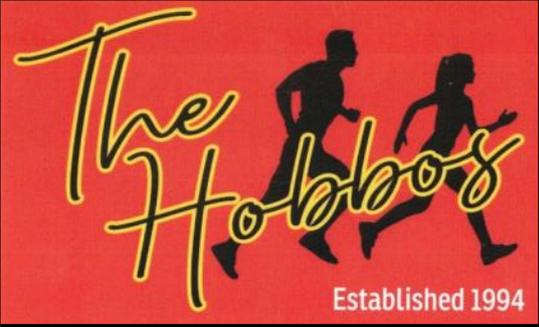


December 2024



HomeRuns

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

PB, Egg & Cup

2024 over & out



Sue So Close

Thanks Runleaders D.S.S Standings Xmas Gift

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Past Patrons:
Ted Joy & John Condon

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Wherever you go, I will follow...

Forthcoming Events

Sat 28th Dec December Handicap-Morning Tea & Presentation-NPAT
Sat 25th Jan Australia Day Handicap - Greenwich Reserve Playground
Tue

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



It's been a long time since the GC has NOT gone down to the wire. The December Home Runs is usually chock full of what ifs, predictions and microscopic points analysis.

2024 is different. 2024 is done and dusted with the December 5km still to come.

And neither of our Cup Winners - Matt Loader (GC) nor Sue Walker (TJC) - are in the state!. Matt and Jacquie are in Tassie, while Sue is stateside (USA) at a conference, then a holiday with David.

So, those left behind will simply battle it out for minor placings, a bit of pride and/or a head start in preparations for 2025.

Either way, let's make it festive and have a big turn out.

As the December Home Runs is the final issue for 2024 a few thank yous are in order.

The Hobbos executive - John, Brony, Pete and Brian are probably the best in the social running club world. The HBRC committee are also pretty darn good too.

Our coaches are something else and go a long way to making our club what it is today.

I'm often told that our newsletter, Home Runs (your reading it now) is the also the best in the business and it is only as good as the contributions from club members.

Regulars columns from Will, Mick, Brian, Luke, Bel, Mario and President John Gray are crucial for the consistent quality and tone of Home Runs.

The icing on the reading cake is from members photos, be it helping out at events or post run snaps of events they've participated in.

And those who take the time to put pen to paper (or clack the keys on the old keyboard) and send in an article are the real heros. Our members love reading about things other Hobbos have done while wearing our colours. These are the stuff of legend; the things we all love to read.

Happy New Year and see you at the start line...

Williamstown

Hobbos Discount 15%

SPORTSPOWER

Your Local Experts

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

Xmas Gift Ideas Aplenty



Gray Matters

with President John Gray



After 3 weeks of weight training so far, knee pain was still hampering my comeback from plantar fasciitis of the right heel, that is, until I developed plantar fasciitis of the left heel, so it's back to excruciating shockwave, where the cure seems worse than the disease while undergoing the weekly treatment.

Often when I am out running, carrying some discomfort or low-level pain, I sometimes have to convince myself to cut short the distance I set out to run, and at the very least not to run further than planned, just to keep up the weekly k's. To muster the determination to cut the run short I have to keep reminding myself that "discretion is the better part of valour". According to Dr. Google, this phrase originated in 1762 and was made famous by Shakespeare in Henry IV!! This is no surprise as most of today's sayings were made famous by one of the three "S" philosophers: **Shakespeare, Seinfeld and Schwarzenegger!!** I am now applying this philosophy to the Two Bays 28k trail run next month, and instead of pushing myself through it while not injury free and not fully fit, by the time you read this I will have transferred to 2026. Tally Ho! (from the year 1773)

The Daylight Savings Series

Our annual daylight savings series continued earlier this month with the annual Christmas Gift 1500m track handicap, followed by our tra-

ditional free sausage sizzle! See elsewhere in this edition for detailed results and progress table.

Well done to:

1500m podium of **Cain Speakman, Matt Loader and Leigh Kelly**

DSS podium of **Olly Rees, Milly Dewersen and Cain Speakman**

Time trial podium of **Max Dmytrenko, Tom & Mick Williams**

DSS points leaders of **Matt Loader, Di Donoghue & Eero Keranen**

Back on Track

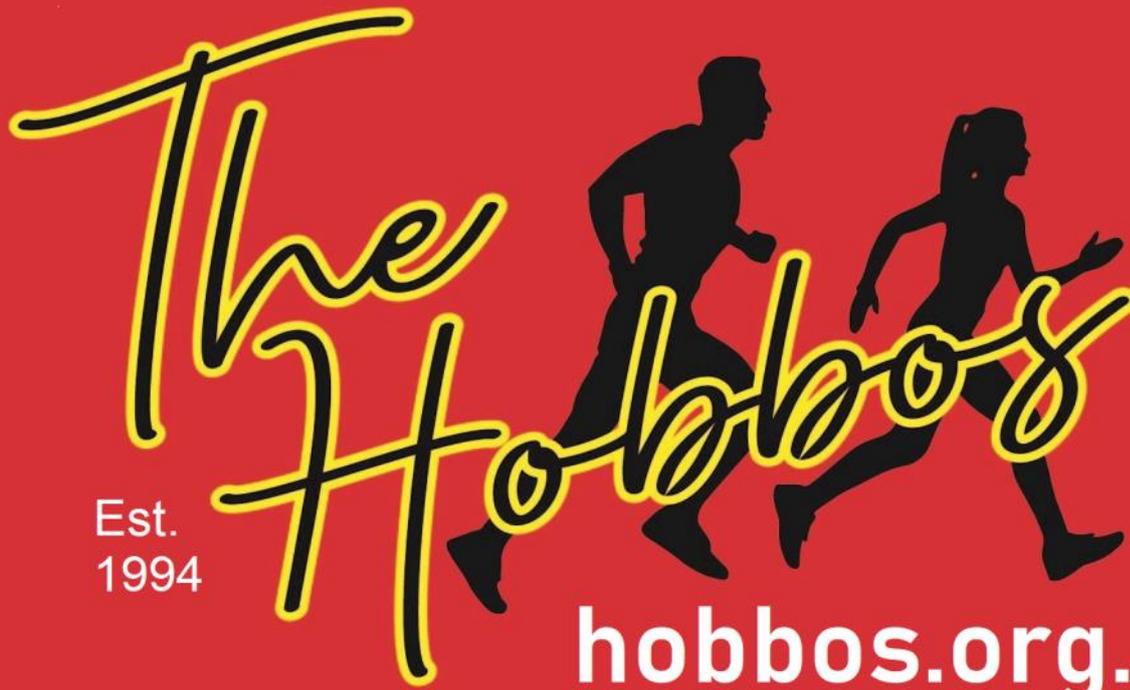
We continue to have great numbers at Tuesday track, with a new morning track record of 48 runners last month, yet to be bested by afternoon track!

