

# THE SPARTAN

Reg No A0043579R

CLUB PATRON - Robert de Castella

May, 2014

## Club Contacts

**President**  
Jay Fleming  
Tel: 0418 374 783

**Secretary**  
Felicity Doolan

**Treasurer**  
Rod Bayley

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

## Websites References:

<a href="http://www.melbournemarathon.com">www.melbournemarathon.com</a>	Melbourne Marathon Spartans
<a href="http://www.melbournemarathonspartans.com">www.melbournemarathonspartans.com</a>	Best Australian Runners Site
<a href="http://www.coolrunning.com.au">www.coolrunning.com.au</a>	Victorian Masters Athletics
<a href="http://www.vicmastersaths.org.au">www.vicmastersaths.org.au</a>	Athletics Victoria
<a href="http://www.athsvic.org.au">www.athsvic.org.au</a>	Athletics Australia
<a href="http://www.vrr.org.au">www.vrr.org.au</a>	Victorian Road Runners
<a href="http://www.runnersworld.com.au">www.runnersworld.com.au</a>	Australian Runners World
<a href="http://www.run4yourlife.com.au">www.run4yourlife.com.au</a>	Run For Your Life
<a href="http://www.traralgonmarathon.org.au">www.traralgonmarathon.org.au</a>	Traralgon Marathon Site
<a href="http://www.sixfoot.com">www.sixfoot.com</a>	45 kms pleasure & pain
<a href="http://www.ausrunning.net">www.ausrunning.net</a>	Races and Marathon results
<a href="http://www.runningcalendar.com.au">www.runningcalendar.com.au</a>	Australian Running Calendar

## Life Members

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

C'mon Spartans

**37TH MELBOURNE MARATHON - 12<sup>th</sup> October, 2014**

**For the latest news on the 2014 Melbourne Marathon  
Visit Melbourne Marathon Spartans website at**

<http://melbournemarathonspartans.com/>

**YOU DON'T HAVE  
TO BE GREAT TO START,  
BUT YOU HAVE TO  
START TO BE GREAT**  
- zig zagler

## WELCOME TO THE MAY NEWSLETTER

Last year I became a Spartan. I ran my first Melbourne Marathon in 1997 and finally achieved my green singlet last year. I still can't quite believe I fulfilled this goal and of course now look forward to achieving my 15<sup>th</sup>!

Early this year I joined the Spartan Committee and have taken over the role of Secretary from my esteemed predecessor, Maureen Wilson. I have been warmly welcomed by this wonderful Committee and am in awe of their own individual running achievements.

One of my roles is to compile this Newsletter so here goes with my first! I hope you enjoy reading it and if you have any feedback - good, bad or indifferent please email me at [spartans.team@hotmail.com.au](mailto:spartans.team@hotmail.com.au).

Happy running ☺  
Felicity Doolan  
(SF0080)

## FROM THE PRESIDENT

Hi Spartans!

I trust our May newsletter finds you in good spirits. A huge Spartans welcome to Felicity who has hit the ground running in the Secretary role. We welcome her skill set onto Committee and wish her an enjoyable and fulfilling journey with us.

It is with great sadness that we heard of Tom Hafey's passing. We will forever remember his inspirational vibe and presence at our 2012 AGM. This dynamic man touched so many people and was highly respected over so many years due to walking the talk and being a wonderful example of what he preached. RIP Tommy.

With less than four months until the AGM we are excited to announce that our headline Speakers for this year will be Janette Murray-Wakelin and Alan Murray. This unbelievable couple ran 366 marathons in 366 days around this great country last year. Having heard them speak, I found them extremely engaging and down-to-earth considering their astounding achievement. They also have many images of their odyssey to share with us.

We will also be approaching a support speaker who we think Spartans would appreciate hearing and will confirm in the next newsletter.

We mentioned that we would be exploring other venue options for our AGM. We have explored two others and found them to be unsuitable for our current requirements. We will keep doing this periodically as we feel it our duty to members to ensure that Spartans get maximum bang for buck. We can proudly confirm that the 2014 AGM will again be at the MCG.

Our other recent innovation has been the addition of advertising on our website. John Kaparelis has done a power of work in driving this initiative with David Foskey. We encourage Spartans to support businesses that support us.

We will also be developing a Spartans membership card for financial members. This card will enable members to avail themselves of benefits and discounts that will easily recoup the cost of a yearly Spartans membership.

You will also notice further down in this newsletter that we are seeking expressions of interest from members to give us some indication of Spartans merchandise items that members would consider purchasing at either the AGM or Expo. These are no-obligation expressions of interest only to assist us in our decision making so hop on the website and leave a message on the blog.

We will continue our regular Spartans runs but we will also try to work in partnership with a couple of other running clubs to further increase camaraderie and Spartan presence in the running community. We will have further details of these exciting plans in the next newsletter.

We wish our Spartan contingent heading over for the iconic Comrades ultra a safe trip and the best of runs.

