

June 2024

HomeRuns

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

Hobbos 30th

20 July

Book Now

**Coaches Alison
& Kieran**



Stu-pendous

In this issue

From the editor's desk	2-3
Gray Matters	4-5
Hobbos 30th	6
Coaches	7-10
May Handicap	11-14
Coaching	15-17
You Yangs	18
Trail Corner	19-20
2024 Program	21
Hobbos Ad	22

President:
John Gray

Secretary:
Bronwyn Rowleson

Treasurer:
Peter Buissink

Handicapper:
Mick Beasley

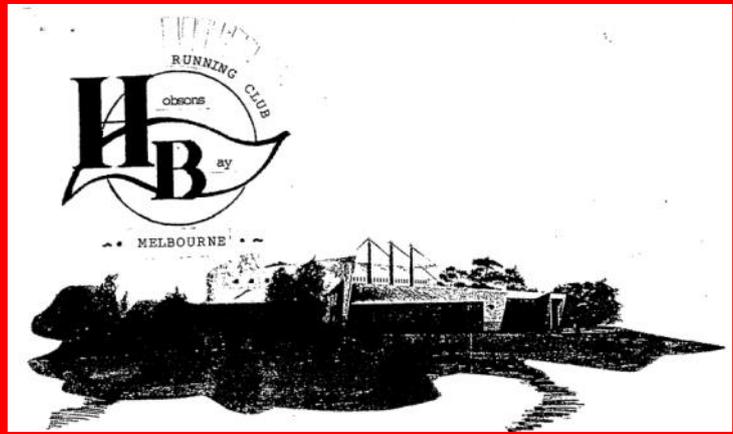
Editor & design:
Michael Slee 9687 0157
michaeljslee58@gmail.com

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



The original masthead of the Hobsons Bay Running Club

Forthcoming Events

Sun 29th June	June Handicap - Morning Tea - Bring a plate
Sun 14th July	Winter XC Handicap - Newport Lakes - BBQ Breakfast
Sat 20th July	30th Anniversary Do - Williamstown Bowls Club - 7pm
Sat 17th Aug	St Annes Relay - AV XCR
Sun 8th Sept	Maribyrnong River Run - Club Fundraiser
Sat 14th Sept	Tan Relays - AV XCR

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

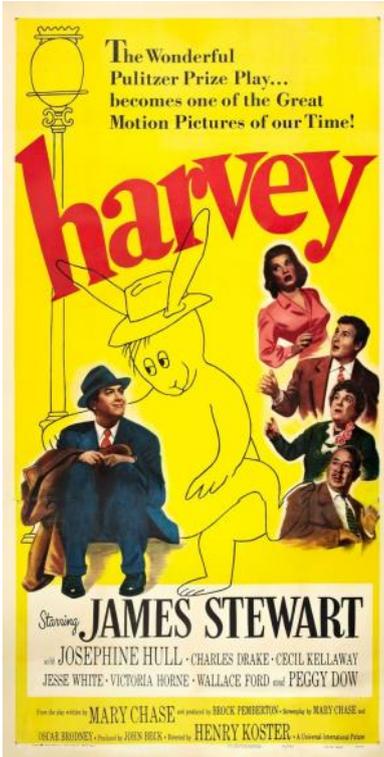
Don't forget our social media. It's a great way to share information or gossip, rather than waiting for the newsletter.

WEBSITE



From the Editor's Desk

with Michael Slee



Mario Velastro, one of our newest coaches, must be a charmer as he has convinced some of his fellow coaches to tell us about themselves. Last month **Sarah Lowe** and **Terry Pearce** were featured, generating a great deal of interest. This month you can learn a little more about **Alison Sanders** and **Kieran Leonard**.

Thanks Mario for going the extra yard and taking this on - it's definitely not part of the coaching job description. However, it is appreciated and makes fabulous reading. How else would I know that Alison's favourite movie is *Harvey* - a 1950s classic about a giant, invisible white rabbit, best friend of James Stewart's character. I haven't seen it for ages and might just add it to the Williamstown Film Society program for 2025.

...see what happens when learn a little more about each other and find out what makes people tick. It makes conversations that little bit easier and more interesting. It is great belonging to a community group like the Hobbos. We are a pretty diverse group in many ways... have a chat with someone you don't usually talk to... why not start today after the handicap at our famous post-race morning tea.

See you at the start line then later for a cuppa.

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



My comeback from heel injury is picking up pace, with my slow and careful buildup reaching a long run of 15km and 30km per week (the longest I've been able to run since May last year), and hitting 5km times back under 21 minutes - so far.