Unfortunately, we are expecting yet more track disruptions; on Tuesday 14th, 21st & 28th of January, track will again be held at Digman Reserve (mornings) and Crofts Reserve (evenings) while synthetic surface repairs and lane marking is carried out.

Until next month, stay fit, healthy and safe.

Our record breaking Tuesday morning track session





Est.
1994

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 |
|------------------------------------|--|----------------------------------------------------------------------------|

| | | |
|-----------------------------------|--|------------------------|
| 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 for runners and walkers, 7:40am Greenwich Reserve, Newport |



Christmas Gift 1500m



The Xmas Gift has a long history, having been run every year, except for the commencement year, 1994. In recent times the club has tried to strengthen the links between the Hobbos, Willy Little Aths and the Williamstown Athletic club by making the Christmas Gift a celebration of all three local groups with varying success. Like many of our stand alone events, The Christmas Gift is also one of the Day Light Savings Series events.

So, when you peruse the results table you will see the 1500 Gift results, DSS Race #3 placings and points, as well as the results for a time trial event (which I don't know too much about as I was unable to attend the gift this year). One thing you've got to admit is that the Hobbos are hell bent on trying new things to increase community involvement. Congratulations to all who participated; to the winners and the volunteer helpers.



Christmas Gift 2025 - L to R - Matt (2nd), Cain (1st) & Leigh (3rd)



