

THE SPARTAN

Reg No A0043579R

CLUB PATRON - Robert de Castella

Nov/Dec 2017

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FROM THE PRESIDENT

Hi Spartans,

Welcome to December and the final Spartans Newsletter for 2017, a year in which we turned 30. It has been a year of innovation following the bedding down of our new Constitution last year. Some innovations worked while others need more work. Successes included the resurrections of the Pasta Night and of the much-loved Melbourne Marathon Results Booklet, albeit in e-format. Even though I'm a bit of a traditionalist, I'm progressive enough to be glad the Results Booklet is not in hard-copy as we all tend to respect the planet a little more these days.

An innovation we're very much looking forward to is the launch of Homestay on the Spartans website which will match up travelling runners with host families in the region of their intended event. To demonstrate the rewards of being a host family, I have included in this Newsletter a thank-you letter from 1 of 3 runners from Teganuma in Japan who we hosted upstairs in our home last month for the

Melbourne Marathon. Despite feeling a little cringey about including such personal compliments for public viewing, I do so to show the depth of lifelong friendships that often develop as a result of participating in a Homestay, either as a visiting runner or a host. I urge you to consider entering our Teganuma competition as detailed in this Newsletter. The winners will be drawn next March and will enjoy an amazing event and Homestay experience in 2018. An example of an innovation we couldn't get off the ground this year is the launch of a Spartans Membership card as far more planning will be required.

We have long sought to provide options for Spartans to have more frequent runs and catch-ups together if they so wish. It's certainly not my intention to force this as running is mainly a solitary pursuit and many choose to keep it that way. However for those that wish to give the Spartan singlet a more frequent airing in company, we have tried to provide options on the Spartans running calendar. Over the course of a year, on top of the couple of Hall of Fame Runs and Spartan-specific runs at The Tan, we have gotten together with Victorian Road Runners (VRR) to make the first Saturday of every month a scheduled Spartan Run, again at The Tan. While this has certainly been great, it hasn't really catered for Spartans who live much further out. As we know, driving time and distance can be a huge factor in any individual runner's decision to attend an early morning event and can mean the difference between bounding out of bed or rolling over and catching a few more ZZZ's. Having very recently registered with Parkrun and having experienced their terrific organisational endeavours firsthand, I think it presents fantastic opportunities for our more distant Spartans to organise themselves to meet up in Spartan singlets at the Parkrun closest to their homes. There is also a 'Spartans' team that you can register under on their website. For Spartans seeking some more personalised coaching with the reduction of their times, I can't recommend highly enough the extremely inspirational guys at any of the 4 sites of Spartan Tristan Miller's Run Like Crazy. I'm a huge Tristan fan and have been ever since reading his book and having him as our AGM headline speaker a few years ago, so it was great to see him presented with his green singlet by Deeks this year. The guy and his team of coaches certainly walk the talk and have many success stories from runners of all abilities, so hop onto their website and have a look.

The Spartan profile in Melbourne is a significant one but we can further grow its visibility and presence by wearing our singlets at any organised run, either alone or arranging to run it with other Spartans. Our singlets always attract nods, positive comments, respect and they inspire other runners toward their own goals. If distance has been a factor for you attending the CBD runs, may I encourage you to check out your nearest Parkrun location and attend either solo or slowly work toward forming a small group Spartan presence. Send me an email if your closest Parkrun is less than an hour from Upper Ferntree Gully and I'll come and run it with you! While we will certainly keep our Tan Runs timetable going, we hope that by embracing and encouraging other points of the compass, we can encourage more Spartans to run more often in their colours ... and please send us your pics and a couple of words for the website.

If you haven't paid your 2017/18 membership yet (still only \$20), or don't know if you have, may I encourage you to hop onto the website under the 'Financial

Spartans' tab to ensure that you are a financial member. So that you're aware where membership funds are spent, along with the miscellaneous columns, the 2 main sources of expenditure every year by far are the \$6K for our AGM at the MCG and the \$1K for the Spartan tent food, drinks and masseurs. Thank you to Spartans who have paid their membership and to those who intend paying but haven't gotten around to it yet (writing this, I've just remembered my late VRR membership ... it's coming guys 😊)

I would like to wish you and your loved ones the most Merry Christmas ever and may you have a safe and happy New Year's holiday period. One of my favourite sayings this year has been 'Opportunity dances with those on the dance floor'. I hope that you step out there and have a full dance card next year! See you in 2018!!

