

# THE SPARTAN

**CLUB PATRON - Robert de Castella**

**May 2021**

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

Dear Spartans

How are we all doing on this surreal rollercoaster of freedoms and lockdowns? On Committee, we remain bullish about normal preparations for our AGM on September 13, the Expo from October 7-9 and of course the big one on October 10. We were all a couple of years younger the last time we experienced any of these, so absence certainly does make the heart grow fonder! Unlike last year, hopefully our Headline Speaker, one of only 5 remaining Spartan Legends, Bruce Hargreaves (S0039) can make it across a couple of open borders this year.

As mentioned in our last Newsletter, we resolved to increase our number of Club Runs to twelve, on the fourth Sunday of every month. This has been very well received and will hopefully grow to a steady core number of runners as habit kicks in and word spreads. Given this increase in our 'Running Man' singlets pounding the turf, as a representative body we also needed to revisit our responsibility for the safety of participating members, particularly Personal Accident Cover.



We have been in ongoing discussions with Athletics Victoria regarding affiliating our Club to ensure protections and benefits for our members. Benefits include Personal Accident Cover, Event Cover, Training Cover and cover outside of AV sanctioned events. There are also discounts for coaching courses for runners wishing to get more serious about upskilling their training methodology to reduce their times and injuries. We are exploring all options suitable for a Club like ours. I guess all Clubs can rightly claim to be unique but ours really does fit

somewhere in-between currently available insurances and categories, so we've really been forced to almost enter into our own discussions about tailoring something specific to our needs. Whether that ends up being with Athletics Victoria or another provider, we are aiming to implement this for the new Spartans Membership year July 1, 2021-June 30, 2022. On a related parallel, as a long-standing member of Bicycle Victoria (now Bicycle Network), I have always felt reassured riding my bike absolutely anywhere, that should the unforeseen occur, I would be afforded a greater level of cover than I would otherwise receive. I would like similar reassurance for our members the moment they pull on their runners and step outside their front door for any athletics activity.

This has been a challenging issue to navigate as many Spartans are also financial members of other clubs with AV affiliation or alternatively may have purchased stand-alone cover. There are also the subsets of variables as some Spartans may be members of other clubs but not financial or they may not be a financial member of any club, including Spartans. Additionally, our membership is extremely diverse making us a very broad organisation so it is difficult to structure membership benefits that will provide optimal outcomes for absolutely everyone. Some members will be getting much-needed cover whereas others will already have benefits through existing memberships elsewhere so all we can do is arrive at a solution that will deliver maximum bang for buck for the greatest number of our members. We will have definite announcements to make before the commencement of the new membership year.

On Committee, we continue to expand on initiatives that facilitate an interactive platform containing a blend of face to face and online opportunities. We aim to provide Spartan members with the option of interacting with fellow Spartans as much as suits their current lifestyle commitments, which for many of us may not be that much, but we feel it is important to have the option available.

Additionally, for Spartans attending our regular Spartan Club Runs on the fourth Sunday of every month at The Tan, due to regular requests from runners on the day, at least one of the attending members of Committee will have a limited selection of Spartan merchandise in their motor vehicle. This will enable Spartans attending the Club Run to examine and feel the items and/or to make a purchase on the morning if they so choose. Spartan Matt Callaghan has kicked this off and we will expand it to the rest of us to have stock at hand in our vehicles when attending our Club Runs. With these cold single-digit temperatures on the morning runs out here in the outer east, on a personal note I must say I'm really appreciating the warmth provided by the Spartan buff as I haven't had any croaky voice issues at all since becoming a regular wearer.



As per the Vale below, at this challenging time we are thinking of the Iovenitti family as they embark on life after their beloved Carlo.

*Appreciate everything, even the ordinary. Especially the ordinary. – Pema Chodron*

Jay Fleming (S1012)

## **RECIPES** Jay Fleming

We are collating recipes that have been published in the newsletter over the last seven years, and will soon make them available as a downloadable PDF. We would love to encourage you to send in your favourite healthy (or healthy verging on decadent 😊) recipes with perhaps some mouth-watering pics and the usual listing of ingredients and method of preparation. This might be an heirloom recipe passed down from your family or significant others, in which case you are welcome to briefly share some of the back-story of the recipe. Conversely, it could simply be a recipe that you accidentally stumbled across in a magazine or newspaper on a quiet Sunday afternoon, and after trying it thought to yourself "Where has this been all my life?", in which case you are welcome to share your feelings the moment you first tasted it. I still vividly remember the very first times I tasted Tiramisu or Cointreau Ice Cream or Port Wine Trifle or Baked Lemon Cheesecake etc and heard the deafening orchestra in my mouth. Please share your OMG moments and your recipes with the Spartan Community! *There are two recipes on pages 7 and 8 of this newsletter.*