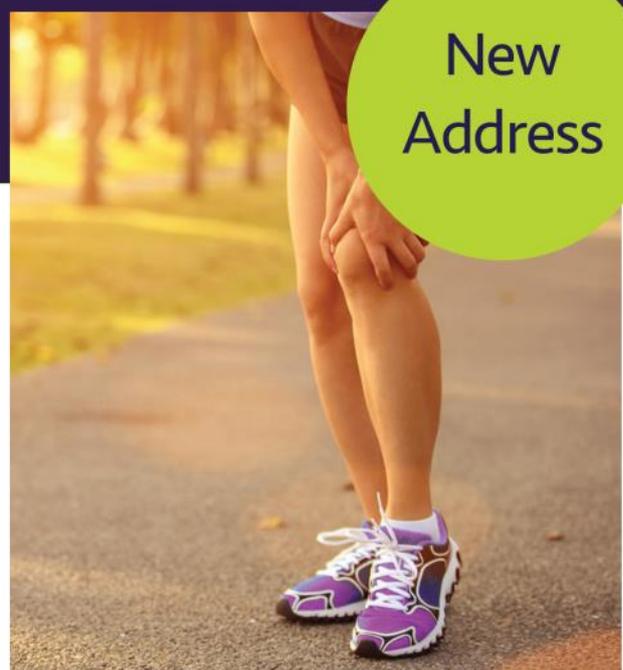
| Christmas Gift handicap & Daylight Savings Series Race 3, 8th Dec 2024 | | | | | | | | | Christmas Gift Time Trial | | |
|------------------------------------------------------------------------|----------|---------|---------|----------|---------|----------|---------|--------|---------------------------|---------|----|
| MEMBERS | START | END | NETT | GIFT | GIFT | DSS | DSS | DSS | FINISHERS | END | |
| NAME | TIME | TIME | TIME | ELIGIBLE | PLACING | ELIGIBLE | PLACING | POINTS | NAME | TIME | |
| Olly Rees | 02:05.0 | 08:22.0 | 06:17.0 | N | | Y | 1 | 15 | Max Dymtrenko | 04:29.0 | 1 |
| Milly Dewerson | 01:00.0 | 08:30.0 | 07:30.0 | N | | Y | 2 | 13 | Thomas Williams | 04:49.0 | 2 |
| Cain Speakman | 03:10.0 | 08:39.0 | 05:29.0 | Y | 1 | Y | 3 | 11 | Michael Williams | 05:02.0 | 3 |
| Matt Loader | 02:45.0 | 08:42.0 | 05:57.0 | Y | 2 | Y | 4 | 9 | Jimmy Dwyer | 05:03.0 | 4 |
| Andrew Else | 03:10.0 | 08:44.0 | 05:34.0 | N | | Y | 5 | 8 | Graeme Dewerson | 05:05.0 | 5 |
| Leigh Kelly | 02:45.0 | 08:46.0 | 06:01.0 | Y | 3 | Y | 6 | 7 | Lucas Newbery | 05:07.0 | 6 |
| Michael Williams | 03:45.0 | 08:47.0 | 05:02.0 | Y | 4 | Y | 7 | 6 | Rae Carter | 05:19.0 | 7 |
| Jimmy Dwyer | 03:45.0 | 08:48.0 | 05:03.0 | Y | 5 | Y | 8 | 5 | Cain Speakman | 05:29.0 | 8 |
| Rae Carter | 03:30.0 | 08:49.0 | 05:19.0 | Y | 6 | Y | 9 | 5 | Kieran Leonard | 05:33.0 | 9 |
| Thomas Williams | 04:05.0 | 08:54.0 | 04:49.0 | Y | 7 | Y | 10 | 5 | Andrew Else | 05:34.0 | 10 |
| Graeme Dewerson | 03:50.0 | 08:55.0 | 05:05.0 | Y | 8 | Y | 11 | 5 | Tameka Day | 05:46.0 | 11 |
| Anastasia Aldred | 01:00.0 | 08:58.0 | 07:58.0 | Y | 9 | Y | 12 | 5 | Jason Rees | 05:52.0 | 12 |
| Kevin Aldred | 02:50.0 | 09:02.0 | 06:12.0 | Y | 10 | Y | 13 | 5 | Matt Loader | 05:57.0 | 13 |
| Tameka Day | 03:20.0 | 09:06.0 | 05:46.0 | Y | 11 | Y | 14 | 5 | Leigh Kelly | 06:01.0 | 14 |
| Kieran Leonard | 03:45.0 | 09:18.0 | 05:33.0 | Y | 12 | Y | 15 | 5 | Kevin Aldred | 06:12.0 | 15 |
| John Horan | 02:45.0 | 09:19.0 | 06:34.0 | Y | 13 | Y | 16 | 5 | Olly Rees | 06:17.0 | 16 |
| Jason Rees | 03:30.0 | 09:22.0 | 05:52.0 | Y | 14 | Y | 17 | 5 | Aaron Mcalleese | 06:21.0 | 17 |
| Kaia Morris | 02:40.0 | 09:23.0 | 06:43.0 | Y | 15 | Y | 18 | 5 | Jasmim Newbery | 06:26.0 | 18 |
| Anna Anderson | 02:45.0 | 09:25.0 | 06:40.0 | Y | 16 | Y | 19 | 5 | John Horan | 06:34.0 | 19 |
| Mel Griffin | 02:40.0 | 09:29.0 | 06:49.0 | Y | 17 | Y | 20 | 5 | Anna Anderson | 06:40.0 | 20 |
| Aaron Mcalleese | 03:10.0 | 09:31.0 | 06:21.0 | Y | 18 | Y | 21 | 5 | Kaia Morris | 06:43.0 | 21 |
| Eero Keranen | -03:00.0 | 09:33.0 | 12:33.0 | N | | Y | 22 | 5 | Mel Griffin | 06:49.0 | 22 |
| Stu Tennant | 02:30.0 | 09:54.0 | 07:24.0 | Y | 19 | Y | 23 | 5 | Stu Tennant | 07:24.0 | 23 |
| Di Donoghue | 00:45.0 | 09:55.0 | 09:10.0 | Y | 20 | Y | 24 | 5 | Milly Dewerson | 07:30.0 | 24 |
| Freya Rees | 01:10.0 | 10:46.0 | 09:36.0 | N | | Y | 25 | 5 | Alexi Newbery | 07:51.0 | 25 |
| Jasmym Newbery | 02:00.0 | 08:26.0 | 06:26.0 | N | | N | | 5 | Anastasia Aldred | 07:58.0 | 26 |
| Lucas Newbery | 03:20.0 | 08:27.0 | 05:07.0 | N | | N | | 5 | Di Donoghue | 09:10.0 | 27 |
| Max Dymtrenko | 04:20.0 | 08:49.0 | 04:29.0 | N | | N | | 5 | Freya Rees | 09:36.0 | 28 |
| Alexi Newbery | 01:10.0 | 09:01.0 | 07:51.0 | N | | N | | 5 | Eero Keranen | 12:33.0 | 29 |
| Ali McAleese | | | | | | Helper | | 4 | | | |
| Anna Bovdis | | | | | | Helper | | 4 | | | |
| David Walker | | | | | | Helper | | 4 | | | |
| John Gray | | | | | | Helper | | 4 | | | |
| Lois Speakman | | | | | | Helper | | 4 | | | |
| Neil Speakman | | | | | | Helper | | 4 | | | |
| Peter Buissink | | | | | | Helper | | 4 | | | |
| Ray Barnard | | | | | | Helper | | 4 | | | |
| Sue Walker | | | | | | Helper | | 4 | | | |



