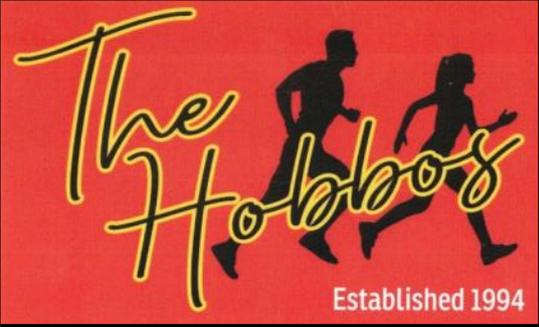


April 2024



# HomeRuns

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



# A Picture of Concentration

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*Hill Running or is it Ghostbusting?*

## Forthcoming Events

Sat 27th April April Handicap & morning tea

Sat 25th May May Handicap & morning tea

For XCR schedule, our Winter program & 2024 Program,  
see the various flyers throughout *Home Runs*.

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 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



## Three handicaps down...nine to go.

Seems like loads of opportunity to make a run for the GC or TJC. However, just like life itself, banking race points early is worth its weight in gold.

If current form continues, three Hobbos will probably crack the 100 points mark with a decent showing in the April Handicap. Sue Walker (93 Greenwich cup points), Ray Barnard (84) and Helen Vaxevanis (80) occupy the top three places but will they after this month's 5km event? Come and see for yourself. Try and knock them from their perches.

One way to improve your chances of collecting a Kenyan Egg (Handicap Prize) and challenging for the Greenwich Cup is take advantage of the coaching available to Hobbos members. There are a range of group sessions and individual advice is on offer - simply ask.

For the first time in 2024, the April Home Runs contains separate tables for the Greenwich and Ted Joy Cups. It takes a while to accumulate sufficient points for a clear picture to emerge.

Some familiar names occupy the top three TJC standings - Sue Walker, Ray Barnard & Michael Musgrove. You may well be thinking '**those guys have been around forever**', and you're right and that's the point of the TJC. It acknowledges long term commitment to the club - The Hobbos. To be eligible to win the TJC a member must have completed at least 40 handicaps. So, it's worth sticking around.

At the next handicap why not have a look at the bib numbers. The lower the number the longer the member. If a bib number is a single digit then that Hobbo signed on in the club's first year...1996 and that's worth more than any trophy.

See you at the start line. History starts now!

An advertisement for SportsPower Williamstown. The background is a photograph of a blue sign with 'SPORTSPOWER' in white and red letters. Two street lamps are visible above the sign. The 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



Welcome to the new membership year, which started on 1<sup>st</sup> April, now we have aligned with the Athletics Victoria year and their RevSport membership platform, which is compulsory for affiliated clubs like ourselves, and will ease some of our admin burden.

Membership numbers are going well, but not halfway yet, however, pleasingly, we have 14 brand new members so far, who we look forward to welcoming. Don't forget you need to be financial to be eligible for Greenwich cup points after this month, and for potential members, you can try out 3 track sessions before we ask you to join.

As well as our weekly Tuesday morning and evening track sessions, our weekly Thursday morning and evening hill sessions are going strong, with head torches now de rigueur. All our events are family friendly, and if that's not enough our first 8-week Parents & Children Sunday program for the year, starts this weekend.

## Coach Jane

Farewell to coach Jane, who has been one of our star coaches as well as an Altona Beach parkrun run director and all-round inspiration. Jane has led her last track session, before moving back to Adelaide with her Mum to be closer to family. Thanks from all of us.



*Coach Jane bids farewell*



## **Hobbos 30 years**

Among the tasks ahead for this year's committee is organising the club's 30-year celebration event, and we expect to announce the date and maybe even the venue next month.

## **Well-Being**

And in case you don't read further, don't forget our annual well-being You Yangs social run/walk and morning tea is on Sunday 2<sup>nd</sup> June, 7:30am, car pooling available.

## **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 kick off this Saturday with the Jells Park 6km cross-country relay. We have 10 runners participating in Womens Div 5, Mens Div 7 and Mens 60+ teams, but we hope to enter more teams in the following events, at our club subsidised cost of \$10 per event.

It appears that some people are already saving themselves for the St Annes relay (or the cellar door afterwards) and the Tan relays which were our most popular last year with 21 and 30 runners respectively.

All you need to join the fun is financial membership, a club top, and team spirit! As with all of our events, the relays include various age categories and suit all abilities and speeds.

