

THE SPARTAN

CLUB PATRON - Robert de Castella

June 2020

Email: spartans.team@hotmail.com
Website: www.melbournemarathonspartans.com
Postal: P.O. Box 162., Rosanna Vic 3084



FROM THE PRESIDENT Jay Fleming (S1012)

Welcome to winter Spartans and the light at the end of the COVID19 Restrictions Tunnel! Welcome also to the sudden proliferation of the word 'Virtual' and its application to absolutely everything. I've done an absolute U Turn on my previous old-school views of 'Virtual'. I used to sanctimoniously think of it as non-genuine, playing pretends and that there was absolutely no substitute for the real thing. While elements of this may be true, the older I get the less I'm tending to view things in black and white (except footy☺) and seeing more of the million shades of grey in between.

As a recent convert to 'Strava' I've been totally inspired and encouraged by fellow runners and their training runs posted with accompanying route maps, gradients, scenery and pace times. The GPS tracking can make you feel safer (or less depending on how you roll with conspiracies☺). I've been so drawn in by the synergy of other runners simultaneously pounding the turf in Melbourne, Gippsland, Russia, Switzerland, to name a few that my own motivation has increased substantially through this sense of synthesized energy.

At this stage, our own Melbourne Marathon Running Festival culminating in the Melbourne Marathon on Sunday October 4 looks to be proceeding as a live event. We on Spartans Committee are proceeding as planned with our AGM date scheduled for Monday, September 14 at the MCG (at this stage unless otherwise notified). Hopefully, restrictions on mass gatherings will have been lifted by then so we don't need to Zoom Bruce Hargreaves' speech and singlet presentations, or have to restrict attendee numbers through a ballot system.

Recently it was announced that the iconic Boston Marathon would be held as a virtual event in early September which looks like it will be a very successful solution and infinitely preferable to simply cancelling the great event. This 'virtual' approach appears to be the effective way forward for any future cancellations of live events and will also be a huge opportunity in the fundraising space for worthy causes.

We at Spartans are proud to promote and encourage members to support our Patron, Rob de Castella and his IMF (Indigenous Marathon Foundation) through the Run Sweat Inspire



Festival during NAIDOC Week July 5 – 12. Do yourself a favour and support the great man if your schedule allows! I've entered the virtual marathon and look forward to participating in a marathon distance up here in the Dandenongs. I'm sure there will be nothing virtual about the sweat, aches and pains pre and post the event, but I'll simply carry my own hydration

with me while Strava records the rest. My marathon will be five laps of an 8.5km course which will keep looping a sports reserve where the grandkids have said they'll be hanging around practicing their cricket and footy and offering the ol pops a drink ... and the youngest even indicated he might run a km or two as I run past every 8km. This will be a nice touch if it happens, but I won't be disappointed if screens and gaming deter them from coming out to a sports oval as promised on a potentially cold July morning. In the absence of such an organised virtual event, the chances of me finding time and inclination to run a marathon distance up here without this as a catalyst ... almost zero ... nah, actually ashamed to say it would be a total zero 😊. *The festival has virtual events over 2/5/10/21.1/42.2km distances – [see their website](#).*

Recently, we needed to make the tough call as a Committee whether to proceed with the scheduled Spartans Run at The Tan on Sunday May 31. For the preceding couple of months, we were definitely leaning toward cancelling it, which then became a 'watch this space', which then became a very cautious 'yes let's do it ... but'. It was a difficult decision as depending on which websites we read there were slightly conflicting messages. It also wasn't helped by the fact it was the very day before the significant easing of parameters on June 1 and all I could think was how ugly it would be if a substantial fine was imposed on the Club by some approaching officers finding some section in some small print somewhere. Thankfully none of that eventuated and we got our biggest turnout yet which required even extra scattering and social distancing, both during and post the run. The weather wasn't great pre or post the run but was glorious for the 3 hours we were there. Everyone was given squirts of alcohol-based hand rub, all were conscious of the metre and a half and tongs were used to serve nibbles accompanying the caffeine to ensure we did the right thing and set the right example.

As COVID19 restrictions ease further, we hope to continue with our efforts to use our website, ably curated by David Foskey, to record members' achievements, both past and present as an inspiration and legacy. If you do have photos of either yourselves or significant others who are Spartans please send them in to us for either a profile piece or promotion for a potential future podcast. We would love to hear your story, battle, challenge or triumph ... and additionally, it's been a goal of mine for quite a while to put out an annual Spartans Calendar. All we need is 12 pics so if you fancy yourself as a future Mr or Ms July, send something in and give us permission to use it!