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 | 9 | | | | 29 |
| 2 | Diane Donaghue | 11 | 5 | 5 | | | | 21 |
| 3 | Eero Keranen | 9 | 5 | 5 | | | | 19 |
| 4 | Millie Dewerson | 5 | | 13 | | | | 18 |
| 4 | Thomas Williams | | 13 | 5 | | | | 18 |
| 5 | John Gray | 4 | 9 | 4 | | | | 17 |
| 6 | Jason Rees | | 11 | 5 | | | | 16 |
| 7 | Anna Anderson | 5 | 5 | 5 | | | | 15 |
| 7 | Michael Slee | | 15 | | | | | 15 |
| 7 | Olly Rees | | | 15 | | | | 15 |
| 7 | Stu Tennant | 5 | 5 | 5 | | | | 15 |
| 8 | Abby Speakman | 8 | 5 | | | | | 13 |
| 8 | John Danaher | 5 | 8 | | | | | 13 |
| 8 | Lisa Orkin | 13 | | | | | | 13 |
| 8 | Lois Speakman | 4 | 5 | 4 | | | | 13 |
| 8 | Neil Speakman | 4 | 5 | 4 | | | | 13 |
| 8 | Rachael Kealy | 7 | 6 | | | | | 13 |
| 9 | Jimmy Dwyer | | 7 | 5 | | | | 12 |
| 9 | Leigh Kelly | | 5 | 7 | | | | 12 |
| 9 | Peter Buissink | 4 | 4 | 4 | | | | 12 |
| 10 | Cain Speakman | | | 11 | | | | 11 |
| 10 | John Horan | 6 | | 5 | | | | 11 |
| 11 | Anastasia Aldred | | 5 | 5 | | | | 10 |
| 11 | Belinda Fithie | 5 | 5 | | | | | 10 |
| 11 | Graeme Dewerson | 5 | | 5 | | | | 10 |
| 11 | Jasmyn Newberry | | 5 | 5 | | | | 10 |
| 11 | Kaia Morris | 5 | | 5 | | | | 10 |
| 11 | Kevin Aldred | | 5 | 5 | | | | 10 |
| 11 | Kieran Leonard | | 5 | 5 | | | | 10 |
| 11 | Ron Van Der Heide | 5 | 5 | | | | | 10 |
| 11 | Tameka Day | | 5 | 5 | | | | 10 |
| 11 | Terry Pearce | 5 | 5 | | | | | 10 |
| 11 | Vanesa Coutts | 5 | 5 | | | | | 10 |
| 12 | Helen Haralambous | 4 | 5 | | | | | 9 |
| 12 | Kevin Mahon | 4 | 5 | | | | | 9 |
| 12 | Rae Carter | | 4 | 5 | | | | 9 |
| 13 | Ali McAleese | | 4 | 4 | | | | 8 |
| 13 | Andrew Else | | | 8 | | | | 8 |
| 13 | Anna Bovdis | 4 | | 4 | | | | 8 |
| 13 | Mary Wong | 4 | 4 | | | | | 8 |
| 13 | Stuart O'Neil | 4 | 4 | | | | | 8 |
| 13 | Will McKenzie | 4 | 4 | | | | | 8 |
| 14 | Mick Williams | | | 6 | | | | 6 |
| 15 | Aaron McAleese | | | 5 | | | | 5 |
| 15 | Andy Palmer | | 5 | | | | | 5 |
| 15 | Ashley Sanderson | | 5 | | | | | 5 |
| 15 | Carl Orkin | 5 | | | | | | 5 |
| 15 | Di Williamson | 5 | | | | | | 5 |
| 15 | Freya Rees | | | 5 | | | | 5 |
| 15 | Helen Vaxevanis | | 5 | | | | | 5 |
| 15 | Henry Northover | 5 | | | | | | 5 |
| 15 | Janelle Taylor | 5 | | | | | | 5 |
| 15 | Joshin John | 5 | | | | | | 5 |
| 15 | Liam Walker | | 5 | | | | | 5 |
| 15 | Louis Northover | 5 | | | | | | 5 |
| 15 | Mark Letman | | 5 | | | | | 5 |
| 15 | Matt Burke | | 5 | | | | | 5 |
| 15 | Mel Griffiths | | | 5 | | | | 5 |



Christmas Drinks - Junction Hotel



Thank you Sarah



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

Job Done Matt

Sue, missed it by that much!

It was a wet and sweaty day at the office for all those who stepped onto the world renowned track for the November 5km Handicap. The penultimate race of the 2024 season.

It turned out to be the ultimate.

Matt Loader did what he had to do - a handicap win and a PB. 2022 Greenwich Cup winner, **Abby Speakman**, gave Matt someone to chase to the finish line and catch her Matt did - just. The margin was one solitary second. This gave Matt the maximum 32 points for the win and making him uncatchable by **Sue Walker**, on the all important GC standings, Sue had led the competition all year, going head to head with Matt since June. Injury in September changed the rules of the game. Sue's uncatchableness evaporated and although she gave her best, Matt powered on closing the gap then forging ahead.

Mario Valastro flashed home to take third place in the 5km handicap, while Michael Williams ran a PB to snatch fourth.

In fact the first ten across the line were all within a minute of each other and the first three all beat the handicapper coming in under 50 minutes.

As you can see from the photo the brollys were up as the rain was coming down making the event a relatively slow one. But the weather did not dampen the spirits and the field of 39 were in fine form. Neither was it cold. The combination of wet and sweat is one to beat.



