

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

# PBs Everywhere

...but  
**Rae's  
PB  
wins  
Egg**



**Hobbos 30th**  
**20 July**

**Results**

**Coaches Sarah  
& Terry**

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## Forthcoming Events

Sat 25th May	May Handicap & morning tea
Sun 2nd June	Welbeing Run/Walk - You Yangs - 7:30am
Sun 14th July	Winter XC Handicap - Newport Lakes - BBQ Breakfast
Sun 8th Sept	Maribyrnong River Run - Club Fundraiser

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

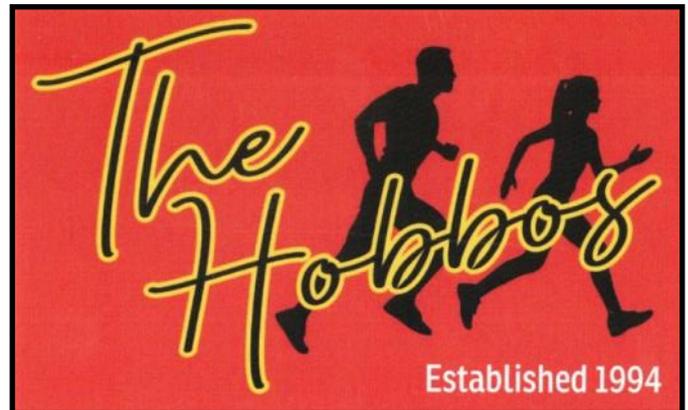
with Michael Slee



## The Hobbos 30th Anniversary

will be celebrated on July 20th at the Williamstown Lawn Bowling Club, in Melbourne Road, Williamstown.

And we all have a very important job to do - 'spreading the word'. If you know a lapsed Hobbos please take the time to get in touch with them and invite them to attend because we'd



love to see them. Also ask them to pass the invitation on to anyone that they know with an association with our club. Let's get a real chain reaction happening.

There is a poster for the event on page 6 and as more details are confirmed, they will be released on Facebook.

So, lock in the date now please.

**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



Our weekly Tuesday morning and evening track sessions, continue to go from strength to strength, with record attendances this month despite falling temperatures. Over the last 4 weeks we have averaged 33 morning and 39 evening runners, for an average total of 72, and a record of 77 runners 3 weeks ago. Well done to our dedicated runners and coaches!

All our events and training sessions including monthly handicaps, Thursday hills sessions and winter program events are family friendly and all abilities; details can be found on our Facebook group page.

## Hobbos 30 years

Hobsons Bay Running Club was established in 1994, and we are celebrating our 30<sup>th</sup> year. The first monthly handicap was held around June/July 1994, and a few of our foundation members are still regularly running with us, notably Sue Walker who is leading this year's Greenwich Cup rankings!

We are holding our 30-year celebration on Saturday 20<sup>th</sup> July at the Williamstown Bowling Club. We will have a booking and payment link available soon, in the meantime, save the date. Expect to hear a bit of club history, and be there to support the official appointment of club founder and life member Eero Keranen as our new club patron.



## Well-Being

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, carpooling available.

We hold this event annually in conjunction with Wynfit, Point Cook Runners and Melton City Runners. It's a great opportunity to meet and socialise with the broader running community and people you may have seen at local parkruns but never met.

## The Winter Program

The winter program kicked off last month with 10 Hobbos competing in the AV XCR Jells Park 6km cross-country relay and achieving great results;

