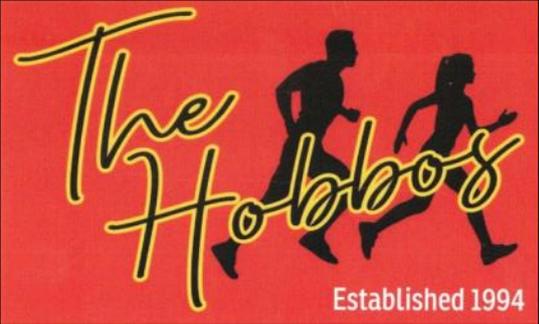


October 2024



HomeRuns

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

Rachael's Egg



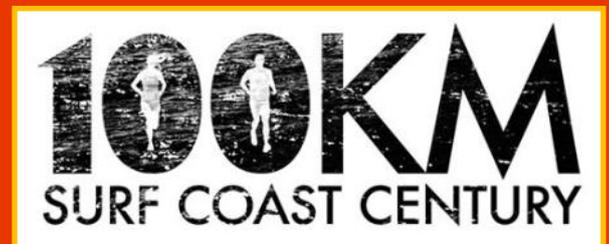
210 Handicaps between them

Luke's UTMB-Part 2

Karen, Cat & Sarah's

Safe Running with Bel

Phar Lap 2 Mile



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Hobbo's Top Tip: Look after your handicapper

Forthcoming Events

Sat 26th Oct	October Handicap - Moring Tea & Presentation - NPAT
Mon 4th Nov	9th Phar Lap 2 Mile & BBQ - Altona Coastal Park, 6pm
Sun 10th Nov	Bel's Paced to Perfection, 7:30am, JT Gray Reserve
Sat 30th Nov	November Handicap - Moring Tea & Presentation - NPAT
Sun 8th Dec	Christmas Gift 1500m & BBQ - NPAT

For details of our Summer 2024-25 program and other events,
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 just run and run and run...

This issue is full to the brim. Written by runners for runners.

Karen, Cat & Sarah have recounted their individual adventures on the Surf Coast doing the 50km, 100km or the relay. There are pictures too.

John Gray's column lists those Hardy Hobbos who tackled the Melbourne Marathon.

Part 2 of Luke Beck's UTMB has arrived and is on page 12. Part 1 featured in the September issue of Home Runs (if you missed it look on the website or Facebook).

And of course there is the little old handicap with Rachael Kealy taking the prize on a big colourful Grand Final running of the famous Hobbos 5km Handicap.

And the DSS got under way with the Spring Gift.

But wait there's more to come.

The October Handicap is this Saturday. The Phar Lap 2 Mile is fast approaching on Cup Eve and the Christmas Gift will be here before we know it. And don't forget Paced to Perfection, 10th November.

Phew, I'm tired just typing that list and all I did was the September handicap.

See you at the start line.

A large blue sign for SportsPower Williamstown is the central focus. The sign has 'SPORTSPOWER' in white letters on a blue background. Above the sign, two street lamps are visible against a clear blue sky. The text 'Williamstown' is written in red on the left, and 'Hobbos Discount 15%' is written in white on the right. Below the sign, the text 'Your Local Experts' is written in red. At the bottom, the text 'John Ayton's SportsPower for all your sporting needs Corner Electra & Ferguson Streets, Williamstown' is written 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**



Gray Matters

with President John Gray



Well done to everyone who participated in the Melbourne Marathon festival, especially those who ran the full and the half under the usual challenging conditions. I had a bit of FOMO out on the course, but from painful experience, I know the full is not my distance. See the list of results from members and friends on this page.

I'm now on one of my regular Tassie trips so will miss the October handicap, this trip timed to coincide with the Burnie 10 road race, which will be my 18th consecutive participation since I took up running. This year Michael Musgrove will also be running as always, while Ken Smith is again doing the Mount Panorama instead. When I planned this trip I noticed there were kunanyi Trail Series races on while I would be in Hobart, a 11k Enduro and 4k Sport set in the foothills of Mt Wellington. I have done a few of their events previously, as well as a few kunanyi Mountain Runs, so was keen. "Why not do both" they said, which seemed like "a good idea at the time", so I entered both. I spent the next month wondering why I entered the 11k twilight and the 4k night race with probably less than 1 hour's rest between them, when I could have run the 4k first and had a longer rest (or not done both). Just to make it interesting though, I did parkrun in the morning

Full Marathon

Daryl (Big D) Sadgrove	3:14:40
Jimmy Dwyer	3:29:32
Mario Valastro	3:36:14
Anthony Buman	4:00:30
Joshin John	4:04:12
Ron Van Der Heide	4:12:57
Rochelle Palmer	4:13:52
Shelley Portwine	4:27:37
Stuart Tennant	5:01:16
Peter Whyte	5:32:31
Stuart O'Neil	6:53:04

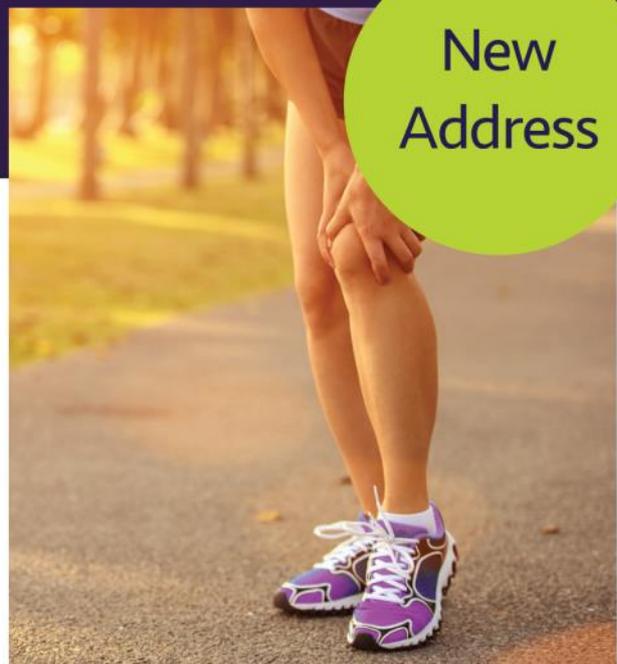
Half Marathon

Michael Williams	1:28:07
Thomas Williams	1:36:58
Ali McAleese	1:51:24
Laura Boy-Hurst	1:59:40
Cain Speakman	2:13:06
Neil Speakman	2:13:06
Pritee O'Keefe	2:34:09



**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



to get my date bingo, but did manage to keep it slow for a change.

It was a beautiful day and evening in Hobart, and I ran both races in just a singlet. Thankfully the track was dry despite it raining most of the previous day. The 11k started at 5pm, with 3 peaks to contend with and total elevation gain of 469m. I went pretty well, the only issue was both little toes hurting on the downhill, and I finished 24th despite power walking up the steepest sections, and only a best pace of 4:47 on a downhill. I finished in 1h06, so had 63 minutes precious rest to refuel and band-aid a few toes, while wondering if I would be able to run at any useful pace in the 2nd race.

