

# HomeRuns

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

## Pete's Prize



#1



**Cain's Perfect Pacing**

**D.S.S Standings**

**Tam & Tom Take Phar Lap Line Honours**

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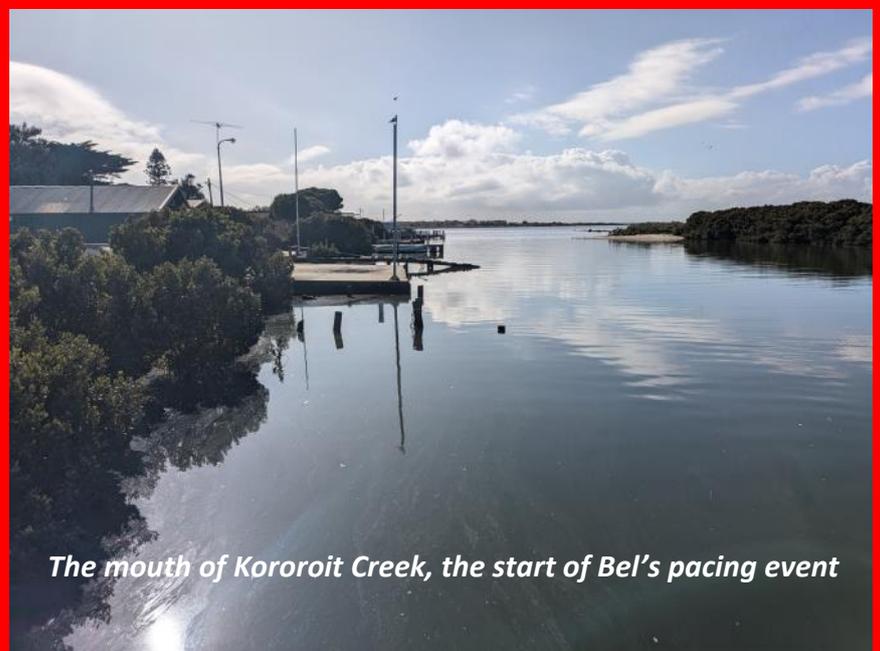
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*The mouth of Kororoit Creek, the start of Bel's pacing event*

## Forthcoming Events

Sat 30th Nov	November Handicap-Morning Tea & Presentation-NPAT
Sun 8th Dec	Christmas Gift 1500m & BBQ - NPAT
Sat 28th Dec	December Handicap-Morning Tea & Presentation-NPAT
Sat 25th Jan	Australia Day Handicap - Greenwich Reserve Playground

For details of our Summer 2024-25 program and other events,  
see the various flyers throughout *Home Runs*.

As always, see Facebook for latest & 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



## The penultimate handicap of the 2024 season (and other sporting cliches...)

We must be at the 'pointy end' of the year as my mind is filling more rapidly than usual with those wonderful words and phrases almost exclusively employed in the description of sport.

'Down to the wire'...it most certainly is. 2 points only in the GC but 'daylight' in the TJC.

For those 'out of the race' and not directly involved in the 'battle for supremacy' of those particular acronyms, another acronym, the DSS, is just beginning to 'hot up' and this mini 'summer series' is especially for you. So, do yourself a favour and give yourself a chance.

You can read all about what has happened and is about to happen (with more than a touch of theatre) inside this month's issue of Home Runs. Thanks to those who have snapped & posted photos which I have pinched for this issue. Thanks to contributors - Bel, John G, Luke,

Will and every Hobbo that helped or turned up to have a go. That's what it is all about.

And see you at the start line of the penultimate (it means second last) handicap of 2024 where we can all do our bit to shape the outcome...

Not the least of which is bringing something nice for morning tea!



*The start of our newest event, Bel's Perfect Pacing*

**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



## 'Baby Vets'

Well done to our mixed relay team in last weekend's Sri Chimnoy Tan Team Marathon Relay, where teams ran 11 laps of The Tan, totalling 42.1km. Our starring team of Kieran Leonard, Tameka Day, Jimmy Dwyer and Mick Williams took the 1<sup>st</sup> place cup in the 'baby vets' mixed category in a net time of 2:49:23. They were also the fastest of all baby vet teams and 12<sup>th</sup> overall out of 94 teams!

## Strength Training

Like many of us, I continue to juggle niggles, with knee pain hampering my comeback from plantar fasciitis of the right heel. Despite this I got through 2 mountain trail races in Hobart and the Burnie 10 last month, with good results considering my limited preparation. My next race is 2bays 28k in January, so I've finally joined a gym to strengthen up to take the load of my knees 8 weeks out. It's easy to extoll the virtues of strength training and cross training, but harder to put into practice when it's so easy to just step out of your front door and start running.

**The Daylight Savings Series** Our annual daylight savings series continued earlier this month with the 9<sup>th</sup> annual "Phar Lap" 2-mile sealed handicap on Melbourne Cup Eve, followed by pizza supper. We had a great field of 55 runners including 17 guests, plus 8 (non-

running) helpers, and 3 uncredited running helpers (Tameka, Terry and I).