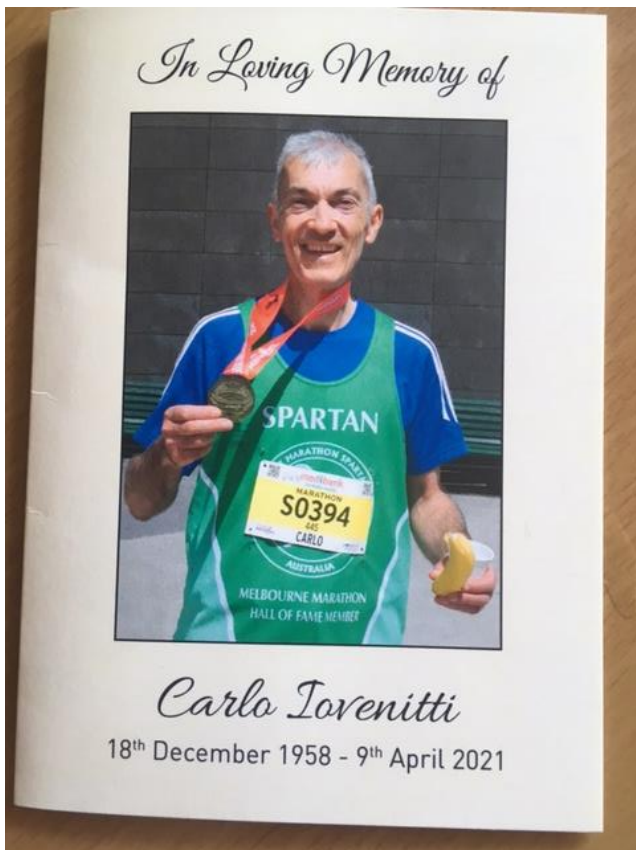
## **SPARTAN CALENDAR** Jay Fleming

We continue to request submissions for a collection of 12 favourite running photos from Spartans for the 2022 Spartan Calendar. We all have those running pics we think of as 'the money shot'. Could you see one of these currently in your photo album, being the next calendar shot for the month, Mr or Ms September? Photographs can either be recent or from decades ago. These could be of scenery you have shot on your runs, of you or others during the run or of you or others at the finish line. Please include a brief caption to accompany the Calendar shot and email to:

[spartans.team@hotmail.com](mailto:spartans.team@hotmail.com) or [djfoskey@ozemail.com.au](mailto:djfoskey@ozemail.com.au)

Alternatively, you can bring along to a Club Run or post to me at 12 Forest View Lane, Upper Ferntree Gully 3156, whichever is most convenient for you.

**VALE 37-YEAR SPARTAN CARLO IOVENITTI (S0394)**



We announce the passing of 37-year Spartan Carlo Iovenitti and send our condolences to Susan and Dean on their enormous loss. The funeral was held at Ivanhoe Le Pine on Tuesday April 26 and was fittingly attended by a substantial number of Spartans and Committee. We gathered to farewell one of our most determined and long-standing stalwarts who found genuine joy and fulfilment in his running and was a dedicated supporter of all things Spartan over nearly four decades. Vale Carlo Iovenitti.

We have added a [tribute page for Carlo](#) to the website.

**MEMBERSHIP RENEWAL NOW BEING ACCEPTED FOR 2021/2022**

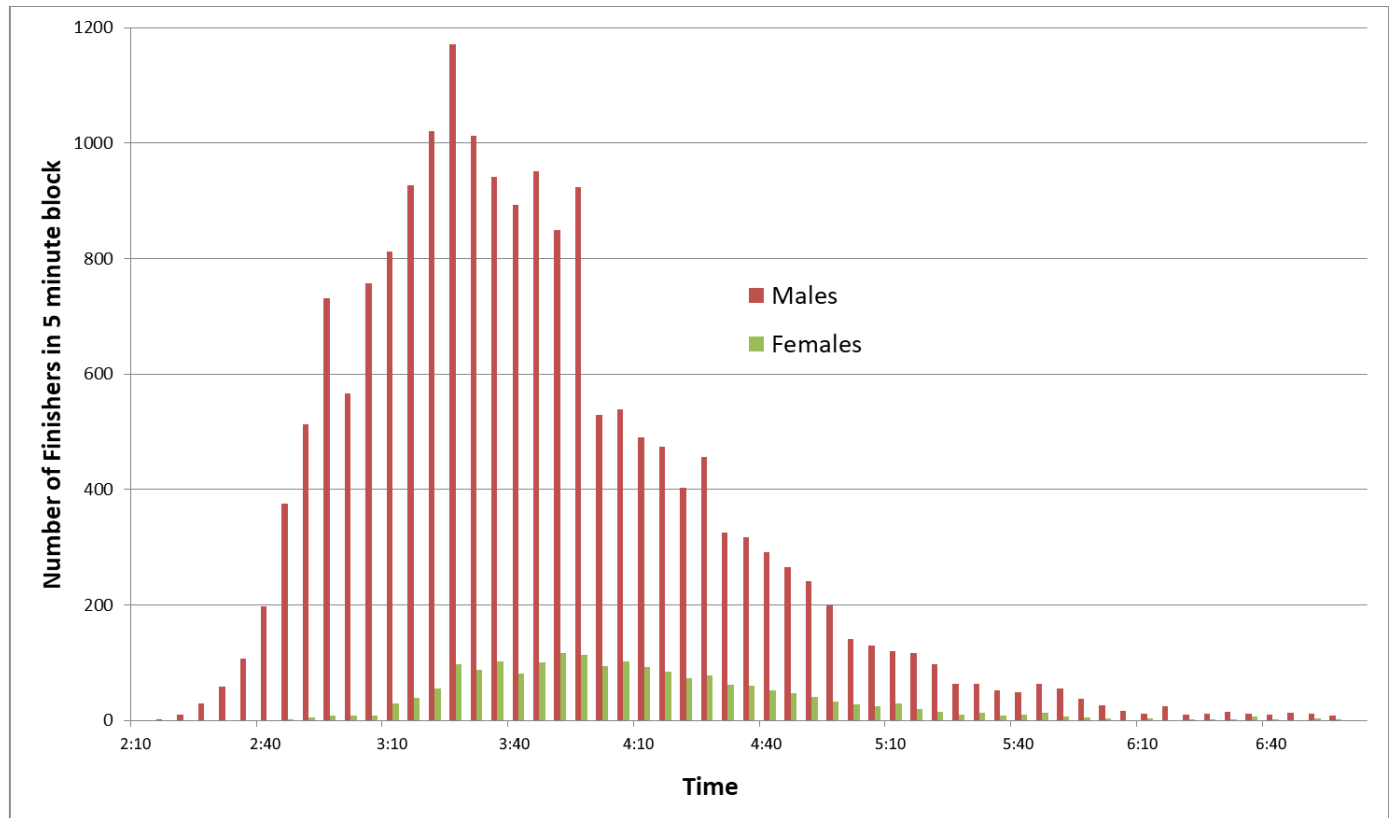
The Spartan financial year is 1 July to 30 June, so fees for 2021/2022 are now being accepted. Can't remember if you have paid for 2021/22? Look up your name via this link: <http://melbournemarathonspartans.com/financial-spartans/>. If you are not there you haven't paid so here's how:

