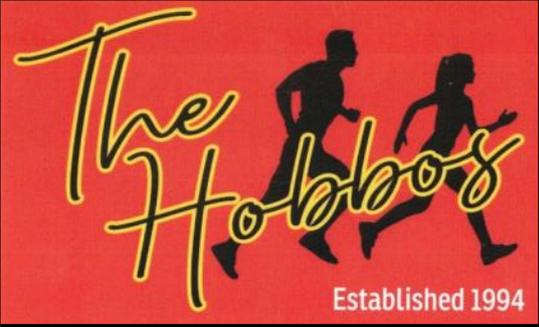


February 2024



HomeRuns



Newsletter of the Hobson's Bay Running Club Inc, Melbourne



Rivalry With History

Ray pips Sue for January Egg

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Bronwyn Rowleson

Treasurer:
Peter Buissink

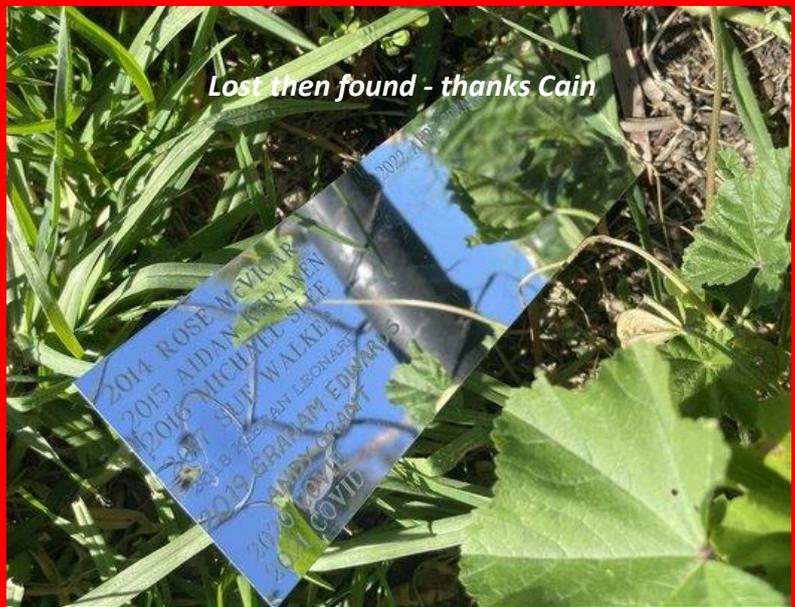
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Lost then found - thanks Cain

Forthcoming Events

Sat 24th Feb	February Handicap (DSS #5), morning tea & AGM
Tue 19th Mar	Easter Gift 1500 (DSS #6) & BBQ
Thu 4th Apr	5000m Time Trial - NPAT
Sun 7th Apr	Daylight Savings ends

As always, see Facebook for latest club updates
& event registration advice

The Hobbos - a social club with a running problem



Membership

2024 Memberships become due after 31st March
Membership fees will be confirmed at the AGM
Individual: \$TBA (increasing insurance cost)
Concession/Pensioner/Child*: \$30 (no change)
Family: 2 x Single membership (Unlimited children)**

* a child not part of a family membership
 ** please nominate participating family members

Runners who are not financial members are free to enter the monthly handicap but are not eligible to win the PRIZED KENYAN EGG

FACEBOOK & INSTAGRAM

Don't forget our social media. It's a great way to share information or gossip, rather than waiting for the newsletter.

WEBSITE

www.hobbos.org.au



From the Editor's Desk

with Michael Slee



The **AGM** follows our February Handicap along with our famous morning tea. Don't let the AGM scare you off, it's the perfect time to show your appreciation for the work that goes on up front & behind the scenes. It is an opportunity to say thank you to those that have continued to keep the Hobbos very much alive and well.

You may also find that YOU have something to offer. It may be as small as helping out at the next event.

The February Handicap is **DSS** Event #5 of the 6 event series. The Easter Gift 1500m on the 19th March wraps up the series and there is still time to help shape the results - being the best 4 out of the 6 races, 2 races to go means 2 good performances can really set the cat among the pigeons. Be in it.

The Hobsons Bay Running Club has two main sponsors, **Sports Power** Williamstown operated

by our very own John Ayton (see the new ad below) and **Symmetry Physiotherapy**, 84 Douglas Parade Williamstown, also run by Hobbos member Abby Speakman. Please support both of these local businesses.