Jay Fleming (S1012)

*** **SPARTANS' LAKE TEGANUMA ECO HALF MARATHON COMPETITION** ***



***Ladies, have you run a half marathon in under 90 minutes?
Gentlemen, have you run a half marathon in under 70 minutes?***

Would you like to participate in the Teganuma Half Marathon in Japan on Sunday October 28th, 2018? If so, please submit your evidence when you enter our Teganuma Competition for 2018 to spartans.team@hotmail.com.

On offer are:

- Return airfare to Japan
- Homestay with host family for approximately 7-10 days or whatever mutual circumstances allow at the time
- Transfers and most meals provided by the hosts

Two lucky winners will be chosen to participate in this richly rewarding experience, representing Spartans, Melbourne Marathon and Australia while having a fantastic time in beautiful Japan.

Dear Jay-san!!

Hello!! How are you?

Time flies, it's already a month had passed since I visited Melbourne!!

After went back to Tokyo, I had been having a busy day and backed to normal.
But, every now and then I recall the beautiful memories of Melbourne marathon.

I really want to say big thank you again for all of your kindness.

I received a big present from you, for example, you gave me some great advices about helping people, the most important thing about running, our planet, and so on. These advices penetrate into my heart and I shared these things with my teammates!!
In this meaning, you gave me a good influence and motivation for the future running.
I also want to say thank you for the nice article in the website of Spartans. I owe everything to you, nevertheless you wrote such a great words !!

Sometimes I see this picture and recall the jogging before the day of Melbourne marathon.
Hope we can run together in this nice slope and steps in the future again !!



In the next Teganuma marathon, hopefully I can help the runner who selected by you.
Hope I can come back to Melbourne again or we can meet you somewhere on the earth(^.^).
Wish your beautiful life and good luck.

16th, Nov., 2017
Keiko HIRAGA

ANNUAL GENERAL MEETING 2017



We were very lucky to have our Patron, Robert De Castella, as our Speaker at our 30th Anniversary Annual General Meeting in August. "Deeks" delighted the audience with vision of some of his marathon achievements then spoke in detail about his important work with the Marathon Project involving indigenous Australians. The audience could have listened all night! Following his speech, Deeks was inundated with Spartans wanting to meet him. I was speechless and just managed a Selfie. Deeks you are ace. Thank you. Felicity Doolan ☺

A WARM WELCOME TO OUR NEW SPARTANS



New Spartans in 2017:

Peter Chapple, Paul Burke, Helen Ferrucci-Nobile, Vanessa Bourne, Paul Kingston, Kirsten Jackson, Matt Callaghan, Graham Wiltshire, Serena Wooldridge, Greg Clifford, Oliver Cronin, Elizabeth Rankin, Jack Hider, Paul Whenman, Bernard Goh, David Blom, Donald Bailey, Roger Boyd, Grant Padula, Andrew Mott, Florence Tee, Sandra Brett, Grant Scurry, Dmitry Likane, Adam Hewitt, Chris Robbs, Peter Papakonstantinou, Nick Baff, Brian Bateman, Derek Couper, Tristan Miller, Joel Mitchell, Susan Nevins, Martin Skahill, Geoffrey Thuring, Bradley Fuller, Catherine Roberts, James Rinaldi, Emanuel Vyssaritis, Frank Pupic, Jason Daye, William Jackson, Eu Ho Siew, Martin Edwards, Alan Green, Joanne Parlevliet, Colin Sing

VISITORS TO JAPAN – LAKE TEGANUMA REPORT

Maureen Wilson, Christine Hodges – Maureen again and their wonderful hosts:



For those who were unable to attend the AGM, below is Christine Hodge & Maureen Wilsons' presentation of their trip to Japan.

Maureen and I are delighted to be here tonight to present a short report on our experiences last October as Spartan representatives in the Lake Teganuma Eco Half Marathon.