<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.

## **SPARTAN FINISHING TIMES**    **David Foskey (S25)**

I've dived into the database again to extract all times run by Spartans, both before and after they achieved Spartan status. The graph provides an overview of Spartans' performances by accumulating finishing times over 5 minute intervals. For instance, the tallest red line is for male finishing times between 3:25:00 and 3:29:59. This line represents 1,179 times. For females (green lines) there is less of an obvious peak with 117 finishes between 3:50:00 to 3:54:59 and 114 finishing times in the next 5 minute interval.



This analysis revealed that the fastest male Spartan is Eric Sigmont (S72) in 1982 with his time of 2:19:20. Michael McIntyre (S1016) ran 2:20:24 in 1998 (second place), Damien Cook (S17) 2:20:33 in 1992 and Peter Mitchell (S654) 2:20:45 in 1984. Eric recently commented in the "Australian Distance Racing Nostalgia" group on Facebook: "The only time I was able to run an even pace for each half, 69:40 and 69:40. Every kilometre was 3:19 plus or minus three seconds. It was a day when everything came together, so it is an achievement that I am proud of."

Colleen Stephens (SF21) ran 2:48:14 in 1992 plus another five times under 2:55 including being first female in 1989. Carmel Kahlefeldt (SF103) ran 2:54:47 in 1995 to be the second fastest Spartan woman.

## **YOURS IN RUNNING**    **Colleen Stephens (SF21)**

Running has been my passion for as long as I can remember. Growing up on a sprawling property I was forever chasing sheep, cows, pigs or horses – my daily run once I left school was to run to the back paddock and let the cows into graze and then run back home.

## THE SPARTAN May 2021

Even though I ran nearly every day, I did not run competitively until after the birth of my second child and by then I was almost 34. My first event was a 10km race in Geelong called the "Spring Ding". I was amazed to find I had finished second female.

I competed my first Melbourne Marathon in 1984 – it all happened quite by accident! A few of the playgroup dads were training for the Marathon and, knowing I loved running, asked me if I wanted to join them in on their long runs. I thought that sounded fun. However, the talk of marathon running and the excitement building throughout the group, really got to me and I just simply had to enter.



My first marathon was so exciting. Staying at Frankston overnight on the Saturday, where the pizza and pasta places were spilling over, the atmosphere and buzz in the town was infectious. I started off with one of the dads, at a conservative pace. He was not feeling all that well and said I should just go! Well go I did and finished in 3 hours 10 minutes. The thought of running under 3 hours seemed impossible at that stage and my original thoughts of only ever running one marathon had by now totally left my mind.

In 1987 I joined the Geelong Cross Country Club and am still a member to this day. This is where I learnt to actually race, rather than jog around as I had constantly been doing. Each race was usually handicapped and the lure of catching the person in front of me certainly saw my kilometre rating drop considerably. I have made wonderful friends through this Club and thank them for my improved

running.

The 1989 marathon was of course memorable as, to my astonishment, I actually finished first female! Incredible. I will never forget running the last 500 metres, the street lined with people, waving and cheering – it was exhilarating, My children and now grandchildren love watching the [youtube](#) clip – and we laugh a lot throughout it! *(The photo is from the 1989 results book.)*

In 1989 I was asked by Athletics Australia to run the Long Beach Marathon in California. It is hard to believe now, but this was my first overseas trip – apart from to PNG where we had lived for five years. This trip was a great experience – we were treated like royalty and of course visited Disneyland. Later that same year, I was asked if I wanted to run a marathon in Phuket – who could say no? Again a fabulous experience – very hot running conditions but amazing scenery and lovely people.

The prize for winning the 1989 Melbourne Marathon was a trip to Japan to run the Womens Osaka Marathon. This was in January 1990 and would be my fifth marathon in 8 months,

having run Long Beach, Phuket, Melbourne and Portland during 1989. The Osaka race was restricted to 300 women and we all were required to undergo a medical. The doctor was very concerned when he saw I was over 40 and did a thorough cardiovascular exam! It felt weird running a marathon with only women – I would usually strive to catch up to the woman in front of me, but it would take a lot of striving to catch them all this time I finished in 23rd place and ran my best time for a marathon – 2hours 39mins 53 seconds.

