

# THE SPARTAN

**CLUB PATRON - Robert de Castella**

**June 2019**

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## WINTER EDITION



See [more photos](#) from Eric Heine (S0872)

### **AGM Headline Speaker - Jay Fleming**

We are thrilled to announce that this year's speaker for our AGM on Monday September 16 at the mighty MCG, is the even mightier Doug Wilson, whose own decades-long journey of power and redemption is the stuff of goose-bumps. Last year Doug wrote a hugely inspirational and raw book called Kundalini Running, purchasable on: <https://kundalinirunning.com/> I'm sure Doug would be happy to autograph and dedicate copies at the AGM. Additionally, he works in the field, walks the talk in his private life, and teaches and speaks around the world with the sort of credibility that only a truckload of 'lived-experience' can bring. In the interim, six weeks ago he also came number 1, as in ... he won it! ... in China's iconic Great Wall Marathon, which would have been such an unbelievable feeling for him after where his life was at. Any of us who are parents can only imagine the highs and lows of Maureen's (SF0034, life member, 22 fast Melbourne Marathons) feelings during this journey. So, in the words of Molly Meldrum guys, do yourself a favour and pencil-in the night of Monday September 16. You won't be disappointed!

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

Welcome to our June newsletter in July Spartans and I hope you're loving the middle of a beautiful winter! On Committee we have had a fairly uneventful couple of months but we have had a couple of little projects on the go in the background which we will expand on as the year progresses. The joy of running has continued to be a constant source of organic dopamine for all of us, which is extremely important in a society where mental health has been a huge issue over the last several decades. Internationally, each of the 365 calendar days stands proudly to highlight awareness of a worthwhile cause as an international day for something. Obviously, all causes deserve attention every day of the year but these specific days have been chosen to highlight their awareness. Among others, the main relevant ones here are 'World Suicide Prevention Day' on September 10 and 'World Mental Health Day' on October 10.

Yesterday, July 1 on radio station MMM in Melbourne, Sydney, Adelaide and Brisbane from 8AM to 6PM, regular talk programs were cancelled to highlight the need for men everywhere to talk about ... well ... just ... life, and those things that we're apparently uncomfortable talking about – feelings. The relevant figures on mental health in Australia are staggering. Every year there are 65,000 attempted suicides, 8 of which succeed every single day, and 6 of those 8 daily suicides are men.

I'm certainly not suggesting that running is the panacea for absolutely everything in life, but it certainly produces a lot of slow-release dopamine which is great for every aspect of health and wellbeing. In an era of greatly increased personal use of technology, many now spend copious hours worshipping a screen, indoors, and disconnected from one of our greatest therapies for mental health and wellbeing – nature. Running outdoors contributes to the production of some crucial ingredients that are essential to the wellbeing of mind, body and spirit such as:

UV rays which help produce the hormone Vitamin D, weight-bearing load of 3 times the bodyweight to promote greater bone density, increased oxygenation, increased sweating for improved detoxification, improved digestion, the therapeutic effects of nature particularly running along tracks and trails, increased sensory input, improved community visibility and presence including inspiring others who may see us running as they're driving by in traffic, improved REM sleep, building incidental endurance through resistance training while carrying 15-20 kg of groceries back home on each arm, getting wet and cold and hot and whatever else which makes the body work hard to maintain its homeostasis, which creates a more resilient body, and of course relevant to this topic ... the runner's so called 'high', which is essentially the production of slow-release neurotransmitters dopamine and serotonin among others.

We are essentially a bunch of walking chemical reactions and electrical impulses, so when using terms like mood, outlook, feelings, enjoyment and fulfilment, what we're actually referring to is the chemical production, which is what feelings actually are, and as with nutrition, organic beats synthetic any day of the week! These chemicals greatly impact

gratitude levels, (number of things we are thankful for) which in turn impacts an individual's perception, (what they think of their life) which in turn creates an individual's own perceived reality, which in turn creates an individual's feelings about that perceived reality, which finally produces an individual's chemicals relevant to how they perceive their reality in that space of time. Phew, that's all a bit heavy!

