

# THE SPARTAN

**CLUB PATRON - Robert de Castella**

**February 2021**

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## **FROM THE PRESIDENT**     **Jay Fleming (S1012)**

Well now that the vaccine rollout is starting today, and that we Victorians are so well drilled with stop-start lockdowns and mask-wearing, this year seems hopefully headed for a little bit of normality. I am so confident things will sort themselves out by October 10 that I have entered this year's Melbourne Marathon and kicked off team SPARTANS so if you are not entering the Melbourne Marathon as part of another team, we would love to have you enter as part of our team. It has been terrific to see an increase in the number of written contributions from Spartans to the website, including the experiences of virtual events via the Spartans Strava Group. Additionally, if you do happen to get a write-up for any of your endeavours in any publication or website, please tell us about it as we'd love to feature it or link to it on the Spartans website.



After our first Committee Meeting this year, we resolved to schedule our Club Runs for the fourth Sunday of every month. It was felt that it would add a little predictability and enable Spartans to mark their yearly planners in January. We also felt that it would provide far more options for Spartans that enter many other competing events on the running calendar which have clashed with any/all of our previous four annual runs. Ours is a fairly unique

club in that we are primarily a record-keeping club that keeps a stock of running apparel in four colours. Many years ago on Committee, we reflected on whether members were content seeing other members once or twice annually during the AGM or the MM, or whether we wanted an entity that facilitated a greater belonging. The majority decided the latter and for the past several years we have been trialling several initiatives around what that greater belonging might look like. The annual Club Runs have grown from one initially to four for the last few years and we feel that increasing it to 12 this year onward is definitely a step in the right direction.

A sub-4km loop course such as The Tan has some advantages over larger loop or out-and-back courses that may not be immediately obvious. It's super-adaptable to everyone's needs in that it suits runners who simply wish to run one or two laps with the main group and have

a catch-up. It suits runners who want something a bit more strenuous and wish to start an hour earlier and run several extra laps and finish with a couple with the main group. It suits runners who have a 'long' run of 20-30km scheduled as they can complete several laps before and after the group run as well as experiencing the camaraderie during the group run and post-run catch-up drink.

The morning can be a quick one for runners needing to get back home and still have the whole Sunday to themselves. The morning can also lead to other relaxing solo pursuits (or with significant others) such as the Botanical Gardens, banks of the Yarra, the markets, movies, eateries and countless physical or not-so-physical options available either in the CBD or on the way home. The Tan is over 100 years old and I have been going there for over 50 years, ever since Dad made me run with him from our place in Barkly Street St. Kilda in the late sixties. I remember feeling like Superman being able to run so far!

Hope to see you down there throughout the year Spartans!

*"I arise in the morning torn between a desire to save the world and a desire to savour the world. This makes it hard to plan the day". – E. B. White*

### **CLUB RUN, February 28**

You are warmly invited to a club run around the Tan at on Sunday February 28. We will meet outside the Observatory, Birdwood Avenue at 8am and run/jog/walk a lap or two of the Tan. Afterwards we can have a socially distanced drink at Jardin Tan. Please wear your Spartan singlets so we can fly the club colours.

Even if you're no longer running or recovering from injury, we'd love to see you! Parking is free for three hours on Sundays. We will run clockwise (up Anderson St hill) so if you arrive late, run in the other direction and you should meet up with a group.

Covid permitting, **this year we are planning to have club runs each month on the 4th Sunday**, rather than four runs at roughly three month intervals. The committee regrets that the greater frequency means that we will no longer be purchasing hot drinks for all runners.

### **Running Warehouse Jay Fleming (S1012)**

I have been meaning to get out to Tullamarine for ages to visit an establishment called RUNNING WAREHOUSE on the recommendation of (S0749) Spartan Hall of Famer and Committee member John Kaparelis whose recommendations don't come lightly! Over the years John has regularly demonstrated astute judgement and I can totally see what the fuss is about with his recommendation of this establishment. Don't be fooled by the modest and unassuming façade! The business was established over 16 years ago and is staffed by Dennis Lazar who is himself a Level 2 coach who also travels out to club nights and Committee Meetings for product demonstrations. Under the auspices of Athletics Victoria, Dennis also travels out to schools teaching aspiring runners about the benefits of running and techniques to avoid injury. They have a 30-day return guarantee on all shoes that don't

meet the runner's expectations outside in the real world of their regular track or terrain, which consequently presents some brilliant bargains to be had in almost-brand-new shoes which are located as you walk in at the entrance. If you are heading out that way or hopping onto the website, please be sure to remember the Spartans discount code SPARTANS10 for an even greater deal!