### **Saturday 27th April (after the handicap)**

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

### **Sunday 2nd June**

Annual You Yangs Well-being run

### **Saturday 29th June (after the 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

The AV XCR season also includes 6 individual races, each costing a great value \$56 for affiliated recreational running club members:

Hanging Rock 5/7/12km cross country on Sat 11<sup>th</sup> May

Lakeside Albert Park 10km road race on Sun 2<sup>nd</sup> June

St Annes Bendigo 8km cross country on Sat 15<sup>th</sup> June

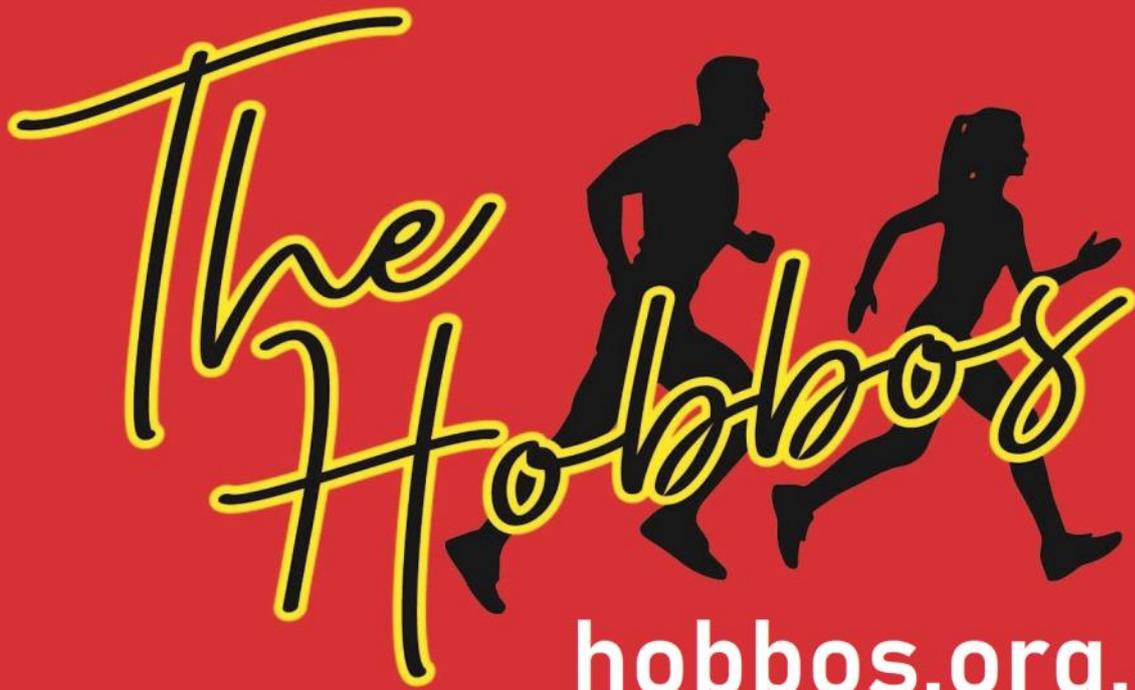
Bundoora Park 10km cross country on Sat 20<sup>th</sup> July

Lake Wendouree Ballarat 15km road race on Sun 4<sup>th</sup> August

Burnley half marathon road race on Sun 8<sup>th</sup> September

**Until next month, stay fit, healthy and safe.**





[hobbos.org.au](http://hobbos.org.au)

## Winter Program 2024

AV XCR Jells Park Relay (6km Teams event) Sat. 27th April, 12:30pm  
Jells Park, Wheelers Hill (after monthly handicap)

Annual Well-being run (Hobbos/PCR/MCR/Wynfit) Sunday 2nd June, 7:30am  
You Yangs Regional Park TBC

AV XCR Sandown Road Relays (6.2km Teams event) Sat. 29th June, 12:45pm  
Sandown Motor Racing Circuit, Springvale (after monthly handicap)

Hobbos annual Winter XC (3km Individual Handicap) Sunday 13th July, 8:00am  
Newport Lakes Reserve (Note date change)

AV XCR St Annes Ekiden Relay (3.6 - 8.8km Teams event) Sat. 17th August  
St Annes Vineyard, Myrningong 12:30pm

AV XCR Tan Relays (3.8km Teams event) Sat. 14th September, 9:00am  
The Tan, Melbourne

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Every Tuesday 6:00am & 6:15pm Newport Park Athletics Track

Every Thursday 6:00am & 6:15pm Hill training sessions as advertised

Last Saturday of every month, Hobbos 5km handicap 7:40am, Greenwich Reserve



All ages & All abilities  
New members welcome  
Guests & visitors free

# Hobsons Bay Running Club



# 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](http://www.hobbos.org.au)**



### **Schedule 1: Points for Greenwich and Ted Joy Cups**

Points are awarded for finishing position (Table 1), plus Bonus points if applicable (Table 2).