I'm repeatedly reminded of this when working with clients with dementia. Many are visited by family members at least twice weekly but sadly due to short-term memory issues they perceive that family members never visit them and have totally abandoned them. Rather than feeling good and producing good chemicals while reflecting on loving family visits that have just occurred minutes prior, they flood their body with cortisol, the stress hormone while perceiving their reality as being totally abandoned by everyone and consigned to the scrap heap. They are visited and loved but because they do not perceive that they are visited and loved, they are not visited and they are not loved.

Hence, one of the simple little exercises that we do with clients and students is the seemingly warm, fuzzy and 'new-age', but very effective practice of writing down 3 great things about every day before going to bed at night. It trains the mind to become more proficient at focusing on the several great things that occurred during that day rather than going to sleep in the default mode of all the things that made that day super-crappy. So therefore, to increase our gratitude levels, we don't need a new and better life but rather new spectacles to help us refocus on the valuable things we already have in every current day of our current life, and regardless of how challenging that currently may be for any of us, we all have so much to be grateful for.

In short, as all Spartans know, running is a great organic source of great chemicals that enhance our mind, our body and our spirit!

*We look with our eyes. We see with our minds.*

## **Tributes**

### **Peter Moore (S0277) by Jay Fleming (SF1012)**



It was a real privilege for me to attend this great man's farewell. Through my tears I listened to speaker after speaker give their final farewells and fittingly glowing tributes to a man that could have held a masterclass on this thing we call life, which for the majority of us tends to be simply existing. Frankly I came out of the building a little shell-shocked and on the drive back home, half-wondering what I have done with my own life by comparison, and half being inspired to make some hard decisions to rearrange some of my current life

program and workload, which I acted on the very next day by resigning from two of my current teaching positions. I remember pulling into my driveway but not much else about the drive home as I was deep in thought and obviously on 'auto-pilot', which isn't great in itself as a safe driving practice, but at least it helped me find myself a little☺.

While comparison is certainly said to be the thief of joy, comparison used constructively can also serve to inspire, jolt, overcome inertia and lead one to make the decision to make the decision to implement necessary life interventions which can serve to realign our current life with our true passions. It was an absolute honour to be one of the many in awe of this man's achievements and the way he went about life. There will be a greater description of Peter's remarkable life on our website which will do more justice than I can in these few short words. Vale Spartan Peter Moore!

*The photograph shows Peter being inducted into the Spartan "Hall of Fame" by Sonia O'Sullivan at the 2018 AGM. Spartans can honour Pete by [donating blood](#) in the name of "Spartan 277").*

### **Jim Grellis (S0385) (September 1951 – June 2017) by Vin Martin (S478)**

I first met Jim in the late 1980s. We were both in our 30s. Jim ran with the ANZ Running Club, while I ran with the Victorian Marathon Club. We both ran Melbourne Marathons and Zatopek 10km events at Olympic Park.

Jim completed 19 Melbourne Marathons including 15 consecutively between 1983 and 1997. He became a Spartan when he finished his tenth Melbourne Marathon in 1992. Jim ran his all-time marathon personal best of 2 hours 54 minutes in 1987. After he turned 40 years of age, Jim ran 4 more sub-3 hour marathons and a swag of good times over shorter distances.

Jim rarely completed a run longer than 25kms in the weeks before a marathon. This is because all his long runs were conducted at a tempo pace. No junk miles for Jim. His approach to running any distance was simple. Whether racing or training, Jim would run as fast as he could for as long as he could. Fatigue might slow him down, but he'd never give up. If it was his day, he ran a blinder.

Jim was a prominent member at different times of the ANZ Running Club, Melbourne Midday Milers and Albert Melbourne parkrun. He also ran with Burnley Runners and Collingwood Masters (when it was Collingwood Vets). While Jim didn't race ultramarathons, he did complete an OXFAM Trailwalker event. Jim treasured his Spartan milestone T-shirts.