### **Do You Have Wordpress Expertise? David Foskey S25**

No, I'm not looking for someone to take over day to day management of the site, but would like to chat to someone who has experience with issues such as changing themes and hosts. If this is you, please contact me at <mailto:djfoskey@ozemail.com.au>.

### **My First Marathon Robert Hendy S0390**

*Robert represented Australia four times as a 3000m Steeplechaser. He was a finalist in the 1974 Commonwealth Games.*

The Big M, as we called it, as it was sponsored by Big M milk drinks, gave me an extra 35 years of very enjoyable and competitive running, as I had 15 years as an amateur and a few as a Pro and only decided to run the Marathon before I retired from running, because I had never run one due to the fact, or what was probably more of a myth, that "running a Marathon close to the track season could ruin your season" but I enjoyed it so much, I not only ran 11 of the Big M's I also continued my track racing, both with Collingwood Harriers and then Masters and Veteran games. So the Big M was very special to me and was a very big part of my life. Another connection was that I actually arranged the Printing of the Results magazine, as part of my Print and Distribution business and also mailed out the Invite and reminders to past runners etc.

My 1st marathon was 1980 and my goals were to finish no matter what, break 3 hours and try to beat the 1st lady. As we ran through the Edithvale shops I heard a voice behind me, saying "I follow Jesus too" as I had "Follow Jesus" on back of my singlet, and as she came alongside and we exchanged names I realised she was Jane Kuchins, last year's winner. I decided to run with her and try to beat her, but as we passed through Mordialloc, her supporters called out that she was only 30 seconds behind the 1st lady, which took me by surprise, but by that time I had connected with and committed to run with Jane the whole way. Part way up St.Kilda Road she collapsed on the tram track with horrific cramps and pain, so I knelt down and Prayed a scripture to her, which was "Those who look to the Lord, shall Renew their Strength and be raised up as if on the Wings of eagles, they shall Run and not grow weary, they may walk and not faint." (Isaiah 40:31)

So Jane stood up and we started to walk, then jog, then run flat out to the finish, passing many that had passed us, and as we got to the finish line I slowed to let her beat me.



Oct 31, 1980

Dear Rob,  
 I just wanted to thank you for running the marathon <sup>with</sup> me. It will always stand out in my mind as a "special marathon." I really appreciated you staying with me over the last bit and the prayers that you offered to God. What a blessing it was!

I hope that I will meet up with you again in the future.

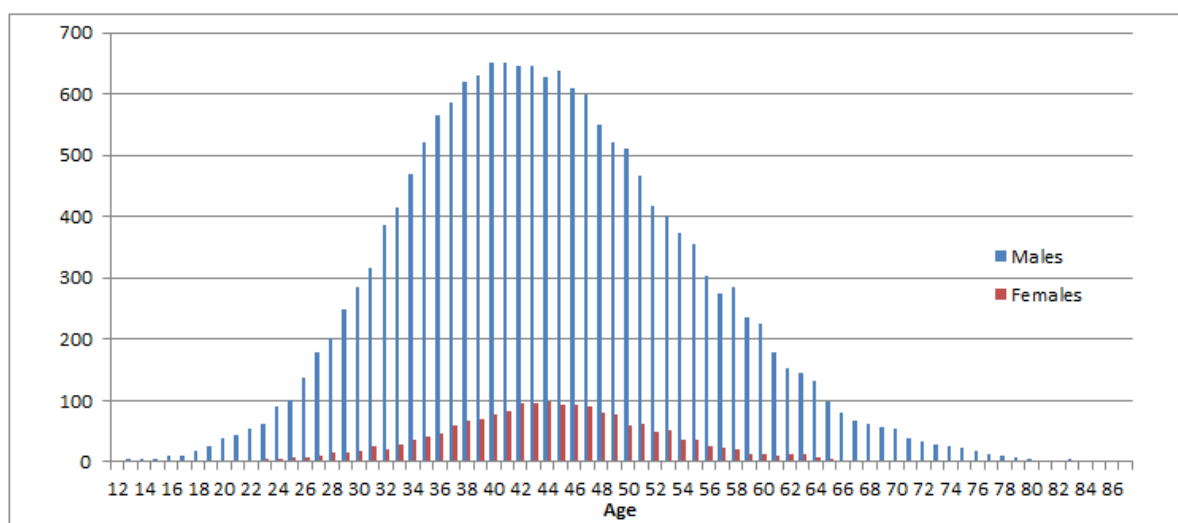
Best of luck in your running.