Only members who are eligible under Rule 18 and have competed in at least three of the preceding twelve Handicaps (or four of the preceding eighteen) will score bonus points.

<b>Category</b>	<b>Points</b>
Guests, Non-Financial Members	0
Ineligible (First Qualifying Run)	10
Ineligible (Second and Third Qualifying Runs)	5 to 20 (Note 1)
Ineligible (No club shirt)	5 to 20 (Note 1)
Ineligible (not covered above)	10
Assist (first time in calendar year)	20
Assist (second and subsequent)	10
Winner	20
2 <sup>nd</sup> to 15 <sup>th</sup> finishers	19, 18, ..., 7, 6
16 <sup>th</sup> and below	5

*Table 1 - Points for finishing position*

**Maximum Handicap Points = 20 (1st) + 12 (PB/AGPB) = 32**

Note 1: These runners receive the same points as the next eligible finisher, thus an ineligible runner finishing between the second and third placed eligible runner receives 18 points.

<b>Proximity to AGPB</b>	<b>Bonus Points</b>	<b>Proximity to AGPB</b>	<b>Bonus Points</b>
0:00 or faster	12	0:37 to 0:42	5
0:01 to 0:06	11	0:43 to 0:48	4
0:07 to 0:12	10	0:49 to 0:54	3
0:13 to 0:18	9	0:55 to 1:00	2
0:19 to 0:24	8	1:01 to 1:06	1
0:25 to 0:30	7	1:07 or slower	0
0:31 to 0:36	6		

*Table 2 - Bonus Points*





# 3 less than

# max...

But who's max you ask.

No it's not the guy running with **Sue Walker** in the photo above. That happens to be **Eero Keranan**, club founder and the new Patron of the HBRC.

No, max is short for maximum points. Handicap points that is. Let me explain a little more.

Sue Walker's March Handicap win earned her maximum handicap points - 32 big ones. A January second place earned 31; February's third - 30. That is a stunning GC total of 93, only 3 short of the maximum possible of 96. Do you get the headline now?

But it is not just about the finish place, time is also crucial. Handicap scoring rewards finish place **and** proximity to an individual's PB. (see tables on opposite page)

You see, Sue has run a PB in each of these months as well, collecting the maximum bonus time points (12) at each outing.

Like I said, Sue's total is 93. The Greenwich Cup is usually won with a score of about 220, from a runner's best 8 results. Sue is nearly half way there already!

So, we know who we have to catch.

Well done Sue on an amazing start to Season 2024. You now have a target on your back and it's not just Mick the handicapper.

There were other runners in the March Handicap, 35 in fact. Only two of the eligible participants produced PBs - Sue Walker (-1:02) and Matt Loader (-0:25). Matt's excellent run put him in third place behind Sue and Ash Sanderson. March was Ash's first handicap for 2024 and a performance of that calibre is a perfect way to kick off a GC campaign... c'mon Ash.

Seven of the ineligible runners ran PBs - Callum Lowe, John Danaher, David Butler, Olly Rees, Jane Gibbons, Anna Bovdis and Jac Wainright. Well done to you all and keep it up.

Jason Rees ran an enormous AGPB (-3:58) but is still 3:11 away from an actual PB but Jason can well and truly celebrate the improvement. In fact the entire Rees family hit the course in March and it was good to see Dom out there chasing Freya.

Thanks to Brian for stepping in to do the processing of results. Susan [Walker](#) is causing what little hair I have remaining to fall out - for a number of years she's been metronomic in her consistency and extremely easy to handicap. This year she's suddenly put on the turbos and made some huge gains. I've checked for Vaporfly shoes, short courses, early starts, etc. - but apparently it's all down to a lot of hard work and healthy eating - a truly terrifying option.

