

March 2024

HomeRuns

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



Back to Back
Ray's third time

In this issue

From the editor's desk	2-3
Gray Matters	4
Falls Creek	5-6
Kevin's Bio	7
Feb Handicap	8-111
GC&TJC	12
Mario's Bio	13-16
Coaching	17-19
Trail Corner	20
R4K	21
DSS	22-23
Hobbos Ad	24

President:
John Gray

Secretary:
Bronwyn Rowleson

Treasurer:
Peter Buissink

Handicapper:
Mick Beasley

Editor & design:
Michael Slee 9687 0157
michaeljslee58@gmail.com

Committee members:
Brian Armstrong, Rae Carter,
Vanessa Coutts, Tameka Day,
Sarah Lowe, Will McKenzie,
Terry Pearce, Sue Walker

Patron:
Eero Keranen

Past Patrons:
Ted Joy & John Condon

Website: hobbos.org.au
Email: enquiries@hobbos.org



New Committee Members

L to R Sue Walker, Rae Carter, Will McKenzie (Vanessa Coutts abs)

Forthcoming Events

Sat 30th Mar	March Handicap & morning tea
Thu 4th Apr	5000m Time Trial - NPAT
Sun 7th Apr	Daylight Savings ends
Sat 27th April	April Handicap & morning tea

For XCR schedule see John Gray's column on p4

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



Membership

2024 Memberships become due on 2nd April

<https://www.hobbos.org.au/new-membership-link/>

Membership fees

Individual: \$70 (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



From the Editor's Desk

with Michael Slee



Thanks Hobbos

"I would like to take this opportunity to thank all Hobbos who determined that I should be a Life Member of the Hobsons Bay Running Club. I consider Life Membership of this club an enormous privilege and recognise that I join a select group of extremely hard working and imaginative fellow life members. Thank you.

I would also like to acknowledge and congratulate our founding member, **Eero Keranan** as a highly appropriate and worthy third Patron of our club."

- Michael Musgrove



Life Membership Presentation at the AGM

Williamstown

Hobbos Discount 15%

SPORTSPOWER

Your Local Experts

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



Gray Matters

with President John Gray



The Daylight Savings Series

The Daylight Savings Series concluded with the February Handicap and the Easter Gift last week.

With his February handicap win, Ray Barnard held on to his DSS lead to take out the series, despite not running in the Easter Gift.

Rae Carter won the Easter Gift, and with her 6th place in the February handicap, moved up from 8th place to take 2nd place in the series.

Will McKenzie despite taking 3rd place in the Easter Gift dropped from 1st to 3rd place in the series.

Well done to our placegetters, and thanks to all who participated!

Falls Creek Weekend

Earlier this month was the return of the annual Falls Creek weekend at Rob's ski lodge. We had an enjoyable weekend, made more relaxing by it being a long weekend, so no need to rush off on Sunday. The table Olympics continued with Peters Sjoelbak (Dutch shuffleboard) game proving more popular than Rob's Klast (Danish magnetic air hockey). Kelly pool was the big loser this year, losing out to the Carlton vs. Lions opening round game.

The Friday arrivals headed back to Mt Beauty on Saturday morning for parkrun and the Terry vs. John rematch. Terry kindly forgot his barcode so as to not officially beat me while I limped around the course with my heel injury. We had the traditional pizza dinner at The Last Hoot, with Peter & Haydn taking the longneck challenge, but the challengers missed Jude's competition this year. Our visit coincided with the Peaks Challenge cycling race, where 2,000 masochists with \$10,000 bikes subject themselves to a 235km race with 4,000m elevation. A few of the crew sacrificed their sleep-in to watch the race start, and we all made it along 9 hours later to see the winner.

Monday morning saw Rob's flour run with a marked 5km trail run with a modest 110m elevation game. Terry set off at a cracking pace, with Haydn declaring he would have to keep him company, however, Terry pulled his tradi-

tional trick of missing a marked turn and led Haydn up the mountain garden path this year.

Your Committee

The new committee held its first meeting this week, following the election at last month's AGM. Welcome to the committee to Sue Walker, Rae Carter, Vanessa Coutts and Will McKenzie, and thanks to Mark Letman for taking the off-committee role of first aid kit and defibrillator maintenance.

Among the tasks ahead for this year's committee are organising the club's 30-year celebration event, getting an early start on this year's Phar Lap arrangements.

The Winter Program

This year we have officially built the Athletics Vic XCR (Cross country) team relay events into a winter program, along with our annual Winter XC handicap, and our annual well-being run with Point Cook Runners, Melton City Runners and Wynfit. The relay events include various age categories and suit all abilities.

We will shortly call for entries into Jells Park teams, stay tuned!

Saturday 27th April (after handicap)

AV XCR Jells Park Team Relay (6km) \$10

Sunday 2nd June

Annual You Yangs Well-being run

Saturday 29th June (after handicap)

AV XCR Sandown Road Team Relay (6.2km) \$10

Sunday 13th July (new earlier date)

Hobbos annual Winter XC Handicap (3km) Newport Lakes

Saturday 17th August

AV XCR St Annes Ekiden Team Relay (3.6 - 8.8km) \$10

Saturday 14th September

AV XCR Tan Team Relay (3.8km) \$10

Until next month, stay fit, healthy and safe.





By Terry Pearce

With a hop and a step we're off up the Hume Hwy, followed by a few more hops, skips, steps, jumps and several "are we there yet's" heading to lovely Falls Creek. There was a stop at Myrtleford for lunch at a nice bakery where Leita and John consumed the largest vanilla slice (not sure how many gold medals it had won) I've seen in a while. In the last section of the drive up to Falls, the traffic was a bit heavier than usual due to people heading up there for the 3 Peaks cycle race that weekend.

We were greeted on arrival by Rob and Peter, making it 6 so far and then joined by Helen and Peter Whyte later that evening, who also brought dessert, yummm. So, the first night was reasonably quiet except when Peter B brought out his game of Shulbach which really broke the silence and killed the serenity. Well, not all that noise could be blamed on Peter's game, Rob also brought a board game which I can only describe as a manic game of magnetic soccer. Both games provided lots of fun and laughter over the weekend. It ended up being an early night for most as there was a Park Run awaiting us in the morning.