I'm already registered in this weekend's Sandown Relays, the Burnie 10 in October and next year's 2Bays 28km trail run, as well as running in Hobbos handicaps and winter program events, Maribyrnong River Run, and my 250th parkrun next month. I'm also aiming to get my long run back above 21km, and hopefully throw in a competitive half along the way!



Hobbos 30 years

Hobsons Bay Running Club was established in 1994, and we are celebrating our 30th year! The first monthly handicap was held in 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 20th July at the Williamstown Bowling Club; \$30/head includes food, and drinks are at bar prices - the booking and payment link is up and running. 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. Formalities will start at 7:20pm sharp.

Sandown Relays

The winter program continues this weekend with 5 teams competing in the Athletics Victoria Sandown Relays, where each team member runs 2 laps of the Sandown motor racing circuit.

Womens Div 5 (2 teams):

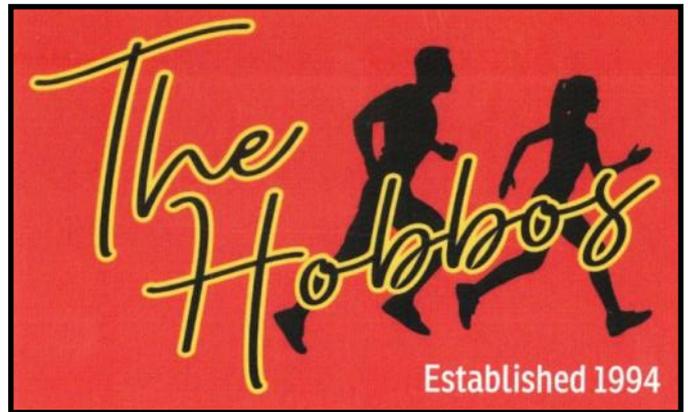
Kate Milnes, Alison Sanders, Cindy Ho, Helen Whyte, and new members Zoe Handreck and Melanie Griffin.

Mens Div 7 (2 teams):

Graeme Dewerson, Kevin Mahon, Cain Speakman, Mal Powers, John Gray, Waylyn Turner, Dan Goodwin & Terry Pearce.

Mens 60+:

Peter Whyte, Ron Van Der Heide & Ray Barnard



The next relay team events are the St Annes cross-country relay at the St Annes Myrning winery (with 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.

Tuesday Track

You will probably know by now that the Newport Track is in the middle of being closed for 5 weeks during weekdays for the installation of a new infield irrigation system and water tanks, and is only open to the public and tenant clubs on weekends. So, in the meantime, Tuesday mornings are back at Digman Reserve (where we ran last year while new throw cages were being installed), and Tuesday evenings are at Crofts Reserve in Altona North, under lights. We don't have a definite date yet for the return to NPAT, but will keep everyone updated on our Facebook group.



The Winter Program

Sunday 13th July (new earlier date than last year)

Hobbos annual Winter XC Handicap (3km) Newport Lakes

Saturday 17th August

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

Sunday 8th September

The PB Events Maribyrnong River Run. For those of us not helping on the water stations for our club fundraiser, we encourage members to register to run and support this local event.

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:

Bundoora Park 10km cross country on Sat 20th July

Lake Wendouree Ballarat 15km road race on Sun 4th August

Burnley half marathon road race on Sun 8th September

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.

Until next month, stay fit, healthy and safe.



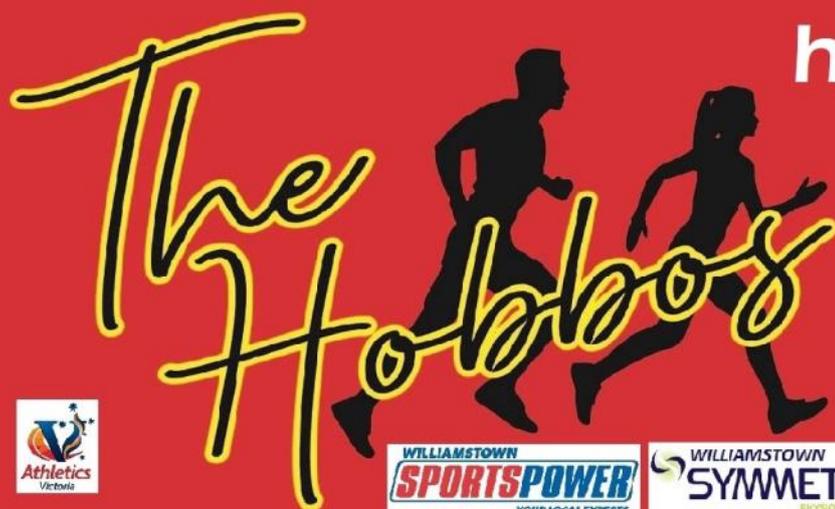
**Are You Injured?
Do You Need Advice
On Strength?
Is Your Stride Correct?**

*See our club sponsor
Symmetry Physiotherapy
Williamstown*



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





hobbos.org.au

....Established 1994....
Celebrating 30 years

7pm, Saturday
20th July 2024

Williamstown Bowling
Club. \$30/head,
drinks at bar prices.



