

# THE SPARTAN

Reg No A0043579R

CLUB PATRON - Robert de Castella

April 2017

**Email:** [spartans.team@hotmail.com](mailto:spartans.team@hotmail.com)**Website:** [www.melbournemarathonspartans.com](http://www.melbournemarathonspartans.com)**Postal:** P.O. Box 162., Rosanna Vic 3084

## FROM THE PRESIDENT

Hi Spartans,

I write this from the lovely Byron area while visiting my daughter Emily and her family. The latest project is building Leo's cubby for his second birthday. The cubby is getting more and more grandiose as the project progresses, which is perfectly fine as Leo enjoys helping his ol pops. I think he realises we're making it extra nice as, in due time he'll be sharing it with younger sister Frida who's only 7 months at the moment and doesn't know too much about cubbies. My personal work/life balance has been much healthier since I left teaching a couple of months ago and I can't put into words how fantastic it is to be liberated from those 2 deadliest pieces of furniture ... a desk and a chair.

Preparations continue for our milestone year including the earlier AGM on August 28 where our patron Robert De Castella will be the headline speaker, fresh from headlining the De Castella Run the previous day. Needless to say, it would be really gratifying to see as many Spartan singlets as possible participating in the De Castella Run on Sunday August 27. Going forward we will try to have a point of difference for milestone anniversaries, starting this year with the 40th. While still at the MCG, the sumptuous surrounds of the Premiership Dining Room are located a little further around the colosseum and we will be providing simple directions for getting there including parking.

We are endeavouring to bring back the Melbourne Marathon Results booklet in a Spartans e-version format. When organisers first announced several years ago that the paper-based version would be ceasing there was widespread condemnation of the move but because there weren't protests on the streets they proceeded with it in the hope that we would get over it and just move on. While the move certainly hasn't been fatal, it is widely regarded as having had a negative impact on the event and the overall experience of participants. The general view among us is that with the prevalence of mobile phones in today's society, each with their own camera clicking away during the event, surely we can invite people to send these in while respecting appropriate protocols, and for them to be accessible in an appropriate format. Spartan David Martini was one who felt very strongly about this when it was first announced about 4 years ago. We have invited him as a guest on Committee with a view to forming a working group to facilitate this. Any Spartans with any ideas, skills or expertise that they would be willing to input are welcome to contact us as we would love to have the Results Book back where it belongs, albeit in an e-format.

I am continuing to lobby/pester organisers to at least consider introducing more musical acts and bands along the marathon route as well as other significant events around the world. Running past these during an event certainly quickens the step, produces goose bumps and totally lifts the human spirit, not to mention that it's also great exposure for our up and coming new talent. I have another meeting scheduled with them at the end of May and will let you know how that goes.

Spartan membership dues are payable by June 30 and this year we are seeking to introduce a membership card as a record of financial membership. These will be distributed to members at the AGM, expo, VRR Runs or any nominated collection point. Where this is not possible they will be mailed out.

For quite a while now Spartan Committee has been without a fully functioning Secretary. Our Secretary of the last few years, Felicity Doolan has continued to contribute to the role in a diminished capacity from home and our Webmaster, David Foskey, has filled in at the meetings. I would also like to acknowledge Felicity and David for their caretaker contributions to this role over the last year or so. Spartan Anne Ziogos has expressed interest in joining the committee. Hopefully this will enable us to better distribute the secretarial functions over members of the committee.

In keeping with our inclusiveness theme this year, not only are we including a Spartan profile in each Newsletter as per below, we also gladly extend one invitation to any financial Spartan to attend any of our Monday night Committee meetings. You may have something that you are passionate about, a particular issue that you would like to highlight and have minuted or you may just like to experience what happens at a meeting. The next 3 are on May 8, June 5 and July 3 so please feel free to drop us a line and register your interest.

We hope to see you in your Spartan singlets for a catch-up in Birdwood Avenue opposite The Shrine at 7:30 this Saturday May 6 for a couple (or more) laps of The Tan with the Victorian Road Runners followed by a cuppa. It's a wonderful start to a Saturday in the world's most liveable city.

Happy sweating!

Jay Fleming (S1012)

### **Annual General Meeting 2017**

We are pleased to announce that the 2017 Annual General Meeting will be held on August 28 in the Premiership Club Dining room at the MCG. Note that this is a new venue for us and entry is through Gate 6A. We are delighted that our patron, Robert de Castella, will be guest speaker.



Rob was guest speaker in 2007 before the 30<sup>th</sup> Melbourne Marathon so it is very appropriate that he will be back for the 40<sup>th</sup>.

