

# THE SPARTAN

Reg No A0043579R

CLUB PATRON - Robert de Castella

November, 2014

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**Congratulations and a very warm welcome  
to our new Spartans!**

**The 38<sup>th</sup> Melbourne Marathon date has been set:  
18<sup>th</sup> October 2015**

## FROM THE PRESIDENT

Hi Spartans,

Welcome to our last Newsletter for year 2014. I hope it has been a great one for you. If not that great, I hope that the challenges you've overcome have made you greater and stronger. It has been a landmark year for us in several ways with the resurrection of some good initiatives from the excellent work and ideas of past Committees and Spartan members' feedback and the introduction of new ones. With your support and continued feedback we hope to introduce more initiatives next year.

Given that the globe is so much more of a village now, Spartans are seeking to ramp up interaction with running clubs and entities nationally and overseas. One such

example is our growing relationship with the Teganuma Half Marathon in Japan. We have been advised of an exclusive opportunity for two lucky Spartans to participate in this event on Sunday October 25, 2015. Return economy airfares and an arranged homestay with a host 'running' family are on offer. They would prefer that the chosen runners are able to travel up to a fortnight leading up to the event to enable a lovely holiday/running experience/cultural exchange.

We are asking for expressions of interest and availability for this marvellous opportunity and we will be putting entrants through relevant selection criteria. If this sounds like something you would love to experience in 2015, just email us ([spartans.team@hotmail.com](mailto:spartans.team@hotmail.com)) with a very brief biography and reasons for wishing to be considered. You may enter as a couple if you wish. The prize is for two, but don't be deterred from entering as a single, in which case it would be two singles. We hope to announce the lucky winners by the start of February to facilitate the organizing of time off work and other arrangements.

We are also in discussions with several of Australia's major city marathons to try to organize similar arrangements/prizes and reciprocal exchanges. There are some very promising relationships currently being developed which we hope will bring mutual rewards for all members.

We thank you for your continued support with merchandise purchases and timely membership payments. Going forward we will rely on these more than ever to fund prizes and competitions for members.

Our goal for 2015 is to reward financial Spartans with random prizes throughout the year and with the opportunity to participate in some exciting events in Australia and overseas.

Wherever your holiday travel may take you during the festive season I hope it's a safe one for you and that you're back in good nick smashing out the kms real soon.

I wish you and your family a very Merry Christmas, full of love and good cheer, and a sky-high 2015.

Jay Fleming (S1012)

### **FROM THE SECRETARY**

Dear Spartans,

It's just over six weeks since many of us ran this year's Melbourne Marathon. Although a warm day towards the end I thought the start temperature was perfect. I was pleased with my run and especially pleased to see so many Spartan singlets.

We have welcomed 39 new Spartans who ran their 10<sup>th</sup> this year. There are 7 new female Spartans and 32 new male. Thank you to those who have provided feedback since receiving their Spartans number. I share your excitement in achieving this milestone.

If you have any Melbourne Marathon photos you would like us to include on the website, please email them through.

Thank you to those who attended the AGM in September. Personally it was terrific to chat with so many Spartans I had only "e-met". More importantly it was an honour to announce incoming and milestone Spartans. If you were unable to attend and wish to read the Minutes, they are available on the website under the "Admin" tab.

It's the "off season" for me now. I still run five days a week but it's very much for pleasure. As Christmas is fast approaching I'm able to focus all my extra energy on my daughters' end of School events and the big countdown to their big day i.e. 25 December.

As always, 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, happy Christmas & happy summer days ☺  
Felicity Doolan (SF0080)

### **SPARTAN STEWARTS TRIFECTA**



Ballarat Spartan couple Jan & Kevin Stewart after running this year as well as their daughter, Melanie, who ran her first Marathon! See website for this and other great Spartan stories.

### **SEEKING RUNNING COMPANION IN CROYDON AREA**

I had a call from *Andrew Tunne* who lives in Croydon. Although not a Spartan, Andrew, 56, is legally blind and is looking for a running companion. Andrew describes himself as a "slow" runner. (His race pace saw him do a 1 hr 52 min half marathon at this year's Melbourne Marathon.) If you live in the area and can take

Andrew on an occasional (or regular) run, he would be most grateful to hear from you. He can also travel via public transport to meet if needed. Please email Andrew directly on [andrewtunne@yahoo.com.au](mailto:andrewtunne@yahoo.com.au).

