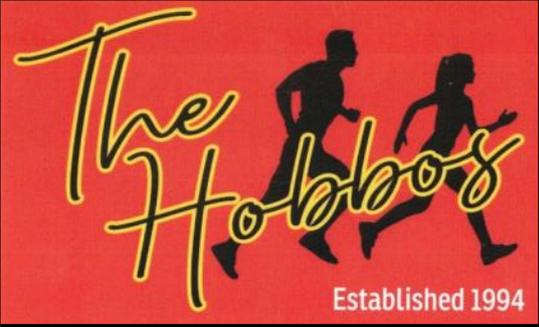


September 2024



HomeRuns



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



TRAINING GETS RESULTS

Part 1 of Luke's UTMB Even More Safe Running
Di's 'Proper' Handicap Win

In this issue

From the editor's desk	2-3
Gray Matters	4-5
AV Tan Relays	6
Running Safely	7-8
UTMB - Part 1	9-12
Coaching	13-14
Trail Corner	15
August Handicap	16-18
GC & TJC tables	19-20
Hobbos Ad	21

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Yoga @ NPAT with Rachael - Mondays 6:15pm



Forthcoming Events

Sat 28th Sept	Sept Handicap - Grand Final Colours & Morning Tea
Sat 5th Oct	Altona PR - Hobbos Takeover
Tue 8th Oct	Spring Gift 1500m & BBQ - NPAT, 6pm
Mon 4th Nov	9th Phar Lap 2 Mile & BBQ - Altona Coastal Park, 6pm
Sun 8th Dec	Christmas Gift 1500m & BBQ - NPAT

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



Hobbos love to read about what other Hobbos are doing....

This month's issue (& next) allows us to experience ultra trail running through the eyes of our very own Trail & Ultra Coach, **Luke Beck**. It's a great read and such a mammoth effort that his re-telling of UTMB has been spread over two issues. It is definitely as close to doing one of these events as I'll ever get.

Thanks Luke for sharing such a unique and personal experience.

So, if you would like to tell the rest of us about an event that you have done, big or small, I'd love to put it into Home Runs and I guarantee your Hobbo mates would love to read about it. And remember a written account often delves deeper into one's thoughts and emotions... just ask Luke. It doesn't have to be a novel - just your recollections and a few photos. We love pics.



The photo above is Luke in the Alps on the border of France and Italy.

Thanks to Bel, Brian, John G and Will for their contributions to the August issue of Home Runs. A special thank you to Elise Hardiker for her wonderful photos at the turn.

Now, this weekend is the Aussie rules Grand Final, so wear your colours, and for all you winging parochialists, get over it; it's a national competition. Go Bears!

Williamstown

Hobbos Discount 15%

SPORTSPOWER

Your Local Experts

**John Ayton's SportsPower for all your sporting needs
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Gray Matters

with President John Gray



We have many members training for the Melbourne marathon and associated events, and many members who participated in last weekend's Surf Coast Century 50k, 100k and relay events, along with a few participants in the Melbourne Run Prix and Warrnambool running festival. Well done to everyone who competed in these amazing events, as well as our Tan relay teams.

Tan Relays

Two weeks ago, we had the Tan relays, the final event of Athletics Vic XCR season, and the final event of our winter program. We had an all-time record Hobbos attendance of 13 teams and 42 runners, making us the most represented recreational running club again, and the 7th most populous club at the event out of 38 athletic club teams!

It was an overcast day, and some earlier rain together with the hundreds of runners had conspired to create muddy puddles around the path, but the rain almost held off, with our 3rd runners copping a brief "refreshing" shower while running, meanwhile our new gazebo on its second outing sheltered our big pile of gear, even though not many of our large team could fit under it.

We were running for fun and not fast times, but did have some competitive results, with Rae, Tameka & Kaia taking 4th place in Div 4, while Terry, Greg and yours truly took out 4th place in the men's 60+ while also whipping our men's 50+ team!

There was a bit of talk about alternative dream teams, but the results wouldn't have changed much. A team of Rae, Tameka and Zoe would have improved from 4th to 3rd place in Div 4, meanwhile a men's dream team of Mick, Greg, Kevin M and Jimmy would have only improved from 6th to 5th place in Div 6, proving its more important to have fun than assemble dream teams!

Having said that, fastest of the day was Mick in 14:30, and fastest woman was Rae in 14:47, 6th fastest out of 30 women in div 4. She would have been 8th fastest out of 41 women in div3, 14th fastest out of 44 women in div2, and even 31st fastest out of 50 women in the premier division! Rae has just followed this up by being the winning woman at the Warrnambool running festival 10k race last weekend.

Greg was 3rd fastest out of 38 men's 60+ runners. Closest head-head of the day was Kieran in 15:33 with Gareth, conveniently for-



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

*See our club sponsor
Symmetry Physiotherapy
Williamstown*



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84 Douglas Parade, Williamstown 3016 Phone: 9989 2444



getting his injury, only 1 second astray in 15:34 (our 11th & 12th fastest of the day). Next closest was Peter Whyte in 21:03 just ahead of Peter Whyte in 21:06 (he did run twice in place of Ray).

We had 57 members participate in this year's winter program by running in at least one of the 4 relay events for a total of 99 runs, up from last year's total participation of 38 members running in at least one of the 3 relay events for a total of 58 runs. This is a very pleasing result from 146 financial members.

The Summer Program and Daylight Savings Series

Daylight savings is almost upon us, so stand by for our annual daylight savings series! This is a 6-event series of shorter handicap events for runners and walkers, all held over summer to provide a shorter competition (with prizes) than our full year Greenwich Cup competition. Watch our Facebook group page for more details of the event series.

the annual Spring Gift 1500m track handicap on Tuesday 8th October (held in place of Tuesday evening track), suits all abilities, followed by a free BBQ

the 9th annual "Phar Lap" 2-mile sealed handicap on Melbourne Cup Eve, Monday 4th November, followed by a free BBQ. This is our marquee event for the year, held at the old Williamstown racecourse (Altona Coastal Park) where Phar Lap competed, and we aim for a large community participation

the annual Christmas Gift 1500m track handicap (along with other events) on Sunday 8th December followed by a free BBQ, so save the date!

Back on Track

We have had great numbers at Tuesday track after our return to NPAT, with weekly attendances of 60, 61, 58, and 64 runners so far. Unfortunately we are expecting some further disruptions in December and January when some synthetic surface maintenance is planned, but at least we know we will just briefly return to Digman & Crofts.

Until next month, stay fit, healthy and safe.

