

100 Marathon Club

www.fickelab.southsidemasters.org

April 2013

Bob's Run

Hello Friends

Hello 100 marathon club members and friends. Again it's been a while since the last news letter and a lot has happened.

We have 4 new members since September 2012, with a total of 40 Australian members now.

In September 2012 Jane Trumper completed her 100th marathon, and in October 2012 Paul Crouch-Chivers and David Cannings completed their 100th marathon.

Our most recent was Trent Morrow, better known as MARATHON MAN. He completed his 100th marathon on March 24th. Trent is on a marathon mission having completed 37 marathons so far this year at the time I spoke to Michael a few days ago.

We will have 2 more Australian members by the end of July, namely Jane Sturzaker at Canberra Marathon and Gary Patrick at Gold Coast Marathon in July.

Six Foot track Legend

As for myself, I have just become a 6 Foot Track Legend – 24 years of running 6 Foot. I now have a permanent number: 4 and free entry in the future 6 Foot runs. Max Bogenhuber presented me with my 'trophy' – a picture frame with photos and a missing permanent number – its coming!



Blue Line Legends



On Saturday morning, the day before the 12th Blackmore's Sydney Running Festival, an event took place under the Sydney Harbour Bridge whereby the original runners of the Blue Line were made BLUE LINE LEGENDS. Of all those who have run all the Sydney Marathons there were 11 runners (one female and 10 males) who had also run the Blue Line. Ten runners were present on the morning and they became known as the BLUE LINE LEGENDS. Three of these are Australian 100 Marathon Club members: Ray James, Rick Patzold and myself. All ten runners were presented with permanent numbers and a singlet displaying the words BLUE LINE LEGENDS. We have completed all 11, now 12, Sydney marathons since 2001. We also met the legendary cricketer Glen McGrath, the Kenyan runners and a 2 hrs 8 mins Japanese runner.

CONTACTS

Bob Fickel fickelab@hotmail.com

(02) 9520 3986

PO Box 744, Sutherland, NSW 1499

Michael Gentle webmaster@southsidemasters.org

New Members

Jane Trumper



Jane's 100th Marathon – Sydney 2012

Jane completed her 100th marathon in the Blackmore's Sydney Running Festival on the 16th of September 2012 as the 4.30 pacer. Jane has been a pacer on a number of occasions. I remember Jane kicked my ass in the Six Foot Track 2010 or 2011, when she was 7hr pacer. After that I stayed in front of her and finished in time.

Jane has achieved a lot since her 1st marathon in London 2001 and has run marathons all over the world. Jane has also completed many 100km, 100 miles and multi day runs including running the Simpson dessert.

Jane celebrated her 100th at the Orient Hotel at the Rocks. I presented Jane with her 100 Marathon Club cap and 100 pendant from her friends. Sorry I don't have photos maybe one of Jane's friends have one which we could put it on the web site.

Trent Morrow



"Marathon Man" Trent Morrow with "Ultra Marathon Man" Dean Karnazes – Oakland Marathon 2013

Paul Crouch-Chivers and David Cannings

Paul and David completed their 100th marathon together on the 14th of October 2012 at the Melbourne Marathon. I have often seen Paul and David in marathons running in Port Moresby singlets. I kept asking them how many marathons they had run until eventually I got their lists of marathons.

Special thanks to Jane Sturzaker, who organised the presentation and catering (of the hundreds of sandwiches) for Paul and David at the 'Emerald Hotel'. Jane put up memorabilia of Paul's and David's runs in Port Moresby.

It was nice to meet with Mike and Christine (Chris) Leahy from N.Z. (our first two N.Z. members) and to put faces to the names. They were pleased to meet up with us, although they weren't able to come to the celebrations.



Jane Sturzaker, David Cannings & Paul Crouch-Chivers – Gold Coast 2010.

Trent "Marathon Man" Morrow completed his 100th marathon on 24th March 2013 at the Oakland Running Festival Marathon in California, USA.

This event was Trent's 33rd marathon of 2013, and the 9th marathon he had completed in as many days.

In 2013 Trent is running to raise awareness and support for leading international cancer charities American Cancer Society, Cure Cancer Australia Foundation and Macmillan Cancer Support (UK).

Further details at www.marathonman.com.au

Marathon Happenings

Jane Sturzaker's 100th Marathon - Canberra Marathon 2013

Jane Sturzaker was unable to run her 99th marathon in Sydney due to a bulged disc, therefore she couldn't run her 100th marathon in her home city, Melbourne. Jane recently emailed me to advise that she ran her 99th Marathon in New Orleans together with Trent Morrow.

