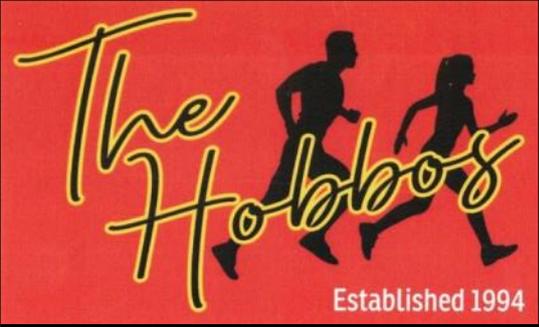


January 2025



HomeRuns

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

Anastasia Salutes



2024 In Review
Two Bays

...the Hobbos too!

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Ted Joy & John Condon

Website: hobbos.org.au
Email: enquiries@hobbos.org



Useful books on running & fitness wanted - see p19

Forthcoming Events

Sat 25th Jan	Australia Day Handicap - Regular Start @ Baseball Park
Tue 4th Feb	Summer Challenge 1000 & BBQ - 6pm NPAT - DSS #4
Sat 22 Feb	7:40am February Handicap & AGM - DSS #5
Tue 18th Mar	Annual Easter Gift 1500 & BBQ - 6pm NPAT - DSS #6
Sat 29th Mar	7:40am March Handicap & Morning Tea
Thu 3rd April	Annual Hobbos Track Time Trial 5000m - 6pm
Sat 26th April	7:40a, April Handicap & Morning Tea

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

2025 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



"Another year over, a new one just begun."

So, Happy New Year everyone.

The January issue of Home Runs is about looking back at the previous year and celebrating the setting of goals, reaching for them and of course rejoicing when they are attained. Where ever you sit on that continuum be proud that you actually got off the couch...many don't. Take a bow winner!

Thanks to **Mick Beasley** for his wrap of 2024 as only Mick can. A handicappers lot is not an easy one, easy one.

Mick also crunched the numbers and inside this issue are the complete standings for the Greenwich and Ted Joy Cups.

Of course the new year allows new goals to be set. To this end **Luke Beck** has provided an overview of the coming year in local trail running, which has more than seized the running imagination of many Hobbos with at least 14 running or crewing at the famous 2Bays. One intrepid Hobbo, **Janelle Taylor** has written a

personal account of her day on the trails, rain, lightning and all. With wonderful pictures to go with Janelle's words. Thank you.

Maybe that should be a resolution we all could make. Write a piece for Home Runs this year. I know for a fact that I receive more positive feedback about articles written by Hobbos for other Hobbos to read than any other Home Runs content. Short or long; funny or serious it matters not as long as the readers get a sense of what you did and how you felt about it.

A photo or two go a long way too.

I look forward to being deluged (my email is on page 2 EVERY month.

See you at the start line for handicap #353 ,

7:40am

An advertisement for SportsPower Williamstown. The background is a photograph of a blue sign on a tall pole. The sign has 'SPORTSPOWER' written on it in white and blue letters. Above the sign are two street lamps. The text 'Williamstown' is written in red on the left side of the sign. On the right side, 'Hobbos Discount 15%' is written in white. Below the sign, 'Your Local Experts' is written in red. At the bottom, 'John Ayton's SportsPower for all your sporting needs Corner Electra & Ferguson Streets, Williamstown' is written in red.

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



2Bays Hobbos

Well done to everyone who ran in this month's Two Bays trail run. I have run the 28k event 3 times previously (2019, 20 & 21) but have missed the last 3 years now due to a bereavement and injuries. In the week leading up to this year's event, hearing from all of our participating and supporting clubmates, I was suffering more from FOMO than from my combined knees, hammy & heel issues, but fortunately I had already deferred to 2026, so there was no going back. By all accounts it was a tough outing due to weather and track conditions, with the 56k event even being cancelled mid race due to thunderstorms.

The year that was

Well done to our Greenwich Cup and Ted Joy Cup podium.

The GC was won by Matt Loader in his 2nd year with the club and 1st full year as a qualified runner, with foundation member Sue Walker (2017 GC winner) in 2nd place and Rae Carter in 3rd place, holding out Michael Slee (2004 & 2016 GC winner).

The TJC was won by Sue Walker (2023 TJC runner-up), with Diane Donoghue (2021 Covid Cup winner) in 2nd place and the evergreen Ray Barnard (2017 TJC winner) in 3rd place,

holding out Michael Musgrove (2023 TJC winner).

If it sounds a bit like a winners' club, it is! (speaking as the 2013 GC winner), but like our club, the cup competition is open to anyone who loves running (or walking) and runs (or walks) consistently (Both the GC and TJC have been won twice by walkers in the last 6 competition years), so, give it a crack!!

The year that is!

Next month our February handicap is followed not just by morning tea but also by our Annual General Meeting, to be held at the traditional Old Gatehouse courtyard. We ask for as many members as possible to support our club by staying around and/or attending and voting in your 2025 committee.

We are always looking for new blood on the committee to bring new ideas, skills and diversity, to help our club continue to prosper and best serve your needs. We share the load, so committee membership is not too demanding. Our meetings are normally held on Zoom every 8 weeks, at a time aimed to best suit members with young families, and you don't have to attend every meeting.



The Daylight Savings Series

We have three events to go in this season's DSS – plenty of time to catch points leader Matt Loader. Can Matt take out the Greenwich Cup and the 2024-25 Daylight Savings Series? Only you can stop him!!

