

THE SPARTAN

CLUB PATRON - Robert de Castella

February 2022

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FROM THE PRESIDENT Jay Fleming (S1012)

I hope you're all enjoying the start to 2022 and enjoying the absolute beauty that is injury-free running. I am aware of a several Spartans doing it really tough and overcoming several serious conditions, injuries and rehabilitation regimens. Please drop us a line regarding your struggle through adversity as there are times when we all need a warm hug.

We appear to have come through the whole COVID debacle having kept the damage done to the Spartans Marathon tally down to just missing the one Melbourne Marathon. This has been extremely important to many of us, not just due to age but also for others whose running careers have been impacted or cut short by a plethora of reasons and it's quite a significant thing to have a marathon you've trained hard for just stolen from under you.

The 2022 Melbourne Marathon went relatively incident-free and the experience has been enhanced by the mainstream use of the Melbourne Marathon application which has enabled much greater connectivity and sharing among all runners, leading to many post-run messages and emails. We were very grateful that IMG agreed to collaborate with us in setting up the Spartans Photo Point at the Finish Line. Due to the extremely short timeframe we needed to arrange things super quickly and we certainly plan to have the conversation with IMG again this year to discuss improving on the specialness of the experience. Thanks to Kai Ooi's tireless work behind the scenes and to Felicity Doolan and Paul Basile for devoting their whole day at the Photo Point to share and capture Spartans' special finishing line photos. Colin Silcock-Delaney assisted over two days. Many thanks also to David Foskey for uploading photos so quickly to the Spartans website to enable access while runners were still on a 'high'.

We've had the first of our [Spartan Club Runs](#) in late January and as usual it was an enriching experience and a great way to start a Sunday. For those unfamiliar with it, it is now becoming common to arrive for the 8am start to see some gathering at the meeting point while others are already bathed in sweat having already run three or four laps. The main group usually run a couple of laps at their own pace and then gather for a hot beverage for an hour or two, while some others will finish with a lap or two after the coffee. We have also had Spartans' children and grandchildren attend and we certainly encourage this if they're up for getting up a little earlier than usual on a Sunday morning.

Our 2022 Committee Meetings are just starting and we have been quite excited to start the conversation around this year's AGM. It defies belief that the 2022 AGM this September will

signal three years since our last AGM in 2019. It will be a pleasure to see a couple of hundred of us in the flesh again as it's always a really uplifting night. This year will have a slightly different look as we will have quite a few retrospective presentations for incoming and milestone Spartans who hit their milestones in 2020, and others in 2021 but could only have their names acknowledged via Zoom online. Spartans deserve a lot better than that! We know that not all Spartans will avail themselves of the opportunity of a retrospective singlet presentation at the AGM of a garment in which they've already run last year's event, but for us on Committee it's about providing the option and respecting individual choices. We are currently in the process of exploring the availability of some exciting potential guest speakers for the AGM and will most probably be able to announce this in the next Newsletter.

With all that's going on in the world at this moment, I'm extremely happy to still have my little safe haven, my simple little running regimen as it's been essential for maintaining mental health and keeping me pushing on. Personally, I've tried to change things up a little lately with my running. I've started running with trance music, which has been a favourite genre for ages and I've enjoyed what it's done for my cadence since starting to run with it. I have also finally purchased a Garmin which I'm just learning how to drive and that's added a whole extra dimension to things. Up here in the hills, we're a bit slow with taking up new technologies, but we eventually get there! 😊. It's been heart-warming to see several of our grandkids taking up running in varying degrees, especially in the last couple of years. I guess they see their ol pops up-and-about all the time and probably figure it's part of his secret. It may also be because I never shut up about it! I do love that old Nike advertising slogan: 'There will come a day when I can no longer run ... Today is not that day!'

[Vale Westly Windsor \(S722\)](#)

Vin Martin (S478)

In running as in life, Westly Windsor participated with enthusiasm, a big heart and considerable talent. He died on 14 January 2022 after a seven-month fight with cancer.

