

# THE SPARTAN

**CLUB PATRON - Robert de Castella**

**March 2020**

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Social Distancing – Photo supplied by Vin Martin (S0478)

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

It's a little unusual putting out a Newsletter essentially about running, with little happening in the way of organised running so we will widen our scope a little as it's impossible to ignore the current world situation. This is our first Newsletter for 2020 and even though the year is only three months old, it has been a year like no other in the lives of most of the world's citizens of the Homo-Sapiens variety. This is in stark contrast to the vast majority of other species, which as evidenced by many around the world, are welcoming the sudden and unexpected decrease in human activity.

The sheer speed and breadth of change to our daily life has been breathtakingly shocking and so unbelievable that it could be straight from a B grade dystopian movie script. Just my luck, Collingwood has a great first game of the season, in front of zero crowd, and the season looks like not going ahead!

A fortnight ago, which seems like an eternity in a timeframe where things have literally changed by the minute, Spartans gathered at The Tan for our first Spartan Run of the year. It was a beautiful morning with a great turnout even for non-Pandemic times, considering I was expecting about five of us to turn up due to the situation. Even though several of our jovial regulars were on holidays, including a couple of noisy Carlton and Richmond supporters, it was a lovely vibe with great conversation, copious laughter, quite a few nibbles on offer and of course caffeine. Certainly, the conversation occasionally involved

bemused reflections and commentary on the black cloud hanging over society, but for this morning we were together and we would enjoy it for the duration as several of us had an inkling the next such Run might be a little further away in the distance as such is the current uncertainty.

At this point we are unsure when the next face-to-face Committee Meeting will be at The Moonee Ponds Club but in the interim, we intend to become proficient in utilising either Microsoft Teams, Zoom and other platforms for our next several meetings. My two other beloved events, The Great Ocean Road and the City to Surf have been moved back to August and October respectively. On Committee we will continue planning for our AGM and The Melbourne Marathon in their usual calendar timeslots but like with all plans around the world currently ... it's a case of 'Who really knows?' (*IMG has informed us that they are still planning for an October 4 marathon and that they have a contract to use the MCG. Ed*)

In the coming years, there will be so many books, movies, educational case studies, sociological papers etc written about human behaviour during these times, not just with the mental health issues exacerbated by social isolation and distancing but also reflections of frenzied toilet paper odysseys, trolley ramming and disputes between shoppers spilling out into supermarket carparks. It's sort of funny how most folk, while living in a world of plenty fervently believe in love of neighbour until the supermarket shelves get down to the last can of vegetables or pack of toilet paper.

Due to the restrictions and recommendations on our movements as a society, particularly for the over seventies, running outdoors has morphed into racking up the treadmill km in the confines of one's property. For those on the less mature side of seventy, the presence of the word 'exercise' as one of the four permissible reasons to leave home at least provides us the opportunity of running down to the shops in Spartan running shirts and lugging back a couple of groceries..

We have however been shown some admirable examples of what can be achieved with fitness without exiting the front door: <https://www.youtube.com/watch?v=YDwmd8NWJWY> <https://www.youtube.com/watch?v=cMLhPNGVYDY> and <https://www.youtube.com/watch?v=7OW9btAvxSM>

I happen to work in a couple of industries, both currently deemed as 'essential' ... healthcare and education. In education we are moving to remote delivery online at all campuses, however it's nigh on impossible to deliver healthcare in the disability/mental health sector by remote access. Therefore, as I spend so much time with clients albeit with physical distancing, at the end of the working day I have chosen to take many precautions at home as my wife is in a high-risk category. We are fortunate to have the space to sleep in separate rooms and use separate bathrooms. We obviously have the communal kitchen and lounge spaces but I guess it's all about reducing the odds of transmission in our own home as far as practicable and I have heard of numerous similar precautions from colleagues anecdotally. If everyone does a little something it all makes a collective difference.