Luke Beck is one of our coaches and specialises in Trail and Ultra running. Luke has a new column in this issue and guess what? It's all about trail running. The plan is for Luke's column to be a regular one to look forward to. If you read Luke's article describing his 100-mile Mt Kosciuszko in October 23 *Home Runs* will recall that Luke 'runs-the-run' and writes with a great deal of lightness and humour. First taste in this issue and something to look forward to.

As always, if you haven't put your name down to help out at a Hobbos event - do it now - they don't happen all by themselves.

See you at the start line (the usual one!)

A large blue sign for 'SPORTSPOWER' is the central focus. The sign is illuminated and has two street lamps above it. The background shows a clear blue sky and some green trees. Text is overlaid on the image in various colors and fonts.

Williamstown

Hobbos Discount 15%

Your Local Experts

**John Ayton's SportsPower for all your sporting needs
Corner Electra & Ferguson Streets, Williamstown**



Gray Matters

with President John Gray



Last weekend was the 15th annual Run The Bridge race in Hobart, a 10km run from Belterive (near the parkrun) to Princes Wharf near Salamanca Market. I was in Hobart anyway, so signed up to run with our club legends Michael Musgrove and Ken Smith. Michael and Ken were amongst 21 Run The Bridge Legends who have run this every year since its inception.

I had only done this race once before, 10 years ago, but regularly run Tasman Bridge and Rosny Hill, so as my heel warmed up, I was able to power up the hills and run a reasonable time (although my slowest 10km yet) considering the pain I had from foolishly running Belterive parkrun the day before.



Bibs - no number just names - Legends

AGM

This month our February handicap is followed by morning tea and by our Annual General Meeting. We ask for as many members as possible to support our club by staying to attend and vote-in the 2024 committee.

We will be farewelling from the committee Andrea Mongan and Daryl Sadgrove.

After 4 years on the committee, helping with social media and engagement, and social media policy, and also one of our coaches, Andrea is stepping down to focus on her young family.

After 3 years on the committee, helping with grants, policies and club constitution, Daryl is stepping down to focus on other commitments, but is staying on as one of our regular coaches, and also providing some specialist workshops.

As always, we are looking for new blood on the committee to bring new ideas, skills and diversity, to help our club continue to prosper and serve your needs. We have lots of roles and share the load, so committee membership is not too demanding. Our meetings are normally held on Zoom every 8 weeks, at a time to best suit members with young families, and you don't have to attend every meeting.

Falls Creek

We are only a few weeks away from the return of our annual Falls Creek summer weekend of running, walking, talking, Kelly Pool, Sjoelbak, shared meals and more.

We have locked in 8-10 March (the long weekend). We are aiming for between 15 and 30 people, including singles, couples and families, and we can also arrange carpooling to get there. It's a great opportunity to get away for a few days to a beautiful location, and to get to know your clubmates better in convivial surroundings!

If you are interested, it's not too late - enquire now, and we can find room for you!

The Daylight Savings Series

After the first 4 races of the Daylight savings series, the points table has consolidated with Ray Barnard joining Will McKenzie as joint leader, after a good placing in the Summer Challenge, and a few extra points from the Christmas Gift after an error was corrected.

Owen Jones moved up to 3rd due to his Summer Challenge win, and Louis Northover moved up to 4th. The remaining races of the series are the February 5000m Handicap and the Easter Gift 1500m handicap. These handicap races suit all abilities including walkers.

The Daylight Savings Series is specifically designed as an easy entry point for new members to compete for a series win and prizes, which is done by having the highest points total from your best 4 results of the 6-race series, and you need to have only participated in one of our handicap events to qualify and receive a handicap.

Until next month, stay fit, healthy and safe.





Hobbos Barefoot Bowls

Williamstown Bowling Club, Melbourne Rd, Williamstown.

6:30pm Wednesday 20th March

\$20/adult, children free. Free BBQ, drinks at bar prices.

Hobsons Bay Running Club Inc.