Westly ran his first of his 14 Melbourne Marathons in 1982 at 38 years of age. He ran his last Melbourne Marathon 25 years later, astonishingly in a faster time, still able to break 3:30 at the age of 63 !! Along the way, he broke 3 hours for the marathon on 3 occasions (including twice in a Melbourne Marathon, his PB of 2:57.33 achieved in 1988, and another sub-3 hour effort in 1992). Westly trained for many of his marathons alongside his good friend, fellow Spartan Rod Bayley. After his own marathoning finished, Westly continued to run the final few kms of Melbourne Marathons alongside Rod, and to encourage other marathoners.

In recent years, Westly took up parkrun, enjoying many events at Studley parkrun with Rod Bayley and they shared the milestone of 100 parkrun finishes in April 2021.

Westly had long associations with the Burnley Runners after he joined in 1994, and even longer with the Collingwood Masters where the Magpie Marathon involving events of various distances adding to 42.2 kms was tailor-made for his enthusiastic approach to every event he entered.

Westly's greatest legacy in running relates to his coaching and mentoring. Many runners (me included) received his sage advice - which would often go beyond running. Fellow Spartan and close friend Paul Ban reflected that Westly was not just a mentor in running, but a

mentor in life. Before and after the turn of the century, young runners at Box Hill AC and a secondary school in Camberwell benefited greatly from his advice. Many retained an active lifestyle in adult life which they will undoubtedly hand down to their own children.



Rod Bayley, Vin Martin and Westly Windsor after a Studley Park parkrun, 2020

[#lovegippsland](#) Darren Chester (S1231)

I tried to explain to my teenage son recently why his 54-year-old, 100 kilo dad thought it was a good idea to keep running marathons. With 16 Melbourne Marathons behind me, and a further five Great Ocean Roads under my belt, he thought it might be time to retire. But as I told him, 'I used to play football, I used to play basketball, I used to play volleyball... and I don't want to start telling people that I used to run marathons'. So I plan to keep running marathons for as long as my body allows me even if a former Prime Minister once told me 'but Darren, you don't look like a marathon runner'. Thanks Malcolm!



My first marathon was the Great Ocean Road in 2006 and I have to thank a former ABC radio presenter, Kathy Bedford, for getting me started. Kathy was an experienced marathoner and as part of the fabulous Tann Clan in Ballarat, she encouraged me to commit to my first big run. Although I didn't follow any of the recommended training programs, I managed to break four hours and I was hooked... the beers at the Apollo Bay Hotel made it all worthwhile.

Every year since then, I've entered the Melbourne Marathon, and on good years, I've added a second big run in the colder months including one Traralgon Marathon, and a few half marathons. At times, my work schedule as a local MP, and at times Cabinet Minister, hasn't leant itself to any other form of organised exercise, and I love the convenience of throwing in a pair of runners, some shorts and a #lovegippsland t-shirt on trips away from home. I have favourite runs in every capital city of Australia and it's fair to say I have driven my staff crazy by requesting they book accommodation close to the Tan in Melbourne, or within easy

distance of the Swan River bridge loop in Perth.

For me, it has provided a level of sanity on days when the diary is out of control and the demands from the media, or my colleagues, has reached breaking point. As a morning runner, I love the energy boost it provides, and the chance to casually mention all day 'when I was out on my run this morning, I thought about your issue...' I would hate to think what my physical and mental health would be like without a regular running schedule. I'm a better person to be around when I get my running fix and it's an efficient use of time - I've had many meetings with my staff as we've jogged around cities before our first appointment of the day.

In Canberra, my running has led to some interesting friendships across the political divide and among staff and individual journalists. We have formed a 'Friends of Running' (*middle photo below*) group and I've had the pleasure of mentoring some of my work colleagues to personal best marathon times over the past decade.

My PB of 3hrs30mins was a great triumph but to be honest, I took more pleasure from coaching my daughter to her first marathon, in just over five hours, at last year's Melbourne event. It was an interrupted preparation and we were just happy to get across the line together, after I completed the virtual event solo in 2020.



