

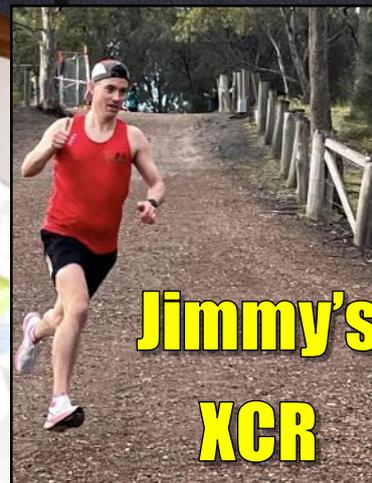
HomeRuns

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

Happy 30th Birthday Hobbos



Jac's Egg



**Jimmy's
XCR**

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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

Ann Girvin - 158 Handicaps
Hobbos Women's record holder
Bib #113



Forthcoming Events

Sat 27th July	July Handicap - Morning tea - bring treats + MUG!
Sat 17th Aug	St Annes Relay - AV XCR
Sat 31st Aug	Aug Handicap - Morning tea - bring something yummy!
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



It was a night for catching up, reminiscing and 'what are you doing now?'

The 70 plus gathering covered a wide range of membership numbers: Numbers 1, 2 & 3 were front and centre. Bib numbers in the 100s, 200s and 300s were also well represented.

The announcement of Club founder, Eero Keranen, as the new Patron of the Hobsons Bay Running Club provided the central formality of the evening and Eero's words of acceptance included an outline of the history and events of the club's 30 years.

Long time members enjoyed Eero's trip down memory lane. Recent members, hearing about the origins of the Hobbos for the first time, were appreciative of the opportunity to learn the Hobbos' story and to realise that they were indeed a part of it. Part of something quite special.

As Sue Walker said, nights like this are important. It is important to acknowledge the efforts of a changing group of individuals which have allowed and ensured a community group

like the Hobbos to not only endure for 30 years but to thrive.

Well done one and all and enjoy Will's photos in our middle pages spread. It was a great night!



Eero & Sara

Williamstown

Hobbos Discount 15%

SPORTSPOWER

Your Local Experts

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





Tuesday morning “track” will continue at Digman Reserve and Tuesday evenings at Crofts Reserve in Altona North, for a bit longer. We now expect to return to NPAT sometime during August.

Hobbos 30 years and our new patron

Hobsons Bay Running Club was established in 1994, and we are holding our 30-year handicap (handicap #347) this Saturday!

We held our 30-year celebration last Saturday at the Williamstown Bowling Club, where we witnessed the inauguration of club founder Eero Keranen as the 3rd club patron, following in the footsteps of our previous patrons and foundation members Ted Joy and John Condon. We were treated to some club history, and even some poetry for the occasion by our very own people’s poet Vanessa!

Thanks to everyone who attended and made it a special night, and thanks to Terry and Brony who did most of the work, and to Michael & Anne Musgrove who travelled the furthest to be there.

Club Communications

We recently conducted a member survey, thanks to Brian, to sample the thoughts of members on how we are serving your needs. A number of great suggestions came out of it, many of which we actually already do, but people obviously weren’t aware of. This highlighted that the biggest area for improvement for us is in communications. While we know that not all of our members are on Facebook, we do primarily rely on Facebook, but didn’t realise how much our messages aren’t always seen by those members who are on Facebook.

As a result, we will be making greater use of our website hobbos.org.au, and bulk emails (which we can now do using the Athletics Victoria RevSport platform) for communications. In addition, we will roll out our TeamApp presence to all financial members which can be a central news and events space, with push notifications so you know when there is exciting new information. All members will need to do is install the free TeamApp app on their Android or Apple phones.

Winter Program Relays

We had some great results and fun times at Athletics Vic road relays, at the Sandown motor racing circuit last month.

Hobbos Winter Program					
Sandown Road Relay			Saturday 29th June		
W Div5 6.2km		M Div7 6.2km		M60+ 6.2km	
Team 1st place 1:21:44		Team 3rd place 1:40:48		Team 11th place	
Alison S	0:28:45	Kieran	25:18.0	Peter W	34:22.0
Kate	0:26:51	Graeme	24:52.0	Ray B	34:33.0
Zoe H	0:26:08	Kevin M	24:41.0	Ron V	27:53.0
		Cain	25:57.0		
Team 4th place 1:34:54		Team 8th place 1:52:28			
Melanie G	0:29:24	Mal P	28:45.0		
Cindy	33:00.0	John	26:38.0		
Sonia B	32:30.0	Dan G	29:56.0		
		Terry	27:09.0		



Winter Program Relays (cont.)

The next relay team event is the cross-country relay at the St Annes Myrniong winery (with cellar door afterwards!). So far it looks like we'll have at least 9 teams participating, with room for more!

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.

The Winter Program

Saturday 17th August

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

Sunday 8th September

The PB Events Maribyrrnong 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

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.