See the full results in this edition (pp7-11)

Our next event is:

the annual **Christmas Gift 1500m track handicap** (along with other events) on Sunday 8<sup>th</sup> 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. Pre-registrations have opened, to help us with catering and handicapping.

## Back on Track

We continue to have great numbers at Tuesday track, with a new morning track record of 48 runners last month, yet to be bested by afternoon track!

Unfortunately we are expecting some further track disruptions; on the listed days, track will be held at Digman Reserve (mornings) and Crofts Reserve (evenings):

December 17<sup>th</sup> – synthetic surface cleaning

January 14<sup>th</sup>, 21<sup>st</sup> & 28<sup>th</sup> – synthetic surface repairs and lane marking

**Until next month, stay fit, healthy and safe.**



*'Baby Vets' - Kieran, Tam, Jimmy & Michael*

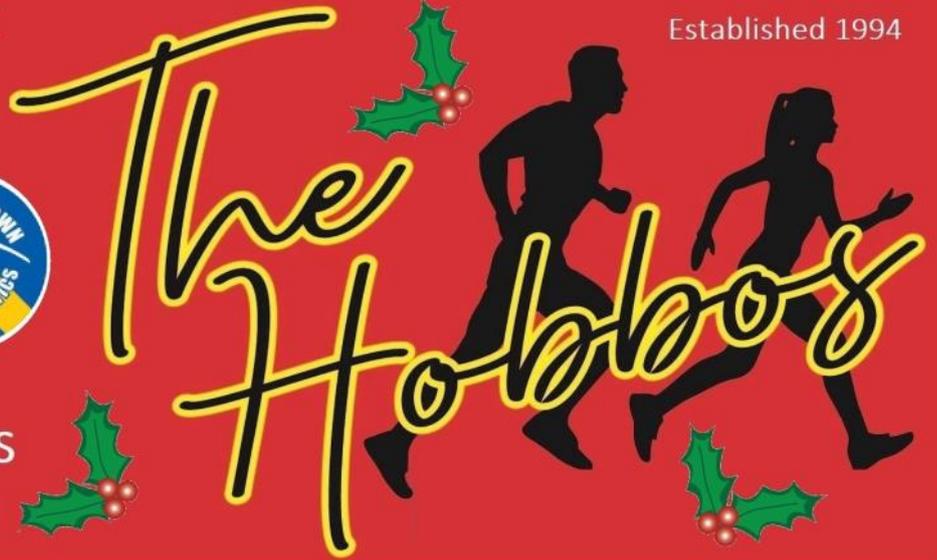


Hobsons  
Bay  
Running  
Club



Daylight Savings  
Series 2024-25

Established 1994



**The Christmas family fun afternoon & celebration  
featuring the annual Christmas Gift 1500 handicap  
for members, visitors and Little Aths families**



**All welcome**

**Sunday 8th**

**December 2024**

**from 4:30pm TBC**

**Newport Track**

event program  
to be announced  
including kids events  
following on from  
the final Sunday  
kids & parents  
session for the year



**Free entry & BBQ**

Pre-registration required for  
BBQ and 1500m handicapping

**All ages & abilities including beginners**



For info and  
Pre-registration **[hobbos.org.au](http://hobbos.org.au)**



# GRANTS

We want your ideas

Is there some equipment you think the club should invest in?

Is there some training that you think the coaches/volunteers would benefit from?

What ideas have you got to take the club forward in 2025 and beyond?

There are several GRANTS available to the club and in preparation of the 2025 grant submissions we would like your ideas on what we could/should spend the money on?

