

August 2024

# HomeRuns

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



# THE ONES TO CATCH

**Coach Pete Buissink**  
**More Safe Running**  
**Total Runs Are Back**

## In this issue

From the editor's desk	2-3
Gray Matters	4-5
Coach Peter	6-7
Hamish Munro	8
Running Safely	9-10
Coaching	11-12
Trail Corner	13-14
July Handicap	14-17
GC & TJC tables	28-19
Hobbos Ad	20

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



**Thanks to our Helpers!**  
**Quote of the day from Stu -**  
**“Don't show this to my wife!”**

## Forthcoming Events

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
Sat 28th Sept	Sept Hanicap - Grand Final Colours & Morning Tea

For XCR schedule, our Winter program & 2024 Program,  
see the various flyers throughout *Home Runs*.  
As always, see Facebook for latest club updates  
& event registration advice

**The Hobbos - a social club with a running problem**



## Membership

**2024 Memberships become due on 2nd April**  
<https://www.hobbos.org.au/new-membership-link/>

### Membership fees

**Individual: \$70 (increasing insurance cost)**  
**Concession/Pensioner/Child\*: \$30 (no change)**  
**Family: 2 x Single membership (Unlimited children)\*\***

\* a child not part of a family membership  
\*\* please nominate participating family members

Runners who are not financial members are free to enter the monthly  
handicap but are not eligible to win the PRIZED KENYAN EGG

### FACEBOOK & INSTAGRAM

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

### WEBSITE



# From the Editor's Desk

with Michael Slee

**Mario Velastro** is one of our Runleader/Coaches and took it upon himself to institute a series of articles - Get to Know Your Coaches.

I believe Mario sits down with the chosen coach, his list of questions in hand and just chats with them.

Mario's easy going manner, and love for a chat, obviously works wonders as the end results have made great reading.

The main idea behind Mario's articles, a thought echoed by the coaches themselves, is to help members get to know them a little better because it will make approaching a coach for help that little bit easier.

And they are all keen and happy to help. They are simply keen to give back, having themselves been the recipient of help given by others. There is always something to learn.

This month **Peter Buissink**, our much loved race director and club Treasurer, is featured. What deep dark secrets will be revealed about Pete?

So, thanks Mario, you are doing a sterling job and there are only 14 Coaches to go. That's a lot of coffees or beers....



*Peter Buissink presents Mick Beasley with the 2011 Greenwich Cup. Pete's Bio is on p6.*

An advertisement for SportsPower Williamstown. The background is a blue sky with two street lamps. A large blue sign with 'SPORTSPOWER' in white and red letters is the central focus. Text overlays include 'Williamstown' in red, 'Hobbos Discount 15%' in white, and 'Your Local Experts' in red. At the bottom, it says 'John Ayton's SportsPower for all your sporting needs Corner Electra & Ferguson Streets, Williamstown' in red and blue.

**Williamstown**

**Hobbos Discount 15%**

**SPORTSPOWER**

**Your Local Experts**

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





## Back on Track

Tuesday “track” sessions are now back on track after 12 long weeks of irrigation upgrade works. The works to replace the infield underground irrigation system and installation of recycled water tanks was expected to take 5 weeks, but weather and other delays, and the resumption of school carnivals meant a longer outage. At the time of writing the track is still closed to the general public on weekdays and weeknights while the works are completed.

During this time, we have run our Tuesday morning sessions Digman Reserve and Tuesday evening sessions at Crofts Reserve, with thanks to the Western Jets and Williamstown Super Rules for access to the grounds and floodlighting.

## St Annes Cross Country Relays

We had a fun day at St Annes Winery, Athletics Vic Cross Country relays earlier this month, with 9 teams and 29 runners.

Team	Place	4.2km	6.6km	6.1km	
M 60+	10th	Ray Barnard 23:54	Peter Whyte 40:34	Neil Speakman 32:50	
					<b>5.6km</b>
F 50+	5th	Anna Bovdis 23:58	Helen Whyte 38:37		Anastasia Aldred 33:15
F 50+	6th	Melissa Rutze 29:31	Catrina Muir 40:11		Diane Donoghue 39:02
		<b>8.6km</b>			
M 50+	9th	Ron Van Der H 41:23		Mark Letman 29:17	Rene Rutze 34:10
F 40+	3rd		Sonia Brockington 36:46	Karen Hayes 33:29	Rachael Kealy 34:47
Div 4	2nd	Kate Milnes 42:05	Zoe Handreck 27:34		Alison Sanders 27:50
Div 5	3rd	Sarah Lowe 45:34	Kaia Morris 35:01		Cindy Ho 33:18
Div 6	5th	Jimmy Dwyer 36:58	Waylyn Turner 30:59	John Gray 27:06	Andrew Scardino 23:54
Div 7	3rd	Dan Anderson 45:10	Matt Loader 35:04	Joshin John 31:54	Malcolm Powers 20:02



It was an overcast day, and some rain the day before had conspired to create some challenging mud patches, but the rain almost held off, with only a few of us copping a brief refreshing shower while running, meanwhile our brand-new gazebo on its first outing sheltered our gear.