Back down the mountain to Mount Beauty the next morning for six of us leaving Leanne and Leita to explore some mountain trails in our absence. A beautiful morning for a run before it heated up, for five of us, as Peter B had graciously volunteered to help with the Park Run. The Rees family turned up with 10 minutes to spare and joined in. Coffee's and snacks followed before tackling that windy road back up the mountain (grumpy face emoji).

Next to arrive up at Falls were the Northover family, who had also done a Park Run along the way, followed by Ailie and Madi later in the day. We also had two extra guests staying at the lodge, Matt and Reece. They were competing in the 3 Peaks race on Sunday and it was nice to chat with them as they gave some good insight as to what they would be facing on the ride. Matt was expecting to complete it in 8 hours and Reece 10 hours. Yikes!

Jason had rented some disc's (frisbee's to us boomers) to play disc golf, as there was a course at the end of the aqueduct trail. So after lunch off we all went to experience the joy of flinging a rubber disc towards a distant net. Well, not all of us wanted to experience such excitement as some continued walking, so it was left up to such thrill seekers as the Rees family, the Northover family, Peter and myself. I wouldn't say the game went smoothly as it was more a game of "hide and seek" with the disc's than golf and I'm not sure who claimed victory in the end, but it was a good excuse for some fun exercise. Jason definitely won the chocolates for the "best flinger of discs". Rob made an executive decision to make an early booking at a restaurant for dinner that night which worked out well as we had all placed our



Mt Beauty Park Run certainly is beautiful





A friendly gathering out front of Rob's chalet

orders for Pizza and Long Neck beers (soft drinks for the kids) just before the hoards of cyclists descended on the place.

It was another fairly quiet night back at the lodge, not sure what was happening in the main area but a few of us were down stairs in the games room watching the Footy and playing pool. John was watching the football through his eye lids and every time we woke him saying "go to bed" he would retort with, "nah, I'm watching the footy".

Sunday morning and The 3 Peaks ride was to begin with the first wave of riders heading off around 6.45am. Some of us headed down to watch the start, Leanne was the first out the door, she loves watching big sporting events. It was amazing to see 2,000 cyclists shoulder to shoulder taking up the main road in the village waiting there turn to set off.

Peter was heading home around midday so one last Shulbach tournament was organized. It was a knockout tournament with only winners going through to the next round. Everyone took it easy on Peter so he could win otherwise he might have packed up his game and gone home. No, wait, what!

After lunch and having said Bon Voyage to Peter we headed back down to the village to watch the cyclists come in. One rider was attempting to break the record of 7 hours and he came in in 6 hours 44 minutes. Absolutely amazing effort, seeing that riders were riding in 39-degree temperatures along part of the 235 km mountainous course. Most were expected to take between 9 and 11 hours.

BBQ for dinner that night, cooked by chef Hay-

den, who also teamed up with Rob for the bacon and eggs for breakfast. Dom needs a special mention as well for her fantastic fluffy pancakes.

Last day started with Rob's famous Flour Run. A 5km mystery race taking in some nice trails and views around Falls Creek. Now before we started, Rob did say, that the course was not too challenging and not TOO HILLY. I think he thought scaling Mount Everest was not TOO challenging as well. Anyway, off we went, slowly to start, before our first little climb up to the aqueduct trail where Rob was waiting for us. Now, I think everyone thinks I am prone to going the wrong way based on a previous Flour Run, and there was a minor incident of myself and Hayden missing a turn this time. But in my defence your Honour, as we passed Rob, he did say, "you stick to the aqueduct trail for quite a while". Now, in my head, "quite a while" means at least a few hundred metres NOT 30 metres (Smiley face emoji). Anyway, hearing all the screams of "you're going the wrong way", Hayden and I did another U turn and re-joined the group.

Another great breakfast, a bit more relaxing, a quick clean and tidy of the lodge and we were ready to face that lovely drive home. I think the "are we there yets" started before we had even left the village.

Another successful Falls Creek getaway. Thanks Rob.



The Mobile Meditator - Kevin Aldred - New Coach



Big Kev in the Big Apple, 2014

Hi everyone, Kevin Aldred here – Big Kev. I am so happy to have been selected as a L1 coach and be able to offer my services to our great club.

I discovered or began running in 2011, mainly as a pathway to dealing with the grief of the passing of my dear Ma. I was hurt, angry even, and deeply saddened like I had never been before.

I was lost, and had no idea how to handle it.

If not for the love and support of my best friend, my everything, my wife Anastasia, the spiral would have been much deeper.

I got off my backside some 2-3 months later, and began my recovery. Many injuries followed, but I kept going, refusing to give up, which wasn't me because I was always choosing the easy option. But this was different. I was driven, motivated, to keep moving forward and do her proud, she had a way of appearing whenever I was down. Still to this day.

I needed help with training, and later realising, with the mind as well. So I sought the advice of some kind folks at the gym I was going to, it felt like I was interviewing them in some way. I needed to know who I could connect with, tell my story to, and feel comfortable with.

Little did I know, it was all of these reasons, and some, that has got me today, and THE REASONS why I wanted to become a running coach. But I had to be a Personal Trainer first, then continue from there, and be confident that I could

guide another with the right moves, in the right way, with the genuine and right kind of care. It's the human touch, the connection that I have developed both through training but from my work as well, which I believe would make me a good fit as a L1 coach at HBRC. I see the person, not the athlete.

My people skills are genuine, and well developed. My character mirrors that of my dear Ma, but I now have expertise, life experience, and a real love of running now, that I can offer others. Running for me is very enjoyable, even when it's not! It's fun, and should always be. I see it as mobile meditation. Brilliant for the mind and the body.

My greatest achievement was running the New York City Marathon in 2014, in 30 knot winds, temperature hovering around -1 to 1c Celsius, but there was no way I was not gonna finish. Along with my wife, somebody upstairs was watching me and willing me along with her own kind of encouragement.

I enjoy training, both in the gym and on the 'track', anywhere from 5k to 42.2 My target areas are centered around preparation, recovery, and staying relaxed. Key here I think. Positive mindset.