Maureen and I met in 1989 through the Hash House Harriers (the running club with a drinking problem). We decided to start training together for the Sussan 10K and this led to the Banana run over the Westgate Bridge, the Frankston Half Marathon, the Devilbend 30 K and inevitably the Melbourne Marathon. Unlike Maureen, I was never a fast runner but I had endurance and so the Marathon was a perfect fit. 10 years later, we became Spartans together.

It has always been a dream of ours to run overseas together and so during these years, we had a Tattsлото syndicate called London Here We Come. The plan was that the winnings would pay for us to run in the London Marathon. Unfortunately, like most people, we didn't win and so the opportunity to run in Japan was the fulfilment of a dream. We will be forever grateful to the Iida family who so generously provided us with this opportunity.

2016 was the 22nd Lake Teganuma Eco Half Marathon. The course is a figure of 8 around and across Lake Teganuma. The course is essentially flat and is on a combination of roadway and bike path. There were over 10 thousand participants in last year's event and in true Japanese fashion, the race organisation was perfect in every detail. A glossy race book was available pre-race which contained all the organisational details and a list of every race entrant showing their name, age, race number and sporting club. There were 8359 male entrants and 2216 women. The booklet also contained the overall results from the previous 21 races.

On the Thursday before the run, our host family drove us around the course, stopping at various points to explain the route. It was a warm and windy day and we crossed our fingers for better conditions on the Sunday. On the Friday, we met one of the pacers (definitely not my pace) who was to act as an interpreter for us in our TV and newspaper interviews after the race. It was also intended that we run a loop of the course with him. However, the rain poured down and so we ate ice cream instead.

On race day, the weather gods smiled and we woke to a cool and windless day. Our host father, Hajime is on the organising committee and so he left early on the Sunday morning. We had a more leisurely start to our day, leaving the Iida's home at about 7.30 after a light breakfast. We travelled by train to Lake Teganuma- a journey of about 20 minutes. We then had a 15 minute walk to the race start. We had to collect our race packs on the day of the event and so were a little apprehensive as to how long it would take for the organisers to hand out over 10,000 race packs. We didn't need to worry – the process took all of 5 minutes. We then went with our host mother, Junko, to claim a spot on the grassed area. Once there, we organised our race numbers and computer chips and then headed off for

the obligatory toilet stop. Some things, it seems, are the same all over the world- the queue for the ladies toilet was much, much longer than the mens.

We then joined in the pre -race warm-up exercises which everyone took very seriously. The race start time was 10am and so we walked up to the marshalling area on the bridge and assembled in our waves. In true Japanese fashion, everyone seemed to be in the correct wave. Motivational music played and then right on 10am, there was a count-down –San Ni Ichi and we were off.

Maureen was in the wave before me and so I didn't see her again until the finish. The support all the way around the course was amazing. There were school bands playing and groups of taiko drummers and I was carried along by the group momentum. The course was relatively flat with the obligatory hill at around the 15km mark. There were 2 time cut offs- at the 9.4km and the 17.4km marks. Drink stops were plentiful, serving water and Pocari Sweat.

The Finish was also well organised and after going through the chutes we were directed to the admin area where we returned our computer chips and collected our commemorative t-shirt, a banana and bottles of water and more Pocari Sweat.

We were then directed to the Presentation area where a stage was set up. Presentations began promptly at 12.30 and the junior place getters and the overall male and female place getters were congratulated, interviewed and presented with their medals and trophies. The 6 fastest finishers in each age group won medals which they collected later. Maureen came 6th in our age group and received a very large medal. As guest runners, we were called up to the stage and presented with gift bags.

We were then interviewed by the local TV station. We had been given the questions a few days earlier so that we could prepare our answers and our interpreter could vet our responses. However, everything changed overnight. The questions were different but we still managed to use most of our responses coupled with some adlibbing. For those that are interested ???!

We then went out for a celebration lunch and returned to our host family's home for a well- earned bath and rest before a delicious sushi and sashimi dinner.

Our week with the Iida family was a wonderful experience and we were treated like royalty. It was very special to stay in a Japanese home and experience a traditional lifestyle. We ate a wide variety of traditional foods and took lots of photos. We visited the Aqua line on Tokyo Bay, walked around the Emperors Palace in central Tokyo, visited Sensoji temple in Asakusa and went for a river cruise. We also had an overnight visit to Nikko with Junko, our host mother, where we stayed in an onsen hotel and enjoyed a kaiseki dinner.