Further trips were offered by Athletics Australia – Philippines, New Zealand, India and a return trip to Long Beach California.

I would continue to compete in the Melbourne Marathon for many more years, often finishing first Australian, but not first in the race. This placing was rewarded with further trips to Japan and as a result of my relationship with the Marathon I competed many times in the Lake Kawaguchi Marathon. As with Geelong Cross Country Club I have made lifelong friends stemming from the Melbourne Marathon and in many countries too as a result I keep in touch with overseas fellow runners regularly and have had them visit us in Australia and vice versa.

In total I have now run 33 marathons and I actually think I just might, have one more Melbourne Marathon left in me!!

My sincere thanks to all the organisers of the Marathon over the years for the hard work that goes into getting the race(s) on the road and the opportunity it gives the ordinary every day runner like myself, to compete, improve and enjoy the comradeship.

## **NEXT CLUB RUN**

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

## **CHIA PUDDING**

**Anne Ziogos SF45**



### **Ingredients**

$\frac{3}{4}$  cup almond or coconut milk (unsweetened)  
1 tbsp maple syrup or honey  
1 tsp pure vanilla extract  
3tbsp chia seeds  
Nuts, berries, stewed fruit for the topping

### **Method**

Mix all ingredients except for the topping of nuts, berries or fruit.  
Refrigerate overnight  
Add your favourite topping

Enjoy!

## **SUPERCHARGED SMOOTHIE**      **Wayne Thompson S0078**

This smoothie is rapidly absorbed and replenishes the body. The recipe leaves plenty of room for individual choice.

### **Ingredients.**

500ml skim milk or almond or soy or even water.

Add fruit from the following list. One or more, or anything else you like. The broader the range the better.

Banana, Blueberries, Raspberries, Pear, Apricot, Apple, Nectarine, Peach, Mango, Orange, Mandarin, Kiwi fruit, Watermelon, Cantaloupe, Grapes.

Protein Powder.

Yoghurt.

Occasionally a spoon of Staminade or Gatorade powder.

Possibly oats, bran, wheat germ, or barley.

Honey.

Even sugar if you have trained very hard prior and you will be active for the coming hours.

### **Method**

Blend thoroughly.

### **Wayne's Comments**

I often create 2.2 litres of mix.

After a 15 or 20km run I usually down at least a litre.

Also, before or after, a small tin of salmon, or tuna, or sardines or chicken.

I usually use the entire mix by about 4 hours later.

Thus I have COH, Protein, Fibre ( cellulose) , photo chemicals, vitamins of many varieties, minerals, and I often drink additional glasses of water.

I can take half an hour to prepare so often a large spoon of honey, or 2, then the small tin fish and 500 to 1000ml of water are downed immediately after the training, and then the Smoothie is made.

This is half my total intake for the day and it means I have maximum absorption time for the next day.

As always I recommend Performance Nutrition for Runners as a guideline to all seeking health.

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

Do you have a story about your path to becoming a Spartan, or would you like to pay a tribute? We prefer articles in the range of 200 to 2000 words, but that's a guide only.

Contact us to discuss at [djfoskey@ozemail.com.au](mailto:djfoskey@ozemail.com.au) If you have missed a deadline, don't worry, there is always the next issue!

If you have some photographs that you would like to add to our [photographs collection](#), please send them in!



## SPARTAN MERCHANDISE



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

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

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

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



We have received sample copies of clips that can be used to secure race numbers to race tops. They have been adopted by many clubs here and overseas, and look as if they were designed for our logo. The selling price is yet to be determined.



If you would like a Spartan jacket you can order [here](#). Ian Gainey is pictured modelling the jacket at a recent club run.

## **ADELAIDE MARATHON WARRIORS: Part 2 – Facts, Figures and Profiles**

*This article has been written by Ian Hill, a South Australian marathoner who has written extensively on [South Australian running](#). Part 3 will be published in the next newsletter.*

### **Facts**

The Adelaide Marathon was established in 1979 and the 2020 event was its 42<sup>nd</sup> running.

Warriors – 10 Adelaide Marathons finished

Legends – 25 Adelaide Marathons finished

### **Warriors**

There are presently 119 Warriors after the 2020 Adelaide Marathon, of whom 11 have gone on to become a Legend.

The first Warriors were the 15 finishers of the 1988 Adelaide Marathon who had previously completed all nine since 1979. All were male and are identified in Part 1 together with their 1988 finish times.

During the next two years another 19 runners qualified, including the first female Warrior, Sue Worley who started in 1981. The rate of qualifying slowed during the 90s to an average of 4-5 per year. By 2000 there were 78 Warriors which included a further four women who were identified in Part 1.

Since 2001 another 41 runners have qualified at a rate of two per year, including another three women – Christine Lubcke in 2003, Jane Bennett in 2004 and Mandy Towler in 2010. At that time the total was 101, giving a female proportion of 7.9%. This has now slipped to 6.7%.

There have been four years since 1988 when there were no new Warriors – 2006, 2013-14 and 2020.

Part 1 described the 28 year long quest to be the last one standing and it was Peter Worley who outdid all 15 inaugural Warriors when John Bannon started but could not complete his 29<sup>th</sup> marathon.