### Womens Div 5: 2<sup>nd</sup> place

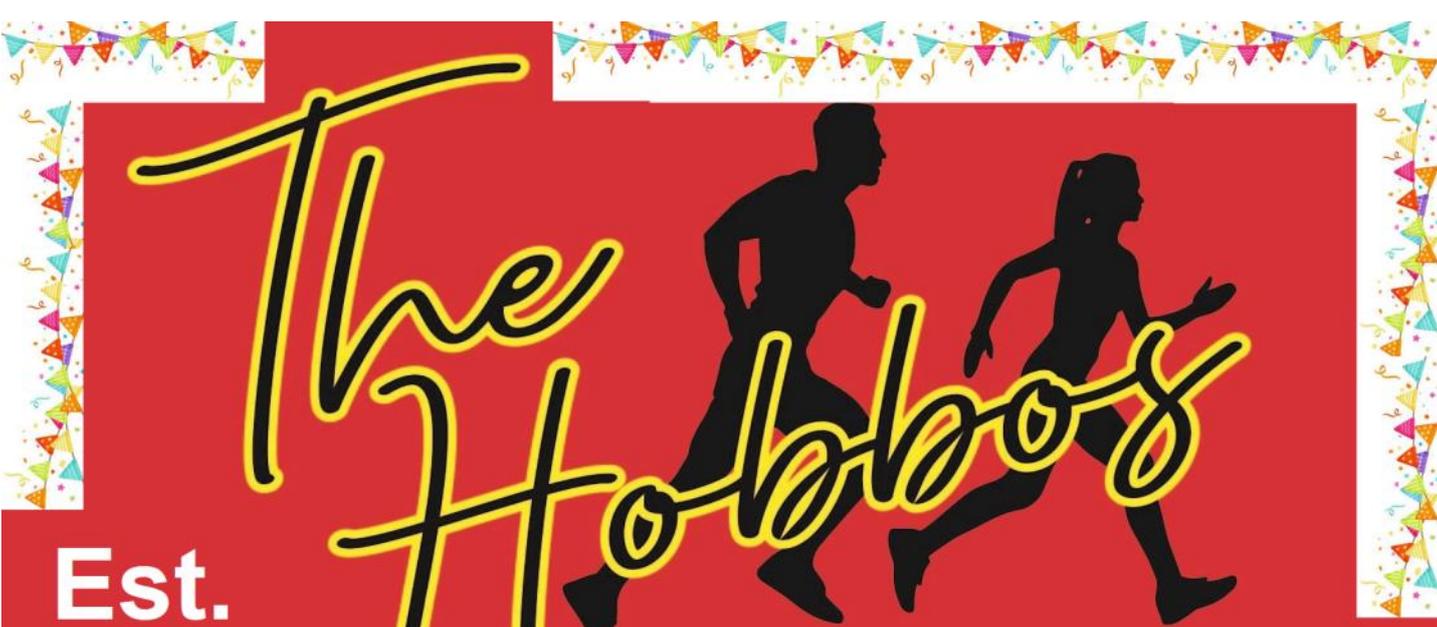
Kate Milnes, Cindy Ho & Rae Carter (Rae ran 25:33 backing up after also running handicap)

### Mens Div 7: 4<sup>th</sup> place

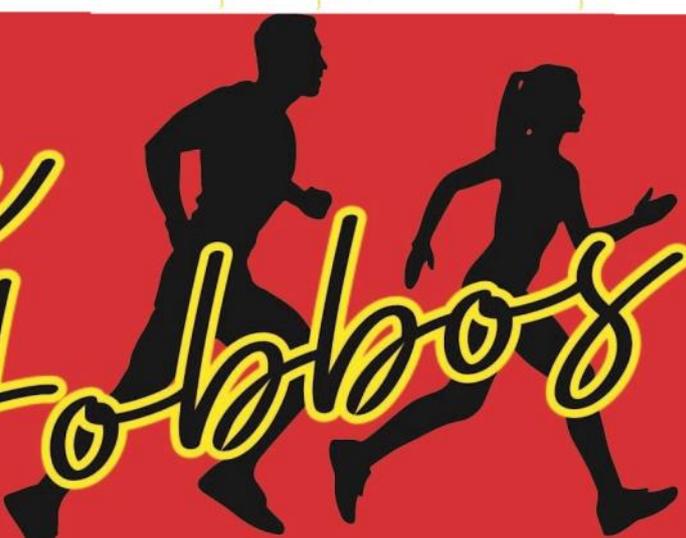
Gareth Coakley (our fastest of the day 24:28), Mal Powers, John Gray (backing up after also running handicap) & Michael Reif







# The Hobbos



Est.  
1994

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

## The 30-year celebration



**Save the date**



**Saturday 20th July 7pm**

**Williamstown Bowls Club**

**Official appointment of the new club patron, Eero Keranen**

**Bookings details, cost, etc. announced soon. Finger food. Drinks a bar prices**



### **Who is Sarah Lowe?**

A passionate runner and a keen traveller. A lover of outdoors.

I love the community around us and I feel like Hobbos encapsulates that feeling.

### **What is your athletic background?**

At School, focus was on netball and tennis. Always quite sporty.

I was coached at tennis and was a reasonable junior.

Ran consistently for 20+ years.

### **When and how did you get into running?**

Went to Melbourne Uni and stayed on campus. It was a good way to get out and get some fitness in at any time. Ran around Princess Park. Running was very convenient.