We were running for fun and not fast times, but did have some competitive results, with Kate, Zoe & Alison taking 2<sup>nd</sup> place in Div 4 (after being promoted from Div 5 where they took 1<sup>st</sup> place at Sandown), meanwhile Cindy, Sarah & Kaia took 3<sup>rd</sup> place in Div 5 (after Cindy, Mel & Sonia took 4<sup>th</sup> place at Sandown).

The final results revealed a few very close head-to-head results,

6.6km	Kaia 35:01	Matt 35:04
8.6km	Dan 45:10	Sarah 45:34
5.6km	Anastasia 33:15	Cindy 33:18
4.2km	Ray 23:54	Anna 23:58

As with last year, we had another good contingent who stayed around to sample the cellar door, and a few packs of wine bottles were seen heading out the door, to fuel future celebrations.

Sadly, it was Cindy's last run with us before she moves to Sydney for work this weekend. We will miss her joyful presence and hope to see her back from time to time.



*Cindy's farewell run...*



*Kate, Alison & Zoe under the new Hobbos gazebo*

## **The Winter Program**

### **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 - 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.

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.**





# Get to know your coach

**Peter Buissink**

*For those who aren't sure, Pete is wearing the fluoro jacket in the above photo...*

**But, who is Peter Buissink?**

He is a twin – has a twin sister Pauline.

Family man – father of 4 + 4 grandchildren.

Born in Melbourne, moved to Tasmania and then to Holland for 5 years.

In year 9, came back to Melbourne and then went on to study quantity surveying.

A hard work ethic. The trait that best describes Peter? Perseverance.

He learned early on through family members, that volunteering keeps clubs going.

Peter is a life member of South Yarra Soccer Club. Oldest club in Victoria.

Peter is also the second life member inducted into Hobbos.

**What is your athletic background?**

Started with Soccer at school

In Hobart, played for a polish club – The White Eagles

Also loved sprints at school.

In 1994 when soccer waned – his attention turned to running in the Altona Masters.

Peter also played Volleyball, Water Polo and other sports.

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

1994 – started competing in the Masters. First run was an 800m in 2:47 in soccer boots.

Joined Hobbos in the year 2000, after being in

spired by the Sydney Olympics.

(saw advert in the local paper – Hobbos Advert)

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

Peter was in the first batch of coaches at Hobbos. He was one of 14 that came out of that first batch.

When he knew that running was coming to an end, he always wanted to give back.

Peter believes that coaching is the future of the club, and he wanted to be a part of that.

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

Peter was the handicapper

Sprints

400 / 800 / 1500

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

5k Handicap

100, 200, 400, 800, 1500m + field events Javelin and Discuss.

Never, ever wanted to train for the marathon.

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

Monday – Rest

Tuesday – Compete in Masters (Summer)