-The Summer Challenge 1000m track handicap in place of Tuesday evening track on Tuesday 4th February

-The February handicap 5000m on Saturday 22nd February (followed by morning tea and the AGM)

-The Easter Gift 1500m track handicap in place of Tuesday evening track on Tuesday 18th March

Back on Track

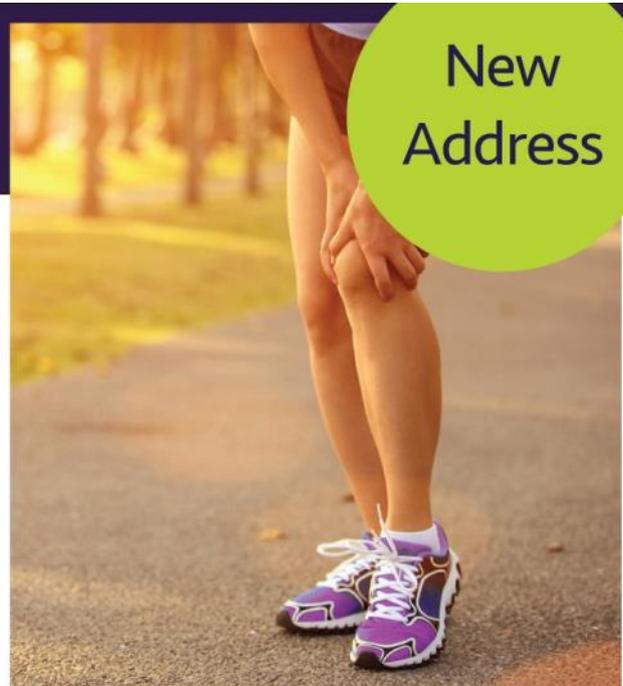
Hopefully we only have one more week (28th of January) at Digman Reserve (morning) and Crofts Reserve (evening), and then we will be back at Newport track for the foreseeable!

Until next month, stay fit, healthy and safe.



**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





Janelle Taylor Reports

After a hot night with very little sleep, the alarm went off at 5:10am.

This was it! The day we had all been training for had arrived!

All of our hard work doing Thursday Hills sessions and long runs now had to pay off.

Bel, Sarah and I had brekky, donned our red Hobbos shirts and jumped in the car to Dromana to meet the others at the ping pong table.

The village atmosphere was electric, it was a sea of colourful Hawaiian shirts and shorts. Lots of nerves were present as we knew what was ahead of us. Our amazing Hobbos support crew of Di, Rach and Mel arrived to crew for us and cheer us on, it was so good to see them. As the starting sirens commenced, we all got ready to join our respective waves and away we went.

The climb up Arthurs Seat began, and honestly, it didn't seem as painful as 2024. The view at the top made it worth it and the fun descent

down the big gravel hill began. (At this point John D passed me with a smile, looking very relaxed).

The rule this year was no AirPods. Now that I was getting into the guts of the run, I realised I was facing 4+ hours with my own thoughts and no music.

Along the way the aid stations were invaluable. Zooper Doopers, electrolyte drinks, water, food and much encouragement abound. The volunteers were amazing and I continuously thanked them along the way. The views of the bush and forest kept my legs ticking over for the next couple of hours, although there were half a dozen stumbles along the way over tree roots and rocks. However, I didn't hit the deck like I did last year! Yay! I was nearly at Boneo Road when it started to rain, which was a welcome relief from the humidity.

Our Hobbos support crew were waiting at Boneo Road when I got there. I was so happy to see them. I was a little dazed by this stage so I welcomed a sponge of icy water over my head and a Zooper Dooper. The welcome words from Di "you've only got a parky to go" spurred me on - thanks Di!!

Onwards I ran to the steps of Mordor.

Unfortunately, after a few steps I started to experience nasty cramps in my left hamstring and right foot, I couldn't move and my stress levels went up!

A lovely couple stopped and offered me some of their Cramp Shots drink which I quickly devoured despite the vinegar taste. The cramping reduced



Support crew - Di, Rach & Mel with the supported - Janelle





a bit so I was able to get through the next few kms albeit at a slower pace. At the stage Philippe passed me and was heading to the finish line very strongly.

What's that I can hear????? It's the ocean!!!!!!

I was rewarded with a stunning view of a very misty Bushrangers Bay, I knew I was going to get to the finish, thank God!

Before I knew it, I was approaching the finish line with a big grin on my face. I spotted some red Hobbos shirts and my loved one there to greet me and I was so happy to finish. I was handed a very cool medal/bottle opener in the shape of a tiki/totem pole and a can of Coke. Halfway through the Coke, the skies opened up, the lightning started and a storm hit. The temperature dropped quickly.

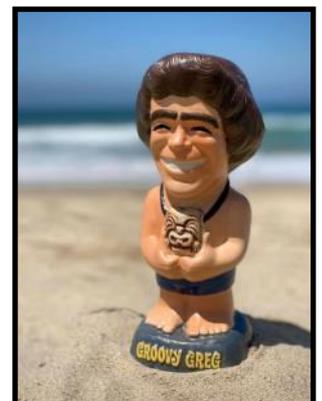
I had a Brady Bunch flash back; I remember what happened to Greg Brady when He found a tiki - nothing but bad luck. (You may remember this episode if you are old enough!)