I invited Jim to Albert Melbourne parkrun in June 2013. In his first year of parkrunning, Jim ran 32 times and volunteered 8 times. In August 2014, doctors found cancer in his bile duct. Thus began a 3-year battle that Jim faced head on. He focussed on running and healthy living during this time. Living with cancer, Jim added another

82 parkruns to his tally, earning the coveted 50 and 100 parkrun milestone T-shirts. He volunteered a further 10 times.

On 1 June this year just before the second anniversary of Jim's death, Jim's widow Katherin and their children, Fran, Georgie and Chris joined a couple of dozen friends to walk or run Albert Melbourne parkrun. They shared memories of walking, running, cycling, rogaining, climbing or simply drinking tea with Jim.

The image of Jim that I will never forget harkens back to November 1990. The sudden onset of a heavy cold forced his withdrawal from the South Melbourne Marathon on the morning of the event. But rather than return home to recover, Jim stood by the side of Aughtie Drive in freezing weather for 3 hours encouraging me and other mates as we ran 8 laps of Albert Park lake. I didn't dare slow down, and ran my all-time marathon PB.

*The photo (Vin left, Jim at right) was taken near the end of the parkrun held in February 2017 to coincide with the arrival of Usain Bolt in Melbourne.*

### **John Anderson (S0165) by Pete Battrick (S5)**

Recently I was at the funeral for Spartan John Anderson. He completed Comrades about ten years ago, plus Honolulu Marathon several times. In recent years he has had to give away the running and concentrated on bike racing with Southern Masters. He was a good age group racer plus Treasurer with SMCC for at least five years.

We had his eightieth birthday back in January. The old running crocks went to a midday upmarket hamburger restaurant in Glen Waverley. Great fun. Tuesday a few weeks ago he was riding with 'the boys' up Stud Road and said he wasn't feeling too well so would head back home. He must've been feeling worse than he was letting on and shortly after collapsed on the side of the road.

He was a great man.

*John ran the last of his 18 Melbourne marathons in 2001. His best time was 3:05:12 in 1989*

### **It's All About the Doctor Bruce "Digger" Hargreaves (S39)**

Most stories which runners write for magazines, newsletters, social media etc are generally all about themselves, and I will put my hand up as guilty as charged, however this time, although I am central to the story, it really is "All About the Doctor".

The only thing about our first meeting we can agree on, is that it was the 20th June 2018 when I was rushed to hospital, semi-conscious. I had been sick for weeks, and 5 different doctors could not diagnose me. I knew within myself, that if I deteriorated in June 2018, at the same rate I deteriorated in May 2018, that I would not live to see July 2018.

So, step in 'The Doctor'. My first recollection of her and that day was that after I received 5 litres of platelets and 2 litres of blood she patted me on the head and said: "That will keep you alive until tomorrow, when I can get on top of this" Her recollection was a couple of hours earlier, when she: "Would you like a massive blood transfusion today, or do you want to die tomorrow?" She said that seeing I was unconscious at the time, and never answered, she guessed that I did not want to die, so she just went ahead. As the transfusion was in progress, a small crowd of nurses appeared, just staring at the container of fluid coming out of me, it was not red, it had a distinct green colour, like what you would expect from Herman Munster, they had not seen anything like it.



Confined to Hospital for some undefined period, the next day my daughter Bonza Sheila appeared, with photos of my grandchildren and of my finish photo of Melbourne 2017 (left). It was her way of reminding me that I had strong reasons to live and fight on. Shortly after the Doctor appeared doing her rounds and went straight to the photos. I was still very tired and nodding off, and not real keen on conversation at the time, as I was trying to come to grips with what was my new reality. "I guess these are the grand kids" she said. (How did she know I didn't have a trophy wife

somewhere?) And "what's this" she said? "Are you some kind of runner?" To which I answered, "yes, my 2017 Melbourne Marathon with friends". "Have you run a Marathon?" she said. "A few" I answered. "How many" she said. I had had enough questions for a while and answered, "Maybe you should google me, it would be quicker."