Thanks Again

Bigods  
 Jane Kuchis

### Ages of Spartans David Foskey S25

I have used the Spartans database to extract some data on the ages of Spartans. Our records are comprehensive, but not complete. We have more than 100 members whose date of birth is missing, and a smaller number who do not have marathons recorded. We owe thanks to former committee member Cath Bombadieri (SF68) who added times for a large number of runners a few years ago. The graph below shows that the peak age for males is 40 and that 651 times are on record. For females, the age is 44 and there are 98 times recorded.



The table below shows the youngest ages recorded for first runs. Two males were 12 when they ran their first. John Veltman waited until he was 13, but qualified as a Spartan at 22. Cyndi Nunn is the youngest female to complete ten at the age of 27.

<b>Age</b>	<b>Name</b>	<b>Year first</b>	<b>Year 10th</b>	<b>Total runs</b>	<b>Most recent</b>
12	Wade Noonan S1159	1982	2013	10	2013
12	Alistair Hanson S1043	1979	2008	10	2008
13	David Galea S1042	1982	2008	14	2018
13	John Veltman S0359	1981	1991	15	2001
18	Cyndi Nunn SF0081	2004	2013	13	2019
18	Kirsten Jackson SF0111	1988	2015	12	2018

The oldest male Spartan is Tony Martin who ran from 1979 to 2015 and was 87 when he completed his 37<sup>th</sup>. The great Shirley Young ran from 1978 to 2007 for her 30 Melbournes, the last at 77.

David Galea has sent the following:

*I was 13 when I ran and completed my first marathon; the Big M Frankston to Melbourne. I ran as a result of training with my uncle who was training for his 1<sup>st</sup> marathon. As he increased his k's each week I continued to train. He turned to me and said; you might as well run too. I never gave it a 2<sup>nd</sup> thought and that was it. I was hooked. I ran my 2<sup>nd</sup> Marathon the following year and was then advised to have a break until I had fully grown. I then ran 3 in row from 19 years old to 21.*

*I loved running and as much as I loved playing football I knew running was my passion. I loved the feeling of achievement and I was determined to improve my times.*

*I have never been part of running club and simply trained and ran on my own. I loved the fact that I could run when it suited me, I didn't have to rely on anyone and it has always given me the opportunity to feel free, clear my mind and set my own goals. I often wonder how much better I could have done if I did join a running group.*

*My PB is 2hrs 38 in the Christchurch New Zealand marathon, I have also run the London, New York, Great Ocean Road, Traralgon and Adelaide marathons. New York and Great Ocean Road were certainly the toughest courses and I really loved the Frankston to Melbourne course and "would love for them to do that course again as a one off".*

*I am currently training to do the Gold Coast marathon with my daughter who is 19 and training for her 1<sup>st</sup> marathon. I also hope to back up for my 15th Melbourne Marathon later in the year (fingers crossed).*

## **ADELAIDE MARATHON WARRIORS: Part 1 – The quest to be last one standing**

*This article has been written by Ian Hill who is a South Australian marathoner who has written extensively on [South Australian running](#). Part 2 will be published in the next newsletter.*

Unlike the Melbourne Marathon Spartans, whose name was decided before anyone became one, the Adelaide Marathon counterpart was nameless until over *twenty* marathons had been held! The first time a full list of people who had run ten or more Adelaide Marathons was published, in the 1998 results booklet, they were described as "Entrants who have completed the event 10 or more times". Next year they were named "Warriors". It is fair to say that name was suggested and adopted in the intervening year, but despite some enquiries no-one has owned up to its nomination!

It was not for lack of trying. In the May 1993 edition of *Footnotes*, the newsletter of the South Australian Road Runners Club, a letter by "A keen road runner" stated:

*Many SARRC members will be familiar with the Melbourne SPARTAN club where any person who has run 10 Melbourne marathons is entitled to wear an official "Spartan" singlet. This singlet is easily recognised as it is a distinctive green colour. I know of one talkative Adelaide runner who is a Spartan but has only run 2 or 3 Adelaide Marathons. Either the Spartan incentive works very well, or he has a mistress in Melbourne!!*

This correspondent suggested "Festival City Spartan" after the event's original name but we could hardly use Melbourne's term! It would be like calling a new interstate team in the AFL the "magpies". Yes, Port Adelaide tried to do that but was rightfully howled down by Collingwood!

