

THE SPARTAN

Reg No A0043579R

CLUB PATRON - Robert de Castella

May, 2016

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FROM THE PRESIDENT

Hi Spartans,

Welcome to our Autumn Newsletter. I hope your running is going well and injury free. Personally, I've had a couple of ankle and calf issues that I've had to listen to the body about and take it easy with. To compensate, I've been leaving the car behind and walking absolutely everywhere to keep everything nice and loose. The slower pace has enabled me to pay more attention to the neighborhood's creative landscaping ideas, a couple of which I've been inspired to replicate and tweak at our place.

We are really looking forward to our Spartans Run on July 17 when 9 times Comrades winner, the legendary Bruce Fordyce joins us for a couple of laps. This man has run 30 Comrades and has maintained his remarkable form just missing out on the 7 hr 30 mark a couple of years when he was pushing 60. All his victories have

averaged 5 hr 30 mins for the 90 km which is mind boggling to the average human. This will be a huge thrill for us all and we will announce more specific details a little closer to the date.

Very shortly we will be announcing our goodwill ambassador winners of the Teganuma Competition who will jet off to Japan later this year to represent, not only Spartans but also the Melbourne Marathon itself. This further builds on the already strong relationship and mutual respect between these two running-mad countries. We are taking measures to diversify the contents of the Spartan newsletter and to that end we are kicking off a couple of new regular features we hope will take off. For what it's worth, I've kicked off the first profile column and we'd love to have Spartans send theirs in for inclusion into future newsletters. I think it's most appropriate that we put a face and personality to some of those fantastic coloured singlets running around. Please feel free to tell us as much about yourself as you're comfortable with.

For the many Spartans that are also members of other clubs or who tackle other events in Oz and overseas, please drop us a brief line or two as it all helps to ramp up everyone's energy levels.

Finally Spartans, don't forget to pencil in our AGM on Monday 19 September at the MCG to hear and meet the amazing Tom Denniss. This promises to be an amazingly inspirational evening.

Happy autumn running!

Jay Fleming
(S1012)

FROM THE SECRETARY

Dear Spartans,

I hope everyone is running well.

Some of you had issues with your bib number not being printed at last year's Marathon. We are still following up exactly what happened and will advise further. In the meantime, IMG have advised that you need to enter by **30 June** to ensure your bib is printed. Please also enter your Spartan number. If you don't know it, just refer to the Website or drop me a line.

Happy running always ☺
Felicity Doolan
(SF0080)

WINNER!

At our April Committee Meeting, we drew our lucky winner **Patrick Herft (S0868)**. A copy of "The Wall" is on its way to Patrick. Remember you have to be a financial member to be eligible for your name to be drawn!

SPECIAL ALBERT PARK RUN FEATURING BRUCE FORDYCE – 9 TIME COMRADE WINNER

Bruce Fordyce (9 Time Comrade winner) will be in Melbourne in July and will be at Albert Park for a Spartan's run on Sunday 17 July. We will provide further information closer to the time but please put in your diary!

REMEMBER "TATE 08"?!

Following Kevin Cassidy's appointment as Sector Leader and Race Controller of Melbourne Marathons 5.5km event back in 2007, he wrote the following article about an experience he had on the day that will always stay with him. Kevin is a marathon runner himself, an ultra-distance runner and English Channel swimmer and some may know him as a writer for Run for Four Life magazine.

"Tate Kemp's Mighty Run" A Day Behind The Scenes At The 2007 Melbourne Marathon

By Kevin Cassidy

For a number of years now, South Melbourne Athletic Club have been operating the drink stations in the Beaumaris area and we had become quite adept at setting up, serving the runners, then packing up and heading off home by 11am.

With an entirely new course and race management this year, our day took on a whole new set of circumstances.

Supplying over 50 volunteers, our role was to marshal the final 2km, operate the drink station in Birrarung Mar and oversee/marshal the 5.5km event.

I'm oblivious to who it was, but in a moment of insanity, someone made the telling decision to anoint me the "sector leader" of the 5.5km event. This role involved attending a meeting two weeks prior, attending again on the Saturday to pick up equipment, get driven around the course and recheck all those little details that needed reconfirming. I guess the fact that I drive a ute had something to do with getting roped into the job!!

Arriving at first light, race day started early. One of the benefits of such an arrival time was the chance to secure a prime parking space right opposite the Arts Centre.

Getting set up amongst the hordes of scantily dressed teenagers leaving a rave party

at the Tennis Centre was a form of entertainment all on its own! "Whadda you'se doin" being the most common verbal exchange.

I was initially relieved with the fact that the short event didn't start until 9am, thinking that we wouldn't have to panic but ultimately we needed all of that time to prepare. Once all the 17 marshals were registered, informed of their role and placed into position, there was only just enough time to do a quick course check and ensure all the bunting and witches hats were in place.