The 2nd race started at 7:10pm (head torch compulsory), which started with the same first "hill" and power(?) walking. Fortunately, I was able to get some pace back and watch my footing to reduce the pain on the downhills which were all technical, and finished in 5th place after a tight sprint finish hitting 3:30 pace. It was light enough to not need to turn on the head torch, but those who did the 11k as a night run all needed them to finish in the dark, while I stayed close to the fire pit, as it cooled down quickly after dark!

I'm writing this the next day, and apart from sore toes and burning quads, feel pretty good (after heaps of food and a sleep in), and am looking forward to the Burnie 10 next Sunday (the day after October handicap), where I am running as an individual and in a work team.

The Summer Program and Daylight Savings Series

Our annual daylight savings series kicked off earlier this month with the Spring Gift 1500m track handicap. We had a good field of 18 eligible runners, 9 guests or ineligible runners (with no established handicap), and a big field of 11 helpers.

See the full results in this edition.

Our next events are:

- the 8th annual "**Phar Lap**" 2-mile sealed handicap on **Melbourne Cup Eve, Monday 4th November**, followed by a free supper. This is our marquee event for the year, held at the old Williamstown racecourse (Altona Coastal Park) where Phar Lap competed, and as always, 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! We intend to hold some other events in conjunction with Little Aths, and the evening will follow straight on from the last Sunday afternoon kid's session for the year.

Back on Track

We have had great numbers at Tuesday track after our return to NPAT, with weekly attendances of 60, 61, 58, 64, 59 & 60, and since daylight savings started, 57 (morning session plus Spring Gift attendance) and last week a new record of 73 runners!

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 when necessary.

Until next month, stay fit, healthy and safe.

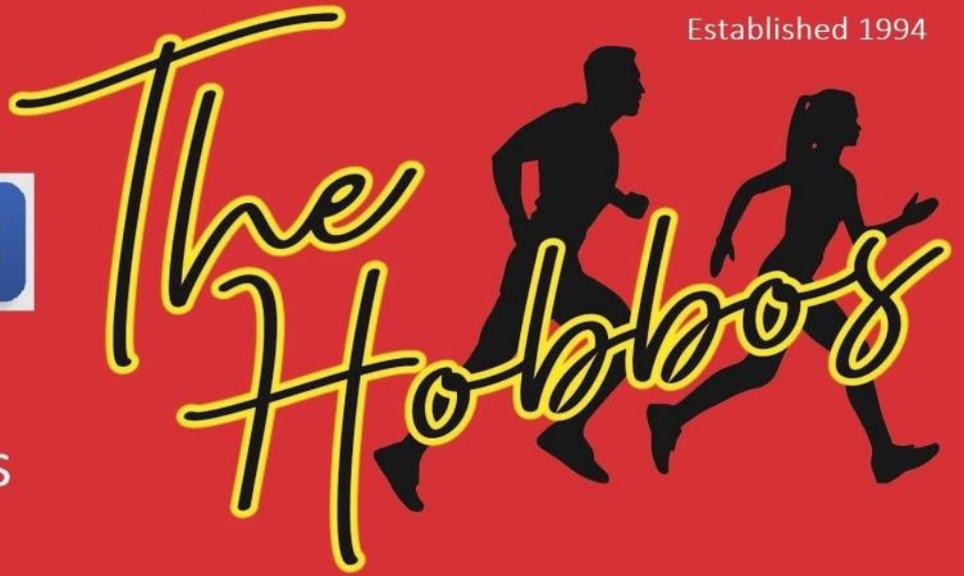
Hobbos 2024-25 Summer Program		
All events at Newport Park Athletics Track (NPAT) unless noted otherwise		
Daylight Savings Series 2024-25		
The annual Spring Gift 1500m handicap	(Race 1)	Tue. 8th Oct, 6:00pm
The 9th annual Phar Lap 2-mile handicap Altona Coastal Park (Old Williamstown Racecourse)	(Race 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		



Hobsons
Bay
Running
Club



Established 1994



Daylight Savings
Series 2024-25

The 9th annual Phar Lap run / walk 6pm Melbourne Cup Eve Monday 4th November

Old Williamstown Racecourse



2 miles
(3.2km)
1.6 laps of
Altona
Coastal
Park.



All Welcome, All ages & abilities including beginners
Free entry and supper for pre-registered runners.

hobbos.org.au

Register here:



Spring Gift 1500m



Post race BBQ



1st - Matt

NAME	handicap	Gross Time	Nett Time	Position
Members				
Matt Loader	2.15	8.28	6.13	1
Lisa Orkin	0.30	8.30	8.00	2
Diane Donaghue	0.00	8.35	8.35	3
Abby Speakman	2.30	8.40	6.10	4
John Horan	2.30	8.43	6.13	5
Henry Northover	3.15	8.44	5.29	6
Anna Anderson	2.15	8.47	6.17	7
Kaia Morris	2.40	8.57	6.17	8
Graeme Dewerson	3.50	9.03	5.53	9
Belinda Fithie	1.10	9.04	7.54	10
Louis Northover	3.10	9.06	5.56	11
Ron Van Der Heide	2.40	9.11	6.31	12
Terry Pearce	3.30	9.12	5.42	13
Carl Orkin	2.00	9.16	7.16	14
Noel Mc Mahon	2.40	9.17	6.37	15
Stu Tennant	2.40	9.49	7.09	16
Melissa Rutze	1.45	10.04	8.19	17
Vanesa Coutts	0.00	11.33	11.33	18



2nd - Lisa

Ineligible Members in finishing order (haven't raced at least 3 times to obtain a handicap)				
Di Williamson	0.00	8.05	8.05	
Shona Tudge	0.00	8.06	8.06	
Eero Keranen	0.00	8.36	8.36	
Rachael Kealy	1.10	8.42	7.32	
Janelle Taylor	1.10	8.56	7.46	
Nick Tavendale	4.10	8.59	4.49	Fastest of the night
Joshin John	3.00	9.05	6.05	
Millie Dewerson	1.00	9.09	8.09	
John Danaher	2.50	9.10	6.20	



3rd - Di



EVERYONE SHOULD THINK ABOUT...

RUNNING

SAFELY

BY BELINDA FITHIE (LEVEL 1 RUN COACH)

A few other things to think about in keeping yourself safe out there!

STRAVA PRIVACY CONTROLS



Strava provides control over who can view your activities by activating the privacy settings.

What is your Activity Details Page?

Your activity details page displays comprehensive data about your activity on the Strava website or mobile app. It includes your activity's date and time, statistics, biometrics, analysis charts, map, segment matches, achievements, times, and elevation profile, among other metrics.

Activities set to "Followers" and "Only You" will not be eligible for public segment leaderboards and may not be eligible for some challenges or achievements.

What are your controls?