Notice to club financial members

AGM NOTICE

The HBRC committee advises all club financial members that the Annual General Meeting and presentations will be held at:

9:45am

Saturday 24th February

(following the February handicap morning tea)

at

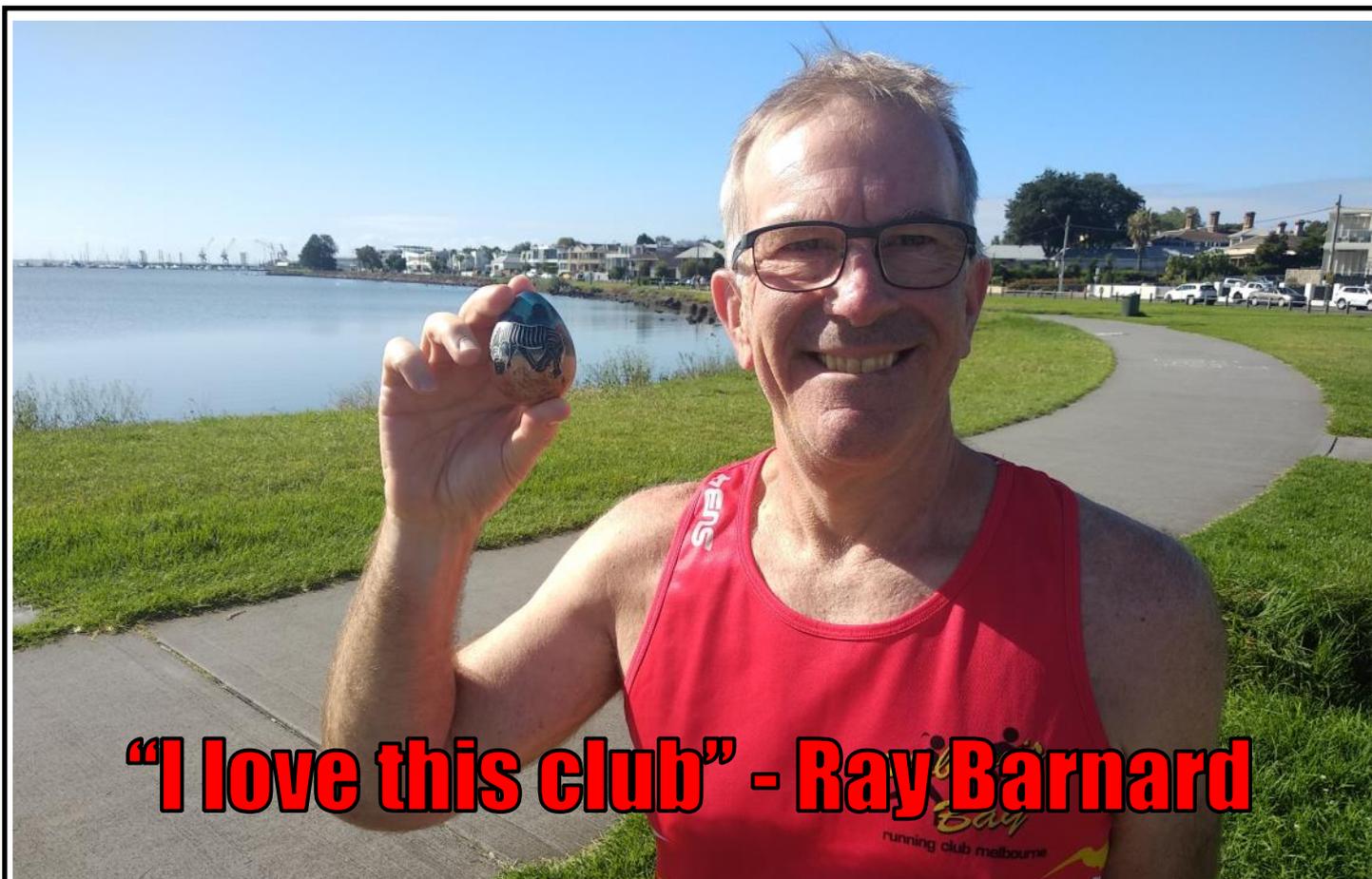
The Old Gatehouse courtyard

J. Gray, President

B. Rowleson, Secretary

15th February 2024





“I love this club” - Ray Barnard

A field of 32 lined up for the first 5000m handicap of the 2024 season.

Lots of quick times on show. Perhaps it's the 'Australia Day' course which is run over the exact same asphalt/concrete path as our usual course, it just starts and ends near where the BBQs used to be. Many Hobbos claim that being able to actually see the finish arch so closely after the final turn spurs them on for a fast finish. Who knows?

Fastest time of the day was recorded by Andrew Scardino (19:12). Three others went under 20 – Michael Williams (19:25), Jimmy Dwyer (19:27) and Cain Speakman (19:44 - an 8 second AGPB and only the second time Cain had been under 20 minutes – look out everyone!)