I really enjoy running, I love doing events, especially tough ones, and it's nice to see and hear people cheering you on as you go, and it's even nice to have someone put a medal around my neck. Nice, but not why I do it. It gives me life, how it makes me feel, gives me connection, guides me and keeps me moving forward in so many other areas of my life

Everyone dances to their own beat, in their own time, in their own way.

I am keen to help others achieve their goals, whatever that goal may be, and hope to see everyone at track when I hold a session. Go Pies...



Kevin & Mario our newest L1 coaches



Ray Barnard - The Handicapper's Blindspot?

Ray Barnard has now won back-to-back handicaps on THREE occasions. Working backwards from his most recent - 2024 (January & February); 2017 (January & February), and in 2005 (July & August). To be absolutely fair we can't really blame Mick Beasley for Ray's 2005 results, as it was before Mick took on the job of handicapper (Ray also won a third handicap in 2005 in February). He must have quite a collection of Kenyan Eggs in the trophy cabinet.

Prior to Ray's 2024 double-triumph, the most recent back-to-back could be very easily missed. Graeme Dewerson won the December Handicap in 2018 then followed it up with a January win in the new year, 2019.



*Above, Ray accepting his second Kenyan Egg of 2024.
Ray with Sue Walker currently, 1st & 2nd in GC.*



Mick Beasley's Handicap Commentary

Results for the February Handicap are up. [Ray Barnard](#) - despite my best efforts - went back to back with a 1:35 AGPB - I'd need to go back quite a way to find the last back to back. In a bit of deja vu (I won't repeat Ray's appalling pun here) he overtook Sue [Walker](#) on the finishing straight - she ended up third with a 28s AGPB, and [Leigh Kelly](#) pipped Sue on the line with a 39s AGPB. Conditions were a little windy - and despite my predictions that times would be slow, the first seven beat the 50m target with AGPBs. Impressive.



Hobbs Handicap - February 2024 - 342nd Running



Pos	Name	Finish	Time	Start	PB	AGPB	Split 1	Split 2	Points	Bonus	Total
Greenwich Cup											
1	Ray Barnard	49:34	26:34	23:00	22:12	28:09	13:21	13:13	20	12	32
2	Leigh Kelly	49:41	21:36	28:05	22:15	22:15	10:50	10:46	19	12	31
3	Susan Walker	49:42	26:32	23:10	22:44	27:00	13:04	13:28	18	12	30
4	Mark Letman	49:51	21:51	28:00	22:03	22:03	11:05	10:46	17	12	29
5	Cain Speakman	49:54	19:34	30:20	19:44	19:44	9:47	9:47	16	12	28
6	Rae Carter	49:58	20:28	29:30	20:40	20:40	10:14	10:14	15	12	27
7	Mario Valastro	49:59	20:24	29:35	20:39	20:39	10:12	10:12	14	12	26
8	Graeme Dewerson	50:16	19:41	30:35	19:35	19:35	9:58	9:43	13	11	24
9	Matt Loader	50:17	25:17	25:00	25:15	25:15	12:48	12:29	12	11	23
10	Helen Vaxevanis	50:18	25:53	24:25	25:50	25:50	12:54	12:59	11	11	22
11	Helen Haralambous	50:32	34:32	16:00	34:31	34:31	17:35	16:57	10	11	21
12	Vanessa Coutts	50:37	36:27	14:10	34:55	34:55	18:24	18:03	9	0	9
13	Michael Musgrove	50:41	40:16	10:25	35:15	39:45	20:06	20:10	8	6	14
14	Diane Donoghue	50:55	31:55	19:00	31:07	31:07	16:02	15:53	7	4	11
15	Michael Slee (walk)	51:09	40:14	10:55	39:20	39:20	20:12	20:02	6	3	9
16	Phillippe Delecheneau	51:24	28:09	23:15	26:05	26:40	14:15	13:54	5	0	5
17	Lois Speakman	51:31	47:01	4:30	46:02	46:02	23:55	23:06	5	2	7
18	Neil Speakman	52:47	25:52	26:55	23:15	23:15	12:36	13:16	5	0	5
19	Ken Smith	52:51	44:51	8:00	22:28	37:27	22:34	22:17	5	0	5
20	Graham Edwards	52:54	46:49	6:05	36:14	43:56	23:19	23:30	5	0	5
Ineligible											
1	Callum Low	50:49	19:49	31:00	19:57	19:57	9:40	10:09	7	0	7
2	Kieran Leonard	49:29	21:44	27:45	18:40	19:19	11:06	10:38	10	0	10
3	Will McKenzie	50:43	22:58	27:45	22:41	22:41	11:09	11:49	7	0	7
4	John Danaher	50:23	27:23	23:00			13:55	13:28	10	0	10
5	Cat McCrae	49:50	27:35	22:15	28:02	28:02	14:03	13:32	17	0	17
6	John Gray	48:38	27:38	21:00	18:51	19:41	14:12	13:26	10	0	10

Hobbs Handicap - February 2024 - 342nd Running

Pos	Name	Finish	Time	Start	PB	AGPB	Split 1	Split 2	Points	Bonus	Total
7	Anastasia Aldred	50:19	27:39	22:40	27:49	27:49	14:16	13:23	10	0	10
8	Sarah Lowe	48:51	27:51	21:00	23:55	23:55	14:11	13:40	10	0	10
9	Peter Whyte	49:23	27:53	21:30	26:03	26:03	14:11	13:42	10	0	10
10	Stuart O'Neill	54:08	29:23	24:45	24:27	24:27	14:52	14:31	5	0	5
11	Melissa Rutze	51:19	31:19	20:00	26:02	26:36	15:51	15:28	10	0	10
12	Jac Wainright	49:27	33:12	16:15	34:20	34:20	16:39	16:33	20	0	20
Guests											
1	Elizabeth Lowe	48:37	27:37	21:00			14:11	13:26	-	0	-

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



Anastasia Aldred



Helen Haralambous



February Handicap



February Handicap

Cat McCrae (centre) then clockwise from top right, Graeme Dewerson; Leigh Kelly; Kieran & Will; Michael Musgrove; Philippe Delcheneau; Melissa Rutz, John Gray, Elizabeth Lowe & Sarah Lowe