Thank you,  
Felicity Doolan (SF0080)

## [AUSRUNNING.NET](http://ausrunning.net)

The [ausrunning.net](http://ausrunning.net) website is an invaluable resource for all Australian marathon finishers. The site has statistics for over 1800 races and 350,000 performances starting from 1909. Recently it has become even better for Spartans by adding the "Spartan" notation against Melbourne Marathons completed. There are a number of contributors to such a mammoth achievement, but Michael Peters has done the lion's share.

On Friday before the Marathon two runners came to the Expo stand and said they were doing their tenth on Sunday. We looked them up, verified nine finishes, signed them up and sold them a singlet. Amazing. (Warning: not the recommended method, we prefer plenty of notice and attendance at the AGM!

<http://melbournemarathonspartans.com/frequently-asked-questions/> )

The following is part of an individual's record:

2013	<a href="#">Bruce Hargreaves &gt;</a>	M		3:56:47	<a href="#">Portland &gt;</a>	
	<a href="#">Bruce Hargreaves &gt;</a>	M	60	3:45:22 (3:45:15)	<a href="#">Melbourne &gt;</a>	----- Spartan
	<a href="#">Bruce Hargreaves &gt;</a>	M	60	4:17:52 (4:14:53)	<a href="#">Sydney 1994+ &gt;</a>	
	<a href="#">Bruce Hargreaves &gt;</a>	M	60-64	4:29:40 (4:29:20)	<a href="#">Sunshine Coast &gt;</a>	
	<a href="#">Bruce L Hargreaves &gt;</a>	M	60-64	4:35:02 (4:30:40)	<a href="#">Gold Coast &gt;</a>	
	<a href="#">Bruce Hargreaves &gt;</a>	M	59	4:55:15	<a href="#">Wangaratta &gt;</a>	
2012	<a href="#">Bruce Hargreaves &gt;</a>	M	59	3:59:50 (3:58:36)	<a href="#">Melbourne &gt;</a>	Pacer ----- Spartan
	<a href="#">Bruce Hargreaves &gt;</a>	M	59	4:16:06	<a href="#">Townsville &gt;</a>	
	<a href="#">Bruce Hargreaves &gt;</a>	M	59	4:32:21 (4:27:35)	<a href="#">Gold Coast &gt;</a>	

If you'd like to support the site donate here: <https://ausrunning.net/about.php>

David Foskey (S0025)

## [THE WALL – The History of the Melbourne Marathon 1978-2012](#)

We still have some copies of "The Wall" for sale at \$10 per copy. If you need an extra **Christmas gift**, just drop me an email. Postage cost brings the total to \$22 which is still a significant discount of the RRP.

Felicity Doolan (SF0080)

## SPARTAN SINGLETS

New Singlets are \$45 and we also have some limited stock of the old style singlets at \$10 per singlet. Please email us if you would like an extra Singlet.

## MEMBERSHIP RENEWAL FOR 2014/2015

Thank you to all Spartans who have paid their Annual Membership of \$20. If you haven't as yet, payment options are below:

<b>EFT:</b> Melbourne Marathon Spartans Club BSB: 633-000 Account No: 139201743  Please include name and/or Spartan Number	<b>Cheque via Post:</b> "Melbourne Marathon Spartans Club" PO Box 162 Rosanna Vic 3084  Please include name and/or Spartan Number
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## MILESTONES

If you are going to run your 10, 15, 20, 25, 30 or 35<sup>th</sup> Melbourne Marathon in 2015, we would like to hear from you so we can acknowledge your milestone. Remember that you can purchase your Spartan singlet to run your milestone marathon. Please email: [spartans.team@hotmail.com](mailto:spartans.team@hotmail.com).

## RUNNING WITH SPARTANS

Join the **Victorian Road Runners** on the first Saturday of each month at the Tan, commencing at 7.30 am for a 4km or 8km (or more!). Jay hopes to see you for a lap or two and a catch up on **December 6**.

**Another opportunity is Parkrun. Here is a note from Spartan Vin Martin:**

### **SPARTANS INVITED TO Parkrun**

All Spartans are invited to register for Parkrun, a weekly 5 km hit-out beautifully timed to fit in with your Sunday morning long training run.