SURNAME	Current Start (mm.ss)	gross split 1	SPLIT 1 (mm.ss)	SPLIT 2 (mm.ss)	Gross Time	NET TIME (mm.ss)	PLACE
<i>Newport Lakes 14th July 2024 approx 3000m Winter X Country</i>							
Qualified Members							
Jimmy Dwyer	8.10	13.37	5.27	5.39	19.16	11.06*	
Mary Ellen Brierley	4.00	11.28	7.28	7.49	19.17	15.17	
Terry Pearce	7.00	13.11	6.11	6.13	19.24	12.24	
Cain Speakman	7.30	13.33	6.03	6.21	19.25	11.55	
Rae Carter	7.45	13.38	5.53	5.55	19.33	11.48	
John Gray	7.15	13.20	6.05	6.18	19.38	12.23	
Neil Speakman	4.30	12.11	7.41	7.32	19.43	15.13	
Stuart Tennant	4.00	11.59	7.59	7.54	19.53	15.53	
Anna Bovdis	4.00	11.58	7.58	8.14	20.12	16.12	
Ray Barnard	4.00	12.03	8.03	8.14	20.17	16.17	
Matt Loader	5.25	12.48	7.23	8.22	20.20	15.45	
Belinda Fithie	3.10	12.13	9.03	8.42	20.55	17.45	
Leigh Kelly	6.30	13.57	7.27	7.09	21.06	13.36	
Ineligible member							
Chris Hinchliffe	4.00	11.54	7.54	7.46	19.40	15.40	
Anna Anderson	3.10	11.32	8.22	8.21	19.41	16.31	



Cross Country

JIMMY DWYER produced a terrific run to take out the 2024 Hobbos Cross Country Handicap at Newport Lakes. 15 starters took on the 3 km course in cold damp conditions. One look at the team of volunteers in coats, scarves and beanies suggested a brisk Sunday morning run was the best way to warm up and stay warm.

The race itself produced a very tight finish with the winning margin a solitary second. **Mary Ellen Brierley** was caught by the fast finishing Jimmy (fastest time of the day) just before the finish line. There was a mere 9 seconds between first and fourth. Terry Pearce and Cain Speakman were third and fourth respectively.



Jimmy toes the starting line looking very focussed

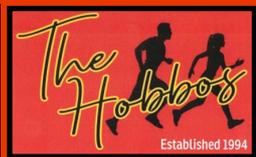
‘Best Bacon & Egg Roll Ever!’

According to club secretary Brony, the effort required to roll out of bed and front up at Newport Lakes to run or help at the annual Hobbos Cross Country was amply rewarded by a superb post-race breakfast of yummy bacon and egg rolls. Jude’s Photos show that breakfast was in the capable hands of Tam, ably assisted by Kieran.

Like all of our events they don’t happen unless we have helpers. A big thank you to Race Director & handicapper, Peter Buissink. Rob Falloon, Brony Rowleson & Rachel Kealy for marking out the course, set up timing equipment, the race timing itself and filming the finish - being the cheer squad as well.

Full Results on page 5 and all the action is on page 7







Who is Laura Smethurst?

Laura is a mum. Two daughters – Audrey and Heidi. (Husband, Tim)

An educator. Introverted. Slow to warm up with people. Pretty quiet and loves a good book

Someone who understands that mental health is running. And that being injured can lead to disruptions in mental health.

A part of Hobbos for 4 years

What is your athletic background?

Primary School – 100, 200, 400, 800. Always loved running.

High School – part of Cross Country Team. 1.5-3km.

University with a friend did my first fun run – Run for the Kids 2006

When and how did you get into running?

It was pre-Garmin, when we measured the distance in a car. 2.5km out and back course and that's how we trained.

I have always been a runner, but I didn't know until I did my first fun run.

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

To include more women in the club. (A more inclusive environment)

Promote women as runners and mums in running clubs.

Drive more equality

Coaching kids – so I can also run track with them.

Any specific areas you specialise in training / coaching?

5 or 10k, up to half a marathon

Kids session

My goal is to get people to see themselves as runners.

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

5k and 10k

What does a typical training week look like

for you?

Monday – Whenever I can fit a run in....

Tuesday – Morning Track (when I can fit it in)

Wednesday – Whenever I can fit a run in....

Thursday – Morning Hills (When I can fit it in)

Friday – Whenever I can fit a run in....

Saturday – Park Run

Sunday – Long Run

Personal achievements/PBs/most memorable performance?

Melbourne Marathon 2009 (used a stopwatch) 4:14:26. Mostly trained on a treadmill for this race

Run for the Kids – Running along the Bolte

Bridge – Has to be the best view going around



Any bucket list races?

Boston Marathon

New York

Do you have any future running goals?

Noosa Triathlon

Learn to ocean swim from scratch

Learn to bike ride from scratch

Run a 10k PB

Get back to pre-children times for my 5k.

5k 21:49

5K Cyril Curtain Reserve 23:14

Best event (organisation, scenery, atmosphere)?

Sydney Half Marathon 2010 – running over the Harbour Bridge and past the Opera House



Which runners/athletes inspire you?

Heather Turland (First female marathon winner)
Betty Cuthbert (I did a few projects on her in school)
Other running mums.

As a coach, do you have any coaching philosophies you align with?

Body scan – every kilometre. Head and Chest up. Fast legs.

Everyone is a runner, no matter the speed
I am more old school, train by feel. Rather than use digital feedback.

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

When it gets hard, count while you are running.
Helps to take the mind off the pain.
Count to 100

Do you Strength Train, participate in Yoga or Pilates? How do they help with your running?

Pilates. Foam roller. Therabands.

What's your favourite after run food?

Coffee and an almond croissant. (as I am a morning runner)

What's your favourite movie?

Love Actually
Annie (The old and the new one)

What type of music are you into?

Whatever is on the radio – Smooth or Gold FM

Best holiday you've been on

Travelling around the USA – Brother lives in Boston, so we flew into Boston and started our trip from there.

Running Holidays. Remember it snowing while running in Central Park. Running in Karratha Northwest Australia. Very hot and had to run early in the morning.

Do you describe yourself as a runner?

Yes - definitely.

I hope this helps the club members know a little bit more about me. I hope it inspires new mums to put on their runners, with or without a pram and get out for a run. I would love everyone to see themselves as potential runners and reap the benefits for their mental health.

