

THE SPARTAN

Reg No A0043579R

CLUB PATRON - Robert de Castella

April, 2013

Club Contacts

President spartans.team@hotmail.com
Jay Fleming Phone: 0418 374 783

Secretary
Vacated spartans.team@hotmail.com

Treasurer
Rod Bayley spartans.team@hotmail.com

Postal Address
P.O. Box 162., Rosanna. Vic. 3084

Enquiries: spartans.team@hotmail.com

Websites References

www.melbournemarathon.com	Melbourne Marathon
www.vccl.org.au	Victorian Cross Country League
www.aims-association.org	International Marathons & Road Races
www.coolrunning.com.au/ultra	Australian Ultra Runners Association
www.coolrunning.com.au	Best Australian Runners Site
www.vicnet.net.au/~vicvets/	Victorian Masters Athletics
www.athsvic.org.au	Athletics Victoria
www.athletics.org.au	Athletics Australia
www.home.vicnet.net.au/~roadrun	Victorian Road Runners
www.mountainrunning.coolrunning.com.au	Australian Mountain Running Assn.
www.ausrun.com.au	Australian Runners World
www.traralgonharriers.org	Traralgon Marathon Site
www.sixfoot.com	45 kms pleasure & pain

Life Members

Paul Basile, Peter Battrick, John Dean, John Dobson, Peter Feldman, Jack Fredrickson, Christine Hodges, Conor Mc Niece, John Raskas, Ron Young, Shirley Young, Peter Ryan, Maureen Wilson, Ken Matchett Dec'd.

FROM THE PRESIDENT

Hi Spartans

I trust this update finds you in good health and having enjoyed some of the brilliant weather we've had so far this year for all things outdoorsy.

From the outset, and I'm sure I echo the sentiments of runners everywhere, I'd like to express the shock and horror I felt when I awoke to the news of the Boston Marathon bombings. Our thoughts go out to those totally innocent people who have lost their lives, those still fighting for their lives and those who will be affected by the physical and psychological scarring for the rest of their lives. I'm sure we'll hear more on this as things unfold but sadly nothing will reverse the carnage and utter devastation.

Back to Melbourne. As a committee we have decided to focus on establishing a program of activities via our website. We want to add value to a Spartan membership to encourage both existing and lapsed financial members to renew their membership.

We would like to slowly introduce some new initiatives and reintroduce some previous ones. The focus is on trying to facilitate social and sporting opportunities that will enable club members to get together the year round instead of just at the AGM and the Melbourne Marathon itself. Some possibilities for this may include any/all of the following:

- program of group runs, movie nights, bike rides, dinner nights, trivia nights.

We are starting off with some Sunday morning runs at Albert Park Lake, in Spartan singlets, meeting 8 am at The Carousel Cafe car park. Ideally we would be aiming for 3 laps however it's a totally flexible arrangement with the number of laps and the pace. If the aroma of caffeine beckons you after 1 lap or if it's a recovery run, so be it. After the run if you need to dash off that's totally fine. If you've got time for a bit of a chat in a warm environment with nice views, that's fine too.

Depending on how these runs go, we would love to have a rotating roster of run locations at all points of the compass in the interests of fairness to all Spartans. We would like to encourage all Spartans to keep checking the website for upcoming events or submit any of your own that you would like publicized.

We would love to create a sense of social camaraderie at The Spartans and I hope to see as many of you that can make it on any of the listed dates. Even if you roll up late, still do the laps you wish to do and join us for a cuppa at the Carousel. They do a damned good coffee and some decent brekky.

I would like to announce the resignation from committee of Graeme Lay due to work commitments and acknowledge the valuable contribution he has made in his time with us and in his role as secretary.

This now means we have 2 vacant committee positions. We would very much encourage any Spartan to nominate for these positions at the AGM or earlier. We'd love to have you and your ideas on board!

We will start updating you with the AGM arrangements and some exciting guests in the next newsletter. Hope you're lovin the cooler weather and the autumn palette out there.

Happy running guys!

