

THE SPARTAN

Reg No A0043579R

CLUB PATRON - Robert de Castella

July 2017

Email: spartans.team@hotmail.com**Website:** www.melbournemarathonspartans.com**Postal:** P.O. Box 162., Rosanna Vic 3084

FROM THE PRESIDENT

Hi Spartans,

Welcome to the second half of the year as we turn for home in 2017, 40 years since the first Melbourne Marathon in 1978. We have our AGM next month and we also celebrate 30 years of the symbol of longevity that Spartans have grown to become in that time. I would like to acknowledge the terrific support and cooperation of IMG in recognising the work that Spartans have done and continue to do in preserving the history of this mighty event. We have also been sought out for input into this year's medal design so it's great to see so much thought and planning going into the milestone. Additionally, in collaboration with IMG we will bring back the event souvenir booklet in e-format as we believe it certainly enhances runners' experience of the event, as evidenced by the high regard in which all booklets dating right back to the early 1980s are held.

In keeping with our inclusion theme of late, I would like to thank Spartans who are also members of other running clubs for wearing their Spartan singlets on designated days to increase our visibility and presence. Not only does it make for a good visual after the run but it also generates positive comments from passers-by during the run. I have particularly enjoyed the VRR Tan Runs at the start of the month and just love how these dedicated folk go about it, in all sorts of sometimes inhospitable weather. I hope you can make it to the next VRR Tan Run on Saturday August 5. Additionally, we have a Spartans Run coming up very soon at The Tan on Sunday July 23 so if you're available come down for a gallop in your Spartan gear and I'll shout the drinks.

As part of the runup to this year's event, we will be organising a pasta night on the Friday before the Marathon as well as a post Marathon get-together on the Sunday afternoon. We sincerely hope that we can grow both of these back into the regular fixtures that they once used to be.

The August 28 AGM promises to be a beauty with our Club Patron Deeks as headline speaker. We will be sending out an email request for specific historical items connected with the Melbourne Marathon, a process we would like to keep well

organised to ensure that items find their way back to their rightful owners after being displayed and enjoyed at the AGM. However, if you are currently in possession of a historical item that you think is quite unique, we would love to hear from you. We are establishing contact with as many of the 'founding fathers' of the event as possible to have their efforts rightfully acknowledged on stage. If anyone is still in contact with any of the original Big M Girls, please pass on their details to our secretary so that an invitation can be extended.

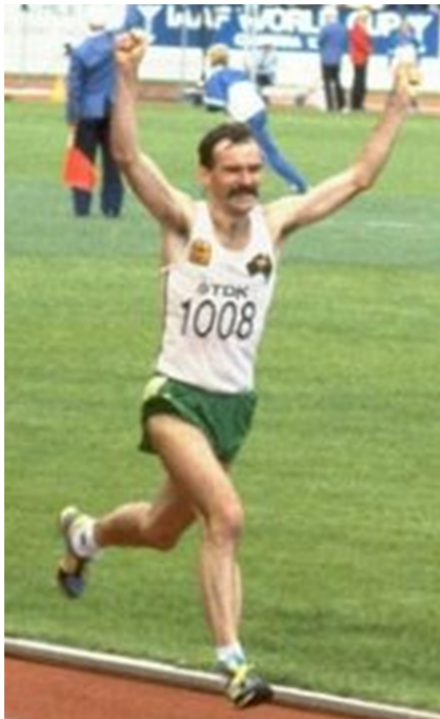
Just a courtesy reminder that the Spartans membership year is aligned with the financial year so 2017/18 membership is now due. If you are in doubt, it's a good opportunity to spend a couple of minutes on the Spartans website checking to see if your name is listed under the paid-up members. While you're there please feel free to have a look around the site which has been excellently maintained by our webmaster and Spartan Legend, David Foskey. For Spartans attending the AGM, membership dues (\$20) can also be paid on the night

I hope your training is going well as we all look for new little initiatives to maintain or improve our performance. My personal journey this year has led me back to very low-support shoes after a brief flirtation 5 years ago, which in hindsight I should have persevered with a little longer. Additionally, it looks like Collingwood's standard of play this year has ensured that I'll have plenty of available weekends in September to pack some respectable distances into the Nikes.