The first seven across the line registered AGPBs or better. Two of these set PBs – Helen Vaxavanis (-1:05) and Michael Slee (-0:21). Matt Loader 25:15 (-0:16), Leigh Kelly 22:15 (-0:11) and Mario Valastro 20:39 (-0:03) all started the year with PBs. There's no better way to begin a new season.

But the January handicap is always popular with a real holiday atmosphere. Our morning tea

spread was a feast – delicious sandwiches of many kinds including Vegemite & cheese of course, sausage rolls & sauce, Chocolate Royals, rock cakes and more plenty to keep busy while chatting, refuelling and waiting for results. Race director Peter Buissink ran through the top 10 finishers, which included the three competing Speakmans (Abby, Neil & Cain). A Kenyan Egg presentation was made to a thrilled Ray Barnard. **“I love this club”** he declared and not for the first time.

The 2023 Greenwich and Ted Joy Cups were formally presented to Neil Speakman and Michael Musgrove respectively, along with medals for first, second and third in each competition. A big spread of photos has been included in this issue and the results table for the first handicap of 2024, our 341st, are on page ?.

A wonderful start to a new year of running. A big thank you to the enormous team of helpers who make the January Handicap happen. If you haven't put your name down to assist, do so. Check Facebook or speak with any of the committee, especially Brony or John Gray.





Our cover photo has history. **Ray Barnard & Sue Walker** have had many a tussle over the years...

As recently as 2017 they fought out the Greenwich Cup with Sue taking the honours from Ray (with John Gray in third place). That year Ray won the first two handicaps; Sue followed up by winning March. Ray took out the Ted Joy Cup.

Twelve years before that, in 2005, Sue and Ray were involved in another tight Greenwich Cup finish. Once again Sue got the better of Ray in the final placings, however, David Walker ga-zumped them both by winning the GC with Sue second and Ray third. That year Sue started well winning the January handicap; Ray won February, July and August (which possibly cost him the GC). David had one handicap win in May. That's 5 Kenyan Eggs between the three of them.

Sue has started 2024 with a bang, continuing her recent resurgence. In 2022, Sue won the Ted Joy Cup then finished second to Michael Musgrove in the same competition in 2023. I look forward to seeing how the 2024 season unfolds and I know that if I hear Sue coming up behind me, Ray will not be far behind... or vice versa. Stories like these are what clubs like the Hobbos are really all about. Stories like these take time – an episode here, another there. Sue is a foundation Hobbo and Ray seems to have been around for ever.



In order of height or coolness?



Terry's telling jokes again!

When did your story start?



An exclusive club - more than 600 handicaps between them



Hobbos Handicap - January 2024 - 341th Running

Pos	Name	Finish	Time	Start	PB	AGPB	Split 1	Split 2	Points	Bonus	Total
Greenwich Cup											
1	Ray Barnard	48:54	28:09	20:45	22:12	28:43	14:08	14:01	20	12	32
2	Susan Walker	49:10	27:00	22:10	22:44	27:43	13:25	13:35	19	12	31
3	Helen Vaxevanis	49:20	25:50	23:30	26:55	26:55	13:00	12:50	18	12	30
4	Cain Speakman	49:24	19:44	29:40	19:44	19:52	9:53	9:51	17	12	29
5	Michael Slee (walk)	49:50	39:20	10:30	39:41	39:41	19:35	19:45	16	12	28
6	Michael Musgrove	49:50	39:45	10:05	35:15	40:01	20:00	19:45	15	12	27
7	Rae Carter	50:00	20:40	29:20	20:52	20:52	10:06	10:34	14	12	26
8	Belinda Fithie	50:05	27:50	22:15	27:34	27:34	13:49	14:01	13	9	22
9	Abby Speakman	50:08	22:08	28:00	20:26	20:31	10:52	11:16	12	0	12
10	Neil Speakman	50:10	23:15	26:55	23:15	23:15	11:42	11:33	11	12	23
11	Jane Whitmore	50:13	24:58	25:15	23:08	24:51	12:41	12:17	10	10	20
12	Matt Loader	50:15	25:15	25:00	25:31	25:31	12:29	12:46	9	12	21
13	Leigh Kelly	50:20	22:15	28:05	22:26	22:26	10:47	11:28	8	12	20
14	Terry Pearce	50:24	21:24	29:00	17:34	19:07	10:37	10:47	7	0	7
15	Mario Valastro	50:29	20:39	29:50	20:42	20:42	10:18	10:21	6	12	18
16	Andrew Scardino	50:32	19:12	31:20	19:02	19:02	9:39	9:33	5	10	15
17	Michael Williams	50:45	19:25	31:20	18:53	18:53	9:38	9:47	5	6	11
18	Jimmy Dwyer	50:57	19:27	31:30	18:51	18:51	9:39	9:48	5	6	11
19	Ken Smith	52:09	43:39	8:30	22:28	37:27	21:42	21:57	5	0	5
20	Graham Edwards	52:48	46:43	6:05	36:14	43:56	23:13	23:30	5	0	5
21	John Becroft	52:57	49:27	3:30	24:12	46:56	24:39	24:48	5	0	5
22	Vanessa Coutts	53:17	38:37	14:40	34:55	34:55	19:16	19:21	5	0	5
Ineligible											
1	Thomas Williams	50:23	21:53	28:30	21:52	21:52	11:06	10:47	10	0	10
2	John Gray	49:57	23:02	26:55	18:51	19:41	11:42	11:20	10	0	10
3	Mary Ellen Brierley	50:20	24:50	25:30			12:27	12:23	10	0	10
4	Stuart Tennant	51:16	26:36	24:40	25:37	25:37	13:26	13:10	10	0	10