Hobbos Handicap - November 2024- 351st Running

| Pos | Name | Finish | Time | Start | PB | AGPB | Split 1 | Split 2 | Points | Bonus | Total |
|----------------------|---------------------|--------|-------|-------|-------|-------|---------|---------|--------|-------|-------|
| Greenwich Cup | | | | | | | | | | | |
| 1 | Matt Loader | 49:41 | 22:06 | 27:35 | 22:34 | 22:34 | 11:09 | 10:57 | 20 | 12 | 32 |
| 2 | Abby Speakman | 49:42 | 21:32 | 28:10 | 20:26 | 20:31 | 10:46 | 10:46 | 19 | 1 | 20 |
| 3 | Mario Valastro | 49:58 | 20:33 | 29:25 | 20:24 | 20:24 | 10:12 | 10:21 | 18 | 10 | 28 |
| 4 | Michael Williams | 50:04 | 19:19 | 30:45 | | | 9:48 | 9:31 | 17 | 12 | 29 |
| 5 | Belinda Fithie | 50:07 | 28:27 | 21:40 | 27:34 | 27:34 | 14:05 | 14:22 | 16 | 3 | 19 |
| 6 | Rae Carter | 50:11 | 19:46 | 30:25 | 19:42 | 19:42 | 9:49 | 9:57 | 15 | 11 | 26 |
| 7 | Kevin Aldred | 50:14 | 22:49 | 27:25 | 22:33 | 22:33 | 11:17 | 11:32 | 14 | 9 | 23 |
| 8 | Graeme Dewerson | 50:20 | 19:25 | 30:55 | 19:09 | 19:09 | 9:39 | 9:46 | 13 | 9 | 22 |
| 9 | Ken Smith | 50:36 | 43:36 | 7:00 | 22:28 | 37:27 | 21:45 | 21:51 | 12 | 0 | 12 |
| 10 | Michael Musgrove | 50:41 | 40:41 | 10:00 | 35:15 | 39:45 | 20:23 | 20:18 | 11 | 2 | 13 |
| 11 | Michael Slee (walk) | 50:44 | 39:19 | 11:25 | 38:43 | 38:43 | 19:33 | 19:46 | 10 | 6 | 16 |
| 12 | Anna Bovdis | 50:47 | 26:57 | 23:50 | 26:17 | 26:17 | 13:08 | 13:49 | 9 | 5 | 14 |
| 13 | John Danaher | 50:48 | 23:43 | 27:05 | 23:10 | 23:10 | 11:54 | 11:49 | 8 | 6 | 14 |
| 14 | Mark Letman | 50:58 | 22:48 | 28:10 | 21:51 | 21:51 | 11:25 | 11:23 | 7 | 2 | 9 |
| 15 | Jane Whitmore | 51:00 | 25:00 | 26:00 | 23:08 | 24:11 | 12:40 | 12:20 | 6 | 3 | 9 |
| 16 | Stuart Tennant | 51:03 | 25:18 | 25:45 | 24:27 | 24:27 | 12:54 | 12:24 | 5 | 3 | 8 |
| 17 | Neil Speakman | 51:05 | 24:25 | 26:40 | 23:15 | 23:15 | 12:12 | 12:13 | 5 | 0 | 5 |
| 18 | Sarah Lowe | 51:22 | 25:12 | 26:10 | 23:52 | 23:52 | 12:07 | 13:05 | 5 | 0 | 5 |
| 19 | John Gray | 51:26 | 21:56 | 29:30 | 18:51 | 19:41 | 10:51 | 11:05 | 5 | 0 | 5 |
| 20 | Helen Haralambous | 51:36 | 35:51 | 15:45 | 34:24 | 34:24 | 18:03 | 17:48 | 5 | 0 | 5 |
| 21 | Cain Speakman | 51:39 | 20:59 | 30:40 | 19:26 | 19:26 | 10:24 | 10:35 | 5 | 0 | 5 |
| 22 | Graham Edwards | 51:41 | 46:56 | 4:45 | 36:14 | 43:56 | 23:26 | 23:30 | 5 | 0 | 5 |
| 23 | Susan Walker | 51:53 | 26:33 | 25:20 | 22:44 | 24:40 | 12:46 | 13:47 | 5 | 0 | 5 |
| 24 | Diane Donoghue | 52:12 | 32:12 | 20:00 | 30:23 | 30:23 | 15:51 | 16:21 | 5 | 0 | 5 |
| 25 | Leigh Kelly | 52:43 | 24:08 | 28:35 | 21:33 | 21:33 | 11:57 | 12:11 | 5 | 0 | 5 |
| 26 | Peter Whyte | 52:51 | 28:11 | 24:40 | 25:58 | 25:58 | 13:44 | 14:27 | 5 | 0 | 5 |
| 27 | Ray Barnard | 53:24 | 29:54 | 23:30 | 22:12 | 26:20 | 15:04 | 14:50 | 5 | 0 | 5 |
| 28 | John Becroft | 53:29 | 51:29 | 2:00 | 24:12 | 46:56 | 25:12 | 26:17 | 5 | 0 | 5 |



Hobbos Handicap - November 2024- 351st Running



| Pos | Name | Finish | Time | Start | PB | AGPB | Split 1 | Split 2 | Points | Bonus | Total |
|-------------------|---------------------|--------|-------|-------|-------|-------|---------|---------|--------|-------|-------|
| Ineligible | | | | | | | | | | | |
| 1 | Laura Perree | 49:53 | 20:53 | 29:00 | | | 10:20 | 10:33 | 10 | 0 | 10 |
| 2 | Andrew Else | 48:39 | 21:39 | 27:00 | | | 10:39 | 11:00 | 10 | 0 | 10 |
| 3 | Oilly Rees (2.5km) | 48:53 | 23:23 | 25:30 | 14:28 | 14:28 | 11:45 | 11:38 | 10 | 0 | 10 |
| 4 | Rene Rutze | 49:48 | 24:48 | 25:00 | 25:53 | 25:53 | 12:15 | 12:33 | 10 | 0 | 10 |
| 5 | Phillipa McKiernan | 49:02 | 27:02 | 22:00 | 28:18 | 28:18 | 13:36 | 13:26 | 10 | 0 | 10 |
| 6 | James Black | 51:10 | 27:10 | 24:00 | | | | | 10 | 0 | 10 |
| 7 | Sam Flockhart | 51:48 | 31:48 | 20:00 | 30:28 | 30:28 | 15:33 | 16:15 | 10 | 0 | 10 |
| 8 | Lizzie Stranks | 51:01 | 36:31 | 14:30 | 35:55 | 35:55 | 17:56 | 18:35 | 10 | 0 | 10 |
| 9 | Eero Keranan (Walk) | 49:36 | 45:36 | 4:00 | 46:32 | 46:32 | 22:36 | 23:00 | 10 | 0 | 10 |
| 10 | Rob Falloon (walk) | 45:41 | 45:41 | 0:00 | 21:24 | 23:48 | 22:56 | 22:45 | 10 | 0 | 10 |

Guests

| | | | | | | | | | | | |
|---|----------------|-------|-------|-------|--|--|-------|-------|---|---|---|
| 1 | Brandon Bergin | 52:11 | 37:11 | 15:00 | | | 18:28 | 18:43 | - | 0 | - |
|---|----------------|-------|-------|-------|--|--|-------|-------|---|---|---|

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



The Big Dry



Rust never sleeps

Hobbos Greenwich and Ted Joy Cups 2024

Current Standings - Greenwich Cup

Please Note: November handicap points have been incorrectly uploaded into December Ed.