Catcha soon guys ... virtually anywhere!

When you're young, you don't know, but you don't know you don't know, so you take some chances. In your 20's and 30's, you don't know, and you know you don't know, and that tends to freeze you, less risk-taking. In your 40's, you know, but you don't know you know, so you may still be a little tentative. But then as you pass 50, if you've been paying attention, you know, and you know you know. Time for some fun! - George Carlin

GREAT OCEAN ROAD VIRTUAL MARATHON Brian Glover (S0989)



The original date for the GOR was to be May 16/17 which was postponed to August 2019 due to Covid-19. I was informed about the virtual run by email, I assume because I am an entrant in the 44km Lorne to Apollo Bay event, and had completed the previous 15. I entered the 42.2km Virtual run as a goal to aim for after having so many races cancelled or postponed.

I did the run (walk) on the actual date of May 17 with the weather conditions being perfect. The course I used was 8½ laps of the local Portland Parkrun, away from the general public. I decided I would do the marathon with no support, carrying my gels, water, etc. The course was a lot flatter than the Lorne to Apollo Bay course. I had no problems with doing the distance as in fitness but it became a battle of mind over matter, seeing and speaking to no-one. It becomes daunting after four laps knowing you are still not half way but I pressed on, walking at a steady 8 minute per kilometre pace, which would result in 5:37:30 for the marathon. I was certainly glad to finish in 5:36:40.



During the Covid-19 lockdown I have been using the Parkrun course for all my training, the Council recommending the area to exercise rather than using the streets. I have done the Parkrun course 150 times since March 18, including the marathon distance four times, and a 50km (ten Parkruns), all walked. On the 24 of May I had to put petrol in the car for the first time since March 18. In that time I have driven 500km and walked 840km.

VIRTUAL COMRADES

On June 14, you can earn your own Comrades medal by completing a virtual event with available distances from 5km to the full 90km. Full details [here](#).

VIRTUAL BOSTON MARATHON Andrew Ross (S1354)



With qualification for the Boston Marathon on 20 April (Melbourne time), the event's cancellation was not going to stop South Melbourne AC member Andrew Ross from completing 42.2km. Instead, Andrew ran 169 laps of a sloping 125 metre lap in the street outside his Melbourne home, the slope unexpectedly yielding an overall elevation of 767 metres. Andrew's time? Just under 4 hours.

Andrew became a Spartan in 2019 - nine years after his first Melbourne Marathon at 47 years of age in 2010. In that event, he ran 2.59.28 and in 2014 ran his Melbourne Marathon best time of 2.53.02, a year before his all-time marathon PB of 2:52:40 in Berlin.

MEMORIES Pamela Young (SF0093)

***Light the corners of my mind. Misty water coloured memories, of the way we were
....
pre pandemic***

The autumn light is biblical. I suck in the fresh air and my heart knocks against my ribs. Cats greet me. Dogs wag their tails and their owners nod. Lorikeets convene in *Maranoa Gardens*; a comet of colour. Fine of frame and skin as transparent as a bat's wing, the nameless woman walks every day. Defiant. Magpie mothers and their babies observe me. They squawk mercilessly. The sameness of the maternal experience across species. I mourn the dead possum on the pavement.

An unkept garden, once meticulously maintained, signals another elderly resident's demise. When the weatherboard house is sold and demolished an imposing McMansion will replace it. A horn honks. Even though I don't recognise the car I wave and then wonder if that was wise. Men in Lycra cycle past and leave me for dead. I smile at the friendly fruiterer and inhale the aroma of fresh bread wafting up the main road. My stomach rumbles. I watch for cracks in the footpath; those tricky undulations that might trip me. Beware; driveways. Teenagers at a tram stop give me the thumbs up; devoid of adolescent surliness. I think about the day's news and ponder the human condition.

At *Mont Albert Park* the memorial seat beckons. I stop to drink some water and reflect. Sweat trickles down my face and I feel satisfied. I am connected to my community, the natural and built environment and the streets I have run along for the past 20 years.

Tribute to Barry Dobyn (S0539) by Brenda Hutchinson (SF0121)

In attending the funeral of "Bazza" or "Old Baz" as we affectionately knew him in October 2019, amongst all the wonderful stories and memories that were shared, it really struck me how all too often, you only know small pieces or timeframes, of someone's life. So, my tribute to Baz relates to the small timeframe that we shared together.