In terms of more interesting running experiences, I think my Australian Army personal protection detail thought I was quite mad to go running at dawn in Kabul, and again in Baghdad, when I was Minister for Veterans' Affairs. Both runs were inside military bases and the heat was stifling but I felt very safe knowing my running buddies were carrying handguns.

Running as the sun comes up when a city wakes from its slumber is always exciting but as a regional MP, my great love is running on open roads, or a remote beach, without a soul in sight. A 15km training run near Broken Hill sticks in my mind as a memorable plod, only interrupted by feral goats and the occasional emu. And in Gippsland, I enjoy getting out on the rail-trails and just switching off as the beautiful scenery passes me by.

Looking to the future, I have my 20th Melbourne Marathon in sight and my wife Julie is quite excited by the title of 'support crew' if we can schedule an international event in the post-COVID world. I would like to broaden my experience to a few other Australian marathon events and I have toyed with the idea of trail running but question my agility at the best of times, let alone when fatigue sets in. I'm keen to become more regular at parkrun, I've only managed 25 runs so far, and I have three other children who haven't completed a marathon yet, so surely we can do a group run at some point.

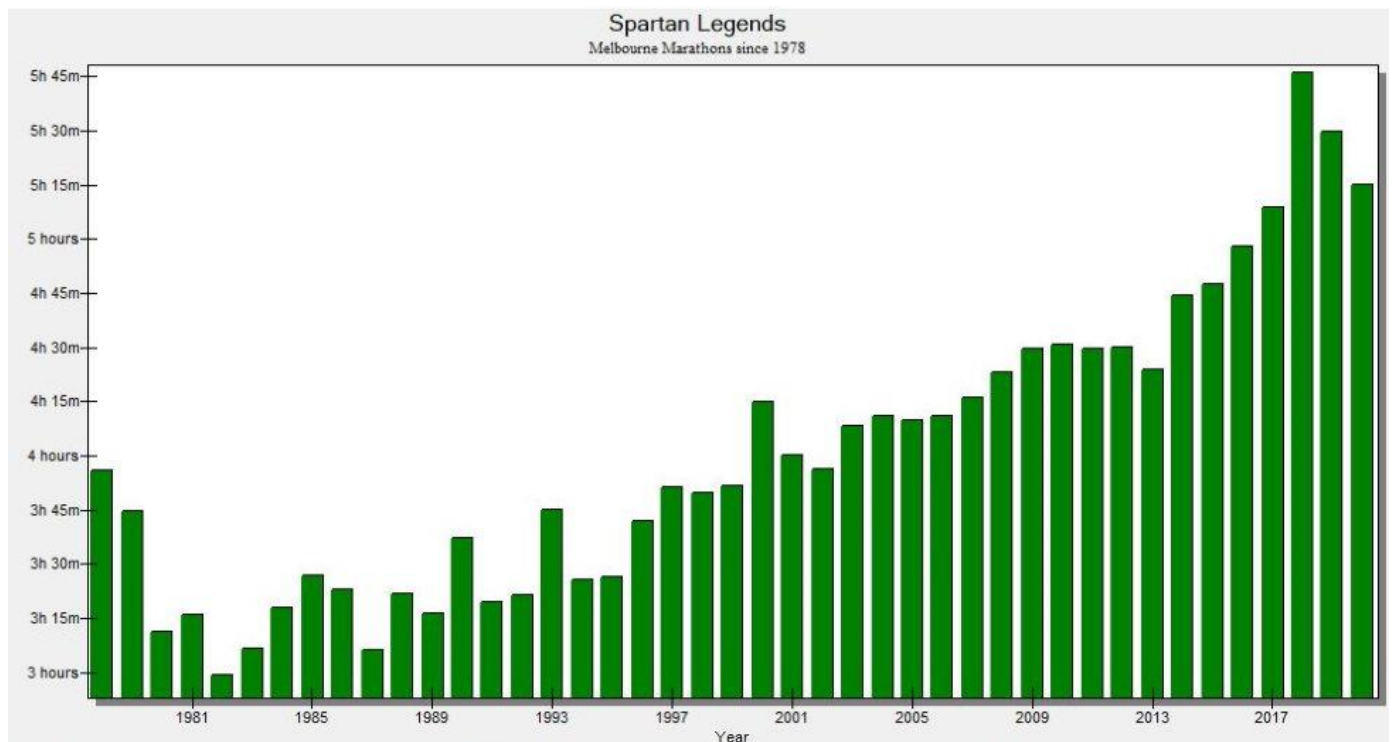
Whatever happens in the future, I'm proud to have earned two Spartans singlets and don't be surprised if one of them pops up again as a backdrop in media interviews.