Unfortunately, with everyone being confined to home the temptation for many is to consume even more media, which in my opinion is precisely what we need less of. How 'aware' of current events do I really need to be? To what degree? Do I need updated figures of new

Covid19 cases every ten minutes or are the morning/evening headlines enough? Do I need updates of my declining superannuation investments every ten minutes or am I comfortable knowing things will bounce back with some excellent buying ahead? What good will it do me to be super-aware of things I can't do anything about? Not one scintilla of good ... but conversely, such super-awareness can certainly do loads of harm through stress flooding the body with cortisol, signalling it to conserve energy for fight or flight by greatly lowering the immune system, which makes me a prime target for the very thing I was so intent on being worried about in the first place. The quintessential self-fulfilling prophecy.

A couple of days ago I lost my cousin to Covid19. He has lived in Northern Italy near the Swiss border with his wife and kids for over forty years and was a relatively healthy 63-year-old. Unfortunately, I can't get over to his funeral and nor can the majority of interstate or international acquaintances of any of the thousands who have passed during this pandemic, which surely would impact the grieving process of these loved ones left to carry on. Today I spent the morning generating some happiness and sparkle by decorating the front deck with birthday streamers, banners and balloons for our mid-thirties daughter and photographing it for her as she can't visit due to isolation. Life certainly is a beautiful rollercoaster.



*'The soul always knows what to do to heal itself. The challenge is to silence the mind' – Caroline Myss*

### **Getting through this ... Jay Fleming**

We have all been inundated with information, alleged sound advice and some mildly sound advice regarding coping with these times. In the education sector we have been staying away from any advice on social media and so-called 'influencers', which must surely be the ugliest title of any self-appointed expert in the history of self-appointed experts.

We have tried to stick to reputable organisations for information disseminated to students, not that it's always totally perfect, but it's far less likely to contain apocalyptic prophecies, wild exaggerations or exorbitant claims. I'm certain that all Spartans have done their own research and are finding effective coping mechanisms suitable for individual circumstances.

I just wanted to share with you an example of the types of links we have been sending students. Half-way down the page on [this link](#) you'll find a downloadable PDF containing some simple measures to maintain quality of life including the link to 'your toolkit for a healthy headspace'. Like most such documents, it's not about reinventing the wheel or providing some magic formula but rather about steering us back to simple basics that the sheer pace and stresses of life have steered us away from, so undetectably over the years that we have not even noticed. Additionally, by clicking on the word 'here' right above the 'download' tab, you'll also find a link to the very latest Covid19 updates from the Department of Health.

**A NOTE FROM THE SECRETARY** Anne Ziogos (SF0045)

We are hoping you are all well at this very challenging time. Always try to find something positive to wake up to. Develop a daily routine and stick to it, just like you would have done if there were no restrictions. Most importantly, include some form of exercise in that routine. Set up a home gym by using what is available to you. Plan a circuit and go through it as you would with your normal running or gym work. To keep yourself motivated, change it around daily and get as many family members involved as you can. Make sure you catch up with family and friends on the phone and most importantly eat well.

**RECIPE** Anne Ziogos (SF0045)

I have included a healthy vegetable soup recipe for you to make, to keep your spirits up. In doing this you can make it a personal or a family challenge. Everyone can get involved in the preparation and then enjoy a delicious meal together. You can add or subtract vegetables according to what you have in the fridge, you don't have to strictly stick to the original recipe.

Happy cooking and always have a smile ready☺.