Day 3, the Doctor re-appears and announces: "Looks like you have to run a Marathon in 14 weeks". To which I answered "yes", to which LSW (Long Suffering Wife) who was sitting in the room, rolled her eyes, with that look: Here we go again. "So how are you going to do that" said the doctor? To which I answered: "I'll handle the training, you just handle the drugs". To which she answered: "Deal" Then she said: "I am going to run Medoc in France next year (2019), if you can get into shape for Melbourne 2018, can you get me to the finish line in Medoc?" "Not only that" I replied, "if I actually live, I will come and run Medoc 2019 with you." It was then I found out that she was a 35min parkrunner, and that Medoc has a 6hr 30min cut off. So now besides battling for my life, I was guiding my doctor on the adventure of her life.

Somehow I got myself into shape to run the Sydney Half, 4 weeks before Melbourne 2018, and I did this without asking or telling the Doctor and this was so risky that LSW did not even come to Sydney, as she told me that if I wanted to committed suicide I could do it by myself. I had never been so stressed out in a run, as every step was into the unknown, but once I got to the 16km mark, I knew I had the right strategy and I knew I was going to finish, in 2hrs 39min. As soon as I finished I messaged the doctor and told her what I had done to which she replied: "Hell, people in your condition dream of walking a parkrun, not

running a Half Marathon." "Hang on tight" I answered, "we are 4 weeks out from Melbourne and that's the big one". It's history that I finished Melbourne, and now it was time to get the Doctor under control.

We set a plan, and when I am in Brisbane for a weekend, we meet up and go for a training run, and as with all good training plans, they don't cope with unforeseen circumstances. So in March, she gets Plantar Fasciitis (sore foot to old runners like me), and ends up in a Moonboot for all of April. She gets out of the Moonboot, and finds she has damaged the other ankle by walking the wards every day and over compensating. So now with two sore feet, to get through her workday, she gets orthotics and also tapes up her feet. Then there is an allergic reaction to the strapping tape, and both feet and ankles are covered in blisters, and the clock is ticking, as it is now June 2019, and Medoc is on the 7th September 2019, but we push on.

She is entered in the Gold Coast half on the 7th July 2019, and she has never run a Half Marathon, her longest training run ever is 12km, which she did mid June 2019, so has she got what it takes? I got this email from her, 3 weeks out from the Gold Coast Half and this is what she said about her other training partners who decided not to do the Gold Coast because they had not done enough training: "Slackers!! Didn't see either of them in moon boots or battling pompholyx all over their feet!! Ah well, I've come to the conclusion that doing marathons is probably 80% in your head and 20% what you can do physically. I'm not planning on breaking any records, just traversing the distance!"

That was the sign I was looking for, that she had what it will take. So on the roads of Medoc, all I want from her is the following: At somewhere between the 32km and 39km when the going gets tough, for her to scream at me: "Digger, I should have let you die."

And just after she crosses the finish line: "Digger, you were the best save I ever made"

So on the 7th September 2019, it will be "All about The Doctor"

## **40<sup>th</sup> SAGA – Ian Campbell (S095)**



Although pictured as receiving my 40 year singlet at the 2018 AGM, I cannot claim the right to wear it as yet. After 39 years of being able to train for and complete the Melbourne Marathon with good and bad times, my first ever DNF in 2018 was a most disappointing experience.

After returning from an overseas trip in July I recommenced training for my 40<sup>th</sup> Melbourne Marathon,

only to run into lower leg and shoulder problems after 2 weeks. A visit to the doctor resulted in a diagnosis of sciatica and shoulder tendonitis (had had soreness in shoulders for some time) suggested cut back on training and visit a physio.

My left knee then became sore and a revisit to the same clinic (different doctor – was no help, he advised me to tell physio). I quickly changed clinics and the doctor suggested that it could be gout on my knee and sent me for x rays and a blood test - outcome pseudo gout (calcium crystal build up in knee compartment), also a bakers cyst in back of knee (which eventually burst) and high inflammation levels, put on medication which did not help much.

My legs and other parts deteriorated and I could not walk (let alone run) or sleep due to pain. Back to doctor – resulting in MRI on knee (most painful procedure), x-ray on lower back, ultra sound on shoulders and more blood tests.

All this is taking time and October is getting closer, Bruce Hargreaves story (sub 7 hour finish training program) in the [August 2018 Spartans newsletter](#) gave me some hope.