I first met Barry in 2013, when his son Nick (my running Coach), recommended I speak to him about the swim leg of the Ironman triathlon (3.8km swim, 180km bike ride and

marathon). I had been running marathons since 2009 and got the crazy idea that I wanted to do an Ironman!!

Fast forward to 2013, where training was in full swing. Whilst I had built up the ability to swim good distances in the pool, I really struggled with swimming in the open water. A completely irrational fear of sharks, as well as fear of when I could see what was in the water, or when I couldn't see what was in the water, was making progressing in the open water, extremely difficult.

And so, I took Nick's suggestion and agreed to meet Barry for a coffee.

What struck me within 5 minutes of meeting Barry for the first time, was his caring and empathetic manner. He was truly concerned about what I was going through and explained that he had had similar concerns when he first ventured into Ironman triathlons. Never once did he make me feel ridiculous or silly for the fears I had, and he gave me lots of useful tips, emphasising that these worked for him and might help me.

I continued to meet with Barry a few more times, and he was always so compassionate, caring and truly interested in how I was going, offering advice when needed. He was never overbearing, and just made you feel like you could achieve anything. He seemed to take great joy and pride in being part of the training journey.

On the morning of 23 March 2014, Barry was at the start line of the Ironman, in Frankston. His son Nick was also racing, but he took the time to spend 5 quiet minutes with me, to help calm my nerves and provide encouragement. Without having to say anything, I knew that Barry believed I could do this. I remember seeing him at the bike turnaround (just near Springvale Road, on Eastlink), and his cheering was so loud, it just made me smile for the next 20km!!

In the following days, he was happy to hear me "go on and on" about the day. He loved being part of it, and sharing in the accomplishment, knowing full well what it felt like.

From this time, Barry became a regular feature of our running group and triathlon group. Through winter, as we would be training for the Melbourne Marathon, Barry would come down to most sessions and be our "energy champion". He would be there as we started (often at 6.00 – 6.30am) and what kept you going through those long runs on freezing cold Melbourne days, was his aid station at the end – a card table with an amazing array of sports drink, nuts, pretzels, fruit, lollies and muesli bars. A sweaty hug and post run debrief chat always ensued, as I scoffed down snakes and jelly-beans. Poor Barry would often be there waiting for us for 4+ hours, but never once did he complain. He chatted with each of us, knew how we felt, and offered tips and guidance.



In 2018, at the Melbourne Marathon Spartan AGM, I invited my family, friends, Nick and Barry to come along and see me presented with the prized 10-year Spartan singlet. Unfortunately, Barry was unwell at the time and was not able to attend. As everyone else was there to celebrate with me, he was the first person I sent the photos through to. Being a Spartan himself, he knew the work that went into achieving this accolade, and he was so proud. I never once heard him mention his own Spartan achievements, although Nick proudly spoken of them to us. He was always so humble about them, and seemed embarrassed when Nick

spoke of them, but he would be one of the first to congratulate and cheer you on for all your achievements.

At the 2019 Melbourne Marathon festival, our running group had runners competing in the 10km, half marathon and marathon. As per every year, we would all meet as a group before the marathoners took off, to get a group photo, and wish each other well. Even though it was an early start, Barry was there to cheer us on and join us for the photo.

We had a tent along Brunton Avenue, and I remember running along Brunton Avenue, just before turning into the MCG, and seeing Barry along with most of the group who were already back, waving and cheering from the barriers. Having collected my medal and headed back to the tent, Barry was the first person to come over and greet me with a huge hug and words of congratulations. He was so keen to hear how we all went and to spend time with each of us. Nick always talked about how much Barry would love to have been out running himself, but that never dampened the joy and spirit he showed in each of our achievements.

The next day, our group received the very sad news that having left the MCG, making a detour past the Holden Centre of his beloved Collingwood Football Club (as far as I'm concerned, Barry's one major flaw!!), he collapsed on the way up Anderson Street. Barry passed away later that night, surrounded by his family.

Whilst we are all devastated by his loss, we take a small amount of comfort that his last day was spent doing some of things that meant so much to him. We will never forget his cheering, encouragement, support, advice or special aid stations, and if the Melbourne Marathon does go ahead this year, I know the memory of Barry will be running with us all.

The photograph from 1987 shows Barry completing his fastest Melbourne Marathon, in a very respectable time of 2:54:49.