Cheers

Coach Laura Smethurst



Eero spoke and we all listened...



EVERYONE SHOULD THINK ABOUT...

RUNNING SAFELY

Whether you're male or female we all should be able to feel safe when we run, particularly in the early morning or evenings.

As a run coach with Hobbos I thought I would share a series of thoughts I've come across that you might think about on your next run.

Depending on what hours we work, I would guess that most of us run in the morning or evening in the cooler months and mornings in the warmer.

There are positives to take away in doing this:

Cooler temperatures – yes it can be freezing in winter, but in summer you can beat the heat.

Flexibility – being able to run to fit around your schedule, allows us to get our training done when we can.

Stress Relief – you can use a run to set your mood up for a positive start to the day or use it as a stress relief at the end of the day.



In doing this particularly in winter when it is darker there are some important things to remember.

Visibility is the Key: Wear reflective clothing, bright clothing, a head torch, make yourself visible to drivers and other pedestrians. Plus, a head torch can light up the path, so hopefully you don't trip.

Use Well-Lit Routes: This makes sense, but there are always darker areas of any street or path, again a head torch helps here.

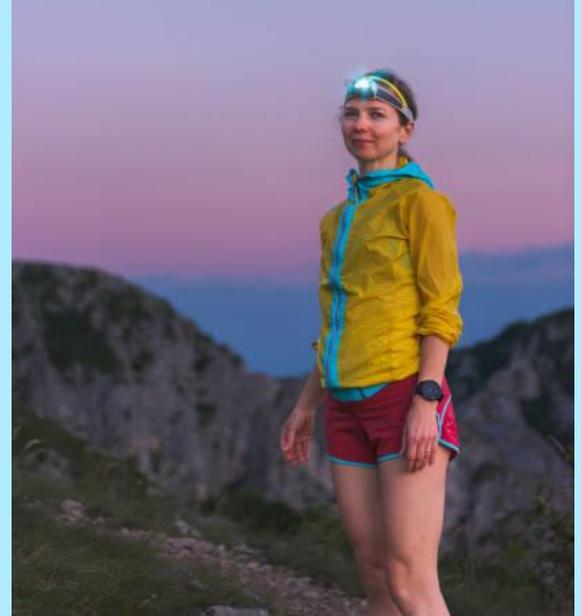
Tell Someone your plan: tell someone where you're running and when you are likely to arrive back.

I'll give you some suggestions about this a bit later.

Run against the traffic: If you choose to run on the road, run against the traffic, so you can see them coming and they can see you.

Bright Running Gear & Headtorches

Improve Visibility



Stay Alert: Use headphones that do not exclude you from knowing what is happening around you, or just wear a single earbud.

Carry Identification: I would guess most of us don't do this... guilty! ...but it is particularly important if you have a medical condition and if you do have an accident and need medical treatment, it can assist the EMS to treat you promptly.

Vary Your Route: If you can vary your route, but if you are like me, we tend to run the same routes with your tribe.

Buddy System: It is not always easy to find a friend to run with, but if you do run in a group and someone is behind, please wait at the turnaround point to make sure they are okay.

Look for Hobbos track, recovery sessions, hills & Sunday longer runs to find your buddies.

Weather: Dress appropriately, only you know if you prefer to run in shorts or long legs in winter, a tank in summer, how much water you need on your run (*which for me changes with the seasons*) We are lucky there are water and toilets along most of



the foreshore from Williamstown to Altona, but consider what you need.

Winter: long pants, long top, hat (*even a merino wool top if the wind is icy*)

Layering particularly the top half might work for you.

Summer: shorts, tank or t-shirt, hat, sunglasses, running vest for hydration.

Carry a Phone: you never know if you will come across an accident or need assistance yourself, so it's a good idea to carry



Phones allow quick response to the unexpected

one.

I just want us all to have fun out there.

Feel free to send me a message or bail me up, if you have any questions or suggestions.

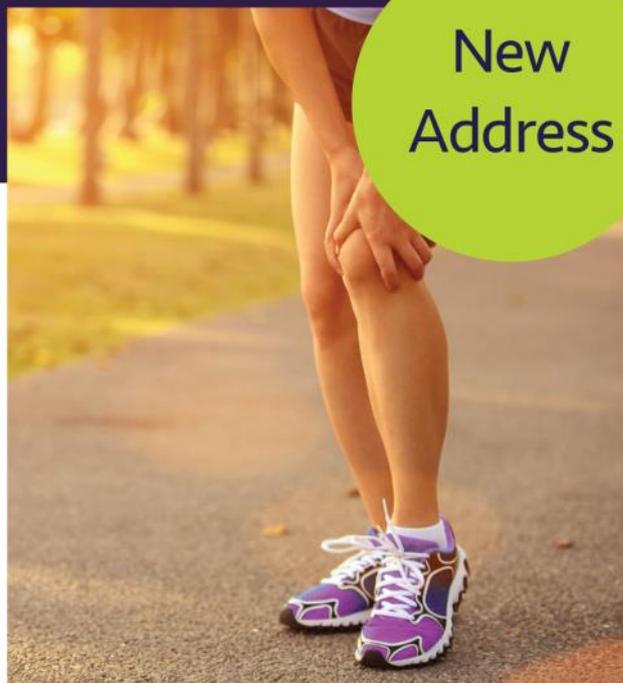
Next time: Safety features that you may or may not know about on your Garmin watch.

Belinda (Bel) Fithie
Level 1 - Run Coach



**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



Celebration of 30 Years of the Hobsons Bay Running Club

Eero, Sara, Susan, Ted,
David, John – the legends spread,
Way back in the days of yore,
Running, chatting, memories galore.