See you real soon Spartans!

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 (details below). We are delighted that our patron, Robert de Castella AO, MBE, will be guest speaker.

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

In 2005 Rob [sent a message](#) to Past President John Dean which is still pertinent.

Anyone who wishes a pre-AGM run should look no further than the [de Castella Fun Run](#): 5, 10 or 15 kilometres, you choose.

**Melbourne Marathon Spartans Club
Annual General Meeting
Monday, 28 August 2017 at 7:30 pm
Premiership Club Dining Room at the Melbourne Cricket Ground**

**All Spartans and their families are most welcome.
*The only thing we do ask (for MCG Security and catering purposes) is that
you let us know of the names* of those attending.***

RSVP by 16 August 2017 to either:
Felicity Doolan: spartans.team@hotmail.co or tel 0411 405 529
John Dean: jkdeano@hotmail.com or tel 9337 7179

Premiership Club Dining Room – Level 2
Gate Entry Gate 6A off Brunton Ave
Parking – Entrance E off Brunton Avenue
Use lifts 14 or 15
[Or, Click Here](#)

A gold coin donation, to help with the cost of the night, would be appreciated.

To enable the AGM to progress smoothly and to keep proceedings to a reasonable time any items of General Business MUST BE RECEIVED IN WRITING NO LATER THAN 28/07/2017 through spartans.team@hotmail.com. No General Business questions will be taken from the floor.

If you would like to nominate for the committee, please contact John Dean, details above.

A Call For Your Help

The club would like to have a complete set of Melbourne Marathon result books for display at the Annual General Meeting. However, whilst the Club has been able to obtain a copy of almost all result books over the years between the first year in 1978 and the last year a result book was published in 2012, we are missing a copy of the 1980 book

If you happen to have a spare copy or a copy that you no longer want or require, would you please contact Past President John Dean on Phone: 9337 7179, Mobile: 0481 328 494 or email: jkdeano@hotmail.com and he'll arrange collection.

Club Run July 23

The next [club run](#) around the Tan will be held Sunday July 23 at 8:00 am. It will start near the observatory, opposite the shrine. We will run clockwise, so if you arrive late, run in the other direction to pick up a group. We tend to break up into groups, some of which are **very** slow. Parking is free on Sunday. All welcome, please invite friends and family.

Spartan Runner Profile – Jim Yatomi-Clarke



Occupation - Retired Myotherapist
 Place of Residence - Ferntree Gully
 Main life focuses – contributing member of community
 If I was boss of the world – I'd probably make a bigger mess than what we have now
 What the world needs most – each individual's to care for each other
 Main influences on my life – Graeme Smith who was my Judo teacher in my teens.
 First car – Morris Minor "1953 MM"
 Favourite song – What Have They Done To The Rain
 Favourite band – Glenn Miller
 Favourite movie – Man of La Mancha
 Favourite book – Ghandi Auto Bio
 Favourite dish – too many to name
 Favourite soup – Miso Soup
 Favourite bread – any crusty bread mostly Italian bread
 Favourite salad – Greek Salad
 Favourite seasoning - Japanese Pepper
 Favourite dessert – Tiramisu

Favourite drink – Tea of any kind

Favourite liquor – none

Favourite indulgence – Dark Chocolate

Favourite smells – Scent of Brown Boronia

Favourite pet – Cats

Favourite female movie star – Judith Dench

Favourite male movie star – Peter O'Toole

Favourite sound – Steam Engine

Favourite obsession – Running/Trekking

Favourite sporting moment – Kerryn McCann 2000 Melbourne Commonwealth Games Marathon as she came in to MCG

Favourite overseas country – Japan

Favourite overseas city – Kure, Hiroshima Japan

Most profound place visited - Village of Hope Orphanage in Uganda

Favourite cities in the world to live – Melbourne

Always wanted to visit - Canada and Italy

Favourite human rights passion – End cycle of poverty

Favourite female sportsperson – Lavinia Petrie

Favourite male sportsperson – Antony Martin

[More from Jim.](#)

Legend John Dobson at Everest Base Camp



John has run 39 Melbournes and walked the Kokoda Trail, but says his March 2017 trek to Everest Base Camp with the Yan Yean Road Runners is the hardest thing he has done.