| Place | Name | Jan | Feb | Mar | Apr | May | Jun | Jul | Aug | Sep | Oct | Nov | Dec | Best Eight | Notes | Total Runs |
|-------|----------------------|------|------|------|------|------|------|------|------|------|------|-----|-----|------------|-------|------------|
| 1. | Matt Loader | 21 | 23 | 30 | 31 | (20) | 31 | 31 | 29 | 31 | 31 | 32 | 32 | 238 | n | 12 |
| 2. | Susan Walker | 31 | 30 | 32 | 29 | (20) | 26 | 32 | 21 | 28 | 20 | 20 | 5 | 229 | e | 137 |
| 3. | Rae Carter | 26 | 27 | 32 | 32 | 32 | 20 | 24 | (20) | 8 | 8 | 26 | 11 | 183 | n | 11 |
| 4. | Michael Slee (walk) | 28 | 9 | 12 | 28 | 28 | (20) | 6 | 28 | 16 | 27 | 16 | 175 | n | 21 | |
| 5. | Diane Donoghue | (20) | 11 | 5 | 23 | 28 | 29 | 28 | 32 | 10 | 17 | 5 | 170 | e | 42 | |
| 6. | Cain Speakman | 29 | 28 | 28 | 23 | 21 | 21 | (20) | 10 | 5 | 5 | 5 | 164 | n | 32 | |
| 7. | Anastasia Aldred | 10 | 10 | 27 | 26 | 12 | 12 | 13 | (20) | 15 | 28 | 28 | 11 | 151 | n | 11 |
| 8. | Sarah Lowe | 10 | 22 | 23 | 30 | 25 | 30 | 25 | 5 | 24 | 5 | 5 | 144 | n | 20 | |
| 9. | Graeme Dewerson | (20) | 24 | 30 | 25 | 22 | 22 | 22 | 22 | 22 | 22 | 22 | 143 | n | 28 | |
| 10. | Ray Barnard | 32 | 32 | (20) | 19 | 16 | (10) | 5 | 7 | 5 | 5 | 5 | 141 | e | 92 | |
| 11. | Neil Speakman | 23 | 5 | (20) | 13 | 11 | 21 | 27 | 16 | 16 | 16 | 5 | 136 | n | 26 | |
| 12. | Anna Bowdis | 10 | (20) | 10 | 5 | 17 | 22 | (10) | 12 | 5 | 29 | 14 | 134 | n | 9 | |
| 13. | Leigh Kelly | 20 | 31 | 22 | 22 | 22 | 25 | 25 | 6 | 6 | 6 | 5 | 131 | n | 10 | |
| 14. | Michael Musgrove | 27 | 14 | 9 | 12 | 8 | 12 | 23 | (20) | 5 | 11 | 13 | 130 | e | 263 | |
| 15. | Helen Vaxevanis | 30 | 22 | 28 | 31 | (10) | 21 | 21 | 21 | 21 | 21 | 23 | 127 | n | 10 | |
| 16. | Kevin Aldred | (20) | 21 | 23 | 21 | (10) | 18 | 5 | 30 | (20) | 13 | 5 | 126 | n | 4 | |
| 17. | Helen Haralambous | 18 | 26 | (20) | 18 | 5 | 5 | 11 | 13 | 5 | 28 | 9 | 122 | n | 10 | |
| 18. | Mario Valastro | 10 | 20 | 10 | 17 | 32 | 30 | 30 | 27 | 13 | 8 | 8 | 119 | n | 6 | |
| 19. | Jac Wainright | 10 | 10 | 10 | 10 | 17 | 32 | 30 | 27 | 13 | 13 | 5 | 110 | n | 9 | |
| 20. | Stuart Tennant | 10 | 10 | 10 | 10 | 17 | (20) | 11 | 12 | 13 | 13 | 5 | 103 | e | 109 | |
| 21. | John Gray | 22 | 12 | 12 | 5 | 6 | (20) | 5 | 8 | 8 | 19 | 19 | 97 | n | 14 | |
| 22. | Belinda Fithie | 10 | 10 | 5 | 5 | 28 | 30 | 30 | 28 | 30 | 14 | 14 | 97 | n | 6 | |
| 24. | Peter Buissink | (20) | (10) | (10) | (10) | (10) | (10) | (10) | (10) | (10) | (10) | 9 | 90 | a | 79 | |
| 25. | Mark Letman | 29 | 21 | 15 | 15 | 19 | 5 | 5 | 31 | 5 | 5 | 9 | 88 | n | 11 | |
| 26. | Philippe Delecheneau | 5 | 5 | 16 | 9 | 5 | 5 | 16 | 7 | 7 | (10) | 12 | 86 | n | 19 | |
| 27. | Rob Falloon | (20) | 5 | 5 | (20) | 5 | 5 | 5 | 10 | 19 | 19 | 12 | 83 | e | 92 | |
| 28. | Ken Smith | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 10 | 19 | 12 | 5 | 81 | e | 207 | |
| 29. | Peter Whyte | 10 | 6 | 6 | 8 | 8 | 8 | 8 | 10 | 32 | 32 | 5 | 79 | n | 12 | |
| 30. | Will McKenzie | 7 | (20) | (20) | (10) | (10) | (10) | (10) | (10) | (10) | (10) | 3 | 77 | n | 3 | |
| 31. | Brian Armstrong | (20) | (10) | (10) | (10) | 10 | (10) | 5 | (10) | (10) | (10) | 9 | 75 | a | 49 | |
| 32. | Jane Whitmore | 20 | 20 | 30 | 30 | 14 | 14 | 14 | 10 | (10) | (10) | 9 | 73 | n | 28 | |
| 33. | Bronwyn Rowleson | 10 | (20) | 5 | 5 | 5 | 7 | (10) | (10) | (10) | (10) | 32 | 67 | n | 21 | |
| 34. | Rachel Kealy | 10 | 10 | 10 | 18 | 10 | 10 | 14 | 10 | 32 | 32 | 5 | 66 | n | 4 | |
| 35. | Kieran Leonard | 10 | 10 | 10 | 10 | 10 | 5 | 5 | 10 | 5 | 7 | 7 | 65 | e | 77 | |
| 36. | Malcolm Powers | 10 | 10 | 10 | 10 | 17 | 12 | 9 | 13 | 13 | 13 | 5 | 61 | n | 5 | |