Wednesday – Rest

Thursday – Run

Friday – Rest

Saturday – Long Run + Park Run

Sunday – Rest

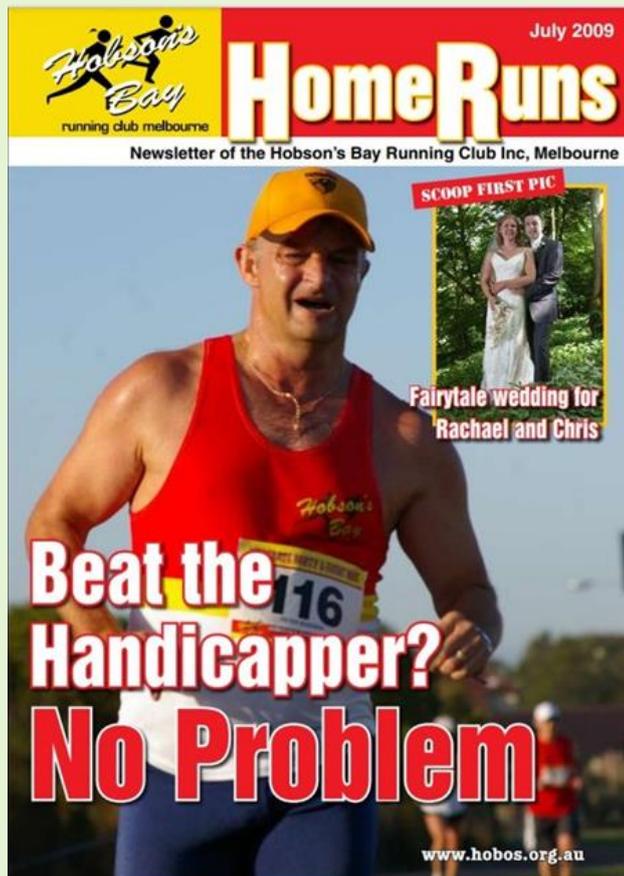


## Personal achievements/PBs/most memorable performance?

1 Silver Medal – 3.2km Walk. Police and Emergency Services Games

2 As a 15 Y/O, ran the first City2Casino fun run. Time of around 44min.

3 Won the Greenwich Cup and 3 Kenyan Eggs.



## PBs:

100m – 12:20 200m – 26:00 1500m - 5:30

5k – 19:30 (Newtown High Cross Country)

10K – 42:00

## Do you have any future running goals?

Unfortunately, injury has ended my running career

Cycling – at the moment. Love it.

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

City2Casino fun run – Hobart. Great atmosphere.

## Worst event?

1<sup>st</sup> Malvern Half Marathon. Ended up being on 18.5km.

First 10k – 43min, next 8.5k – 50min. Tough day at the office.

## Which runners/athletes inspire you?

Femke Bol

Jacob Ingebrigtsen

Robert De Castella

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

Low mileage, more Intensity

Quality over quantity

I believe that recreational runners are not necessarily looking for one on one coaching. Group sessions are what draws people to the club. This niche offers people structure.

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

Don't over think it. Use running as a stress relief. Old school. No ear buds or music.

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

No Gym work. (hated it in the police academy)

Only strength train while on holidays.

## What's your favourite after run food?

Pasta (especially with Broccoli)

## What's your favourite movie?

Being There – Peter Sellers (Comedy – good one liners)

## What type of music are you into?

All music

Love classical music

## Best holiday you've been on

Holiday through Europe and Sicily. (Peter and Sue)

## Do you describe yourself as a runner?

Yes, I do. Because when I stopped – I finally said that my running career had come to an end.

I hope this helps the club members know a little bit more about me. I hope they see that I am a passionate volunteer, who is seen at most handicaps every month. I enjoy a bit of banter and seeing guys doing well and seeing the club grow. Come and say hello at the next handicap. I am always happy to have a chat....

Cheers,

**Coach Peter Buissink**



A big hello to all past and present Hobbos! My name is **Hamish Munro**, and as a few of you may know, I have been running with the Hobbos on and off since late 2014, which is now coming up to 10 years (where did all that time go!). What most of you may not know, is that I have joined proud sponsors Symmetry Physiotherapy in Williamstown after finishing my Bachelor of Applied Science and Master of Physiotherapy degree.

Back in 2014, I was starting Year 7 as a young 13-year-old student at Williamstown High School, and a keen triathlete, without a running coach. After hearing through the grapevine that Williamstown had some group track running sessions, my triathlon coach introduced me to a few of the coaches, namely the legendary Eero Keranen, and several of the other lovely coaches and volunteers running the show down at the Newport Athletics track. Keeping this short and sweet, the experience was nothing short of exceptional. I was able to run a structured session every Tuesday and Thursday, as well as race in multiple events, with experienced and high-level coaches able to cater for all levels.