Hobbos 2024-25 Summer Program		
All events at Newport Park Athletics Track (NPAT) unless noted otherwise		
Daylight Savings Series 2024-25		
The annual Spring Gift 1500m handicap	(Race 1)	Tue. 8th Oct, 6:00pm
The 9th annual Phar Lap 2-mile handicap Altona Coastal Park (Old Williamstown Racecourse)	(Race 2)	Mon. 4th Nov, 6:00pm Melbourne Cup Eve
The annual Christmas Gift 1500m handicap	(Race 3)	Sun. 8th Dec, 4:00pm
The annual Summer Challenge 1000m handicap	(Race 4)	Tue. 4th Feb, 6:00pm
The annual Easter Gift 1500m handicap	(Race 5)	Tue. 18th Mar, 6:00pm
The March monthly 5000m handicap (TBC) followed by AGM (TBC)	(Race 6)	Sat. 29th Mar, 7:40am Greenwich Reserve, Newport
The annual 5000m Track Time Trial		Thu. 3rd April, 6:00pm
Every Tuesday 6:00am & 6:15pm Track Sessions at NPAT		
Every Wednesday 6:00am Recovery run, Williamstown as advertised		
Every Wednesday 6:15am Recovery run, Altona as advertised		
Every Thursday 6:00am Hill training sessions (Newport Lakes)		
Every Thursday 6:15pm Hill training sessions (Altona 100 steps)		
Every Sunday 8:00am Newport Lakes laps as advertised		
Last Saturday of every month, the traditional Hobbos monthly 2.5/5km handicap 7:40am, Greenwich Reserve, Newport		



	Runner1	Runner2	Runner3	Runner4	Total	Place
F4	Rae	Tam	Kaia		48:50.0	4th
F4	Kate	Zoe	Sonia		51:02.0	7th
F5	Mel	Mary-Ellen	Helen W		59:04.0	9th
F40+	Elise	Belinda	Rachael		1:07:05.0	8th
F50+	Susan	Anastasia	Anna		1:00:33.0	8th
F50+	Karen	Helen H	Melissa		1:10:57.0	9th
M6	Kieran	Jimmy	Kevin M	Tom	59:59.0	6th
M6	Gareth	Andrew	Michael	Mick	1:01:31.0	8th
M7	Leigh	Matt	Dan	Dave	1:12:07.0	11th
M7	Bailey	Asher	Tessa	Daryl	1:19:30.0	12th
M50+	Mal	Mark	Kevin A		52:15.0	16th
M60+	Terry	Greg	John		47:03.0	4th
M60+	Peter	Rob	Peter		1:01:45.0	11th

Fastest on the day	3.8km	Men	3.8km
Michael Williams	14:30.0	Peter Whyte	21:06.0
Greg Weston	14:36.0	Peter Whyte	21:03.0
Kevin Mahon	14:37.0	Asher Sadgrove	19:51.0
Rae Carter	14:47.0	David Butler	19:37.0
<u>Women</u>	<u>3.8km</u>	Robert Falloon	19:36.0
Helen Haralambous	27:20.0	Daryl Sadgrove	18:53.0
Tessa Piper	25:17.0	Kevin Aldred	18:35.0
Elise Hardiker	24:24.0	Matthew Loader	17:57.0
Melissa Rutze	23:49.0	Leigh Kelly	17:21.0
Belinda Fithie	22:16.0	Daniel Goodwin	17:12.0
Anastasia Aldred	21:08.0	Mark Letman	16:53.0
Helen Whyte	20:44.0	Malcolm Powers	16:47.0
Anna Bovdis	20:41.0	Terry Pearce	16:15.0
Rachael Kealy	20:25.0	John Gray	16:12.0
Sonia Brockington	20:09.0	Andrew Scardino	16:02.0
Mary-Ellen Brierly	20:08.0	Gareth Coakley	15:34.0
Karen Hayes	19:48.0	Kieran Leonard	15:33.0
Kaia Morris	18:49.0	Bailey Piper	15:29.0
Susan Walker	18:44.0	Michael Reif	15:25.0
Melanie Griffin	18:12.0	Thomas Williams	14:57.0
Kate Milnes	15:53.0	Jimmy Dwyer	14:52.0
Tameka Day	15:14.0	Kevin Mahon	14:37.0
Zoe Handreck	15:00.0	Greg Weston	14:36.0
Rae Carter	14:47.0	Michael Williams	14:30.0

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EVERYONE SHOULD THINK ABOUT...

RUNNING

SAFELY

BY BELINDA FITHIE (LEVEL 1 RUN COACH)



STRAVA SAFETY BEACON

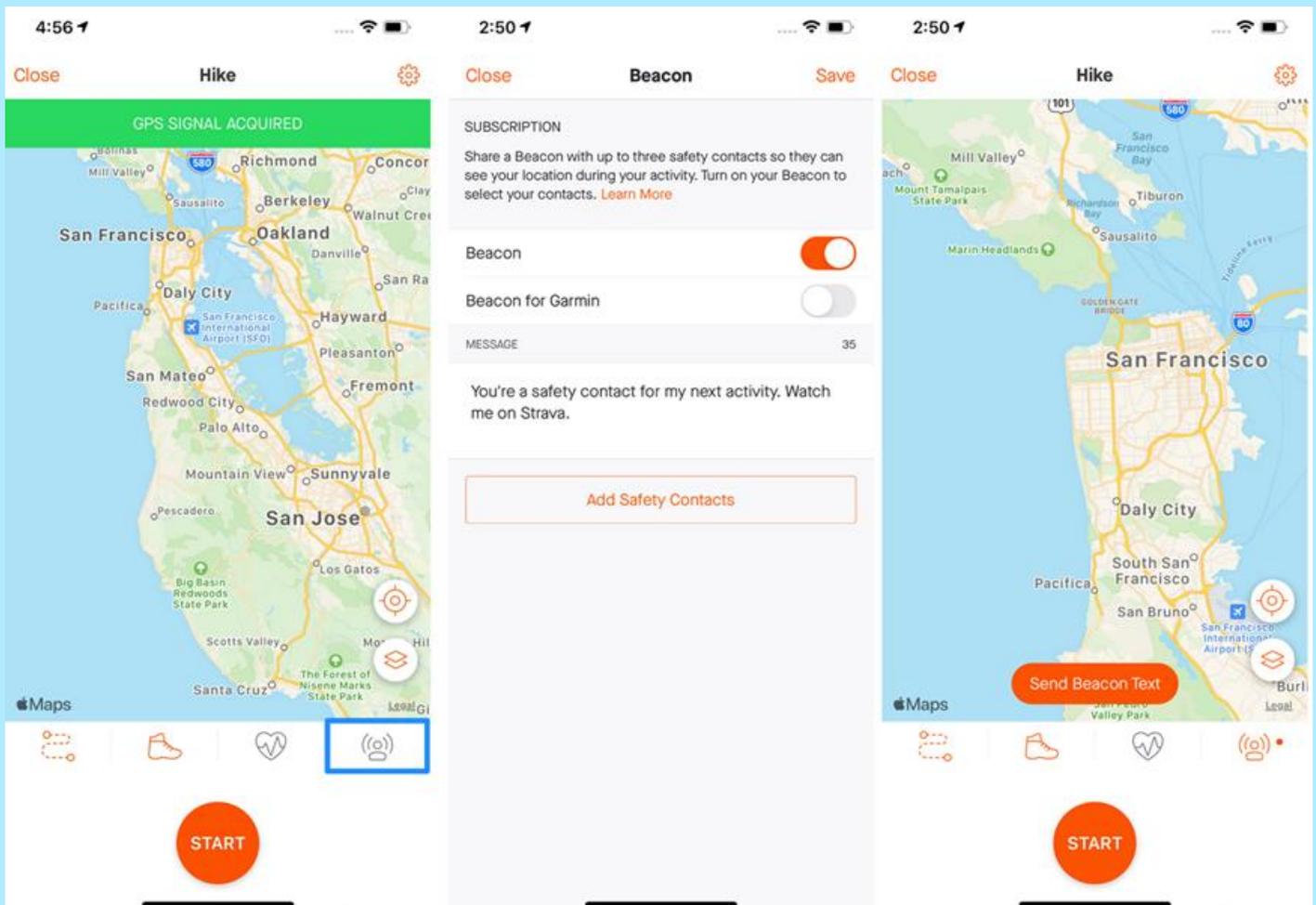
Did you know you can use Strava Beacon when recording with the Strava mobile app to share your real-time location with your family and friends.