Anyone who wishes a pre-AGM run should look no further than <http://decastellarun.com.au/>

### **Spartan Runner Profile - Rob Follett**

Occupation: Finance Administration in Water Industry

Place of residence: Sunbury



Main life focuses – Live Healthy and Happy

Proudest achievements – My children

If I was boss of the world – Make everyone do some daily exercise

Main influences on my life – My Running Club, Crosbie Crew

First car – Torana

Favorite song – Slip Sliding Away

Favorite band – The Beatles

Favorite male concert – Paul Simon

Favorite movie – Miller's Crossing

Favorite book – Of Mice and Men

Favorite dish – lasagne

Favorite season – Autumn

Favorite dessert – Anything with Chocolate in it

Favorite coffee – Never had a Coffee

Favorite drink – Pepsi Max

Favorite indulgence – Chocolate

Favorite model – My wife Jennelle

Favorite female movie star – Grace Kelly

Favorite male movie star – James Stewart

Favorite sound – Final Siren at 1990 grand final

Favorite obsession – AFL

Favorite sporting moment – Heath Shaw's smother of the century

Favorite overseas country – USA

Favorite overseas city – Los Angeles

Most profound place visited – Yellowstone National Park

Favorite cities in the world to live – Prefer a small coastal town such as Carmel in California

Always wanted to visit – Sri Lanka

Favorite female sportsperson – Kirstin Bull

Favorite male sportsperson – Scott Pendelbury

*Rob has won the last two "Jack Gubbins awards" as fastest male Spartan.*

### **Jack Gubbins. S0037 What a Legend**

Our two most renowned Spartans are Shirley Young and Jack Gubbins. Both were great examples of what senior athletes can achieve and both had great personal buzz.

Last year Shirley passed away and more recently Jack passed away on March 11<sup>th</sup>, just before his 88<sup>th</sup> birthday. Jack had been battling the onset of MS for several years but passed away just after walking 1.5K to his Saturday night Mass service. Passed away in his usual pew and with his Ironman Triathlon Track Suit on!

Jack and his brother Jim (S0119) grew up in Newport and were dedicated footballers. When Jack married Pat they moved across to Dandenong. Jack then played football with Oakleigh YCW which is now Oakleigh Chargers in the VAFA. When he was 'too old' for the Firsts, he

took over as Captain/Coach of the Seconds. They won a number of premierships under Jack's leadership.

Finally Jack 'had' (very reluctantly) to give up football so he and Jim swapped to running. And along came the Melbourne Marathon. Jack ran in the first Melbourne Marathon, running 4h 5m at the age of 49. After an unbroken record of thirty Big M's, he ran his last Marathon in just over six hours at the age of 78. He retired on the spot as he crossed the Finish Line. He was a Spartan Legend. He was involved in the Spartans as much as he could be, and the quickest Spartan Male each year is awarded the Jack Gubbins Medal in his honor.

But it wasn't only in Marathons that Jack was a trail blazer. Summers for the Gubbins family had a high emphasis on beach activities and they had a beach house down at Torquay. The first Triathlon in Victoria was promoted in November 1981. Jack completed it and was now hooked on Triathlons as well as Marathons. Jack was now training for marathons, swimming in the old Noble Park Pool and the surf down at Torquay, and started training on the bike. He then began riding in the 210K Round the Bay bike ride and had completed ten circuits of that event. Most of the ten would be while in his 70's. Jack competed in the annual 1200M Pier to Pub swim at Lorne and, by finishing ten of those, had become a member of the Sharkbait Club ("Spartans" sounds a lot safer than "Sharkbait"! ). His exploits set an example for his extended family and five years ago there was a great photo of Jack, two sons, and a grandson all having just finished the Pier to Pub Swim.

Though I already knew Jack through the Spartans, I got to know Jack, and his special triathlon mate Brian Lynch, through the Dandenong Triathlon Club and training at the old Noble Park Pool. Brian and Jack competed together in triathlons but then moved up to racing in the triathlon Ironman event at Forster in NSW. Jack competed in his first Ironman (3.8K swim, 180K ride, then a 42K run) a month after his 70<sup>th</sup> birthday. Channel 9 were doing a telecast and Jack featured well in that. Brian (alias Lynchie or Iron Brian) is 5 years younger than Jack and is also a very accomplished triathlete, a prolific age group winner. They spent a lot of time training together, plus interstate trips to compete in Forster. On occasions the local paper featured them heading off on a training ride together. Jack had raced as a 70+ year old in several Olympic distance (1500, 40, 10) and on reaching 75 he won the M75 World Championship in Madeira, 30 minutes in front of second place. He was due to defend his title the following year but the date clashed with the Melbourne Marathon, so he opted for the marathon.