The phenomenon of Parkrun began 10 years ago in London and now takes place in nine countries, 298 locations across the UK and 100 locations within Australia including 14 in Victoria. The first Parkrun in Melbourne was held at Albert Park three years ago.

Every Parkrun event is held weekly, on a Saturday morning and over 5 km. Occasionally, some venues will add an extra Parkrun, for example, on Christmas Day. Some Parkrunners become Parkrun "tourists" running at many different venues. Everyone is encouraged to take three turns a year at volunteering in activities such as timekeeping and marshalling.

To enter a Parkrun event for the first time, go on-line to register (you cannot register at the event). You only have to register once and that registration gives you entry to any Parkrun here or overseas. Registration for Parkruns is free. All your event times, places and age gradings are recorded for easy reference. Upon registration, every Parkrunner receives a personal barcode which is matched to and scanned with the position in which they finish and their finishing time.

Spartans have been known to appear at various sites around Melbourne: Albert Park, Westerfolds, Diamond Creek, Pakenham, Berwick Springs, Lilydale and so on. To name a few: Michael Miriklis, Patrick Herft, Antony Martin (holder of several age-related Parkrun records), Bill Page, Jim Crawford, Ernie Stewart, Jim Grelis, Peter Bearsley, Peter Logan, Kevin Armstrong and Vin Martin.

#### SOURCES OF INFORMATION ON Parkrun:

ALBERT MELBOURNE Parkrun: <http://www.parkrun.com.au/albert-melbourne/>

Other Parkruns across Victoria and Australia: <http://www.parkrun.com.au/events/>

Registration for Parkrun: <http://www.parkrun.com.au/register/>

Vin Martin (S0478)



## RECIPE CORNER



### **WARM ARTICHOKE DIP** **Thank you Heather McBride (SF0086)**

*This recipe isn't exactly super healthy but it is post-Marathon, Christmas party season and is a guaranteed WINNER!*

#### **Ingredients:**

**400 gm Can Artichokes** – drained and roughly chopped  
**1 Spring Onion** – finely sliced  
**1 Cup Quality Mayonnaise**  
**1 Cup Grated Parmesan cheese**  
**Juice of one Lemon**  
**Season with Paprika, Salt & Pepper**

*Mix all this together in a flatish ovenproof dish.  
Bake in a moderate oven for about 20 minutes or until browned.  
Serve warm with crackers, Turkish bread or carrot, celery sticks etc*

## 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 **John Kaparelis** by email: [spartans.team@hotmail.com](mailto:spartans.team@hotmail.com).

## 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, receive benefits and discounts from companies that advertise on our website.

### **Contact Information**

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**Website:** [www.melbournemarathonspartans.com](http://www.melbournemarathonspartans.com)

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

#### **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

<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>	Felicity Doolan	0411 405 529
<b>Webmaster</b>	David Foskey	0432 146 747
<b>Immediate Past President</b>	John Dean	9337 7179
<b>Committee</b>	Cath Bombardieri	0407 996 356
<b>Committee</b>	John Dobson	0412 688 287
<b>Committee</b>	John Kaparelis	0447 447 448
<b>Committee</b>	Ashley Page	0448 866 025
<b>Committee</b>	Colin Silcock Delaney	5598 6090

## Website References:

[www.melbournemarathon.com](http://www.melbournemarathon.com)  
[www.melbournemarathonspartans.com](http://www.melbournemarathonspartans.com)  
[www.coolrunning.com.au](http://www.coolrunning.com.au)  
[www.vicmastersaths.org.au](http://www.vicmastersaths.org.au)  
[www.athsvic.org.au](http://www.athsvic.org.au)  
[www.athletics.com.au](http://www.athletics.com.au)  
[www.vrr.org.au](http://www.vrr.org.au)  
[www.runnersworld.com.au](http://www.runnersworld.com.au)  
[www.run4yourlife.com.au](http://www.run4yourlife.com.au)  
[www.traralgonmarathon.org.au](http://www.traralgonmarathon.org.au)  
[www.sixfoot.com](http://www.sixfoot.com)  
[www.ausrunning.net](http://www.ausrunning.net)  
[www.runningcalendar.com.au](http://www.runningcalendar.com.au)  
[www.parkrun.com.au](http://www.parkrun.com.au)

*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)*

## 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 ☺.