Then the news came through from race organiser Rohan that the race had been called off due to the lightning. All remaining participants would be held at checkpoints and bussed back to Cape Schank. This is the first time in race history that the event has been called off. Unfortunately, only 4 of the 56 km participants got to complete the race. To our joy and surprise, Bel actually got through the last checkpoint before the race was called off, so we were thrilled to see her running to the finish line in the pouring rain - well done girl.

The whole event was very well organised, and very clear in their cancellation decision and communication when the storm hit. It was obviously a very hard decision for Rohan to make but certainly the right one to keep all entrants safe.

Two Bays is a true celebration of trail running and the atmosphere is so fun and supportive. Hopefully we can get an even bigger squad of Hobbos down to Dromana in 2026!

Happy running, Janelle Taylor





Trail Corner

With Lucas Beck, Trail & Ultra Coach

G'day trail legends!

One year of Trail Corner... I'm almost a journalist at this point?! I hope you've all got some awesome trail goals set this year. Check out the 2025 calendar, while not an exhaustive list, there's many great events catering to all levels of trail runners. Google is your friend!

Meanwhile, we're off to a flying start for the year with many Hobbo's turning out for the Two Bays Trail Run in very humid conditions. This did not deter the following legends, who sent it:

Ron Van Der Heide: 03:12:39

Jacques Steenkamp: 03:15:53

Mark Letman: 03:32:46

Sarah Lowe: 03:38:19

John Danaher: 04:00:45

Phillipe Delecheneau: 04:04:37

Karen Hayes: 04:09:46

Janelle Taylor: 04:13:14

Belinda Fithie: 05:02:23

The next trail event worth your consideration is the **Warburton Trail Festival**, held annually on the Labour Day weekend. With a variety of distances on offer and a couple of fun, non-running related events too, there's something for everyone, guaranteed good times!

Snake bites

Is that just a stick, or did it wiggle? Snake bites, we all hope to never have to face this, but you need to know what to do, if it happens, so be prepared.

Avoidance is the best measure, but not always

possible. Snakes are just as afraid of you, as we are of them. If you're too close to them, they will raise their head and hiss at you, basically exchanging greetings, saying, "Hey, you're in **my** space, can you please vacate the area immediately?". Now, if you haven't already set a 100 metre personal best already, move back and let the snake move on.

Always carry a [snake bandage with indicators](#)

(Includes rectangle to square shape to evenly manage pressure bandaging.) The most important thing is if you have been bitten by a snake is to not move! Snake venom moves through the lymphatic system. Continuing to move is the worst thing you can do as this encourages the venom to move in your system.

Do's: Call 000 emergency services, move away from the snake, keep calm and still, apply a pressure immobilization bandage, keep the bitten area cool and lower than the heart.

Dont's: Wash the bite, apply a tourniquet, cut the wound, or try to suck the venom out.

Be safe out there, legends, yewwww!

See you on the trails

Lucas Beck, Trail and Ultra coach



2025 Trail Calendar

January

Two Bays
Bogong to Hotham
Maribyrnong Valley Park Backyard
Ultra

February

Kilcunda Running Festival
Flying Brick Bellarine Sunset Run
Oscars 100 Hut to Hut Challenge
Run the Lighthouse

March

Warburton Trail Festival
Run the Rock
Brimbank Park Running Festival
Buffalo Stampede
kunanyi

April

Alpine Challenge
Run Tarra Bulga
Maroondah Dam Trail Runs

May

Wilsons Prom 100
Goldrush Trail Runs
Down Under 135
Ultra Trail Australia

June

Trail Running Series #1 TBC
Run Forrest Half Marathon Trail Run
Wandi Cross
Surf Coast Trail Marathon

July

Trail Running Series #2 Anglesea
You Yangs Trail Running Festival
Wild Dog Backyard Ultra

August

Trail Running Series #3 Silvan
Peaks & Trails Run
Surf Coast Wonderfalls Trail Run
Bright Running Festival
Wonderland Run Grampians

September

Surf Coast Century

October

Macedon Trail Runs
Harrietville Half Marathon
Great Ocean Trail Ultra

November

4 Peaks Bright Alpine Climb
Grampians Peak Trail Race
Marysville Marathon Festival
Great Southern Endurance Run
Ultra Trail Kosciuszko

December

Mt Buller Sky Run
The Last Legend
NYE Rock Around the Clock



Happy Doesn't Describe It



Anastasia Aldred took out the final 5km handicap of 2024 and to say that she was 'over the moon' comes pretty close to describing how she felt. And what's more those at the December event celebrated with Anastasia because joy is simply contagious...and if you don't believe me just look at the group photo opposite (and also the cover).

Anastasia's PB set her up for the win. Taking 19 seconds from her previous best she finished in a time of 26:48, a bare 3 seconds ahead of **John Horan**. 4 seconds adrift of John was **David Butler**. All three podium finishers ran PBs - John (-0:25) and David (-0:05). Fourth placed **Anna Bovdis** also clocked a 5 second PB.

These were the only PBs on a day where conditions were good, ideal for making a head start on those extra festive pounds (sounds better than kilos!). Pre-race the talk was certainly all about pudding - Xmas, Yorkshire and Too Much!

To say that the atmosphere was relaxed is probably an understatement. With the Cups, for the first time in a long while, already decided with the respective winners miles away resting on laurels. Matt and Jac were in Hobart, while Sue and David were stateside.

That's not to say the 352nd Hobsons Bay Handicap was not hotly contested. It most certainly was. The first four across the line all ran PBs and only 14 seconds separated 1st and 4th.