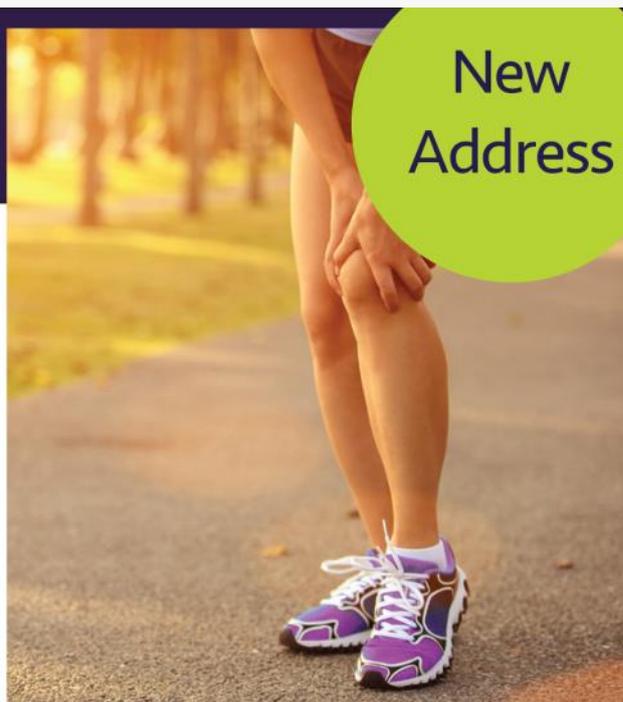
This helped me reach my goals of multiple Victorian Junior triathlon titles, top 5 finishes at national championships in triathlon, and reaching my peak 5-10km times as a runner. As someone who enjoys running and triathlon, I am very interested in assessing and treating running specific injuries and would love to give back to some of the Hobbos community by offering my physiotherapy services to anyone of any running ability, and if not, get them back running as soon as possible. I look forward to meeting many of you down at the athletics track and catching up with some of the old team and providing the best running specific physiotherapy necessary to achieve your goals.

Thanks,  
Hamish Munro



**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



EVERYONE SHOULD THINK ABOUT...

# RUNNING SAFELY

BY BELINDA FITHIE

## 13% Australian Smart Watch Users use Garmin watches!

Have I got your attention!!!

Yep all you Garmin wearers out there, I bet you thought you were in the majority...?

In 2021 - Out of the 36% of Australians that own a smart watch, 43% of those use Apple, 35% use Fitbit, 16% use Samsung & 13% use Garmin.

I am sure these statistics have changed now that running is the 'in thing!'

And, I guarantee that if I asked how many people within Hobbos had a Garmin watch it would be 90% at a guess...hmmmmm...



*You may need to Google your particular model of watch or the exact instructions, this is just an overall guide.*

There is one important thing to note with 99% of watches is that you will need to carry your phone to have any of these safety features work because they do not have a SIM card.

**\*Garmin Forerunner 945 LTE is an exception – LTE - Leave your phone at home**

If anything should happen when you're out on a walk, run, hike or bike ride, activating the assistance feature will discreetly send a message with your real-time location to your preloaded chosen contacts, making it easier for help to find you.

With incident detection, your device will automatically send a message with your real-time location to your chosen contacts when an incident is detected during an outdoor walk, run, hike or bike activity.

Wi-Fi is not required, but your smartphone will have to be with you and Garmin Connect will have to be running for these smartwatch safety features to work.



### LOADING EMERGENCY CONTACTS INTO GARMIN CONNECT:

- Open Garmin Connect on your smartphone
- Press More (iPhone: bottom right corner; Android smartphone: upper left corner)
- Press Contacts
- Press the three dots on the top right corner and then choose contacts from your address book or enter their contact information manually
- Once you have chosen your contacts, press the back arrow in the top left corner
- Go to Safety & Tracking
- Click Incident Detection & Assistance
- Click Add Emergency Contacts
- Your contact list should show up, and you can select up to three emergency contacts

Be sure to sync your watch when you are finished

### TURN ON INCIDENT DETECTION:

Incident detection will automatically turn on when a user adds emergency contacts to Garmin Connect (and those contacts get synced to the watch)

**\*DIFFERENT MODELS OF THE GARMIN HAVE DIFFERENT WAYS TO TURN ON INCIDENT DETECTION AND ACTIVATING THE ASSISTANCE, SO PLEASE CHECK YOUR INDIVIDUAL MODEL AS TO HOW\***



**Stay safe Hobbos, please set up your watch, cos you just never know when an accident might happen.**

**Belinda (Bel) Fithie  
Level 1 Run Coach**



# Hobbos Coaching

With Brian Armstrong, Coaching Co-ordinator



## 2024 August Coaching update

The warmer weather is here, and we are heading into the exciting months of race events. The local paths are like peak hour traffic on most weekends now. I have been dodging bikes, runners, ducks, and unleashed dogs.

It has been great to see so many Hobbos out and about, and since adding in our slow run sessions, I have been fortunate enough to run with a lot of those that I don't normally run with.

It is great running with everyone and hearing all the stories along the way as we chat.

As the best opportunity to run with a 'running buddy' is normally governed on running at similar paces, all members should consider finding someone who runs at a similar pace.

While some members like to just get out and run solo, others may find that it's much easier with a 'run buddy', especially on the longer runs.

