

THE SPARTAN

CLUB PATRON - Robert de Castella

May 2022

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FROM THE PRESIDENT Jay Fleming (S1012)

Loving May in the hills out here and I hope you're enjoying the autumn palette wherever you're living or running Spartans! Approaching the half-way point of our first normal (whatever that means) year for a while, on Committee we again look forward to mobilising preparations for our usual Spring events. We are totally excited to announce our guest speaker for the 2022 AGM on Monday September 12 will be Kevin Cassidy. This will be Kevin's second stint at the AGM podium, the first having been 17 odd years ago during our pre-MCG AGMs which were held at Banks Boathouse. We felt that Kevin had sufficiently diversified and enriched his endurance achievements since then to share them not only with his previous audience of admirers but additionally allowing the emerging ranks of Spartans to similarly listen and whisper ... WOW!

In the next couple of months we hope to finalise our inaugural limited edition Spartans Wall Calendar to assist with our fundraising efforts for CPEC. This will be ready in time for the AGM, Expo and Club Runs. It would make an ideal Christmas gift to ourselves or to fellow running acquaintances here and overseas. Please get involved either by sending in that 'money-shot' of yourself powering toward the finish line or by purchasing one at any of our Spartan events.

Since having the baton of President passed to me by the mighty John Dean over a decade ago, I have ensured constant visibility of a couple of main issues. As long-suffering Committee members will attest, I strongly believe in enhancing the Marathon experience not only for Spartans, but for all runners participating in our great event. This hasn't involved any particularly complex or extravagant proposals, but simply anything likely to result in goose bumps or watery eyes ... even something as simple as loud music pumping at the Start line and Finish line of the Event. Going forward, I would love to see emerging live bands playing at appropriately chosen and risk-assessed locations along the event course itself as we all know the rejuvenating effects of running past a wall of loud music, be it a rock band or drummers. Other suggestions for increasing the specialness of the Spartan experience have involved the composing of a unique and instantly-identifiable Spartan cheer or chant as Spartans run past the Spartan tent at the end of the race. Once established, this chant would be recognisable by Spartans participating in events other than the Melbourne Marathon.

We will be liaising with IMG next month to explore further additions to the Spartans photo point on Race Day as, given that it was a hastily arranged first effort, we felt last year was very successful and welcomed by Spartans, particularly in the absence of an Expo or tent. However, at the debrief we identified a number of additional enhancements we plan to put to organisers for this year's event. As always, if you have any ideas or suggestions regarding anything discussed in this or any Newsletter, please get involved by dropping us a line!

I am loving the belonging and instant recognition of our Spartan logo in events. It is quite common in any event for runners and spectators of all persuasions to offer a word or two in the direction of the runner wearing the Spartan Running Man. I feel we owe much gratitude to our inaugural Spartan forebears and Committees who many years ago had the foresight to design a unifying logo that is not only classic and iconic but has become one of the most recognisable symbols in Australian running. Once a Spartan, Always a Spartan!

Bruce Hargreaves We welcomed Spartan Legend and Royalty Bruce Hargreaves who made the trip from Mount Tambourine to Melbourne last month. Bruce caught up with several acquaintances down here including visiting his old Bendigo stomping ground. Bruce is showing tremendous courage and resilience with his ongoing health challenges including breaking new ground with previously untried treatment protocols. Keep pushing Bruce!!

Nev Gardner Special shout-out to one of the Original Spartan Legends, Nev Gardner who is recovering in Box Hill Hospital after a major health scare last week. Wishing you a speedy recovery with the help of that famous Spartan spirit Nev!

Jane Sturzaker Jane has firmly entrenched herself in the 300 Club and her recent Canberra Marathon sees her hurtling beyond 310 marathons. The unstoppable one!!

Ray Cilia We were thrilled to welcome Spartan Ray Cilia from Shepparton to a Club Run at The Tan in February and he intends to travel down whenever possible now that COVID restrictions have eased. Ray really brings a relaxed air to our post-run banter with wonderful updates of his garden, chickens and Parkrun accomplishments. Onya Ray!