**Book now using this
QR code**

<https://www.trybooking.com/events/landing/1240208>

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**



Get to know your coaches

Who is Alison Sanders?

My favourite role is being a mum. 2 girls – Maggie and Harriet. (Hubbie – Clint)

I like physical activity, running and swimming. I think it's important we find the thing we are happy to do and move.

I also enjoy a good coffee.

What is your athletic background?

Grew up in country Victoria playing netball, basketball and swimming in summer.

Always swam and find this enjoyable.

When and how did you get into running?

Started running about 15 years ago.

I used to work on St Kilda Road and could see people running around Albert Park Lake. I saw people from work going out in their lunch break, running, coming back showering and having lunch at their desk. I thought it was a good way to get in the exercise. So, my goal, was to complete a lap of the lake in my lunchbreak.

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

Approached by Brian and John as they saw that I was quite social and loved a bit of a chat.

I believe it's a good avenue to explore and help others.

Any specific areas you specialise in training / coaching?

Triathlons

Swimming and Running

Tips for returning to running after having children

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

Half Marathon or Longer

What does a typical training week look like for you?

Monday – Ride + Swim

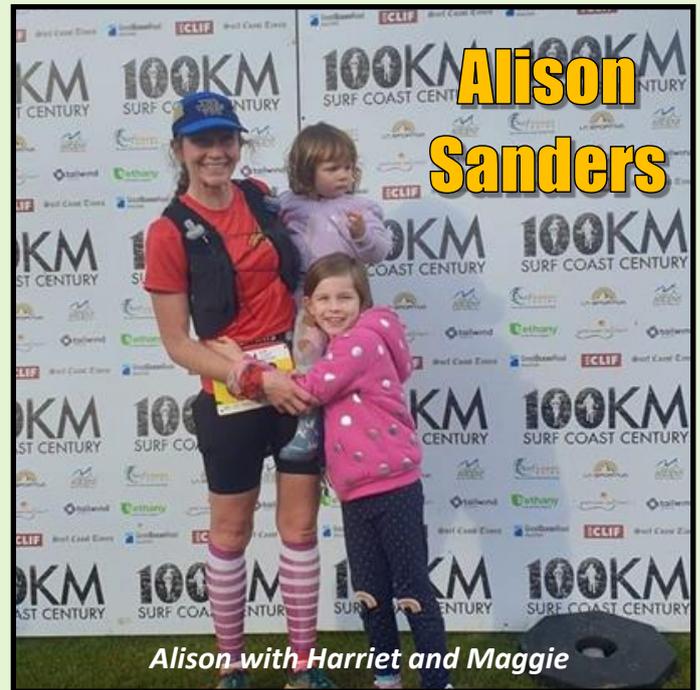
Tuesday – Ride with 10min Brick run + Track at night

Wednesday – Long Run

Thursday – Ride with 10min Brick run

Friday – Swim morning + Arvo Run

Saturday – Strength



Alison with Harriet and Maggie

Sunday – Long Ride + Long Brick Run (30-35min)

Personal achievements/PBs/most memorable performance?

Qualifying for World Half Iron Man Championship (70.3) in Lake Taupo, NZ. Dec 2024.

Top 17% of age group in the world (Triathlon)

Training for Surf Coast Century – loved the camaraderie on the training runs. Was the best!

Any bucket list races?

A Road Marathon

Warburton Trail

Port Macquarie or Cairns Half Ironman 70.3

What are your future running goals?

To keep enjoying the training

Distance goals rather than time-based goals

Best event (organisation, scenery, atmosphere)?

Run for the Kids – Long Course. I have fond memories of running these with my kids in the pram. The atmosphere is amazing, and my kids





Harvey. (Old movie in Black and White). I just love it.

What type of music are you into?

I have a broad range of music tastes. Old school hip hop

Old Pop. Alternative. Recently saw Angie McMahon

Best holiday you've been on

Japan (when I was single) and Nepal on my honeymoon.

Do you describe yourself as a runner?

Yes, I do and as a triathlete. If I wasn't a triathlete, I would be a runner.

I hope this helps the club members know a little bit more about me. I love to see people enjoy their runs and gain confidence. We all have different goals/paces and strengths, but we all have the love of running in common. Through the highs and lows, we all share similar experiences and it's great to chat about these with other like-minded runners. I hope to meet as many as possible out on the roads, the trails or even on the bike.