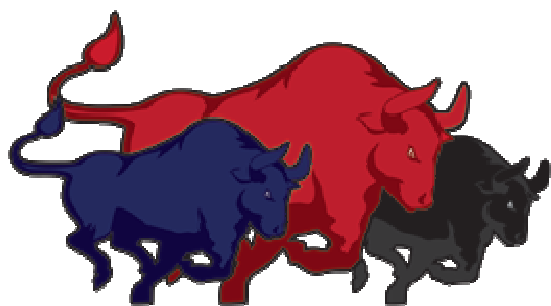
Jay Fleming
President

DATES TO REMEMBER

Starting in May Sunday Run is back!!!! The following Sunday runs will commence from carpark Carousel, Albert Park at 8:00 am. A coffee and chat afterwards!!!

05/05/2013	Led by Jay Fleming	0418 374 783
12/05/2013	Led by Jay Fleming	0418 374 783
19/05/2013	Led by David Foskey – together – all welcome	0432 146 747 this will combine with Legends get
26/05/2013	Led by Jay Fleming	0418 374 783
02/06/2013	Led by Jay Fleming	0418 374 783
09/06/2013	Led by Jay Fleming	0418 374 783
16/06/2013	Led by Jay Fleming	0418 374 783
23/06/2013	Led by Jay Fleming	0418 374 783
30/06/2013	Led by Jay Fleming	0418 374 783

These Sunday runs are not exclusive to Spartans – all interested running family, friends, Melbourne Marathoner first timers, seasoned marathoners, half marathoners, fun runners most welcome!!!!



THE
BULL RUN
MELBOURNE 75KMS/46MILES

An exciting new ultra event – to find out more go to:

<http://www.thebullrun.com/the-race/>

Melbourne Marathon Documentary

Film-maker Rahul Prasad recently contacted the committee seeking some help with his plans to produce a documentary on the 2013 Melbourne Marathon. It will be about an hour and will focus on five runners who he is following as they prepare. His group of selected runners is as broad as possible. He hopes that the resulting program will be shown on television. Rahul is a runner himself, but is yet to do his first marathon.

He was excited to learn about the Spartans and we are delighted to be able to help him gain access to our members. Rahul and some of his colleagues will be attending one of the Sunday runs that Jay Fleming is organising. The plan is to do some filming of us training, and to conduct informal interviews after the run. He is thinking that around ten minutes of the final program would be devoted to Spartans. We will give more details of time and place closer to the day, but please contact any member of the committee if you would like further information or want to contact Rahul.

Development of Spartans Website

Inspired by the Knox Road Runners site, it was decided at a committee meeting early in 2012 that the Spartans should build their own website. We wanted to have our website functioning by May which was expected to be the date of the 2012 Marathon launch. Although the committee was prepared to pay for outside expertise, it was decided to attempt to build the site in-house.

The web site was indeed functional by May. Built entirely by internal resources the total expenditure was approximately \$170. The address www.melbournemarathonspartans.com was chosen because it should be easy to remember or guess. A .com, rather than .com.au, domain was chosen because of price and ease of registration. It also meant that a long domain name was reduced in length.

Aims

The site has multiple aims.

- Be the number one source for all Spartan information.
- Promote the Melbourne Marathon – no Melbourne Marathon, no basis for our club.
- Be an easy to use reference to becoming a Spartan.
- Source of news, e.g. dates of the Marathon, dates of the AGM, release of “The Wall”.
- Enable contact with the committee by members.
- Be a record, in words and pictures, of Spartan history.
- Eventually replace the newsletter enabling cost savings. Recent newsletters are currently held on the site, and we’d like to get some of the older ones up to provide some history.

Stories

This section gives members the chance to share something about themselves and their association with the Melbourne Marathon. The current stories are all different and I invite submissions.

We have a number of overseas addresses in our membership list, and I am going to seek stories from these people. The Japanese addresses are of particular interest.

The Shirley Young and Legends pages are special case of stories about individual members. More pages of this type will be added as time goes on.