Hobbs Handicap - January 2024 - 341th Running



Pos	Name	Finish	Time	Start	PB	AGPB	Split 1	Split 2	Points	Bonus	Total
5	Anna Bovdis	47:47	27:47	20:00			13:40	14:07	10	0	10
6	Anastasia Aldred	50:04	27:49	22:15	28:06	28:06	13:50	13:59	10	0	10
7	Jac Wainright	49:20	34:20	15:00			17:30	16:50	10	0	10
8	Bronwyn Rowleson	50:34	35:34	15:00	30:03	32:17	17:26	18:08	10	0	10
Guests											
1	Josh Dunstan	49:48	20:28	29:20	21:11	21:11	10:06	10:22	-	0	-
2	Luke Price	49:44	20:44	29:00	21:33	21:33	10:13	10:31	-	0	-

Results are displayed in Finishing order for the Greenwich Cup, and by Elapsed time otherwise.



Bel & Cat



Stu & Mark



Lois & Helen



Greenwich Cup winner - Neil Speakman



Ted Joy Cup winner - Michael Musgrove



Meet The Speakmans - a sign of our 2024 season?



Our Australia Day spread



New coach Mario, Anna, Sue, Ray & Di

Hobbos Coaching

With Brian Armstrong, Coaching Co-ordinator



We are almost at the end of our 2023-2024 running year, which was extended this year until 31st March in line with Athletics Victoria financial year. This means that you get 3 months more benefit from club coaching and event offerings over the 2023 financial club season. 2024 fees are now due on 1st April 2024.

For any new members, you can still take immediate advantage of all our offerings and use our 3 trial sessions, before joining then.

We have also grown, and will soon have some more friendly faces assisting with our sessions, when in March, **Kevin Aldred** and **Mario Valestro** join the coaching team.

Kevin and Mario have a lot to offer the club, which will become more evident after they complete their L1 course on 17th March. Expect to see both their introduction BIOS's in our March Newsletter.

As our coaching team is advancing, we are targeting the benefits that each coach has to offer members. Expect more growth in this area this year for the club, in the way of workshops, special practical sessions, or articles in our Newsletter.

An example is from Luke Beck, our Trail Ultra Coach is preparing articles for our Newsletter each month, up until the SCC (Surf Coast Century) later in the year. See the first of his great wisdom of information elsewhere in this Newsletter.

The Current Tuesday track 8 week series has now moved from my sessions to Melissa Rutze's. Melissa has designed her series based on 5k advancement, with a slightly shorter total time last week, challenging, and progressing harder each week.

Another example of the great variety of offerings we provide, because we have so many different people helping out.

Thursday hill sessions are moving along fine, with an average attendance of around 10, at each morning and night.

Kieran has a strong following of regulars at his Newport Lakes morning session, and we are keen to see this grow further. We have seen a lot of great photos of the happy faces after some of these sessions. Remember to check Facebook as the morning hill location can change on the odd occasion.

Thursday nights 100 steps also sees regulars, and we have now changed to a roster, where we are seeing a much greater variety with coaches Belinda, Jane, Kate, and I, each offering a different type of rotating hill session.