Your activity privacy controls allow you to restrict access to your activity details page to "Everyone", "Followers", or "Only You". You have the option to set a default preference so that your activities automatically upload with this selection and/or you can change the visibility of individual activities.

When you select Everyone:

- All Strava athletes (unless blocked):

Will have full access to this page. Your activity's photos and shoes will be visible to non-followers if you set your profile controls to "Everyone." Set your profile to "Followers" if you want to hide your photos and gear from non-followers.

When you select Followers:

- Your followers on Strava:
 - Will have full access to this page. This includes your start time, photos, and gear.

The activity will not appear publicly on leaderboards for segments or challenges that contain a leaderboard. You and your followers will still see segment matches and your corresponding times on your activity details page.

When you select Only You:

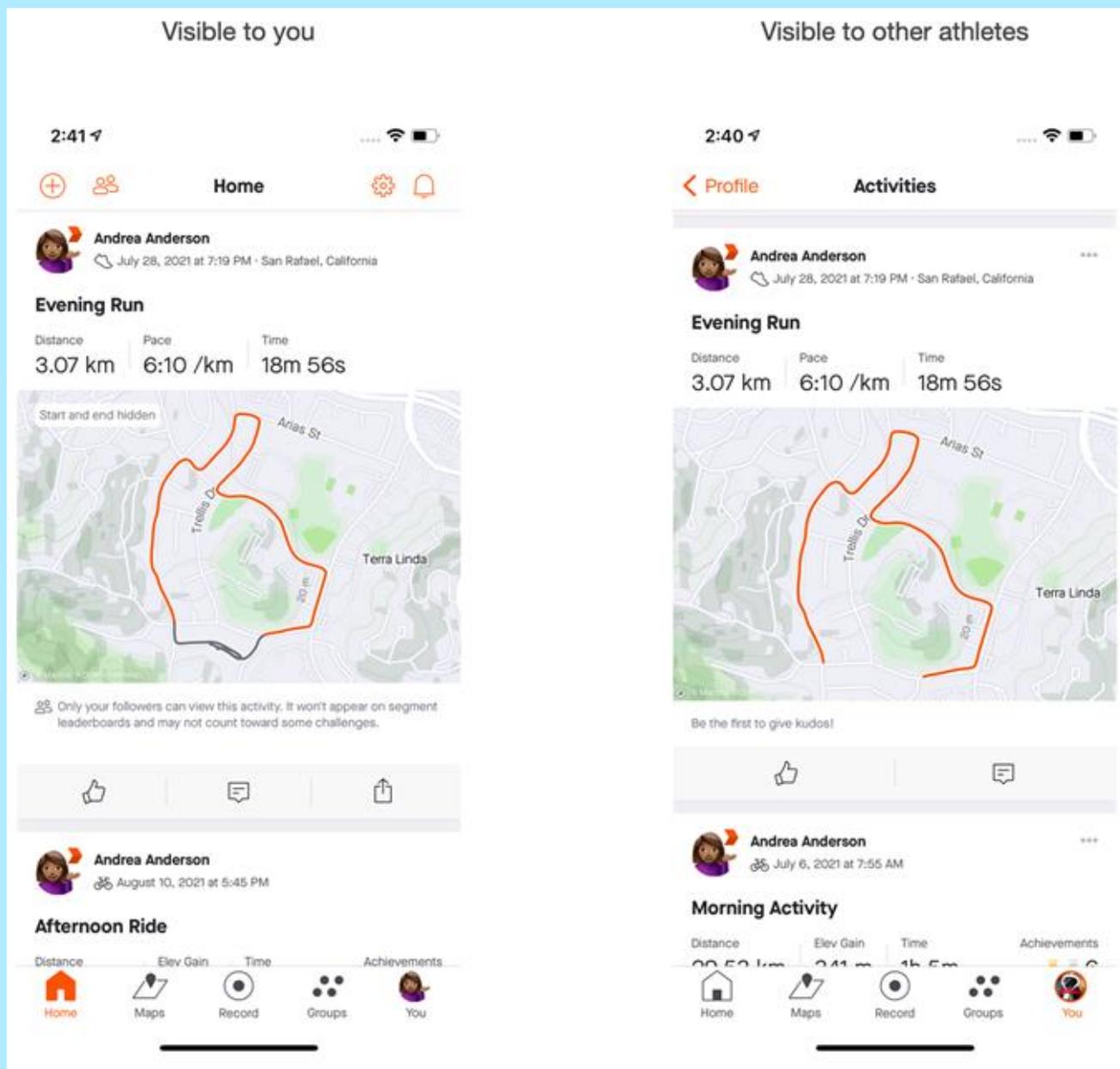
- You are the only person who can access the activity details page.

The activity will not appear on your profile or club feeds as a summary nor will your activity be on public leaderboards of any kind.



Edit Map Visibility

You have the ability to hide portions of your activity map from other Strava athletes.



Option 1: Enter an address to hide the portion of any past or future activity that starts or ends nearby. This selection will apply to all past and present activities, excluding any activities whose Map Visibility settings you have edited individually. More on editing individual activities below.

Option 2: Hide the start and end of all activities regardless of where they start or end. This selection will only apply to future activities.

Option 3: Hide the entire map. This selection will only apply to future activities.

****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****



ROAD ID APP



This is a paid app – AUD\$46 p.a.

It has Real Time Location Sharing, Accident Sensing, One-Touch SOS, Activity History and Real-time Stats.

Real Time Location Sharing:

Use the ROAD iD App to send eCrumbs (electronic breadcrumbs) to your selected loved ones (Guardians). eCrumbs can be sent via Email or SMS, and give your Guardians the ability to see where you are, how far you've gone, and the route you've travelled.

Accident Sensing:

When activated, the ROAD iD App will trigger a Stationary Alert when it senses that you have been stationary for too long. You are given 30 seconds to dismiss a Stationary Alert before the App notifies your pre-selected loved ones (Guardians). Stationary alerts can be sent via Email or SMS. It also includes a "pause" feature - great for when you stop to change a flat, tie your laces, or take a breather.

One-Touch SOS:

Need help fast? When using the App, simply press the SOS button and we'll notify your loved ones (Guardians) that you're in distress. Pressing this button will also give you a shortcut to call Emergency Services. This emergency screen will show your current Latitude and Longitude so you can tell First Responders exactly where you are.

Activity History:

A complete log of your adventures, including maps and key stats.

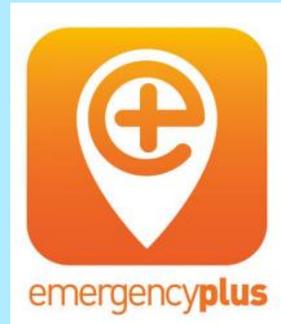
Real-time Stats

Speed, Distance and Location during your eCrumb,

ROAD ID also have wrist bands for medical and emergency contact details in case of an emergency.

<https://www.roadid.com/>

EMERGENCYPLUS APP:



The **Emergency+** app is a **free** app developed by Australia's emergency services and their Government and industry partners.