**SUGGESTIONS**  
to  
**SARAH**  
or  
**any committee member**

Phar Lap handicap & Daylight Savings Series Race 2, 4th Nov'24						
MEMBERS	END	GIFT	GIFT	DSS	DSS	DSS
NAME	TIME	ELIGIBLE	PLACING	ELIGIBLE	PLACING	POINTS
Michael Slee	25:22.0	Y	1	Y	1	15
Thomas Williams	11:38.5	Y	2	Y	2	13
Jason Rees	13:53.8	Y	3	Y	3	11
John Gray	13:34.1	Y	4	Y	4	9
John Danaher	14:32.5	Y	5	Y	5	8
Jimmy Dwyer	11:42.2	Y	6	Y	6	7
Rachael Kealy	16:38.4	Y	7	Y	7	6
Tameka Day	12:14.0	Y	8	Y	8	5
Anna Anderson	15:35.1	Y	10	Y	10	5
Matt Loader	14:11.2	Y	11	Y	11	5
Melanie Griffin	15:17.8	Y	12	Y	12	5
Belinda Fithie	17:28.3	Y	13	Y	13	5
Peter Whyte	16:33.0	Y	14	Y	14	5
Kevin Aldred	14:21.1	Y	15	Y	15	5
Eero Keranan	29:26.6	Y	16	Y	16	5
Steve Glover	14:02.1	Y	17	Y	17	5
Phillipa McKiernan	17:16.6	Y	18	N		5
Anastasia Aldred	17:35.4	Y	19	Y	18	5
Kieran Leonard	12:38.5	Y	20	Y	19	5
Stuart Tennant	15:46.5	Y	21	Y	20	5
Ashley Sanderson	12:48.3	Y	22	Y	21	5
Ron Van der Heide	13:47.6	Y	23	Y	22	5
Terry Pearce	13:26.4	Y	24	Y	23	5
Liam Walker	20:25.3	Y	25	Y	24	5
Helen Vaxevanis	16:35.0	Y	26	Y	25	5
Leigh Kelly	14:28.9	Y	27	Y	26	5
Sam Flockhart	19:47.8	Y	28	Y	27	5
Diane Donoghue	20:06.8	Y	29	Y	28	5
Mark Letman	15:13.6	Y	30	Y	29	5
Helen Haralambous	23:06.8	Y	31	Y	30	5
Neil Speakman	16:09.1	Y	32	Y	31	5
Kevin Mahon	14:18.8	Y	33	Y	32	5
Abby Speakman	14:46.5	Y	34	Y	33	5
Vanessa Coutts	24:30.1	Y	35	Y	34	5
Matt Burke	32:51.7	Y	36	Y	35	5
Lois Speakman	32:47.1	Y	37	Y	36	5
Andy Palmer	17:27.3	Y	38	Y	37	5
Michael Palmer (0.6 laps)	08:47.0	N		N		5
Simon Clark	11:55.3	N		Guest		5
Stephen Sanders	12:14.9	N		Guest		5
Charlotte Smith	14:07.3	N		Guest		5
Carlo Sgro	14:07.9	N		Guest		5
Jasmyn Newberry	15:09.1	N		Guest		5
John Boyles	15:34.6	N		Guest		5
Kathy Parsons	15:36.5	N		Guest		5
Kristopher Burdon	16:29.2	N		Guest		5
Bib 959	17:14.3	N		Guest		5
Thomas Cann	17:24.8	N		Guest		5
Chantal Luci	18:18.4	N		Guest		5
Kristen Cann	20:09.4	N		Guest		5
Will Dwyer	21:35.0	N		Guest		5
Michelle Gregory	22:33.4	N		Guest		5
Nicole Ralph	30:31.5	N		Guest		5
Wendy Ballard	40:21.5	N		Guest		5
Kevin Green	40:22.3	N		Guest		5
Mary Wong				Helper		4
Peter Buissink				Helper		4
Stuart O'Neil				Helper		4
Will McKenzie				Helper		4
Rae Carter				Helper		4
Ali McAleese				Helper		4
Cat McRae				Helper		4
Rob Falloon				Helper		4

Phar Lap Time Trial		
FINISHERS	END	
NAME	TIME	
Thomas Williams	11:38.5	<b>Mens Champion</b>
Jimmy Dwyer	11:42.2	(Egret Cup)
Simon Clark	11:55.3	
Tameka Day	12:14.0	<b>Womens Champion</b>
Stephen Sanders	12:14.9	(Kestrel Cup)
Kieran Leonard	12:38.5	
Ashley Sanderson	12:48.3	
Terry Pearce	13:26.4	
John Gray	13:34.1	
Ron Van der Heide	13:47.6	
Jason Rees	13:53.8	
Steve Glover	14:02.1	
Charlotte Smith	14:07.3	
Carlo Sgro	14:07.9	
Matt Loader	14:11.2	
Kevin Mahon	14:18.8	
Kevin Aldred	14:21.1	
Leigh Kelly	14:28.9	
John Danaher	14:32.5	
Abby Speakman	14:46.5	
Jasmyn Newberry	15:09.1	
Mark Letman	15:13.6	
Melanie Griffin	15:17.8	
John Boyles	15:34.6	
Anna Anderson	15:35.1	
Kathy Parsons	15:36.5	
Stuart Tennant	15:46.5	
Neil Speakman	16:09.1	
Kristopher Burdon	16:29.2	
Peter Whyte	16:33.0	
Helen Vaxevanis	16:35.0	
Rachael Kealy	16:38.4	
Bib 959	17:14.3	
Phillipa McKiernan	17:16.6	
Thomas Cann	17:24.8	
Andy Palmer	17:27.3	
Belinda Fithie	17:28.3	
Anastasia Aldred	17:35.4	
Chantal Luci	18:18.4	
Sam Flockhart	19:47.8	
Diane Donoghue	20:06.8	
Kristen Cann	20:09.4	
Liam Walker	20:25.3	
Will Dwyer	21:35.0	
Michelle Gregory	22:33.4	
Helen Haralambous	23:06.8	
Vanessa Coutts	24:30.1	
Michael Slee	25:22.0	
Eero Keranan	29:26.6	
Nicole Ralph	30:31.5	
Lois Speakman	32:47.1	
Matt Burke	32:51.7	
Wendy Ballard	40:21.5	
Kevin Green	40:22.3	



# Phar Lap 2 Mile



*L to R: Rachael Keeley (women's h'cap); Michael Slee (men's h'cap); Tameka Day (Kestrel trophy fastest woman); Tom Williams (Egret trophy fastest man); Anna Anderson (third women's h'cap)*

Cup Eve and it is warm, and on the open flat grassland beside the Kororoit Creek there is no place to hide from the weather but the course is flat and when there's little breeze the course is quick and the times fast.