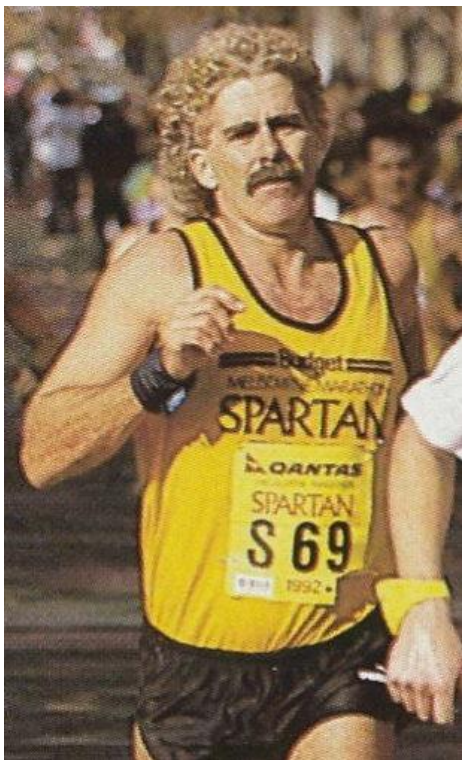
John Kaparelis Huge Kudos to Spartan Committee member and Hall of Fame runner John Kaparelis who completed 10 marathons in 10 days last month. This alone is remarkable but that he entered the event with serious unresolved foot and ankle injuries and pushed through unspeakable pain every day showed true grit. Such was the pain level that he literally made a cane from an old tree branch to hobble around in the later marathons. He remarked that he felt like he was reprising his role as an extra in Jon Voight's mini-series Noah's Ark over 20 years ago! Respect John!!

The photos below show (left to right) Bruce Hargreaves, Nev Gardner, Jane Sturzaker, Ray Cilia and John Kaparelis.



PETER RYAN RUNNER-UP 2021 VOLUNTEERING AWARD

Past President Peter Ryan (S69) was a runner up for the 2021 Victorian Inclusive Volunteering award. The ceremony was held at Government House Victoria on the 25th of March 2022. His citation reads: *Peter played an instrumental role in the set-up, development and growth of the Victorian Football Integration Development Association (FIDA), as President for 23 years. FIDA is a football competition for players with an intellectual disability, comprising 28 clubs and 800 players. Peter is passionate about volunteering and has had a sustained and substantial impact for people with an intellectual disability wanting to play the sport they love.*



Peter is a Life Member of the Spartans and was an "Original Legend", completing the first 37 Melbournes. He served in many committee roles for 23 years including as President of the club from 1992 to 2003.

A more complete record of Peter's achievements is on [the website](#).

VALE TONY MARTIN

Antony Martin (S133) ran 37 consecutive Melbourne Marathons from 1979. When he completed his last in 2015 he was 87, the oldest recorded age for a Spartan finisher. Tony was an original inductee in the Spartan Hall of Fame. He was also a staunch member of the Victorian Road Runners recording 12 Tan Time Trials in 2020.

Most of all, everyone who knew him described him as one of “nature’s gentlemen”.

The photograph shows him at the finish of the 2013 marathon with friends made on the run.



MY EPIC 2021 MELBOURNE David Martini (S1171)

The 2021 Melbourne Marathon was my 14th (first ever marathon run in December) and saw my first “mishap” in a marathon. At 18km, running with the 3 hour pace group I was a victim of close quarter pack running when on the left side of the group (middle of road heading towards turn around at West end of course near Station Pier) I did not react fast enough to the runner in front of me moving to his left to avoid a rather large witches hat cone dividing the “out” and “back” directions of the course. Only being about an arm’s length behind him while he avoided the obstacle I was not so lucky and hit the cone causing me to stumble. I failed to remain upright and gravity took over as I fell head first to the road surface with my right hand trying to stop my fall but hitting the road on my left side.

My left shoulder took the brunt of this physics demonstration causing it to dislocate. This all happened in the blink of an eye and while I was aware of what was happening and even let out some colourful language as it occurred next thing I knew I was face down on the road with a searing pain in my left shoulder screaming to myself in my mind "get up, get up, get up."



