

100 Marathon Club

www.fickelab.southsidemasters.org

October 2014

Bob's Run

Hello Friends

Well here we are at the end of September and only weeks away from the running of the 37th *Melbourne Marathon*, my 230th marathon. 100 Marathon Club members Bruce (Digger) Hargreaves & Roger Weinstein are Melbourne Marathon Legends. Both have completed all 36 Melbourne Marathons and they will be back again for their 37th. Digger will be one of the 4:15 pacers as he was in the *Blackmore's Sydney Marathon*, and does a great job as a pacer to always get you there on time.



The 10 Melbourne Marathon Legends

Milestones

Peter Black from Greenvale in Victoria is set to become our 45th member when he completes the *Medibank Melbourne Marathon* on 12 October. Peter has been looking forward to this milestone and joining the elite group of 42 males and 3 female marathon runners.

We will be having a get-together after the marathon at the Mountain View Hotel at Richmond from 2:30pm. Please come along to meet your fellow club members, and if you have a 100 Marathon Club shirt please wear it for the group photo.

We welcome back Mick Francis from W.A. after a two year injury lay-off. Mick has two more marathons to run before he becomes our 46th member, which we believe will occur at the *Rottnest Island Marathon*. Good luck Mick!

Chris Gamble is planning his 100th marathon for the *Canberra Marathon* in April 2015. At the same event Ray James is planning to complete his 200th marathon.

New Zealand Happenings

Ingrid Frost has set herself a big task of running 15 marathons from September 2014 to March 2015, in order to complete her 200th marathon at the Mountain To Surf Marathon. We wish Ingrid the best of luck, and we are sure she will achieve her goals.

Our other New Zealand members include Malcolm Gray (210), Steve Tubbs (172) and also not far off 200, Chris Leahy (147) and her husband Mike Leahy (141).

Got some catching up to do Mike! 🤪

Mike does a great job keeping Michael & I up to date with the marathons in New Zealand.

Marathon Man

Sydney runner Trent (Marathon Man) Morrow embarked on an epic adventure from 1st January 2013 to run more marathons in a year than anyone else had ever done before. Following a daunting travel and marathon schedule, Trent finished with the *Boston Marathon* in April 2014.

Trent has been awarded the World Record for completing the Most Marathons (160) on Seven Continents in One Year from 22 April 2013 to 21 April 2014.

Trent celebrated on his return to Australia by organising a marathon on 1 June from Milsons Point to Bondi Beach.

CONTACTS

Bob Fickel fickelab@hotmail.com (02) 9520 3986
Michael Gentle webmaster@southsidemasters.org

PO Box 744, Sutherland, NSW 1499

International Focus

Cathie & Troy Johnson

When Bob ran the *Westlink M7 Marathon* in Sydney in 2010 he met Cathie and Troy Johnson from U.S.A. They were running their 110th marathon, and a friendship arose. After the marathon they spoke at length about marathon running and the Australian 100 Marathon Club.



Troy and Cathie Johnson - 2010 Westlink M7 Marathon.

Cathie and Troy were interested in our Club and became international members after they returned home. They are also members of the U.S.A. 100 Marathon Club, Marathon Maniacs and the U.S. 50 States Marathon Club.



Cathie and Troy in our club gear.

On April 12 this year Cathie & Troy completed their 200th marathon at the *Mountain Man Memorial March Marathon*. They also completed their 2nd lap of the U.S.A. 50 States this year.

Cathie and Troy always run side by side, and they start and finish every marathon together. Congratulations, you are both true marathon legends and maniacs.

Something else about Troy and Cathie - normal people might go on a shopping spree at Christmas, but back in 2011 they went on a marathon spree.

On the 24th, the day before Christmas, they ran a marathon called the *Christmas Eve Marathon*. On Christmas Day the marathon was called *Santa's Out Of Town* - looks like they missed out on their Christmas presents. Following this they completed the *Savage Seven* marathon series, with a marathon every day from December 26 to January 1.



Cathie and Troy in our club gear.

I was also pleased to see that Mountain Man, who is retired from marathon running but still holds the Australian Record for the most marathons completed (312), now has a marathon named in his honour and Cathie and Troy chose this as their 200th marathon.

Jane Sturzaker

Melbourne's Jane Sturzaker has recently been doing a lot of travel and marathon running. This month Jane has been in U.S.A. where she completed the *Tahoe Triple* series that involved 3 marathons in 3 days, immediately followed by the *Centre Of The Nation* series that saw her complete a further 5 marathons in 5 days.