A strong contingent of volunteers had the start/finish set up in no time and were able to process entrants promptly. Pre-registration works wonders and also makes handicapping a pre-race job with little last minute on the night.

The 9th annual 2-mile race was run in the clockwise direction this year; a quirk of Rob Falloon's, the event's originator. Each year the direction alternates, a nod to the differences between Melbourne and Sydney turf rules.

A field of just more than 50 took to the course. A mix of runners from Williamstown to Werribee, with Wynfit tops being the most common after the Hobbos red.

Tameka Day and Tom Williams took line honours as the fastest female male and fastest male respectively. The photos show them with their trophies and plates.



*Tom & his Egret Cup*

*Tameka with her Kestrel Cup*



The trophies are named after birds (egret and kestrel) which make their home on the former Williamstown Racecourse which is now part of the 70 hectare Altona coastal park.

Perhaps the biggest surprise of the night was walker, Michael Slee, winning the handicap aspect of the Phar Lap 2 Mile. The look on his face said it all, I think. Rachael Keeley won the women's handicap.

Post race there was pizza and lots of it and with just a few slices still in their boxes, the results had been calculated and race director & handicapper Peter Buissink was able to run through the presentations. There were some pretty happy people.

Thanks to all who assisted and participated. See you next on Cup Eve. Full results for the 2 mile event are on page 7.

The progress table for the Daylight Savings Series are on page 10.



*Peter & Will have everything in hand at the race centre*



*Enormous patches of pink pigface greeted runners on their circuit*



New  
Address

**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



**2024-2025 The Daylight Savings Series - Points Table**

Place	Name	Spring Gift	Phar Lap	Xmas Gift	Summer 1000	Feb H'cap	Easter Gift	Best 4
1	Matt Loader	15	5					20
2	Diane Donaghue	11	5					16
3	Michael Slee		15					15
4	Eero Keranen	9	5					14
5	Abby Speakman	8	5					13
5	John Danaher	5	8					13
5	John Gray	4	9					13
5	Lisa Orkin	13						13
5	Rachael Kealy	7	6					13
5	Thomas Williams		13					13
6	Jason Rees		11					11
7	Anna Anderson	5	5					10
7	Belinda Fithie	5	5					10
7	Ron Van Der Heide	5	5					10
7	Stu Tennant	5	5					10
7	Terry Pearce	5	5					10
7	Vanesa Coutts	5	5					10
8	Helen Haralambous	4	5					9
8	Kevin Mahon	4	5					9
8	Lois Speakman	4	5					9
8	Neil Speakman	4	5					9
9	Mary Wong	4	4					8
9	Peter Buissink	4	4					8
9	Stuart O'Neil	4	4					8
9	Will McKenzie	4	4					8
10	Jimmy Dwyer		7					7
11	John Horan	6						6
12	Anastasia Aldred		5					5
12	Andy Palmer		5					5
12	Ashley Sanderson		5					5
12	Carl Orkin	5						5
12	Di Williamson	5						5
12	Graeme Dewerson	5						5
12	Helen Vaxevanis		5					5
12	Henry Northover	5						5
12	Janelle Taylor	5						5
12	Jasmyn Newberry		5					5
12	Joshin John	5						5
12	Kaia Morris	5						5
12	Kevin Aldred		5					5
12	Kieran Leonard		5					5
12	Leigh Kelly		5					5
12	Liam Walker		5					5
12	Louis Northover	5						5
12	Mark Letman		5					5
12	Matt Burke		5					5
12	Melissa Rutze	5						5
12	Michael Palmer (0.6 laps)		5					5
12	Millie Dewerson	5						5
12	Nick Tavendale	5						5
12	Noel McMahon	5						5
12	Peter Whyte		5					5
12	Phillipa McGiernan		5					5
12	Sam Flockhart		5					5
12	Shona Tudge	5						5
12	Steve Glover		5					5
12	Tameka Day		5					5
13	Ali McAleese		4					4
13	Alison Sanders	4						4
13	Anna Bovdis	4						4
13	Cat McRae		4					4
13	Rae Carter		4					4
13	Rob Falloon		4					4

Points for finishing positions are awarded as follows 15, 13, 11, 9, 8, 7, 6, 5 and 5 for all remaining finishers

Members returning to competition after more than a 12 month break are awarded 5 points.

First time member participants in a HBRC event are awarded 5 points. Members helping and not running receive 4 points.



# BEL'S PACED TO PERFECTION

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

## 7KMS

## SUNDAY 10TH NOVEMBER

### RESULTS

A brand new event, the brainchild of **Belinda 'Bel' Fithie**, one of our coaches. The idea, run naked, ie. no watch, no phone. The question, how accurately can you predict your time for 7km?

Plenty could and very accurately indeed.

