

# THE SPARTAN

Reg No A0043579R

CLUB PATRON - Robert de Castella

November, 2015

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**Congratulations on another Melbourne Marathon run & a very warm welcome to our New Spartans!**

## FROM THE PRESIDENT

Hi Spartans,

I write this from Old Bar, NSW driving back to Melbourne with my wife Mary, having just attended the wedding of our younger daughter Emily to Mitch in the Byron Bay hinterland.

Today we met Don and Cath, a couple in their late seventies who look about 55. They are extremely passionate about life and their passion for all things antique and retro is infectious. They excitedly showed us through their lovely home and extensive retro collection of tools and machinery.

Tonight we are staying at the Boogie Woogie Beach House which was started up 18 months ago by a passionate guy called Steve converting a very rundown old hotel

into rustic boutique accommodation. Steve has been so disappointed with the demise of countless live music venues across the eastern seaboard that he wants to do something about it rather than simply moaning and protesting. With fire in his eyes he chatted informally with us for nearly an hour about his passion and future goals for similar accommodation with themed rooms and music venues to host the wealth of upcoming Australian talent.

How are my chance meetings with Don, Cath and Steve relevant to running? Well, what always stands out to me on my travels are the people I meet rather than nameless, faceless, barren and austere accommodation, no matter how opulent or exclusive. Fancy tap fittings and couches hold my attention for about 2 seconds. Give me people and their stories any day!

I have been greatly encouraged by the experience of Jane Sturzaker and Helen Van Der Nagel's running adventure in Japan staying with their host family and they have written a great little summary for us in this Newsletter. This cross-cultural interaction is invaluable particularly considering the state of the world at the moment. As mentioned in previous newsletters, Spartans will be hosting the Japanese winner of their 2016 Melbourne Marathon competition.

With Christmas approaching, while I'm certainly not on some world peace crusade led by international running, I do believe that running, particularly distance-running, is a people glue anywhere in the world. My fervent goal continues to be a 'homestay register' for major city and regional marathons to host national and international runners, which after all are simply just friends that we haven't met yet. Anyone can stay in a hotel and like all hotel stays, they pale into insignificance. Experiences containing characters and their life stories leave us feeling far more enriched than solitary ones. We not only remember them but we also establish lasting friendships. Facial grimaces, drink stations, busting a gut, muscle cramps and hamstrings tweaks don't need any explanation or an interpreter. They are the ties that bind and we certainly need more of those.

At Spartans Committee we thank you for your feedback, suggestions and contributions throughout the year. We are still developing and fleshing out some of this year's suggestions. We have some exciting initiatives planned for next year and we will keep you included and informed.

I would like to wish all Spartans a safe holiday season full of joy and peace with family and loved ones.

Merry Christmas and a glorious 2016 to you all!

Jay Fleming  
(S1012)

## FROM THE SECRETARY

Dear Spartans,

One of the most enjoyable parts of my role is to issue our new Spartans with their Spartan numbers. This year, we have 33 new Male Spartans & 6 new Female Spartans. Congratulations to them all, and just as importantly, to our Spartans who ran Milestones this year.

Our Webmaster, David Foskey, provided me with some very interesting numbers from Marathons run this year - the Melbourne Marathon had 6054 finishers whilst the Gold Coast had 5282, Sydney 3270 and amazingly in New York 1197 Australians finished!

As the School year ends and the silly season approaches please take care and I wish you and your families a wonderful Christmas and New Year and hope that 2016 is a happy one for you all.

Happy running ☺  
Felicity Doolan  
(SF0080)

## ANNUAL GENERAL MEETING 2015

For those who were unable to attend the Annual General Meeting in September, the Minutes can be found on our Website:

<http://www.melbournemarathonspartans.com/files/AGM2015Minutes.pdf>

## AND THE WINNERS WERE:

For the first time this year we had a "Door Prize" for those who attended the AGM. The main prize hamper was valued at \$250 which comprised of a Spartan's Cap, Mug, a copy of "The Wall", a \$100 Voucher from **Active Feet** and some fantastic products from our Advertisers **Runners Kitchen** and **Bakiliko**. Congratulations to our winner: New Spartan **Christine Lithgow (SF0092)**.

There was also a "Runner's Up" prize valued at \$100 which was donated by **Active Feet** which included an Active Feet Drink Bottle, Melbourne Marathon 2015 T.Shirt and running socks. Congratulations to our runner up Spartan **John Cunningham (S0249)**.

## EXPO TENT 2015

Thanks for visiting the Spartans' Expo Tent this year – and a big thank you to our Committee members and volunteer Spartans for giving up their time to man the

Tent. Here is a great photo of Committee Member Colin Silcock-Delaney (S0147) in the 2015 Spartans Expo Tent.



And thank you to Simon Byth (S1093) for this terrific photo at the start of this year's Marathon!