STRAVA SAFETY BEACON IS ONLY AVAILABLE WITH PAID SUBSCRIPTION

SETTING UP BEACON

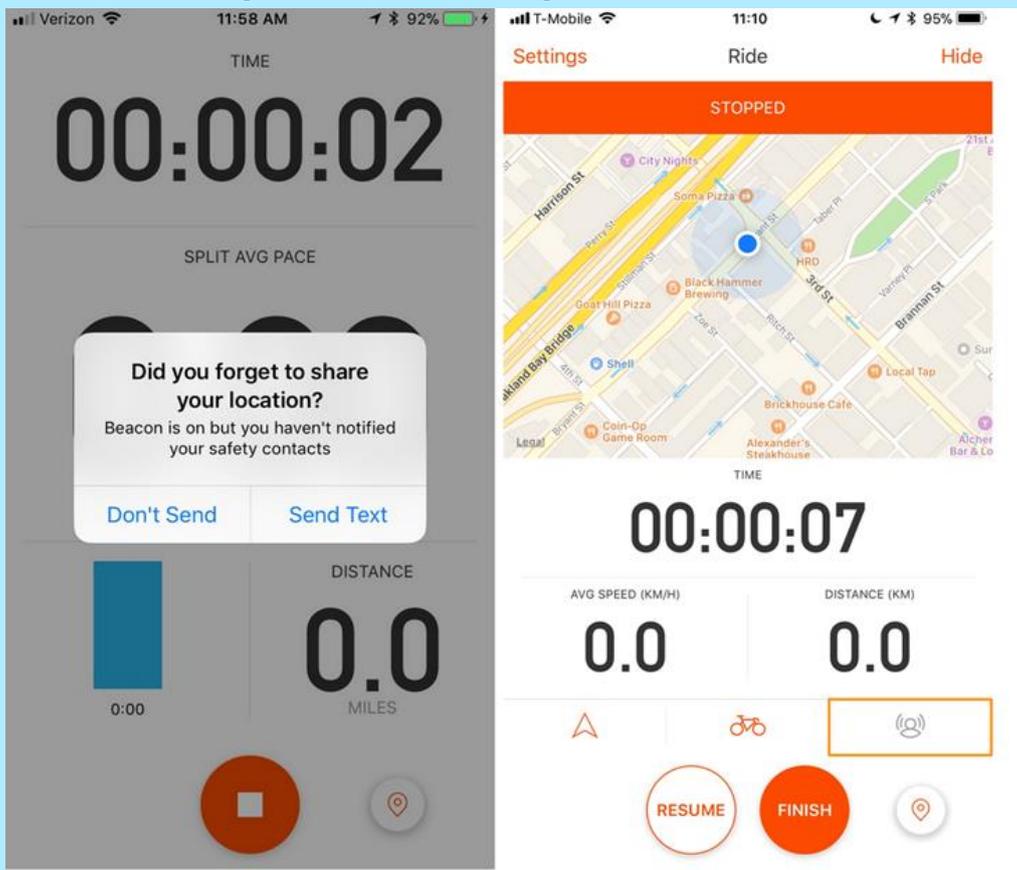
- Select **Record** from the bottom navigation menu.
- Either tap the Beacon icon highlighted below or select the gear icon in the upper right-hand corner and **Beacon** on the next page.
- Toggle Beacon to ON.
- Tap **Add Safety Contacts** and follow the prompts to allow Strava to access your contacts. You'll then be able to select up to three safety contacts. You can skip this step if you do not wish to allow access to your contacts.
- Save your changes then click **Send Beacon Text** from the record screen to send the pre-formatted text message to your safety contacts. You can choose to edit the text before you send the message if you would like.

Start your recording and your safety contacts will be able to view your location in real-time.



HOW IT WORKS

- Beacon generates a unique URL that you can share with your safety contacts via text message, allowing them to follow your activity in real-time.
- Depending on cell service, your location should update about every 15 seconds.
- Once Beacon is toggled ON, it will continue to remain ON but will prompt you to send a text message with every new recording.
- Even if Beacon is set to ON, your contacts will only receive your location if you send them the generated text message.
- The safety contacts you initially selected will continue to remain selected until you change them.
- You can choose to send a text message at any time during your recording by clicking on the Beacon icon and then sending another text message.



BEACON RECIPIENT VIEW

- Your safety contact will receive a text message with a link to view your activity in real-time through their mobile browser.
- They will be able to see your current location, your past location, and where you started recording.
- The page will display your recording status and the last time this status was updated.
- They can click the down arrow to expand the view and see the activity start time, time active, and remaining battery percentage.
- Once the activity has been saved and uploaded, your contact will see a page that shows your finished activity.

****There is so much detail that you will have to do your own Google search to find out all the ins and outs, these are purely just a guide to get you started****

Please stay safe while running, or any outdoor activity, Bel.



TLDR: short version

It was wild. It was an 11 out of 10 difficulty level; 176km with 10,000m elevation in 40 hours 22 minutes 58 seconds. UTMB finisher!

[Relive](#)

[LiveTrail summary](#)

By Luke Beck



A lap around Mont Blanc: long version - Part 1

I first became aware of UTMB in 2019 while I was preparing for my first Surf Coast Century 100km event. I had heard about it on socials, and was watching the race weekend livestream. Pau Cappell was the winner that year with a time of 20:19:07. It was mesmerising how he'd run 150+km and was still running up this hill, correction, mountain. Absolutely incredible. 24 hours later and the "normal", non-professional runners are coming in, crossing the finish line in tears of joy, elation and disbelief. The huge crowds in Chamonix cheering them all on. The Europeans certainly know how to appreciate and celebrate a circumnavigation around the tallest mountain in the Alps.

In the winters of 2007/08 and 2008/09, I was a ski instructor in Crans Montana, Switzerland. This is also where I met Yvonne. Every day while I was teaching, we would go up the chairlift, where you had the most incredible view over the Alps. Inevitably I would have to point out to each group of new students, "That, (waves ski-pole over there) is the Matterhorn, and that (waves ski-pole over there) is Mont Blanc, the tallest peak in Europe." At this point, I was not a runner. In fact, I couldn't run. I was living another life. I did not know about trail running or the UTMB. And never did I imagine going around the Massif in one single push.

