female finishers which rose from just over 4% in 1978 to almost 31% in 2014 (marathon 37). Sadly, there has been a gentle decline since then, but the 2021 figure of under 20% improved to over 23% in 2022.



There were 254 Spartan finishers, including 54 running their tenth. The proportion of females was 17% (43 runners), greater than the overall membership percentage of 10%. There were 63 new Spartans since 2021, 51 males and 12 females. Seven of these had qualified in earlier years, but hadn't applied for membership. See the table of new members at the end of this newsletter.

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

Do you have a story about your path to becoming a Spartan, or would you like to pay a tribute? We prefer articles in the range of 200 to 2000 words, but that's a guide only. Contact us to discuss at [djfoskey@ozemail.com.au](mailto:djfoskey@ozemail.com.au) If you have missed a deadline, don't worry, there is always the next issue!

If you have some photographs that you would like to add to our [photographs collection](#), please send them in!

## **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](#)

We have lost contact with many of our older members. If you know a Spartan who doesn't receive our emails and is on email, please encourage them to use the above link. We deliberately limit the number of emails we send, and all have an unsubscribe link.

## **MEMBERSHIP RENEWAL NOW BEING ACCEPTED FOR 2022/2023**

The Spartan financial year is 1 July to 30 June, so fees for 2022/2023 are now being accepted. Can't remember if you have paid for 2022/23? Look up your name via this link: <http://melbournemarathonspartans.com/financial-spartans/>.

<b>\$20 via EFT:</b>	<b>Cheque for \$20 via Post:</b>
Melbourne Marathon Spartans Club BSB: 633-000 Account No: 139201743	"Melbourne Marathon Spartans Club" PO Box 162 Rosanna Vic 3084
Please include name and/or Spartan Number	Please include name and/or Spartan Number

You can also now [pay online](#).

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.

## **SPARTAN MERCHANDISE**



T-Shirt Models Candida Baskcomb SF0106, Mandy Skipper SF0066, Vilim Podreka S1052, Jay Fleming S1012, Lorraine Allen SF0011, Anthony Egan S1158 above are wearing different milestone T-shirts. [Check out the other options](#) available, including a generic training shirt which can come with long-sleeves.

Our caps, lapel pins, stickers are described [here](#).

We have some copies of Doug Wilson's book "Kundalini Running" available for \$20. Contact Jay Fleming at [flemingjay2@gmail.com](mailto:flemingjay2@gmail.com).

There are still copies of ["The Wall"](#) available at the bargain price of \$10.



We have clips that can be used to secure race numbers to race tops. They have been adopted by many clubs here and overseas, and look as if they were designed for our logo. The selling price is \$5 plus postage.



Caps and visors are available in black or white, priced at \$25.



Lapel pins are a new item, priced at \$5



Anyone seeking a jacket or vest will be pleased to know that we now have a [Melbourne based supplier](#).



## **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 completed ten Melbourne Marathons.

The benefits of membership include [regular newsletters](#), being presented with a Spartan singlet after ten years and subsequent milestone Spartan singlets each five years, and the opportunity to attend our AGM to hear a top-line guest speaker.

Our [monthly Sunday runs](#) enable members to do a lap or two of the Tan at their own pace and enjoy a social coffee afterwards.

We have a stand at the pre-marathon expo to meet with members, exhibit some of our memorabilia and sell merchandise.

On marathon day we have a tent where bags can be stored securely. After run refreshments and free massages are provided as well as the opportunity to rest and chat. In 2021 we began photographing Spartans just past the finish line to create a [gallery of finishers](#).

### Life Members

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

### COMMITTEE

COMMITTEE		
<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>Co-Secretary</b>	Anne Ziogos	9592 4481
<b>Membership Secretary</b>	Felicity Doolan	0411 405 529
<b>Co-Secretary</b>	Vicky Chung	
<b>Committee</b>	Kai Ooi	
<b>Committee</b>	John Zeleznikow	
<b>Webmaster</b>	David Foskey	0432 146 747
<b>Committee</b>	John Dobson	0412 688 287
<b>Committee</b>	John Kaparelis	0447 447 448

## New Members, 2022

<p>Adams, Kelvin (S1432)                  Agnoletto, Sandro (S1480)                  Allen, Nicole (SF0161)                  Andrews, Stuart (S1464)                  Bartlett, Peter J (S1475)                  Brilliant, Mark (S1445)                  Brown, Matthew (S1435)                  Buyck, Brad (S1456)                  Calyvopoulos, Andrew (S1472)                  Cappy, Kerri (SF0168)                  Creasey, Jess (S1465)                  Cronin, Katie (SF0167)                  Croton, Darren (S1440)                  Denny, Marcus (S1469)                  Douglas, Hayley (SF0163)                  Edmonds, Evan (S1461)                  Ennis-King, Jonathan (S1437)                  Fava, Darren (S1462)                  Finocchiaro, Dion (S1476)                  Flind, Jonathan (S1436)                  Ginefra, Jackie (SF0157)                  Govan, Julian (S1451)</p>	<p>Grandinetti, Enzo (S1452)                  Harding, Greg (S1474)                  Hasell, Simon (S1447)                  Howden, Stephen (S1446)                  Hunt, Greg (S1438)                  Irlicht, Laurence (S1434)                  Irwin, Dale (S1467)                  Kelly, Kristen (SF0165)                  Kenney, Elizabeth (SF0160)                  Kew, Nicole (SF0159)                  Liu, Sze Wei (SF0158)                  Lobb, Colin (S1470)                  Luu, Michael (S1442)                  Manias, Harrison (S1646)                  Meakin, Lee (SF0164)                  Mealings, Simon (S1454)                  Moore, Russell (S1463)                  Murphy, Justin (S1471)                  Nardella, Louis (S1478)                  Needham, Adam (S1455)                  Niemann, Anthony (S1458)</p>	<p>Oro, Lisa (SF0162)                  Panamthanath Murali, Sinesh (S1444)                  Patzold, Rick (S1439)                  Paxman, Craig (S1460)                  Postlethwaite, Robert (S1431)                  Poustie, Jeremy (S1477)                  Ramirez, Juan Claudio (S1448)                  Rossiter, Mark (S1450)                  Scott, Lucinda (SF0166)                  Scott, Steven (S1459)                  Serong, Ben (S1466)                  Smith, Trevor (S1453)                  Soltan, Graham (S1449)                  Soutter, Michael (S1457)                  Staffieri, Mario (S1468)                  Steven, Kim (S1479)                  Stupka, David (S1433)                  Vella, Rodney (S1441)                  Ward, Geoff (S1473)                  Woodbridge, Dale (S1443)</p>
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