Cheers,

Coach Alison Sanders

enjoyed them so much.

Which runners/athletes inspire you?

Des Linden

Mollie Sidell

Other Hobbos – the whole community is genuinely invested in wanting you to do well. Great support network.

As a coach, do you have a training philosophy?

Training has to be sustainable.

Heart rate-based training. I apply this to my training and find it valuable.

Long run and track focus with easy running for the rest of the week.

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

Yes, break things down into smaller pieces. I often do this into park run size bites.

Try to appreciate where you are running – take in the surroundings.

Do you Strength Train /Do Yoga or Pilates? What's your philosophy around Cross Training?

Strength train and Pilates

Stretching and foam rolling. I have this programmed into my weekly training.

What's your favourite after run food?

Banana smoothie

Vegemite on toast

What's your favourite movie?



Alison, Sarah & Karen - Surf Coast Century 50km



Get to know your coaches

Who is Kieran Leonard?

I am extremely active, social, outgoing and fun.

Travelled to over 50 countries and lived overseas for a few years. I always know where to find the best pub.

I've been a Hobbo for 10+ years

What is your athletic background?

Grew up in Ballarat playing Aussie Rules and Cricket

I was never great but enjoyed playing both.

When and how did you get into running?

Met someone like minded overseas and that's how it started.

I have been running since 2003. I am a morning runner.

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

I want to share my knowledge and help others avoid the mistakes we all make starting out.

Help others set goals

Inspire others to believe and achieve.

Any specific areas you specialise in training / coaching?

Hills (of course and lead the session on a Thursday morning) I love the challenge and I am good at them.

5ks

10ks

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

5km

Half Marathon

What does a typical training week look like for you?



Kieran Leonard

Monday – Gym

Tuesday – Track

Wednesday – Gym

Thursday – Hills

Friday –Gym

Saturday – Tempo / Park Run

Sunday – Long Run or Long Bike Ride

Personal achievements/PBs/most memorable performance?

5k – 18:40 (Hobbos Handicap)

10k - 38:30 (Albert Park)

Half Marathon - 87:30 (Geelong Half)

Marathon – 3:22:00 (Traralgon Marathon)

Pacing an athlete to a 5k PB. Absolutely loved it.

Any bucket list races?

Just to do more trail running

What are your future running goals?

Stay fit.

Run for fun and fitness

Best event (organisation, scenery, atmosphere)?

Two Bays (28k) and Athletic Victoria events.

Which runners/athletes inspire you?

Paula Radcliffe



AV XCR



Steve Moneghetti

Craig Mottram

As a coach, do you have any coaching philosophies?

You need to put in the work to get the results

Nutrition and Recovery play an important role in running.

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

You have to be able to feel the pain and tolerate it. I am not sure whether you can teach this. You either have it or you don't.

Do you Strength Train /Do Yoga or Pilates? What's your philosophy around Cross Training?

Strength train and cross training

Bike. It's very important and I rate this highly. Need to rest the legs. Good for longevity. Good for consistency.

What's your favourite after run food?

Egg and Bacon Roll (morning)

Muesli and fruit or Avocado on a bagel or a protein shake.

What's your favourite movie?

Blood Diamond

What type of music are you into?

Rock and Roll

Best holiday you've been on

Switzerland. It's neat, clean and a beautiful place. Also speak English. People make a place.

Do you describe yourself as a runner?

Yes.

I hope this helps the club members know a little bit more about me. That I love to be active, from when I was younger to now. I was taught to work hard to achieve and that's the philosophy I carry through to my coaching and running. I only took up running in my mid 20's and still love it.

Running helps me to live a very active lifestyle, balance my workload and increase the quality of my life. Through the knowledge I have gained, I hope to inspire and help others achieve their goals.

Look forward to seeing you early in the morning at Newport Lake hills, the track or on a long run or bike ride.

Cheers

Coach Kieran Leonard



SYMMETRY
PHYSIOTHERAPY

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

*See our club sponsor
Symmetry Physiotherapy
Williamstown*

New Address

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

An advertisement for Symmetry Physiotherapy. The top left features the logo 'SYMMETRY PHYSIOTHERAPY'. Below it, a list of questions: 'Are You Injured?', 'Do You Need Advice On Strength?', and 'Is Your Stride Correct?'. Underneath these questions is the text 'See our club sponsor Symmetry Physiotherapy Williamstown'. On the right side, there is a photograph of a person's legs in purple and white running shoes on a paved path. A green circle with the text 'New Address' is overlaid on the photo. At the bottom, the full name and address of the clinic are listed: 'Symmetry Physiotherapy Williamstown, 84 Douglas Parade, Williamstown 3016 Phone: 9989 2444'.