A couple of get well messages to finish on:

We send our support to Spartan Ray Cilia as he wages a very difficult battle to get his health back on track. Greetings and messages of support can be sent to: [rayandken@yahoo.com.au](mailto:rayandken@yahoo.com.au).

Additionally we wish Spartan Mike Bower of Knox Road Runners a speedy recovery after suffering a stroke last Monday.

As nature loses its autumn coat I hope you enjoy the beautiful winter out there.

Hope to see you on our next Spartans Tan Run: watch the website for details.

Jay Fleming  
(S1012)

## MEMBER CONTRIBUTIONS

### “Ups & Downs of a Spartan”

Following up from the last Newsletter, I am getting over my rib injury - took nine weeks off running and work. The last three weeks I spent helping with grandkids - playing all sports; digging up the garden with tip truck and backhoes; down the park; off to Kinder and Grandparents' Day at School - had to play footy at lunchtime - best time ever!

Then back to work and running - breathing not the best. I woke up one night with pains in my chest and shoulder. I went off to hospital for a check. I had an infection in my lungs - so antibiotics and another two weeks of no running or work. Back running now - things are back on track.

I will always remember Tom Hafey at the AGM - such a great bloke. Remember what Tommy said - **Be The Best You Can.**

Cheers,  
John Dobson (Spartan 21)

## ADVERTISING NOW AVAILABLE ON WEBSITE!

Would you like to advertise your business or know of someone who would? Our website now has a page to do so! Check it out:

<http://melbournemarathonspartans.com/advertisers>.

For further information, please contact Committee member **John Kaparelis** via [spartans.team@hotmail.com](mailto:spartans.team@hotmail.com).

## MILESTONES

If you are going to run your 10, 15, 20, 25 or 30<sup>th</sup> Melbourne Marathon in 2014, we would certainly like to hear from you so we can acknowledge your milestone.

Remember that you get your Spartan singlet to run your milestone marathon in.

Please email: [spartans.team@hotmail.com](mailto:spartans.team@hotmail.com)

Brian Glover (S0989) sent the following note recently: *Planning on making MM 2014 my 150th marathon having done my first at Melbourne 1996, 100th Melbourne 2009.*

## SPARTAN TEAM ENTRIES FOR 2014 MELBOURNE MARATHON

We have nominated a Spartans team once again for the Marathon. If you aren't in another team, please select Spartans. We (probably) won't be the fastest team, but let's be the biggest. There is no password.

### \*\*\* SPARTAN MEMBERSHIP \*\*\*

The number of financial Spartan members so far this year stands at 207. Just a courtesy reminder that if your Spartan status has been overlooked please visit the website at any time to download a membership form.

***Have you changed your email address in the past 12 months?  
It could be the reason you are not receiving Spartan newsletters.  
Please update via: [spartans.team@hotmail.com](mailto:spartans.team@hotmail.com)***

## TAN RUNS



The most recent Club Run was held at the Tan on Sunday 4 May – for a full report refer <http://melbournemarathonspartans.com/spartans-club-runs>.

**Details of the next run to be announced soon on the website**

## SAVE THE DATE

Spartans Annual General Meeting – 15 September 2014. Details in later Newsletter.

## HAVE YA HEARD?

Spartans have donated \$130 to CPEC (Cerebral Palsy Education Centre) from the proceeds of 'Entertainment Books' sold last year. We are currently deciding whether to sell the 2014/15 Entertainment Book when it comes out in June. If we don't get enough expressions of interest we will give the book a rest for this year and concentrate on other charity fundraising initiatives. If you would be interested in purchasing this year's edition of 'Entertainment Book' from the Spartans, could you please email [spartans.team@hotmail.com](mailto:spartans.team@hotmail.com)?

## WHERE IN THE WORLD IS THIS MARATHON?



*Answer in next Newsletter!*

## SPARTAN MERCHANDISE

The Committee is considering introducing Spartan merchandise. Please tell us on [spartans.team@hotmail.com](mailto:spartans.team@hotmail.com) what a Spartan might buy

Would you buy a MUG, PLATE, A PEN, KEY RING or something else?



## RECIPE CORNER



### Cacao Fruit Balls

- 1/2 cup Almonds
- 1/2 cup Cashews
- 1/2 cup Sunflower Seeds
- 1 cup Dates
- 1/4 cup Sultanas
- 1-2 teaspoons Vanilla Essence
- 2-3 dessert spoons Cacao (or Cocoa) Powder
- Desiccated Coconut (for rolling)

Process everything (except Coconut) in Food Processor - but not too fine.  
Place mixture in fridge for 30 minutes or more.  
Then roll into walnut size balls & finally roll in Coconut.

Yummy, healthy & satisfies the sweet cravings!

## CONTRIBUTIONS TO THIS NEWSLETTER

All Spartans have great stories. If you would like to share one please email us at [spartans.team@hotmail.com](mailto:spartans.team@hotmail.com). We would love to hear from you 😊.