Marathon Happenings

Club Membership

Our club membership has almost doubled since I started to compile this list of marathon runners. This is due to the website that was started by Anni's friend Mohamad, and taken over by Michael when Mohamad left for overseas. Michael is now helped by his son Aaron as the club continues to grow.

With the Australian Sweep and ANZAC Sweep gaining popularity, you do not need to run 100 Marathons to be listed on the website. Just run a marathon in each state and territory of Australia, and both islands of New Zealand.

Thank you to those members who provide regular updates to Michael for inclusion on your profile pages. Most runners have also provided a photo of themselves, but if your page shows the club logo instead of your photo we would appreciate you sending a photo.

Please send updates, photos, race stories, news items, etc to webmaster@southsidemasters.org

Multiple Marathon Series

The completion of multiple marathon series is a growing trend worldwide. In Australia we have the Cairns 3-In-3-Days series each year, and in U.S.A. and England there are many such series conducted throughout the year. These events are not conducted for the novice marathon runner, but rather the experienced veteran who is looking for a more extreme challenge. By their nature these events are small local events, and are often held on courses comprising walking/cycling paths or athletic tracks.

Members of the Australian 100 Marathon Club may complete these series, wherever they are run. Cathie & Troy Johnson's 2011 series is outlined above, as well as Jane Sturzaker's 8 marathons this month. Series like these also featured heavily in Trent Morrow's successful World Record in 2013-14.

Members must however be diligent when selecting these races. If the participant level does not meet the requirements of the Australian 100 Marathon Club the runs will be recorded but not counted in your marathon total. Michael will check the published results of every race claimed to ensure such compliance.



Anton's Marathon - March 2014

Australian Sweep

Congratulations to the following runners:

- Dave Styles - 17 August
- Bradley Crofts - 24 August
- Richard Bain - 31 August

ANZAC Sweep

- Dave Styles - 17 August

Seven Continents

- Trent Morrow - 10 March

Melbourne Marathon Functions

Digger has organised the following functions for the Melbourne Marathon weekend.

The Selfie Queens Take On Lygon St

5:30pm 10 October

Come out to dinner with the social hostess's with the mostest. This is your last real chance to 'Pasta Load' before the Melbourne Marathon, regardless of what distance you chose to run. Yes, even 5km runners/walkers need to eat. This is also a chance to let the enthusiasm of the 'Brisbane Running Mafia' to rub off on you. You have seen and spoken to them on FB, now is a chance to meet them, and yes, in real life, they are even more outrageous than you could have ever imagined. We'll meet at about 5-30PM on the corner of Lygon/Gratton St, and then decide which restaurant to impose ourselves on.

https://www.facebook.com/events/588763701243963/?ref_dashboard_filter=calendar

Steak and Beer in Melbourne

5pm 11 October

There is nothing like a 'Steak and Veggies' washed down with a beer the night before a Marathon, or the night before anything, but on the night before Melbourne I'll be having an early dinner and then early to bed. So if you want to join me, please reply so I can book a big enough table. And yes, it would be no show without punch, so I'll have the Selfie Queens and friends in tow.

https://www.facebook.com/events/1459530710965735/?ref_dashboard_filter=calendar

Diggers After Melbourne Party

2:30pm 12 October

Yes, we are doing it again.

We have a private room booked, and for \$10-00/person I get to buy you some finger food and pay for the room hire.

We will have our own private cash bar in our room.

If you want something more substantial to eat, then you can just order and pay for it yourself.

If you are still hungry around 6PM, 'Team Digger' will decamp to a nearby restaurant and continue the partying (with my usual body guards).

So who will be there?

-My Melbourne, Interstate and overseas friends.

And they (and you) can unwind and tell about your 'trial and tribulations' of the mornings run, whether you ran/walked the 5km, or run/crawled the Marathon.

If you want to talk Marathon, then I think you will find a sympathetic ear, because at the Gold Coast after party, we had 1,634 Marathon finishers medal in the room.

We also have a big screen, so I might play that 1982 Video of Deeks winning the Commonwealth Games Marathon.

If you live in Melbourne and don't want to drive home and back, then let us know and somebody will let you use their hotel shower. (Its OK if you use mine, as LSW is quite used to returning to our room and finding a near naked dripping wet runner (yes, sometimes they are male) she has never met walking around our hotel room).

https://www.facebook.com/events/663831777036855/?ref_dashboard_filter=calendar