Stu's First Egg



Stuart charging to a PB and a win

It took a PB to get it but get it he did and in fine style against hot competition. For two months running the results were peppered with PBs - 12 in all. Another big field of 40 participants were met by almost perfect running weather and plenty of company for pre-race chats.

Stuart Tennant sliced 57 seconds from his best to complete the 5km in 24:40 to win his first Kenyan Egg.

Amazingly Helen Vaxavanis, who finished second to Stuart, also reduced her own best time by 57 seconds. Helen's best is now 24:53. Helen and Stuart are very evenly matched and we can expect some more tight finishes in the future as the season progresses.

In third place was Jane Whitmore. Returning to her best with a 40 second AGPB and a 5km time of 24:11.

Others to re-set their AGPB or PBs were - Michael Slee (walk -0:18); Anastasia Aldred (-0:09); Graeme Dewerson (-0:05); Leigh Kelly (-0:03); Anna Bovdis (-0:20); Jac Wainright (-0:27); Ron van der Heide (1:29); Malcom Powers (1:01) and John Horan (0:34).

One to watch will be Anna Bovdis who completed the final qualifying run in May and will be eligible in June. The only way is up. *Full May Handicap results on the next two pages*

With Greenwich Cup leader Sue Walker and Matt Loader (second on the GC leader board) both on helper duty, Helen will have made up a little ground on the leaders.

Despite equalling his PB, Cain Speakman's 10th placing equates to a missed opportunity to close the gap on the points leaders. But there are still seven handicaps to go and plenty of chances to rack up points for all those within striking distance.

Helpers make our event happen, so thanks to them all and if you haven't speak to Brony and volunteer. It's great fun and some job still allow you to run.



Packing up like clockwork



Hobbos Handicap - May 2024 -345th Running

Pos	Name	Finish	Time	Start	PB	AGPB	Split 1	Split 2	Points	Bonus	Total
Greenwich Cup											
1	Stuart Tennant	48:40	24:40	24:00	25:37	25:37	12:34	12:06	20	12	32
2	Helen Vaxevanis	49:13	24:53	24:20	25:50	25:50	12:16	12:37	19	12	31
3	Jane Whitmore	49:26	24:11	25:15	23:08	24:51	12:10	12:01	18	12	30
4	Terry Pearce	49:40	20:50	28:50	17:34	19:07	10:19	10:31	17	0	17
5	Michael Slee (walk)	49:52	39:02	10:50	39:20	39:20	19:20	19:42	16	12	28
6	John Gray	49:57	20:37	29:20	18:51	19:41	10:04	10:33	15	2	17
7	Anastasia Aldred	49:58	27:23	22:35	27:32	27:32	13:53	13:30	14	12	26
8	Graeme Dewerson	49:59	19:09	30:50	19:14	19:14	9:31	9:38	13	12	25
9	Michael Rief	50:05	19:40	30:25	19:29	19:38	9:39	10:01	12	11	23
10	Cain Speakman	50:06	19:26	30:40	19:26	19:26	9:45	9:41	11	12	23
11	Leigh Kelly	50:08	21:33	28:35	21:36	21:36	10:44	10:49	10	12	22
12	Philippe Delecheneau	50:16	27:11	23:05	26:05	26:40	13:39	13:32	9	6	15
13	Helen Haralambous	50:19	34:39	15:40	34:31	34:31	17:34	17:05	8	10	18
14	Ray Barnard	50:22	26:37	23:45	22:12	26:20	13:23	13:14	7	9	16
15	Ashley Sanderson	50:23	19:53	30:30	19:06	19:23	9:44	10:09	6	7	13
16	Peter Whyte	50:32	26:57	23:35	26:03	26:03	13:24	13:33	5	3	8
17	Rob Falloon	50:34	25:14	25:20	21:24	23:48	12:43	12:31	5	0	5
18	Michael Musgrove	50:40	40:15	10:25	35:15	39:45	19:59	20:16	5	7	12
19	Anna Bovdis	50:42	26:42	24:00	27:02	27:02	13:14	13:28	5	12	17
20	Neil Speakman	50:44	23:49	26:55	23:15	23:15	11:55	11:54	5	6	11
21	Jimmy Dwyer	50:59	19:39	31:20	18:51	18:51	9:54	9:45	5	4	9
22	Bronwyn Rowleson	51:02	33:47	17:15	30:03	32:17	16:42	17:05	5	0	5
23	Belinda Fithie	51:09	28:49	22:20	27:34	27:34	14:36	14:13	5	0	5
24	Jac Wainright	51:17	31:12	20:05	31:39	31:39	15:42	15:30	5	12	17
25	Ken Smith	51:43	44:23	7:20	22:28	37:27	22:16	22:07	5	0	5
26	Melissa Rutze	52:20	28:55	23:25	26:02	26:36	14:26	14:29	5	0	5
27	Vanessa Coutts	52:28	38:18	14:10	34:55	34:55	18:43	19:35	5	0	5
28	Stuart O'Neill	52:29	27:59	24:30	24:27	24:27	14:18	13:41	5	0	5