Getting back to my feet in defiance of what had happened but also in an act of self-preservation to avoid having other runners fall on me I was back on my feet and trying to get to the middle median island to get out of the endless flow of runners. My shoulder hurt and my immediate thought was "there goes my goal of another sub 3 hour marathon". Runners passing were asking me if I was ok and putting on a brave face (also for myself) I said "yes I'm ok".

The pain in my shoulder was immense and I was trying to support my left arm, cradling it with my right hand. I stepped back down into the gutter after about 20 seconds and started to walk in the direction I had been heading before the fall, supporting my left arm trying to find a "comfortable" position so I could continue to run. While my shoulder was in pain and all the above took place over about 30 seconds I never once thought that my day was over. Yes I had realised "there goes my goal of another sub 3 hour marathon" however I had not nor would I resign myself to this mishap being the end of my day.

Searching for a comfortable position to cradle my arm as I walked the first 50m from the site of my fall I pushed up on my left elbow with my right hand and unwittingly popped my shoulder back into place. A wave of pain relief washed over me and the next thing I knew my walk became a jog. As I kept going the adrenalin kicked in and my pace started to increase as I neared the turn around. After the turn, I was back to same pace I had been running and I was doing the calculations in my head that "maintaining this pace to the finish line will still get me home in just under 3 hours with literally seconds to spare.

By 22km the delusion of maintaining the pace required to run a sub 3 hour marathon had evaporated and reality started to creep in that I was in survival mode both physically and mentally (running a marathon just exacerbated it). At the bottom of Fitzroy Street at around 23km I decided that toilet discomfort was not something I also needed to deal with on top of everything else so I stepped off and used the park amenities.

After my nature call I continued finding a rhythm and pace that under the circumstances was sustainable. This was only marginally slower than the planned 4:15/km and while the kilometres ticked by bringing with them increased pain in my left shoulder as the adrenalin wore off, it was what I could manage and sustain. The 24km after the fall are relatively uneventful in contrast to what happened in the 18th kilometre.

I am proud to say that I did finish my 14th Melbourne Marathon in 3:05:47. While this is not a PB or the goal I had had at the start of the day, I am personally very proud given the adversity that I had to overcome. While every person that completes a marathon overcomes doubts and physical hardship, my 14th Melbourne Marathon will forever for me stand out as the measuring stick of physical marathon adversity.

Since this rather eventful Melbourne Marathon I have succumbed to a glute/hamstring injury so my current running is limited and restricted. However, on opening day for Melbourne Marathon 2022 entries I did sign up for what will be my 15th Melbourne Marathon. Adversity did not get the better of me on 11th December 2021 and it will not derail my running plans and goals for 2022.

A SPARTAN FAMILY JOURNEY Harrison Manias (Incoming)

My introduction to the Melbourne Marathon Spartans was around 1995, when my father John Manias (S646) was inducted into the club. I was his +1 guest at the rowing club in Melbourne by the Yarra river and it is a memory that has lasted all these years later, as vivid as the evening itself.

I still remember very fondly the group of athletes and quite vividly the pride with which dad beamed when being called up to the front to be welcomed into the club. As an 11yr old kid, I understood the significance of becoming a Spartan.



Over the years, I saw the countless hours of training, the commitment to the lifestyle of being a marathoner and the sacrifices that need to be made along the way to get to that goal. I would ride my bike with him on his easy 10k days. I would ride with him (complaining endlessly) on some Sunday long runs. I would race him on his track runs.

Our family car windows wore the spartan stickers, car number plates had the 646 number, memorabilia with the 646 number kept appearing, the number went everywhere with us. It became a part of the family and it grew the imprint of the club in my mind forever.

As I got older, I then realised the sheer statistics of it all: How many folks complete a marathon? Then how many come back for another go? Then how many come back a minimum of ten times? How many things in life require a commitment that lasts a minimum of ten years?