Playing social netball and tennis was great, but



you had to do this at a designated time – running was not like that.

### **Why were / are you so keen to be a coach?**

I love running and I want to share my passion with others.

Keen to see a different side of running (as a coach rather than as an athlete)

To give back to the club – Hobbos cannot run without helpers.

Interested to see different levels and experience of runners – good to see the diversity, not just the very good athletes at the top.

### **Any specific areas you specialise in training / coaching?**

Longer distances – half marathon and more  
Interested in both roads and trails.

Interested in exploring the nutrition and fuelling side of the sport.

### **What's your favourite running distance and distance to train for?**

Half Marathon

Training for trail races

### **What does a typical training week look like for you?**

Monday – Rest / Easy Run

Tuesday – Track

Wednesday – Easy Run

Thursday – Easy Run

Friday – Strength

Saturday – Park Run

Sunday – Long Run

### **Personal achievements/PBs/most memorable performance?**

Berlin Marathon – 3:59:30 – Lifetime PB\*

50k – Surf Coast Century

### **Any bucket list races?**

100k – Surf Coast Century

Boston Marathon

UTMB (Ultra Trail Mont-Blanc) – 100 or 160k

### **What are your Future running goals?**

100k – Surf Coast Century – September 2024

Run a Boston Qualifier (around 3:30:00 for the marathon)

Run all 6 marathon majors. (Already completed London and Berlin)

### **Best event (organisation, scenery, atmosphere)?**

Medoc Marathon (France) Takes place in the Bordeaux Region of France.

It is fancy dress, and each year has a different theme. The year I ran the race – it was superhero. We all dressed up as Wonder Woman. Drink stations all contained local food and wine. Some of the food was cheese, steak and ice cream. It was the most amazing atmosphere. Cut off was 6.5hrs for the race and the sweeper was a cart with music and lights....in the end, you took



away a bottle of wine as a gift. We made a trip based around the event. Magical.



### Which runners/athletes inspire you?

Lucy Bartholomew

Courtney Dauwalter

Everyday runners at Park Run. Just love seeing people giving it a go.

### As a coach, do you think outside of the box and how flexible you are with different coaching methods?

Open to different philosophies and methodologies.

It's important to look at what is also happening outside of running for each athlete – family, work and make it fit.

Open to methods changing and evolving with the times.

### Who is Terry Pearce?

I am friendly and easy going. I enjoy being around people and friends with everyone.

I am also a bit of a risk taker. I have dabbled and owned multiple businesses. I like adrenaline type of activities – like Bungee jumping. While in the Army, we had the opportunity to repel out of a helicopter. It's called fast-roping, and I ended up doing it 3 times on the day. I loved it.

### What is your athletic background?

School sports as a kid and then cross country at Willie Tech.

I wasn't coached as a kid.

My love of sport was AFL. All I wanted was to play for the Bulldogs. I played for

### Do you have any tips on training the mental aspects of running?

Set a little reward for the end of the run. Delayed gratification. Also teach people to enjoy where you are in a run.

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

Strength training

### What's your favourite after run food?

Anything.

Chocolate Milkshake or protein shake.

### What's your favourite movie?

Top Gun (The original)

### What type of music are you into?

Anything with a good beat that I can run to.

Top 40 hits

### Best holiday you've been on

Alps Running Trip – Running from Geneva to Chamonix. (7 days, 6 days of running. 120km / 10,000m of elevation)

### Do you describe yourself as a runner?

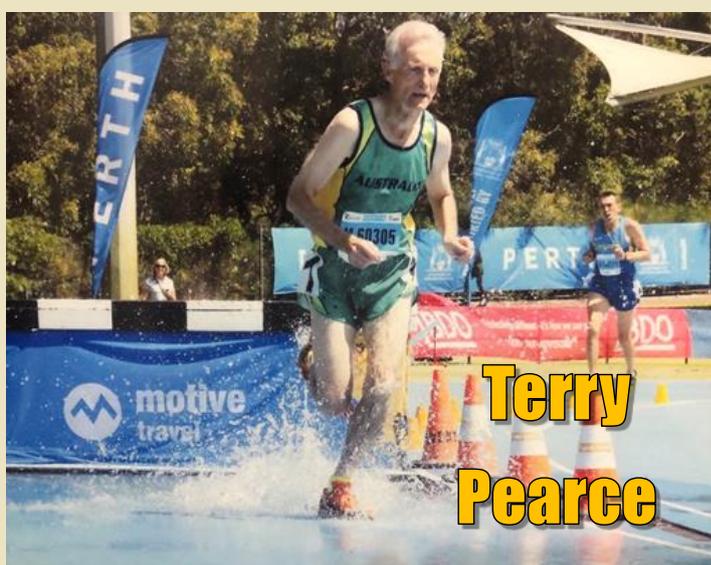
Yes, I do.