Mick Beasley's  
Handicap  
Commentary



## Hobbos Handicap - March 2024 - 343rd Running

Pos	Name	Finish	Time	Start	PB	AGPB	Split 1	Split 2	Points	Bonus	Total
<b>Greenwich Cup</b>											
1	Susan Walker	49:05	25:30	23:35	22:44	26:32	12:42	12:48	20	12	32
2	Ashley Sanderson	49:36	19:46	29:50	19:06	19:23	9:55	9:51	19	8	27
3	Matt Loader	49:45	24:50	24:55	25:15	25:15	12:46	12:04	18	12	30
4	Helen Vaxevanis	50:12	25:52	24:20	25:50	25:50	12:58	12:54	17	11	28
5	Rob Falloon	50:16	24:56	25:20	21:24	23:48	12:48	12:08	16	0	16
6	Sarah Lowe	50:21	24:21	26:00	23:55	23:55	12:14	12:07	15	7	22
7	Helen Haralambous	50:24	34:44	15:40	34:31	34:31	17:32	17:12	14	9	23
8	Leigh Kelly	50:25	21:50	28:35	21:36	21:36	10:40	11:10	13	9	22
9	Mark Letman	50:27	22:07	28:20	21:51	21:51	10:58	11:09	12	9	21
10	Philippe Delecheneau	50:29	27:24	23:05	26:05	26:40	13:47	13:37	11	4	15
11	Terry Pearce	50:44	21:49	28:55	17:34	19:07	10:39	11:10	10	0	10
12	Belinda Fithie	50:50	28:25	22:25	27:34	27:34	14:23	14:02	9	3	12
13	Vanessa Coutts	50:58	36:48	14:10	34:55	34:55	18:25	18:23	8	0	8
14	Michael Musgrove	51:09	40:44	10:25	35:15	39:45	20:23	20:21	7	2	9
15	Peter Whyte	51:15	27:30	23:45	26:03	26:03	14:01	13:29	6	0	6
16	Diane Donoghue	51:31	32:31	19:00	31:07	31:07	16:05	16:26	5	0	5
17	Graham Edwards	51:57	46:27	5:30	36:14	43:56	23:00	23:27	5	0	5
18	Ken Smith	52:14	44:34	7:40	22:28	37:27	21:52	22:42	5	0	5
19	John Becroft	53:18	50:18	3:00	24:12	46:56	24:49	25:29	5	0	5
<b>Ineligible</b>											
1	Callum Low	50:41	19:41	31:00	19:49	19:49	9:45	9:56	10	0	10
2	Michael Rief	48:55	20:55	28:00	19:29	19:38	10:25	10:30	10	0	10
3	Jason Rees	49:55	23:55	26:00	20:44	27:53	12:11	11:44	10	0	10
4	John Danaher	47:28	24:28	23:00	27:23	27:23	12:09	12:19	10	0	10
5	David Butler	49:36	24:51	24:45	25:45	25:45	12:29	12:22	10	0	10
6	Olly Rees	48:45	25:00	23:45	25:41	25:41	12:34	12:26	10	0	10
7	John Horan	50:23	25:23	25:00	24:41	24:41	12:46	12:37	10	0	10





## Hobbs Handicap - March 2024 - 343rd Running

Pos	Name	Finish	Time	Start	PB	AGPB	Split 1	Split 2	Points	Bonus	Total
8	Marcin Pont	50:41	25:41	25:00	24:10	24:10	12:51	12:50	10	0	10
9	Jane Gibbons	48:45	26:45	22:00	31:11	31:11	13:17	13:28	10	0	10
10	John Gray	50:28	26:48	23:40	18:51	19:41	13:29	13:19	10	0	10
11	Anna Bovdis	50:02	27:02	23:00	27:47	27:47	13:12	13:50	10	0	10
12	Cat McCrae	51:00	28:05	22:55	27:35	27:35	14:13	13:52	10	0	10
13	Jac Wainright	48:54	31:39	17:15	33:12	33:12	15:58	15:41	10	0	10
14	Dominique Tanner	48:03	33:03	15:00	25:08	25:52	17:00	16:03	10	0	10
15	Freya Rees	49:34	34:34	15:00	33:47	33:47	17:00	17:34	10	0	10

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



*At the turn: Freya & Dominique chasing Vanessa  
Below a straight ahead Olly*



**M  
A  
R  
C  
H**



*Clockwise from top left: Anna & Di stride for stride; Ash on his way to second place; Marcin makes the turn while Rob watches the clock; Matt with many behind - eventually took third; Sarah cuts it fine with Jason not far behind.*

# Trail Corner

With Lucas Beck, Trail & Ultra Coach



Hello trail enthusiasts,

**Buffalo Stampede** last month was wild. Myself and **Robyn Wilmshurst** took on the 100km event. That was loads of fun, with some epic climbs and steep descents. **Ailie Hansen** did a great job completing the 42km marathon, starting at the top of Mount Buffalo Chalet, with a quad-crushing 3000m descent and 2000m ascent across the course, finishing in scenic Bright. A very tough first marathon to take on, great job Ailie!