I was a smidgeon disappointed that I wasn't going to get to see the majority of the marathon but as the 5.5km event got underway, I soon got to experience something that will always sit with me. Waiting at the 1km mark and ready to take up my duty of following the rear of the field, I chatted with a course marshal until what I assumed was the final runner came through. Preparing to re mount my bike, I caught sight of what I thought was a pink race number still some distance away. With 40 minutes on the clock a blond haired youngster no older than five approached via his walking frame and with the helping hand of his father and a couple of family members. Not allowing Cerebral Palsy to hinder his determination, the young lad had his number pinned proudly on his chest and was full of enthusiasm as he made his way along the course. I assured the entourage that I would stay close by and that they had all the time they wanted to finish. As he made his way beyond 3km, all my marshals had packed up and gone, thinking that no one was still on the course. It was a privilege to guide this incredible youngster and his family to the finish. This wasn't a case of parental pushing at all. This young fellow wanted to do the race himself and he remained positive and determined throughout. Coming through Birrarung Mar, I was mindful of the fact that the 5.5km course took a different route into the MCG and that the route was probably now opened up to spectators etc.

Riding [and radioing] ahead, we soon opened one of the course barriers and moved numerous people out of the way. At this point, I noticed a woman cheering the young guy loudly as he came down the bridge.

"Do you know him" I asked. "He's my son" she replied proudly.

"Well, he's a gutsy young boy" I replied. "I know", she blurted with tears of pride now running down her face.

The entourage grew dramatically as what I assumed to be his entire extended family joined him for the final stages.

Onto Brunton Avenue and through Gate C, this young lad got to live his own "Kerryn McCann" moment. I dumped my bike and communication equipment at the gate and charged into the arena. Occasionally we get caught up in the moment of something special and I wanted to be at the finish to cheer him home. The family were furiously clicking cameras as he crossed the line still pushing his walking frame and beaming from ear to ear with his achievement. His **5.5km** race had taken approximately **two and a half hours**. The marathon clock was showing about 3:30 as he made his way under the finish banner.....I hope most of the crowd got to share the moment. Plenty may have run further and faster on the day but none were tougher, more determined or more satisfied with themselves than Tate Kemp.

As a result, I missed most of the marathoners and the entire half marathon and 10km fields but it hardly mattered as I had just witnessed my highlight for the day.



Tate Kemp becomes an Honorary Spartan in 2016

Whilst the above article was written by Kevin Cassidy some nine years ago, Tate, who has Cerebral Palsy has kept up his training over the years and on Marathon Day 2016 will complete his tenth "marathon" .

Tate's achievement is being acknowledged by making him an Honorary Spartan on marathon day and presenting him with a Spartan singlet to wear during his milestone marathon on 16 October. A mighty effort Tate, congratulations.

John Dean (S0020)
Immediate past President

***NEW TO THE NEWSLETTER*: SPARTAN PROFILE: JAY FLEMING**

Married to Mary for over 30 years, 2 adult girls, 5 grandsons
Occupations: Teacher, disability support worker

Main life focuses – Health and wellbeing of self and planet

Proudest achievements – Stable relationship, great kids, super funny grandkids

If I was boss of the world – I would enforce a total stop to all military spending in EVERY country overnight and channel those funds into global nutrition, health and education

What the world needs most – Trust

Main influences on my life – Betty Cuthbert, Terry Fox, Caroline Myss

First car – Restored a 1968 Toyota Crown in 1980
Favorite song – Belfast Child – Simple Minds
Favorite band – The National
Favorite male concert – Bruce Springsteen, Hanging Rock 2013
Favorite female concert – Lana Del Rey, Melbourne 2013
Favorite group concert – Simple Minds, Palais 2006
Favorite movie – The Secret Life of Walter Mitty
Favorite book – Anatomy of the Spirit – Caroline Myss
Favorite dish – Crispy char-grilled salmon
Favorite soup – Cream of mushroom
Favorite bread – Spelt, Buckwheat and Polenta Sourdough
Favorite salad – Greek salad
Favorite season – Autumn
Favorite dessert – Tiramisu
Favorite coffee – Long black
Favorite drink – Mineral water
Favorite liquor – Cointreau
Favorite indulgence – 2 squares of dark chocolate every day
Favorite smells – Sweat, freshly mown grass, garlic, freshly baked bread
Favorite pet – Kelpie
Favorite model – Helena Christensen
Favorite female movie star – Audrey Tatou
Favorite male movie star – Cary Grant
First movie star crush – Jane Fonda circa 1975 (wrote her a letter at 13 ... got no reply!)
Favorite chef – Rachel Khoo ... yum!
Favorite sound – Fine gravel under foot
Favorite obsession – Clouds
Favorite sporting meltdown moments – Collingwood premierships 1990, 2010
Favorite sporting moment – Kerry McCann 2006 Commonwealth Games Marathon
Favorite overseas country – Iceland
Favorite overseas city – Berlin
Most profound place visited – Auschwitz
Favorite cities in the world to live – Melbourne, Zurich, Sarajevo
Always wanted to visit – Peru
Favorite human rights passion – The rights of the approximately 370 million Indigenous Peoples of the world including Australia's First Nations
Favorite female sportsperson – Betty Cuthbert
Favorite male sportsperson – Emil Zatopek
Favorite inspirational feat – Terry Fox Marathon of Hope 1980
Guaranteed to tear up over – Last Post ceremony on Anzac Day
Favorite moments in nature – Sunrises, sunsets, branches or long grass swaying in the breeze, reflections off lakes, birds in flight
Favorite training – Intervals, hills, weights
Favorite calming pursuit – Gardening
Bucket list – Cycle Tour de France course with family
Favorite future passions – Permaculture, aquaponics, mudbrick home, living off the grid

SPARTAN'S ANNUAL GENERAL MEETING 2016 – GUEST SPEAKER

This year's AGM will again be held at the mighty MCG on Monday 19 September. We are very pleased to announce this year's Guest Speaker is **Tom Denniss**.