Darren and daughter Morgan at the finish of the 2021 Melbourne; "Friends of Running" - Darren Chester (Nat), Zalli Steggall (Ind), Fiona Martin (Lib) and Julian Hill (Lab); Appearing remotely on the ABC

THE LEGENDS **David Foskey S25**

Legends John Dobson, Bruce "Digger" Hargreaves, Wayne Thompson and Roger Weinstein all improved on their 2019 times while David Foskey was seven minutes slower.



There was attrition amongst those who had only missed one. Nev Gardner and Dennis Nish did not start due to health and injury issues. Bryan Flegg did start despite a knee injury which had greatly reduced his training capacity but he was unable to finish. Charles Harcoan finished his 42nd in the tidy time of 5:39 a week before his 82nd birthday! Jim Hopkins and Ian Campbell both ran their 41st. Grayson Summers became the 13th Spartan to reach 40. Ken Bowes, who had run 40, decided that 2021 was the time to drop back to the half, possibly because he turned 89 a week earlier!

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Overseas, the London Marathon "[Ever Presents](#)" now have seven members who have completed the 41 events since 1981.

[Dave Obelkevich](#) finished his 44th consecutive New York marathon in 2021 despite broken ribs.

We recently learned that Ben Beach, 72, has run 54 consecutive Boston Marathons.

SPARTAN CHARACTERS **David Foskey S25**

The first in an occasional series where we highlight Spartans who have been a little eccentric or otherwise distinctive.

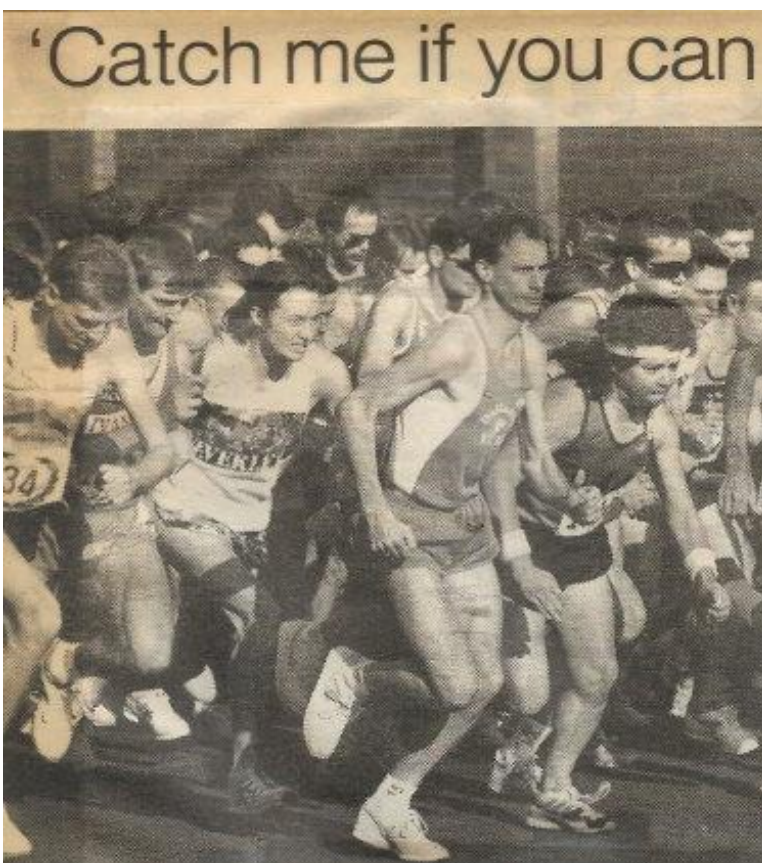


I remember a newspaper headline several years ago along the lines of "Who is that with Kevin Moses" accompanied by a photo of the start of a road race where Steve Moneghetti and Rob de Castella were in the front row flanking Kevin Moses. I cannot trace this photograph