Hobbos Greenwich and Ted Joy Cups 2024

Current Standings - Greenwich Cup

Place	Name	Jan	Feb	Best Eight	Notes
1.	Ray Barnard	32	32	64	e
2.	Susan Walker	31	30	61	e
3.	Cain Speakman	29	28	57	n
4.	Rae Carter	26	27	53	n
5.	Helen Vaxevanis	30	22	52	n
6.	Leigh Kelly	20	31	51	n
7.	Graeme Dewerson	(20)	24	44	n
7.	Mario Valastro	18	26	44	n
7.	Matt Loader	21	23	44	n
10.	Michael Musgrove	27	14	41	e
11.	Cat McCrae	(20)	17	37	n
11.	Michael Slee (walk)	28	9	37	n
13.	Diane Donoghue	(20)	11	31	p
14.	Anna Bovdis	10	(20)	30	n
14.	Brian Armstrong	(20)	(10)	30	n
14.	Bronwyn Rowleson	10	(20)	30	n
14.	Jac Wainright	10	20	30	n
14.	Peter Buissink	(20)	(10)	30	n
19.	Mark Letman		29	29	n
20.	Neil Speakman	23	5	28	n
21.	Belinda Fithie	22		22	n
22.	Helen Haralambous		21	21	n
23.	Anastasia Aldred	10	10	20	n
23.	Ann Girvin		(20)	20	n
23.	Daryl Sadgrove		(20)	20	n
23.	Jane Whitmore	20		20	n
23.	John Gray	10	10	20	e
23.	Kevin Aldred	(20)		20	n
23.	Mick Beasley		(20)	20	n
23.	Rob Falloon	(20)		20	n
31.	Andrew Scardino	15		15	n
32.	Vanessa Coutts	5	9	14	n
33.	Abby Speakman	12		12	n
34.	Jimmy Dwyer	11		11	n
34.	Michael Williams	11		11	n
36.	Graham Edwards	5	5	10	e
36.	John Danaher		10	10	n
36.	Ken Smith	5	5	10	e
36.	Kieran Leonard		10	10	e
36.	Mary Ellen Brierley	10		10	n
36.	Melissa Rutze		10	10	n
36.	Peter Whyte		10	10	n
36.	Sarah Lowe		10	10	n
36.	Stuart Tennant	10		10	n
36.	Thomas Williams	10		10	n
46.	Callum Low		7	7	n
46.	Lois Speakman		7	7	n
46.	Terry Pearce	7		7	a
46.	Will McKenzie		7	7	n
50.	John Becroft	5		5	e
50.	Philippe Delecheneau		5	5	n
50.	Stuart O'Neill		5	5	n

Mick Beasley's G&T Commentary

Greenwich Cup and Ted Joy Standings are up. It will come as no surprise to see that - having won the first two events of the year with big AGPBs, [Ray Barnard](#) heads the standings on a perfect 64 points out of a possible 64. But was it wise using up so much runway in the first couple of events of the year?

Susan [Walker](#) is in second with 61 - again, a phenomenal start for the year.

The Speakman torch has clearly passed to [Cain](#) this year, and he lurks in third on 57 points, and is the first member who is not also eligible for the Ted Joy Cup. Apparently he recently decided to run 30 km, cycle 80km, and perform a lazy 1000 pushups all in one day - see his post elsewhere on this page if you want to reward this insanity with a donation to his good cause.

There are three others who have already clocked over 50 points - a solid foundation for a good campaign so early in the year. Just remember that with "Best 8" to count, and ten events still to go, everyone is still on track for the theoretical maximum of 256 points...

Ted Joy Notes - e: eligible; p: provisionally eligible if 40 runs/walks are completed in 2024; cannot complete 40 runs/walks in 2024
a: did not complete enough runs/walks in either 2019 or 2022; points for helping are shown in brackets



Getting to Know Mario Velastro - New Coach

Just a runner with a bit of an obsession for running shoes

Who is Mario Valastro?

I am 51 years old, married with 2 children.

(Silvana – wife, Frank and Anni – kids)

I am a person with integrity. I wear my heart on my sleeve. I value trust, honesty, and most of all human connection.

What is your athletic background?

I didn't really do any sports growing up.

Did two years of Aussie Rules Football under 9s'-13', but I hated it.

Took up karate with my son (Frank) in 2004.

I was 32, Frank was 6. We loved the disciplined training and our Sensei - Vince. He was instrumental in helping Frank and I build confidence. It was while training in Karate that I started running. I then hung up the gloves and have continued to run ever since.

When and how did you get into running?

It was around 2008. I was 35 years old. Until that point, I had never thought I could actually run.

A friend commented that I had a runner's body (after I had lost 30kg and that I should give running a go. I started running with Kirsty, entered a run for the kids (which we ran together) and the rest is history.

I'd like to know what brought you to running and what brought you to the club?

Mark Letman planted the seed. He encouraged me to join.

I think I knew deep down that I wanted to be part of a running group of like-minded people where I could discover and improve my running abilities.

Mark and I had run with Mark Molony a few years prior, so it was always in the back of my mind. It took me quite a few years



Mario's February Handicap - PB time!

to muster the courage to go along to a track session.

Why are so keen to be a coach?

I grew up, overweight, unhappy, and not realising the negative impact that the wrong food and no exercise could have on your body and your health. Both mental and physical.

I love running and everything about training. I have an inquisitive mind and I'm interested in how diet and exercise can transform a person's life.

I am keen to coach because I have a passion to help people. I want people to become the best version of themselves through diet and exercise. (running or any other type of movement)

I am relatable to many different people because of my background. People will judge me by the way I look, but they will be very surprised to hear my story. I have no athletic ability. I have never finished in the top 3 of any sporting races in



my entire life. EVER. What I have done so far has been due to dedication, commitment to training, a willingness to learn and hard work.

Any specific areas you would like to target?

Most will know that I am also passionate about running shoes. I have a few pairs myself and, in the future, would like to expand my knowledge and the ability to test more shoes. I hope my enthusiasm helps spark something in others to discover theirs.

I am a marathon runner at heart – this is where my focus lies. I would like to help others change their life by training and running a marathon. There is a saying – “If you want to get fit, run a 5k. If you want to change your life – Run a marathon!” I couldn’t agree more.