I hope this helps the club members know a little bit more about me.

I love to run, and I think it's a fantastic way to see the world. It's a great way to be a part of the community. Park run is the epitome of this and is the best invention ever. Running has become a way of life and an excellent way to set goals.

So, if you have some running goals or want to be connected with like-minded runners, come and see me at the track or the trails or anywhere you see me running.

Cheers



the local footy club (Kingsville) from U10-U18's. Captained the club from U16-U18.



When and how did you get into running?

I picked up running again when I was 48.  
(I am 69 now)

A friend of mine won a gold medal in netball against a team of elite netball players. It piqued my interest and I wondered whether there were opportunities in athletics for master's runners.

Terry's brother-in-law influenced Terry to join Hobbos. My incentive was to run and win a medal in a Master's World Championship.

Why did you want to be a coach?

To be able to provide guidance to newer runners.

I can also provide a unique perspective on running low mileage and still improving. I am a person who regularly runs low mileage and I have found that you don't have to kill yourself as long as you see yourself improving.

Just to have fun

Any specific areas you specialise in training / coaching?

1500m to 5k

2000m Steeplechase (Where I won a gold medal)

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

2000m Steeplechase

1500m

**Definitely** not the 800m

What does a typical training week look like for you?

Monday – Rest

Tuesday – Hobbos Track Session

Wednesday – Rest

Thursday – 5-6km run.

Friday – Rest

Saturday – Park Run

Sunday – Long Run 7-8km

Personal achievements/PBs/most memorable performance?

World Master's Steeplechase Champion 2016

4x1500m Relay World Record at Olympic Park 2006

And PB's in:

1500m – 4:12

2000m Steeple – 7:23

5k – 16:14

Marathon (1 and only Gold Coast) – 3:18:00

Any bucket list races?

World Master's Steeplechase

What is your Future running goal?

To run and win the World Master's Steeplechase.

Best event (organisation, scenery, atmosphere)?

The Street Mile in Adelaide. It was the most exciting event I have ever participated in. The street was lined with large crowds and lots of cheering. A terrific atmosphere. My wife and daughter flew over and my dad was already there. I ended up winning and beating my rival Grenville Wood.

Which runners/athletes inspire you?

1. Cam Myers

2. Jack Rayner

3. Nathan Pearce (Son)

As a coach, do you think outside of the box and how flexible you are with different coaching methods?

I run to feel and would like to see more of that approach.

Concentrate on breathing.

More old school approach. Less tech, more feel.

Do you have any tips on training the mental aspects of running?

I think most of running is mental attitude. I think you should lose yourself in running. When your brain is right, you run right. I like to visualise / daydream about the upcoming race and see myself in the race.

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

Resistant band training

Started Pilates - WIP

What's your favourite after run food?

Pasta or Rice or just about anything you can pick up with a fork.

What's your favourite movie?

Snatch

What type of music are you into?





# PBs Everywhere...

From a field of 41 runners/walkers, 11 either equalled or went under their AGPB (8 actually reset their actual PB). That is enormous. Conditions were almost perfect but nobody ever expects results like this. The first six Hobbos across the line, in the April 5km Handicap, all sliced time from their AGPB or PB and that makes Rae Carter's win all the more impressive.

Those six in finish line order were - Rae (-0.46), Matt Loader (-0.35), Graeme Dewerson (-0.21), Sue Walker (-0.44), Cain Speakman (-0.08) and Anastasia Aldred (-0.07). So to come away with the Kenyan Egg after a race like that is something special. Well done Rae.

Jimmy Dwyer posted the quickest handicap of the day with an elapsed time of 18:51 - equal to his best with us.

Full results with times and points can be found on the following pages.

Once again an exciting Hobbos handicap was followed by an equally sensational morning tea and chat in the NPAT clubrooms.

Thank you to all helpers before, during and after the race. We cannot do it without you. And if you haven't put your name down, see Brony - she'll love you for it! We all will.