**Ingredients**

- 3 tablespoons olive oil
- 2 cups chopped onion (1 medium)
- 1 1/2 cups chopped carrot (3 to 4 carrots)
- 1 1/2 cups chopped celery (2 to 3 stalks)
- 2 tablespoons tomato paste
- 4 teaspoons minced garlic (4 cloves)
- 3/4 teaspoon ground fennel seed
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon fine sea salt, plus more to taste
- 1/4 teaspoon crushed red pepper flakes
- 1 (15-ounce) can diced tomatoes with their liquid
- 6 cups stock or broth or vegetable cubes
- 2 cups chopped potato (2 medium)
- 2 heaped cups chopped or shredded cabbage
- 2 bay leaves
- 1 cup frozen peas
- 1/2 teaspoon apple cider vinegar or fresh lemon juice

**Directions**

Heat two tablespoons of the olive oil in a stockpot pot or Dutch oven over medium heat. Add the onions, carrots, celery, and the tomato paste. Cook, stirring often, for eight to ten minutes until the vegetables have softened and the onions are translucent.



Add the garlic, fennel, black pepper, 1/2 teaspoon of salt, and the red pepper flakes. Cook, while stirring, for one minute.

Pour in the canned tomatoes and their juices as well as the stock/broth. Add the potatoes, cabbage, and the bay leaves.

Raise the heat to medium-high and bring the soup to a boil. Partially cover the pot with a lid, and then reduce the heat to maintain a low simmer. Simmer for 20 minutes or until the potatoes, and other vegetables are tender. Add the frozen peas and cook for five more minutes.

Remove the pot from the heat and remove the bay leaves. Stir in the cider vinegar (or lemon juice) and the remaining tablespoon of olive oil. Taste and season with more salt, pepper and yogurt to serve.

## **Journey to Melbourne Marathon Spartan**

My name is Cathy Roberts and I am Melbourne Marathon Spartan SF0119. This is my journey to becoming a Spartan.

I ran my first marathon at age 40 having spent most of my prior years telling people how ridiculous marathon running was, especially for women. To say I'm now a Melbourne Marathon Spartan makes me very proud as this was never on my radar. It is surprising to no one more than me. My story can be likened to Cliff Young meets Forrest Gump. It's a story of destiny.

I grew up on a dairy farm in South Gippsland about 3 miles from the closest town, Toora (population approx. 1500). As I look back now the seeds were sown early for me to become a long-distance runner. On many a balmy summer evening, after having a bath and putting on my little pink shorts & singlet pajamas feeling like an athlete, I would tell Mum that I was going for a run. At probably 5 or 6 years old I would run to the corner of the country road we lived on and home about 2-3 kms. In addition to the dairy cows, Dad also traded in beef cattle and sheep and had stock on agistment in many places around Victoria. Dad also ran a livestock transport business. Although we often took stock horses to do the mustering, when there wasn't room for the horses, I would run around the stock on foot. It just felt normal running around hills and across the plains to round up cows or sheep – maybe a bit like Cliff Young. This is how I spent most of my childhood.

For my 17<sup>th</sup> birthday all I wanted was a pair of running shoes. When I received a pair of Adidas Robert de Castella running shoes, I was so very happy. I remember running along the country roads from my parents' farm to Port Franklin and back on Christmas morning feeling like I was running on air.

During my teens I enjoyed cross country running at school and in my 20s I became more of a social athlete. Wherever I worked, such as at Price Waterhouse (PW - before it became PWC) or later jobs, I would be the one organising my colleagues in sporting events to get them active and talking about something other than work. This included many years in the BRW corporate triathlon where I was more focused on getting everyone participating and arranging the after party in the marquee than my actual athletic performance.

One of my best memories and significant achievements was to be in the PW Round the Bay team run in 1991, an event to raise money for our Australian Olympic medal winners in Barcelona. Five hundred companies contributed \$7500 each and put together a team of 10

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runners to run the 220 km around Port Phillip bay. This event preceded the now very popular Round the Bay ride; \$5000 went to the medal winners and the remaining \$2500 went to administer the event. Each of the 10 runners had to run 10km on the Saturday and 10km on the Sunday with one runner each day running 2x10kms. At the time I thought the person running 20km in a day was a super star. Running 10km was a super effort for me back then – I was 26 yrs old.