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 | 20 | | 5 | 229 | |
| 2. | Diane Donoghue | (20) | 11 | 5 | 23 | | 29 | 28 | 32 | 10 | 17 | | 5 | 170 | |
| 3. | Ray Barnard | 32 | 32 | (20) | 19 | 16 | (10) | 5 | 7 | 5 | 5 | | 5 | 141 | |
| 4. | Michael Musgrove | 27 | 14 | 9 | 10 | 12 | 8 | 12 | 23 | 13 | (20) | | 13 | 130 | |
| 5. | John Gray | 10 | 10 | 10 | 10 | 17 | (20) | 11 | 12 | 13 | | | 5 | 103 | |
| 6. | Rob Falloon | (20) | | 16 | 9 | 5 | | 16 | | 7 | (10) | | | 83 | |
| 7. | Ken Smith | 5 | 5 | 5 | (20) | 5 | 5 | 5 | 10 | 19 | | | 12 | 81 | |
| 8. | Kieran Leonard | | 10 | 5 | 18 | 10 | | 5 | 10 | 5 | 7 | | | 65 | |
| 9. | Graham Edwards | 5 | 5 | 5 | (20) | | | | | 5 | 9 | | 5 | 54 | |
| 10. | John Becroft | 5 | | 5 | 10 | | | | 5 | 5 | | | 5 | 35 | |

(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)

The Cups story...

Matt Loader has won the Greenwich Cup for 2024. Sue Walker is the winner of the 2024 Ted Joy Cup.



There is still a battle for a placing or two in both Cups.

Sue Walker not only has the TJC but her strong year saw her clinch second placing in the **Greenwich Cup**. Rae Carter is in the prime position to take the GC third place. Her total of 183 points is quite a margin and Rae still hasn't run her 8 handicaps for the year. Michael Slee and Di Donoghue are next best with 175 and 170 respectively. Both Michael and Di have run 8 handicaps or more, and so need to run well to improve on already banked points.



Rae closing in on a GC third...

In the **Ted Joy Cup** Di has sown up second place, while Ray Barnard will probably keep hold of third. Only Michael Musgrove has any kind of say in that turn of events.

NB. Only GC p1 has been included in this issue for reasons of space. Full results can be found on Will's Facebook post). Full 2024 GC&TJC standings in January.



Hobbos Coaching

With Brian Armstrong, Coaching Co-ordinator

2024 December Coaching update

As December is the last Newsletter of 2024, the coaching team would like to thank all members for their participation this year, and especially their assistance with volunteer roles. The volunteer roster system that Bronwyn Rowleson introduced to our club, and actively pursues each month has taken quite a load off the same Runleaders, and regulars that were initially doing these tasks at each and every event. We hope you enjoyed the ride, and all the sessions this year, under the guidance of the Runleaders, committee, and president. A huge thank you to our editor 'Michael Slee' for taking in our 'last minute coaching editorials' each month J.

'Lots' has happened since I last wrote, mainly some vacationing on my side, but plenty more with the club. This month, I will go through our yearly progress.

Club membership has hit +180 and building into our biggest membership ever, which is fantastic, and shows that everyone involved in this great club is doing a mighty fine job.

Monday Night Yoga

This year, we also introduced Monday night Yoga, which was definitely a hit for the yoga regulars, and members who like to stretch. Thank you so much to our three volunteers, who swapped and changed, and



assisted with minimal notice at times:

Rachael Kealy

Tamara Petrov

Cat McRae

I attended at least one of each of these sessions, and

is just so good to see the different benefits each yoga instructor had to offer.

All were so relaxing and made for a very enjoyable experience, while none were the same, which was very surprising. Well done to all for this very special non-running event add-on.

Tuesday track

Track attendance has grown significantly, and more so mornings, which is progressing to be more popular than nights this year.

Your 8-week track series were designed this year by, Mellisa, Tameka, Kate, Rob, Kieran, and I. We hope you enjoyed the variety.

Thursday Hills

Thursday morning hills at Newport Lakes has grown significantly, and we would never have guessed that numbers seen recently would surpass some of our previous years Tuesday night track sessions.



Thanks Kieran Leonard, who has been running these solo since starting. Extra Runleaders (Tameka, Daryl, Belinda, Sarah) have now been rostered for Newport Lakes Hills, so expect to see some different variety much like what happened when we rostered Altona 100 steps. This assistance takes some load off Kieran who has done an excellent job.

Altona 100 steps at nights, has steady numbers, mainly regulars, that we expect to grow further next year. There is always something different led by the coaches (Belinda, Kate, Brian, Kevin, Mario), with heaps of variety since adding the extra Runleaders to our roster.

For any members that have not tried a hills session, you are definitely missing out. It is completely different to the track environment, allowing a lot more time to socialise, more chatting, a lot of laughs, more fun, and all while you are building your hill legs strength and fitness.

Wednesday Recovery Runs

This year we tested a few Wednesday recovery runs, Altona & Williamstown (Belinda and Brian). However, it is only Williamstown that appears to be working, so will continue next year.

We have not given up with Altona at this stage, as we do know it is a growth area, but will pursue other ideas in the new year.

Sunday Slow Runs Newport Lakes

It is great to see that our Sunday Newport Lakes long runs are still progressing, even though our regular solo Runleader, Rob Falloon met with an incident that took him out of action for some time.

Rob still attended some sessions, and other Runleaders are assisting, which means Sunday Newport laps continued.

Children's & Parents Sunday Session Term 4

We managed to get through a successful term 4 Children's and Parents program, with Laura Smethurst taking most sessions, with Alison Sanders (backup), taking one.