Kevin (S0406), wearing his white headband, was notorious for sprinting from the start of races and leading them for as long as he could. The top picture is from "[The Wall](#)" and shows the 1986 start.

The bottom newspaper clipping provided by Trevor Vincent shows Kevin just shading Steve Moneghetti at the start of the Victorian Road championship at Caulfield racecourse. Mona prevailed in 28:30 and Kevin's time is not available.

Kevin completed 15 consecutive Melbournes from 1983 with a best time of 3:30:55. His 1996 time was somewhat slower.



EASY SUMMER PASTA

Anne Ziogos S45



INGREDIENTS

One kilo fresh tomatoes (about 8)
One bunch of fresh basil
500 gms fresh or dried pasta
Half a cup of olive oil
Salt and pepper to taste.
4 litres of cold water

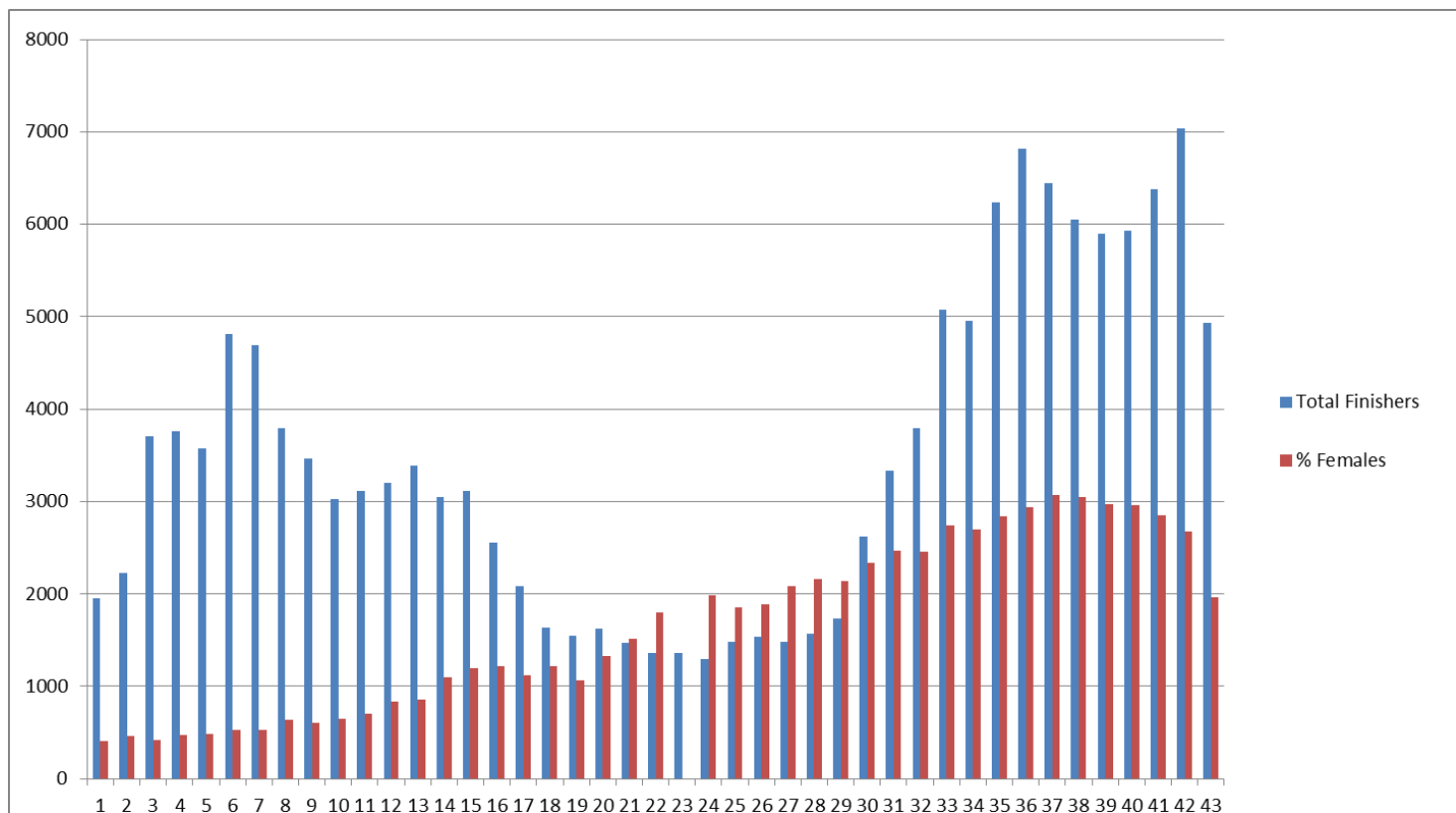
METHOD

1. Place the water in a deep pot and bring to boil
2. Place the tomatoes in the boiling water and blanch till they blister (around 2 minutes)
3. Remove tomatoes with a slotted spoon and place in a bowl
4. Using the tomato water place the pasta in the same water (it gives the pasta extra flavour) and boil according to instructions or taste
5. Remove the skin from the tomatoes and chop finely. If they are hot use clean rubber gloves to handle
6. Drain pasta and keep one cup of the pasta water
7. In the same pot place the oil, tomatoes, basil and seasoning and bring to a boil for about 5 minutes. Add some of the saved pasta water if the sauce is too dry, it needs to be runny
8. Add your pasta to the tomato sauce, stir to make sure the pasta is coated nicely with the sauce. Taste to adjust seasoning and serve as is or with yoghurt, feta or parmesan cheese.
9. ENJOY!

PARTICIPATION FIGURES

David Foskey S25

The graph below shows the number of finishers and the percentage of female finishers for the 43 Melbourne Marathons. We should be happy that almost 5000 runners finished in 2021 despite all the obstacles. 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% represents a substantial drop.