In my late 20s a friend convinced me to run the Gold Coast ½ marathon. My twin sister Keryn lives on the GC so it seemed like a good idea. I consulted a fitness instructor friend to write me a training program and I remember doing my first km speed work and almost throwing up. I'd never trained before as I had relied on natural fitness. Over the next 10 years I ran the GC ½ marathon three times. All the while I would catch myself telling people how ridiculous marathon running was. It finally dawned on me that this idea had come from watching a program in my mid-teens about one of our best female marathon runners, Lisa Martin (later Lisa Ondieke). In the program they mentioned her health issues, including her menstruation cycle ceasing, likely due to her low body weight. As a healthy teenage girl, and at that stage wanting to have a family, I thought how ridiculous participating in something that was compromising your health and ability to have children. This program had led to my belief that marathon running was bad for women. So much has been learned since regarding nutrition for runners and how to stay a healthy weight and still be a marathon runner.

I ran my third ½ marathon on the Gold Coast at the age of 38. It wasn't good. It was 26 degrees; I didn't know how to drink while running so I ended up severely dehydrated. A friend was running the marathon the same day and I just couldn't fathom how he could be doing what I had just done times two. I said to my sister "if I ever hint at running a marathon please remind me how bad I feel right now".

Well they say you don't remember pain. Only 18 months after my 'bad' third ½ marathon experience Keryn and I were in Nice, Southern France celebrating our 40<sup>th</sup> birthday. By chance there was an Ironman event being held on the beautiful boardwalk there. On our morning walk we were captivated by the event, mostly by the elite athletes, who wouldn't be? During the day while at the beach (pebbles) the participants were going in and out from swim to ride to run etc. Then in the evening after enjoying champagne we had collected during our immediately prior visit to Epernay, I was tuning in as the competitors crossed the finish line.



Mike Reilly is legendary for the Ironman finisher call as competitors cross the line he calls: "<name of finisher> you are an Ironman". It's a very emotional moment as anyone who has watched the finish of an Ironman will attest. After 15+ hours of swimming, riding and running these competitors were not the elite athletes but the everyday people who had trained to exercise for the best part of a day. I was dramatically affected by the elation as each person crossed the line acknowledging what a massive sense of achievement. In those moments something changed for

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me. It was like someone had turned a switch inside me and I knew that if I didn't challenge myself to do some form of endurance event that I would regret it. Less than 12 months later I ran my first marathon. It was on the Gold Coast and it was a fantastic experience.

After Nice it was like I was taken on a journey outside of my control. I really believe destiny took over. Three months after returning from Nice I found myself googling marathon training programs in an idle moment at work. I really don't know where that came from! The first program that turned up was written by another exceptional Australian woman runner Samantha Hughes. The program was in diary form called "Run with Sam". It was a 12-week program to run a marathon. I looked at it and thought I reckon I can do that. No running on Monday and Friday and 86kms the most kms in any week. I was running about 25km a week and I got started and set my sights on the 2005 GC marathon. I was 40 years old and dealing with some challenging issues in my life. It felt so good to be running. It felt freeing and really helped me to cope with some very difficult times. This is the Forrest Gump side.

To mention all the magic that happened from there would make this a very long (longer) story. What I will say is that at a Chartered Accountant lunch with John Gray of Venus and Mars fame at about the same time as I found Sam's program I had to commit to a goal. John Gray was in Australia promoting his life coaching business. Again, from somewhere mysterious I found myself telling the whole room I was going to run a marathon. John Gray congratulated me so then I felt I had to continue. One of his life coaches, a chiseled fit looking guy asked me what I was going to do for electrolytes. I didn't even know what an electrolyte was. I went straight from lunch to the health food store and bought my first tub of Endura. From there it seemed all the information I needed to have a positive first marathon experience was made available by way of chance meetings with people who had just the information I needed.

I ran my first Melbourne marathon in 2007. I missed the 2010 MM due to injury after a big year including running the Comrades 90km marathon for my first time in May 2010. In 2017 I ran my 10<sup>th</sup> Melbourne Marathon and became a Spartan.