For the record Helen O'Connor was the last surviving woman from those who ran the first event when she finished her fourth consecutive Adelaide Marathon in 1982. No other woman did more than three. Helen went on to finish another five, the last in 2000. Her best time was 3:13:16 in 1985. Helen ran many more Adelaide Marathons as a "sweeper" but her times were never in the results. She was included in some Warriors lists by the editor of Footnotes or finish results (with an asterisk and explanation) but cannot be officially included.

### Legends

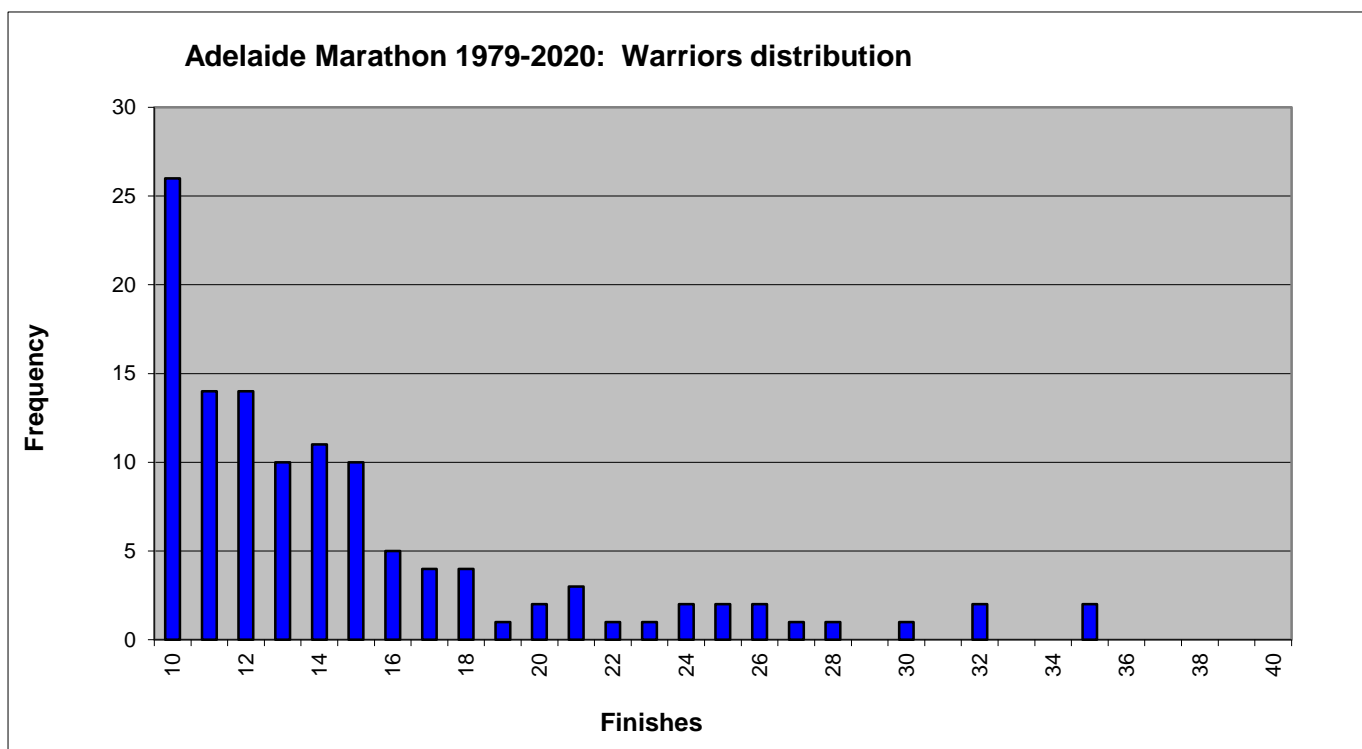
The 25<sup>th</sup> Adelaide Marathon was held in 2003 and four people qualified that year, being the remaining runners in the quest to be the “last one standing”! The first was John Bannon from Peter Slagter, Peter Worley and Len Freeth. Their stories are fully described in Part 1.

### Trivia

After becoming a Legend Doug Kewley worked out that he was the fastest of the nine to date going on the average of each person’s best 25 Adelaide Marathons, just edging out John Bannon. Unfortunately for Doug he was using some unofficial results in his calculations and when final results were used it was a tie, with both he and John Bannon having an average time of 3:08:41. However, going down to the second decimal point revealed that Bannon was .04 of a second faster on average, which amounts to one second over the 25 years! Indeed, the sum of their 25 times in seconds is 283,048 for Bannon and 283,049 for Kewley. Ian Hill was a distant third with an average time of 3:09:04 or 571 seconds back.

### Figures

The graph shows the distribution of the 119 Warriors by number of finishes.



By definition the fastest time anyone can become a Warrior is 10 consecutive events over a roughly nine- year time span depending on the date of the annual marathon at each end and when they started. In 2019 Tak Chau achieved the distinction of being the fastest, qualifying in eight years, nine months and 11 days because he started on 15 August 2010 and finished his tenth on 26 May 2019. In 2018 the Adelaide Marathon was switched from August to May, a move which proved very successful.

Looking at the time span more generally, 56 Warriors have taken the minimum of ten events, which is 47% of all Warriors. A further 19 missed just one year and another 8 two years. This means nearly 70% of Warriors got on with the job! Another group had an early career of about half a dozen finishes, then took a long break and decided to resume running the marathon, not necessarily to qualify but just to see how it went! A subset of these people wasted no time becoming a Warrior and then they kept on going.