There were some pretty handy times also. The fastest 5km of the day belonged to **Leigh Fyfe** (18:45). **Nick Tavendale** ran a handy 19:03 (and I think I overheard that there was either a lazy 5km beforehand or afterwards). **Brian Armstrong** was on the track and had turned back the clock a few years with his quickest showing in a long time - 19:50. Recently retired, it is obviously agreeing with him. So, look out 2025!

The December event saw a large turnout of 43 runners and there were a few regulars missing. Morning tea was abuzz with chatter, as most had stayed around. It was hard to resist a snap of such a happy bunch, so before the mass exodus we did. The group photo shows us at our best and if you look carefully you will spot a Happy Hobbo in the front row kissing her Kenyan Egg.

Congratulations Anastasia.



**One last photo for 2024...and let's all do our best Anastasia.
What a happy bunch of Hobbos!**



Hobbs Handicap - December 2024 - 352nd Running

Pos	Name	Finish	Time	Start	PB	AGPB	Split 1	Split 2	Points	Bonus	Total
Greenwich Cup											
1	Anastasia Aldred	49:48	26:48	23:00	27:07	27:07	13:18	13:30	20	12	32
2	John Horan	49:51	23:36	26:15	24:01	24:01	11:48	11:48	19	12	31
3	David Butler	49:57	24:17	25:40	24:28	24:28	12:15	12:02	18	12	30
4	Anna Bovdis	50:02	26:12	23:50	26:17	26:17	12:45	13:27	17	12	29
5	Kevin Aldred	50:26	23:01	27:25	22:33	22:33	11:30	11:31	16	7	23
6	Michael Musgrove	50:37	40:37	10:00	35:15	39:45	20:27	20:10	15	3	18
7	Cain Speakman	50:51	20:31	30:20	19:26	19:26	10:15	10:16	14	1	15
8	John Gray	50:54	21:34	29:20	18:51	19:41	10:42	10:52	13	0	13
9	Michael Slee (walk)	51:00	39:35	11:25	38:43	38:43	19:32	20:03	12	3	15
10	Ken Smith	51:01	44:01	7:00	22:28	37:27	22:25	21:36	11	0	11
11	Peter Whyte	51:04	26:49	24:15	25:58	25:58	13:26	13:23	10	3	13
12	Stuart Tennant	51:12	25:32	25:40	24:27	24:27	13:04	12:28	9	1	10
13	Kaia Morris	51:15	25:15	26:00	24:23	24:23	11:50	13:25	8	3	11
14	Helen Vaxevanis	51:16	26:01	25:15	24:53	24:53	13:02	12:59	7	0	7
15	Diane Donoghue	51:17	31:27	19:50	30:23	30:23	15:22	16:05	6	1	7
16	Abby Speakman	51:42	22:42	29:00	20:26	20:31	11:12	11:30	5	0	5
17	Terry Pearce	51:55	22:35	29:20	17:34	19:07	11:00	11:35	5	0	5
18	Philippe Delecheneau	52:49	29:04	23:45	26:05	26:23	14:04	15:00	5	0	5
19	Ashley Sanderson	52:57	22:37	30:20	19:06	19:23	10:56	11:41	5	0	5
20	Neil Speakman	54:38	28:08	26:30	23:15	23:15	13:42	14:26	5	0	5
21	Sarah Lowe	57:11	31:01	26:10	23:52	23:52	14:26	16:35	5	0	5
Ineligible											
1	Leigh Fyfe	50:05	18:45	31:20			9:25	9:20	10	0	10
2	Nick Tavendale	50:03	19:03	31:00	17:12	17:12	9:32	9:31	10	0	10
3	Brian Armstrong	49:25	19:50	29:35	18:09	18:45	9:42	10:08	10	0	10
4	Krystal Scicluna	50:31	21:31	29:00			10:35	10:56	10	0	10
5	Marcin Pont	50:05	24:20	25:45	24:10	24:10	12:13	12:07	10	0	10



Hobbs Handicap - December 2024 - 352nd Running



Pos	Name	Finish	Time	Start	PB	AGPB	Split 1	Split 2	Points	Bonus	Total
6	Katrina Lange	51:53	25:03	26:50	20:03	26:11	12:24	12:39	10	0	10
7	Nina Lang	50:08	27:08	23:00			13:26	13:42	10	0	10
8	Anna McAllister	47:52	27:52	20:00			13:39	14:13	10	0	10
9	Brandon Bergin	44:42	30:42	14:00	37:11	37:11	15:06	15:36	10	0	10
10	Lachlan Fyfe	53:06	31:36	21:30			16:09	15:27	10	0	10
11	Ann Girvin	49:40	32:40	17:00	23:56	27:46	16:34	16:06	10	0	10
12	Ildiko Plaganyi	48:49	36:49	12:00	30:02	32:35	18:30	18:19	10	0	10
13	Rob Falloon (walk)	47:53	41:53	6:00	45:41	45:41	20:54	20:59	10	0	10

Ineligible 2.5km

1	Belinda Fithie	42:55	21:05	21:50	27:34	27:34	21:05		10	0	10
2	Lois Speakman	29:24	25:24	4:00	46:02	46:02	25:24		10	0	10