Kenyan eggs? What's that about?
A mystery still, without a doubt.
First run to the Timeball tower,
With John and Angela, chatted an hour.

Inside the gym on Thursdays we met,
Saturday handicap, our monthly bet.
Puffing Billy and half marathons,
Laughter, friendships, far and beyond.

Members came and members went,
Life changes, time well spent.
Dipped my toe in now and then,
Raising sons, a busy blend.

Rejoined last year, felt like home,
New faces, tips, a friendly tone.
Laughter echoes, hearts alight,
Until the 5 km, we take flight.

Banter fades, serious face,
Personal bests, the wild race.
Encouraging shouts, tired legs,
Suddenly we're upright pegs.

Trained with Kate for six months straight,
Melbourne half marathon, oh what fate!
Under three hours, a splendid run,
Feeling accomplished, having fun.

Number 39, forever mine,
And with all our numbers we brightly
shine.
Proud members, heart and soul,
Hobsons Bay Running Club, we make it whole.

Now at the helm is John, Peter, Brian, Mick,
Brony and the committee, they lead so slick.
Here's to the future generation of runners,
With eager hearts and joyful stunners,
May they find in us their guide,
And join our runs with strength and pride.



By Vanessa Coutts #39



*Our current committee...well almost all of them.
We missed you Pete & Mick.*



*Photographer
Will*

Who is Rob Falloon?

I grew up in Central Victoria on a farm, until I moved to Melbourne to go to university. Life was very much centred on work on the farm.

I'm 71 years young now and have travelled and worked in numerous places within Australia and around the globe. It included lengthy periods in the South Pacific, Middle East, South East Asia and North Africa making up almost half of my working life.

I've always been active (some have remarked at times, too active) and I'm an avid watcher of most competitive sports and have always enjoyed reading sporting autobiographies, many discarded ones found in OP shops..

Possess an adaptive mindset, a must to survive when working and living in some of the places I have.

I signed up with the happy Hobbo crew in 2012 and running has always been a constant throughout my life.

What is your athletic background?

I ran well in my school boy days.

Played Aussie rules and was a member of an U16, Country football league premierships winning team in 1968. Not living in town, I never had the opportunity to develop my football skills, so only an average player.

Over the years I've indulged in a few other sports outside running including scuba diving, wind surfing, sea kayaking, downhill skiing and orienteering based upon where I lived at the time.

When and how did you get into running?

I started running in school (in my early teens) – and achieved quite a bit of success. I was never beaten in any of my local Regional schoolboy cross country races.

My elder brother was a state representative in distance running and was an influence, but being significantly older, and not living on the farm, I needed to be self-motivated and coached myself, doing most of my running alone on the rolling countryside and along the quiet back roads near to my home.

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

I'm one of clubs initial group of Level 1 coaches in the club, now Level 2.

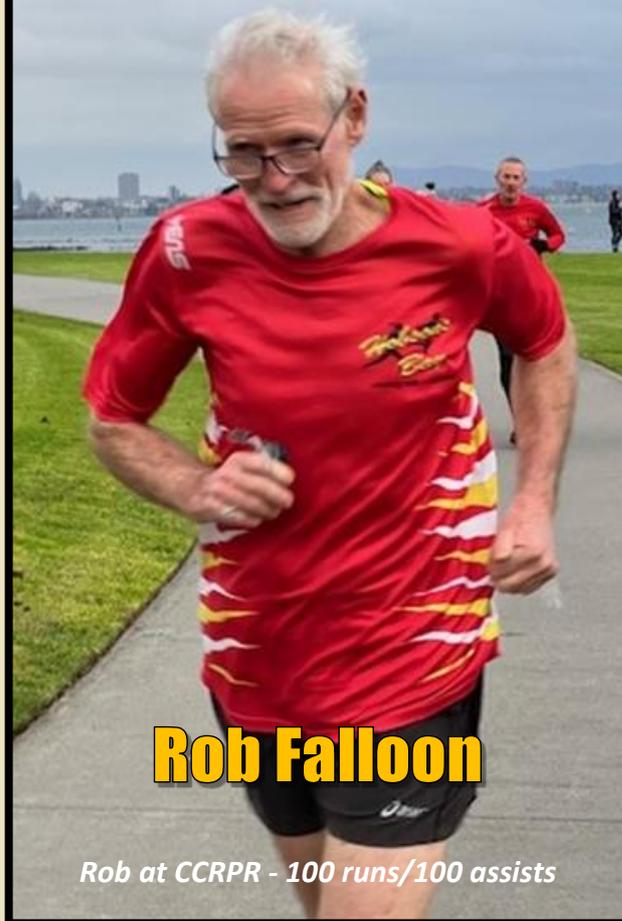
I have a long history, knowledge and experience in running and different approaches to training and am very open and always willing to help anyone who asks for advice to help them avoid some of the many common training mistakes, many of which I've made.

It's always great to pass on some of that knowledge to newer runners and watch them enjoy their progress.

Any specific areas you specialise in training / coaching?

I don't really specialise in any particular event,

Get to know your coaches



Rob Falloon

Rob at CCRPR - 100 runs/100 assists

however I am happy to offer advice on distances from 5km through to the Half Marathon.

Inexperienced runners of any age and older runners setting out on their running journey I can certainly help.

And those, who have set a primary goal of improving their 5km time.

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

These days 5km – 10km. Being older the body's ability to absorb training volume becomes a limiting factor. Wear and tear on the body is inevitable as you age (and in my case not strictly due to past running) I need to always allow adequate recovery/absorption time to stay strong and healthy.