Spartan finisher numbers were also down from 297 in 2019 to 224. The proportion of females was 14% (32 runners), greater than the overall membership percentage of 9%.

There were 53 new Spartans since 2019, 44 males and 9 females. Some of these had qualified in earlier years (Stephen Arthur, 1998!), but hadn't applied for membership.

NEXT CLUB RUN

The next club run will be held at The Tan on Sunday, February 27. See the [website](#) for more details and photographs from previous runs. Bring friends and family!

SPARTAN MERCHANDISE



Spartan Sub4 T-shirt

[The new running](#) shirt is made from a lightweight, moisture-wicking material, ensuring comfort and moisture management. All milestone shirts are offered, as well as the club shirt shown at far right above. Men's and women's cuts are available.

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Please note you will only be able to order the shirt that you have qualified for.

If we can collate orders to more than 20 per type (ie men's 10-year), the T-shirts cost \$40 otherwise if the orders are less than 20, then T-shirts cost \$50.

New! Long sleeve T-shirts in various milestones, men's & women's sizes available for \$55.

Registered post is \$10 on top of the T-shirt cost, or you are welcome to collect it at our monthly club run (4th Sunday around The Tan).

Payment can be made via credit/debit card on our secure online platform.

It will take approximately 5-6 weeks to receive the T-shirt following the order. Please choose your size carefully (a male & female size guide is provided at the bottom of this page). We are unable to swap sizes once ordered.

How to order

Please get in touch with [Kai](#) Ooi at the following melbournemarathonspartans@gmail.com if you would like to order a T-shirt.