The app uses **GPS functionality** built into smart phones to help a Triple Zero (000) caller provide critical location details required to **mobilise emergency services**

****YOU MUST DIAL THE EMERGENCY SERVICES FROM WITHIN THE APP FOR THEM TO RECEIVE YOUR LATITUDE AND LONGITUDE CO ORDINATES****

Happy running out there everyone, I hope this has given you a few insights into keeping you safer while you are out and about.

Belinda (Bel) Fithie

Level 1 Run Coach



BEL'S ANNUAL - PACED TO PERFECTION

NO WATCH...NO PHONE...CAN YOU PREDICT YOUR PACE?

7KMS

SUNDAY 10TH NOVEMBER

07:30AM START

REAR OF J.T. GRAY RESERVE WILLIAMSTOWN



How Does It Work?

EXAMPLE:

LOIS, PREDICTS A TIME OF **60 MINS 33 SECS**

MARK, PREDICTS A TIME OF **32 MINS 17 SECS**

LOIS COMPLETES THE RUN IN **60 MINS 46 SECS**

(13 SECS SLOWER THAN PREDICTION)

MARK COMPLETES THE RUN IN **31 MINS 05 SECS**

(72 SECS FASTER THAN PREDICTION)

DESPITE BEING SLOWER IN HER TIME, **LOIS** IS CLOSER TO HER PREDICTED TIME AND THEREFORE IS AHEAD OF **MARK** IN THE FINISHING



PRIZES, PRIZES, PRIZES FOR 1ST, 2ND & 3RD

*PRE REGISTRATION OPENS AFTER PHAR LAP RUN





**A lap around
Mont Blanc:
long version
By Luke Beck**

Part 2

“Switzerland, I’m back home baby, yeah!”

Part 1 finished with Luke hustling his way through the Courmayeur aid station and moving up roughly 200 places. He was also ‘relatively’ relaxed as the course ahead was familiar ground...

The terrain chart for the second half has been included once again but the pictures are new.

Read on...

Fortunately, I had only half the climb I had in CCC, up to Refuge Bertone, and then on to Refuge Bonatti (legendary mountain names, look them up!), where I took a 20-minute nap. I slept for maybe 10 minutes, and the other 10 minutes was just lying there in the shade, ambient noises surrounding my thoughts. I got up feeling very groggy, I took a couple of very scenic pics here, and off I went to face my old nemesis, Grand Col Ferret, the final climb in Italy, before entering Switzerland. This is a very steep climb, but this time I was lucky to catch a little bit of cloud cover, to just take the edge off the afternoon sun. Last time I climbed it, we were in the midst of a thunder cloud, it was really humid and it just seemed to never end. This time having a clear view to the top seemed to help, and before I knew it, I’d ascended yet another brutal climb, standing on the border of Italy and Switzerland.

Just like in CCC, I pumped my arm in the air and declared, “Switzerland, I’m back home baby, yeah!”. There is a sweet, very runnable 20km descent down to Arnouvaz, from the top of Grand Col Ferret, and with the sun now behind us, things were starting to fall into place.

I had a very quick aid station stop at Arnouvaz, knowing my friend would be at the next aid station, La Fouly. I wasn’t aware of my “state”, but as I came into La Fouly, Patrice suggested to me that it looked as though I’d had way too many beers (honestly, I wish I had of, too). I was staggering around like a drunk person. I thought I was doing pretty well at this point, but the physical and mental fatigue was just starting to kick in, hard!

The second night was approaching as I came into Champex-Lac, where I saw Yvonne for the first time since Les Contamines, almost 100km ago. One of the volunteers had produced two huge trays of fresh raspberry, and, blueberry slice. I was hoovering these bite-size pieces down like there was no tomorrow, as she watched on in surprise. I thanked her again and again, they were so delicious. Merci beaucoup! Yvonne gave me some more pasta, and watermelon, and again I had another fast aid station turn around. Off into night two I go, towards Trient, another big climb, and descent, after passing through an empty cow alm at La Giete.





A near-blank memory of this section, it just went by, and then I was in Trient. Just as it happened during CCC, my friend had requested the DJ play Men at Work "Down Under". This played with my mind like déjà vu, was it really happening, again?! I laid down for 10 minutes here on a hard-wooden bench, and possibly slept a little. I later saw a picture of myself hoovering down noodle soup at Trient, and wow, I look like I'd been out on an epic night. To be fair, this was the second night, so yeah, I'll wear that one. One more major aid station to get to, and then it's on to the final 20km...

Another big climb out of Trient, always delightful at night, seeing the town lights below, hearing the cow bells ringing, so peaceful and serene. I'd joined on to a train of guys, but I just couldn't hold their pace descending so I was moving pretty slow during this period for safety while I was alone. Then another couple of people came along, and I kept pace with them, chatting a little, as we finally descended down into Vallorcine. As we entered the aid station, I heard one of their

friends exclaim that we were now well within the top one thousand positions and were doing great! More motivation to just get out there ASAP and keep going. I slammed a flat-coke down, grabbed another Maurten drink mix and left on a mission. See you soon, Chamonix!

As I left Vallorcine, dawn was breaking and I knew what that meant. It's time to "see things" that just aren't there. The micro hallucinations did not disappoint. It started with me "floating" along this section that was next to a river and surrounded by alpine trees. It was early in the morning, so nice cool, crisp conditions too. The grass had the appearance of being mostly green, as expected, but it was broken up by splotchy white sections. As I "floated" over these (think [Homer Simpson 5-alarm chilli](#)) sections, fully believing that I was "moving well", the white sections had the appearance of "dancing pixels". They were forming shapes and joining together, making more detailed and intricate shapes of, I don't even know what, but it was very humorous and entertaining. What can I say, I'm easily amused! What I





Luke 'hoovering' noodles in Trient

would come back and show me, but I guess he had other people to entertain?! Such a fleeting moment...

And then as we were about to exit the trees into an opening, I had this "clear" vision of rows of terraced houses. They were so ornately detailed, and physically, just there behind the rows of trees, all the while my mind is ticking over, "What are these houses doing out here?" Never mind, it just turned out to be a chairlift which was on the final climb up to Le Flegere. Lost. The. Plot!

The smile was quickly wiped from my face as we went up the final climb, to the final aid station, which was brutal in the morning sun (I was definitely feeling sorry for anyone that had to do this climb later in the day). Into Le Flegere, a few cups of coke and I was off, knowing just how hard the descent down to Chamonix was going to be. The next 4km is super treacherous, technical tree roots and big steps down, there was a lot of old-man groaning going on for sure, survival instincts 150%-on-loan at this point. When you finally go past the cute Chalet La Floria, the final 3km into Chamonix is nice and easy, all things considered. Then just to add a final Machiavellian twist to the ordeal, there is a bridge crossing over a road, the final climb and descent, as if there hadn't been enough already!