What does a typical training week look like for you?

Monday – Rest or general strength (injury prevention) exercises

Tuesday – Track or Short Tempo Run

Wednesday – Rest or very easy recovery run

Thursday – Rest or General strength (injury prevention) exercises

Friday – Rest

Saturday – Park Run



Sunday – Easy Long Run 8-10km (injury prevention strength exercises post run)

But with lots of flexibility allowed for on Tuesday, Wednesday and Thursday, depending on how I feel.

Personal achievements/PBs/most memorable performance?

I Won 3 Victorian U16 Cross Country Titles in 1968. (5km, 5 Mile and the Victorian Schoolboys)

I held my High School's Open Mile Record from a young age. (I wasn't allowed to run the mile in the annual athletics sports in my first two years at high school, even though I won the trial, as deemed too young)

PBs: 1500m 4:08 | 3km Steeple 9:30 | 15km 50:03 | Marathon 2:45:00 (should have done better but never really trained specifically for it)

Any bucket list races?

None for now – Just keep moving. A new one might be just around the corner.

What are your future running goals?

Keep moving and help others.

Best event (organisation, scenery, atmosphere, or just memorable)?

The next one ☐ and a couple of overseas ones that spring to mind....

A 24hr Relay run around Treasure Island (FIJI) – Raising money for the local hospital and another relay race in Fiji around Ovalau Island, starting and finishing in Levuka the original British colonial capital.

Beating my two, very much younger nephews in the 22+km Penang Bridge run. With my arm in a sling. They were feeling very smug thinking they would be waiting quite a while for me to arrive at the finish line, not realising I had already finished long ago. I did this fun run many times whilst living in Malaysia.

Which runners/athletes inspire you?

Ron Clarke – ran like a machine

Raylene Boyle – effortless smooth stylish runner. Ran like the wind.

Abebe Bikila – Dual Olympic Gold Medalist in the Marathon.

1960 in Rome and 1964 in Tokyo. Ran barefoot over the cobblestones to win in Rome – Amazing performance. Won both races in World Record time.

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

Yes I am, and still learning. Using a heart rate monitor after my quadruple bypass surgery in 2015 to validate my training approach has been beneficial.

I like to think of running as playing the long game. Long term training consistency and subsequent results always trumps those easy to obtain early initial wins.

Build a base first – a min of 10 weeks if you're starting out before attempting any harder goal-oriented training.

There is no use training hard, if you cannot adapt/absorb the training. A lot of people make the mistake of training too hard, too often.

I don't like to think of setbacks as injuries, more so a failure to adapt your training to absorb the workload. Recover and reset.

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

When Racing – it's all about having strong mental focus on maintaining your pace.

Mental strength becomes stronger as you develop your aerobic capacity and endurance through training.

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

Yes, I do strength train, but nowhere near enough. Old bad habits die hard, just keen to get out and run.

Mainly body weight exercises. I have done yoga and a form of Tai Chi in the past.

What's your favourite after run food?

Keep it simple. Like a cup of tea and pancakes with fruit. Or some wholesome muesli with fruit.

After competitions a beer and a chat with like-minded company is always enjoyable.

What's your favourite movie?

The Salt of the Earth – 2014 documentary on world famous Brazilian photojournalist Sebastiao Salgado. Amazing photography with a great back story.

What type of music are you into?

A little bit of everything. I often relate

music to past life experiences. Not a fan of Heavy Metal and Rap.

Best Album – Woodstock – The Complete Set of 4 LPs

Best holiday you've been on

4 weeks skiing in Switzerland and Austria. Immediately afterwards went off to work in Fiji, so no



Rob Falloon - 2nd from right, holding the baton as part of the relay team in a race around Ovalau Island, Fiji.



more skiing for a while.

My working life in Fiji. 2.5 years of great times, every weekend a holiday.

More recently being amazed by stunning land/seascapes on kayaking trips with friends:

Laos – 3 weeks of Kayaking on the Mekong River and three of its tributaries, camping along the riverbanks and staying in small towns and even smaller villages with the locals, and engaging in their local hospitality and culture (Laotians love an excuse to engage in welcoming drinks with visitors, very potent local brews).

Sea kayaking trips in Fiji (Yasawa Islands), the Southern Philippines (Palawan), West Papua (Raja Ampat, twice) and Kamchatka (Far Eastern Russia).

With the added bonus, kayaking is good for your core strength.

Do you describe yourself as a runner?

Yes, I do.

I hope this helps club members know a little bit more about me. My life has taken me many places where running was pretty much non-existent or the climate or location not very conducive to heading out the door on a run. But I usually found a few expats who did like to run or some work colleagues who liked to run after work. In Indonesia a run home from the worksite to the camp where I lived at the time, on paths through the jungle and plantations was a nice way to round out the day. In some countries I joined the Hash House Harriers but that's a whole separate story for another day.

Cheers

Rob Falloon

TIRED OF DRINKING FROM OLD ENAMEL MUGS?



The Hobbos need your unloved china mugs

Please - no chipped, cracked or stained.

No crap please.

Definitely no Hawks' mugs

Bring along a mug (or 2) to the next handicap

By order of the committee

Please note: Some enamel mugs will be kept for tradition & nostalgia purposes,
and for Michael Slee who looks forward to a cuppa with that hint of enamel - it's the taste of Hobbos!



Bragging Rights for now...

Jac Wainright's comfortable win in the June Handicap secured the right to brag - husband **Matt Loader** finished second. Both ran PBs. But as the year unfolds Matt may also have something to crow about too. Matt is sitting pretty in second place on the Greenwich Cup table.