### Nine Marathons only

There is another group who reach nine marathons and then stop! Some no doubt had no choice but there must be others who did not want to belong to what they perhaps saw as an "elite" group. A list of these people is kept to be able to identify a new Warrior immediately and it currently has 28 people but most of them stopped well before 2000. The only people who reached nine in recent years are David Staehr (2019) and Dean Zweck (2017).

There would certainly have been a new Warrior in 2020 if it were a normal year but the COVID-19 circumstances made it impossible for David Staehr (*Spartan S1253*), now living in Victoria, from competing. David had already entered the marathon and would almost certainly have become the first Warrior to have run under three hours for each of the ten qualifying marathons, but all being well he will still be able to do that this year. David's best time in Adelaide was his second placed 2:42:42 in 2011 and his overall PB is 2:38:53 in the Barossa Marathon of 2015.

Dean Zweck started in 2005 aged 59 years and reached his ninth in 2017 with a best time of 3:51:06 in 2007. There is a D. Zweck who ran the SA State Championship three times in the 1960s with a best time of 3:03:10 in 1967. No information is available on Zweck's first name or age from the 1960s but there is a fair chance it would be Dean. Perhaps he will line up for his tenth Adelaide Marathon at some stage and that could be confirmed.

Clearly nearly all the people on the nine-marathon list will never run another one and this is confirmed statistically with 108 of the 119 Warriors finishing their tenth Adelaide Marathon the year following their ninth. Another eight missed only one year before qualifying. Missing two years was Peter Sandery who decided to become a Warrior in 1995. Occasionally someone in this group will run their tenth marathon more than ten years after their ninth. Incredibly, our 100<sup>th</sup> Warrior, Colin Hall took 15 years to run his tenth marathon in 2010 after doing his ninth in 1995.

Even more incredibly was Brian Chandler who took 16 years to qualify as a Warrior in 2017 after finishing his ninth in 2001. He started in 1981 and ran six Adelaide Marathons consecutively, his seventh in 1989 and his eighth in 1993. Following this pattern he may well run another one in the 2020s! Brian's PB was 2:56:38 in 1989 and it took him 5:34:20 in 2017.

Chandler also holds the record for the longest time span between his first and tenth marathon, 36 years. Liam Hanna who has finished 12 Adelaide Marathons set the previous record at 35 years between 1980 and 2015. Hanna is one of the fastest Warriors overall with a PB of 2:32:46 in 1981, a mark he bettered in the 1987 World Masters Championship in

Melbourne with a time of 2:31:58, thanks to a prearranged tirade of abuse from his three brothers after the 32 km mark – and quite a colourful tale it is!

### **Profiles**

In 2004 the fifth Legend was Richard Davie, one of three people who missed the first Adelaide Marathon but then proceeded to finish the next fifteen. The others were Roger Williams who retired after reaching 15 in 1994 and Barry Biggs who stopped at 22 in 2001. Richard Davie was also a Melbourne Spartan with 11 finishes. After his 26<sup>th</sup> Adelaide Marathon he became ill with cancer and passed away just before the 2007 event aged 56 years. A close friend of Richard, Matt White ran the 2007 marathon in his memory with a special bib and as a fitting tribute won in a time of 2:39:23.

The next Legend was Sue Worley who started in 1981 and had intended to run every one since but in 1993 was injured in a bicycle accident while training for a triathlon and could not take part. She duly reached her 25<sup>th</sup> in 2006 in 5:22:56. Susan was the first and likely to remain the *only* female Legend and for several years was second on the all-time list for number finished behind husband Peter.

Seventh and eighth Legends were running statisticians Ian Hill and Lester Smith who resurrected the list of Warriors in the late 90s. Smith is also a Spartan with 20 Melbourne Marathons completed and was featured in a RFYL magazine article on the Melbourne Marathon in 2014. He has run some 200 marathons overall, also achieving the coveted 10+ status at Pichi Richi and Boston Marathons. Hill has finished three Melbourne Marathons (all in the 1980s), thirteen Pichi Richi and one Boston Marathon (in 2016) for an overall tally of 76 to date. His Adelaide Marathon career has been a stop-start matter, finally matching Peter Worley's record total of 35 in 2020 with an injury affected 6:40:28.

Ninth Legend is Doug Kewley who, after starting in 1984 with a time of 3:00:31, ran his Adelaide PB at his third attempt in 1988 (2:42:05) and then proceeded to finish the marathon 27 consecutive times from 1991 to 2017. In 2012 he reached Legend status with 3:28:31 at age 62 years. As noted earlier Doug's main claim to fame *was* that he has the best average time over his fastest 25 Adelaide Marathons with 3:08:41, just edging out John Bannon but that has since been disproven – they are level! He has finished well over 100 marathons and is an accomplished ultra runner.

Doug Smart is another runner who had a stop-start career while accumulating enough finishes for Legend status. He ran the first two in 1979-80, missed 1981 and finished the next six. He then had a break from 1988-94 before resuming in 1995, becoming a Warrior in 1996 and finally qualifying as the tenth Legend in style in 2013 with a 3:52:46 marathon at age 70 years. He missed only the 1998 and 2006 marathons along the way. Doug is probably better known as a trail and ultra runner and organiser and it would come as a surprise to many younger people that he is also an Adelaide Marathon Legend!