Well done to **Andrew Collier, Karen Hayes, Kate Milnes, Philippe Delecheneau** and **Sarah Lowe** for taking part in the **Run the Rock** event on Saturday 20 April. Big smiles all around, and by the sounds of things, a highly recommended event.

**DU135** is next weekend as of the time writing this. Our own trail legend, **Andrew Greaney** unfortunately won't be there this year, due to injury. Look out 2025! Worth following the socials over the weekend to see how everyone gets on.

The 10th anniversary **Surf Coast Trail Marathon** regular entry pricing ends 24 May, so save yourself twenty bucks and get your entry in now! Solo 42km, teams of two marathon, and a half marathon, along the beautiful Surf Coast Walk, Torquay to Fairhaven. And the women's course record, **3:35:13**, is held by our very own **Tameka Day**. If you know the course well, you'll understand what an epic achievement that is! There will likely be a course recce held soon by our friends Surf Coast Trail Runners, once confirmed I'll post on Facebook.

And let's organise a group to attend the **Surf Coast Century Leg#1** recce on 26 May. 21km from Anglesea to Torquay, always a fun day out. Free to attend, run at your own pace, everyone welcome, trail shoes advised, and the infamous car shuffle to be organised, too.

See you on the trails!

Lucas Beck, Trail and Ultra coach

## Events

**Surf Coast Century Leg#1 recce**  
Sunday 26 May - details TBC on Facebook

[Surf Coast Trail Marathon \(10th anniversary\)](#)

Saturday 15 June

**Surf Coast Century Leg#2 recce**

Sunday 23 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 Leg#3 recce**

Sunday 28 July - details TBC on Facebook

**Surf Coast Century Leg#4 recce**

Sunday 25 August - details TBC on Facebook

[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



# Hobbos Coaching

With Brian Armstrong, Coaching Co-ordinator

With daylight savings ending, I hope everyone is getting used to running with their head torches again. I started to wear mine last week, both on some morning runs and also Thursday night hills.

For most males the head torch is mainly to safely see the path ahead, and not trip over our own feet. However, for some women it is more vital to be able to see what and 'who' is lurking ahead, and more so after the reminder of what occurred to Samantha Murphy in Ballarat.

My thoughts for women's safety was then raised again on a recent Sunday long run, where Gareth and I were jogging along the marsh area at the back of our Pharlap track (Old Williamstown racecourse), when a young girl behind us sped up to us to say hello.

At first I thought this young lady must have been a Hobbo, but we found out later that she was from out of town and at dawn was concerned about safety in the area. The question asked was "Is it safe to run around here alone", being that this runner who normally runs at 8min per km pace, was now at 5min pace to ask, it's a very serious concern for lots of women, and it was almost daylight. I must admit that having run that area so many times in the dark, security has never crossed my mind, with my main concern being that I don't step on a snake.

## Women's Running Workshop

Hobbos members can be assured that we are a club that thinks ahead, and coach Belinda Fithie has been putting together a '**women's workshop**' to address these and many other issues that women face while running.

One of the topics is to know where to run 'safely' around our local paths, plus many other topics.

The session flyer is elsewhere in this month's newsletter, and is being held in the track clubrooms on **Sunday 5<sup>th</sup> May 15:00 – 17:00**. I highly recommend all female members who run, plan to run, and even family members try to attend this event.

While as a club, we never discriminate, we decided a one off for this first event as we want all present to be able to discuss freely all matters, for which some may be embarrassing if a male was present. Due to this, the first event is **LADIES ONLY**.

The plan is then to hold another session for coaches as an education session at a later stage, open to a male and female audience.

## New Coaches off and running

Both our new coaches have got off to a flying start and

have led track sessions, and are actively pursuing their best fit within the coaching team. Feel free to have a chat with Mario and Kevin to see if they can assist you in any way.

## L1 Female Coach Requirement

We will 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 soon.