Hobbs Handicap - May 2024 -345th Running



Pos	Name	Finish	Time	Start	PB	AGPB	Split 1	Split 2	Points	Bonus	Total
Ineligible											
1	Ron van der Heide	49:16	21:16	28:00	22:45	22:45	10:49	10:27	10	0	10
2	Kieran Leonard	49:48	22:18	27:30	18:40	19:19	11:11	11:07	10	0	10
3	Malcolm Powers	49:34	22:34	27:00	23:35	23:35	11:28	11:06	10	0	10
4	Joshin John	53:29	23:29	30:00			11:06	12:23	10	0	10
5	John Horan	49:07	24:07	25:00	24:41	24:41	11:52	12:15	10	0	10
6	Kaia Morris	48:07	25:37	22:30			13:06	12:31	10	0	10
7	Rachel Kealy	49:46	28:36	21:10			14:31	14:05	10	0	10
8	Em Baker	48:13	28:43	19:30			14:07	14:36	10	0	10
Ineligible 2.5km											
1	Sienna Bigarrel	21:24	14:04	7:20			14:04		10	0	10
2	Sebastian Ineligible	27:30	20:10	7:20			20:10		10	0	10
Guests											
1	Jallyn Bigarelli	49:50	28:50	21:00	28:04	28:04	14:35	14:15	-	0	-
2	Sonia Brockington	49:53	31:53	18:00			16:24	15:29	-	0	-



Rachael & Brony



Mike, Ashley & Graeme



Vanessa & Melissa



Never too young to help...nor old!

MAY HANDICAP

Clockwise from top right - Pete's briefing; Kev's packing; Mark, Ron & Anna; registrars - Pete, Sue & Mick; Terry channels Hugh Grant in Love Actually - 'Bugger'; Ashley, Bel & Cain.



Hobbos Coaching

With Brian Armstrong, Coaching Co-ordinator



We are half way through the year, winter, and cold, and as a club we hope to show the exciting offerings our club has for the most value packed membership in the country (during the quiet times !!)

We are Hobbos and You are Hobbos, so if not engaged in all the offerings, read below and check out the excitement. This is also only the start, we also have the trail information, that is in a separate article by Luke.

Tuesday Track sessions at our alternate ovals

The ovals that John Gray organised through council are great selections, and excellent alternate locations, while Newport Track drainage is being repaired. At this stage, indications are that this will be around 5 weeks.

The current track series, designed by L2 Coach Kate Milnes '123' works in well at these locations, being short and sharp. We have seen great numbers at Digmans Oval in the mornings, and Crofts reserve at night, so it's great to be able to continue on 'as normal'.

I have been attending night training at crofts reserve, and feel very spoilt to be able to do so under lights. It is so great to be able see everyone's faces again at night. The grass oval conditions at Crofts reserve is excellent, and for me, better than track, as it absorbs more, so less chance of injury.

We also have access to toilets and change rooms at Crofts reserve.

Thursday Morning Hills with Kieran Leonard

We are seeing a steady flow of members doing hills, where mornings at Newport Lakes appears to be very popular.

We all know that hills build strength and is a great sta-

ple to add to our plans, so recommend all members give hills a try at some stage.

The mornings at Newport Lakes with L2 Coach Kieran Leonard start at 6:00am, and everyone is asked to bring a head torch.

Thursday Night Hills with rotating coaches

Thursday night hills rotate coaches between, "Belinda Fithie, Kate Milnes, Mario Valastro, and Brian Armstrong", so no session is the same, and we try and make each as engaging and fun as possible,

While there have been regular numbers, we would like to see this grow. This session starts at 6:15pm, and we ask that everyone bring along a head torch, and park at the Altona Sports Centre carpark.

We meet at 100 steps carpark, and start a 1k warmup at 6:15pm, before each hill session.

Sunday long runs Newport Lakes with Rob Falloon

This session has a steady number of regulars, and we are hoping to see more attend. The pace is normally slower than 6 minutes per km, depending on who turns up.

Rob also ensures that everyone runs at a similar pace on the day. This is a great session to attend for those who like to socialise, or are building up their endurance.

Check Facebook to event details, as this normally starts around 8:00am.