The doctor then referred me to an orthopaedic specialist, who looked at my blood tests, MRI and x-rays, shook his head and sent away to have get a new set of x-rays and another blood test (still not able to train) – a week later he looked at results (the good news was that my joints still have life in them) but blood inflammation levels were still rising. He recommended I see a rheumatologist asap which I did, the recommended medication had immediate results in body movement etc.

My dilemma now was due to the saga/time it took to diagnose RA and to bring it under control and the closeness of the Marathon I only managed a 6 and 10k walk in the week before. I promised my wife and rheumatologist that I would only do 10k walking. As in all marathons you tend to get carried away at some stage and I did a 6k jog and then walked the promised 10k to the end of Fitzroy Street where a tram transported me back to the city.

Bruce Hargreaves and his pacers caught up to me in Albert Park, we had a brief discuss on how he was going before he moved on. I am now looking at following his program for 2019 even though 9k walk pace is hard to maintain. Currently I am able to do 1.5 hr walks with short jogs mixed in which hopefully by October both the walking and jogging will be a lot longer.

I have just hit the early bird registration button - so bring on October.

### **Secretary's Notes Anne Ziogos (SF45)**

Winter time is not a time everyone likes to get out and exert themselves. There is the AV series and various other events which help get us out there and be part of our running community or enjoying the nice and cold weather.

There are various ways to stay fit and build muscles. It has been proven that doing various chores around the house or the garden can keep us fit and strong.



I personally like to do chores as it helps me stretch and extend my body. I also do the gardening as it helps develop my muscles by lifting, pulling and digging. All great for muscle building and the reward is a beautiful living space and garden. My other pet love, if possible, is to never use lifts or escalators if there are stairs available. Even with escalators I always move along on them and don't stand still. It's amazing how fit we can all stay, simply by doing everyday chores ourselves, rather than paying money at a gym to achieve the same results by using machines.

While sitting down doing various IT work or relaxing in front of the TV, there are always items one can use to exercise the leg muscles: balls to roll the feet on or resistance bands that you can use to stretch tired and aching muscles.

We need to make sure we keep all of our muscles active, because as we age, we tend to lose muscle tone and once it's gone it's not easy to get it back.

Aim to walk or do some form of exercise every day. Vary the exercise such as: Monday can be weights day, Tuesday a speed work day, Wednesday a long run day, Thursday swimming/ water running, Saturday race day with friends and Sunday a casual run with a group of friends. Running with a group always helps to make time go quickly, especially if this is followed by a reward like a coffee or brunch.

I hope this helps get you out of the winter doldrums and keeps you fit and strong.

Happy exercising, whilst enjoying your clean house and tidy garden!

### **Spartan Club Runs Jay Fleming (S1012)**

The Spartans Runs are becoming a really lovely experience. We have been getting 15-20 in Spartan colours turning up regularly to the last several runs and the group photos at the start of the runs are becoming a little more challenging to snap each time due to the greater numbers. For those not aware, we have extended the invitation to incoming Spartans, current Spartans and their family members including children, grandchildren and pets. We foot the tab for hot drinks at Jardin Tan. Going forward I would love it if anyone would like to bring in a cake or healthy slices in an Esky to share in a communal setting, more for the synergy of 'breaking bread together' rather than satisfying any great hunger. See you for our next Spartans Club Run at 8AM on August 18!

*On June 30 we had probably the largest rollup ever. The photo below, which doesn't include all attendees, was taken by Grant Padula. There are a few names we don't know, so if you are "Unknown" please let David Foskey know by [email](#) and we'll update for the web [page](#).*



Back: Frank Biviano, David Foskey, Unknown, John Dean, Jay Fleming, John Dobson, Stephen Barker, Brenda Hutchinson, Pamela Young, Unknown, Unknown, Brian Walsh, Bryan Flegg Front: Adam Unknown, Ian Gainey, Nev Gardner, Justin Hansen.