I have had my eye on earning my own place in the Spartan club since before getting to the start line of my first Melbourne marathon. Very optimistic I know. Dad would remind me "just focus on getting through your first before you worry about doing ten!"

Fast forward a few (well, 27 or so) years and I will be running my 10th Melbourne Marathon in October. I've done the work, I've shown up to the start line and I've done whatever it took to get across the line – sometimes in good shape, other times broken.

Getting to the start line for a couple of these races has been tricky, but as I'm certain you are very well aware, nothing worthwhile is easy...

I've worked FIFO which killed training plans. I've lived between Australia and Hong Kong. I've had injuries. Then there was a bit of a health thing... In 2014 I had emergency brain surgery after an accident, was put into a coma and had a stay in the Critical Care ward at the Royal Melbourne. I had less than a 1% chance of survival from the surgery itself.



Surgeons told me in recovery and in subsequent check-ups over the years that the thing that kept me alive was my physical fitness (Luckily for me, I was in the shape of my life and in the middle of what was the most serious training block for a marathon that I'd attempted). I was advised recovery would take about 12months.

I ran and completed the Melbourne Marathon 5 months later, with my spirit burning bright in attempt to raise some money for the hospital that kept me alive. When I finished that race I was proud. I was happy. I was completely hell-bent on getting myself a Spartan number like my father's 646.

Every Spartan I'm sure has climbed countless hurdles, injuries, life changes, work stuff, family stuff, you name it... But come October you need to have put in the training, step up to the line and then get through a marathon. Repeat for at least a

decade.

I am in the middle of the largest training plan / block I've attempted. This October I will be at the start line for my tenth consecutive Melbourne Marathon (sans covid lockdown year) and who knows, I may even get myself a PB. (I can hear my dad saying "get through it mate, don't worry about the time").

Becoming a member of the club is something of a lifelong mission – well 26+ year mission. The idea of becoming a 2nd generation member is something that renders glee that I can't even articulate.

I hope that you all understand the impression you leave on the next generations, to family, to colleagues, to friends. To us, you are larger than life, your athletic endeavours symbolise continued effort, consistency, mental toughness, resilience and an impossible determination.

Sincerely congrats to you and thanks for showing us what can be done.

MY RUNNING JOURNEY John Zeleznikow

As a child, John Zeleznikow was very different to his 1950s schoolmates. He was born in Paris to holocaust survivor refugees from Poland. He came to Australia at 9 months and as a three year old was caught up in the last great wave of polio, prior to the development of the Salk vaccine and its virtual elimination as a disease in the Western world. Soon after



recovering from polio, he contracted Perthes disease - a disorder of the hip in young children. This led to him being in traction for eighteen months, and not being able to walk without crutches until he was ten. When he went into hospital, he could not speak English. At school he was Yankl Zeleznikow, on crutches and certainly stood out. Hence a name-change and a desire to integrate. Sport was the one factor that united young boys in the 1950s. But his hand-eye coordination was poor (his parents only valued scholarly activities), so football and cricket were out.

At school, John always came last in every race. But he persisted and found he enjoyed long distance running. It gave him a sense of achievement. And then there was Ron Clarke and the Mexico City Olympics. When a friend joined Glenhuntly (as a sprinter), John decided to do so. But he did not have a lean and hungry look, so joined under the pretence of being a shot putter.

After running some long distance races with Glenhuntly in 1971 (he still remembers with fondness the great Ron Clarke cheering him on in the 15 mile road race at Sandown – he was the sixth and last finisher for the club, eight minutes inside the allowed time limit. The club needed to have six runners qualify to finish a team in the 15 mile road race and thus win the road Championship), John was ready to run his first marathon – the Victorian Country Marathon in Morwell in August 1971.



After a break of a few years (and gaining and losing weight – a constant battle for John), he began running marathons regularly and ran his best Australian time of 3 hrs 24 min 37 sec at the 1978 Olympic Tires Marathon. At that time local politics was John's major interest. When campaigning for the Caulfield City Council (he won) he would wear a green and white T-shirt emblazoned with "I am running for council)" and raise environmental and recreation issues.