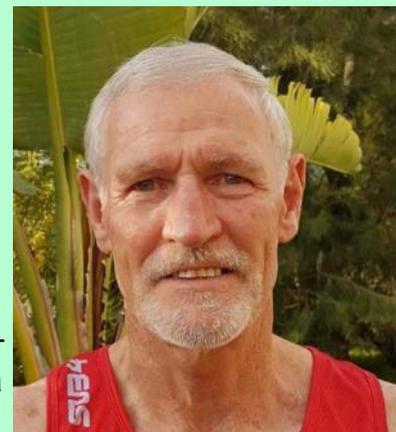
Sunday Long runs – Alternate faster pace

The alternate Sunday long run group that I normally organise is generally run at a faster pace (around 5min – 5min 30 sec pace), leading up to endurance or marathon events, and we will be running at local, and various other locations. These are advertised on a messenger group, and also Western Suburbs Long Runners. Feel free to contact me, if you want to know more about paces and locations.

Sunday Parents and Children's Session

Our Sunday Parents and Children's 1600m challenge is now complete, and on Sunday 16th June, Laura and I recorded the challenge, and presented completion certificates for around 30 parents and children.

At the end of the event, we took a brief survey to vali-



date that the sessions were engaging for all. This year, the session was very successful, with the only change being that we made it a goal for a term, rather than a never-ending session like previous years.

The next event will likely be in Term 4, and we are considering targeting 2.5km of the Hobbos Handicap. We will advertise on Facebook when closer.



Training and Coaching Paying off with PB's

With the cooler weather, we have seen some great PB's recently. While its sometimes harder to get out of bed in the winter, these months offer a great chance to PB, without the added challenge of the warmer climate.

I have had two that I am coaching recently get PB;s in the 5k, 10k, and half marathon distances, which shows club training and coaching is paying off.

I also know that Mario and some others also had some of those that they are training, obtain PB's, so great work all round.

Any members looking at an event or even a running goal, please advise a coach of choice.

Events

Hobbos Members have been seen at the Geelong half marathon, Sri Chinmoy Albert Park, Ballarat marathon, just to name a few, so it's great to see just as many



racing during the cooler months.

It was also great to see so many age graded medals at the Sri Chinmoy races. A few members also attended the Great Ocean Road, and Surf Coast races, for which Coach Luke has a detailed a write-up on.

Anyone that attends these races, please do a race write-up, so other members can consider them next time. I have added some pictures, as a picture tells a thousand words.

The XCR Sandown relays are the next event that John Gray has organised, and another large group of Hobbos is attending.



The You Yangs Multi-Club Wellbeing run,

We had excellent weather for the wellbeing run, and it was a great chance to have a slow social run with other clubs. This year, over 5 clubs attended a nice Sunday morning social jog at the You Yangs, with coffee, tea, fruit, and homemade goodies that we all enjoyed afterwards.

We held the 14k great circle run, or an alternate 7k with Rob Falloon, plus a choice of a walk with Peter Buissink. Overall, a great day out and a great opportunity to share stories between clubs.

Club Survey

We also held a survey recently, and even though we have over 120 current financial members, we only received 38 responses, which is low, but will still give us an idea on how we are progressing and what else our coaching team can do to further assist.

We will advise the outcome at a later stage.

Future Growth Area – Altona

Coaching team is currently looking at building up more catchment in the Altona area, so watch this space and Facebook for upcoming notices on how we plan to achieve this.

Coaching Workshops

We have held both the Women's Running Workshop (Belinda Fithie), and I run the annual Melbourne Marathon workshop, for which a total around 15 members attended between each.

These are free events, so any members that have the opportunity, join us when they are on. Expect some more before the end of the year.

L1 Female Coach Requirement

We are still looking for a female coach.

We are looking for one more coaches this year. In order to keep our gender balance, we are 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, or close to it.

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 J

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

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 Pierce

Coaching team tip for the month:

'Ask one of our many coaches to assist you with your next goal, or to assign you a challenge'

2024 Coaching Co-ordinator

Brian Armstrong



You Yangs



Wellbeing Run



"Road running is a necessary evil that you must undertake during the week. When the weekend finally comes, you can hit the trails, and set your soul free." **Confucius 501 BCE**

Bonjour trail legends!

There's been plenty of action lately down on the glorious Surf Coast trails.

As of writing this, today, a bunch of Hobbos legends hit the Surf Coast Century (SCC) Leg#2 recce. 28km from the Torquay Rotunda to Anglesea (via a very twisty inland route) with 520m elevation, a beautifully flowing course, with gorgeous single track and views for days. We got lost, we threw ourselves into bushes, we got lost some more, and everyone had a great day by all accounts.

On 26 May, we also had a fantastic team representation at the SCC Leg#1 recce; 21km from Anglesea beachfront to the Torquay Rotunda, with 350m elevation. Due to the start time, the tide was cutting in much closer than it will do on race day, but that made for some fun, and very slow rock hopping at a couple of sections.