Guests

1	Carly Leithborg	50:05	20:05	30:00			9:40	10:25	-	0	-
2	Elizabeth Lowe	57:12	31:02	26:10	23:52	23:52	14:27	16:35	-	0	-

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



Katrina Lang chasing Lachlan Fyfe and John Gray



John Horan at the turn on his way to a PB and 2nd place

2024

Greenwich Cup

1st Matt Loader
2nd Sue Walker
3rd Rae Carter

Ted Joy Cup

1st Sue Walker
2nd Di Donoghue
3rd Ray Barnard

Handicap Winners

<u>January</u>	Ray Barnard	<u>February</u>	Ray Barnard
<u>March</u>	Sue Walker	<u>April</u>	Rae Carter
<u>May</u>	Stu Tennant	<u>June</u>	Jac Wainright
<u>July</u>	Sue Walker	<u>August</u>	Di Donoghue
<u>September</u>	Rachel Kealy	<u>October</u>	Peter Whyte
<u>November</u>	Matt Loader	<u>December</u>	Anastasia Aldred

<u>Easter Gift 1500m</u>	<u>Spring Gift 1500m</u>	<u>Christmas Gift 1500m</u>
1st Rae Carter	1st Matt Loader	1st Cain Speakman
2nd Will McKenzie	2nd Lisa Orkin	2nd Matt Loader
3rd Thomas Williams	3rd Di Donoghue	3rd Leigh Kelly

<u>Summer Challenge</u>	<u>Cross Country</u>	<u>Par Lap 2 Mile</u>	<u>Daylight Saving Series</u>
<u>1000m</u>	<u>Championship</u>	Kestrel Cup - Tameka day	<u>(2023/24 DSS)</u>
1st Owen Jones	1st Jimmy Dwyer	Egret Cup - Tom Williams	1st Ray Barnard
2nd Henry Northover	2nd Mary Ellen Brierley	Handicap Winners - Rachel Kealy & Michael Slee	2nd Rae Carter
3rd Louis Northover	3rd Terry Pearce		3rd Will McKenzie

MILESTONES & EVENTS

Ray Barnard wins back-to-back handicaps at the start of 2024 - it's the third time Ray has performed this trick

At the February AGM it was moved and unanimously accepted that Eero Keranen be made the 3rd Patron of the HBRC

Kevin Aldred & Mario Valastro added to the coaching ranks

Coach and long time Hobbo, Jane Gibbons moves to Adelaide

Hobbos 30th Anniversary Celebration at Williamstown Bowls Club,

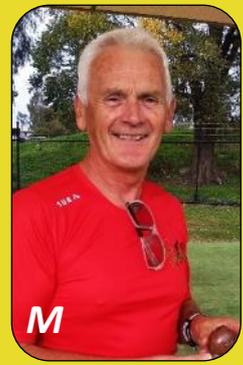
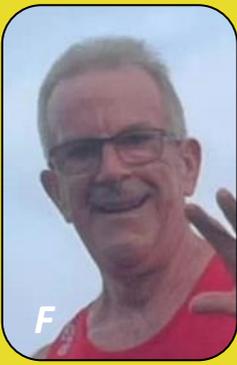
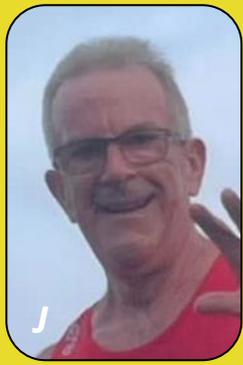
including the formal announcement of Eero Keranen as Patron of the Hobbos

Luke Beck completes the UTMB Mont Blanc - a dream come true - 40:22:58

Bel's Perfect Pacing - a 7km, timing device free event - off to a good start in November - it will be back!

Tamara Petrov and Cat McCrae also join the Hobbos coaching ranks

Sri Chinmoy Tan Team Marathon Relay (11 laps of The Tan, totalling 42.1km). Kieran Leonard, Tameka Day, Jimmy Dwyer and Mick Williams took the 1st place cup in the 'baby vets' mixed category in a net time of 2:49:23.



2024 Handicap Winners



**Hobsons Bay Running Club Inc.
Notice to club financial members**

AGM NOTICE

The HBRC committee invites all club financial members to the Annual General Meeting and presentations to be held at:

9:45am

Saturday 22nd February 2025

(following the February handicap morning tea)

at

**The Old Gatehouse courtyard
The Strand, Newport**

**J. Gray, President
B. Rowleson, Secretary
12th January 2025**

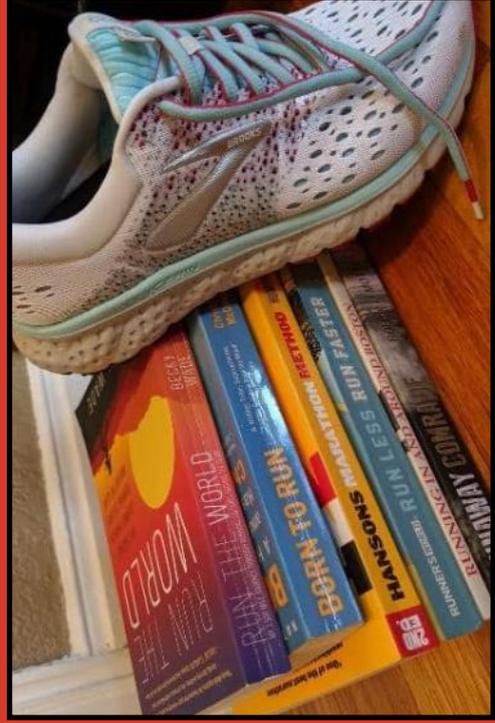
A SHARE LIBRARY of RUNNING BOOKS

It will be more of a tub for books members have read, enjoyed, found useful and are happy to share with others. The tub will probably be brought out at track sessions, handicap morning teas and other track events for returns, borrowings & for adding to our collection.