We would like to see as many members as possible

come along to a hill session now and then, as hills make you stronger, so why not add the extra strength and V02 advancement hill session to your plans. We are also keen to maintain the numbers over the coming months, when we have dark mornings and nights, but remember to bring along a head lamp. It is so much fun to run with a group and watch all the headlamps moving along synchronised.



Our Sunday long runs group, led by Rob Falloon at Newport lakes are progressing, but as a club it would be great to see more attend this initiative. Endurance running is great for any training base, and a must for any of the longer race events. The easy Sunday runs are also a great opportunity to socialise with others and work on your wellbeing. Chatting while running is so much fun, and sometimes the time passes so fast, that before everyone has finished their conversations it's over, so we go for a coffee and chat some more after it.

Why not give the long Sunday run a try at a nice casual pace. Rob runs from Lookout 1 in a clockwise direction around 6min pace (and slower depending on who attends on the day). This starts at 8:00am. Run anti-clockwise to meet the group if joining later, and as always check Facebook to validate the Sunday run.

We are planning our options for the Sunday Parents and Children's session, and are considering an offering to do a training block instead, supporting the school cross country race. Nothing is locked in at this time, but anyone with any suggestions or comments are welcome to contact me.

Another upcoming coaching event is the Running Technique / Gait session. This is pencilled in for Saturday 23rd March, 10:30am at Newport track. For any members that are interested in having their running

technique recorded on the day, we will have a couple of coaches recording you run over 20 meters or so. Recording will be done from each side, plus front and rear. When all has been captured, we will setup a future date for Abby Speakman (Club sponsor Symmetry Physiotherapy) to go over the analysis with you. This is a great free offering, so we highly recommend members come on the day.

During our last survey, a high percentage of runners indicated that they were running for social and wellbeing, indicating that this area is one that as a club we will focus on. There are many runners who do not highlight that wellbeing and socialising is high on their list on why they run, so

we will add a couple of offerings to give everyone the choice to attend. The next event targeting this area, is the You Yangs Wellbeing run, which at this stage will be targeted at early June. This is a great opportunity to just join in for a run 'because we can', not a race, no bells and whistles, no medals, just a like minded group of runners catching up with others and enjoying a chat on the day, while running an option of either 7k or 14k.. Check Facebook for the locked in date.

As always, a huge thank you to all coaches below, who with your voluntary contribution make us the best running club around:

Abby Speakman, Alison Sanders, Belinda Fithie, Brian Armstrong, Daryl Sadgrove, Jane Gibbons, John Gray, Kate Milnes, Kevin Aldred, Kieran Leonard, Laura Smethurst, Luke Beck, Mario Valastro, Melissa Rutze, Peter Buissink, Rob Falloon, Sarah Lowe, Tameka Day & Terry Pearce.

Coaching team tip for the month: 'Let one of our coaches know how we can assist you with your running journey, and you may be surprised on how much you can improve when someone is monitoring.'

2024 Coaching Co-ordinator
Brian Armstrong



Apparently selfies are mandatory at Hill sessions

Take Control of your health.

Pain relief, injury prevention, and performance enhancement.



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Williamstown

www.symmetry.physio

9989 2444

 **SYMMETRY**
PHYSIOTHERAPY



Trail Corner



With Lucas Beck, Trail & Ultra Coach

G'day, the time has come, for you, to join the dark side! Trail running, it's the vibe, it's Mabo, it's got everything. From buffet aid stations, relaxed cut-offs, wide-open fire trails to technical ascents and descents on a few hills. What's not to like? So lace up your trail shoes for the first edition of Trail Corner...

Warburton Trail Festival is imminent. A fantastic trail event in Warburton (well, duh?!), run every Labour day weekend by the legends at



Tourdetrails. There are a lot of distances on offer, and a "Three Thong Thang" (look it up), as well as a Lilo Derby! Highly recommended, if anyone fancies a late entry.

Next up is Buffalo Stampede in Bright. A few of us are taking on this event; Ailie is taking on her first marathon distance, starting at the top of Mount Buffalo in front of the historic chalet, and finishing at Bright Brewery. With 3000 metres of descent, and 2000 metres+ of ascending elevation, she will be in for a quad-smashing good time. Robyn and myself are doing the 100km, with 5000 metres+ elevation, because that'll be fun, they said! I think we're both looking forward to the well deserved beer at the finish line to be perfectly honest!