Qualification and entry

In 2022 I took part in the mini-UTMB event, CCC; 100km, 6,000m elevation, 22 hours 59 minutes 11



Luke before...

the Ultra Trail du Mont Blanc



seconds. I did this as a “recce” to see if, and, how possible it would be to take on the full UTMB. Living at sea-level, taking on one of the biggest mountain races in the world, is very daunting! Fortunately, CCC, also counted as my qualifier to enter UTMB (either a 100km or 100mile race, within cut-off time). So, my 2023 plan was to do two races where I would gain running stones (lottery tickets) and then enter the lottery for 2024.

- Ultra Trail Australia 100km, 17:44:20, 3 running stones
- Ultra Trail Kosciusko 100 mile, 31:01:21, 4 running stones (first, and second-last 100-mile event!).

In 2022, the statistics suggested that CCC was oversubscribed by approximately 3:1 (6,000 entered for 1,900 available spots) and UTMB was oversubscribed by 2:1 (5,000 entered for 2,500 available spots). By 2024, the ever-increasing popularity of this race, saw the 2022 figures turn upside down. Once the lottery results were finalised and published it was apparent that CCC had a roughly 2:1 chance of entry, while UTMB was a 3:1 chance.

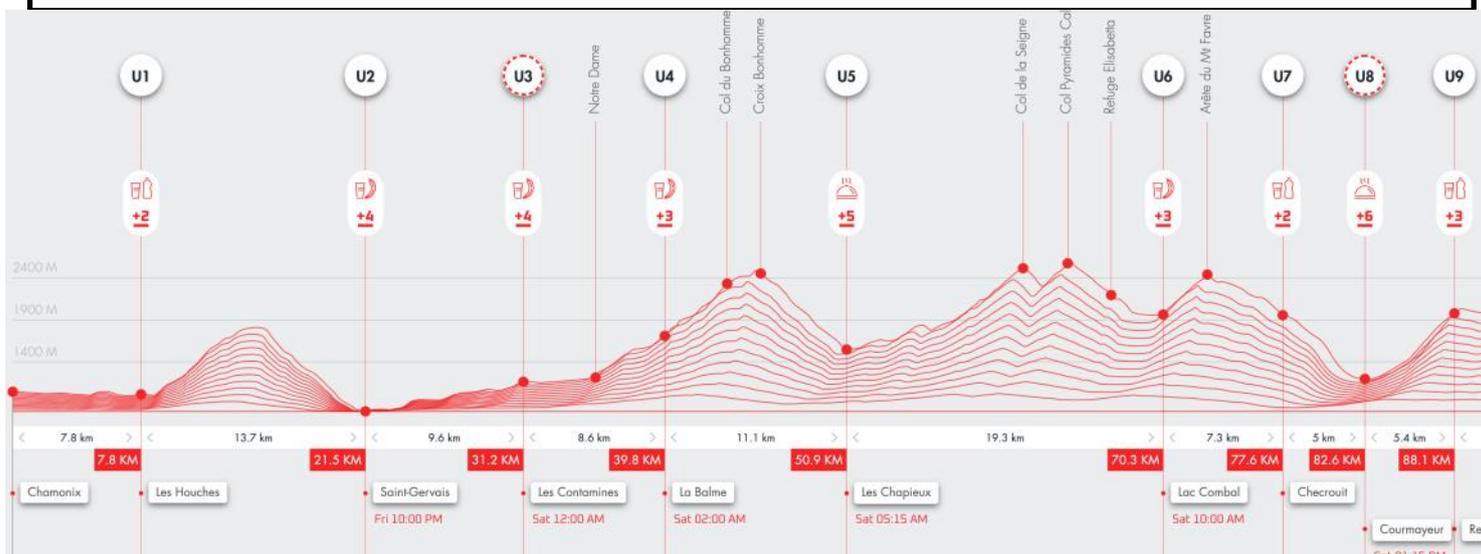
So, with 7 running-stones and a qualifier in my pocket, I entered the lottery, and we headed over to Europe for a white Christmas. I was aware that the lottery draw would take place while we were on our return journey from Europe. Specifically, the draw had taken place 3 hours before we were due to land. The literal second that the plane touched down, I slipped my phone out of airplane mode, fully aware that I would instantly know, either I had been accepted into the race, or face the heart-breaking news of waiting at least another year until the next lottery. I got the email, opened it, and like a light switch going on, “I’m in! We may as well just stay on the plane and head straight back.”

Training

Oddly enough, this was the easy part. I always enjoy these training blocks. I like the structure and the knowledge of hitting the trails and ‘just getting it done’ is the biggest reward. Returning from Europe in January, I was diagnosed with RSV (hot tip, do not recommend), so that wiped out the rest of the month’s training, leaving me 6 months to do a lot of climbing! But in reality, my training block was more like 2 years of layered training and recovery from CCC, UTA and Kosci. I could have done with more strength training, but I also don’t think it would have helped with the pain I experienced in my calves and thighs in the final quarter of the race.

I really deviated from what I had done previously for UTA, UTK and Buffalo Stampede, where I followed a 24-week, Hanny Alston plan. Just after the lottery results in January, there was a “Trail runner magazine” Instagram post, suggesting UTMB runners on average, did 1500km, over 140 hours, with 40,000 metres of elevation across 6 months of training.

So in my “wisdom”, what did I do? I applied a purely mathematical lens to how I would approach this different type of training. I calculated that I would need to do a minimum of 7,000 metres elevation per month, and the time and distance will just work itself out. This is going to take a bit more than the “hill” at Altona 100 steps! There were many, many regular You Yang’s sessions, where I had a standard loop of 28-30km with about 1000 metres elevation, 3-to-4-hour sessions (truly laughing about this now). For variety, I’d hit Mount Macedon, and eventually I made my way over to the Dandenong Ranges to hit the Rollercoaster loop. Each, offering very different terrain and types of running and hiking. In Australia, we just can’t replicate the European-style mountains, where climbs and descents can



go on for 15+km.

Also worthy of mentioning, I had 2 great races in this training block.

- Buffalo Stampede 100km, 17 hrs 58 mins
- Surf Coast Trail Marathon 42km, 4 hrs 14 mins

In total, excluding the UTMB race, in the first 8 months of 2024, I accumulated 2900km of running, spanning 311 hours of activities, with 62,000 metres of climbing and descending. Normally, almost a full years' worth of running based on my 2022 and 2023 loads, in just under 8 months?! Somehow, I managed to avoid injury and sickness, mind blown! But there were still so many logistical hurdles to overcome before I could take the start line.

The race

Just toeing the start line of a race of this magnitude is a feat, so I'm still pinching myself that I managed to make it that far (especially now, knowing how sick I was after the race?!)