It will probably run on an honour system and will be FREE.

So, if you have a book you think others could benefit from bring it down bring it down. And like our call for china mugs, no rubbish please!

If anyone has a spare tub...





Hobbos Greenwich and Ted Joy Cups 2024 Current Standings - Greenwich Cup

Everyone who ran a handicap in 2024

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		238	n	12
2.	Susan Walker	31	30	32	29	(20)	26	32	21	28	20	5		229	e	137
3.	Rae Carter	26	27	32	32		20	24	(20)	8	8	26		183	n	11
4.	Michael Slee (walk)	28	9	12	28	28	(20)	6	28	16	27	16	15	178	n	22
5.	Cain Speakman	29	28	28	23	21	(20)	21	(20)	10	5	5	15	174	n	33
6.	Anastasia Aldred	10	10	10	27	26	12	13	(20)	15	28	32	32	173	n	12
7.	Diane Donoghue	(20)	11	5	23		29	28	32	10	17	5	7	170	e	43
8.	Anna Bovdis	10	(20)	10	5	17	22	(10)	12	5	29	14	29	153	n	10
9.	Kevin Aldred	(20)		21	21	(10)		(10)	21	21	21	23	23	149	n	5
10.	Ray Barnard	32	32	(20)	19	16	(10)	5	7	5	5	5	(10)	146	e	92
11.	Sarah Lowe		10	22	23		30		25	5	24	5	5	144	n	21
12.	Graeme Dewerson	(20)		24	30	25			22			22		143	n	28
13.	Jac Wainright	10	20	10	10	17	32			30		(20)		139	n	6
13.	Michael Musgrove	27	14	9	12	12	8	12	23	(20)	13	18	18	139	e	264
15.	Neil Speakman	23	5	(20)	13	11	21	27	16	16	5	5	5	136	n	27
16.	Helen Vaxevanis	30	22	28		31			5	5	11	7		134	n	11
17.	Leigh Kelly	20	31	22		22	25		6	6		5		131	n	10
18.	Helen Haralambous		21	23		18	5		30	(20)		5		122	n	10
19.	Mario Valastro	18	26		(20)		11		13	13	5	28		121	n	9
20.	Stuart Tennant	10		10	10	32		10	27	13	13	8	10	120	n	10
21.	John Gray	10	10	10	10	17	(20)	11	12	13	5	5	13	106	e	110
22.	Belinda Fithie	22		12	12	5	6	(20)	5	8		19	10	102	n	15
23.	John Danaher		10	10	5				28	30	14			97	n	6
24.	Peter Whyte		10	6		8		8	10	10	32	5	13	92	n	13
25.	Philippe Delecheneau		5	15		15			31	(20)		5		91	n	20
26.	Peter Buissink	(20)	(10)	(10)	(10)		(10)	(10)	(10)	(10)	(10)	(10)	(10)	90	a	79
26.	Will McKenzie		7	(20)		(20)	(10)	(10)	(10)	(10)	(10)	(10)	(10)	90	n	3
28.	Mark Leitman		29	21			19	5		5	5	9		88	n	11
29.	Ken Smith	5	5	5	(20)	5	5	5	10	19	12	11	11	87	e	208
30.	Brian Armstrong	(20)	(10)	(10)			10	(10)	5	(10)		10		85	a	50
31.	Rob Falloon	(20)		16	9	5	5	16	7	(10)				83	e	92
32.	Bronwyn Rowleson	10	(20)			5	5	7	(10)	(10)	(10)	(10)	(10)	82	n	21
33.	David Butler			10	5				9	26		30		80	n	7
34.	Jane Whitmore	20				30	14				9			73	n	28
35.	John Horan			10		19			10			31		70	n	5
35.	Mick Beasley		(20)		(10)	(10)	(10)	(10)	(10)	(10)	(10)	(10)	(10)	70	a	48

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
37.	Kaia Morris				10	19	7	10			10		11	67	n	6
37.	Lois Speakman	7	(20)		(10)			(10)				(10)	10	67	n	11
39.	Rachel Kealy				10	14	10	32						66	n	4
40.	Kieran Leonard	10		18	10	10	5	7						65	e	77
41.	Ashley Sanderson			27		13	12	5	5			5		62	n	14
42.	Malcolm Powers				10	17	12	9	13					61	n	5
42.	Michael Williams	11			5		16					29		61	n	8
44.	Jason Rees			10	19			10			(20)			59	n	36
45.	Graham Edwards	5	5	5	(20)			5	9	5				54	e	147
45.	Jimmy Dwyer	11			24	9	10							54	n	15
47.	Terry Pearce	7		10	17			9	5			5		53	a	127
48.	Vanessa Coutts	5	9	8		5				(20)				52	n	14
49.	Ann Girvin		(20)		(10)	10						10		50	a	159
49.	Dominique Tanner			10	20						(20)			50	n	2
49.	Freya Rees			10	10			10			(20)			50	n	12
49.	Oilly Rees			10	10			10			(20)			50	n	15
49.	Stuart O'Neill		5		(20)	5				(10)		(10)		50	n	9
54.	Abby Speakman	12						10				20	5	47	n	26
54.	Cat McCrae	(20)	17	10										47	n	4
54.	Melissa Rutze		10			5		(10)			22			47	n	12
57.	Elise Hardiker							(20)	10	10				40	n	2
58.	Andrew Scardino	15	(20)											35	n	23
58.	John Becroft	5		5	10			5	5		5			35	e	208
58.	Tameka Day					10				25				35	n	15
61.	Michael Rief			10		23								33	n	22
62.	Daryl Sadgrove		(20)						(10)					30	n	11
62.	Eero Keranan				10	10	10							30	n	3
62.	Lizzie Stranks							10	10	10				30	n	3
62.	Melanie Griffin					10		10	10					30	n	3
62.	Steve Glover					10		10	10					30	n	3
67.	Ron Van der Heide					18		5						23	n	3
68.	Cindy Ho			(20)										20	n	0
68.	Eero Keranan (Walk)							10	10					20	n	2
68.	Jenny Tsu											(20)		20	n	0
68.	Liam Walker				20									20	n	2
68.	Marcin Pont				10						10			20	n	5