In the future, I would like to know more about nutrition, to be able to offer a more holistic approach to training.

What’s your favourite running distance and distance to train for?

Favourite is the Marathon

I love training for the marathon. It suits my A-Type personality and my body. The structure, the longer grinding runs, suit my make up. I like to train hard and often over train. But that’s the allure of the marathon, it’s complex. Many factors make up a great race. I am yet to nail one, but that’s the beauty of trying.

What does a typical training week look like for you?

Monday – Morning 1Hr MTB ride.

Night – Strength Session

Tuesday – Morning – 40min walk.

Night – Hobbos Track

Wednesday – Morning - 1 hr Easy Run (Zone 2)

Thursday – Morning 1 hr Easy Run (Zone 2).

Night – Hobbos Hill Session

Friday – Morning 1Hr MTB ride. Night – Strength Session

Saturday – Easy Run 1 hr – Zone 2

Sunday – Long Run (90min to 3hrs)

Personal achievements/PBs/most memorable performance?

Currently my best PB is the 5k - 20:24
Karate - Black Belt First Dan – 2-day grading, extremely satisfying. Something I never thought I would achieve.

Running the Melbourne half marathon with my Mark Letman – such a great run, I paced him for the first 17ks and it was an amazing feeling.

Pacing Frank for his first (and only Run 4 the Kids). Arnold Swarchnaegggar started the race, and he was hilarious. It was something Frank and I will never forget.

I have completed 4 marathons (Marysville, 2 x Great Ocean Road and Vineyards Marathon – current Mara PB 3:52.)

Any bucket list races?

All the marathon Majors (New York, Chicago, Boston, Berlin, Tokyo and London)

A French marathon – Where the aid stations are full of home-made cheese and wine.

Melbourne Marathon – this is my fourth time I have signed (2024) – I am yet to run one.

All the major city marathons in Australia (one in each state)

A trail 50k

What are my Future running goals?

Marathon Sub 3hrs 30min

5k sub 20min / 10k sub 40min

Half marathon Sub 90min

Best event (organisation, scenery, atmosphere)?

Two bays – A terrific great run. Great atmosphere, beautiful scenery and challenging but runnable trails. I’ve completed the 28k four times.

Which runners/athletes inspire you?

Eliud Kipchoge – he is a master of the marathon and has a quiet, humble demeanour. I love that about a person. It’s so different to what you see in other sports. He has single handedly changed the running world through Nike and super shoes. He is the first person to run under 2hrs for the marathon. (Not in a race, but nonetheless,



he still did it) I was moved to tears when he did.

Brett Robison, Jack Rayner, Sinead Oconner, Ellie Pashley, and most of the middle-distance Australian runners. I listen to their training and vicariously live my athletic life through their eyes.

Running Mums – (includes my wife) Hard to put into words, they are just amazing.

I'm really interested in what the coaches can do for me and help me moving forward. Therefore, do you think outside of the box and how flexible you are with different coaching methods?

As a new coach, I am open to trying new things. To be honest, I don't think I have a particular method. If anything, running and coaching is a process of trial and error. Sometimes, the athlete and the coach will go on a journey together, trying different things, to help add a stimulus to spark an adaptation that has been identified as an area of improvement. But then again, what is improvement to the athlete?

Success is not only defined by PBs and how fast you can run, but also by other factors like: following a plan, injury prevention or having fun. It's a very interesting question, and I take running quite seriously. Often finding the right coach, is finding a coach that suits your personality. For example, I don't think I would enjoy coaching someone who lied about their training. Why? Because a core value of mine, is honesty.

Do or have you done anything to train your mind?

Not in a conventional way, but I think karate training really helped with that.

Do you strength train or do Yoga or Pilates & how do you feel they help your running (if you do them).

My New Years resolution for 2023 was to add strength training into my weekly schedule. And I did. Twice a week. Monday and Friday night. It took a while for me to feel the benefits. For at least the first 3 months, I had knee pain while doing deadlifts. As the body adjusted, the pain disappeared.

All free weights, etc. Just at home in the garage. I have two training partners, my wife and daughter. They are the best.

I am interested in taking up Yoga or Pilates in the future. Core is something I yet to focus on.

Who do you follow in the AFL?

I don't follow AFL. I mainly follow athletics now.

What's your favourite after run food?

Favourite food after a run – Silvana's pancakes and a home brew cappuccino with cold soy milk. Absolutely love it.

If you were a vegetable which one, would you be and why?

I think I would be a sweet potato. It symbolises running and what how I view running. You put in the work and even though you see the green foliage above the ground, all the work is happening away from eye-sight. It's often the case with running and life in general, no-one sees all the hard work that lays the foundation for success, they only see the visible parts of the scenario.

What are your thoughts on carb loading & nutrition a week before and on the day of an event? (particularly a half / full marathon)

As part of the marathon puzzle, Nutrition and Carb loading are essential. I will encourage to test out your preferred gels on long runs and start carb loading 3 days before the event. My favourite quote relating to carb loading is: "When athletes talk about a plate of pasta the night before, I ask them – What about the other 7". You need a lot of carbs.

What's your favourite movie?

I can't pick just one. Here are a few:
3 Billboards of Missouri
Hunt for the Wilderpeople
The holiday, The Proposal, Notting Hill (Rom Coms)
Ted Lasso.

What type of music are you into?



According to Spotify – I am a teenager. They obviously haven't seen my reflection in the mirror. lol

Pop music, 80's Rock, something with a good tune, I can't sing, and I can't remember the words. I make them all up.

Best holiday you've been on

Hands down – Tasmania, 2016. Family holiday, wife and 2 kids. We had the best time 6 days in Hobart, 5 in Launie. Went to Brunie Island, East Coast, Wine glass Bay, Bay of Fires, Cataract Gorge and Cradle Mountain. Can't wait to go back.

Sometimes feel uneasy describing myself as a runner, do you describe yourself as a runner?

I do describe myself as a runner. People know me in my family as a runner. I was the first to be a runner and I am somewhat of a pioneer in that regard. (well in my family)

It's important to embrace it. People are amazed. My high school friends (I only have 3), now ask me for advice around fitness and nutrition.