Having already received hundreds of applause and bravos by this point, barely able to respond

thought was going to be another big climb, didn't eventuate, at least not just yet.

Parts of the new route towards Le Flegere, were downright dangerous. Really next-level crazy?! Every downwards step was potentially race-ending. Quite a few runners were bunching up in sections, and they all seemed keen for me to go ahead. I wasn't going to decline the invitation, so I "jumped the queue" and went about descending down some serious technical terrain. The eccentric load was excruciating, something that I have never experienced before. An exercise in pure masochism, these sections were really testing the limits of physical and mental endurance. Fortunately, this section didn't go on for too long (maybe 1km), unlike CCC, whereas the Tete aux Vents boulder field seemed to go on and on, forever. Finally, we were moving gently up towards Le Flegere, through beautiful alpine trees.

The most memorable hallucination I had was a real highlight of the race. Suddenly, high up in this tree a marmot appeared, slowly opening a letterbox. Teasing me. Inviting me to peer inside, "take a glimpse of what I'm about to show you.", his face gestured. While this was the most distinct and vivid hallucination, alas, it was gone just as quickly as it "appeared". But I really tried to see what was inside the letterbox, I looked up again and again, believing my friend the marmot



That marmot & it's letter box!

by being so weak, the adrenalin finally started to take over, and I managed a final jog in to the heart of the town. The emotions too were overflowing by now, tears streaming down my face,



as I pumped my arms with pure elation, I came around the final few bends and I could see the UTMB arch. Crossing the finish line, I immediately hunched over in a daze. Another Aussie who finished just ahead of me, reminded me to stop my watch. Good point! I stopped my watch, and became a UTMB finisher!

I can't say thank you enough, to Yvonne who probably had a harder job than me over the weekend, and my friend Patrice, just for being there! And to everyone that sent messages of support and dot-watched over the weekend, your support was amazing, thank you!

Random stuff

- I estimate I drank around 25 litres of fluid, including 9 Maurten 320 drink mix (miracle elixir).

- I employed the miler-caffeine hack, to good effect. Abstinence from caffeine for 10 days prior to the race, and when you have caffeine for "the first time", it's like pouring petrol on a fire!

--16,000 calories burnt across the effort (being sick immediately after the race did not help with recovery, and I probably lost 5 kg that week). I completed just over 10,000 metres elevation across all training runs in July. It's just not the same as running in the European Alps. First,

there's the sheer altitude, as well as the length and terrain that we just can't simulate here.

- 2,761 starters, and 1001 (36%) runners registered a DNF (Did Not Finish).

- Finishing in 40:22:58, I finished within 2 seconds of my predicted finish time.

- I started out conservatively, in position #1954 @ Col de Voza, and I finished strongly in position #853. Some of this can be attributed to the high attrition rate, but I did hustle through the aid stations, and I was stronger out on course while others faded, especially in the later stages of the race.

Dreams do come true. Believe in yourself. UTMB, I made it!

What a great read Luke. Congratulations from all your Hobbo mates.



“Joining the Hobbos... one of the best decisions I’ve made.”

- Rachael Kealy

It’s funny how a good decision for one turns out to be a good decision for others.

Talking with Rachael after taking her photo with Ken (see our cover), she she was full of praise for the friendliness of the Hobbos.

Rachael has returned our warm welcome in spades, running Yoga & Pilates sessions at NPAT on Monday nights.

Track training sessions are as much a fun, social occasion as they are fitness and fine tuning and they have no doubt helped Rachael break through

with an impressive win in the September Handicap. Rachael reduced her 5km PB time by 59 seconds, to 26:50 - with plenty of upside I feel.

Of the first 6 across the line 4 improved their PBs - **Jac Wainright, John Danaher and Stuart Tennant** were the others.

An impressive Grand Final like crowd attended and looked the part in their Aussie Rules colours. In all there were 43 at the start line, runners, supporters and helpers. It made the post race morning tea noisy with chatter and applause as Pete Buissink ran through the top 10 placings and presented Rachael with her Kenyan Egg.

Another feature of our club comes through in the cover photo. Rachael is a relative new comer with 4 handicaps under her belt. Ken Smith (in the St Kilda jumper) was running in his 206th handicap. The Hobbos is a club for young and old and inbetween.

Full Handicap results can be found on the following pages. Greenwich and Ted Joy Cup tables as we close in on the pointy end of the season are on pages 19 & 20.



Rachael with her Kenyan Egg. Inset Rachel's yoga class



Hobbos Handicap - September 2024 - 349th Running



Pos	Name	Finish	Time	Start	PB	AGPB	Split 1	Split 2	Points	Bonus	Total
Greenwich Cup											
1	Rachel Kealy	49:30	26:50	22:40	27:49	27:49	13:14	13:36	20	12	32
2	Ken Smith	49:55	43:45	6:10	22:28	37:27	21:57	21:48	19	0	19
3	Jac Wainright	50:03	28:48	21:15	29:29	29:29	14:25	14:23	18	12	30
4	Susan Walker	50:10	24:45	25:25	22:44	24:40	12:12	12:33	17	11	28
5	John Danaher	50:15	24:00	26:15	24:28	24:28	12:02	11:58	16	12	28
6	Stuart Tennant	50:22	24:27	25:55	24:40	24:40	12:23	12:04	15	12	27
7	Kevin Aldred	50:35	23:00	27:35	22:33	22:33	11:14	11:46	14	7	21
8	John Gray	50:36	21:01	29:35	18:51	19:41	10:16	10:45	13	0	13
9	Neil Speakman	50:38	23:58	26:40	23:15	23:15	12:08	11:50	12	4	16
10	Michael Slee (walk)	50:45	39:40	11:05	39:00	39:00	19:46	19:54	11	5	16
11	Peter Whyte	50:47	27:32	23:15	26:03	26:03	13:46	13:46	10	0	10
12	Mario Valastro	50:52	21:07	29:45	20:24	20:24	10:36	10:31	9	4	13
13	Belinda Fithie	50:54	29:04	21:50	27:34	27:34	14:12	14:52	8	0	8
14	Rob Falloon	51:00	25:50	25:10	21:24	23:48	12:53	12:57	7	0	7
15	Malcolm Powers	51:01	23:01	28:00	22:34	22:34	11:20	11:41	6	7	13
16	Anastasia Aldred	51:04	27:34	23:30	27:23	27:23	13:57	13:37	5	10	15
17	David Butler	51:14	25:39	25:35	24:51	24:51	13:08	12:31	5	4	9
18	Diane Donoghue	51:21	31:01	20:20	30:23	30:23	15:12	15:49	5	5	10
19	Graham Edwards	51:27	46:12	5:15	36:14	43:56	23:03	23:09	5	0	5
20	Terry Pearce	51:27	21:57	29:30	17:34	19:07	10:44	11:13	5	0	5
21	Anna Bovdis	51:30	28:05	23:25	26:42	26:42	13:38	14:27	5	0	5
22	Jason Rees	51:40	24:10	27:30	20:44	23:32	11:51	12:19	5	5	10
23	Kieran Leonard	51:54	20:59	30:55	18:40	19:19	10:21	10:38	5	0	5
24	Helen Vaxevanis	52:02	26:47	25:15	24:53	24:53	13:14	13:33	5	0	5
25	Ray Barnard	52:35	28:50	23:45	22:12	26:20	14:10	14:40	5	0	5
26	John Becroft	52:45	50:45	2:00	24:12	46:56	25:02	25:43	5	0	5
27	Ashley Sanderson	52:47	22:27	30:20	19:06	19:23	10:54	11:33	5	0	5
28	Sarah Lowe	52:58	26:48	26:10	23:53	23:53	12:52	13:56	5	0	5