In June 1979, John completed his PhD at Monash University, and for the next six years worked as an assistant professor in three North American universities. As a good way to see the country and make friends, he ran many marathons (including ten in 1984). Marathons completed included New York (5), Montreal (4), Toronto (4), Ottawa (2), Chicago (2), Detroit (2 – photo at left in 1980), Philadelphia (2), Green Bay (WI),

Iowa City, Birmingham Ala., Toledo Ohio, Carmel Indiana, St. Louis, Hawaii, Bostonfest, Maine Coast, Providence, Cape Cod, Portland Maine (2) and Los Angeles. He also managed to run marathons in between attending European mathematics conferences: Copenhagen, Oslo, Stockholm, Turku Finland, Penines Yorkshire and Potteries, UK. In October 1980, he ran his personal best time of 3 hrs 19 min 45 sec at the New York marathon – the year Alberto Salazar broke the world record. This was before the era of Champion Chips, so the time was an estimated one.

Since returning to Melbourne in 1985, he has run twenty-four Melbourne marathons, twelve Canberra Marathons, eight Gold Coast Marathons, 2 Sydney Marathons, the Adelaide Marathon, ten Self Transcendence Marathons and various Victorian regional marathons. He ran the Sydney Olympic Qualifier in 2000 and due to his resilience in running 100 marathons despite having polio as a child he carried the Olympic torch in 2000.

His sabbaticals in the Netherlands in 1993, Israel in 1999 and 2015 and USA in 2007, plus two years at the University of Edinburgh (2001-2003) and trips to conferences have allowed him to run many more international marathons. These include Dublin (4), Montreal (3), Toronto (3), Manchester (2), Boston(2) Portland Maine (2) Boston (2), Rhode Island (2), Harrow (2), Nottingham (2), Paris (2), Edinburgh (2), Quebec (2), Tiberias Israel (3), Amsterdam, Venice, Florence, Pisa, Eifel (Germany), St John NB, Bay State, Scranton PA, Richmond VA, Longford Ireland, Myrtle Beach SC, Schroon Lake NY, Manchester NH, Halifax NS, Rotorua NZ, Buller NZ, Elgin (Scotland), Dumfries, Belfast, Lochaber, Longford Ireland, Loch Ness, Blackpool and Tallinn Estonia.



John lives 4 kilometres from the beach. So most of his runs are along grass beside the beach and occasionally through sand. The COVID19 pandemic has denied him the opportunity to run his 200th marathon by his 70th birthday. As a substitute, he invited all his friends to join him to help him run part of 42.185km in his local park (Princes Park) South Caulfield and then enjoy a celebratory birthday BBQ, once that is possible. This event was postponed four times but finally occurred on February 20 2022. It was great fun to have all his friends run with him.

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 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!

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](#)

We have lost contact with many of our older members. If you know a Spartan who doesn't receive our emails and is on email, please encourage them to use the above link. We deliberately limit the number of emails we send, and all have an unsubscribe link.

MEMBERSHIP RENEWAL NOW BEING ACCEPTED FOR 2022/2023

The Spartan financial year is 1 July to 30 June, so fees for 2022/2023 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:

\$20 via EFT: Melbourne Marathon Spartans Club BSB: 633-000 Account No: 139201743 Please include name and/or Spartan Number	Cheque for \$20 via Post: "Melbourne Marathon Spartans Club" PO Box 162 Rosanna Vic 3084 Please include name and/or Spartan Number
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If you are a current member, you do not need to fill in a Membership Form* but please advise of any changes to your contact details via spartans.team@hotmail.com. OR*: download the [membership form](#) and email or post it in.

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 which can come with long-sleeves.

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

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

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



We have clips that can be used to secure race numbers to race tops. They have been adopted by many clubs here and overseas, and look as if they were designed for our logo. The selling price is \$5 plus postage.



Anyone seeking a jacket will be pleased to know that we have a [Melbourne based supplier](#).

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.

In normal years we have a tent where bags can be stored securely. After run refreshments and free massages are provided as well as the opportunity to rest and chat.

Life Members

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

COMMITTEE

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