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
68.	Rob Falloon (walk)										10	10	10	20	n	2
68.	Sam Flockhard				20									20	n	1
75.	Callum Low	7	10											17	n	3
76.	Adam Gregory			10										10	n	1
76.	Andrew Else						10							10	n	1
76.	Andy Palmers				10									10	n	1
76.	Anna Anderson (Pram)						10							10	n	1
76.	Anna McAlister											10		10	n	1
76.	Brandon Bergin											10		10	n	2
76.	Em Baker			10										10	n	1
76.	Ildiko Plaganyi											10		10	n	1
76.	James Black							10						10	n	1
76.	Jane Gibbons			10										10	n	2
76.	Janelle Taylor					10								10	n	1
76.	Joshin John			10										10	n	1
76.	Karl Smith							10						10	n	1
76.	Katrina Lange											10		10	n	1
76.	Krystal Scicluna											10		10	n	1
76.	Lachlan Fyfe											10		10	n	1
76.	Laura Perree							10						10	n	1
76.	Leigh Fyfe											10		10	n	1
76.	Mary Ellen Brierley	10												10	n	1
76.	Nick Tavendale											10		10	n	1
76.	Nina Lang											10		10	n	1
76.	Olly Rees (2.5km)									10				10	n	1
76.	Phillipa McKiernan									10				10	n	1
76.	Rene Rutze									10				10	n	2
76.	Russell Dmytrenko								10					10	n	1
76.	Sam Flockhart									10				10	n	1
76.	Sebastian Ineligible					10								10	n	1
76.	Shannon Cooper						10							10	n	1
76.	Sienna Bigarrel			10										10	n	1
76.	Tam Petrov									10				10	n	1
76.	Thomas Williams	10												10	n	3
107.	Kiandra Ward				6									6	n	3

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	5	229
2.	Diane Donoghue	(20)	11	5	23		29	28	32	10	17	5	7	170
3.	Ray Barnard	32	32	(20)	19	16	(10)	5	7	5	5	5	(10)	146
4.	Michael Musgrove	27	14	9	12	12	8	12	23	(20)	(20)	13	18	139
5.	John Gray	10	10	10	10	17	(20)	11	12	13	(10)	5	13	106
6.	Ken Smith	5	5	5	(20)	5	5	5	10	19	7	12	11	87
7.	Rob Falloon	(20)		16	9	5		16		7	(10)			83
8.	Kieran Leonard		10		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 2023

Points for Helping are shown in brackets - e.g. (20)

Number of records: 10



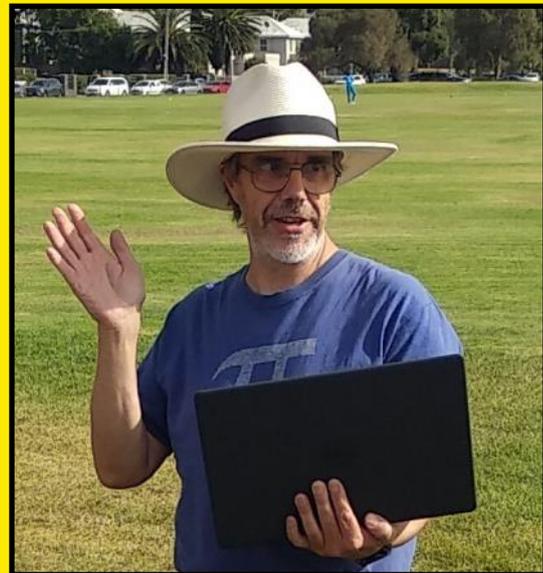
Ann Girvin—women's run record holder



An Egg & 2 medals - Anastasia & her egg, Di - TJC 2nd & Ray -TJC 3rd



Hobbos Handicapper Mick Beasley's Wrap of the 2024 Greenwich Cup



There's a bit of a theme developing where the leader in the Greenwich Cup misses the last event. Last year's absence ended up costing Andrew Scardino the Cup, however this year saw both the top two absent. Being so far ahead of the pack meant their top two finishes were not under threat, and both being absent meant the order remained unchanged.

Had she run in December, Susan Walker could still have overtaken Matt Loader with a great result and a maximum possible total of 240 points. Meanwhile, had he run Matt Loader could have put the result beyond her reach and posted a total of up to 247 points, unmatched in living memory. Given the theoretical maximum is only 256, that's heady stuff indeed.