The editor suggested discussion of the idea but there was no interest for several years. The only nod to this now steadily growing group was to those who had finished them all which earned themselves nicknames such as the *Dirty Dozen*, *'Orrible Eight* or *Magnificent Seven* as it reduced in size.

The original "Festival City Marathon" began in 1979 and was conducted by the Distance Runners Club of SA Inc. By 1980 the marathon had nearly 1000 entrants and had outgrown the DRC's resources which catered for *registered athletes* only. The main problem was the DRC's constitution which required anyone wishing to be on the FCM organising committee to be a registered athlete. This meant that dozens of capable people willing to serve on the committee were automatically excluded because they did not want to become registered.

The solution put forward by DRC Secretary and inaugural FCM Race Director Bruce Abrahams was to create a new organisation whose purpose was to conduct the marathon, associated lead up events and training forums. Mr Abrahams subsequently became the first President of the SARRC following a membership drive in January 1981 and the club's first AGM. Within a year there were over 1800 members. The first five marathons were on a point to point course from Gawler which was 25 miles north of Adelaide. By 1984 the marathon had nearly 2000 entrants and it was time to use a new out-back and then circular course around the city for the expected 5000 entries in 1986.

Despite the absence of a name the SARRC was prepared for the tenth running of the marathon and the recognition of those who had finished the lot, the "perfect ten" as the *achievement* was called. In March 1986 Mr Abrahams published a list of 18 runners who had finished all seven FCMs to date in the Club's journal *South Australia Running* and a 19<sup>th</sup> person was identified in the next issue.

By April 1988 there were still 15 candidates remaining and they were listed in that month's *Footnotes*. The article wished them well with their training and hoped they would all finish! The 1988 FCM was on 14<sup>th</sup> August and weather conditions were unfavourable with gusty northerly winds and a temperature of 24C. Many of the top male runners retired, but not John Duck who rallied to record a gutsy win in 2:27:42 from fellow Victorian Ian Nash in 2:30:07. A distant third was a bemused Ian Hill, having been informed of all the dropouts ahead of him and he sauntered home in 2:39:21. The women were much more resilient and Mollie Whitehorn won in 2:59:14 from Clare Hennessy with 3:02:11 and Victorian Mabel Mitchell in 3:03:00.

Hill's finish marked the beginning of the "perfect ten" procession as he was followed by State Premier John Bannon (2:57:04), Ken Graham (2:58:42), Allan Fox (3:02:10), Barry McDermott (3:14:42), Terry Boswell (3:15:14), Terry Buxton (3:22:11), Ross Martin (3:27:44), John Auld (3:32:08), Peter Slagter (3:40:27), Peter Worley (3:44:08), John Murfitt (3:52:30), Len Freeth (4:20:50), David Groat (4:39:24) and Bruce Abrahams (4:42:46). Abrahams' tally included seven "Officials" marathons which were run over the same course but on an earlier Sunday to enable officials to carry out their duties on race day.

**Inaugural Adelaide Marathon Warriors**  
**10<sup>th</sup> Festival City Marathon 14<sup>th</sup> August 1988**



Photo - courtesy Peter Slagter

*Standing from left: Ian Hill, Ross Martin, John Auld, Terry Buxton, Bruce Abrahams, Ken Graham, John Bannon, John Murfitt, Allan Fox, Terry Boswell, Peter Worley  
Sitting: Barry McDermott, David Groat, Len Freeth, Peter Slagter*

From this point three things happened. Some of the “perfect tens” decided to call it a day, perhaps not straight away but within a few years. Others became determined to be the “last man standing”. As it turned out, the split was exactly 50/50 between the 14 who had a choice. The third thing is that the number of yet-to-be-named-Warriors kept steadily increasing.

What about the 15<sup>th</sup> perfect-ten? At the time he was firmly with the last-man-standing group. He made it to the 13<sup>th</sup> Adelaide Marathon in 1991 and the original perfect-tens had been whittled down to the “Dirty Dozen” with Bruce Abrahams, John Murfitt and Ken Graham no longer in contention. At this time the date of the marathon was always the last Sunday in August and this particular runner must have been praying that it would be changed for the 1992 event. His parents were due to celebrate their Golden Wedding Anniversary on the last weekend in August 1992 – in Scotland!