Each weekend, I run with a faster group, and we do anywhere from 1 hour 30 minutes to 3 hours, and the time just flies as we chat the entire way.

It is much better than music or a podcast, and everyone gets to learn more about running and the world along the way.

If any member wants to find a running buddy of similar pace, let any coach know and we will attempt to find someone who is suitable.

### Running in the dark

All our external sessions have been re-evaluated to avoid injury risk, and we have made some slight changes with our hill sessions to lower the risk category from medium to 'low risk' during the darker months.

You may notice that Kieran has changed the warm-up area used for Thursday morning hills, and we have removed any trails outside the immediate 100 steps hill at Altona for night sessions. Belinda Fithie also organised with council for the bluestone rocks at the top of the hill to be re-covered with dirt to avoid a tripping hazard.

These changes are to minimise injury risk during the darker runs, and will change when we are running them in daylight again. We will constantly evaluate

risks for all our sessions when deemed necessary.

Runleaders for external sessions have also been provided shared first aid kits, and AV have advised that we adhere to their insurance requirements, provided we wear a working headlamp.

Any members that do attend the darker sessions, please bring along a working headlamp to maintain your safety.

### Wednesday Recovery Runs Start

Our Wednesday Morning Recovery runs at both Williamstown (thanks Belinda Fithie), and the ones I have been leading at Altona Pier, have started off with good numbers.

We suspect the numbers will grow as we hit the warmer months. If you haven't tried a recovery run, drop along to either location, as you will find that running the slower pace, allows a lot more time to just chat and socialise.

The sessions are also a lot safer, given that we are running together in one larger group. The other advantage is that we get to see the beautiful sunrise each session.

### Monday Night Yoga / Stretch Session

Bring your mats or stretch your legs on the floor, Rachael Keally will be instructing some Yoga sessions on a Monday night, starting 16<sup>th</sup> September at 6:15PM.

At this stage, we plan for a 4 -6 weeks of Monday night Yoga at Newport track clubrooms. This will be variable based on interest, so monitor Facebook.

We would like to see as many members as possible take advantage of this offering, as it took a long time to get approval for clubroom use, and it's free.

Those who have never tried Yoga, drop in and give it a try. If I am willing to give it a go, with no stretching ability at the moment, then anyone can.

### L1 Female Coach Requirement – STILL LOOKING ( 2 POSITIONS !! )

We are now looking for TWO female L1 Runleader/ Coaches.

In order to keep our gender balance, we are seeking two female L1 coaches interested in receiving AV training, and Run leading at track sessions.

The general requirements are as follows, but at this stage any female member interested that doesn't meet the minimal criteria, please contact me to discuss further.

-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.

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 and set yourself at least one race event a year, where you just run it for fun and not a specific race time. You may be surprised at how much more of the atmosphere you actually take in, and how much more you enjoy it'***

2024 Coaching Co-ordinator & Head Coach

Brian Armstrong



***Above: The Village of the Damned...sorry, Recovery Run in the village of Williamstown.***

***Right: Altona Recovery Run... far less scary!***



# Trail Corner

With Lucas Beck, Trail & Ultra Coach



"It's never too late to be what you might have been."

George Eliot

Bonjour légendes des sentiers!

Well, by now, the cat is well and truly out of the bag, I am imminently running UTMB, on Friday August 30, 176km with 10,000m+/- elevation. The professionals do it in 20 hours, which is ridiculous, super-human and just mind boggling, while I expect to be out there for around 40 hours (the cut off is 46h30m) and hopefully crossing the finish line around 6.30pm Sunday night (AEST). [Live-timing here](#) for those that "enjoy", watching a dot barely move, and there is also live coverage on YouTube all weekend. If you want to see some 'real-life heroes', watch the stream late into Sunday night, as the tail-enders cross the finish line, it is truly amazing!

Surf Coast Century leg#3 recce was a ripper day out! Hobbo's had a great presence, on what was a very frigid start, and then proceeded to be a very muddy and wild run. The final leg#4 SCC recce will have just run by the time this comes to print, too. I hope you all had fun on this beautiful section of the course, and feel ready for this superb race.

Meanwhile, legends have been putting in the

hard yards, doing long-mission training runs. Sarah & Phillippe went the full-monty (leg#3 & #4, 52km) with their 8-hour mission run (although, notably only going for 7hr59minutes...), Cat stopped at the end of leg#3 due to knee-pain, but is seemingly on the mend, and Karen went for a very nice 37km stroll. Great job all.

And all the best to our Surf Coast Century runners. Have a great day out on the trails!