Ian Gainey SW1

Ian Gainey contracted poliomyelitis in 1954 at the age of two and was left with paraplegia in both legs. This has not stopped him leading a full and productive life. The following summary of his athletic feats is based on a memoir Ian is currently writing.

At the age of 27 Ian Gainey challenged himself to finish a marathon. Having succeeded in this ambition he has now completed 29 Melbournes in his custom built road-racing wheelchair. His current aim is to complete 30 and enter the Spartans Hall of Fame.



Ian's first marathon was the hot and windy 1979 event from Frankston to Melbourne. He was very disappointed with his time of 3:24:09. Despite this introduction, Ian still rates Frankston to Melbourne as his favourite course.

Better conditions in 1980 saw a six minute improvement (picture at left), and Ian was first wheelchair athlete to finish. By 1984 he had taken his best time to 2:21:58. In 1985 two leading wheelchair athletes of the time, Jeff Wiseman (second in 1984) and Bob Turner (1982 winner), were also in the field. The three took turns pulling into the wind and were together until 40km when Wiseman and Turner took a 50m lead. The final result saw Ian

finish third, three seconds behind the winner, in what was to be his best MM time of 2:01:41. His parents came down from Geelong to see him finish a race he had wanted to win, and the effort wrecked him physically and emotionally. In 1995 there was another close race where he and Michael Letch finished equal third in the same time. He completed the 1987 race to have nine successive MMs.

In 1984 and 1988 Ian competed in the Paralympics, over 10,000m and 5,000m finishing fifth and eighth respectively in the finals one year – a fine effort! In 1986 Ian had set a world record for the 10,000 metres in the London World Wheelchair games.



In 1989 he finished his tenth MM and became the first wheelchair Spartan: SW1.

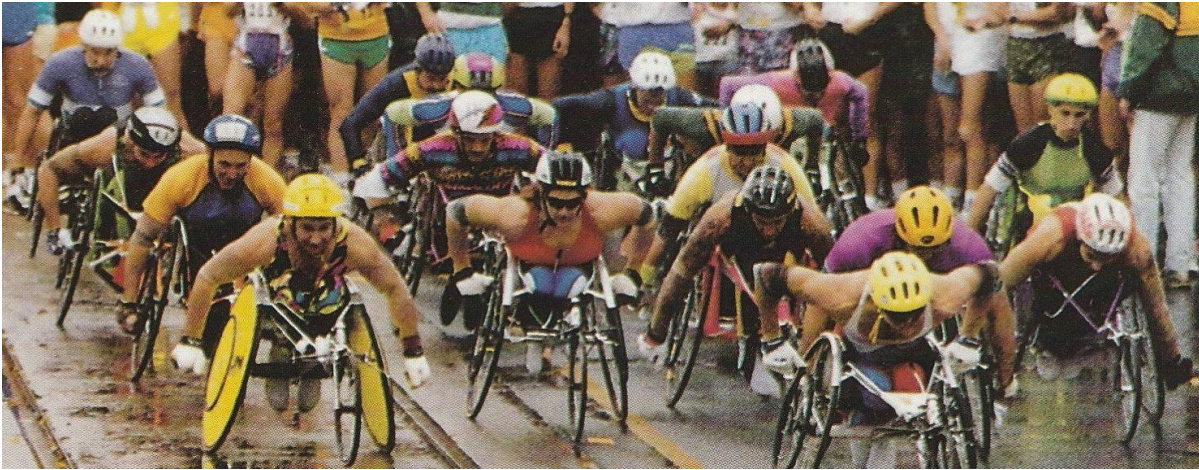
In 1990 his time was 2:27:09 and two weeks later he went to Japan to compete in the Oita International Wheelchair Marathon finishing in 1:56:03. He returned to Japan often to compete in the Oita marathons until 2004, sometimes missing MMs. His time at Oita of 1:52:01 at the age of 42 in 1995 remains his personal best. The world record was then 1:40. Because the Oita event is restricted to wheelchair entrants only there is more drafting and therefore faster times. Ian also finished eight OITA half marathons between 2005 and 2014.

In the 2011 MM one of Ian's tyres punctured two kilometres from the start line. His one-man support crew was waiting to check on him and assist at the 17 kilometre mark. Ian pushed on and received help from a few bystanders to perform a wheel change in Beaconsfield Parade. He was still able to finish in the very respectable time of 3:03:56 and for the fourth time was the first wheelchair athlete home. Ian was more than once the actual first finisher by beating the first runner.