*Top left clockwise: Cain; Sue & Rae;  
Graeme (309); Anastasia; Matt (948)*



## Hobbos Handicap - April 2024 - 344th Running

Pos	Name	Finish	Time	Start	PB	AGPB	Split 1	Split 2	Points	Bonus	Total
<b>Greenwich Cup</b>											
1	Rae Carter	49:22	19:42	29:40	20:28	20:28	9:53	9:49	20	12	32
2	Matt Loader	49:35	24:15	25:20	24:50	24:50	12:15	12:00	19	12	31
3	Graeme Dewerson	49:44	19:14	30:30	19:35	19:35	9:43	9:31	18	12	30
4	Susan Walker	49:51	24:46	25:05	22:44	25:30	12:15	12:31	17	12	29
5	Cain Speakman	49:56	19:26	30:30	19:34	19:34	9:46	9:40	16	12	28
6	Anastasia Aldred	50:02	27:32	22:30	27:39	27:39	13:51	13:41	15	12	27
7	Sarah Lowe	50:03	24:08	25:55	23:55	23:55	12:10	11:58	14	9	23
8	Diane Donoghue	50:04	31:14	18:50	31:07	31:07	15:31	15:43	13	10	23
9	Jimmy Dwyer	50:06	18:51	31:15	18:51	18:51	9:22	9:29	12	12	24
10	Kevin Aldred	50:16	22:41	27:35	22:33	22:33	11:07	11:34	11	10	21
11	John Becroft	50:20	48:20	2:00	24:12	46:56	24:19	24:01	10	0	10
12	Rob Falloon	50:26	25:06	25:20	21:24	23:48	12:35	12:31	9	0	9
13	Kieran Leonard	50:29	19:29	31:00	18:40	19:19	9:40	9:49	8	10	18
14	Ray Barnard	50:35	26:20	24:15	22:12	26:34	13:11	13:09	7	12	19
15	Neil Speakman	50:39	23:44	26:55	23:15	23:15	12:01	11:43	6	7	13
16	Michael Slee (walk)	50:43	39:48	10:55	39:20	39:20	19:54	19:54	5	7	12
17	Michael Williams	52:06	21:06	31:00	18:53	18:53	10:34	10:32	5	0	5
<b>Ineligible</b>											
1	Adam Gregory	50:06	19:36	30:30			9:45	9:51	10	0	10
2	Jason Rees	49:27	23:32	25:55	20:44	23:55	12:11	11:21	19	0	19
3	Malcolm Powers	49:35	23:35	26:00			12:03	11:32	10	0	10
4	David Butler	51:00	25:00	26:00	24:51	24:51	12:42	12:18	5	0	5
5	John Danaher	53:00	26:45	26:15	24:28	24:28	13:28	13:17	5	0	5
6	John Gray	51:54	27:14	24:40	18:51	19:41	14:07	13:07	10	0	10
7	Anna Bovdis	51:55	27:55	24:00	27:02	27:02	13:32	14:23	5	0	5
8	Stuart Tennant	52:38	27:58	24:40	25:37	25:37	14:07	13:51	10	0	10
9	Kiandra Ward	50:37	28:07	22:30	28:02	28:02	13:58	14:09	6	0	6



# Hobbos Handicap - April 2024 - 344th Running



Pos	Name	Finish	Time	Start	PB	AGPB	Split 1	Split 2	Points	Bonus	Total
10	Sam Flockhard	46:43	30:28	16:15	34:25	34:25	15:05	15:23	20	0	20
11	Dominique Tanner	49:14	31:14	18:00	25:08	25:52	16:09	15:05	20	0	20
12	Liam Walker	48:50	31:20	17:30	33:14	33:14	15:55	15:25	20	0	20
13	Freya Rees	45:46	35:46	10:00	33:47	33:47	17:46	18:00	10	0	10
<b>Ineligible 2.5km</b>											
1	Olly Rees	39:58	14:28	25:30	25:00	25:00	14:28		10	0	10