The 10th anniversary of Surf Coast Trail Marathon was held on 15 June, yewwww! This year it was run in absolutely perfect conditions, cool, a nice tail wind and low-tide across Urqhart's (IYKYK). Trail stoke was on the menu, and everyone put in a great effort, smiles all round! If you haven't taken part in this event yet, do yourself a favour next year, and get along to the BEST EVENT ON THE CALENDAR! And... let's not forget this course record by our own, Tameka Day (2016) 3:35:13 <freakin' epic!>

Full Marathon

Lucas Beck 04:15:17

Sarah Lowe 05:19:57

Philippe Delecheneau – 05:43:55 (36 minute PB)

Half Marathon

Ron Van Der Heide – 02:09:11 (1st in age category)

Melanie Griffin – 02:09:22

Mark Letman – 02:12:54

Jacques Steenkamp – 02:20:50

Dianne Portelli – 03:07:28

And now we're half way through the SCC recce runs, and only 13 weeks until the big dance, let's all get salute this year's Hobbos entrants. For the 100km distance, **Phillipe Delecheneau, Karen Hayes, Sarah Lowe, Cat McRae and Dianne Portelli**. Taking on the 50km distance is **Diane Donoghue**. And in the teams relay event we have two teams **Belinda Fithie, Janelle Taylor, Leanne and Louise** (we miss you **Jane!**), and, **Mark Letman, Jacques Steenkamp, Mario Valastro and Ron Van Der Heide**. Go you good things!

The You Yangs Trail Running Festival is coming up in mid-July, if you're looking for a great event. And the SCC leg#3 recce is at the end of July too, details on Facebook soon.

There's no shortage of trail fun to be had, so be like Confucius, and I'll see you on the trails!

Lucas Beck, Trail and Ultra coach



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

Grampians Peak Trail

21 – 24 November

Miler – Stage race – Miler team relay – Stage race team relay – 50k



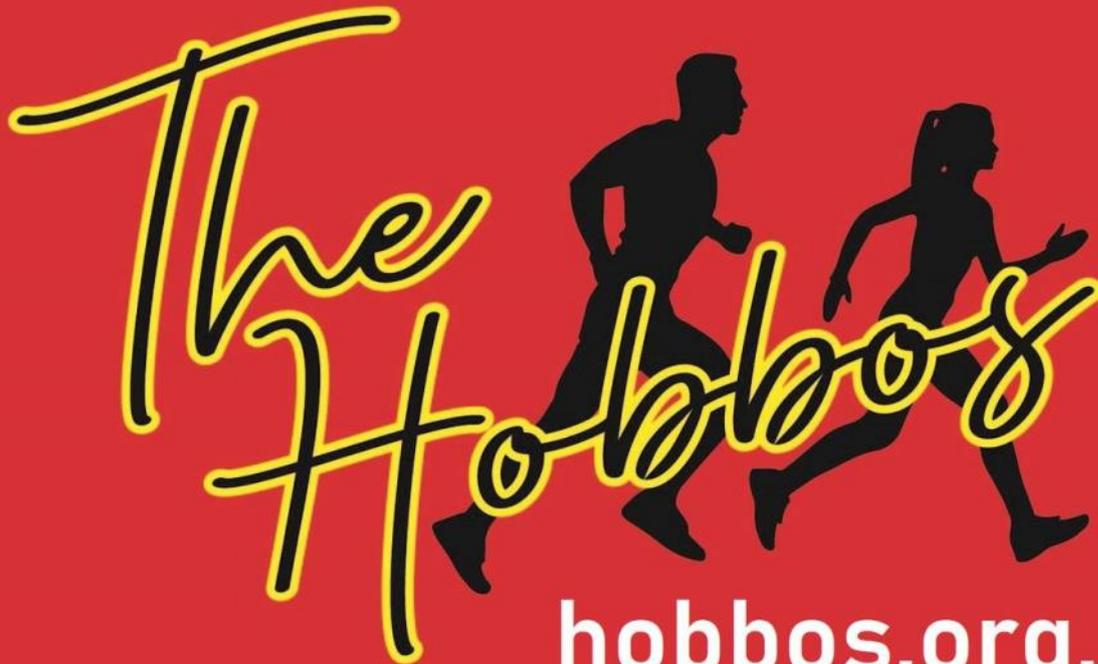
Surf Coast Century Leg#1 Recce



Surf Coast Century Leg#2 Recce



Surf Coast Trail Marathon



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 14th July, 8:00am (Note date change)
AV XCR St Annes Ekiden Relay (3.6 - 8.8km Teams event) St Annes Vineyard, Myrning	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





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