Recent Additions

The most recent page added shows the official singlet issued by the club; beginning with gold singlet issued in 1987 and finishing with the 35 year legend singlet issued in 2012.

<http://melbournemarathonspartans.com/spartan-singlets/>

The previous new page showed listed the committee members, complete with duties and photographs. There is a vacancy ... <http://melbournemarathonspartans.com/committee/>

Blog

The blog has been used for less structured posts such as book reviews and training logs. All members are invited to submit anything suitable to webmaster@melbournemarathonspartans.com Topics could include anything of interest, e.g. thoughts on heart rate monitors, Nike vs Adidas vs Asics vs Brooks, the role of fartlek in training.

The Future

- Better integration with the Spartan database to allow members to see their Melbourne Marathon times.
- More information about past marathons.
- Improved visibility under Google. At the moment, entering "Melbourne Marathon Spartans" into Google returns our site as the fourth hit. We want it to be first.
- More photographs. The 2012 AGM photographs proved popular, and we will have a photographer present for all future AGMs.
- Be a repository of history of the marathon and the Spartans. Many of the early photographs of the marathon (1978 and 1979) were stored in boxes and might well have been lost had Chris Muirden not scanned them.
- Provide ready access to the results spreadsheets of all 35 marathons.

The Wall

The History of the Melbourne Marathon 1978-2012

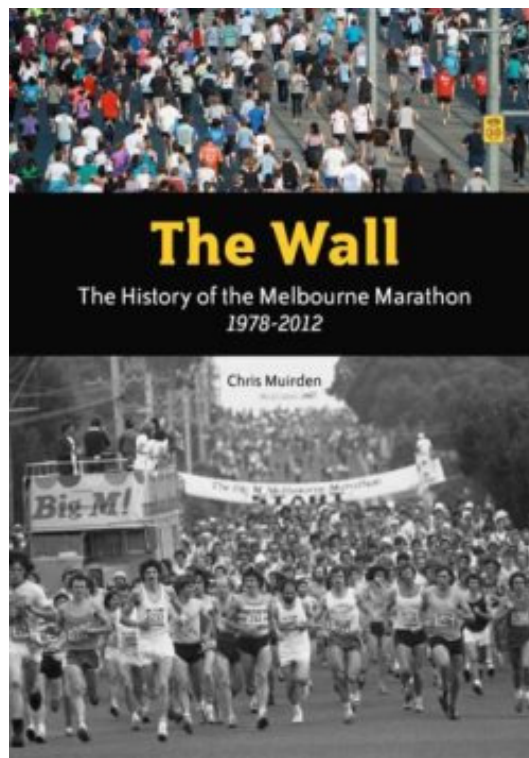
This handsome hardback book is still available for purchase. You will be proud to display it on your coffee table and will pick it up to read the report of your fastest marathon, or look again at some of the 500 pictures it contains.

Who better to write this history than Chris Muirden who is a journalist, has been course director and has three Melbourne Marathon times under 2:46? The range of the book is extraordinary. There is a detailed report of the leading runners for each marathon. The administrators who made it possible are given their due respect. There are sections covering celebrities who have run and VFL/AFL footballers who have found it a far more difficult challenge than expected.

Chris made many discoveries while researching and some of the most insightful sections are the interviews with past competitors. These are interspersed as breakouts throughout the book. Seek out the sections on Shirley Young, Kylie Dick, and Russell Foley.

The Spartans are well covered with nine pages. Club formation is described and there are interviews with the Legends and the "Almost Legends". Not surprisingly, Spartans also feature strongly throughout all pages.

Order direct from Chris via email at muirden@iprimus.com.au; or online through the Melbourne Marathon web site. <https://shopdesq.imgstg.com/index.cfm?fuseaction=main&OrgID=1142> the book is also available at Dymocks book stores - seen in Camberwell and Bendigo, so probably available everywhere.