He was faced with a conundrum – what to do? Well there was no choice at all – he was expected to be in Scotland. Then he came up with a brilliant solution – he would find a marathon in Scotland (or nearby) that weekend, run it and have that count as his 14<sup>th</sup> Adelaide Marathon! He would run the World’s *first* virtual marathon!



Well the rest of us would have none of it! He could run his marathon but by definition it would not be in Adelaide. There was talk that he would seek legal advice about it. Good luck with that we thought! Bizarrely he managed to have his plight placed on the agenda of the SARRC's 1995 AGM! In a letter to *Footnotes* soon after the meeting future Adelaide Marathon Race Director Piet Crosby said "he admired watching a runner having his request for status in the 1992 marathon refused and accepting that with great dignity". The runner later replied, thanking Mr Crosby (also a Warrior) for his kind comments and he announced his retirement from marathon running.

In the meantime we celebrated the first woman to finish ten Adelaide Marathons. Susan Worley started running the FCM in 1981 and by 1990 had notched up her tenth consecutive finish, running 4:03:44 to join husband Peter as a Warrior. Overall Sue was the 33<sup>rd</sup> Warrior and it was to be another five years before Helen Bridges, Jacky Whitting and Susan Bardy became the second, third and fourth female Warriors in quick succession. Sharon Sharpe was the fifth female Warrior in 1999.

By 1994 the *Dirty Dozen* had become the *Magnificent Seven* as Allan Fox, Terry Boswell, Barry McDermott, David Groat and Ian Hill called it a day. Barry McDermott announced his retirement from marathons after suffering a heart attack in October 1991 but was able to continue walking the half marathon which was added in 1990. Sadly, he passed away in August 1999 while "doing what he loved best – walking" as described in *Footnotes*.

The *Magnificent Seven* remained that way until August 2000 when John Auld announced at the pasta party that he was not capable of completing the course even though he had entered. During the intervening years a story emerged that Peter Slagter had the above photo of the original fifteen warriors hanging up in his office with the faces of all but seven rubbed out. When asked who will be the last face left, he replied "mine of course"! A profile of Peter by Jill Denney appeared in the July 1996 *Footnotes* and at the end Jill wrote "may you be the last face left on your photo but I am sure there are six other runners who are saying you won't be!"



In her profile Jill Denney wrote that Peter started a milk run after weighing in at 12 stone and lost two stone in two months. He ran the first Festival City Marathon in 3:23:01, a good time for his debut but he couldn't sit down for two days! That's his finish at left, heading for the Victor Richardson Gates at Adelaide Oval.

Peter's most memorable marathon was the Big M Melbourne Marathon in 1982 when he clocked 2:57:44 to break three hours for the first time. He bettered this time at the 1983 Festival City Marathon to set his PB of 2:56:35.

Left *Peter Slagter finishes his first Marathon in 1979*

Apart from Adelaide, Peter ran the Melbourne and Pichi Richi marathons four times each.

Denney's final comment was "1996 will be in a different finishing spot but the same hairdo"!

In the October 1999 issue of *Footnotes* Peter Slagter wrote in to thank all the runners for their support and good wishes Marie and he had received following his recent medical condition and subsequent surgery for cancer. He was well on the way to recovery and hoped to be back on the road at Christmas in preparation for next years' marathon.

Peter did indeed run the 2000 Adelaide Marathon (in 4:14:48) and another six marathons but the 2004 Adelaide Marathon was to be his last one, having run all 26 of them and achieving a podium result for being in the final trio, along with John Bannon and Peter Worley. It was a magnificent effort from Peter who had put everything on the line with his bold prediction back in 1996, only to be thwarted by circumstances beyond his control!

By the time of the 20<sup>th</sup> Adelaide Marathon in 1998 the number of people who had finished ten or more had grown to 71, including four women. This meant an average increase of five to six people per year. The first time such a list was published was in the 1998 results book. This was compiled by Lester Smith who managed to find 53 of them which was a great result considering the limited resources available to him. The list included the caveat that people may have been omitted or they had finished more marathons than shown.