This brings us to John Twartz, the eleventh and for several years to come the final Legend to qualify as no-one still active has yet reached twenty finishes. John did not start his marathon career until 1990 and was determined to become a Warrior as fast as possible, which he did

## THE SPARTAN May 2021

in 1999 with a time of 3:29:39 at age 56 years. He then kept going, finishing every year except 2005 and 2015 until his final marathon in 2018. He became a Legend in 2016 with his slowest run up to then with 5:40:37 and his final two marathons were well over six hours. He was unable to compete in 2019 and 2020 and he passed away on 3<sup>rd</sup> January 2021 at age 77 years.

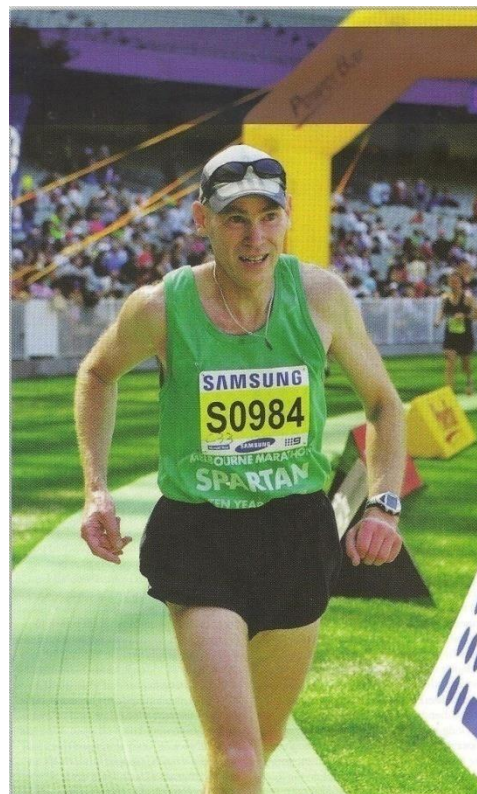
John Twartz was one of three brothers who became Adelaide Marathon Warriors. Alan Twartz, eleven years younger than John, started in 1986 and ran five marathons until 1992 with a PB of 3:02:25. He resumed in 2006 and kept running times near 3:20 until his final Adelaide Marathon in 2016 for 13 in all. Peter Twartz, five years younger than Alan, like John also started in 1990 and ran eleven consecutive times to finish in 2000. Peter was the fastest with a PB of 2:46:58 in 1992. Another brother, Keith Twartz, three years younger than John, ran the Adelaide Marathon in 1991-92 with a PB of 3:45:59.

The four members of the Twartz family finishing the Adelaide Marathon matches the Worleys who, apart from Peter and Sue also had Peter's father Eric Worley finishing five marathons from 1981-85 with a PB of 4:20:00 in 1981 at age 67 years and son Brett Worley with seven finishes from 2002 with a PB of 2:59:58 (slightly bettered in Canberra in 2009 with 2:59:25). It recently came to light that another family grouping involving Peter Slagter also had four members run the Adelaide Marathon.



*Photo courtesy SARRC*

*John Twartz at the 2012 Adelaide Marathon in proudly showing his W073 number*



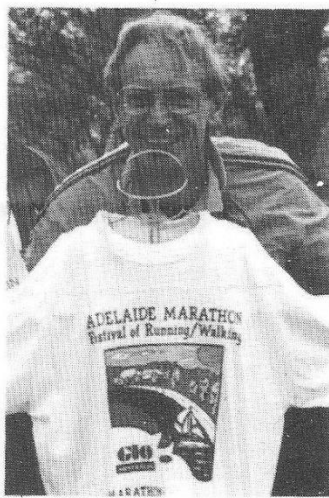
*Photo from R4YL magazine and Lester Smith*

*Lester Smith finishing on the MCG 2006 in a time of 3:22:05*

Nearly Legends

Looking at those who have finished between 20-24 Adelaide Marathons, apart from Terry Buxton on 24 who, while still running, is unlikely to make one last attempt, Euan Downing is also on 24 but completed his last marathon in 2012, 5:40:28 at age 74. Euan began in 1983 and finished the next eleven Adelaide Marathons with a PB of 3:25:45 in 1984. From 1995 he steadily added to his tally most years until 2009 and had one last run in 2012. Euan is also a Spartan, finishing Melbourne eleven times between 1987, where he set his overall PB at 3:23:04, and 2008. Euan continues to support the Adelaide Marathon as a volunteer and donates perpetual age group trophies to the event.

The following photos are Warriors Euan Downing in 1995 and Kym Williams at the 2013 Pichi Richi Marathon respectively. With Kym are Pichi Richi legend Michael Slagter and his wife Elizabeth Slattery.



Euan Downing displaying our GIO Australia Adelaide Marathon tee shirt

*Photo from Footnotes, August 1995*



KYM WILLIAMS MICHAEL SLAGTER LIZ SLATTERY

*Photo courtesy Transcontinental newspaper*

As mentioned in Part 1 Ross Martin finished with 23 marathons, Barry Biggs with 22 and John Auld with 21. In the marathon's early years John Auld was an employee of Qantas and was able to arrange sponsorship and two random draw prizes per year of trips to a marathon overseas and the winners invariably chose to go to the Honolulu Marathon. The 1980 tour was memorable, with the presence of tour leader Bruce Abrahams, sports commentator Bruce McAvaney, John Auld and fellow Qantas employee Peter Mead, better known as an SANFL football umpire and former player with Port Adelaide. Mead's son Darren was a member of Port's inaugural AFL team in 1997.