Jane will now run her 100th marathon in Canberra on 14th April 2013.

If you are there please cheer her on and also join us in her celebration after the marathon at the **Rydges Capital Hill at 2pm**. If you have a 100-Marathon Club T-shirt or cap, then please wear it.

International Members

We now have 5 New Zealand members and we have a request for membership from another lady in N.Z. We also have 3 members from USA & 2 members from Taiwan.

Run 4 Tomorrow

Jane Trumper's next mission, should she take it (this tape will self destruct in 30 secs... – refer Mission Impossible), is to "Run 4 Tomorrow" (www.r4t.org). This event will involve a continuous 10-person relay run around the world, with each runner completing marathon-distance relay legs before handing the baton to the next runner.

The statistics of this run include: 200 days, 30 countries, 22051 miles, 854 marathons.

Happy running to everyone and see you in the future.
Kind regards Bob Fickel



The Last Cooma Marathon - 12 Oct 1997

Back: Bruce Hall, Mick Kilham, Grahame Kerruish, George Sodbinow, Warren Hughes, Dave Elliott, Merrilee Elliott, Geoff Visser
Front: Anni Fickel, Bob Fickel, Ian Forsyth, Dennis Cunniffe, Ian Green



Six Foot Track Marathon – 9 March 2013

Max Bogenhuber (No 1) presents Bob Fickel (No 4) with his Six Foot Track Legend frame



Melbourne Marathon – 14 October 2012

Paul Crouch-Chivers, Bob Fickel & David Cannings
Paul Crouch-Chivers & David Cannings 100th Marathon

The running men ...



Imagine two men standing, one in the USA, there are two that are running for president.

But the two in this story have an attachment with Papua New Guinea and they are far from being politicians who run away from their voters for five years.

One is a medical doctor and the other is a judge - no, they are not running from their sick patients or angry defendants!

Both have been running for years and they have each won out enough Aulian, Pohn, Niue or whatever local to make their poster.

Dr Paul Cross-Clements is well known as the former professor of Public Health at UPNG.

Judge Arthur David Cummings is also well known in our country as an associate judge based in Madang.

Between them, they have completed the Port Moresby road running marathon for sixteen years, although none of them has ever won.

But to their credit, they never stopped running, and it now seems they have run themselves into the history books.

Last Friday they attended by the centurians each in their name, an exhilarating but demanding three - fifteen hour journey over of the Port Moresby road each year and the following years.

After their completion of the 30th Centurian marathon, both were inducted into the 100 Marathon Club.

Judge Cummings said, "I did my 100th marathon over 2000. A marathon is much harder than a 100 mile."

"A marathon is a test of endurance, it's a very specific athletic event, a running event over 42.195 km or precisely 26.2 miles, the Olympic distance is more so."

"Some people prefer to run one marathon in their life. Some do it and then promise to never do it again as they find it such a painful, draining experience."

"Some people do it and can't get it out of their system. It's an addiction. A health one."

Judge Cummings said both men ran the 100th Centurian Marathon last Saturday finishing double within lap of the 100.

"To be eligible for induction into the 100 Marathon Club of Australia you have to have completed 100 marathons, no such anything shorter than the Olympic distance, up to 40 km races does not count. Like no anything longer, up to 50 km does not count either. The 100 are separate."

Dr Paul Cross-Clements spent in the 1970s, 1980s in England, came to PNG as a fresh meat doctor in 1980. You worked in numerous different hospitals, from the old St John's Hospital, especially in the English town of EPP, and recently he was professor of Public Health at UPNG, now works and teaches at St John's Hospital.

"Methill Island, brought a host of poor diet and no exercise, was a great health problem in PNG," said Judge Paul.

"Eating fresh made our people stronger such as walking, or running, and dramatically reduced the risk of heart disease," is his best advice to Papua New Guineans.

Judge Arthur Cummings, age 80 this year, is from Texas and is a 100, but they both 50/50.

He has lived in PNG for 27 years and has been a judge of the National and Supreme Courts of PNG for eight years.

He said, "Your body and your mind are great creations, you have to stretch them and respect them. Running is a simple, beautiful and life-changing activity."

Cummings ran his first marathon in Sydney in 1980. Cross-Clements ran his first in London in 1980.

They had also won from the Port Moresby Marathon on August 2, 1988 with Dr Cross-Clements finishing in 1:02:22 minutes and 28 seconds ahead of Judge Cummings who finished in 1:13:00 minutes and 28 seconds.

Judge Cummings finished last year in 1:22:20 clocked in Guernsey and April 13, 1990, while Dr Cross-Clements finished last year in 1:14:00 clocked in Melbourne in May 1990 in marathon running.