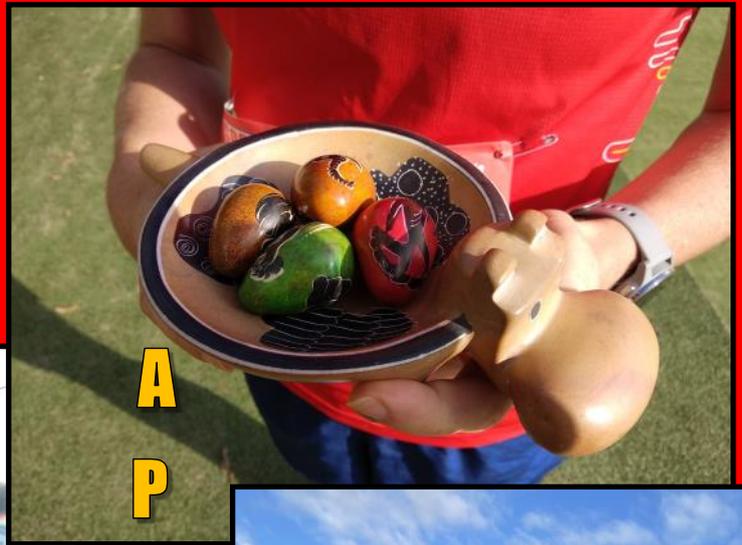
Results are displayed in Finishing order for the Greenwich Cup, and by Elapsed time otherwise.



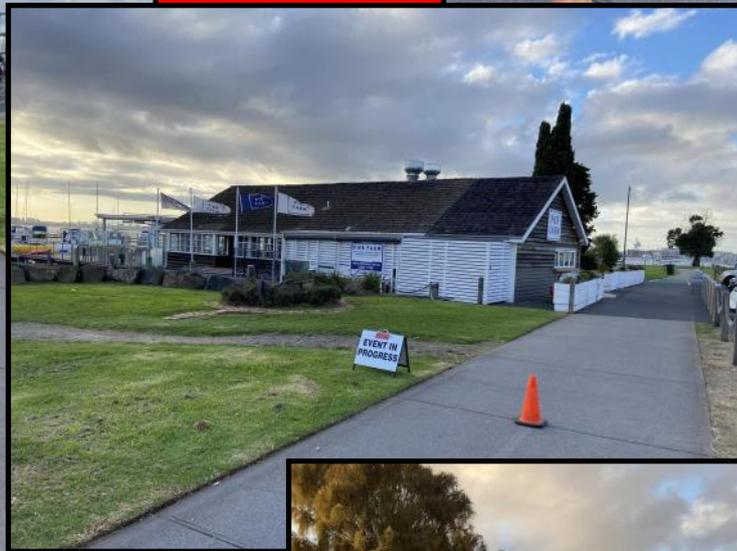
**A nod to QT  
The movie?**

*Mr O - Adam G; Mr DG - Dave B; Mr G - Mal P; Ms Red - Kiandra W;  
Mr B - Liam W; Mr LG - John D & Ms B - Sam F.*

*Clockwise from top right: Rae's hippo of eggs; Graeme & Cain near the turn; the turn; helpers #1; Anna approaches the turn in her final qualifying run; helpers #2 - Ken & Stuart in the scullery.*



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APRIL

# Hobbs Greenwich and Ted Joy Cups 2024

## Current Standings - Greenwich Cup

Place	Name	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Best Eight	Notes
1.	Susan Walker	31	30	32	29									122	e
2.	Matt Loader	21	23	30	31									105	n
3.	Ray Barnard	32	32	(20)	19									103	e
4.	Cain Speakman	29	28		28									85	n
4.	Rae Carter	26	27		32									85	n
6.	Helen Vaxevanis	30	22	28										80	n
7.	Graeme Dewerson	(20)	24		30									74	n
8.	Leigh Kelly	20	31	22										73	n
9.	Mario Valastro	18	26		(20)									64	n
10.	Neil Speakman	23	5	(20)	13									61	n
11.	Diane Donoghue	(20)	11	5	23									59	p
12.	Sarah Lowe		10	22	23									55	n
13.	Mark Letman		29	21										50	n
13.	Michael Musgrove	27	14	9										50	e
13.	Peter Buissink	(20)	(10)	(10)	(10)									50	a
16.	Michael Slee (walk)	28	9	12										49	n
17.	Anastasia Aldred	10	10		27									47	n
17.	Cat McCrae	(20)	17	10										47	n
19.	Anna Bovdis	10	(20)	10	5									45	n
19.	Rob Falloon	(20)		16	9									45	e
21.	Helen Haralambous		21	23										44	n
22.	Kevin Aldred	(20)			21									41	n
23.	Brian Armstrong	(20)	(10)	(10)										40	a
23.	Jac Wainright	10	20	10										40	n
23.	John Gray	10	10	10	10									40	e
26.	Graham Edwards	5	5	5	(20)									35	e
26.	Jimmy Dwyer	11			24									35	e
26.	Ken Smith	5	5	5	(20)									35	n
29.	Belinda Fithie	22		12										34	n
30.	Bronwyn Rowleson	10	(20)											30	n
30.	Dominique Tanner			10	20									30	n
30.	Mick Beasley		(20)		(10)									30	a
33.	Jason Rees			10	19									29	p
34.	Kieran Leonard		10		18									28	e
35.	Ashley Sanderson				27									27	n
35.	Will McKenzie		7	(20)										27	n

Standings have been updated for the Greenwich Cup.