Tom is an Australian athlete, inventor, scientist, and entrepreneur. A Doctor of Mathematics and Oceanography, he invented a technology to convert energy in ocean waves into electricity, founded a company to commercialise that technology (originally named Energetech Australia Pty Ltd in 1997, later changed to [Oceanlinx Ltd](#) in 2007), played [professional rugby league](#), was a finalist in the [Australian of the Year Award](#),^[1] and in 2013 set a new world record for the **Fastest Circumnavigation of the Earth on Foot!**

Here is an excerpt from Tom's Website: *"On December 31, 2011, I embarked upon a run around the world. This run was expected to take more than 20 months, and cover over 26,000 km. I raised funds for charity as part of the effort. In simple terms, the event encompassed running the equivalent of 622 marathons in a similar number of days.*

I began in Sydney at the Opera House, with the intention of finishing at precisely the same place. I headed in a predominantly easterly direction around the world until I arrived back in Sydney, and ran on five of the seven continents. I crossed the Rockies and the Andes, as well as deserts like the Nullarbor.

On September 13, 2013, I finished my run around the world at the Sydney Opera House, having taken precisely 622 days to run the equivalent of 622 marathons (26,232 km). This was the fastest ever circumnavigation of the Earth on foot, some 40 days quicker than Jesper Olsen's earlier circumnavigation.

I was lucky enough to have a support crew accompanying me for the duration of my journey. My wife, Carmel "drove the course", transporting our gear and providing me with drinks and food when necessary. Carmel also chronicled the trip with her amazing photography.

I followed the guidelines for running around the world that are implicit in Jesper Olsen's World Run 1 – the first undisputed and fully documented run around the world – which he completed in 2005. These guidelines are the basis for the official world record for the "Fastest Circumnavigation of the Earth on Foot", as administered by the World Runners Association, the international governing body for the sport of multi-day journey running (see www.worldrunnersassociation.org).

Fellow world runners like Tony Mangan, Jesper Olsen, Rosie Swale Pope, and Kevin Carr are like-minded people with a similar taste for adventure and a clear love of being out on the road – not just seeing the ever-changing countryside, but hearing and smelling it too, and all at a pace which allows you to really appreciate the experience."

Find more information by visiting Tom's website: <http://www.tomsnextstep.com/>

TONY BERRY BY DAVID FOSKEY (WEBMASTER)

We've recently exchanged emails with Tony Berry, S0436, who ran 12 Melbourne Marathons in the period 1978 to 1995. The picture below shows him winning the M50 category in 1985.

He's mentioned a few names that he remembers from early Melbournes: Eric Sigmont, Robert Schickert, Bruce Peters, Ron and Shirley Young, Kon Butko, Colin Silcock-Delaney, Peter Logan, John Dean, Ken Matchett, Clair Bowler, Graham Salthouse, Doug Orr, Graham Shilton, Bruce Hargreaves, Greg Wishart, Ian Stansfield, Ken Brown, Jim Crawford and Barry Brooks. If any of these people would like to contact Tony, send an email to spartans.team@hotmail.com and it will be sent on.



Tony now lives in England and, although handicapped by an attack of shingles, is preparing to record some serious times in the M80 age group. Training in Cornwall apparently makes Anderson Street look like a gentle slope. The world rankings for the M75 half marathon have him in 5th place for his 1:33:51 run during the 2010 Melbourne Marathon festival.

VICTORIAN ROAD RUNNERS



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 on Saturday, 4 June. <http://www.vrr.org.au/>

MILESTONES

If you are going to run your 10, 15, 20, 25, 30 or 35th Melbourne Marathon in 2016, 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.

MY FAVOURITE RUN

Do you have a favourite run you would like to share with us? If so, please email us at spartans.team@hotmail.com and I'll include in the next Newsletter.

MEMBERSHIP RENEWAL FOR 2015/2016 - \$20

If you haven't paid your membership for this financial year it's not too late as it's valid until 30 June 2016, payment options are below. Not sure if you are financial? Spartans who have paid their Membership are now listed on the Melbourne Marathon Spartans website via: <http://melbournemarathonspartans.com/financial-spartans/>

Payment options are below:

EFT: Melbourne Marathon Spartans Club BSB: 633-000 Account No: 139201743 Please include name and/or Spartan Number	Cheque 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 each year however are most welcome to. Obviously if any of your details have changed we would like to know so that our database is up to date. Either way just drop us a line at spartans.team@hotmail.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.

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, 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

CONTRIBUTIONS TO THIS NEWSLETTER

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