Maureen and I cannot thank the Iida family enough for our Japanese experience. We were very privileged to be able to represent the Spartans in Japan and we look forward to being able to reciprocate our host family's generosity with Japanese runners in the future. Arigatou Gozaimasu!

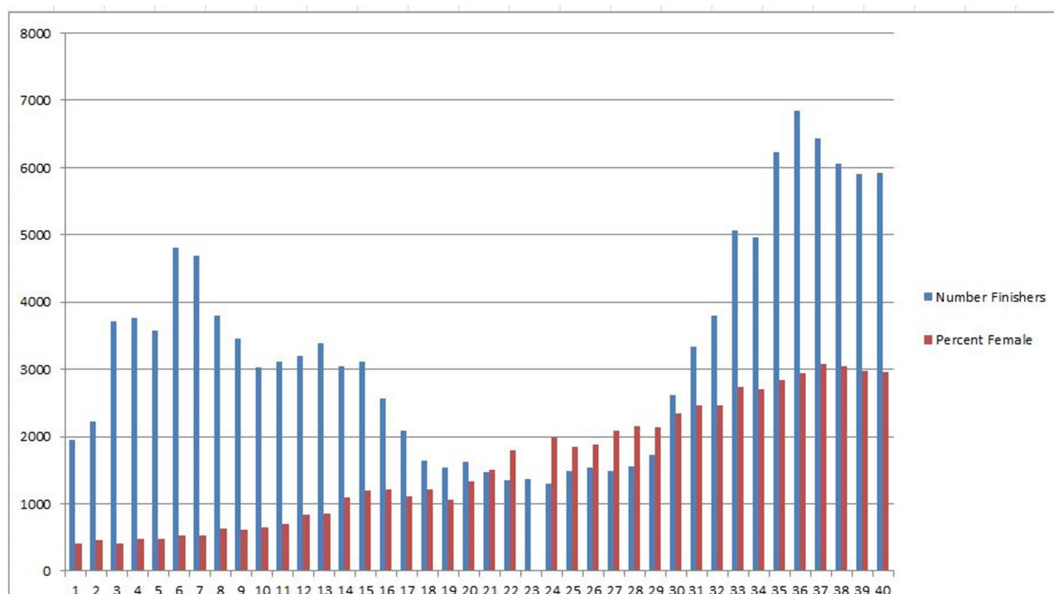
IS THIS YOUR JACKET?

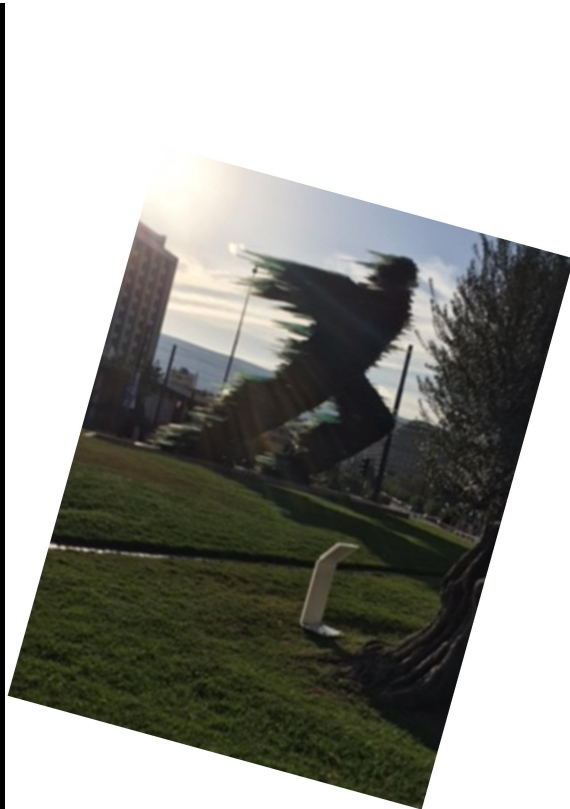


The photo above is of a jacket left behind in the Spartan's tent at this year's Marathon. If it is yours please call John Dean on 9337 7179.