Hobbos Handicap - September 2024 - 349th Running

Pos	Name	Finish	Time	Start	PB	AGPB	Split 1	Split 2	Points	Bonus	Total
Ineligible											
1	Lizzie Stranks	49:56	36:26	13:30			17:49	18:37	10	0	10
2	Steve Glover	51:38	23:38	28:00	18:53	21:27	11:34	12:04	10	0	10
3	John Horan	50:11	24:01	26:10	24:07	24:07	11:58	12:03	10	0	10
4	Cain Speakman	48:57	25:57	23:00	19:26	19:26	13:00	12:57	10	0	10
5	Melanie Griffin	53:29	27:29	26:00	24:50	24:50	13:13	14:16	10	0	10
6	Anna Anderson (Pram)	49:17	29:47	19:30			14:54	14:53	10	0	10
7	Olly Rees	58:13	32:43	25:30	25:00	25:00	13:40	19:03	10	0	10
8	Elise Hardiker	48:54	32:54	16:00	28:59	28:59	16:35	16:19	10	0	10
9	Tam Petrov	49:37	38:37	11:00	39:48	39:48	18:54	19:43	10	0	10
10	Freya Rees	58:13	41:43	16:30	33:47	33:47	18:25	23:18	10	0	10
Ineligible 2.5km											
1	Russell Dmytrenko	39:42	12:07	27:35			12:07		10	0	10
Guests											
1	Elizabeth Lowe	52:22	26:12	26:10			12:53	13:19	-	0	-
2	Michelle Huie	50:13	29:13	21:00			14:41	14:32	-	0	-
3	Sonia Brockington	48:22	29:52	18:30	31:53	31:53	15:33	14:19	-	0	-
4	Anna Robinson	52:34	30:04	22:30			14:42	15:22	-	0	-



Bulldog Hobbos



Hobbos & their dogs



Anna, Stu & Sue



Current Standings - Greenwich Cup

Place	Name	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Best Eight	Notes	Total Runs
1.	Susan Walker	31	30	32	29	(20)	26	32	21	28				229	e	135
2.	Matt Loader	21	23	30	31	(20)	31	31	29					216	n	10
3.	Cain Speakman	29	28	28	28	23	21		(20)	10				159	n	30
4.	Diane Donoghue	(20)	11	5	23	32	29	28	32	10				158	e	40
5.	Rae Carter	26	27	32	32		20	24	(20)					149	n	9
6.	Michael Slee (walk)	28	9	12	28	(20)	6	28	16					147	n	19
7.	Ray Barnard	32	32	(20)	19	16	(10)	5	7	5				141	e	90
8.	Neil Speakman	23	5	(20)	13	11	21	27		16				136	n	25
9.	Anastasia Aldred	10	10	27	26	12	13	(20)	15					133	n	10
10.	Graeme Dewerson	(20)	24	30	25		25	22						121	n	27
11.	Leigh Kelly	20	31	22		22	25							120	n	8
12.	Jac Wainright	10	20	10	17	32		30						119	n	6
13.	Helen Haralambous		21	23	18	5	5	30	(20)					117	n	9
14.	Helen Vaxevanis	30	22	28		31		5						116	n	9
15.	Sarah Lowe		10	22	23		30	25	5					115	n	18
16.	Anna Bowdis	10	(20)	10	5	17	22	(10)	12	5				106	n	7
17.	Michael Musgrove	27	14	9	12	8	12	23						105	e	262
18.	John Gray	10	10	10	10	17	(20)	11	12	13				103	e	108
19.	Peter Buissink	(20)	(10)	(10)	(10)	(10)	(10)	(10)	(10)	(10)				90	a	79
20.	Stuart Tennant	10		10	32		10	27						89	n	7
21.	Mario Valastro	18	26	(20)			11	13						88	n	7
22.	Kevin Aldred	(20)		21	(10)		(10)	21						82	n	2
23.	Belinda Fithie	22		12	5	6	(20)	5	8					78	n	13
24.	Brian Armstrong	(20)	(10)	(10)		10	(10)	5	(10)					75	a	49
25.	Ken Smith	5	5	5	(20)	5	5	5	10	19				74	e	206
25.	Mark Letman		29	21			19	5						74	n	9
27.	Rob Falloon	(20)		16	9	5	16		7					73	e	92
28.	Bronwyn Rowleson	10	(20)			5	5	7	(10)	(10)				67	n	21
28.	Will McKenzie		7	(20)		(10)	(10)	(10)	(10)					67	n	3
30.	Phillippe Delecheaneau		5	15		15		31						66	n	19
30.	Rachel Kealy			10		10		14	10	32				66	n	4
32.	Jane Whitmore	20				30	14							64	n	27
33.	Malcolm Powers			10	17		12	9	13					61	n	5
34.	Mick Beasley	(20)		(10)	(10)	(10)	(10)	(10)						60	a	48
35.	Kieran Leonard		10		18	10	5	10	5					58	e	76
36.	Ashley Sanderson			27		13		12	5					57	n	13



Hobbs Greenwich and Ted Joy Cups 2024

Current Standings - Ted Joy Cup

Place	Name	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Best Eight
1.	Susan Walker	31	30	32	29	(20)	26	32	21	28				229
2.	Diane Donoghue	(20)	11	5	23		29	28	32	10				158
3.	Ray Barnard	32	32	(20)	19	16	(10)	5	7	5				141
4.	Michael Musgrove	27	14	9	12	12	8	12	23					105
5.	John Gray	10	10	10	10	17	(20)	11	12	13				103
6.	Ken Smith	5	5	5	(20)	5	5	5	10	19				74
7.	Rob Falloon	(20)		16	9	5		16		7				73
8.	Kieran Leonard		10		18	10		5	10	5				58
9.	Graham Edwards	5	5	5	(20)					5				40
10.	John Becroft	5		5	10				5	5				30

(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

The Cups story...

Two zones of interest at the top of the GC standings after the September Handicap.

The battle for the Greenwich Cup is still a two way tussle between Sue Walker (229) and Matt Loader (216).

Sue's September earned her close to maximum points enabling her to stretch her lead with Matt not running. Matt has more upside than Sue but boy does he have to put in a few blinders to make up the ground.