Add the following details:

- Name
- Shirt type (i.e. women's club shirt, men's 10-year etc)
- Shirt size (use the size chart below)
- Quantity (these are excellent quality shirts, which we know you will love, so you may want more than one),
- Contact phone number
- Postal address

Size chart:

UNISEX SIZE GUIDE							
body measurements (cm)							
SIZES	2XS	XS	S	M	L	XL	2XL
Chest	75-78	79-85	86-94	95-102	103-109	110-120	120-130
Waist	57-62	63-70	71-79	80-86	87-97	98-107	108-117

Our caps, mugs, 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.

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



We now 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.

Spartans Wall Calendar for 2023 Jay Fleming (S1012)

We have been tossing this around for a few years now and it looks to be morphing into something this year, a Melbourne Marathon Spartans Club Wall Calendar (spiral flip design comprising 12 pages). It has been suggested that a good version of an inclusive format might involve inviting Spartans from each of the milestone categories to send in a pic they would be happy to appear on an A3 Calendar page: January: 10-14 years pic in green singlet, February: 15-19 years pic in blue singlet, March: 20-24 years pic in red singlet, April: 25-29 years pic in the black singlet (well I choose to see it as black and white so this will be my favourite month whoever sends their pic in 😊), May: 30-34 years pic in the green sash singlet, June: 35-39 years pic in the green sash singlet, July: 40-44 years pic in the green sash or current Legends design singlet. This would comprise 7 months, which from the following year will comprise 8 months and roll into August when we tick over into the 45-49 years category. For the September to December pics we would be reaching out to CPEC for one of their 4 honorary Spartans and the other months would perhaps comprise a group pic from the Spartans Club Runs, one from the Marathon Finish Line and perhaps a black and white/colour retro image or two from the 1970's first couple of Big M Melbourne Marathons. If we happen to be pleasantly surprised by the sheer number of pics sent in by Spartans, we will contact you to confirm whether you would be agreeable for your image to be used in future Calendar/s.

Special shout-out to our Treasurer and local Bryan Ferry lookalike Rod Bayley who, without any prompting from anyone has been showing us his existing and new leg tattoos during recent Zoom Committee Meetings 😊. Rod is a proud 25-year Spartan who I'm sure would make a fantastic Mr April in the 25-29 year category. As President, I would also like to commend Rod for his bravery as a Melbourne fan on a Premiership 'high' for proudly fronting up to running the next four Melbourne Marathons in a black (and white) singlet. We look forward to receiving your Calendar pic submission Rod! You look great in the black and white!!

On a serious note, we look forward to using the funds raised from Calendar sales to contribute toward our annual donation to CPEC, building on last year's commendable \$600 donation raised wholly from a Spartans photo shoot for an advertising campaign. Please support us with this endeavour, preferably sending in your pics during the next two months as we would dearly love to have enough images to choose the final 12 for the 2023 Calendar

design and to receive the first batch of the finished product by August/September. We would love to be able to have the 2023 Spartans Calendar ready for sale at the AGM in September, at the Expo in October and to have copies available for purchase at each of the Spartans Club Runs at The Tan, both toward the end of this year and throughout 2023 as we start requesting entries for the 2024 Calendar. These would make a really great Christmas gift, not just if you happen to be one of the chosen images, but also as a way of supporting a worthwhile fundraising initiative.

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](#)

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.

MEMBERSHIP RENEWAL NOW BEING ACCEPTED FOR 2021/2022

The Spartan financial year is 1 July to 30 June, so fees for 2021/2022 are now being accepted. Can't remember if you have paid for 2021/22? Look up your name via this link: <http://melbournemarathonspartans.com/financial-spartans/>.

\$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.

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, monthly club 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

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
Committee	John Dobson	0412 688 287
Committee	John Kaparelis	0447 447 448
Committee	Colin Silcock-Delaney	
Membership Secretary	Felicity Doolan	0411 405 529
Committee	Vicky Chung	
Committee	Kai Ooi	
Committee	John Zeleznikow	