FEMALE MELBOURNE MARATHON RUNNERS ON THE RISE BY DAVID FOSKEY

In the first Melbourne Marathon in 1978, there were 1947 finishers, 80 of whom were female. This year 2017, the total number of finishers was 5925 including 1751 females! The percentage of female finishers (refer graph below - the red bars) has steadily increased from 4% to nearly 30% over that period. The total number of finishers has fluctuated more with a peak of 6848 in 2013 and a low point of 1291 in 2001.



WHERE THE BLOODY HELL ARE YOU?

A new spot in our Newsletter? This comes from Mike Zervos (S1174) who was in Athens for a Conference and decided to do a 10km. (As you do!) The second photo is an amazing glass sculpture along the course. Thank you Mike!

SPARTAN PROFILE**BRUCE HARGREAVES (aka "DIGGER")****Occupation:****Geologist****Place of residence:**

Tamborine Mountain Gold Coast Hinterland, QLD

Main life focuses:

Living long, happy and healthy

Proudest achievements:

Using my experience, as a runner, as a geologist, as a business person and as a family person to mentor the younger generation around me.

If I was boss of the world:

Remove hatred, racism, sexism and hunger.

What the world needs most:

A benevolent dictator

Main influences on my life:

Family, work, running and the urge to make things better.

First car:

Mark 2 Zephyr

Favorite song:

Another Brick in the Wall

Favorite band:

Pink Floyd

Favorite male concert:	None
Favorite female concert:	None
Favorite group concert:	None
Favorite movie:	Pele
Favorite book:	Derek Clayton: "Run to the top"
Favorite dish:	Meat and 3 vegs, steamed of course.
Favorite soup:	Pumpkin
Favorite bread:	Sourdough
Favorite salad:	It is all rabbit food
Favorite season:	Running Season
Favorite dessert:	Vanilla Ice cream
Favorite coffee:	Long Black
Favorite drink:	Whisky, mainly Irish
Favorite liquor:	Bailey's, it is great on Porridge, instead of milk.
Favorite indulgence:	Travel
Favorite smells:	Petrol Fumes as with all rev heads.
Favorite pet:	Pet Rock
Favorite female movie star:	None
Favorite male movie star:	None
First movie star crush:	None
Favorite chef:	LSW (Long Suffering Wife)
Favorite sound:	An internal combustion beyond the redline.
Favorite obsession:	I am not obsessive
Favorite sporting meltdown moment:	Anytime Collingwood surrenders an unbeatable lead.
Favorite sporting moment:	Watching the last runner finishing the 1968 Olympic Marathon (it is on youtube)
Favorite overseas country:	Ireland
Favorite overseas city:	Paris
Most profound place visited:	WW1 battlefields
Favorite cities in the world to live:	Paris, Dublin, Stockholm
Always wanted to visit:	Iceland
Favorite human rights passion:	Asylum Seekers are not criminals
Favorite female sportsperson:	Kathy Watt
Favorite male sportsperson:	Pele

PLEASE EMAIL US IF YOU WOULD LIKE TO BE PROFILED.
WE LOVE YOUR EMAILS: SPARTANS.TEAM@HOTMAIL.COM

MEMBERSHIP RENEWAL NOW DUE FOR 2017/2018

The Spartan financial year is 1 July to 30 June, so fees for 2017/18 are now due.
 Can't remember if you have paid? 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. **THANK YOU ☺**

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.

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 and we'll include it in the next Newsletter.



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

Website: www.melbournemarathonspartans.com

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

Life Members

Paul Basile, Rod Bayley, 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

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
Immediate Past President	John Dean	9337 7179
Committee	John Dobson	0412 688 287
Committee	John Kaparelis	0447 447 448
Committee	Colin Silcock Delaney	5598 6090
Committee	Vacant	

Website References:

www.melbournemarathon.com
www.melbournemarathonspartans.com
www.coolrunning.com.au
www.vicmastersaths.org.au
www.athsvic.org.au
www.athletics.com.au
www.vrr.org.au
www.runnersworldonline.com.au
www.run4yourlife.com.au
www.traralgonmarathon.org.au
www.sixfoot.com
www.parkrun.com.au
www.ausrunning.net
www.runningcalendar.com.au

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