The other interest zone is the play for 3rd. It's probably down to the following:

Cain Speakman (159)

Di Donoghue (158)

Rae Carter (149)

Michael Slee (147) and

Ray Barnard (141).

To be perfectly frank, it will be a race between Cain and Di, and at a pinch Rae, for the final spot on the podium but it is fun to look at the standings and do the maths.

Those Time Bonus Points, as always, will be the difference in the end.

The Ted Joy Cup is all but settled. A glance to the TJC standings beside this article shows, and there will be no surprise, Sue Walker well out in front and uncatchable by Di Donoghue. Di is well clear of Ray Barnard but the margin of 17 points is NOT an impossible one but the stars must align for a tight finish.

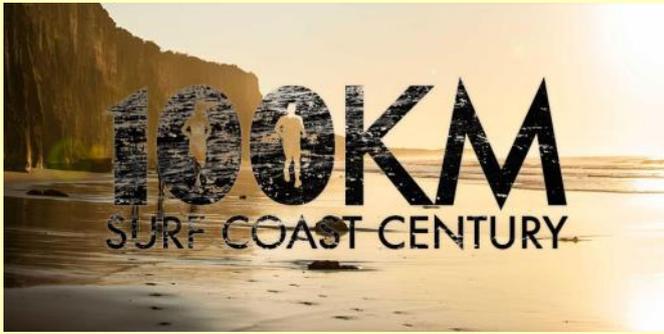
Watch the remaining three handicaps and these tables with enormous interest.

NB. Only GC p1 has been included in this issue for reasons of space. Full results can be found on Will's Facebook post).



Our two impressive cups.





Karen

6.30am start, not too much sleep the night before with pre-race nerves. Must admit feeling somewhat anxious, butterflies in the tummy as first "Big Event" 50K running on my own. This means getting it all together in my head, Eat, Hydrate, You Can Do This, keep moving and get to the end, there's no other feeling like it, so exhilarating crossing the finish line.

Most of my long runs are always in the best of Company where there's banter, laughs and sometimes singing also. Where you just keep each other going, but this event meant put on the "Big Girl Pants" and let's get this done on your own.

I packed 5 cliff bars, 7 gels, 2 vegemite sandwiches, snakes and Cliff Blocks, the Cliff Blocks a winner, must say they gave me the extra zing. And of course, way too much water in my bladder. Pack lifted by Zac pre-race, Cat's hubby, who could not believe the weight, so just seconds before race emptying bladder to lighten the load. Water bottles full as well with Trail Brew.

First 10 – 15 Ks a little struggle for me, it's always getting into a rhythm and settling the nerves. Had a chat with many people along the way, trail community is just wonderful in that sense, runners always up for encouragement and a kind word to see if you are doing ok. Head space all good, legs feeling great, and from the words of Coach "Luke Beck", Hustle which I did, keep moving. Luke told us to move swiftly thru the aid stations, I took this on and hustled on thru and cut some good time off from my previous 50k 2 years ago.

Running along taking in the beautiful scenery a chat here and there, and saying to myself out loud, "Good Job, "Well Done" which was a little bit of self-encouragement, which I found spurred me on.

38K tapped in with 2 others who were around my pace, which was really good, just to have the company and encouragement thru to the end.

50K mark gives me goosebumps, my sister in tears as

I crossed the line, she was so proud of me, great to see so many Hobbos people at the end also to congratulate me and cheering others over the line. I learnt so much from this run both physically and mentally. From fear of doing this alone, to crossing the line beaming with happiness and feeling very proud. The emotions kicked in for the dearest people in my life that couldn't be there, but I'm sure were so proud of me, and from where I have come to achieve this.

It was such an Incredible run / day / weekend all round. I loved every minute of it, I felt so good at the end and just filled with happiness and self-pride.

Thankyou to Luke Beck for the hours put in coaching us whilst preparing for UTMB 176Km, your tips, power point presentation and encouragement forever grateful and Andrew Collier for Your coaching Tips also that got me thru, also very grateful.

And for the training weekends, Sarah, Cat, Di, Phillippe just awesome. And Hobbos what you have done for me, you are an incredible club with the most awesome of people.

Wonderful event and if you are considering Trail Running, give it a go it's amazing.

Cat

DNF is not a dirty word.

DNF trumps DNS. Although training trumps sitting on the couch!!

DNF does not mean you haven't trained hard or that you haven't committed. It just means that sometimes things don't go to plan on the day: as happened to me this year at Surf Coast Century. It wasn't my first



SCC 50km 2018



time at this event & won't be the last.

DNS also doesn't mean you haven't trained hard or that you haven't committed. It just means that sometimes things out of your control prevent you from toeing the start line on the day.

(DNF= did not finish DNS= did not start)

I first ran the 50km at Surf Coast in 2018 & feeling pumped at the finish with energy to spare signed up for the 100km in 2019. The wheels feel off around 75kms with a tight ITB & knife-like stabbing pain in my knee. I limped into the end of leg 3 (78kms) in tears, having stopped eating (now fuel depleted), completely devastated at the thought of having to walk another 22kms to the finish line.

With some food, Coke-a-Cola, Panadol & some love from my support crew, I rallied & achieved something like 1 min run 1 min walk where I could, & hiking where I couldn't, coming in 34mins & 23 seconds after the cut off time for the smaller Beer Stein which was my goal time for the run. I still made the event cut off time & finished with a smile on my face; 100kms is a long long way on foot!!!!



SCC 100km 2019

Since then, I've run the 50km event twice with friends to help them to achieve their 50km goals & last year ran leg 2 in a relay team.

2024 was supposed to be stein redemption year for the 100km, but alas at 35kms my left heel had other ideas.



SCC 50km 2021



SCC 50km 2022



SCC Relay 2023

I hobbled into the end of leg 2 (watch said 48.78 kms) & saw the medic who told me my day was over with a possible stress fracture. 4 weeks later as I write this, I am sporting a moon boot & barely off crutches with a torn plantar, a heel fracture & some bone bruising (among other strained ligaments & a small tendon tear).

The lesson to be learned here is that the MRI showed a "background of severe plantar fasciitis". The health professionals tell me I must have a high tolerance for pain, as I went into the event with what I was calling it a bit of an on again off again niggle.

Don't ignore your niggles people. You might get away with shorter distances, but eventually it will catch up with you as I have found out. I might be out of action for 6 months but won't be giving up any time soon! I'll be back for that stein!!!!

If you've ever thought about giving anything at Surf Coast Century a go, I can highly recommend the event. It's a fantastic weekend away with friends, the trails are beautiful, the course is close enough to home to practice on, the event itself is well run & there are plenty opportunities for friends & family to cheer you on over the event.

With a record number of Hobbo's running this year it was awesome to see you all out on course, at the event hub, crossing your finish lines, or for post run coffee/breakfast!

Cat McRae/Muir

Hobbo's Trail Runner

Sarah

The Stats

Distance: 100.09 km (yes when I crossed the official finish line my watch was on 99.9km, so had to turn around and run and run laps of the car park!)