Jack 'had a go' at many events but particularly as an older competitor. His example to all of us to keep going as we age is exemplary. His friendly personality endeared him to many.

To Pat and family, to Brian, and to all Jack's other friends and associates, we are very fortunate to have been involved with such a real gentleman and masters trail blazer.

*Video of Jack's 2007 finish in which he and Shirley are interviewed*

<http://melbournemarathonspartans.com/Images/Videos/JackGubbins2007.mp4>

*This tribute was written by Life Member Pete Battrick (S0005) who himself finished 36 consecutive Melbournes and has a total of 37.*

### **News from England – Tony Berry (S0436)**

Inspired and encouraged by the latest newsletter, I thought it was about time I made contact with those old-timer Spartans who might still recall my name. Thus I can assure them that although no longer on the Melbourne running scene, I have not yet trotted off to that great marathon course in the sky and am actually still churning out the occasional mile (and a bit more) 12,000 miles away in the UK.

See the remainder of Tony's news, including photographs, at  
<http://melbournemarathonspartans.com/tony-berry/>

### **Guide to Running – Wayne Thompson (S0078)**

Wayne Thompson has provided a guide to running at  
<http://melbournemarathonspartans.com/Images/PDFs/WayneThompsonCircular.pdf>  
 Wayne will be running his 40<sup>th</sup> Melbourne this year as one of the Legends. His time in 2016 was 3 hours 33 minutes which serves to illustrate his credentials.

### **VRR Time Trials –April 1**

President Jay Fleming has been encouraging Spartans who run the monthly Victorian Road Runners (VRR) Time Trial to wear their singlets. Just how successful he has been is illustrated in this photo showing some of the participating Spartans:



John Cunningham, Syd Bone, Phil Urquhart, Jane Sturzaker, Patrick Herft, Judy Wines, Steven Barker, Merle Want, Michael Miriklis, Paul Ban, Bruce Ohlenrott.

The next VRR time trial event is May 6, 7:30 am. There will be 4 and 8km runs starting from Birdwood Avenue (opposite the Shrine Forecourt) Melway 2F K12/ UBD 4 F20 ALL WELCOME – gold donation entry fee for non VRR members. Free refreshments after the run.

See the website for photos of more runners. Thanks to Jane Sturzaker for her efforts in organising Spartans and for the photographs.

### **MILESTONES – LET US KNOW!**

If you are going to run your 10, 15, 20, 25, 30, 35 or 40<sup>th</sup> Melbourne Marathon in 2017, 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)



## **MEMBERSHIP RENEWAL FOR 2017/2018**

To be financial until 30 June 2018, details are below:

<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
--	---

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

The membership form:

[http://www.melbournemarathonspartans.com/files/SPARTANS\\_MEMBERSHIP\\_FORM\\_2017\\_18.pdf](http://www.melbournemarathonspartans.com/files/SPARTANS_MEMBERSHIP_FORM_2017_18.pdf)

## **Would you like to contribute to the Newsletter?**

Do you have a favourite run you would like to share with us? Perhaps a recipe? If so, please email us at [spartans.team@hotmail.com](mailto:spartans.team@hotmail.com) and we'll include it in the next Newsletter.

As Jay mentioned above, everyone now has a phone with a camera. Please, send us some photos!

## **Marathon Maniacs**



Merle Want (SF0099), Jane Sturzaker (SF0052), two American Maniacs, and Len Bryer (S1245) are pictured.

Jane believes that there are 10 to 15 Australian members, Bruce Digger Hargreaves (S0039) among them.

The name of the club is self-explanatory and more information can be found at <http://www.marathonmaniacs.com/>

## **ADVERTISING ON THE WEBSITE!**

Don't forget, we now have advertisers: <http://melbournemarathonspartans.com/advertisers>  
**Please identify yourselves as Spartans when you visit them.**

Would you like to advertise your business or know of someone who would? Please email Committee member John Kaparelis via [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**

**Email:** [spartans.team@hotmail.com](mailto:spartans.team@hotmail.com)

**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 (Dec'd), 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.runnersworldonline.com.au](http://www.runnersworldonline.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.parkrun.com.au](http://www.parkrun.com.au)  
[www.ausrunning.net](http://www.ausrunning.net)  
[www.runningcalendar.com.au](http://www.runningcalendar.com.au)

### 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:

<http://melbournemarathonspartans.us3.list-manage.com/subscribe?u=1d11105d27e7d4a57d982d728&id=513a0543c3>