Not content with winning the Greenwich in 2017, and the Ted Joy in 2022, Susan Walker has a commanding lead and is clearly the person to beat. With 122 points after four events, she's also on track to beat highest winning total that I know of, 241 points.

Although the trailing pack has ground to catch up, all is by no means over as everyone can discard up to four scores. Matt Loader in second has a couple of 30+ scores in the bank, while [Ray Barnard](#) in third has two 32s, and has already done his mandatory assist. [Cain Speakman](#) is the best bet for a Speakman three-peat with a pretty solid "best 3", as have [Rae Carter](#) and [Helen Vaxevanis](#).

But the nature of the discards means it's still wide open. Six or seven good results, and a faltering by the leaders means pretty much anyone can still win - even if the task is much easier with a couple of good scores already in the bank.

Mick Beasley's  
GC&TJ  
Commentary



# Hobbos Greenwich and Ted Joy Cups 2024

## Current Standings - Greenwich Cup

Place	Name	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Best Eight	Notes
37.	John Danaher	10	10	10	5									25	n
37.	Stuart O'Neill	5	5	(20)										25	n
39.	Vanessa Coutts	5	9	8										22	n
40.	Ann Girvin	(20)												20	a
40.	Cindy Ho	(20)												20	n
40.	Daryl Sadgrove	(20)												20	n
40.	Freya Rees	10	10	10										20	n
40.	Jane Whitmore	20												20	n
40.	John Becroft	5	5	5	10									20	e
40.	Liam Walker				20									20	n
40.	Ollie Rees			10	10									20	n
40.	Philippe Delecheneau		5	15										20	n
40.	Sam Flockhard				20									20	n
40.	Stuart Tennant	10			10									20	n
51.	Callum Low		7	10										17	n
51.	Lois Speakman		7	(10)										17	n
51.	Terry Pearce	7		10										17	a
54.	Michael Williams	11			5									16	n
54.	Peter Whyte		10	6										16	n
56.	Andrew Scardino	15												15	n
57.	Abby Speakman	12												12	n
58.	Adam Gregory				10									10	n
58.	David Buttler			10										10	n
58.	Jane Gibbons			10										10	n
58.	John Horan			10										10	n
58.	Malcolm Powers				10									10	n
58.	Marcin Pont			10										10	n
58.	Mary Ellen Brierley	10												10	n
58.	Melissa Rutze		10											10	n
58.	Michael Rief			10										10	n
58.	Thomas Williams	10												10	n
68.	Kiandra Ward				6									6	n
69.	David Butler				5									5	n



# Hobbos Greenwich and Ted Joy Cups 2024

## Current Standings - Ted Joy Cup

Place	Name	Jan	Feb	Mar	Apr	May	Best Eight
1.	Susan Walker	31	30	32	29		122
2.	Ray Barnard	32	32	(20)	19		103
3. (p)	Diane Donoghue	(20)	11	5	23		59
4.	Michael Musgrove	27	14	9			50
5.	Rob Falloon	(20)		16	9		45
6.	John Gray	10	10	10	10		40
7.	Graham Edwards	5	5	5	(20)		35
7.	Ken Smith	5	5	5	(20)		35
9. (p)	Jason Rees			10	19		29
10.	Kieran Leonard		10		18		28
11.	John Becroft	5		5	10		20

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.org.au

### Winter Program 2024

AV XCR Jells Park Relay (6km Teams event) Jells Park, Wheelers Hill	Sat. 27th April, 12:30pm (after monthly handicap)
Annual Well-being run (Hobbos/PCR/MCR/Wynfit) You Yangs Regional Park	Sunday 2nd June, 7:30am TBC
AV XCR Sandown Road Relays (6.2km Teams event) Sandown Motor Racing Circuit, Springvale	Sat. 29th June, 12:45pm (after monthly handicap)
Hobbos annual Winter XC (3km Individual Handicap) Newport Lakes Reserve	Sunday 13th July, 8:00am (Note date change)
AV XCR St Annes Ekiden Relay (3.6 - 8.8km Teams event) St Annes Vineyard, Myrniong	Sat. 17th August 12:30pm
AV XCR Tan Relays (3.8km Teams event) The Tan, Melbourne	Sat. 14th September, 9:00am

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



# Trail Corner

With Lucas Beck, Trail & Ultra Coach



Hello trail legends!