I think, once you embrace it, then others will also see it.

I hope this helps the club members know a little



bit more about me and I look forward to catching up with everyone either on the road, track, or the trails.....I hope to inspire others to continue exploring their running journey. You never know where it will take you. You could even become a coach.

Who knows?



Hobsons Bay running club



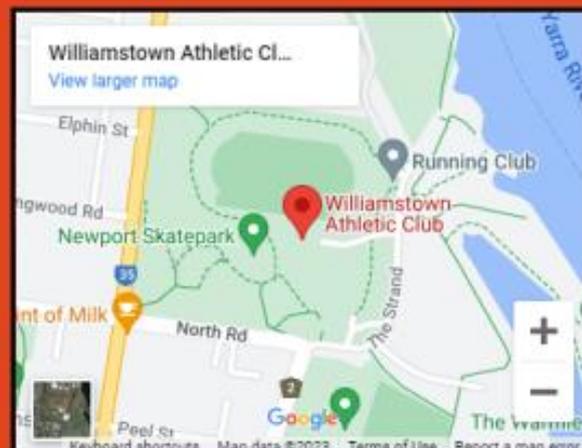
Term 2 1600m Parents & Childrens Challenge. Can you train to complete 4 laps ?

SUNDAYS 4PM

With Hobbos Coaches

28/4 (1)	
5/5 (2)	
12/5 (3)	
19/5 (4)	
26/5 (5)	
2/6 (6)	
9/6 (7)	
16/6 (8)	

We start with a warm up and a couple of games, then ease into some short track intervals, with some mini-relays, races or a handicap run. These sessions are ideal for parents and children to enjoy running together, so parents, BYO runners!



**All Welcome
@ Newport Park
Athletics Track**

More details on Hobbos Facebook page or www.hobbos.org.au



Hobbos Coaching

With Brian Armstrong, Coaching Co-ordinator



New Coaches

Welcome to another exciting month. Today we officially welcome two new coaches to the team, Kevin Aldred and Mario Valastro. Congratulations to both, who have just completed their L1 coach training.

Without giving away too much, as they have added their BIOs in this newsletter, let's just say that they both have so much drive and enthusiasm, with each offering different qualities, adding to the Hobbos being the best club around.

Kevin has already asked to lead some sessions (even before completing his training), and Mario has started on the ground running, sharing some knowledge on runners and creating various coach running plans.

Say hello to Kevin and Mario at a Tuesday night track session, and let them know your goals and seek their guidance.

Potential L1 Female Coach Requirement

We may also be looking for one more coach this year. In order to keep our gender balance, we will likely be seeking a female L1 coach interested in receiving AV training and Run Leading at track sessions. This requirement is due to one of our coaches moving interstate sometime in the year.

This also raises the question again, what is required to be a coach and how does a member become a coach? While I will write a complete article in a later newsletter, the minimum club requirements are:

2 years minimum financial membership.

Friendly and approachable

Willing to attend an AV L1 (1 day) course, on a Saturday or Sunday.

Willing to give back as a volunteer

Have running qualities/experience that they can give back.

Be likely to remain a member and coach for a minimum of the next two years.

Be a person who is not shy... so, approach one of our Runleaders or Brian to express interest J

Interest can also be added to a wait list, when we have fulfilled all coach requirements.

Track session Whiteboard

Shortly you will notice a track session Whiteboard at Tuesday track. The Noticeboard will advertise that common question asked multiple times, 'what is today's session ?'

It will also have other information like target paces, upcoming events, etc,

Fun Coaching versus Performance Coaching

As a coach who also likes to train most days, one of my most enjoyable runs, is the weekly long run. It in on these runs, I get to meet people from all backgrounds, and professions. It is such a luxury to be able to run these along our local scenic areas, and get feedback and ideas from other runners.

On a recent long run, we were discussing what a coach does and a fair few only appear to recognise coaching as a person who guides a runner through a training plan, which is far from the truth. Our coaches are responsible for every track/hill/event/long run, etc.

One of the primary reasons we have a coach guide the session is to ensure that it is safe, but a Runleader coach also ensures there is a fitness advantage, everyone is focussed, the session is enjoyable, and hopefully fun.

Being fun, makes the session so much easier, and is also an area that as a club, we would like to enhance. One of the questions you may notice in this year's membership registration, is based around you, the member, asking if you are more aligned with social/fun versus always chasing a performance PB. Gathering this information, will give coaches a solid base indication on what members would like from our coaching team.

In the past we have tossed around the idea of forming some 'fun coaches', who's primary coaching function would be to coach members for 'fun completion targets', forget about PB's, think more about completion and targeting events that have more feel good than a lot of racing events have.

We would be keen to hear any feedback you have in this area, and it is as easy as providing feedback to anyone on our coaching team.

Club Membership Fees

Also a short reminder this month that club fees will be due again on April 2nd, as we are now aligned with Athletics Victoria financial year.

I like to remind members, think of the previous year's membership as a 'short deflation', where we all received 3 extra months of coaching and track sessions

for free.

External Member Events Calender

With Hobbos being a larger recreational club, we have many members attend various race events around the state and even country, but are sometimes surprised when two Hobbos 'accidentally meet' at an event, not knowing that each had entered the same event in the previous weeks.

Due to this, we are investigating on how to implement an Hobbos attendee event calendar, where members could advise what events they are planning. As a club this would allow others to enquire about the same event of interest and even car pool.

i.e. We have a few events coming up shortly, and one that is close is the Geelong half marathon. We have around 6 Hobbos attending so far (that we know of), so will definitely be car pooling for any others keen to try a half marathon.

Expect to see a notification at some stage on Facebook on the various events that members attend, and feel free to let others know of an upcoming event you will be attending, especially for potential car pooling.

Running Technique / Gait Session Video Recording

Another event (held before print) is the Running Technique / Gait session. This was pencilled in for Saturday 23rd March, 10:30am at Newport track. For any members that were interested in having their running technique recorded on the day, we had a couple of coaches recording runs over 20 meters or so. Recording was done from each side, plus front and rear. A future date will be arranged for Abby Speakman (Club sponsor Symmetry Physiotherapy) to go over the analysis. This was another great free offering, so we highly recommend members come to any future events.