A revised list compiled by Ian Hill the following year, achieved by entering all 21 years of results manually into a spreadsheet and sorting by name produced 74 of the 75 Warriors which were recognised by that term for the first time. The missing runner was Rod Martin who had been excluded from the 1989 results. Rod later produced a finish certificate, photo and plaque given to each finisher. Finish line errors in those days were rare but possible.

The 1999 Adelaide Marathon was memorable for being the sixth and final time the *Magnificent Seven* all finished. To celebrate the 21<sup>st</sup> running of the event *The Advertiser* published an article about the Seven even though only six could attend the photography session at the athletics stadium at Mile End.



+ MARATHON MEN: Six "don't stop 'til you drop" runners.

Picture: SARAH REED.

74 The Advertiser www.news.com.au Friday, August 20, 1999

## Marathon bid to be last one standing at 21st

By WARREN PARTLAND  
ADELAIDE Marathon aspirant Peter Slagter echoes the words of six rivals in Sunday's 21st version of the event.

"I want to be the last one left," Slagter says with conviction.

The seven - Slagter, John Auld, former premier John Bannon, Terry Buxton, Len Freeth, Ross Martin and Peter Worley - have competed in all 20 Adelaide marathons.

So just as much as the marathon challenge continues to entice the group to make the annual pilgrimage around Adelaide's streets,

the race to be the only member still running in the event is equally intense.

"No one wants to drop out of the group to have run in all events," Slagter, 52, said.

"That is what it is all about.

"We always rib each other about who will be the first and I guess it is going to be natural attrition.

"I don't want to drop out, not if I can help it. I got close this year but I will be there."

The marathon has already attracted 250 entries with a new route being adopted this year.

The race will start and finish with a lap of the athletics stadium at Mile End.

This will be Slagter's 38th marathon, with his time prediction being just over four hours.

His best time was 2hrs 56mins in the 1983 Adelaide event while his only other sub-three hour effort was in Melbourne the previous year.

"Marathon running becomes a way of life," Slagter said.

"It is a quality of life we enjoy. Most of us run five to seven times a week.

"I try and run about four hours these days - one day I might try and go for a quicker time."

The clipping provided by Peter Slagter shows him leaping playfully on to Peter Worley's back. The others are from left, Len Freeth, John Bannon, Terry Buxton and John Auld. Missing is Ross Martin who was taking a break from his caravanning holiday on the other side of the country and flying back to run the marathon. Note the 20<sup>th</sup> anniversary T-shirts specially organised by the SARRC.

John Auld's retirement in August 2000 was the beginning of a slow attrition until 2005 when there were only two left – John Bannon and Peter Worley. The *Super Six* from 2000 lasted two years until Ross Martin was unable to run in 2002.



Ross Martin enjoys the 'real thing' after finishing all 16 Adelaide Marathons..

In the October 2002 edition of *Footnotes* a letter from Ross Martin published after the event stated that he could not take part in the marathon because he was unable to do the required homework and there were also a few health issues. It had been good to meet so many fine people since his first fun run in 1973, the 12km City-Bay. After 28 City-Bays and 62 marathons plus the odd Ultra he was reducing the workload somewhat.

Ross expressed his best wishes to the *Famous Five*, namely the two Peters, Len, John and Terry. Ross also put in a plug for Sue Worley "who must have run more Adelaide Marathons than any other woman – on yer Sue, love ya!"

Ross passed away some time during the following year, an occasion not announced in *Footnotes* but known by word-of-mouth.

Ross, a high school teacher, was a true gentleman and one of the most popular runners in the community. In his spare time he played competitive croquet, surely a good foil to the rigours of marathon running!

Left: from *Footnotes*, October 1994

The 2002 marathon pasta party was attended by 65 people who heard a speech by John Bannon about the history of the Adelaide Marathon. As mentioned in Ross Martin's letter, the *Famous Five* included Terry Buxton who was the next to retire, unfortunately a year earlier than planned because of injury.

The 2003 Adelaide Marathon was the 25<sup>th</sup> running of it and this became a milestone to be recognised with "Legend" status. Naturally Terry planned to run this important marathon, but as he explained in a letter published in the August 1993 *Footnotes* he was intending to stop at 25 but now it had to be at 24. He had recently retired from the workforce and plans for the future precluded his wife Sue and him from being in Adelaide around marathon time in 2004. Alas he was foiled by a right knee injury that would not see him through the 2003 marathon in a manner to do the race justice on his terms!