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, and approach one of our Runleaders or I, to express interest.

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

## 2024 Welcome Pack

Our welcome pack is fully loaded with Hobson Bay running club coaching events, and information about the club. This has grown over the years with input from many sources.

All current financial members should have received an email with a link to download the 2024 welcome pack.

For those who are not financial, you will receive the Welcome Pack link during the registration process. The link for new Membership is on our webpage <https://hobbos.org.au>

I suggest everyone download this and have a quick read, as there may be offerings from our club that you are missing out on.

The pack also has our yearly event Calender created by John Gray, so is a great reference document.

## Track session noticeboard

We trialled our track session whiteboard, and it looks like a winner, so will look at purchasing a larger one to advertise our sessions.

## Sunday Parents and Childrens Session

Our Sunday Parents and Childrens 1600m challenge will start next Sunday, 28<sup>th</sup> April at 4:00pm. The objective will be for everyone attending to be able to complete a 1600m finish at track by the end of the 8 weeks session. Each child will receive a certificate of 1600m completion at the end.

Tell your family, tell your friends, it's fun, free, and even great for newbies. We need to see high attendance to maintain these Sunday sessions.

## Wellbeing Run

The annual You Yangs Wellbeing run is our regular yearly Slow Run, 'The You Yangs Wellbeing run,' which is locked in for June 2nd. 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.

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 where your safe dark run area is, and ask for others they know about in exchange'***

2024 Coaching Co-ordinator  
Brian Armstrong

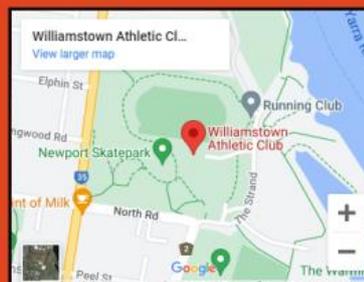
## **Hobsons Bay running club**



**Ladies Running  
Workshop with  
Belinda Fithie  
Sun 5th May  
15:00 - 17:00  
LADIES ONLY !!**



**@ Newport Park  
Athletics Track**



More details on Hobbos Facebook page or [www.hobbos.org.au](http://www.hobbos.org.au)



# Hobbos Greenwich and Ted Joy Cups 2024

## Current Standings - Greenwich Cup

Place	Name	Jan	Feb	Mar	Best Eight	Notes
1.	Susan Walker	31	30	32	<b>93</b>	e
2.	Ray Barnard	32	32	(20)	<b>84</b>	e
3.	Helen Vaxevanis	30	22	28	<b>80</b>	n
4.	Matt Loader	21	23	30	<b>74</b>	n
5.	Leigh Kelly	20	31	22	<b>73</b>	n
6.	Cain Speakman	29	28		<b>57</b>	n
7.	Rae Carter	26	27		<b>53</b>	n
8.	Mark Letman		29	21	<b>50</b>	n
8.	Michael Musgrove	27	14	9	<b>50</b>	e
10.	Neil Speakman	23	5	(20)	<b>48</b>	n
11.	Cat McCrae	(20)	17	10	<b>47</b>	n
12.	Graeme Dewerson	(20)	24		<b>44</b>	n
12.	Helen Haralambous		21	23	<b>44</b>	n
12.	Mario Valastro	18	26		<b>44</b>	n
15.	Anna Bovdis	10	(20)	10	<b>40</b>	n
15.	Brian Armstrong	(20)	(10)	(10)	<b>40</b>	n
15.	Jac Wainright	10	20	10	<b>40</b>	n
15.	Peter Buissink	(20)	(10)	(10)	<b>40</b>	n
19.	Michael Slee (walk)	28	9		<b>37</b>	n
20.	Diane Donoghue	(20)	11	5	<b>36</b>	p
20.	Rob Falloon	(20)		16	<b>36</b>	n
22.	Belinda Fithie	22		12	<b>34</b>	n
23.	Sarah Lowe		10	22	<b>32</b>	n
24.	Bronwyn Rowleson	10	(20)		<b>30</b>	n
24.	John Gray	10	10	10	<b>30</b>	e
26.	Ashley Sanderson			27	<b>27</b>	n
26.	Will McKenzie		7	(20)	<b>27</b>	n
28.	Vanessa Coutts	5	9	8	<b>22</b>	n
29.	Anastasia Aldred	10	10		<b>20</b>	n
29.	Ann Girvin		(20)		<b>20</b>	n
29.	Cindy Ho			(20)	<b>20</b>	n
29.	Daryl Sadgrove		(20)		<b>20</b>	n
29.	Jane Whitmore	20			<b>20</b>	n
29.	John Danaher		10	10	<b>20</b>	n
29.	Kevin Aldred	(20)			<b>20</b>	n
29.	Mick Beasley		(20)		<b>20</b>	n