INFORMATION ON BURNLEY RUNNERS

All runs begin in the car park of the Burnley Golf Club at Loyola Grove, Burnley, Richmond. (Melway map 44 J12)

The runs each week are as follows:

- * 6 am, Mondays, 8 kms flat through streets of Richmond and return along Yarra (with an occasional variation on hills in Hawthorn)
- * 5.45 am, Wednesdays, 11 kms flat (one hill) through Richmond, past the MCG and head for home at Princes Bridge, back along the Yarra. (Some run a little longer).
- * 6 am, Fridays, 9 - 10 kms, a few hills around Toorak give the feel of riding a roller-coaster. (Feb - Oct) alternate summer course follows Yarra back to Bridge Road and runs back to Scotch College before returning to the car park (Oct to Jan).

No money or registration. We are not a formal club as such. It is just a group of running mates and friends.

The group ranges in age from 20 to almost 70, more younger than older, and with women outnumbering men.

Just turn up about 5 minutes before the times set out above, as they begin right on time.

Runners pick their own pace - fastest runners go about 4 mins 15 per km, slowest around 5 mins 45 secs per km. Plenty of runners in between those times.

Just pick people around your pace and stay with them (so you don't get lost!!).

If you turn up on your own, just ask any runner in the carpark and they will make you feel welcome.

SPARTANS COMMUNICATIONS

If you know of any Spartan(s) not receiving the Newsletters – it could be because their email address has changed. If this is the case if you contact us at spartans.team@hotmail.com the Email address will be added/updated/amended.

“DISCIPLINE”

is just choice between what you want now and what you want most.

There are 7 days in the week and

SOMEDAY

Is not one of them!!

FITNESS = FREEDOM

BE STRONGER THAN YOUR STRONGEST EXCUSE

It is always sad to hear about the passing of any Spartan. The following encapsulates a personality that will be sadly missed – Gordon Burrowes S0525. Thank you to Peter Nicoll for allowing Spartans to print this obituary.

VALE GORDON BURROWES 6/8/1935 – 6/4/2013

Gordon was one of those unique and eccentric characters that seem to be attracted to the Victorian Road Runners. He really stood out with his long white hair and flowing white beard (he last shaved in December 1975).

Gordon was born in Richmond and was a true Tiger to the end as he battled cancer with his similarly affected wife (Beryl) who pre-deceased him by less than a year.

After leaving school, Gordon worked for the Victorian Railways, and then trained for the Ministry to become a Congregational Church Pastor located in country Victoria and then at St. Albans. After many years as a Pastor, he retired from the Ministry and became a Staff trainer firstly at L.M. Ericsson (electronics) and then Hoechst AG (chemicals). He attended Melbourne and Latrobe Universities whilst obtaining many degrees.

His interests included Bridge, reading “quality” newspapers, cryptic crosswords, collecting bells, travel, bush walking, and of course running. Gordon was a regular contributor to Stride Out. He had some quirky habits which included cutting out the toes of his running shoes to ease pressure on his toes, when entering a promoted fun run he folded his numbered bib over to ensure the advertiser’s names were not visible and he always carried his running watch in his right hand, never on his wrist.

He completed 76 VRR tans, 21 marathons (he is Melbourne Spartan number 525), many ultra-events (Gordon was organiser for some years of the Coburg 24 hour event), ran 60k on his 60th birthday in 7 hrs 38 min and attempted to run 24 hours nonstop at the Millennium around the tan.

His family was really important. Beryl and Gordon were married for 53 years, had 4 children, 5 grandchildren and 4 great grandchildren. He was an extremely quiet and private man who would never speak when running and not much more when he wasn’t.

He travelled to Sydney three times to the City to Surf and two incidents need to be related. At one stage prior to the start, the public address system asked if there were any interstate or overseas visitors. We of course put our hands up and a lady in front turned around, took one look at Gordon and said “you’re obviously from Tasmania”. On another occasion we were waiting at the start when a group of Americans wearing T-shirts saying “I believe in Santa Claus” were most impressed by Gordon’s appearance and immediately swapped T-shirts with him – he was very proud Father Christmas that year.

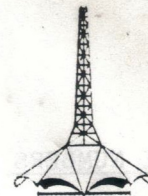
In one of his last Tans, Gordon was doing it really hard and even I was in front of him and at the end I asked him how he went and he replied in his typical sardonic way that all was OK until he reached the Anderson street hill and then he was passed by a woman wearing high heels!