## TEGANUMA ECO HALF MARATHON 2015 – REPORT FROM OUR COMPETITION WINNERS!

### **“Australia, Japan and Spartans Unite”**

I've run twenty marathons: ten of them have been the popular Melbourne Marathon which makes me a proud Spartan. I think that's quite an achievement but Jane Sturzaker has run over 140 more marathons than me. Now THAT'S an achievement! I've known Jane for over two decades and she is often referred to as 'that tiny woman who runs a lot'. Jane, too, is a proud Spartan and together we represented Melbourne Spartans at the annual Teganuma Eco half marathon in the prefecture of Chiba in Japan on 25th October 2015.

The President of Melbourne Spartans, Jay Fleming, arranged the selection process with the organising committee in Japan. Hajime Iida has been on the Teganuma organizing committee for over twenty years and volunteered to be our host. His wife, Junko, and their daughter, Mizuho, who lives in Melbourne, unofficially became our logistics managers. Hajime and Junko are a warm, generous and friendly couple with three adult children and they made us feel comfortable in their lovely home. In the evenings we discussed the next day's activities with much laughter as the language barrier was broken down. Their English improved, our Japanese did not! They wanted us to experience all the delightful foods Japan has to offer and so we enjoyed a planned menu with huge variety. We also became experts with the obligatory chop sticks!



Our hosts organised for us to run half the course two days before the race with Kouske, a well known local runner. He guided us around the lovely Lake Teganuma which has a circumference almost four times that of Albert Park Lake. The Teganuma Eco Half marathon's quota of 8,000 is filled within one day and we were the only runners from abroad. After our special pre-race breakfast of bacon and eggs, lovingly cooked by Junko and eaten with chopsticks, we took the train to the event, as most do. The walk from the station was lined with beautiful planter boxes exhibiting the event's logo and autumnal flowers. Cheerful uniformed marshals guided us to the start and along the course they were stationed every hundred metres. Like most entrants, we arrived two full hours before starting time. People laid down mats and plastic sheets and sat with friends to enjoy the delightful music played by high school bands and orchestras. Foods from around the world were

available; even beer! Toilets were clean and plentiful and many curious runners approached us with big smiles. They asked us many questions about running in sunny Australia and we, of course, were happy to tell them about the prestigious Melbourne Marathon.

We received the race booklet with our names written in Japanese, participated in the gentle warmup routine and before we knew it we were on our way. Our fellow runners were ever so polite, orderly and chirpy. The sun shone and the temperature crept up while the strong, hot southerly wind came into contention in the second half of the event. The course was lined with joyful musicians displaying rhythmic jazz, drum and rock 'n roll and, with so many participants in the event, the throng of runners stayed with us all the way to the finish line. Hajime was there to meet us and he was thrilled that the commentator announced our names.



As international guests in our brightly coloured pink and yellow Spartan singlets displaying our country's name, we were awarded with gifts of rice crackers and race t-shirts on the presentation stage. Thousands stayed to watch and listen. We were made to feel very special indeed and many people tested their English skills to welcome us. We found that distance running is certainly alive and well in Japan. Runners and race organisers are revered and we sincerely hope that Australia's friendship in athletics continues with this nation.

Our hosts, Hajime and Junko, then took us to a post-marathon sake tasting. We indulged in the beverage and finished the week with a visit to the highly engineered Aqua Line and the beautiful world heritage site of Nikko where we enjoyed the hot 'onsen'. We had the full silk kimono experience and became quite familiar with the brilliant train network of Tokyo. We cannot thank our hosts enough. We cannot thank Melbourne Spartans enough and we look forward to the reciprocal strengthening of this marvelous program.

Helen Van Der Nagel (SF0043) & Jane Sturzaker (SF0052)

### **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:

## 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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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. The Form is available via the link below or just drop us an email on [spartans.team@hotmail.com](mailto:spartans.team@hotmail.com).

[http://www.melbournemarathonspartans.com/files/SPARTANS\\_MEMBERSHIP\\_FORM\\_2015\\_16.pdf](http://www.melbournemarathonspartans.com/files/SPARTANS_MEMBERSHIP_FORM_2015_16.pdf)

### HISTORIC RACE PHOTOS

Thanks to ex-President John Dean we have a large collection of race photographs which are gradually being uploaded to the website. They are organised by years and for some years we have a lot (1978 - 400+), others very few (2004 - four).

The photographs have no descriptions, the quality varies, and there are some duplicates. If you can identify Spartans before they achieved their numbers, please let us know. Here is the page: <http://melbournemarathonspartans.com/race-photographs/>

Webmaster & Legend David Foskey (SF0025)

### 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 for a lap or two and a catch up on Saturday, 5 December. <http://www.vrr.org.au/>

### MILESTONES

If you are going to run your 10, 15, 20, 25, 30 or 35<sup>th</sup> 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](mailto: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](mailto:spartans.team@hotmail.com) and I'll include in the next Newsletter.



### 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

**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

<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)  
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[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)

### **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 ☺.