Ian gained his red 20th singlet in 2003 and his black 25th singlet (see photograph above) after the 2013 event.

In May 2016 Ian was diagnosed with bowel cancer. Despite an operation and chemotherapy he completed the 2016 marathon in 3:23:00, 22 minutes faster than his 2013 result!

The record number of wheelchair entrants for the Melbourne Marathon is 19 in 1993, and the very low number of wheelchair athletes recently in our event disappoints Ian. The Oita International Wheelchair Marathon had more than 200 entrants in 2019, Melbourne had two. Dean Callow is the only other wheelchair Spartan, and there are no others on the horizon as far as we know. The photo below is of the 1993 start. Yes, it was wet, and yes, some of the entrants were starting between tram lines and yes, Ian was caught up in the ensuing mayhem but was able to right himself. Louise Sauvage was 19 in 1993 and as the only female entrant won in a time of 2:04:51.



When Ian started wheelchair racing, the chairs were more cumbersome and had four wheels as shown in the black and white photograph at the top of the story. The three wheel design is better, and like in cycling, the more you spend on technology, the faster you can go.

We can only hope that 2020 will give Ian, who will then be 68 years old, the chance to complete his 30th Melbourne Marathon and thus take his place in the Hall of Fame.

Dave Obelkevich Only one Melbourne Marathon but ...

I was born in 1943 in a town near Binghamton, NY. In 1973 I was living in New York City, about 1 km from the finish of the NYC Marathon. There was very little publicity for the marathon which started in 1970 with 127 entrants, including only one woman. When I looked out the window and saw people racing in Central Park, I ran to an entrance at the bottom of a long hill. After about 75 runners passed me, I thought that I could keep up with them. Without a number, I joined them and finished a six-mile loop in about 43 minutes, and was determined to do the entire distance the next year. In 1974 there were 527 starters, and compared with most of them, I was poorly trained. My "schedule" was running six miles every Sunday, then resting for six days. The course then was four loops of the park, and the last one was very painful. But my youth and stubbornness pulled me through in 4:20.

Twenty-eight years later I was in Durban, South Africa, for my second Comrades Marathon. I met Robert and Jane Sturzaker, who became good friends, and in 2012 they invited me to run the Melbourne Marathon. It was my first time in Australia, and I couldn't have found better guides. Jane and two friends were looking to finish their 100th marathons, and I was looking to finish my 97th. During the race I was busy looking around and chatting with other runners. It was a very memorable experience

While the Melbourne race was the most exotic, my favourite marathon was my 25th, in 1982, in New York City. Three years before I had met a world-class female ultramarathoner in Brighton, England. Lesley Watson had several marathons faster than 2:50, and by 1982 I



had just one. In 1981 we ran together for five hours in a 50-mile race in, Connecticut. After the fifth hour I had to slow dramatically, and she went on alone to break the world record by ten minutes, in 6:02:37. So when she told me that she was going to run the New York City Marathon in 1982, I was eager to try to run with her. But there were separate starts for men and women. So I "settled" for starting with the men. I knew that she would try to run at an even pace, so I began at 6 minutes per mile for three miles. Then I stopped and waited half a minute for Lesley and her friend. I was so excited to be running with her again, and just watching her graceful running made me feel that the pace was easy. At half-way, in 1:21:00, she removed her cap and said that she would slow down just a bit. I was giving a big party after the race, and offered to take her cap and return it at the party. She agreed, and I ran the second half without her, about 90 seconds faster than the first half. My time was 2:40:34 and she came to the party! It was thrilling to run twice with

her. Both races are at the top of my favourite races, now totalling 112 marathons and 204 ultramarathons. *The photo shows Dave, Lesley and Jane Sturzaker.*

My slowest New York City Marathon did not have nearly as much drama. The year was 2017 and I had recently turned 74. My plan was to run with a friend. Our goal was to break six hours which had eluded me the year before. But from the first step, my friend had pain in her foot. Running conservatively, we went through the first half in 2:53, which I thought perfect for making our goal. But the walking breaks in the second half kept getting longer, and we missed by over 25 minutes.