But let's get back to the June Handicap. 28 keen souls contested

the June 5km event. **Ann Girvin** was fronting up for a Hobbos Handicap for the 148th time, the most of any woman at the club - ever! Congratulations Ann (Picture on page 2 this issue).

The first four placegetters all ran PBs. In addition to the three mentioned in Mick's article below, Di Donoghue also beat her best by that wonderfully cagey margin of a single second. A PB is a PB, right Di? The only other PB was Kaia Morris who sliced off 1:14 - very handy indeed.



It was fabulous to see **Eero Keranen** back on our course. I was taking snaps at the turn and he proudly displayed his bib #2 as he rounded the cone and smiled for the camera.

In terms of the Greenwich Cup Matt's showing today would have seen him gain ground on GC leader **Sue Walker**. Matt finished ahead of Sue in the placings and his PB earned him bonus points where Sue was well outside her usual best.

But hey, with 6 handicaps to go - and final scores are calculated from the best 8 - it is still anybody's Cup. Go for it!



Master & Pupil:

'The Force is strong with this one'

Results for the June Handicap are up.

Jac Wainright (let me know if it should be Wainwright!) took out the win with a near two-minute PB, ahead of partner Matt Loader with a paltry 39s PB. **Sarah Lowe** was third, with a 2s PB which also beat the handicapper by 2s. In the conditions, even getting close to a PB is great running.

Susan Walker was fifth, to continue to score good points towards the Cups. And in the third season of the popular soap opera "The Speakmans", a reminder that son **Cain** gratuitously took a valuable point from **Neil Speakman** at the tail end of last year by passing him on the finishing straight - so Neil decided that this was a fine month to take that point back, leaving Cain one point further adrift from Susan.

Thanks as always to the Helpers, and particularly for young Will who took the time to start learning how to process the results today.

Mick Beasley's Facebook Post



Hobbos Handicap - June 2024 - 346th Running

Pos	Name	Finish	Time	Start	PB	AGPB	Split 1	Split 2	Points	Bonus	Total
Greenwich Cup											
1	Jac Wainright	49:14	29:29	19:45	31:12	31:12	14:38	14:51	20	12	32
2	Matt Loader	49:36	23:36	26:00	24:15	24:15	11:42	11:54	19	12	31
3	Sarah Lowe	49:58	23:53	26:05	23:55	23:55	11:54	11:59	18	12	30
4	Diane Donoghue	50:06	31:06	19:00	31:07	31:07	15:26	15:40	17	12	29
5	Susan Walker	50:15	24:55	25:20	22:44	24:46	12:36	12:19	16	10	26
6	Leigh Kelly	50:20	21:45	28:35	21:33	21:33	10:41	11:04	15	10	25
7	Neil Speakman	50:28	23:43	26:45	23:15	23:15	12:07	11:36	14	7	21
8	Cain Speakman	50:30	19:50	30:40	19:26	19:26	9:57	9:53	13	8	21
9	Anna Bovdis	50:32	26:52	23:40	26:42	26:42	13:12	13:40	12	10	22
10	Mark Letman	50:34	22:14	28:20	21:51	21:51	11:11	11:03	11	8	19
11	Rae Carter	50:39	19:54	30:45	19:42	19:42	9:49	10:05	10	10	20
12	Jane Whitmore	50:50	24:50	26:00	23:08	24:11	12:26	12:24	9	5	14
13	Anastasia Aldred	51:02	28:07	22:55	27:23	27:23	14:13	13:54	8	4	12
14	Michael Musgrove	51:05	40:50	10:15	35:15	39:45	20:25	20:25	7	1	8
15	Belinda Fithie	51:19	29:04	22:15	27:34	27:34	14:34	14:30	6	0	6
16	Helen Haralambous	51:20	35:40	15:40	34:31	34:31	18:05	17:35	5	0	5
17	Ken Smith	52:03	45:03	7:00	22:28	37:27	22:15	22:48	5	0	5
18	Bronwyn Rowleson	52:09	34:54	17:15	30:03	32:17	17:24	17:30	5	0	5
Ineligible											
1	Jimmy Dwyer	50:47	19:32	31:15	18:51	18:51	9:42	9:50	10	0	10
2	Tameka Day	50:12	19:52	30:20	18:45	19:47	9:48	10:04	10	0	10
3	Brian Armstrong	51:16	21:01	30:15	18:09	18:45	10:27	10:34	10	0	10
4	Andy Palmers	50:37	21:47	28:50			11:03	10:44	10	0	10
5	Shannon Cooper	49:23	24:23	25:00			12:09	12:14	10	0	10
6	Kaia Morris	49:18	24:23	24:55	25:37	25:37	12:16	12:07	19	0	19
7	Ann Girvin	46:17	33:17	13:00	23:56	27:46	16:53	16:24	10	0	10
Ineligible 2.5km											
1	Eero Keranan 2.5km	41:16	26:16	15:00	17:20	17:20	26:16		10	0	10
Guests											
1	Marco Monteiro	49:18	21:18	28:00			10:46	10:32	-	0	-
2	Dara Shine	52:37	28:37	24:00			14:41	13:56	-	0	-



JUNE HANDICAP

Clockwise from top right - Cain leads Rae at the turn; Ken with Michael in hot pursuit; 'PB' Di on her way; Shannon Cooper leads a string of Hobbos to the turn; 'It's not time to make a change...'; Jane and Sarah smile for the camera; Hobbos #2 Eero