Sue and Matt at the end of a wet November H'cap

Susan Walker was a real revelation in the first half of the year. Historically she has always been fairly consistent in her times, and a good one to use as a sanity check on conditions. Indeed, to my embarrassment I was sufficiently surprised by her performance in the January handicap (as well as some performances of others that day) that I checked the photos to check there wasn't an error in the Australia Day course setup. The real explanation was far more mundane and inspiring – she was simply reaping the rewards of changes to lifestyle choices and a lot of hard work in training.

For much of the year, she was the person to beat, and wasn't making it easy for others. She then fell foul of a masterclass from Matt Loader in how to win the Greenwich Cup.

1. Have plenty of available upside

Winning the Greenwich Cup requires you to bank as many bonus points as possible, which requires PBs (or AGPBs). This is much easier if you've got plenty of potential left to realise, and much harder if you've already cashed in most of your potential gains. We all know that as you get fitter and faster, continuing to improve gets harder and harder. And that's before the effects of age start kicking in.

A recent joiner (read *newish member*) is more likely to have this pool of unrealized potential than someone who has been running and (hopefully) improving with the club for a few years. Matt finished his three qualifying runs just in time for the January Handicap – about as



“recent” as it is possible to get. And as a founder member, Susan is the opposite.

2. Train hard to realise that upside

Sadly, there is no (legal) substitute for hard work. Lots of it. If you want to win the Cup, you have to train hard. For the whole year. Nobody wins the Greenwich Cup from the couch. Or the Ted Joy, for that matter.

3. Synchronise your improvements with the calendar year

The Greenwich Cup runs January to December. A purple patch lasting from July to June will result in a creditable score in two Greenwich Cups, but win neither.

Matt was a touch out with his timing, not beginning his surge in March – but that still gave enough events to score well.

4. Spread that upside over the whole year

This is where Susan’s campaign began to unravel – she’d cashed in most of her improvements by April, whereas Matt was able to keep improving throughout the year (see point 1). A steady improvement means that the PBs keep rolling in, and Matt’s total includes 83 out of a possible 84 bonus points.

5. Don’t get sick or injured

Many a cup campaign has been derailed by injuries. I don’t doubt that Matt has had his share of niggles and ailments during the year, however his performances suggest there was nothing significant there. Being relatively young also helps here.

6. Don’t win the Handicap!

Winning the handicap comes at a price, and incurs a really challenging target for the following month. Coming second or third gains nearly as many points, but without the same retribution from the handicapper. Not winning is really annoying at the time – doing a great performance only to find someone else has done an even better one, but it does yield compensations over the year.

Matt scored four seconds, and third and fourth during the year – all with PBs – netting 171 out of a possible 180 points for those six events.

Susan won two events in March and July. She did an amazing performance in April to overcome the downside of winning, while the July win effectively prevented her scoring well in August.

Matt on the other hand didn’t win until November – and then skipped December. Good luck in January, Matt...

7. Pick a year when no-one else is doing likewise

This was Cain Speakman’s only mistake a couple of years ago – he did everything above, just ran into the slight glitch that his sister Abby did the same – but better.



All of these things are easy to list out, but that is much easier than actually doing it – particularly point 2 which is by far the most important one. Between January and November, Matt took over three minutes off his time and that doesn’t come without dedication and hard work. One of the things I always look to in any competition is who the winner has to beat to get there, and Susan surely didn’t make things easy for Matt – he needed to keep knocking big chunks off his pre-



vious times in order to peg back her lead.

Which leads to the Ted Joy Cup - point 1 is the main motivation for the existence of this competition. Recent members with unrealized potential in running have a systemic advantage when it comes to the Greenwich Cup, simply because they are recent members with unrealized potential in running. That doesn't mean the Greenwich Cup is a gimme for recent members – a lot of hard work is still required, but having an edge always helps. Those who have competed in the Cup for several years have already consumed much of their available upside, and from that perspective it isn't necessarily a level playing field.

So the intent of the Ted Joy Cup is redress the balance by providing a competition where no-one has that systemic advantage. The current criteria are somewhat arbitrary and have evolved over time – forty participations in the chosen discipline, with at least one “serious campaign” in the last two seasons (recognizing that injuries can result in the missing a season). But the intent is clear – it is targeted at members already who have already put in several years of hard work on the training tracks.

The criteria are discipline specific, because this advantage can be discipline specific. I changed from running to walking at Parkrun a few years ago and it was like turning the clock back in being able to suddenly bank big improvements

again. As I learned the nuances of walking quickly, my times came tumbling down. It was very reminiscent of my first season at the Hobsons all those years ago – without even having to do the same level of training so I'm sure there's a good few minutes of upside still available to me.

Susan has dominated the Ted Joy Cup in 2024 – her best six scores total comfortably more than second place Di's best eight. Indeed, it's one of the most impressive performances I've seen in all my years at the club once everything is taken into consideration, and I would be very surprised if it isn't the highest ever tally in the Ted Joy; in fact Susan's '24 tally is one point greater than her 2017 GC winning tally, from one less handicap. Impressive indeed and I'm delighted that it can be recognized by more than a medal for second place in the Greenwich Cup.

While the same system may be used to calculate points towards both Cups, the Greenwich and Ted Joy Cups are fundamentally different competitions. We could go round in circles arguing which is harder to win (as a former winner of the Greenwich who is never likely to win the Ted Joy, I'd argue for the latter), however it is more accurate to say neither are easy, and both get worthy winners. I couldn't say who had the “better” season between Matt and Susan once everything is factored in, and I'm delighted they both have a trophy as a result.



The Greenwich & Ted Joy Cups





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

The January handicap is #353