### 100km

Sarah Lowe, Philippe Delechenau & Cat McCrae

### 50km

Di Donoghue & Karen Hayes

### 100km teams relay

-Mario Valastro, Ron Van Der Heide, Mark Letman, Jacques Steenkamp

-Belinda Fithie, Janelle Taylor, Leanne & Louise

-Kieran Leonard, Melanie Griffin, Tameka Day & Jimmy Dwyer

There's no shortage of awesome trail events coming up, check out the list on the next page and sign up.

See you on the trails.

Lucas Beck, Trail and Ultra coach



SCC Leg#3 Recce



# Events

## 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 Feb

## Rokeby Twilight Trail Run

22 March 2025

Save on your entry with our Early bird pricing, valid until September 26th.

Choose your distance - new for 2025 is our 25km course, a fast and flowy 6k, a scenic 9k, and slightly more challenging 13k, or our fun-filled Kids 2.5K (for under 16's). [Entries now open!](#)

## 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



## JULY HANDICAP

*Clockwise from Top Right:  
Ashley & Mario; Ron; Mark;  
John G & Rae.*



# Tough Conditions

## Cup Leaders Unphased : 1, 2 & PBs...

Sue Walker collected her second win and Kenyan Egg for the year with her win in the July handicap. Having won in March and placed a number of times, Sue is smashing it. Sue assisted in May and has scored nothing less than 26 points for each of her six outings on the Hobbos 5km course this season - maximum points per race is 32 (20 for a win and 12 for a PB). That I cannot recall a performance as consistently good as this.

But, in the famous words of Darth Vader, 'There is another!'

The photo below shows Sue crossing the finish line just ahead of Stu Tennant (the May handicap winner) and peaking over Stu's shoulder is Matt Loader.

Matt's year got off to a relatively slow start but since March he has scored a 30 and three 31s, with his assist also in May. These scores show why our front cover claims Sue and Matt to be 'The Ones To Catch'. See Mick Beasley's comments on the Cups race in his box below.

The July Handicap saw the 31 participants greeted by blustery conditions which played havoc with personal times. Apart from Sue and Matt, who ran PBs as though things were perfect, only Di Donoghue (11 bonus points), Rae Carter and Neil Speakman (9 BPs each) and Michael Williams, Michael Musgrove and Mario Velastro (2 BPs each) even looked like threatening their PBs.

Steve Glover must have been inspired by the camaraderie of the Hobbos 30th Anniversary the previous weekend and joined in the fun, showing that he still has it with a fine time of 22:10 given the conditions. It was great to see him at another handicap and of course the 30th guest of honour, Eero Keranen also put in another appearance.



Greenwich Cup Standings updated.

Another win in July for **Susan Walker** sees her consolidate her lead in the Cups. With a commanding 200 points after seven events, in most years this would be all over bar the shouting.

But not so fast... in second place, **Matt Loader** is only 13 points adrift with plenty of upside in his total, and looking further down the field, with five events still to go, there are others who could still make a late run. I'd still rather be in Susan's position, but it is far from over yet...