Hobbos Greenwich and Ted Joy Cups 2024

Current Standings - Greenwich Cup

Place	Name	Jan	Feb	Mar	Apr	May	Jun	Best Eight	Notes	Total Runs
1.	Susan Walker	31	30	32	29	(20)	26	168	e	132
2.	Matt Loader	21	23	30	31	(20)	31	156	n	8
3.	Cain Speakman	29	28		28	23	21	129	n	29
3.	Ray Barnard	32	32	(20)	19	16	(10)	129	e	87
5.	Leigh Kelly	20	31	22		22	25	120	n	8
6.	Helen Vaxevanis	30	22	28		31		111	n	8
7.	Rae Carter	26	27		32		20	105	n	8
8.	Graeme Dewerson	(20)	24		30	25		99	n	26
9.	Michael Slee (walk)	28	9		12	28	(20)	97	n	16
10.	Neil Speakman	23	5	(20)	13	11	21	93	n	23
11.	Jac Wainright	10	20	10		17	32	89	n	5
12.	Diane Donoghue	(20)	11	5	23		29	88	p	37
13.	Anastasia Aldred	10	10		27	26	12	85	n	8
13.	Sarah Lowe		10	22	23		30	85	n	16
15.	Anna Bovdis	10	(20)	10	5	17	22	84	n	5
16.	John Gray	10	10	10	10	17	(20)	77	e	105
17.	Michael Musgrove	27	14	9		12	8	70	e	260
18.	Mark Letman		29	21			19	69	n	8
19.	Helen Haralambous		21	23		18	5	67	n	8
20.	Jane Whitmore	20				30	14	64	n	27
20.	Mario Valastro	18	26		(20)			64	n	5
22.	Peter Buissink	(20)	(10)	(10)	(10)		(10)	60	a	79
23.	Jimmy Dwyer	11			24	9	10	54	n	15
24.	Stuart Tennant	10			10	32		52	n	5
25.	Kevin Aldred	(20)			21	(10)		51	n	1
26.	Brian Armstrong	(20)	(10)	(10)			10	50	a	48
26.	Mick Beasley		(20)		(10)	(10)	(10)	50	a	48
26.	Rob Falloon	(20)		16	9	5		50	e	90
29.	Cat McCrae	(20)	17	10				47	n	4
30.	Belinda Fithie	22		12		5	6	45	n	10
30.	Ken Smith	5	5	5	(20)	5	5	45	e	203
32.	Ann Girvin		(20)			(10)	10	40	a	158
32.	Ashley Sanderson			27		13		40	n	11
32.	Bronwyn Rowleson	10	(20)			5	5	40	n	20
35.	Kieran Leonard		10		18	10		38	e	73
36.	Lois Speakman		7	(20)		(10)		37	n	10

Hobbos Greenwich and Ted Joy Cups 2024

Current Standings - Ted Joy Cup

Place	Name	Jan	Feb	Mar	Apr	May	Jun	Best Eight
1.	Susan Walker	31	30	32	29	(20)	26	168
2.	Ray Barnard	32	32	(20)	19	16	(10)	129
3. (p)	Diane Donoghue	(20)	11	5	23		29	88
4.	John Gray	10	10	10	10	17	(20)	77
5.	Michael Musgrove	27	14	9		12	8	70
6.	Rob Falloon	(20)		16	9	5		50
7.	Ken Smith	5	5	5	(20)	5	5	45
8.	Kieran Leonard		10		18	10		38
9.	Graham Edwards	5	5	5	(20)			35
10. (p)	Jason Rees			10	19			29
11.	John Becroft	5		5	10			20

(p) Have not completed 40 runs/walks but could still do so by the end of 2024

Points for Helping are shown in brackets - e.g. (20)

Number of records: 11

20 Home Runs - July 2024



Trail Corner



With Lucas Beck, Trail & Ultra Coach

"Sometimes you gotta lick the stamp and send it!"

Daniel Ricciardo

Hello trail legends,

As a coach, I love seeing people take on my ideas such as "Send it, Saturday". At the June Hobbo's handicap, Sarah Lowe & Di Donoghue sent it! Both coming away with coveted PBs, speedy Sarah in 23:53 and dashing Di in 31:06. Well done ladies.

Karen, Phillipe, Sarah and I went out for a night trail run at 100 steps to practise night running in a group, hiking poles techniques, and hand-on-thighs hill hiking, too.

The You Yangs Trail running festival was held on the weekend of 13/14 July in wintery, cool and changeable conditions. Taking on the 21km course, Kieran Leonard came in a very nice time of 2:04:48, and Melanie Griffin on a 2:26:23. Well done both.

I had a rare day out at Mt. Dandiong on the rollercoaster course (22km loop w/ 1000+m) recently, with local trail legend, Andrew Greaney. Nicely groomed trails for the most part, a few steep climbs and beautiful ferny scenery. I'm also heading out there again, with Sarah, doing her 6-hour training mission long run. Cat & Di sent their long mission runs at the You Yangs, too, go you good things! And, Phillipe did his

long mission run early, completing the SCC leg#3 recce!

And...I heard on the grape vine, that there's another team of weapons assembling for the Surf Coast Century relay; Kieran Leonard, Melanie Griffin, Jimmy Dwyer and Tameka Day. Look out!

Surf Coast Century Leg #3 Sunday 28 July

Distance: 27km | Elevation gain / loss: 760m / 720m | [CAPRA maps](#)

Terrain style: A mixture of 2WD, 4WD and single tracks through more remote sections of the coastal bushland. This is the hilliest leg of the race and the crux of the course.

Trail shoes, mandatory. 3-5 hours of nutrition, map on phone (minimum) and on watch (recommended), also, team shirts on! And check out the [Facebook post](#) if you need to organise a car shuffle, as we start in Moggs Creek and finish at Anglesea Bowls Club.

See you on the trails.