### **Delicious Turmeric Zucchini Soup** Maureen Wilson (SF34)

#### Ingredients:



- 2 tablespoons coconut oil
- 2 large brown onions, diced
- 1 teaspoon sea salt
- 1 kg zucchini, diced into cubes
- 4-6 cloves garlic, diced
- 2 teaspoons of turmeric powder
- 2 teaspoons mild curry powder
- ½ teaspoon white pepper (black is OK)
- ½ cup vegetable stock
- 1 400g can coconut cream or milk
- 1 teaspoon fish sauce (optional)
- Juice of ½ small lime (about 2 tablespoons)

Fresh coriander/cilantro for garnish

#### Instructions:

Heat oil in a medium saucepan over medium heat. Add onion and sauté for 4-5 minutes, stirring a few times, until softened and golden.

Add salt, zucchini and garlic and stir through the onion. Then add the turmeric, curry powder and pepper and stir through a few times to release the aromas.

Add the stock, coconut milk and fish sauce and stir through. Bring to boil, then turn the heat down to low. Cook for 10 minutes, simmering and covered with a lid.

Finally, add the juice of ½ lime and stir through. Serve with a few fresh coriander leaves on top.

Variations:

You can blitz the soup for a smooth texture before serving and adding garnish

**NEW SHIRTS!**



The generic T-shirt is shown at left, but there are also 10, 15, 20, 25, 30 and 35 year options. The website has [full details](#).

Our other merchandise, including buffs, can be viewed [here](#). Perhaps now is the time for a [Jacket](#) to cope with the Melbourne Winter.

**Spartans ladies' singlets/shirts - Jay Fleming**

As mentioned in the previous newsletter, after many years of frustrating inertia, fluctuating somewhere between total inactivity and movement with the speed of a glacier, we are finally zeroing in through trial and error on a garment cut that ladies are most happy with, or least unhappy with, as it's always impossible to please everyone. We fully intend to have options available to announce in the next newsletter and also to hold a running stock available to purchase at the AGM and the Expo. Many apologies for the delay ladies which has forced the vast majority of you to purchase proper-fitting non-Spartan garments in the interim, and thank you muchly for your patience in waiting for something that should have been made available a couple of decades ago!

**Retro Corner - Jay Fleming**

We aim to have a couple of display tables at the AGM containing memorabilia from our earlier history of the Melbourne Marathon and the Spartans. Please feel free to bring along items for 'show n tell' labelled with your name ensuring their safe return to you. I'm a huge believer in having historical artefacts on show where they can be admired by others instead of in a storage box in the garage visited by dust, cobwebs and rat droppings. Please bring out any of your stuff to share ... Dunlop Volleys, KT26 Walkers, headbands, running shorts with piping, Big M shirts and singlets, and if anyone knows of any of the Big M girls, please get in touch as they were an integral part of the Big M Melbourne Marathon and the Big M bus.

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

Do you have a favourite run you would like to share with us? Perhaps a recipe? If so, please email us at [spartans.team@hotmail.com](mailto:spartans.team@hotmail.com) and we'll include it in the next Newsletter.

This newsletter has, as fate would have it, featured mainly male Spartans, many of them past the first bloom of youth. Therefore, contributions from Spartans (including incoming members) who fit in other categories are especially welcome.

### **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 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:

<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 [https://melbournemarathonspartans.com/files/Spartans\\_Membership\\_Form.pdf](https://melbournemarathonspartans.com/files/Spartans_Membership_Form.pdf) and email or post it in.

### **De Castella Run**

For those Spartans able to support our Melbourne Marathon Spartans Club patron Deeks on Sunday August 25 in the 39<sup>th</sup> De Castella Run as he raises funds for the Indigenous Marathon Foundation, please enter at <https://decastellarun.com.au/>

### **A quick shout-out**



Spartan Ray Cilia has had a pretty tough time of it lately up in Shepparton. He has lost his long term partner of nearly twenty years, and just in the past couple of months he has lost a brother and a sister. Thankfully Ray has found plenty of support in the local Parkrun family up there and is looking forward to joining his Spartan family for the AGM and Expo soon down here in the big smoke. Next year has got to be a better year Ray!

## **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**

<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>Immediate Past President</b>	John Dean	9337 7179
<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>Seconded</b>	Vicky Chung	