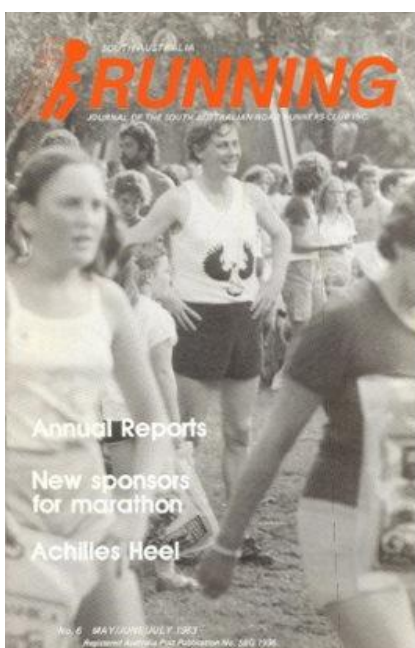
Looking at Terry's career his slowest Adelaide Marathon was 4:28:32 in 1999 and his PB is 3:04:33 in 1986. He only ran slower than four hours on three occasions. Terry also ran three Melbourne Marathons with a fastest of 3:12:41 in 1985.

Another of the *Famous Five* planned to retire at 25 Adelaide Marathons. Len Freeth had slowed down markedly since becoming a Warrior and was finishing in times of five or six hour times although he was still able to run some faster marathons, such as his 4:04:54 in 1994. His PB was 3:27:20 in 1980. Len worked at Tip Top Bakeries and in 1991 he arranged for each finisher to receive a loaf of bread. A story doing the rounds that year was that after finishing the marathon a lady was seen devouring the entire loaf while sitting in her car. Len loved to entertain the crowd with "his trademark leap into air just before the finish line" as Club President Phil Essam reported in the August 1999 *Footnotes*.

And then there were three ... John Bannon, Peter Slagter and Peter Worley! As previously noted Peter Slagter finished his 26<sup>th</sup> and final Adelaide Marathon in 2004, five years after surgery for cancer. Peter continues to be active and regularly walks the Parkrun.

In 2005 and 2006 John Bannon and Peter Worley both finished, extending their tally to 28 Adelaide Marathons. However John Bannon was experiencing health issues and needed to have an operation for cancer during the next year. He lined up for the start of the 2007 marathon but in his own words "at 5 kilometres my wife and daughter yanked me off the course". This news was relayed to Peter Worley who was able to savour the rest of the marathon with the knowledge that he was the last survivor and he came home in 5:16:32.

John Bannon related this story in 2014 when he was awarded Life Membership of the SARRC. He did continue to run and was able to complete the City-Bay one year, but he passed away in December 2015. John was a great ambassador for both the SARRC and SA athletics through his club Enfield Harriers and in later years Adelaide Harriers. He was always "just one of the boys" and competed to the best of his ability. He even won the 1999 SA State Championship with a time of 3:21:12 at age 56 from a handful of other competitors who had entered. He was by far the fittest political leader in the world and after finishing the 1985 London Marathon in around 2:50 was "promoted" to Prime Minister by an English journalist. In the September 1991 edition of *Footnotes* a quote from Premier Bannon stated "Whoever you are, whatever you do, don't say you haven't time to run".



far left - John Bannon after a fun run in 1983

left - Peter Worley at the start of the Centenary Marathon, August 2020

In a preview of the 1992 Adelaide Marathon all members of the *Dirty Dozen* as it then was were featured with a few lines about their prospects. Peter Worley was simply aiming to finish, even if he had to walk all the way. Peter had had knee surgery earlier in the year. With a finish time of 4:00:34 he didn't need to walk too much! Having reached his ambition of being the "last one standing" fifteen years later Peter set about establishing an unassailable lead in the number of Adelaide Marathons finished and he continued for another five years. However his knee was never completely right and his finish times from 2003 onwards were more than an hour slower than the average of his previous five years.

In 2012 Peter ended his achievement of finishing every Adelaide Marathon with a time of 6:20:34. He had run 34 of them but his knee was not allowing him to even walk comfortably. He was four finishes ahead of his nearest rival for the most done, his wife Sue! Sue missed the first two Adelaide Marathons and also 1993 when she was injured in a cycling accident. She elected not to run in 2012, needing to "keep an eye on Peter" but was able to finish her marathon career in 2013 in a time of 5:41:54 to notch up 31 Adelaides. Closest woman was Sue Bardy who had also retired, on 16 finishes. Mandy Towler who was still active was on 12, having started in 2001. Mandy has now moved to second place with 17.