Going back to 1975, I was very excited about having a second chance at the marathon distance. The course was still four loops of Central Park, and the first two loops were fairly easy at my pace of 8 minutes per mile. But for the next two hours, I regularly became dizzy, even while walking. So I decided to lie down on some grass near the road until I felt better. Then I would resume walking and running. However, fifteen or twenty minutes later I would become dizzy again. The fifth or sixth time this happened, I was walking up the last big hill, about 22 miles into the race. I felt very tired and discouraged, thinking that I would be unable to run faster than my previous time. Halfway up that hill, Fred Lebow (*founder of the NYC marathon*) came by in his small Fiat. We were friends, but not close buddies. As he got close, I called out, "Hey Fred, would you give me a ride??" He answered, "Sure, just get in

the back!" Years later I wished he had said, "Hell no! Just keep going and you can walk to the finish!" So it's HIS fault that I did not finish!!

The next year was 1976, and Fred was able to convince the city politicians to run the race through all five boroughs of the city, mostly to celebrate the country's bicentennial. The idea to take the race out of Central Park was largely the work of Ted Corbitt, the father of American ultra-running. The rest is history.



Now that I'm over 76 years old, I figure my best policy is just to finish to keep my two records in the NYC Marathon. My streak is 43 finishes, and my total number of finishes is 44. I just have to finish the race to keep both records. Over ten years ago my friend Tucker Andersen (*one of three runners with 42 finishes – no-one has 43*) designed a T-shirt for both of us, which reads, "Finisher Every NYC Marathon, 1976 - ????" front and back. But he missed in 2009, so cannot wear the shirt anymore. During the marathon now, over a hundred runners chat with me and give

congrats. It feels good!

Now my training levels off at 35 to 40 miles per week. Twice a week I run 13 to 17 miles, and some other days I'll walk for one or two hours at 17:00 minutes per mile. My next major race is A Race for the Ages from September 4 to 7 in Manchester TN. I'm the slowest runner on a list of 100 mile runners at least 70 years of age. My goal is to walk 100 miles under 48 hours in September, and move up to fourth or fifth place on the list of runners 75 to 79 years of age. Then finish the NYC Marathon, hopefully under six hours. If I feel any pain before my run, I postpone it a day. I never run with headphones, preferring to listen to my body and chat with other runners. Sometimes my new friends have never raced, or have never run a marathon. Some have run a streak of 25 or more. If it's a new friend, I will ask why they started to run, and what their friends and family think about their running. I always find their answers fascinating, and much more interesting than hearing the latest terrible news about "He who must not be named."

Thanks to Jane Sturzaker (SF0052) for arranging this article.

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? Your article can be as short as a couple of hundred words (Pamela Young) while the story about Ian Gainey above is a longer example. Contact us to discuss at

djfoskey@ozemail.com.au

I have talked over potential articles with a number of Spartans. I have chosen not to harass members in this stressful time, but I am still *very* interested in these stories for future newsletters or the website.

[FINDING A STORY IN A PREVIOUS NEWSLETTER](#)

If you would like to read previous newsletters, [look here](#). However, if you are looking for a story published a while ago on, for instance, Manny Karageorgiou, how do you discover in which newsletter it was published? We have added an [index page](#) to the website which will take you to a list of names with a direct link to the newsletter where they are featured.

[NEW SHIRTS](#)



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.

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

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

We are approaching the time to be thinking of jackets so if you'd like to plan ahead you can order [here](#).

[MILESTONES TO BE ACKNOWLEDGED AT THE 2020 AGM](#)

As we all know our Club recognises milestones of any runner who has completed (or is about to complete) 10, 15, 20, 25, 30, 35 or 40 Melbourne Marathons so it's important that when you have a milestone coming up you let us know. So, if you have an upcoming milestone or a past milestone that hasn't been recognised as yet, please contact Felicity Doolan at spartans.team@hotmail.com. If you cannot find all your times/results still contact Felicity or John Dean as they may be able to help.

[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 2019/20? Look up your name via this link: <http://melbournemarathonspartans.com/financial-spartans/>. If you are not there you haven't paid so here's how:

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

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.

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, 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 (Dec'd), Shirley Young (Dec'd), Peter Ryan, Maureen Wilson

COMMITTEE		
President	Jay Fleming	0418 374 783
Vice President	Paul Basile	0439 718 281
Treasurer	Rod Bayley	9077 7192
Secretary	Anne Ziogos	9592 4481
Webmaster	David Foskey	0432 146 747
Immediate Past President	John Dean	9337 7179
Committee	John Dobson	0412 688 287
Committee	John Kaparelis	0447 447 448
Committee	Colin Silcock-Delaney	5598 6090
Committee	Felicity Doolan	
Committee	Matt Callaghan	
Committee	Vicky Chung	

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](#)