The best Cain (5 sec off), Kate (7.6s), Neil (9.1s) and Andy P (9.3s). Yes it got down to tenths of seconds to separate 3rd and 4th.

All 21 seemed to be having a blast under no pressure other than running to a pace they 'think' they need to do.

A race organisers dream - self handicapping as part of registration and say go! Job done.

There is also a need to frisk the entrants and confiscate all electronic timing devices, of which there were many.

In all seriousness, congratulations Bel, it is a unique event idea and was great fun. The beauty is it can be run anywhere, any time and over any distance... endless possibilities.



	00:00.0	Name	START	Estimated Time	Difference Under	Difference Over	Total Difference
1	34:55.0	Cain Speakman	FINISH	35:00.0	#####	00:05.0	00:05.0
2	36:02.4	Kate Milnes	FINISH	36:10.0	#####	00:07.6	00:07.6
3	41:34.1	Neil speakman	FINISH	41:25.0	00:09.1	#####	00:09.1
4	41:50.7	Andy Palmer	FINISH	42:00.0	#####	00:09.3	00:09.3
5	39:33.0	Kevin Aldred	FINISH	39:19.0	00:14.0	#####	00:14.0
6	41:52.1	Philippa McKiernan	FINISH	42:15.0	#####	00:22.9	00:22.9
7	39:32.4	Anastasia Aldred	FINISH	39:05.0	00:27.4	#####	00:27.4
8	33:38.5	Terry Pearce	FINISH	33:00.0	00:38.5	#####	00:38.5
9	45:40.7	Mary wong	FINISH	45:00.0	00:40.7	#####	00:40.7
10	58:15.8	Michael Slee	FINISH	57:33.0	00:42.8	#####	00:42.8
11	41:29.9	Stu Tennant	FINISH	42:15.0	#####	00:45.1	00:45.1
12	47:06.8	Diane Donoghue	FINISH	48:10.0	#####	01:03.2	01:03.2
13	39:50.0	John Gray	FINISH	38:30.0	01:20.0	#####	01:20.0
14	41:34.9	Sarah Lowe	FINISH	40:00.0	01:34.9	#####	01:34.9
15	33:38.4	Mario Valastro	FINISH	35:32.0	#####	01:53.6	01:53.6
16	38:08.7	John Horan	FINISH	36:15.0	01:53.7	#####	01:53.7
17	35:35.8	Kevin Mahon	FINISH	37:55.0	#####	02:19.2	02:19.2
18	01:06.5	Michael Palmer	FINISH	05:35.0	#####	04:28.5	04:28.5
19	01:00.9	Michael Palmer	FINISH	05:35.0	#####	04:34.1	04:34.1
20	46:08.1	Anna Bovdis	FINISH	38:50.0	07:18.1	#####	07:18.1
21	46:30.8	Jenny Xu	FINISH	55:23.0	#####	08:52.2	08:52.2



# “No egos at the Hobbos”

Peter Whyte, the winner of the October 5km Handicap actually said that to me during the traditional ‘**Home Runs** cover shoot’. Following the presentation we stepped outside to snap him showing off his Kenyan Egg. Peter has been around the club, off and on, for quite a while and has also belonged to many clubs and groups. He was sincere in his comments that the Hobbos is like no other group he has belonged to. They are friendly and easy to get along with because there are no egos to get in the way.

It’s a very common sentiment and most often heard at the presentation after an event. It is about as formal as we get but it has become the perfect opportunity for members to simply say thanks.

Pete’s win was hard fought. The first nine Hobbos across the line all ran PBs - take a bow **Pete, Matt Loader, John Danaher, Anna Bovdis, Anastasia Aldred, Michael Slee, David Buttler, Tameka Day and Sarah Lowe.**

Pete finished ahead of Matt by only 6 seconds and the gap between 1st and 10th was a mere 55 seconds. That is a finish-line rush, in every sense of the word.

A field of 31 set out in perfect conditions, hence the terrific times. The fastest of the day was Tameka (19:45) the only runner to dip under 20 minutes.

A huge thank you to the volunteers who set up in record time and packed up even quicker. The secret - many hands make light work. Nothing happens with out you.



*Photo shoot Pete*



*A shy, more thoughtful Pete receives his Kenyan Egg from another shy and retiring Pete*

Morning tea was a loud affair with plenty of chat about marathons, halves and other recent events as well as upcoming runs and the general buzz of friendship.

Will McKenzie number crunched with skill and aplomb of an old hand, despite being new to the job. They were up on Facebook almost before I got home! You’re a star!

Full handicap results are on the next two pages along with a few photos of Hobbos reclining on the grass - relaxed or collapsed?

A wrap of the Greenwich and Ted Joy Cups after 10 handicaps (only 2 to go) is on p15 & 16.