UTMB has an incredible pre-race build up. Multilingual people on the microphone working the runners and crowds up to palpable levels of excitement. With the race about to imminently start, surrounded by thousands of people, a helicopter flying overhead capturing images for the worldwide audience, as if all of that isn't enough, then they drop, Vangelis "*Conquest of Paradise*" and by this point, virtually everyone is in tears. The anticipation, the unknown, the journey ahead, Mont Blanc towering above us.

And then, finally, we are off. Squeezing that many people through the narrow streets of Chamonix doesn't exactly provide the smoothest of starts, but eventually we fall into a nice running rhythm. The first 5km of the run, we were surrounded on both sides by a wall of noise and people cheering us on. And it was hot! The first

8km to Les Houches are virtually flat, and funnily the most runnable section, before the first decent climb begins up to Col de Voza. I was already sweating bullets by this stage. Wearing a vest that weighed 5kg, including 2 litres of fluid, surrounded by runners and a cheering crowd, it was so warm considering that it was around 8pm at night by this point. Now descending into Saint Gervais (we had stayed in this beautiful French village the previous weekend, I knew how steep and narrow some of this section was), the sheer volume of people meant the hustle just continued unabated. 21km down and I was looking forward to seeing Yvonne at the Les Contamines (31km) aid station. It was now dark, but still really warm, and several runners were projectile vomiting from heat stress.

I really wanted to pull the pin! Emphasis. I really, really wanted to stop at Les Contamines. The beauty of stopping right there, getting on the bus with Yvonne and just going home to sleep was overwhelming. It would be ok to just stop right there and enjoy the rest of the weekend from the sidelines, and cheer on the people that managed to get it done. This aid station was super stressful, as there just so many runners and support crew, it was a scene of utter chaos. This too, multiplied my desire to stop. But, considering all the work to get this far and to stop this early would have been a crime. My words to Yvonne as I left Les Contamines, "See if I make it to Courmayeur?". And off into the night I went...

Not long after leaving Les Contamines, we were "out in the middle of nowhere" and I had an encounter with a cute, fluffy, friendly white cat. I leant down to give her a pat and she amicably responded by jumping up to meet my hand and leaning into it. I was relieved that she had a collar on and belonged to somebody out here. A fleeting goodbye to this cutey, and then the headtorch went on.



Running through the light display put on by Hoka was great, as we entered Notre Dame de la Gorge. And then the climbing really begins. There's a very strange, exposed white rock here, so getting purchase with the hiking poles can be tricky. Anyway, that **does not stop** the party on the mountain. It was around 11pm at this point, and there were so many people cheering on the runners grinding up this hill. Talk about atmosphere!

Finally, it started to cool down, exactly what I was looking forward to, and this is when I really started my mission. Climbing up to Refuge Croix de la Bonhomme was amazing. The distant trains of people by headtorch, you can just never capture this moment using your phone. People in front of you for as far as you can see, and behind, literally hundreds of people with the same goal, reaching into the night, climbing, moving forward.

After a very nice night out hiking in the French Alps, we were approaching Italy, and gradually the first morning light began to appear. You just have the most majestic view of the Aosta valley. Approaching Lac Combal, I should have taken a photo, but never found "the right spot" to take it. There was a rock formation that had a face, with in another much larger face in the protruding silhouette, forever etched in my memory.

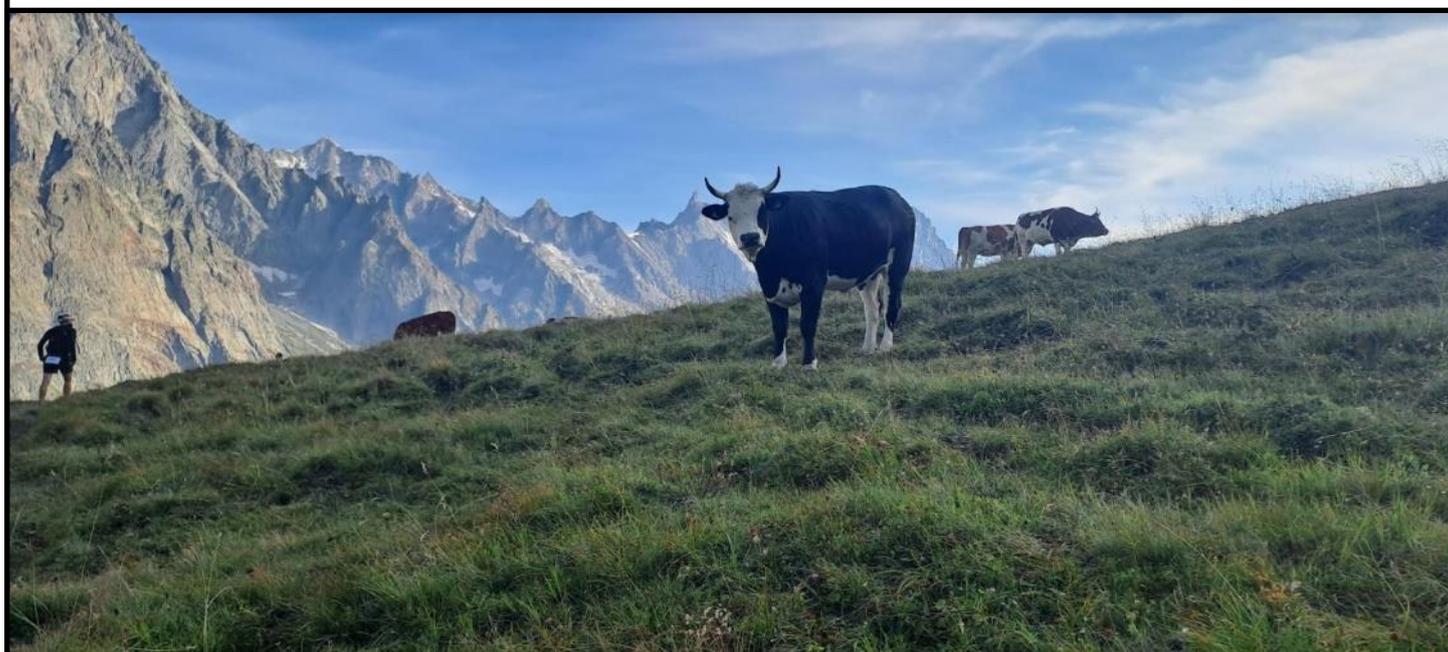
Descending, down to Checrouit, I had an unexpected, but very welcome and delicious pasta meal. Al dente penne, a simple pasta sauce and fresh parmesan cheese. I made sure to go back and repeatedly thank the lady handing out these bowls of goodness. Grazie Millie!

Then there was quite the downhill heading into Courmayeur. It felt like a thousand switchbacks, gradually bringing us down into the Aosta valley.