I ran my 12<sup>th</sup> MM in 2019 and no one can be prouder as I wear my Spartan singlet. It is so incredibly satisfying to be congratulated by people on the sideline cheering "Go Spartan" and to listen to co-runners making comment on what it would be like to run 10 marathons. In November 2019 I ran my 28<sup>th</sup> marathon distance event that includes 12 MMs and many wonderful experiences running international marathons such as New York, Boston and Berlin. Since becoming a marathon runner, I have supported others to also run their first marathon by sharing what I learned to achieve this. In my opinion there can be no greater achievement in life than feeling like you have inspired others to do something that helps them aspire to and reach their goals. Being a Spartan is inspirational in itself.

I am extremely grateful that becoming a Melbourne Marathon Spartan has been part of my journey.

## Congratulations Roger!



Legend Roger Weinstein (S81) very recently celebrated his 70<sup>th</sup> birthday. Peter Hudson and Jack Gunston both rang him to offer their congratulations, which might offer a clue to Roger's AFL team.

Roger, after 42 MMs and about 60 other marathons, the 43<sup>rd</sup> MM will be easy, won't it?

## How the Corona Virus will affect my running year in 2020 by Rick Patzold

OK - the world's in turmoil and saving lives must always come first but who else upped the ante and ran  $\pi$  more than they usually do during the month of March for fear of it all being taken away soon, if things get worse!

Yep me too - running is too important to me and I had two main running goals for March, once the realisation of full isolation loomed with parkrun shutting down on the 14th March.

(1) Firstly I realised that a mate of mine was on course to run the maximum available parkruns for the year (55) as was I, not that I planned on doing that many but with the shutdown his goal along with many others was gone.

So, I decided that I would get my fix of 55 runs which I would complete in March and surely an average of 1.77 runs per day was achievable and thankfully #55 was achieved on March 31 with the most leisurely of 3km runs that I've ever done!

(2) Goal number two was a bit more complex but those who know me (Destination\_43) know that I predominantly run marathons in honour of my mum who was born in 1943 but sadly died of Cervical Cancer in the year the Melbourne Marathon began in 1978.

I get to the 42k mark of every marathon and head off on the start of that 43rd kay but I never get there because mum's not there and that's the whole reason why I stop at 42.195km and why I run marathons!



A year before mum died, (1977) she also lost her mobility when she lost a leg to gangrene and that black and white photo was the only event she would ever know that I ran (a win at the 1977 Oak Flats High School Cross Country) but sadly she couldn't attend due to her ailing health but her enthusiasm even in her darkest dying days that evening when I told her of my win, remains my single greatest memory of mum!

2020 was going to be a massive '43' year and it's hard to believe that in June this year, that photo is 43 years ago! 😞

43 years later and whilst I was running from the pain back then, I'm now running marathons to



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seek that pain knowing nothing that a marathon throws at me will ever be as tough as what I saw mum go through as one of four young kids.

So my second goal for March was to equal my all-time most mileage in a single month of 443km which I ran back in 2012 which was probably my most successful year of marathon running where I ran nine Sub 3:20s of the 17 marathons that I completed that year.

Even a few days ago I was doubting I could get to 443 but if you have a purpose, then the passion kicks in and more than likely you'll get there!

So as fate would have it - the numbers were lining up right there in front of me on March 30 @440km and I realised that if I ran that final 3km in 31 minutes I could bring up a total of 42hrs 20mins (42.2) of time on my feet 🏃 which was quite appropriate alongside 443km and a reward for the month as I slowed to an awkward 10.20 per km - but amazing how mum can still influence how I run to this day! 🍷

Average kilometres run per day for the month of March 14.29km

Of my 55 runs in March - possibly the last four for a long, long time, were at events as follows

- \* 7 March Cowra parkrun 23:27 (#139)
- \* 8 March Orange Marathon 3:53.13 (205th Sub 4hr m'thon)
- \* 14 March Gloucester parkrun 22:44 (#140)
- \* 22 March Brimbank Marathon 4:11.50 (93rd over 4hr m'thon)

My parkrun journey began at my home event at Shellharbour in May 2016 and upon checking I've just realised that in the four years that I've run 140 parkruns, I've also run exactly 100 marathons in that same period!