# Hobbos Greenwich and Ted Joy Cups 2024

## Current Standings - Greenwich Cup

Place	Name	Jan	Feb	Mar	Best Eight	Notes
29.	Philippe Delecheneau		5	15	20	n
38.	Callum Low		7	10	17	n
38.	Lois Speakman		7	(10)	17	n
38.	Terry Pearce	7		10	17	a
41.	Peter Whyte		10	6	16	n
42.	Andrew Scardino	15			15	n
42.	Graham Edwards	5	5	5	15	e
42.	Ken Smith	5	5	5	15	e
45.	Abby Speakman	12			12	n
46.	Jimmy Dwyer	11			11	n
46.	Michael Williams	11			11	n
48.	David Buttler			10	10	n
48.	Dominique Tanner			10	10	n
48.	Freya Rees			10	10	n
48.	Jane Gibbons			10	10	n
48.	Jason Rees			10	10	n
48.	John Becroft	5		5	10	e
48.	John Horan			10	10	n
48.	Kieran Leonard		10		10	e
48.	Marcin Pont			10	10	n
48.	Mary Ellen Brierley	10			10	n
48.	Melissa Rutze		10		10	n
48.	Michael Rief			10	10	n
48.	Olly Rees			10	10	n
48.	Stuart Tennant	10			10	n
48.	Thomas Williams	10			10	n
63.	Stuart O'Neill		5		5	n

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



# Hobbos Greenwich and Ted Joy Cups 2024

## Current Standings - Ted Joy Cup

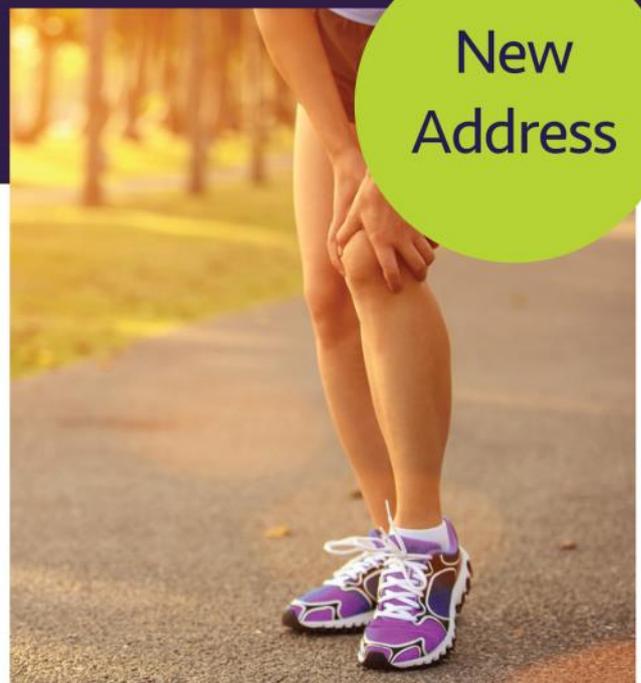
Place	Name	Jan	Feb	Mar	Best Eight
1.	Susan Walker	31	30	32	93
2.	Ray Barnard	32	32	(20)	84
3.	Michael Musgrove	27	14	9	50
4. (p)	Diane Donoghue	(20)	11	5	36
5.	John Gray	10	10	10	30
6.	Graham Edwards	5	5	5	15
6.	Ken Smith	5	5	5	15
8.	John Becroft	5		5	10
8.	Kieran Leonard		10		10