The 2024 season is rapidly drawing to a close but...  
-you can still volunteer to help,  
-the Cups are not over yet,  
-there are still 4 DSS events to come and you’ve got to be in it to win it

**Michael Slee**



# Hobbs Handicap - October 2024 - 350th Running



Pos	Name	Finish	Time	Start	PB	AGPB	Split 1	Split 2	Points	Bonus	Total
<b>Greenwich Cup</b>											
1	Peter Whyte	49:13	25:58	23:15	26:03	26:03	12:50	13:08	20	12	32
2	Matt Loader	49:19	22:34	26:45	23:20	23:20	11:07	11:27	19	12	31
3	John Danaher	49:30	23:10	26:20	24:00	24:00	11:42	11:28	18	12	30
4	Anna Bovdis	49:42	26:17	23:25	26:42	26:42	12:52	13:25	17	12	29
5	Anastasia Aldred	49:47	27:07	22:40	27:23	27:23	13:48	13:19	16	12	28
6	Michael Slee (walk)	49:48	38:43	11:05	39:00	39:00	19:14	19:29	15	12	27
7	David Buttler	49:53	24:28	25:25	24:51	24:51	12:08	12:20	14	12	26
8	Tameka Day	49:57	19:37	30:20	18:45	19:47	9:40	9:57	13	12	25
9	Sarah Lowe	50:02	23:52	26:10	23:53	23:53	11:46	12:06	12	12	24
10	Kevin Aldred	50:08	22:43	27:25	22:33	22:33	11:11	11:32	11	10	21
11	Susan Walker	50:17	24:52	25:25	22:44	24:40	12:14	12:38	10	10	20
12	Graham Edwards	50:35	45:50	4:45	36:14	43:56	22:56	22:54	9	0	9
13	Diane Donoghue	50:36	30:36	20:00	30:23	30:23	15:05	15:31	8	9	17
14	Stuart Tennant	50:50	25:00	25:50	24:27	24:27	12:55	12:05	7	6	13
15	Helen Vaxevanis	50:50	25:35	25:15	24:53	24:53	12:41	12:54	6	5	11
16	Kieran Leonard	50:57	20:17	30:40	18:40	19:19	10:05	10:12	5	2	7
17	Rae Carter	51:06	20:36	30:30	19:42	19:42	10:11	10:25	5	3	8
18	Kaia Morris	51:10	25:00	26:10	24:23	24:23	12:19	12:41	5	5	10
19	Leigh Kelly	51:13	22:38	28:35	21:33	21:33	11:02	11:36	5	1	6
20	Mark Letman	51:18	22:58	28:20	21:51	21:51	11:17	11:41	5	0	5
21	Cain Speakman	51:26	20:46	30:40	19:26	19:26	10:18	10:28	5	0	5
22	Ray Barnard	52:04	28:19	23:45	22:12	26:20	13:55	14:24	5	0	5
23	Mario Valastro	52:11	22:36	29:35	20:24	20:24	11:28	11:08	5	0	5
<b>Ineligible</b>											
1	Steve Glover	50:34	22:34	28:00	18:53	21:27	11:27	11:07	10	0	10
2	Melanie Griffin	50:46	24:30	26:00	24:50	24:50	12:07	12:23	10	0	10
3	Karli Smith	48:48	28:48	20:00			14:09	14:39	10	0	10

# Hobbos Handicap - October 2024 - 350th Running

Pos	Name	Finish	Time	Start	PB	AGPB	Split 1	Split 2	Points	Bonus	Total
4	Elise Harkier	52:31	31:16	21:15	28:59	28:59	15:42	15:34	10	0	10
5	Lizzie Stranks	50:25	35:55	14:30	36:26	36:26	18:06	17:49	10	0	10
6	Eero Keranan (Walk)	49:32	46:32	3:00	47:33	47:33	22:57	23:35	10	0	10
<b>Guests</b>											
1	Elizabeth Lowe	50:02	23:52	26:10			11:47	12:05	-	0	-
2	David Ryan	49:28	26:28	23:00			12:58	13:30	-	0	-

Results are displayed in Finishing order for the Greenwich Cup, and by Elapsed time otherwise.



Post-race body language analysis: The more horizontal, the greater the effort expended. From top down: Cain; Peter Whyte, Tameka Day; sitting - Elizabeth & Sarah Lowe, kneeling - Matt Loader