So as mentioned the sporting world is also in turmoil with football 🏈 seasons cancelled (go the Swans and Dragons) along with every other known sporting event and god knows how the Olympians feel after their four year build up to peak at the right time which may well test their resolve with the rescheduling!

..... anyway, here's a few little events that may shatter my running goals for mum this year.



with Kelvin Marshall, S849, after the 2019 MM) [\[sos\]](#)

\* Was looking to run 20+ marathons for the 8th successive year. [\[sos\]](#)

\* 5 July - 300th Marathon at the Gold Coast having also run my 100th and 200th there in 2012 and 2016 respectively. [\[sos\]](#)

\* 20 September - (2001-2020) 20th consecutive Sydney Marathon [\[sos\]](#)

\* 20 crossings of the Harbour Bridge and the only legacy of the Sydney Olympics

\* 4 October - 43rd running of Melbourne Marathon (my 10th MM) (At left, Rick pictured

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This was planned as my 310th marathon and having attended the same school (Oak Flats) as the great Brett Lee who took 310 Test wickets, I had a vision of maybe getting in touch with him and running MM together.

\* 11 October - 43rd running of Chicago Marathon 

(The 43rd Chicago was planned to be my 311th marathon to balance the bookwork with my only other world major which was my 211th marathon at the 43rd Berlin in 2016)



\* 40 parkruns in 2018

\* 41 parkruns in 2019

\* 42 and 43 are gone now too in 20-21 

Of course my biggest lifetime running goal to happen in about a decade has probably also been shattered but possibly salvageable but that's a story for another day!

Anyhow these are just minor things which keep me sane given the amount of deaths etc around the world!

I love writing  but I love running  more!

Thanks for reading and hopefully health wise we all get through this reasonably unscathed and ready for the next Melbourne Marathon whenever that may be!



Destination\_43 (running for mum)

## PODCASTS

As mentioned in previous Newsletters and at the AGM, we are wishing to expand and diversify the use of our humble website to start capturing Spartans' stories via podcasts, to record a brief snapshot of the runner behind the Spartan singlet. These interviewing opportunities will be made available to the runner themselves, or in cases of extreme humility, the runner's family or significant others are free to do the interviews in their stead, as they will similarly be invited to do if family or friends are offering to record a tribute for a Spartan who is no longer with us. The profile stories don't have to be earthshattering Hollywood, but merely involve some triumphing of the human spirit that can serve to inspire those listening. For those of us who tend to think of such processes as 'blowing our own' horn or bragging, by keeping such inspirational stories to ourselves, we are actually denying others the opportunity to be inspired by them.



We had intended that the first podcasts would have been completed by now, but social isolation has put an end to that ambition.

## **ARE YOU A PARKRUNNER?**

Many Spartans are, and it is (sadly, was) a wonderful way to accomplish a regular training run. If you are and aren't in a team, please consider joining the Spartans.

## **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 while the stories from Cathy Roberts and Rick Patzold above are longer examples. Contact us to discuss at [djfoskey@ozemail.com.au](mailto:djfoskey@ozemail.com.au)

I have discussed 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.

With very few, if any, organised runs at the moment and for the next several months, please feel free to contribute your personal stories and photos of running ... around your garden shed or garage ... around your home ... around your block of land ... up and down blocks of stairs ... or any other creative ways you have managed to include running into your life in the middle of a pandemic. Send your pics or short videos in and we'd love to include them in a newsletter or post them to 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](mailto: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](mailto: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 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](#) 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**

<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>Committee</b>	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](#)