Elevation 2,128m

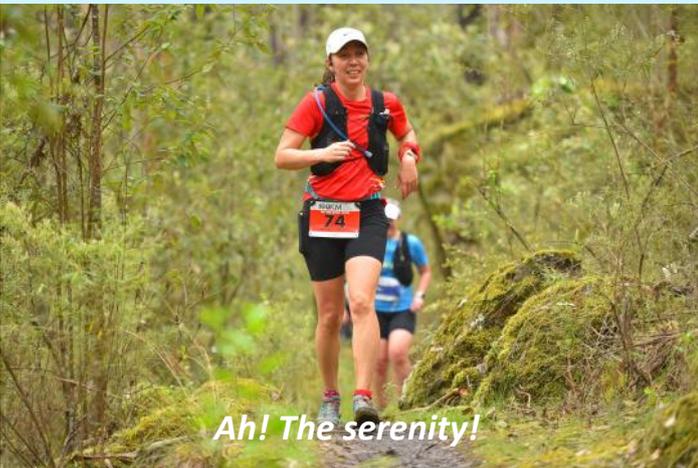
Time taken: 16hrs 38min (started at 5:35am, finished at 10:13pm)

Time spent at aid stations: 45 mins

Avg pace 9:58/km

Number of toilet stops: 3

Number of falls: 0



Ah! The serenity!

Injuries: 3 blisters and 1 toenail (all on the same foot!)

Nutrition

Pre-race breakfast: 1 bagel and 1 slice of toast with

peanut butter and the all-important coffee, 1 cliff bar at the start line

On-course:

4 litres trail brew (carbs and electrolytes)

1 litre water

4 Muerten 320 drink mixes

3 cliff bars

3-4 packets cliff shot blocks

1 vegemite sandwich

½ chicken caesar wrap

½ cup of minestrone soup

A handful of chips

A handful of lollies

A handful of BBQ shapes

2 glasses of coke

On the finish line: the best cold chicken pizza of my life and a beer!

FAQs

Why? Are you crazy?

The seed was planted 2 years ago when I did the SCC 50km. Whilst I walked away from that event thinking



Sarah & Philippe crossing the line together



how on earth to do people go on to run that distance again, I did start to wonder..... could I do it? Fast forward 2 years, and life was a bit tough, so I decided that I needed to set myself a big goal doing something which I loved and so I signed up. It also helped that a few other Hobbos had decided to have a crack, if they were going to do it, then I certainly didn't want to miss out!

Before this, what was the longest distance you had run? The longest event which I had done previously was the SCC 50km in 2022. The longest training run we did was 8hrs, which happened to be 50km as well.

Did your run with anyone? Leg 1 I ran mostly with Cat and Philippe. This was a beautiful and challenging leg, running along beach at sunrise with a fair bit of rock hopping and wading through the water. Leg 2 which is mostly along the surf coast trail walk, I was on my own, although I did see several other Hobbos out on course which always gives me a boost. Leg 3 which heads inland, has some decent hills (and some painful downhills!) and some lovely single-track trails, was mostly on my own (but as you do in trail running I made a couple of new trail friends!) and finally for Leg 4, when the going got tough (for me!) Philippe and I teamed up again. This made a huge difference as this leg was mostly in the dark and at this point there was not as many other people out on course. I will never forget running into the home stretch, having a group of Hobbos there cheering us on, and being able to cross the line together.

Did you listen to anything en-route? I had intended to listen to some podcasts and music but in the end couldn't get them to work, so mostly had to listen to myself! Mantras (or advice from Luke Beck!) which I had repeatedly going through my head for 100km:

"left foot, right foot, nibble nibble, sip!"

"Hustle, Hustle"

"Hills are your super power"

"You paid/chose to do this!"

"It's an eating competition as much as a running race"

"You may never be in this position again, so make the most of it"

Where there points where you thought you wouldn't make it? There were points from about the 70km mark which were pretty tough physically (my calves and feet were shot and in fact Philippe was walking faster than I was running!), however once I had accepted that I wasn't going to make time that I had initially set myself, I was able to sit back and "enjoy" it, and can honestly say there was no time where I thought I wouldn't make the distance.

Best parts about it?

The whole weekend! The surf coast is a beautiful part of the world to run in, and the surf coast century is a great event! It was awesome having so many Hobbos down there competing in the different events and supporting each other. The post run celebrations and story-telling on Sunday were an absolute hoot!!

Biggest take-aways

I am continually amazed at what the body and mind can do, but most of all I am incredibly thankful that I have the means, the ability and the support to even attempt an event like this, as well as having some awesome friends and fellow runners to share it all with.

Huge thanks to coach Luke for all the advice and inspiration.



The mandatory group selfie





Trail Corner

With Lucas Beck, Trail & Ultra Coach

"The trails are calling and I must go."

Hello trail legends!

Surf Coast Century, yewwww! Our hobbo's members had a good crack at this event. I know some of our solo entrants have done their own write-ups of the trials and tribulations of a trail runner, so I'll only summarise the results here.

In the 100km event, **Sarah Lowe** and **Phillipe Delechenau**, they put the work in, they finished together, and they crossed the finish line, holding hands no less (I so love this!), in a fantastic time of 16:38:17. So happy for you both.

In the 50km, **Karen Hayes**, the lady with the huge smile, positive attitude, and carrying enough nutrition and drinks to sink a battalion, brought it home in 7:09:16. **Diane Donoghue**, the mermaid with a seaweed hair-do (haha), and can-do attitude got it done in 8:42:26. Go you good things!

And in the 100km teams relay, **Team Hobbos** laid down a serious marker, coming in under 10 hours, **Kieran Leonard, Jimmy Dwyer, Tameka Day & Melanie Griffin** in 9:58:55. Serious!

The Altona Boys sent it like they were on a cruise up the 100 steps. **Mark Letman, Ron Van Der Heide, Mario Valastro & Jacques Steenkamp** bought it home in 10:29:50. **Will Stop for Dogs** (best team name, IMO), **Lee-anne Christy, Louise Finlay, Janelle Taylor & Belinda Fithie** came in 14:09:05.

Dead. Set. Legends.

There's still some great trail events coming up in 2024, and looking ahead to 2025, there are a tonne of events to get your trail stoke on. My pick, the best event on the calendar, Surf Coast

Trail Marathon, run on the gorgeous Surf Coast Walk, is one not to be missed!

If you're curious about what happens off the road, and on the trails, come and talk to me :)

See you on the trails

Lucas Beck, Trail and Ultra coach

Events

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

Oscars 100km w/ 5700m elevation, Friday 14 Feb
[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

[Ultra Trail Australia](#) Blue Mountains, NSW

15 – 18 May 2025
11km – 22km – 50km – 100km

[Surf Coast Trail Marathon](#) Torquay to Fairhaven

14 June 2025 (TBC)
21km Half – team of 2 marathon – 42km solo marathon





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