And then I had my first real moment. The trail had opened from the constant switchbacks and was fast and flowing down the hill. Facing the exposed sun, the trail was quite soft and sandy, I caught my foot on something, and I was moving very quickly in an uncontrolled descent. My quads were working overtime trying to gain control. Then there were some steps which I had to navigate at 110% effort to stay upright. After what felt like an eternity, but was probably only 30 metres, I finally managed to pull myself up and come to a stop. Emotional damage, to my quads, but fortunately I didn't stack it. A quick sigh of relief, and I noticed about 5 metres ahead of me, there was a lady who'd also taken a spill down a couple of stairs. I was barely moving, navigating these steps, and of course I too, stacked it, right next to her. She was in tears and said sobbing, "same thing happened to me". She may have sprained her ankle, but somebody was attending to her at this point. Again, fortunately, I did not do any damage, but after my close call just 30 seconds before... I brushed myself off, shook my head in disbelief and made it down to Courmayeur in one piece?!

I advanced approximately 200 positions, from the entry to the exit of Courmayeur aid station. I really hustled here, whereas a lot of people take their time, knowing that the next hot day lay ahead. Leaving Courmayeur was reassuring as I knew most of what lay ahead from this point.

End of Part 1 Part 2 next month.



Hobbos Coaching

With Brian Armstrong, Coaching Co-ordinator



2024 September Coaching update

What an exciting event packed month. There is so much happening at the moment with the best club around.

It was great to see so many happy faces and photos of excitement from those who completed the Surf Coast Century event.

What a fantastic team spirited joint event. I hope those who attended have created a write-up with some pictures.

We have never seen so many Hobbos compete this as a team, kudos to the growth since Luke Beck joined as our trails coach.

Speaking of Luke, what a mammoth trail run he did at UTMB Mont Blank 2024. I was initially thinking, could I trail run 100km, unlikely, but then was told its 100 miles, not km (176.7KM total) !!! The first thing to mind was, I don't think I could even stay awake that long (40hr 22 minutes)...

I am sure that Luke will have a write-up of his excellent experience in this month's newsletter (Ed. He does, see pages 9 -12). All I can say, is that this is definitely a fantastic achievement and one worthy of going on a bucket list. We are all proud of your achievement Luke.

Also, there are many training for various endurance road events, Melbourne Marathon, Port Fairy Marathon, even Warrnambool Marathon, etc, so it's great to be seeing lots out there doing long runs over many hours.

I am coaching a few for the MM and it's so rewarding seeing the advancement in fitness paying off with all the solid training.

While I normally have company for a majority of my long runs, last week I went solo, and even though I had a great play list, I still struggled. It is so much easier running these endurance runs with company.

Take advantage of all the offerings our club has access to, and make any of your training easier.

Anyone struggling with the long runs, remember that we have many messenger groups, and groups like Western Long Runners Facebook group to advertise any long runs, as this way you may be able to get some company along the way (most times).

It was also good to see Coach Mario had a loop event to do one of his long run runs with company. Great initiative, and while loops are not for everyone, he had plenty of company.

As a coach, I recently had a query, and even an apology that a member never ran to the exact schedule I set. I found it a bit amusing, as a plan is more of a guide, and while we do like those we are coaching to follow the plans as best effort (and yes I do monitor every run & HR), all coaches understand that everyone will deviate at some stage.

My normal response to this, is if the member has deviated for something that is more fun, then that is much better than following a designated plan. However, the only caveat is when we see a runner in the high injury risk zone, we like to advise a softer approach. Again though, that is only a recommendation, and if a race is selected instead of a recommendation for an easy run, there are no issues as the runner is aware and bearing the injury risk. If the runner is happy, then the coach is happy. Most of all, have fun.

Monday Night Yoga / Stretch Session

The first of our Yoga sessions was very successful. Rachael Kealy did such a wonderful job providing a great calming atmosphere for us to all do some stretching and relaxation Yoga. (see p2 photo)

Everyone who attended enjoyed it so much, even the children. Rachael is such a natural instructor.

In our first session it was very interesting to observe the different flexibility that people had, while I was looking around the room. More so, when I seen some of the older members with more flexibility than some of the younger ones.

I love stretching, and think it has huge benefits for injury prevention, and more so for older runners. Even though my flexibility is not so great, and more so due to a childhood knee issue, it was definitely fun.

We would like to see as many members take advantage of these sessions while they can, as coaching team and committee worked with other clubs in the background to organise the rooms, so this is only a 4 – 6 week offering.

We are also lucky to have someone like Rachael offering to instruct these, so take advantage, bring along your mats, and drop in Monday night 6:15pm.

Tuesday track Sessions

We have now completed Coach Kieran's track sessions series (thanks Kieran), and have now started Coach Rob Falloon's track sessions.

It is so great to see the different variety between coaches, again making us such an advanced club.

Rob has a solid background in running and coaching,

and is a long term member of Hobbos. His bio was in a recent newsletter. If you do not know Rob, introduce yourself and say hello.

Wednesday Recovery Runs

Our Wednesday Morning Recovery runs at Williamstown (thanks Belinda Fithie), has a constant attendance with good numbers.

However, Altona Pier is a bit hit and miss. It started off well over the last couple of months, but then over the last two Wednesdays we never had anyone turn up at 6:15am. Due to this I am going to re-evaluate this session, and go back to the drawing board.

I will be looking at a better time, session, or even location, to save wasting travel to Altona. Anyone with suggestions, feel free to let me know.

Altona Pier will be off until we can come up with a better plan.

I do remember similar happening when I started Altona 100 steps hills, over a year back. I had a few sessions with no-one turning up, but eventually it grew. However, there are not many running clubs around Altona, so was expecting a more rapid growth.

We may also need to consider some advertising, and Coach Alison was suggesting local shop windows, which we can investigate at some later stage.

Until then, we hope to see everyone at Williamstown Recovery session.

External Running Sessions – Hills – Recovery Runs, with daylight savings

As mentioned in previous newsletters, we change our external sessions based on the risk within the environment. As we are now about to enter daylight savings, we will soon have more light. This means the risk classification for most locations we avoided will drop.

Therefore expect to see that we add in some of those trails that we considered dark risky, and avoided during dark hour running. This will mainly be applicable for hills.

Children & Parents Sunday Session Term 4 Stretch Session

We are discussing this in the background at the moment, as I will likely be away for a majority of these dates, leaving Coach Laura solo.

At this stage, we are trying to organise another backup coach, and if successful, will go ahead with a Term 4 session.

The goal will likely be training for a 2.5km event, and hopefully have all parents & children trained up enough to attend the Hobbos handicap 2.5km portion.

Future Fun Event- TEASER

Coach Belinda Fithie also has a rather unique race event coming up that is rather different than any other. It is based on the best pacer (as timings stated by themselves, and run), not fastest runner.

It is something that anyone of any fitness can win, and

yes there will be prizes. This has been approved by committee, so stay tuned, and Belinda will advise event name, location, goal and date.

Alternative Social Event-TEASER

We have a cross training social event in the planning, and expect to see it potentially sometime next year. For any that are interested, look up

adventuresprint.com.au

It is an event that has a short trail run, short bike ride, and short row as a team of two. This has been passed to committee for more research and approval, but looks to be an exciting and fun team event.

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 happy to approach one of our Runleaders or myself (Brian) 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:

Alison Sanders, Belinda Fithie, Brian Armstrong, Daryl Sadgrove, 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:

'Investigate an alternative sporting event as cross training. Try something that is fun, like a completely different challenge. Most alternative sports are excellent for cross training and will supplement your running with less injury risk. We may even have a social alternative soon.'