There is plenty of trail action to be had, now, and in the coming months. So shelve your roadies, and let's kick up some dirt!

By the time of publishing, a group of us will likely be doing/have done the Surf Coast Century Leg#1 recce run, from Anglesea to Torquay, approximately 21km and not much elevation gain... well worth it if you're taking part in any distance for the event in September.

It's not too late to get your entry in for the 10th running of the Surf Coast Trail Marathon. I had a crack on the course recently, and it is spectacular. If you're sitting on the fence about entering this... trust me, it is spectacular. And just to reiterate, our own Tameka Day is the female course record holder at 3:35:13 (2016), IYKYK, it is a seriously blazing fast time! Guaranteed, very good running!

On Sunday 9 June, a group of us will be going for a "closed circuit trail run" at Hornells Lane at Lerderderg. It's about a 10km lap, out-and-back, with 450m of elevation, on a nice wide-open firetrail. All are welcome, keep an eye on Facebook for details closer to that weekend.

And in July, Brett Saxon, the man behind Trails+ has the YouYangs Trail Running Festival on the weekend of 13/14 July and it offers just about every distance imaginable. Great courses, very fairly priced and excellent organisation, as well as being backed by many local businesses, it's worth your consideration if you're new to trail running, or a seasoned veteran.

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 - details TBC on Facebook

**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

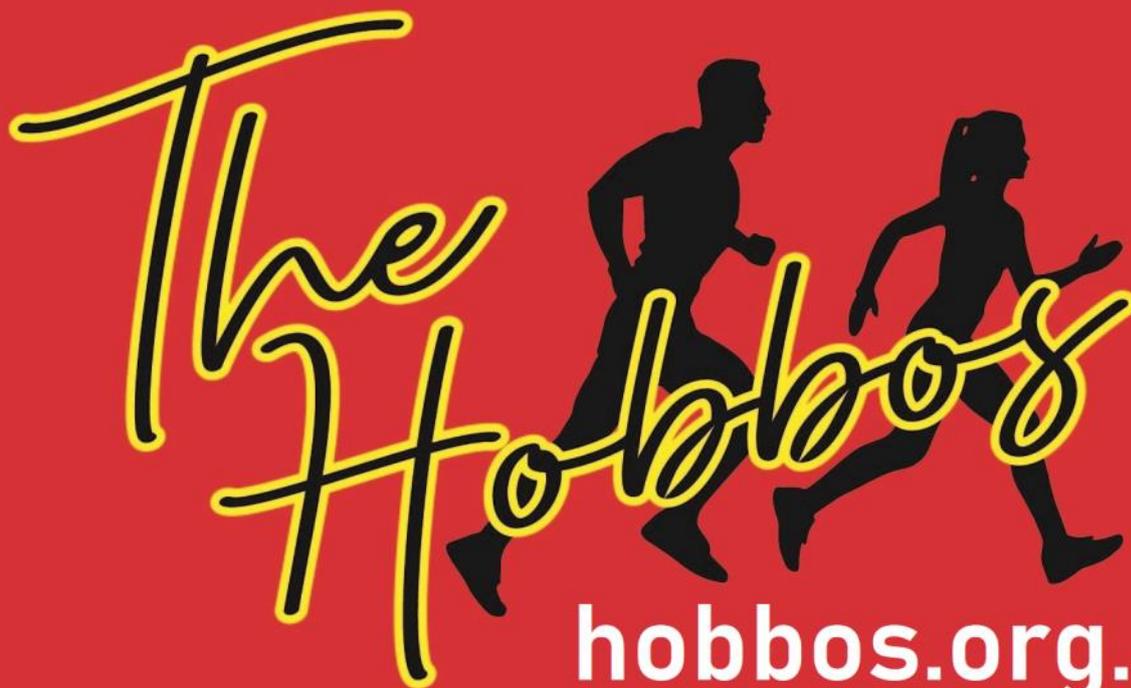
**Surf Coast Century Leg#4 recce**  
Sunday 25 August - details TBC on Facebook

[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 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)