# Hobbos Greenwich and Ted Joy Cups 2024

## 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	20			229	e	136
2.	Matt Loader	21	23	30	31	(20)	31	31	29		31			227	n	11
3.	Diane Donoghue	(20)	11	5	23		29	28	32	10	17			170	e	41
4.	Michael Slee (walk)	28	9	12	28		(20)	6	28	16	27			168	n	20
5.	Cain Speakman	29	28	28	23	21		(20)	10	5				164	n	31
6.	Rae Carter	26	27	32		20	24	(20)		8				157	n	10
7.	Anastasia Aldred	10	10	27	26	12	13	(20)	15	28				151	n	11
8.	Ray Barnard	32	32	(20)	19	16	(10)	5	7	5	5			141	e	91
9.	Sarah Lowe	10	10	22	23	30		25	5	24				139	n	19
10.	Neil Speakman	23	5	(20)	13	11	21	27	16					136	n	25
11.	Anna Bovdis	10	(20)	10	5	17	22	(10)	12	5	29			130	n	8
12.	Helen Vaxevanis	30	22	28		31			5	11				127	n	10
13.	Leigh Kelly	20	31	22		22	25		6					126	n	9
14.	Michael Musgrove	27	14	9		12	8	12	23		(20)			125	e	262
15.	Graeme Dewerson	(20)	24		30	25			22					121	n	27
16.	Jac Wainright	10	20	10		17	32		30					119	n	6
17.	Heleen Haralambous		21	23		18	5		30	(20)				117	n	9
18.	John Gray	10	10	10	10	17	(20)	11	12	13				103	e	108
18.	Kevin Aldred	(20)		21		(10)		21	21					103	n	3
20.	Stuart Tennant	10		10	32		10	10	27	13				102	n	8
21.	Mario Valastro	18	26	(20)			11	11	13	5				93	n	8
22.	Peter Buisink	(20)	(10)	(10)	(10)	(10)	(10)	(10)	(10)	(10)	(10)			90	a	79
23.	Phillipe Delecheneau		5	15		15		31		(20)				86	n	19
24.	John Danaher		10	10	5			28	30					83	n	5
24.	Rob Falloon	(20)		16	9	5		16	7	(10)				83	e	92
26.	Mark Letman		29	21			19	5		5				79	n	10
27.	Belinda Fithie	22		12		5	6	(20)	5	8				78	n	13
28.	Will McKenzie		7	(20)		(10)	(10)	(10)	(10)	(10)	(10)			77	n	3
29.	Brian Armstrong	(20)	(10)	(10)			10	(10)	5	(10)				75	a	49
30.	Ken Smith	5	5	5	(20)		5	5	10	19				74	e	206
30.	Peter Whyte		10	6		8		8	10	32				74	n	11
32.	Bronwyn Rowleson	10	(20)			5	5	7	(10)	(10)				67	n	21
33.	Rachel Kealy					10		14	10	32				66	n	4
34.	Kieran Leonard		10		18	10		5	10	5	7			65	e	77
35.	Jane Whitmore	20				30	14							64	n	27
36.	Malcolm Powers				10	17		12	9	13				61	n	5



# Hobbos 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	20			229
2.	Diane Donoghue	(20)	11	5	23		29	28	32	10	17			170
3.	Ray Barnard	32	32	(20)	19	16	(10)	5	7	5	5			141
4.	Michael Musgrove	27	14	9	10	12	8	12	23		(20)			125
5.	John Gray	10	10	10	10	17	(20)	11	12	13				103
6.	Rob Falloon	(20)		16	9	5		16		7	(10)			83
7.	Ken Smith	5	5	5	(20)	5	5	5	10	19				74
8.	Kieran Leonard		10		18	10		5	10	5	7			65
9.	Graham Edwards	5	5	5	(20)					5	9			49
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...



With 2 handicaps to go there's only 2 points in it and yet the GC is all but decided. How can that be you ask?

A chat with leader Sue Walker after the October Handicap revealed the dreaded 'I' word:

### INJURY

Sue struggled and was despondent, as we walked to morning tea. Sue has led all comers since March and looked unbeatable... how common is that scenario in sport? We wish Sue a speedy recovery and because it is sport, we just know anything can happen.

Matt Loader has been in a two-horse race with Sue for most of the year and looked very much like 'the boy with the barrow' and had the job in front of him. It now looks like he has hit the top of the hill and may very well coast to a Greenwich Cup victory.

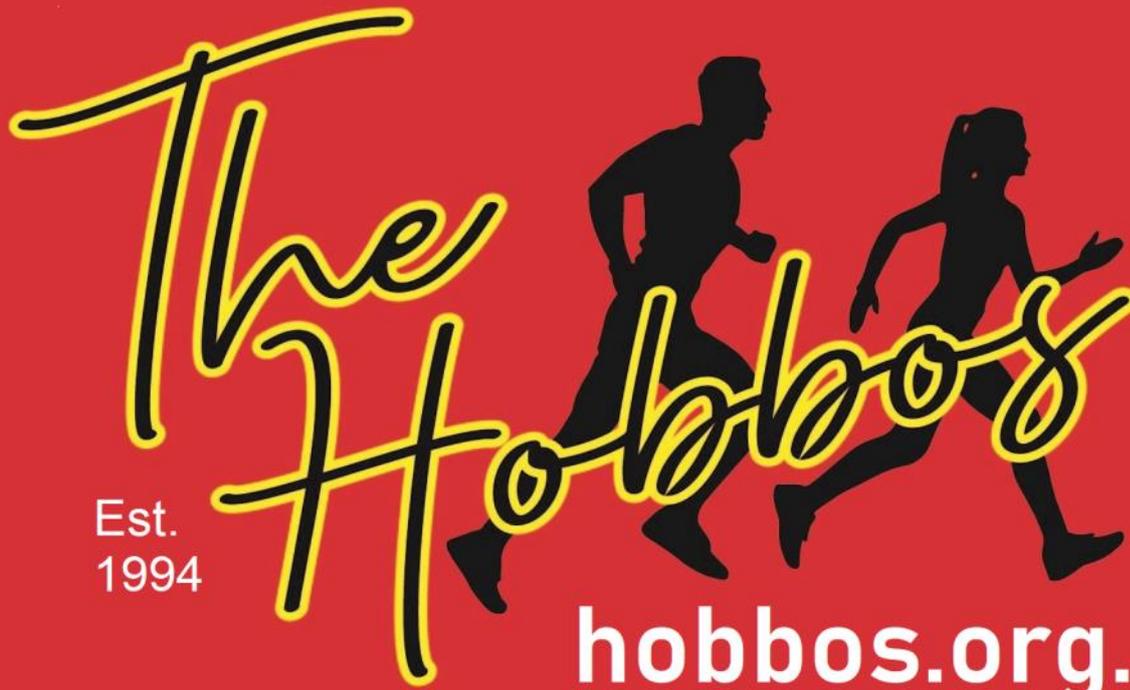
But at the risk of repeating myself, this IS sport and anything can happen.