Trail Corner

With Lucas Beck, Trail & Ultra Coach

"Winning isn't about finishing in first place. It isn't about beating the others. It is about overcoming yourself. Overcoming your body, your limitations, and your fears. Winning means surpassing yourself and turning your dreams into reality." **Kilian Jornet**

Hello trail legends!

UTMB was everything I hoped for! I'll put those details in its own well-deserved article (see p9).

Recently Killian Jornet completed his own epic adventure, [Alpine Connections](#). Just casually climbing all 82, 4000+m peaks in the European Alps. Definitely worth a read.

As of writing this, the many Surf Coast Century legends will be under way, and I hope you all have a fantastic, fun-filled day and turn your dreams into reality! Whether you're doing a relay leg, the 50km or the 100km, this is such a great annual event. Inspirational stuff by those taking part, good luck everyone!

There's a lot of awesome trail events coming up soon and in the near future. Some of you may want to consider taking on a big event in 2025. If you want to know more about any specific events, or even where to begin your trail running journey, come and find me at Altona parkrun, or Hobbo's track sessions. I'm always willing to help out with trail advice, and remember, we don't sweat pace per kilometre, the vibe is very laid back... we have pizza, before, during and after our runs!

See you on the trails

Lucas Beck, Trail and Ultra coach

Events

[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

[Two Bays Trail Run](#)

12 January 2025

28km & 56km

[Hut to Hut](#) Mt Buller

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

28 – 30 March 2025

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



Di's Second Egg

"A proper handicap win."



Di shares how much a handicap win means

Di Donoghue's August handicap win was her second Kenyan Egg. However, Di feels that the first, like many things in recent times, was Covid affected. Her first handicap win was in December 2020. Remember then. I'll paint a picture.

The 2020 December handicap was the first handicap since February that year. March to November handicaps were all cancelled. The December field was 38 strong. It was as though we were all dying to get out and about and run with friends. But Di ran a PB that day, in a field packed with some of the very quickest Hobbos. She won by a solitary second. Di's 'improper' handicap win in December 2020 was far from shabby, which makes her August 2024 win very proper indeed.

At our August post-race morning tea and presentation Di attributed her good form and win to the training she has been doing for other events. She is in everything including but not limited to the Surf Coast Century run she has been training for, and now ticked off. If you haven't read her comments on Facebook post-SCC, do so now! What an adventure! Many Hobbos over the years have found that preparing for other, longer events have fine tuned their performances at the monthly handicap. Many find that they run quicker 5km times when preparing for marathons, stair climbs and trail runs.

Both Di and Philippe (who finished 2nd) have devoted a lot of time to preparing for the SCC. It obviously pays off.

The first 5 across the August finish line all ran or walked PBs. It was another high quality race with 29 starters, lots of encouragement out on the course which was appreciated as conditions were quite windy. Fastest time of the day was 19:23 by Graeme Dewerson - another sub 20 5km. Graeme's family were at the handicap and what better way to keep an eye on the kids (Millie and Owen) than to enter them into the run and run they did, all 5km and in just over 28 minutes each.



Millie



The Dewersons



Owen



Hobbos Handicap - August 2024 - 348th Running



Pos	Name	Finish	Time	Start	PB	AGPB	Split 1	Split 2	Points	Bonus	Total
Greenwich Cup											
1	Diane Donoghue	49:23	30:23	19:00	31:06	31:06	15:11	15:12	20	12	32
2	Philippe Delecheneau	49:28	26:23	23:05	26:05	26:40	13:20	13:03	19	12	31
3	Helen Haralambous	49:54	34:24	15:30	34:31	34:31	17:25	16:59	18	12	30
4	Matt Loader	49:55	23:20	26:35	23:28	23:28	11:41	11:39	17	12	29
5	Michael Slee (walk)	50:00	39:00	11:00	39:02	39:02	19:27	19:33	16	12	28
6	Michael Musgrove	50:03	40:08	9:55	35:15	39:45	20:18	19:50	15	8	23
7	Sarah Lowe	50:08	23:58	26:10	23:53	23:53	12:03	11:55	14	11	25
8	Graeme Dewerson	50:18	19:23	30:55	19:09	19:09	9:38	9:45	13	9	22
9	John Gray	50:29	20:49	29:40	18:51	19:41	10:04	10:45	12	0	12
10	Susan Walker	50:38	24:48	25:50	22:44	24:40	12:15	12:33	11	10	21
11	Ken Smith	50:45	44:35	6:10	22:28	37:27	23:06	21:29	10	0	10
12	Terry Pearce	50:58	21:28	29:30	17:34	19:07	10:30	10:58	9	0	9
13	Anna Bovdis	50:59	27:29	23:30	26:42	26:42	13:30	13:59	8	4	12
14	Ray Barnard	51:24	27:39	23:45	22:12	26:20	13:42	13:57	7	0	7
15	Malcolm Powers	51:26	23:26	28:00	22:34	22:34	11:11	12:15	6	3	9
16	Brian Armstrong	51:31	21:46	29:45	18:09	18:45	10:52	10:54	5	0	5
17	Bronwyn Rowleson	51:32	35:02	16:30	30:03	32:17	16:49	18:13	5	0	5
18	Belinda Fithie	51:47	29:37	22:10	27:34	27:34	14:32	15:05	5	0	5
19	John Becroft	54:00	51:30	2:30	24:12	46:56	25:48	25:42	5	0	5
20	Vanessa Coutts	54:24	40:44	13:40	34:55	34:55	20:04	20:40	5	0	5
Ineligible											
1	Abby Speakman	51:10	23:00	28:10	20:26	20:31	11:41	11:19	10	0	10
2	Kieran Leonard	50:19	25:19	25:00	18:40	19:19	13:12	12:07	10	0	10
3	Kaia Morris	49:32	27:02	22:30	24:23	24:23	13:47	13:15	10	0	10
4	Rachel Kealy	49:49	27:49	22:00	28:29	28:29	13:58	13:51	10	0	10
5	Owen Dewerson	49:19	28:19	21:00			14:04	14:15	10	0	10
6	Millie Dewerson	48:27	28:27	20:00			13:24	15:03	10	0	10
7	Eero Keranan	48:33	47:33	1:00	16:13	22:14	23:31	24:02	10	0	10
Guests											
1	Marion Hooley	36:57	29:57	7:00			14:54	15:03	-	0	-
2	Andrea Taylor	37:38	30:38	7:00			14:53	15:45	-	0	-