Gordon we will miss you

Peter Nicoll



THE SPARTANS



NEWSLETTER NO. 1

DECEMBER 1989

Welcome one and all to the First Newsletter of the "Melbourne Marathon Spartans Club"

FORMATION

Our Club was formed at a meeting on Wednesday, October 11 1989, with 22 Spartans in attendance, and 5 Spartans were elected to the Executive Committee:

President	Ken Matchett	Treasurer	Peter Battrick
Vice President	Peter Ryan	Minute Secretary	Cam Milne
Secretary	John Raskas		

A second meeting was held on November 21st 1989 to set Club Guidelines and Objectives.

DEFINITION

Spartans are those runners who have completed 10 Melbourne Marathons, and the name was derived from the ancient Greek city of Sparta, whose inhabitants were hardy unflinching persons of courage and endurance.

OBJECTIVE

The main objective is to bring together our elite band of runners, who already form an important component in the history of the Melbourne Marathon, and to assist in its promotion.

NEWSLETTER

It was decided that regular Newsletters be published to promote our club, feature interesting Spartan stories, and highlight Spartan activities.

ANNUAL DINNER

A Spartan Club Annual Dinner is to be held each year following the Melbourne Marathon, and New Spartans would receive Official recognition of membership and welcome to our club. This will be a grand opportunity for all Spartans to share, along with their wives, husbands and friends.

FUN RUNS

Another involvement for the Spartan Club will be to assist in the conduct of fun runs, and Spartan Group Participation in several gazetted fun runs (e.g. Half Marathon, Bay Run, 20 mile Warm Up).

SINGLETS

Spartan Singlets will continue to be issued to all competitors who have entered to complete their 10th Melbourne Marathon, but these will carry the ordinary race number.

RACE NUMBERS

Once you become a Spartan you are issued with a permanent race number for future Melbourne Marathons.

GROUP TRAINING RUNS

Spartans who reside in neighbouring districts may wish to take the opportunity to have some training runs with other Spartans. Our own computerisation program will allow liaison between Spartans in various districts.

QUESTIONNAIRES

All Spartans will be surveyed so that interesting information and facts and figures may be collected for Club Records.

MEETINGS

It is hoped to conduct Quarterly Spartan Meetings at the Victorian Walkers Club Headquarters at Albert Park, on the first Monday in February, May, August and November. The next planned meeting is at 7.30 pm on Monday Feb 5th 1990. This will be preceded by a run around Albert Park Lake. Confirmation of these dates will be made known to all Spartans shortly.

MEMBERSHIP

1987 88 (86 men 2 women)
1988 74
1989 74 (72 men 2 women)
TOTAL 236

There are several Interstate Spartans also: NSW 7, WA 1, QLD 1.

"DICKO"

Our most notable Spartan is none other than Brian Dixon, the Melbourne Marathon Chairman who qualified for membership by completing the 1989 Melbourne Marathon. Yes, it seems like only yesterday when the Demon No. 9 continually kicked the footy into the forward line on the MCG turf. Congratulations "Dicko" from all your fellow Spartans.

JOIN OUR CLUB

We have only just begun, and all you finishers of the 1989 Melbourne Marathon are a year closer to becoming a SPARTAN and joining our Club. So far all 236 Spartans have gained tremendous satisfaction out of achieving something great like completing 10 Melbourne marathons and you can do it too! It will give you a wonderful "BUZZ" to finish your 10th and get that singlet. You will remember it for the rest of your life. So don't just think about it, aim to do it and do it! We want you to join us!

CONTACTS

General Information: John Raskas (Hon Sec) 2 Cambden Park Dve Knoxfield 3180
Donations: Peter Battrick (Hon Tres) 93 Therese Ave Mt Waverley 3149
Newsletter Items: David Smith (Editor) 32 Greendale Rd East Bentleigh 3165

WE RUN WE GO
THE MARATHON WE KNOW