Two future Warriors, Ian Hill and Rod Martin were lucky enough to be amongst the prize winners and went to the Honolulu Marathon in 1980 and 1981 respectively. Also on the 1981 trip were prize winner Fay Nichols and her husband Gary who finished ten Adelaide Marathons between them during the 1980s. Fay and Gary were awarded Life Membership of SARRC in 2018 for their services to the club. Fay was a Board Member for seven years and Gary was a world class course measurer for the marathon.

## THE SPARTAN May 2021

With Auld on 21 finishes are the late Andrew McComb (Snr) and John Bennett. McComb started in 1982 at age 51 years and ran his first eight marathons between 3:02:20 and 3:08:30. His quest for a sub three hour time went better in Melbourne, running 3:01:48 in the 1983 Melbourne Marathon and at the World Masters in 1987 with an agonisingly close 3:00:13. He continued running the Adelaide Marathon until 2006 with 5:27:02 at age 75 years. McComb's son also named Andrew ran three marathons in the early 1980s with a PB of 2:58:24.

There is one marathon performance attributed to Andrew McComb, 2:58:39 in the 1984 State Marathon championship where no age information is available and it could belong to either father or son. Given that the senior McComb ran many marathons and contested championship events, including the World Masters again in 2001, it would be appropriate to say that this sub three hour run belongs to him!

John Bennett started in 1990 at age 47 years and finished in 2012, missing only 1995 and 2004. John's PB was 3:38:19 in 1997. He was well known as an SARRC marathon coach for many years and mentor to future Warriors Mandy Towler and Mark Bloomfield.

With a wonderfully symmetric marathon career Phillip O'Connell of Victoria finished 40 marathons between 1991 and 2011 – 20 in Adelaide and 20 in Melbourne. He missed Melbourne in 1992 and Adelaide in 1998. His best time in Adelaide was 3:27:04 in 2002 and in Melbourne it was 3:34:51 in 2003 at age 50 years.

The very popular Kym Williams ran his first Adelaide Marathon in 1986 in 3:59:33 at age 29 and in 1991 ran his PB of 3:27:10. He became a Warrior in 2005 during a run of 13 consecutive marathons and in 2014 finished his 19<sup>th</sup> in 4:15:23. Kym is also one of the runners to have done every Yurrebilla Trail 56km Ultra Marathon since the event started in 2007. However injury started to take its toll and he cut back on distance events. In 2018 Kym finished one last Adelaide Marathon to take his tally to 20, in a time of 6:04:11. He is unlikely to run any more road marathons.

None of the above people are likely to reach Legend status although Terry Buxton would be a slight chance. However there are four runners on 18 or 19 finishes who are on course to become Legends during the second half of the current decade. Stephen Dunn on 19 is next in line provided he can continue to finish under seven hours, having clocked 6:48:11 in the 2020 Adelaide Marathon. He is keen to become the 12<sup>th</sup> Legend rather than the 13<sup>th</sup> and this keeps him motivated. Stephen, also a Spartan, has run 137 marathons in all and his PB at Adelaide is 2:53:39 in 1989 and in the same year he ran 2:47:02 in the SA State Championships.

A trio on 18 finishes, David Kuhne, Peter Kotsoglous and Colin Brooks all ran a few marathons during the 1980s, stopped for about 15 years and resumed this century. Brooks is currently the fastest and still regularly breaks four hours while Kuhne and Kotsoglous, both sub three hour runners in their early career now take around four and a half hours or more. A fourth Warrior on 18 finishes is Albert Culbertson who started in 1983 and ran all his Adelaide Marathons consecutively, finishing in 2000 at age 59 years. Albert's best time was 3:05:04 in 1989.



## **JOIN OUR MAILING LIST**

If you would like to be added to our mailing list or if you know someone who might like to join, [please use this link](#)

## **SPARTANS' CLUB STATEMENT OF PURPOSE**

To advance the sport of marathon running to athletes of all ages and abilities and to encourage and assist all runners to achieve Melbourne Marathon Spartan status.

To provide a platform and environment for runners to receive and to build upon their achievements enabling progression through the various Spartan milestone singlet colours.

Assist in the promotion and publicity of the Melbourne Marathon and the charities it supports.

## **BENEFITS OF BEING A SPARTAN**

The Melbourne Marathon Spartans Club is a club consisting of marathon runners from all walks of life, ages and abilities that have achieved Spartan status by having run ten Melbourne Marathons.

The benefits of membership include regular newsletters, organised training runs, being presented with a Spartan singlet after ten years and subsequent milestone Spartan singlets each five years, the opportunity to attend our AGM and hear a top-line guest speaker, being able to avail of refreshments and free massage after finishing the marathon.

### **Life Members**

Paul Basile, Peter Battrick, Rod Bayley, John Dean, John Dobson, Peter Feldman, Jay Fleming, David Foskey, Jack Fredrickson, Christine Hodges, Ken Matchett (Dec'd), Conor McNeice, John Raskas, Peter Ryan, Colin Silcock-Delaney, Maureen Wilson, Ron Young (Dec'd), Shirley Young (Dec'd)

**COMMITTEE**

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