This recording can also be used as a general baseline for any future injury comparison.

Women's Running Workshop

As daylight savings ends shortly, most of us will be running in the dark again, and during these times we need to consider additional after dark safety concerns. Things taken for granted during the day like, running near cars, bikes, raised paths, etc, need more attention with less light.

Extra consideration is also required like being stranger aware, even as an adult when there is less light, and while this is not gender specific, it does impact women more than men. Our next course will address this and most other factors for women's running.

Two of our champion coaches (Belinda Fithie and Jane Gibbons) will shortly be promoting a Women's running workshop, which will address these areas and more. All female runners (and some male coaches) will benefit from attending this workshop, especially those new to (or even considering) running.

I have seen the base topics for this, and there is lots of information to be shared. The exact date will be advertised on Facebook.

Sunday Parents and Children's Session

We have finally decided that we will change our Sunday Parents/Children's event to a Parents and Childrens 1600m challenge. This will commence in the next school term, with the objective of everyone attending being able to complete a 1600m finish at track by the end of the term. Each child will receive a certificate of 1600m completion at the end.

Wellbeing Run

The next event targeting general wellbeing is our regular yearly Slow Run, 'The You Yangs Wellbeing run,' which at this stage is targeted for 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 if you are a fun runner, or a PB based performance runner and how they can assist you with your journey'

2024 Coaching Co-ordinator

Brian Armstrong



Trail Corner



With Lucas Beck, Trail & Ultra Coach

First off, a big shout out to **Dianne Portelli** for doing the **100km Oxfam Trailwalker**, held under very warm conditions.

Next, hat's off to the following Hobbo legends, who participated at the **Warburton Trail Running Festival** in the 14km Sawmill Grove run on an extremely hot Sunday morning:

20 - Tameka Day - 1:19:42

22 - Graeme Dewerson - 1:20:11

152 - Ken Smith - 3:09:22

Buffalo Stampede

Well that was wild! 104+km and over 5000m elevation, this event lived up to expectations! Details to come in the next edition...

84 - Lucas Beck - 17:57:45

133 - Robyn Wilmshurst - 21:54:55

Marathon

A big congrats to Ailie on completing her first marathon. Definitely a tough first one too. Also, an excellent example of working your fitness through cross-training.

385 - Ailie Hansen - 8:33:12

Surf Coast Century

There is interest building for the various distances on offer for the glorious Surf Coast Century.

Entries open early April. For those considering the 100km distance, April 6 is 24 weeks until race day, my preferred training program length! If you're sitting on the fence about entering the 100km, get in touch!

For those looking at the 50km race, 18 and 12 week training plans will begin mid-May. And we can expect the leg#1 recce run around this time too (Anglesea to Torquay 21km).

20 Home Runs - March 2024

Accountability and commitment begin with entering the race. I believe, once you've done this, you are backing yourself to get the job done. You're at least half way there. The other 95%, is just mental!

See you on the trails!

Lucas Beck, Trail and Ultra coach

Events

Maroondah Dam Trail Run

Sunday 7 April 2024

10km – 21km – 30km – 42km – 50km

Surf Coast Trail Marathon (10th anniversary)

Saturday 15 June

You Yangs Trail Running Festival

Saturday & Sunday 13/14 July

21km – 42km (Sat)

5km – 15km – 30km – 50km (Sun)

100km – 100mi (Sat-Sun)

Surf Coast Century

Saturday 21 September

50km – 100km – Teams relay (2-4)

Mt Macedon Trail Run

Sunday 6 October

10km – 21km – 30km – 42km – 50km

Marysville Marathon

Saturday & Sunday 9/10 November

4km – 10km – 21km – 42km – 50km – 100km





Michael relaxing at home after the event...

On Sunday, 24th March 2024 I participated in the annual R4Ks event, the 17th time I have participated. My good running mate, Ken Smith also completed his 17th R4Ks.

My plan was to complete the event in just under two hours. Unfortunately, my plan did not eventuate as the timing mechanism recorded 2: 04: 08 for the 14.4 K event. With less than ideal preparation and a weather forecast of 29 degrees C, I decided to jog most of the distance, including through the Domain Tunnel, but walk up the Bolte Bridge and on any sunny sections of the course, particularly on the freeway between the Bolte Bridge and Domain Tunnel approximately three Ks.

I ran the first K with the Orange group, grouping people intending to run, jog or walk parts of the course. The first K took me to the bottom of the Bolte Bridge. Walking to the top of the bridge, I found myself behind Coach Ekky and three runners he was assisting to complete the run. From the top of the bridge I ran down to and along the freeway to the 4K marker and, considering the warm sunny weather, decided to walk the next K or so. I caught up with Ken Smith at about the five K mark and noticed Coach Ekky and his

charges immediately ahead. I decided to stay with this group and did so without too much trouble until we entered the tunnel. I found the tunnel to be extremely hot despite the big exhaust fans working overtime and consequently decided to walk through the tunnel. That was the last I saw of Coach Ekky and his group. They kept running.

Coming out of the Domain Tunnel I was surprised and appreciative of the cool breeze as I completed the last five Ks of the run. Running over the Swan Street Bridge, into Linlithgow Avenue and turning right into St Kilda Road, runners enjoyed strong shade cover particularly along Southbank Promenade. Southbank Promenade was a pleasant surprise as in previous events this section of the course was often hot and exposed. Walking over the Spencer Street Bridge and up Spencer Street we turned left to complete an easy run down Collins Street to the R4Ks finish line at Batman's Hill in Docklands.

A week or so ago, I was amazed to read that residents in some of the new housing estates on the outskirts of Perth were pulling out newly planted street trees and returning them to their local councils. They argued that the trees were messy and untidy. This is a surprising reaction as scientific studies have established that street trees can limit the effect of heat islands and reduce ground temperatures by as much as 20 degrees C and increase the value of individual properties by as much as \$18000. February 2024 was the hottest February ever recorded in Perth with eight days over 40 degrees C and most other days over 35 degrees C.

Ken Smith and I have completed all 17 R4Ks events. R4Ks is a well organised, relatively inexpensive and inclusive event. This year R4Ks raised \$1.4 million for the Royal Children's Hospital. I would recommend R4Ks to all Hobbos.