**Mick Beasley's Facebook Post**



# Hobbos Handicap - July 2024 - 347th Running

Pos	Name	Finish	Time	Start	PB	AGPB	Split 1	Split 2	Points	Bonus	Total
<b>Greenwich Cup</b>											
1	Susan Walker	50:00	24:40	25:20	22:44	24:46	12:11	12:29	20	12	32
2	Matt Loader	50:03	23:28	26:35	23:36	23:36	11:39	11:49	19	12	31
3	Neil Speakman	50:15	23:30	26:45	23:15	23:15	11:56	11:34	18	9	27
4	Diane Donoghue	50:17	31:07	19:10	31:06	31:06	15:33	15:34	17	11	28
5	Rob Falloon	50:26	25:06	25:20	21:24	23:48	12:29	12:37	16	0	16
6	Rae Carter	50:26	19:56	30:30	19:42	19:42	9:52	10:04	15	9	24
7	Michael Williams	50:37	19:52	30:45	18:53	18:53	9:56	9:56	14	2	16
8	Anastasia Aldred	50:40	28:00	22:40	25:47	26:33	14:06	13:54	13	0	13
9	Ashley Sanderson	50:53	20:33	30:20	19:06	19:23	10:07	10:26	12	0	12
10	John Gray	50:57	20:57	30:00	18:51	19:41	10:23	10:34	11	0	11
11	Michael Musgrove	50:58	40:43	10:15	35:15	39:45	20:26	20:17	10	2	12
12	Mario Valastro	51:06	21:21	29:45	20:24	20:24	10:41	10:40	9	2	11
13	Peter Whyte	51:14	27:49	23:25	26:03	26:03	13:52	13:57	8	0	8
14	Bronwyn Rowleson	51:26	34:46	16:40	30:03	32:17	17:10	17:36	7	0	7
15	Michael Slee (walk)	51:29	40:24	11:05	39:02	39:02	20:14	20:10	6	0	6
16	Mark Letman	51:34	23:14	28:20	21:51	21:51	11:38	11:36	5	0	5
17	Kieran Leonard	51:42	20:47	30:55	18:40	19:19	10:06	10:41	5	0	5
18	Ken Smith	52:17	45:37	6:40	22:28	37:27	23:17	22:20	5	0	5
19	Ray Barnard	52:24	28:39	23:45	22:12	26:20	14:13	14:26	5	0	5
<b>Ineligible</b>											
1	Steve Glover	50:40	22:10	28:30	18:53	21:27	11:14	10:56	10	0	10
2	Malcolm Powers	50:41	22:41	28:00	22:34	22:34	11:16	11:25	10	0	10
3	Ron Van der Heide	51:56	22:46	29:10	21:16	21:16	11:27	11:19	10	0	10
4	Melanie Griffin	46:50	24:50	22:00			12:14	12:36	10	0	10
5	Stuart Tennant	50:01	25:01	25:00	24:40	24:40	12:46	12:15	10	0	10
6	Kaia Morris	51:23	25:23	26:00	24:23	24:23	12:36	12:47	10	0	10
7	Rachel Kealy	50:29	28:29	22:00	28:36	28:36	14:00	14:29	10	0	10
8	Janelle Taylor	53:40	30:40	23:00	27:09	27:09	15:47	14:53	10	0	10
<b>Ineligible 2.5km</b>											
1	Eero Keranan 2.5km	44:23	24:23	20:00	17:20	17:20	24:23		10	0	10
<b>Guests</b>											
1	Rene Rutze	48:33	25:53	22:40			12:53	13:00	-	0	-
2	Dirk Aschenbrenner	48:51	28:51	20:00			14:05	14:46	-	0	-





# JULY HANDICAP



*Clockwise from top left: pre-race briefing; Rae, Mario and Mark; Melanie & Kieran; Rob, Matt & Kaia; Belinda, Will & Brian packing up; Michael & Malcolm; Kevin, Anastasia & Janelle.*