The closest men to Peter's tally of 34 who were still actively running marathons were Ian Hill on 27, Lester Smith on 26 and Doug Kewley on 25. Both Peter and Sue could relax with the knowledge that it would be at least *eight* years before Peter lost his top spot and twenty years for Sue!

However Hill, Smith and Kewley pushed on doggedly and by 2017 they had closed the gap to two, three and four respectively. Kewley had finished his 27<sup>th</sup> consecutive Adelaide Marathon, a feat matched only by Peter Worley and John Bannon. In 2018 the date of the marathon was switched to May to take advantage of the fact that the Commonwealth Games had just finished at the Gold Coast. Doug Kewley had retired from the event on reaching thirty finishes, but at the start Ian Hill and Lester Smith were surprised by the presence of the Worleys who were dressed ready to go!

"You snuck one in when we weren't looking" Sue complained to a bemused Hill, wondering how that could possibly be *his* fault! Both Worleys managed to finish, but after five hours the rain set in and it was a tough day at the office for Peter (6:42:38) and Sue (7:39:12) but being a veteran of seventeen 24 hour runs Sue simply shrugged it off. At age 70 and having survived two strokes Sue knew that was her final marathon!

Except that it wasn't, sort off...! In 2020 the Worleys saw the Centenary Marathon advertised in the SARRC newsletter. It was a re-enactment of the first marathon to be held in South Australia on 21<sup>st</sup> August 1920 on a course around Adelaide which would not be feasible as a big event these days. However it was possible to do as a social event with a small field and 24 people finished. The Worleys were unable to do the marathon in the normal way but covered the course in three stages over consecutive weekends. Sue did the course the conventional way but for logistical reasons Peter did it "inside out", walking the middle stage first, then the first stage and finally both of them walked the final 12.2 km on the centenary day, Friday 21<sup>st</sup> August 2020.



*Photo by Peter Kotsoglous*

*Peter and Sue Worley finish the Centenary Marathon, 21<sup>st</sup> August 2020*

**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!

## **RECIPE CORNER Anne Ziogos SF45**

### **Smoked Eggplant Dip**

**Preparation Time:** 5 minutes

**Cooking Time:** 30 minutes

**Makes:** 1 Cup



#### **Ingredients**

1 Large Eggplant  
Juice from 1 Lemon  
1 Tablespoon White Vinegar  
½ Teaspoon Minced or Crushed Garlic  
Salt to taste  
Olive Oil to garnish  
Fennel Seeds to garnish  
Smoked Paprika to garnish

#### **Method**

- Roast the eggplants either under the grill or on the hob or a hot-plate or BBQ for about 30-minutes.
- Once the flesh of the eggplant is golden brown in colour and the skin looks wrinkled and blackened remove from the heat and let cool.
- Blend all ingredients together in a blender or chopped up and mixed in a bowl.
- Serve with warm pita or crusty bread.

## **SPARTAN MERCHANDISE**



Helen van der Nagel (SF0043) is shown at left wearing the new 10 year T-shirt. [Check out the other options](#) available, including a generic training shirt.

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

If you would like a Spartan jacket you can order [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).

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



We are waiting on sample copies of 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 yet to be determined.

## **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](#)

## **MEMBERSHIP RENEWAL NOW BEING ACCEPTED FOR 2020/2021**

The Spartan financial year is 1 July to 30 June, so fees for 2020/2021 are now being accepted. Can't remember if you have paid for 2020/21? Look up your name via this link: <http://melbournemarathonspartans.com/financial-spartans/>. If you are not there you haven't paid so here's how:

<b>\$20 via EFT:</b>  Melbourne Marathon Spartans Club BSB: 633-000 Account No: 139201743  Please include name and/or Spartan Number	<b>Cheque for \$20 via Post:</b>  "Melbourne Marathon Spartans Club" PO Box 162 Rosanna Vic 3084  Please include name and/or Spartan Number
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If you are a current member, you do not need to fill in a Membership Form\* but please advise of any changes to your contact details via [spartans.team@hotmail.com](mailto:spartans.team@hotmail.com). OR\*: download the [membership form](#) and email or post it in.

## **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.



**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**

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