Celebrations and Acknowledgements

As you will no doubt be aware, this year we celebrate the fortieth running of the Melbourne Marathon and the thirtieth year of Melbourne's most sought after club, the Melbourne Marathon Spartans Club.

Whilst over the past thirty years we have acknowledged and celebrated with over 1300 marathon runners as they became Spartans, and in turn have acknowledged those same Spartans who have completed milestone marathons of 15, 20, 25, 30, 35, and this year those that will run their 40th, we must of course not forget the efforts of those behind the scenes. That is, those that have been on the Club committee/s over the past thirty years and those that have offered their assistance in many other ways during this period.

Given it being the thirtieth year of the Spartans Club it is timely to mention that all Spartans have the opportunity to nominate a fellow Spartan for Life Membership should they believe that person has given outstanding service to the Club. Full details of how to nominate and the requirements for Life Membership are in the recently updated [Clubs By-Laws](#): see PART 3 - AWARDS.

(John Dean, immediate Past President)

The Spartan Award

For those that may not be aware of this Club award, the following is a summary that may assist Spartans understanding of it: **The Spartan Award**, introduced in 2005, acknowledges an individual's commitment, dedication, contributions and determination to continue with their marathon running despite personal difficulties that may be experienced along the way. The award recognises and acknowledges the personal difficulties that we are at times faced with and the effort and courage it often takes to continue with the love of running. The award is known as **The Spartan Award** and is presented at the discretion of the Committee. Nominations for the award are to be received by the committee in writing a minimum of one (1) month prior to the annual general meeting to enable the award to be presented at that meeting.

(John Dean, immediate Past President)

Historical Melbourne Marathon Photos

In 2006 when International Management Group (IMG) took over the running of the Melbourne Marathon, we the Spartans Club were given the opportunity by IMG to obtain a number of forms of Melbourne Marathon memorabilia from a storage shed in Northcote. Given the importance of retaining the history of the Melbourne Marathon we availed of the opportunity and have had some of that memorabilia on display at each AGM since 2006.

What memorabilia hasn't been seen before are some 1900 Melbourne Marathon photos taken during the period 1978 to 1999 that we have now catalogued and will have on display for all to see at our coming AGM on 28 August 2017. For those that have run some of those early marathons the photos are certainly worth looking at and will no doubt bring back memories of those early runs.

(John Dean, immediate Past President)

John has done an enormous amount of work in collating these photographs. If he had not taken them they would have been destroyed. He also has saved numerous other pieces of memorabilia.

Story From Jim Hopkins (S0125)



Jim recently ran the Hapalua Half Marathon – [read his story on the website](#).

MILESTONES – LET US KNOW!

If you are going to run your 10, 15, 20, 25, 30, 35 or 40th 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

Herald Sun ARTICLES



The Herald Sun included a [brief story on the Legends](#) on June the 18th. On June 27 [Dennis Nish \(S0138\) and Jim Hopkins \(S0125\)](#) featured.

We believe that there will be more articles featuring Spartans as the 40th run approaches.

MEMBERSHIP RENEWAL NOW DUE FOR 2017/2018

The Spartans financial year is July 1 to June 30, so fees for 2017-18 are now due. You can pay at the AGM but it helps Treasurer Rod Bayley if you can pay by one of the methods below.

| | |
|--|---|
| \$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 |
|--|---|

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.

[Download the membership form.](#)

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.

Have you run the "Le Marathon du Medoc"? If so, please send in a story.



Nowadays, everyone takes photographs with their mobile phones, yet our [race photographs page](#) has very little from recent years. Please send anything you'd like published to djfoskey@ozemail.com.au. Please don't send official race photographs as we can't use them.

We'd also like family and friends to provide photographs from the 2017 race.

Can anyone identify the Spartans in this photograph from the start of a late 90s or early 2000s Melbourne marathon?

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

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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