The race for a GC third is between runners and a walker. Only 6 points separate Di Donoghue, Michael Slee (the walker) and Cain Speakman. Rae Carter and the fast finishing Anastasia Aldred are a little further adrift but cannot be counted out as... anything can happen!

The Ted Joy Cup is Sue Walker's. Just do the maths. Second and third are a little less set but only a fool would bet on a change in placings with only two runs to go. Di D and Ray Barnard start practising for the presentation.

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





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[hobbos.org.au](http://hobbos.org.au)

## 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 W'town 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 h'cap	(Race 4)	Tue. 4th Feb, 6:00pm
The February monthly 5000m handicap followed by AGM	(Race 5)	Sat. 22nd Feb, 7:40am Greenwich Reserve, Newport
The annual Easter Gift 1500m handicap	(Race 6)	Tue. 18th Mar, 6:00pm

The January Australia Day Handicap		Sat. 25th Jan, 7:40am Greenwich Reserve Playground, The Strand, Newport
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The annual 5000m Track Time Trial		Thu. 3rd April, 6:00pm
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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  
for runners and walkers, 7:40am Greenwich Reserve, Newport





# Trail Corner

With Lucas Beck, Trail & Ultra Coach

"If you are considering trail running, give it a go, it's amazing..."

~ Karen Hayes

G'day trail legends!

I've just returned from the Grampians Peak Trail weekend, which was run, and later cancelled. I was due to pace **Nick Ping** on these pacing legs.

**LEG 1:** Borough Huts (72km) to Jimmy Creek Rd (106km) {34km, 2035m+, 2010m-}

**LEG 3:** Cassidy Gap (140.5km) to Finish (162km) {21.5km, 1105m+, 1215m-}.

The race started at 12pm on Friday, with an ambient temperature of about 37°C. Out on course, with the exposed, reflective rock faces, temperatures were more like 47°C. Of the 130ish entrants, by Friday evening about 50 had withdrawn due to heat exhaustion, or worse! Nick decided to pull the pin at Mt. Difficult aid station, after struggling in the heat. A really good, brave decision by Nick. He'd put in the work, and in normal conditions, would have sent it all the way! **Andrew Greaney**, having previously run an amazing Hut to Hut campaign in 2023 in similarly hot conditions, made it to 100km, when the race was called off due to safety concerns. The local emergency service staff, medics and facilities were stretched due to the amount of people suffering ill effects. **Robyn Wilmshurst** did complete the 4-day stage race in insane conditions (with a shortened distance of 140km). Great job Robbo! Some people can run in hot conditions. Hats off to them! I know I'm not great in hot conditions, but when is too much, too much? Athlete safety should be paramount, and should always come before financial considerations. I agree the race organisers were faced with a very tough decision about starting the race, but I personally believe the race should not have started. Or at the very least, started at 6pm on Friday evening, reducing the 53-hour cut off to 47 hours. The organisers could then still meet their previously arranged



*Robyn Wilmshurst cooling off Day1 GPT*

obligations of a Sunday 3pm finish. A few may have felt short-changed that they were unable to complete the course within the "new cut off" time, but the environmental conditions were not conducive to send off the runners, in what is recognised as Australia's hardest miler race.

Unpopular opinion time! Anything over a marathon distance, just, should not be held between November - March. The chances of it being too hot, and unsafe for the runners is high. There was chatter around the camp that most runners were not making good decisions. If race organisers really insist on having events during this time,



say, if it's over 35°C, the race should be cancelled, or just in case have a backup weekend, like Two Bays do. I know it must be hard for the race organisers, but athlete safety should always come first. Common sense did prevail in the end, so respect to Single Track events for stopping the event, before it was too late. Consider the environmental conditions you're running in, hydrate, and be safe out there champions.

See you on the trails  
Lucas Beck, Trail and Ultra coach

## Events

### 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](http://www.hobbos.org.au)

Email: [enquiries@hobbos.org.au](mailto:enquiries@hobbos.org.au)