The 10th Surf Coast Trail Marathon is being held in June, and entries are open now. Definitely a bucket-list event, held along the beautiful Surf Coast Walk, starting in Torquay and finishing in Fairhaven. There's a solo marathon, teams of two, and the half marathon distance. Very good running!

And then in September, we have the spectacular Surf Coast Century. I know there are a couple of teams of four showing interest. Sarah is stepping up to legend status by entering the Century, and I may be twisting Phillippe's wrist to do the same, after he's conquered the 50km the last couple of

years. The usual recce runs on legs 1-4 will be held around June to August, held by our good friends at Surf Coast Trail Runners. All are welcome to attend, and I'll post these on Facebook as and when they come about. Entries open for the century, late March.

See you on the trails, because road is boring!

<ducks for cover>

Lucas Beck, Trail and Ultra coach

Events

Warburton Trail Festival

Saturday 9 - Monday 11 March

Buffalo Stampede

Friday 22 - Sunday 24 March

Surf Coast Trail Marathon

Saturday 15 June

Surf Coast Century

Saturday 21 September



Daylight Savings Series

1000m Challenge

Event #4 of the DSS was run on Tuesday 6th February at the NPAT, with Owen Jones taking gold and spoiling a Northover fairytale - brothers Henry and Louis Northover finishing 2nd and 3rd respectively.

The 1000m Challenge is a tricky race - is it a sprint or a middle distance race? Regardless there is no time for tactics and unless you are first off in the handicap, you have competitors to chase.

Conditions were good - not as hot as it has been in the past and everyone seemed to be recovering well as they chatted and ate from our world famous BBQ.

A kilometre time trial is unique in that it provides a participant of their peak kilometre pace. 12 of the field went were sub 4 minutes, which is handy by anyone's measure. Fastest time of the night - Thomas Williams - with a very quick 3:10.

Our DSS events are open to runners and walkers of all ages and abilities. With 2 events remaining there is still time to make an impact and a move on the Series' leaders, as it is a 'best 4'.

Thanks again to all volunteers, from cooks to marshals to handicappers. These things are great fun and can't happen without you.



Summer Series 1000m Handicap 6th February 2024

NAME	HANDICAP	GROSS TIME	NETT TIME	PLACE
ELIGIBLE MEMBERS				
Owen Jones	1.15	5.22	4.07	1
Henry Northover	2.00	5.31	3.31	2
Louis Northover	1.40	5.35	3.51	3
Ray Barnard	1.00	5.38	4.38	4
Bailey Piper	2.10	5.39	3.29	5
Rae Carter	2.10	5.41	3.31	6
Ron Van Der Heide	2.00	5.44	3.44	7
Thomas Williams	2.35	5.45	3.10	8
Leigh Kelly	2.00	6.09	4.09	9
Rob Falloon	1.30	5.48	4.48	10
Terry Pearce	2.15	5.51	3.36	11
Peter Whyte	1.05	5.52	4.47	12
Callum Low	2.35	5.53	3.18	13
William McKenzie	2.05	5.53	3.48	14
Mary Ellen Brierley	1.25	5.54	4.29	15
Christine Denning	1.25	5.55	4.30	16
Stuart Tennant	1.20	5.57	4.37	17
Cain Speakman	2.30	6.01	3.31	18
Tara Fairbrother	0.50	6.03	5.53	19
Dianne Portelli	1.05	6.04	4.59	20
Anastasia Aldred	1.00	6.05	5.05	21
Michael Williams	2.30	6.05	3.35	22
Vanessa Coutts	0.00	6.44	6.44	23
INELIGIBLE MEMBERS				
Carl Orkin	0.00	4.30	4.30	1
Lisa Orkin	0.00	5.28	5.28	2
Rose Harvey	0.00	6.03	6.03	3
Daniel Anderson	1.40	5.37	3.57	4