Lucas Beck, Trail and Ultra coach

Events

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](#) Grampians mountain ranges

21 – 24 November

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

[Two Bays Trail Run](#) Dromana / Cape Schanck

12 January 2025

28km & 56km

[Hut to Hut](#) Mt Buller

Registrations open 2 August

The Bella 10km w/ 360m elevation, Sunday 16 February

The Archie 52km w/ 2500m elevation, Saturday 15 February

Oscars 100km w/ 5700m elevation, Friday 14 February

[kunanyi Mountain Run](#) nipaluna / Hobart, lutruwita / Tasmania

Registrations open 31 July

28 – 30 March 2025

66km (relay or solo) – 25km – Vertical Kilometre (5km) – 9km – 900m/1650m/2400m Kids run



Hobbos Coaching

With Brian Armstrong, Coaching Co-ordinator



We are at that time of year, where everyone struggles to get up early and start that morning run. It may be a bit too dark, cold, windy, or even raining. But with so much on offer during these months, let's face it, once you get out and start a run, the feeling is so great.

Winter (between the rain) also offers some of the best fun running and calmer nil wind days, plus a great time to chase PB's. This is shown by all the recent PB's in the various race events.

Running in the dark

Some months back, Belinda instructed a workshop for women running in the dark and the various safety concerns. However, as a club, we all need to further consider the various risks associated with running in the dark and due to this, HBRC Committee is currently evaluating our running in the dark training conditions, and future policies. The immediate sessions affected will be Thursday morning and afternoon hills, plus Wednesday recovery runs. At this stage, we anticipate some slight changes, that will remain while we are running in the dark. (see *Belinda's Running Safely article p10*)

Expect some further details as we progress through this with urgency, which will be detailed on Facebook, and in the next Newsletter. As normal, minimal requirements for members are a head torch to assist prevention of incidents. Our coaching team will also re-evaluate all training routes and environment, being extra stringent. This may change the sessions slightly, like a different start point, different route, etc.

Wednesday Recovery Runs Start

July marks the start of our Maiden Wednesday recovery runs. As mentioned in last month's newsletter, the coaching team are slowly looking at growing membership from the Altona catchment area, so we targeted Altona first.



Altona - Brian, Bel, Cindy & Mel

3rd July Wednesday 6:15am – Maiden Wednesday Recovery Run from Altona Pier – Belinda and I led a group total of 4 runners.

10th July Wednesday 6:00am – Maiden Wednesday Recovery Run from Williamstown Life Saving Club (also joining Willi Legends) – Belinda and I led a group of around 6, and joined Willi Legends (group of 8), for a total of 14 runners

17th July Wednesday 6:00am (Williamstown) & 6:15am Altona) - We decided to test running both locations on the same day. At Altona, I led a total of 4 runners, and Belinda led a total of 4 runners at Williamstown.

While our Wednesday recovery runs are low in numbers now, so too were our hill sessions when we first started. We expect numbers will grow gradually and more so once the warmer weather arrives.

These runs are on a flat concrete path surface, but do require a head torch during the darker months.

The obvious question with these runs, is how far do we run, and at what pace. The distance is around 7km -8km at Altona or Williamstown, and the pace is variable. Being a recovery run, the average pace is around 6:20 per km, however pace can change to cater for everyone.

In Altona we ran an average of 6min 30sec per km pace, and while we can cater for those faster, we ask that they wait mid-way for the tail end of the group. Those that want to run slower, again, all good, just join in and we will find someone at an equivalent pace.

The main idea of the Wednesday recovery run, is to 'take it easy', relax, chill, and have a great social chat along the way. It is so much fun to just enjoy the conversation early in the morning, while watching that magnificent sunrise. Everyone is welcome, at any pace, so give this a try at least once, so you know.

Check Facebook for start times, and which location recovery run is on each week, as this can change depending on availability of run leaders. We will attempt to have runs at the two locations every Wednesday.

Monday Night Possible Yoga &/or Stretch Session

We are currently evaluating Yoga and stretching sessions for Monday nights between 6:30pm and 7:30pm. This is in the planning stage and dependant on clubroom access between clubs, and committee approval.

Expect more information in next month's Newsletter.

Training The Long Run with a Quality effort made Easier

A majority of marathon and half marathon endurance plans call for a long run with a faster effort, either in the middle or at the end of the run. This helps with race day preparation, training and expectations.

Some may call these a long run with quality FF session. While it is normally easy enough to find a running buddy for an easy weekend long run, it's not so easy when we throw in this faster pace and it is now a harder run.

I have hit this a few times in the past, and have found the easiest solution is to just find a suitable race and run your actual training run in a race event. This is the easiest way to make that run a bit easier and run with company.

I have done this on a few occasions, the last being two weeks back where I had a 27k run planned, with 17km faster effort. I selected one of the cheaper Sri Chimnoy half marathon race events. I did a 2km warm-up pre-race, 17k at effort during the race, with the remainder 4k being what felt ok to finish off the race, followed by a 4k warm down after the race. I found the 'training run' was much easier and I even met another runner who was racing the same effort as my target quality training pace, and we chatted the entire way. Before no time, he even said to me, "can you believe we just passed the 15k mark?", as the time went so fast because we talked all the way. It was such a great day and a harder training run made easy. Why not, give this a try even on smaller quality runs, as you can even use a parkrun for a 5k effort in between a longer run.

L1 Female Coach Requirement – STILL LOOKING

We are still looking for a female coach.

We are looking for one more coach 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.
- 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.

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:

Try a different event, if a road runner, try a trail run, and if a trail runner, try a road race event.

2024 Coaching Co-ordinator & Head Coach





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



Happy Anniversary