The feedback from parents attending these sessions is that it is so much fun to run and bond together with a physical activity with their children.

These will continue next year.

Sunday Long Runs – Local Faster Paced group

Not all members may be aware, but we also have a group that have been doing Sunday long runs over the years, along the foreshore, and other close locations at a faster pace (4:50 – 5:30 per km).

While we don't advertise this much (in fear of scaring away some recreational runners), just be aware that it is available, if you do run at this faster pace. We have a regular group, anywhere from 4 – 10 runners, that join us for this, and if interested, let one of our Runleaders know, so we can add you to a messenger group.

Paced to Perfection

It was great to see quite a few attend the race of a dif-

ference, Belinda Fithie's paced to perfection, which will be repeated next year.

Expect to see quite a few more of these unique planned events, much like the You Yangs Wellbeing run I organise, but from other Runleaders in the future.

These will likely be promoted by each of the Runleaders who design them.

Timing System & Handicapper

While this doesn't come under the coaching team, some may have noticed another assistant with our timing recently. Will McKenzie has put his hand up and taken the load off Mick Beasley with timing, and will gradually also learn to assist Mick with Handicapping.

Expect to see Will more in control of timing at our handicaps, with the other occasional backups of John, and I.

L1 Female Coach Requirement X2 – POSITIONS NOW FILLED

We advertised this role for some time, and then had two future Runleader's express interest at the same time.

Coaching team, would like to welcome "Cat McRae, and Tamara Petrov" to the team. Both are very friendly, well known, and very approachable. Their knowledge, experience, skills, and dedication, fits all the criteria for a Runleader.

Most will also know Cat and Tamara from our Yoga sessions. Please say hello and congratulate both, when you next see them.

Their BIO's will be added to either this Newsletter, or next, displaying all their hidden talents and highlights.

Well, that's the rundown for some of our highlights for the year. I guarantee that I will have missed something, and while some names have been mentioned above, it is every Runleader in this club that makes us a successful team. Each and every Runleader has done an exceptional role, and as part of the committee, we also would like to thank all Runleaders for such great dedication, fun, and leading us to the future. *(continued over the page)*



Merry Christmas, and safe holidays all. I hope to see you all for an even better 2025.

Our 2024 Runleaders:

Alison Sanders - Tuesday Night Track & Children's Sessions

Belinda Fithie – Tuesday morning session, Wednesday morning recovery, Thursday morning and night hills, direct coaching.

Cat McRae – Yoga instructor, Tuesday night track

Brian Armstrong – Tuesday night track, Wednesday morning recovery, Thursday night hills, Sunday local long runs, track series design, direct coaching, coaching Runleader handover

Daryl Sadgrove – Tuesday morning track, Thursday morning hills, Hill knowledge sessions, Coaching plan guidelines, direct coaching

John Gray – Tuesday morning & night track, XCR, Summer & Winter Series

Kate Milnes – Tuesday night track, Thursday night hills, track series design, direct coaching

Kevin Aldred – Tuesday night track, Thursday night hills

Kieran Leonard – Tuesday morning track, Thursday morning hills, track series design, direct coaching

Laura Smethurst – Children's and Parents sessions

Luke Beck – Tuesday night hills, Trail series promotion, direct coaching.

Mario Valastro – Tuesday night track, Thursday night hills, direct coaching.

Melissa Rutze – Tuesday night hills, track series design

Peter Buissink – Tuesday night track, Handicap run director

Rob Falloon – Tuesday night track, Sunday long runs Newport Lakes, track series design, direct coaching

Sarah Lowe – Tuesday night track, Thursday morning hills

Tamara Petrov – Yoga, Tuesday morning track

Tameka Day – Tuesday morning track, Thursday morning hills, Sunday local long runs, track series design, direct coaching

Terry Pearce – Tuesday night track, NPL Sunday long runs

Coaching team tip for the month:

'Try a hills session, you will do a great strength session, and have so much fun, that you will forget the effort'

2024 Coaching Co-ordinator & Head Coach

Brian Armstrong





Trail Corner

With Lucas Beck, Trail & Ultra Coach

"Pain is inevitable. Suffering is optional."

~ Haruki Murakami

Hello trail legends!

That's just about a wrap for 2024... as a club, we saw many members hit the trails and enjoy the beauty of nature. Well done to everyone that got involved in the many training and trail races across Victoria this year.

There are plenty of trail running events on in 2025 (see list below). I know there's quite a few members lining up for the Two Bays Trail Run in mid-January. Good luck to all of yewww, and have fun out there! I hope the weather gods play nice and there's a cool sea breeze blowing down at Cape Schanck.

I will likely organise a couple of Surf Coast trail recce runs during autumn, in preparation for the Marathon in June, keep a lookout on Facebook for details.

And if you're thinking about taking part in Surf Coast Century in 2025, you may want to start to consider what distance you're in for, who your team mates might be, or if you want to take on the Century, like our 2024 legends **Sarah Lowe, Phillipe Delechenau and Cat McRae!**

For anyone that's keen to try trail running in the new year, come and talk to me at Altona parkrun, or some Tuesday evening Hobbo's track sessions. And finally, I wish you all a merry christmas and an injury-free 2025.

See you on the trails

Lucas Beck, Trail and Ultra coach

2025 Events

Two Bays Trail Run

12 January
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

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

Ultra Trail Australia Blue Mountains, NSW

15 – 18 May

11km – 22km – 50km – 100km

Surf Coast Trail Marathon Torquay to Fairhaven

14 June

21km Half – team of 2 marathon – 42km solo marathon

Trails+

All year

All distances

Surf Coast Century

Saturday 13 December

50km – 100km – 100km Teams (2-4) relay

Ultra Trail Kosciuszko

27 – 28 November

30km – 50km – 100km - 100miler





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