# Hobbos Greenwich and Ted Joy Cups 2024

## Current Standings - Greenwich Cup

Place	Name	Jan	Feb	Mar	Apr	May	Jun	Jul	Best Eight	Notes	Total Runs
1.	Susan Walker	31	30	32	29	(20)	26	32	200	e	133
2.	Matt Loader	21	23	30	31	(20)	31	31	187	n	9
3.	Ray Barnard	32	32	(20)	19	16	(10)	5	134	e	88
4.	Cain Speakman	29	28		28	23	21		129	n	29
4.	Rae Carter	26	27		32		20	24	129	n	9
6.	Leigh Kelly	20	31	22		22	25		120	n	8
6.	Neil Speakman	23	5	(20)	13	11	21	27	120	n	24
8.	Diane Donoghue	(20)	11	5	23		29	28	116	p	38
9.	Helen Vaxevanis	30	22	28		31			111	n	8
10.	Michael Slee (walk)	28	9		12	28	(20)	6	103	n	17
11.	Graeme Dewerson	(20)	24		30	25			99	n	26
12.	Anastasia Aldred	10	10		27	26	12	13	98	n	9
13.	Anna Bovdis	10	(20)	10	5	17	22	(10)	94	n	5
14.	Jac Wainright	10	20	10		17	32		89	n	5
15.	John Gray	10	10	10	10	17	(20)	11	88	e	106
16.	Sarah Lowe		10	22	23		30		85	n	16
17.	Michael Musgrove	27	14	9		12	8	12	82	e	261
18.	Mario Valastro	18	26		(20)			11	75	n	6
19.	Mark Letman		29	21			19	5	74	n	9
20.	Peter Buissink	(20)	(10)	(10)	(10)		(10)	(10)	70	a	79
21.	Helen Haralambous		21	23		18	5		67	n	8
22.	Rob Falloon	(20)		16	9	5		16	66	e	91
23.	Belinda Fithie	22		12		5	6	(20)	65	n	11
24.	Jane Whitmore	20				30	14		64	n	27
25.	Stuart Tennant	10			10	32		10	62	n	6
26.	Kevin Aldred	(20)			21	(10)		(10)	61	n	1
27.	Brian Armstrong	(20)	(10)	(10)			10	(10)	60	a	48
28.	Jimmy Dwyer	11			24	9	10		54	n	15
29.	Ashley Sanderson			27		13		12	52	n	12
30.	Ken Smith	5	5	5	(20)	5	5	5	50	e	204
30.	Mick Beasley		(20)		(10)	(10)	(10)		50	a	48
32.	Bronwyn Rowleson	10	(20)			5	5	7	47	n	21
32.	Cat McCrae	(20)	17	10					47	n	4
32.	Lois Speakman		7	(20)		(10)		(10)	47	n	10
32.	Will McKenzie		7	(20)			(10)	(10)	47	n	3
36.	Kieran Leonard		10		18	10		5	43	e	74
37.	Ann Girvin		(20)			(10)	10		40	a	158
38.	Malcolm Powers				10	17		12	39	n	3
39.	Kaia Morris					10	19	7	36	n	3
40.	Andrew Scardino	15	(20)						35	n	23
40.	Graham Edwards	5	5	5	(20)				35	e	144
40.	Philippe Delecheneau		5	15		15			35	n	18
43.	Terry Pearce	7		10		17			34	a	124
44.	Michael Rief			10		23			33	n	22
45.	Michael Williams	11			5			16	32	n	7
45.	Peter Whyte		10	6		8		8	32	n	9
47.	Dominique Tanner			10	20				30	n	2
47.	Stuart O'Neill		5		(20)	5			30	n	9
49.	Jason Rees			10	19				29	n	35
49.	John Horan			10		19			29	n	3
51.	Vanessa Coutts	5	9	8		5			27	n	13
52.	John Danaher		10	10	5				25	n	3
52.	Melissa Rutze		10			5		(10)	25	n	11
54.	Rachel Kealy					10		14	24	n	2
55.	Ron Van der Heide					18		5	23	n	3
56.	Cindy Ho			(20)					20	n	0
56.	Daryl Sadgrove		(20)						20	n	11
56.	Eero Keranan 2.5km						10	10	20	n	2



# Hobbos Greenwich and Ted Joy Cups 2024

## Current Standings - Greenwich Cup

Place	Name	Jan	Feb	Mar	Apr	May	Jun	Jul	Best Eight	Notes	Total Runs
56.	Eero Keranan 2.5km						10	10	20	n	2
56.	Freya Rees			10	10				20	n	11
56.	John Becroft	5		5	10				20	e	205
56.	Liam Walker				20				20	n	2
56.	Olly Rees			10	10				20	n	14
56.	Sam Flockhard				20				20	n	1
64.	Callum Low		7	10					17	n	3
65.	Abby Speakman	12							12	n	23
66.	Adam Gregory				10				10	n	1
66.	Andy Palmers						10		10	n	1
66.	David Buttler			10					10	n	1
66.	Em Baker					10			10	n	1
66.	Jane Gibbons			10					10	n	2
66.	Janelle Taylor							10	10	n	1
66.	Joshin John					10			10	n	1
66.	Marcin Pont			10					10	n	4
66.	Mary Ellen Brierley	10							10	n	1
66.	Melanie Griffin							10	10	n	1
66.	Sebastian Ineligible					10			10	n	1
66.	Shannon Cooper						10		10	n	1
66.	Sienna Bigarrel					10			10	n	1
66.	Steve Glover							10	10	n	1
66.	Tameka Day						10		10	n	14
66.	Thomas Williams	10							10	n	3
82.	Kiandra Ward				6				6	n	3
83.	David Butler				5				5	n	3

# Hobbos Greenwich and Ted Joy Cups 2024

## Current Standings - Ted Joy Cup

Place	Name	Jan	Feb	Mar	Apr	May	Jun	Jul	Best Eight
1.	Susan Walker	31	30	32	29	(20)	26	32	200
2.	Ray Barnard	32	32	(20)	19	16	(10)	5	134
3. (p)	Diane Donoghue	(20)	11	5	23		29	28	116
4.	John Gray	10	10	10	10	17	(20)	11	88
5.	Michael Musgrove	27	14	9		12	8	12	82
6.	Rob Falloon	(20)		16	9	5		16	66
7.	Ken Smith	5	5	5	(20)	5	5	5	50
8.	Kieran Leonard		10		18	10		5	43
9.	Graham Edwards	5	5	5	(20)				35
10.	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: 10



Anastasia leads Malcolm across the line





## 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)