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



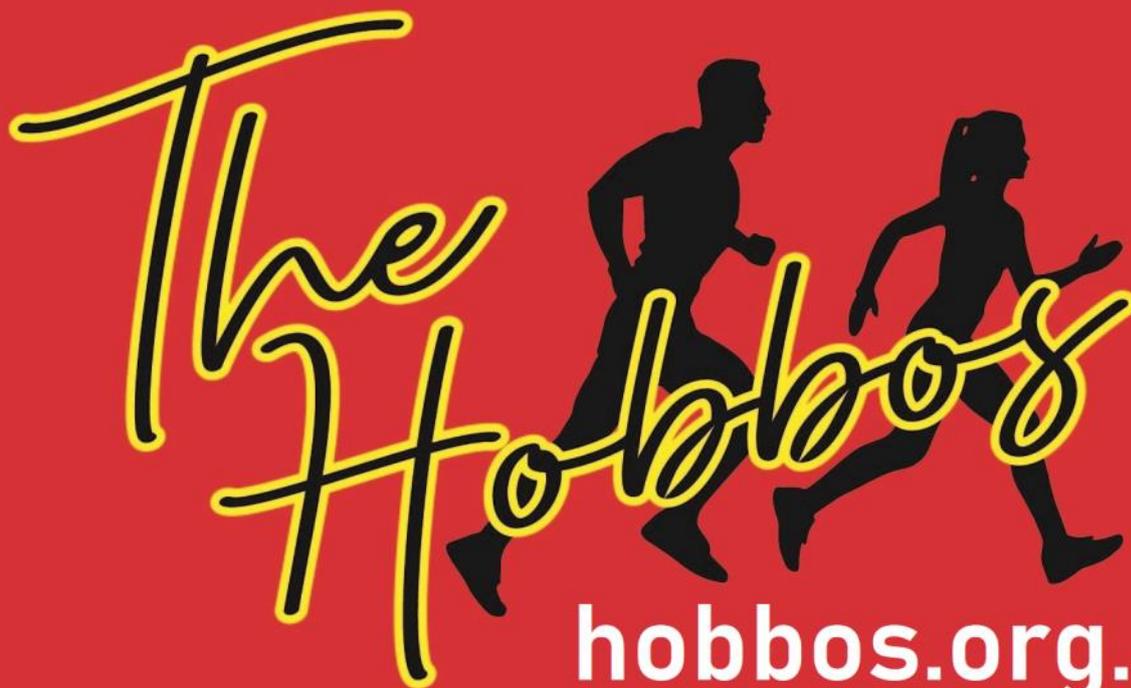
**Are You Injured?  
Do You Need Advice  
On Strength?  
Is Your Stride Correct?**

*See our club sponsor  
Symmetry Physiotherapy  
Williamstown*



Symmetry Physiotherapy Williamstown  
84 Douglas Parade, Williamstown 3016 Phone: 9989 2444





## Hobbos 2024 Program

The annual 5000m Track Time Trial, NPAT	Thu. 4th April, 6:00pm
<b>Winter Series 2024</b>	
AV XCR Jells Park Relay (6km Teams event)	Sat. 27th April, 12:30pm
Annual Well-being run (Hobbos/PCR/MCR/Wynfit)	Sun. 2nd June, 7:30am
AV XCR Sandown Road Relays (6.2km Teams event)	Sat. 29th June, 12:45pm
Hobbos annual Winter XC 3km Handicap	Sun. 13th July, 8:00am
AV XCR St Annes Ekiden Relay (3.6 - 8.8km Teams event)	Sat. 17th Aug, 12:30pm
AV XCR Tan Relays (3.8km Teams event)	Sat. 14th Sep, 9:00am
<b>Daylight Savings Series 2024-25</b>	
The annual Spring Gift 1500m handicap (DSS Race 1)	Tue. 8th Oct, 6:00pm
The 9th annual Phar Lap 2-mile handicap (DSS Race 2)	Mon. 4th Nov, 6:00pm
The annual Christmas Gift 1500m handicap (DSS Race 3)	Sun. 8th Dec, 4:00pm
The annual Summer Challenge 1000m (DSS Race 4)	Tue. 11th Feb, 6:00pm
The February monthly 5000m handicap (DSS Race 5)	Sat. 22nd Feb, 6:00pm
The annual Easter Gift 1500m handicap (DSS Race 6)	Tue. 18th Mar, 6:00pm
The March monthly 5000m handicap & AGM	Sat. 29th Mar, 7:40am
Every Tuesday 6:00am & 6:15pm Newport Park Athletics Track (NPAT)	
Every Thursday 6:00am & 6:15pm Hill training sessions as advertised	
Last Saturday of every month, the Hobbos traditional 5km handicap	
7:40am, Greenwich Reserve, Newport	



**All ages & All abilities**  
**New members welcome**  
**Guests & visitors free**



# Hobsons Bay Running Club





## 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](http://www.hobbos.org.au)

Email: [enquiries@hobbos.org.au](mailto:enquiries@hobbos.org.au)