AUGUST HANDICAP



Vanessa leads Sarah



Anna



Bel



Helen



Owen & Brony



L to R: Philippe and guests Marion & Taylor



Sue



Di & Anastasia



Abby



Kaia



Rachael

Hobbos Greenwich and Ted Joy Cups 2024

Current Standings - Greenwich Cup

Place	Name	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Best Eight	Notes	Total Runs
1.	Susan Walker	31	30	32	29	(20)	26	32	21	221	e	134
2.	Matt Loader	21	23	30	31	(20)	31	31	29	216	n	10
3.	Cain Speakman	29	28		28	23	21		(20)	149	n	29
3.	Rae Carter	26	27		32		20	24	(20)	149	n	9
5.	Diane Donoghue	(20)	11	5	23		29	28	32	148	p	39
6.	Ray Barnard	32	32	(20)	19	16	(10)	5	7	141	e	89
7.	Michael Slee (walk)	28	9		12	28	(20)	6	28	131	n	18
8.	Graeme Dewerson	(20)	24		30	25			22	121	n	27
9.	Leigh Kelly	20	31	22		22	25			120	n	8
9.	Neil Speakman	23	5	(20)	13	11	21	27		120	n	24
11.	Anastasia Aldred	10	10		27	26	12	13	(20)	118	n	9
12.	Helen Vaxevanis	30	22	28		31				111	n	8
13.	Sarah Lowe		10	22	23		30		25	110	n	17
14.	Anna Bovdis	10	(20)	10	5	17	22	(10)	12	106	n	6
15.	Michael Musgrove	27	14	9		12	8	12	23	105	e	262
16.	John Gray	10	10	10	10	17	(20)	11	12	100	e	107
17.	Helen Haralambous		21	23		18	5		30	97	n	9
18.	Jac Wainright	10	20	10		17	32			89	n	5
19.	Peter Buissink	(20)	(10)	(10)	(10)		(10)	(10)	(10)	80	a	79
20.	Mario Valastro	18	26		(20)			11		75	n	6
21.	Mark Letman		29	21			19	5		74	n	9
22.	Belinda Fithie	22		12		5	6	(20)	5	70	n	12
23.	Philippe Delecheneau		5	15		15			31	66	n	19
23.	Rob Falloon	(20)		16	9	5		16		66	e	91
25.	Brian Armstrong	(20)	(10)	(10)			10	(10)	5	65	a	49
26.	Jane Whitmore	20				30	14			64	n	27
27.	Stuart Tennant	10			10	32		10		62	n	6
28.	Kevin Aldred	(20)			21	(10)		(10)		61	n	1
29.	Ken Smith	5	5	5	(20)	5	5	5	10	60	e	205
30.	Bronwyn Rowleson	10	(20)			5	5	7	(10)	57	n	21
30.	Will McKenzie		7	(20)			(10)	(10)	(10)	57	n	3
32.	Jimmy Dwyer	11			24	9	10			54	n	15
33.	Kieran Leonard		10		18	10		5	10	53	e	75
34.	Ashley Sanderson			27		13		12		52	n	12
35.	Mick Beasley		(20)		(10)	(10)	(10)			50	a	48
36.	Malcolm Powers				10	17		12	9	48	n	4
37.	Cat McCrae	(20)	17	10						47	n	4
37.	Lois Speakman		7	(20)		(10)		(10)		47	n	10
39.	Kaia Morris					10	19	7	10	46	n	4
40.	Terry Pearce	7		10		17			9	43	a	125
41.	Ann Girvin		(20)			(10)	10			40	a	158
42.	Andrew Scardino	15	(20)							35	n	23
42.	Graham Edwards	5	5	5	(20)					35	e	144
44.	Rachel Kealy					10		14	10	34	n	3
45.	Michael Rief			10		23				33	n	22
46.	Michael Williams	11			5			16		32	n	7
46.	Peter Whyte		10	6		8		8		32	n	9
46.	Vanessa Coutts	5	9	8		5			5	32	n	14
49.	Dominique Tanner			10	20					30	n	2
49.	Eero Keranan						10	10	10	30	n	3
49.	Stuart O'Neill		5		(20)	5				30	n	9
52.	Jason Rees			10	19					29	n	35
52.	John Horan			10		19				29	n	3
54.	John Becroft	5		5	10				5	25	e	206
54.	John Danaher		10	10	5					25	n	3
54.	Melissa Rutze		10			5		(10)		25	n	11
57.	Ron Van der Heide					18		5		23	n	3
58.	Abby Speakman	12							10	22	n	24
59.	Cindy Ho			(20)						20	n	0
59.	Daryl Sadgrove		(20)							20	n	11
59.	Elise Hartiker							(20)		20	n	0
59.	Freya Rees			10	10					20	n	11
59.	Liam Walker				20							



Hobbos Greenwich and Ted Joy Cups 2024

Current Standings - Greenwich Cup

Place	Name	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Eight	Notes	Total Runs
59.	Liam Walker				20					20	n	2
59.	Olly Rees			10	10					20	n	14
59.	Sam Flockhard				20					20	n	1
66.	Callum Low		7	10						17	n	3
67.	Adam Gregory				10					10	n	1
67.	Andy Palmers						10			10	n	1
67.	David Buttler			10						10	n	1
67.	Em Baker					10				10	n	1
67.	Jane Gibbons			10						10	n	2
67.	Janelle Taylor							10		10	n	1
67.	Joshin John					10				10	n	1
67.	Marcin Pont			10						10	n	4
67.	Mary Ellen Brierley	10								10	n	1
67.	Melanie Griffin							10		10	n	1
67.	Sebastian Ineligible					10				10	n	1
67.	Shannon Cooper						10			10	n	1
67.	Sienna Bigarrel					10				10	n	1
67.	Steve Glover							10		10	n	1
67.	Tameka Day						10			10	n	14
67.	Thomas Williams	10								10	n	3
83.	Kiandra Ward				6					6	n	3
84.	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	Aug	Best Eight
1.	Susan Walker	31	30	32	29	(20)	26	32	21	221
2. (p)	Diane Donoghue	(20)	11	5	23		29	28	32	148
3.	Ray Barnard	32	32	(20)	19	16	(10)	5	7	141
4.	Michael Musgrove	27	14	9		12	8	12	23	105
5.	John Gray	10	10	10	10	17	(20)	11	12	100
6.	Rob Falloon	(20)		16	9	5		16		66
7.	Ken Smith	5	5	5	(20)	5	5	5	10	60
8.	Kieran Leonard		10		18	10		5	10	53
9.	Graham Edwards	5	5	2024						35
10.	John Becroft	5		5	10				5	25

The Cups so far...

The TJC is all but decided in so far as those who will finish in the top three - Sue Walker can start clearing a space in the pool room for the trophy, as she is more than 70 points clear in first place.

Whether Di Donoghue will hold out Ray Barnard for runner up is the TJC question that will still take time to resolve. However, their placings must be assured - it is just a matter of silver or bronze.

As for the GC, the August results produced some snakes 'n' ladders type movement, with a touch of fine tuning. Di's win saw her climb from 8th to 5th; Ray slid from 3rd to 6th. The double-act of Cain & Rae climbed closer to the top by one - up from 4th & 5th to 3rd and 4th, respectively.

But daylight still separates our other double act, Sue and Matt, from the rest. They are more than 60 points clear of the rest but Matt exerted a little scoreboard pressure in August.

There is now only 5 points in it.

It was 13. I feel like employing a cliché using the words 'down' and 'wire'. But I won't, not yet!





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