2022-2023 The Daylight Savings Series - Points Table

Place	Name	Spring Gift	Phar Lap	Xmas Gift	Summer 1000	Best 4
1	Ray Barnard	5	5	13	9	32
1	Will McKenzie	13	8	6	5	32
3	Owen Jones			8	15	23
4	Louis Northover	6	5		11	22
5	Rob Falloon	7	5	4	5	21
6	Jane Gibbons	5	15			20
6	Thomas Williams			15	5	20
6	Vanessa Coutts	5	5	5	5	20
7	Leigh Kelly	9	5		5	19
8	Henry Northover		5		13	18
8	Rae Carter	11			7	18
9	Hayden Northover		13		4	17
9	John Gray	4	5	4	4	17
9	Stuart O'Neil	4	5	4	4	17
10	Peter Buissink	4	4	4	4	16
11	Cain Speakman	5	5		5	15
11	Callum Lowe	5	5		5	15
11	Matthew Loader	15				15
11	Peter Whyte	5	5		5	15
11	Stuart Tennant	5	5		5	15
12	Michael Williams			9	5	14
13	Kieran Leonard		5	4	4	13
14	Brony Rowleson	4		4	4	12
14	Kevin Mahon		5	7		12
15	Helen Haralambous		11			11
15	Ron Van Der Heide		5		6	11
15	Tameka Day			11		11
16	Di Portelli	5			5	10
16	Kevin Aldred	5	5			10
16	Neil Speakman	5	5			10
17	Belinda Fithie		5	4		9
17	Di Donoghue	4	5			9
17	Kate Milnes		5		4	9
17	Mark Letman		9			9
18	Baiey Piper				8	8
18	Brian Armstrong	4	4			8
18	Cat McRae	4		4		8
18	Jim Dywer	8				8
19	Olly Rees		7			7
20	Ken Smith		6			6
21	Alexi Newbery		5			5
21	Anastasia Aldred				5	5
21	Anna Anderson	5	0			5
21	Anna Bovdis	5				5
21	Anne Nolan	5				5
21	Ashley Sandison		5			5
21	Christine Denning				5	5
21	Daniel Hocking	5				5
21	Freya Rees		5			5
21	Graeme Dewerson	5				5
21	Janelle Taylor		5			5
21	Karen Hayes	5				5
21	Mark Maloney		5			5
21	Mary-Ellen Brierly				5	5
21	Melissa Rutze	5	0			5
21	Tara Fairbrother				5	5
21	Terry Pearce				5	5
21	Waylyn Turner		5			5
22	Dan Goodwin		4			4
22	Dominique Tanner		4			4
22	Jason Rees		4			4
22	Jude McCann		4			4
22	Katrina Gowans		4			4
22	Lois Speakman				4	4
22	Michael Slee	4				4

Points for finishing positions are awarded as follows 15, 13, 11, 9, 8, 7, 6, 5 and 5 for all remaining finishers

Members returning to competition after more than a 12 month break are awarded 5 points.

First time member participants in a HBRC competition event are awarded 5 points.

Members helping and not running receive 4 points.





Melbourne's leading inner-western suburbs Recreational running club!

Our club offers runners of all abilities the chance to achieve their goal, whatever that goal may be. Guests and visitors including beginners are always welcome at our events and training sessions, which are always free. We only ask that if you like running or training with us, that you support the club and join as a financial member after 3 sessions.

Our competitive membership fees, give you many benefits including Athletics Australia accredited coaches and run leaders, Insurance cover, Athletics Victoria affiliation and access to AV events and services. We also have family and reduced rate concession memberships.

Financial members qualify for discounts from our club sponsors:

John Ayton from SportsPower Williamstown (83-85 Ferguson Street)

Abby Speakman from Symmetry Physiotherapy Williamstown (84 Douglas Parade)

Join us for Regular Group Training Sessions and Social Runs

- Track sessions every Tuesday morning (6:00am start) and Tuesday evening (6:15pm start) at Newport Park Athletic Track (or as advised), led by AA accredited coaches, including warm-up
- Hill sessions on Thursdays mornings and evenings, check Facebook
- Sunday morning Long Runs for building endurance, check Facebook
- Sunday morning Newport Lakes laps & Occasional Sunday morning Social Well-being runs

Join us for Regular Handicap Competitions, which suit all abilities

- Hobbos traditional monthly 5km Handicap for runners and walkers, on the last Saturday of every month, check-in by 7:40am. Walkers and early starters arrive early for 7:50am start.
- 1500m track events held around Christmas, Easter and Spring, and 5000m track time trial
- Winter 3000m cross-country event at Newport Lakes
- Two mile "Phar Lap" event, Monday before Melbourne Cup at the old Williamstown Racecourse
- Daylight Saving Series, consisting of some of the above events, all followed by free BBQ's

For latest training and event details, check our Facebook group page as schedules and availability can change at short notice

Website: www.hobbos.org.au

Email: enquiries@hobbos.org.au