Michael Musgrove (59)

Take Control of your health.

Pain relief, injury prevention, and performance enhancement.

84 Douglas Parade,
Williamstown

www.symmetry.physio

9989 2444

SYMMETRY
PHYSIOTHERAPY



Daylight Savings Series

Rae Takes 2024 Easter Gift 1500m

...but another Ray took out the Daylight Savings Series for 2023/24.

Ray Barnard continued his barnstorming start to the year by 'sitting out' the final race on the DSS program having collected maximum points in the penultimate DSS event, the February Handicap.

Rae Carter's Easter Gift win saw her climb into second place, nudging Will McKenzie, into third position.

A field of 21 tested themselves out in the gruelling 1500m track event.

The first four placegetters all beat the handicapper's 9:00 minute target time. Rae smashed it by 24 seconds. Will, Thomas & Kieran Leonard were mere seconds under the mark.

The fastest time of the night was clocked by Thomas Williams (5:01).

It was perfect evening for running and an even better one for socialising over a post-run BBQ.

Thank you to all volunteer helpers for making the Easter Gift (& the DSS) happen.

These events do not run themselves and if you haven't helped yet, why not volunteer for the next one.



Easter Gift 3, 2, 1

Thomas Williams (3rd), Will McKenzie (2nd), Rae Carter (1st)

Hobsons Bay Running Club

Easter Gift 1500m Handicap 19th March, 2024

Results

	Members	gross time	Hcp	Nett Time	
1	Rae Carter	08:36	03:10	05:26	
2	Will McKenzie	08:55	03:00	05:55	
3	Thomas Williams	08:56	03:55	05:01	<i>*Best time of night</i>
4	Keiran Leonard	08:57	03:45	05:12	
5	Di Portelli	09:08	01:30	07:38	
6	Anastasia Aldred	09:10	01:00	08:10	
7	Callum Low	09:10	04:00	05:10	
8	Graeme Dewerson	09:11	03:50	05:21	
9	Peter Whyte	09:20	02:00	07:20	
10	Stuart Tennant	09:23	02:20	07:03	
11	Owen Jones	09:25	02:20	07:05	
12	Ash Sandison	09:32	03:50	05:42	
13	Jason Rees	09:57	03:30	06:27	
14	Jane Gibbons	10:02	02:15	07:47	

Ineligible Members

1	Cindy Ho	08:44	01:00	07:44
2	Freya Rees	09:02	00:00	09:02
3	Ollie Rees	09:06	01:45	07:21
4	Kevin Aldred	09:11	01:00	08:11

Guests

1	Harry Bates	08:16	03:00	05:16
2	Lisa Orkin	08:39	00:00	08:39
3	Carl Orkin	09:16	02:00	07:16



2023-2024 The Daylight Savings Series - Points Table

Place	Name	Spring Gift	Phar Lap	Xmas Gift	Summer 1000	Feb H'cap	Easter Gift	Best 4
1	Ray Barnard	5	5	13	9	15		42
2	Rae Carter	11			7	7	15	40
3	Will McKenzie	13	8	6	5	5	11	38
4	Leigh Kelly	9	5		5	13		32
5	Thomas Williams			15	5		9	29
6	Owen Jones			8	15		5	28
7	Cain Speakman	5	5		5	8		23
8	Kieran Leonard		5	4	4	5	8	22
8	Louis Northover	6	5		11			22
9	Rob Falloon	7	5	4	5		4	21
10	Callum Lowe	5	5		5	5	5	20
10	Jane Gibbons	5	15					20
10	Matthew Loader	15				5		20
10	Peter Whyte	5	5		5	5	5	20
10	Stuart Tennant	5	5		5		5	20
10	Vanessa Coutts	5	5	5	5	5		20
11	Neil Speakman	5	5			5	4	19
12	Henry Northover		5		13			18
12	John Gray	4	5	4	4	5	4	18
12	Mark Letman		9			9		18
12	Stuart O'Neil	4	5	4	4	5	4	18
13	Hayden Northover		13		4			17
14	Helen Haralambous		11			5		16
14	Peter Buissink	4	4	4	4		4	16
15	Anastasia Aldred				5	5	5	15
15	Di Portelli	5			5		5	15
15	Graeme Dewerson	5				5	5	15
15	Kevin Aldred	5	5				5	15
16	Di Donoghue	4	5			5		14
16	Michael Williams			9	5			14
17	Cat McRae	4		4		5		13
17	Lisa Orkin						13	13
17	Lois Speakman				4	5	4	13
17	Oilly Rees		7				6	13
18	Brony Rowleson	4		4	4			12
18	Freya Rees		5				7	12
18	Kevin Mahon		5	7				12
19	Ken Smith		6			5		11
19	Ron Van Der Heide		5		6			11
19	Susan Walker					11		11
19	Tameka Day			11				11
20	Ashley Sandison		5				5	10
20	Melissa Rutze	5				5		10
21	Belinda Fithie		5	4				9
21	Jason Rees		4				5	9
21	Karen Hayes	5					4	9
21	Kate Milnes		5		4			9
21	Michael Slee	4				5		9
22	Bailey Piper				8			8
22	Brian Armstrong	4	4					8
22	Jim Dywer	8						8
23	Mario Valastro					6		6
24	Alexi Newbery		5					5
24	Anna Anderson	5	0					5
24	Anna Bovdis	5						5
24	Anne Nolan	5						5
24	Carl Orkin						5	5
24	Christine Denning				5			5
24	Cindy Ho						5	5
24	Daniel Hocking	5						5
24	Graham Edwards					5		5
24	Harry Bates						5	5
24	Helen Vaxevanis					5		5
24	Janelle Taylor		5					5
24	Mark Maloney		5					5
24	Mary-Ellen Brierly				5			5
24	Michael Musgrove					5		5
24	Philippe Delechenau					5		5
24	Sarah Lowe					5		5
24	Tara Fairbrother				5			5
24	Terry Pearce				5			5
24	Waylyn Turner		5					5
25	Dan Goodwin		4					4
25	Dominique Tanner		4					4
25	Jude McCann		4					4
25	Katrina Gowans		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

