

HomeRuns

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



Greenwich



Ted Joy

In this issue

From the editor's desk	2-3
Gray Matters	4
AGM Notice	5
Coach Bio - Cat	6
Photos - track & SC	7
Summer Challenge	8-10
January Handicap	11-14
A Running Library	15
Hobbos Ad	16

President:
John Gray

Secretary:
Bronwyn Rowleson

Treasurer:
Peter Buissink

Handicapper:
Mick Beasley

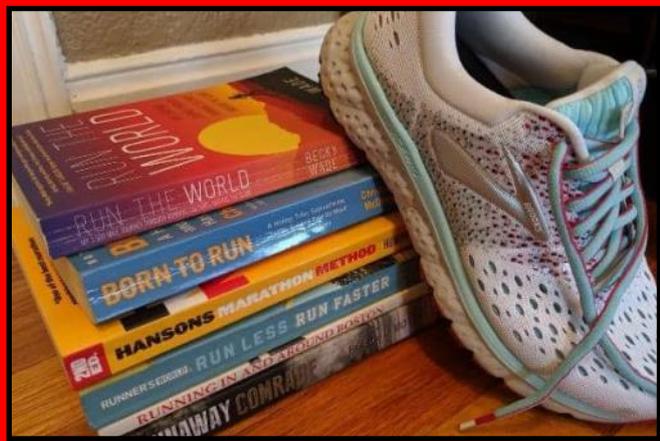
Editor & design:
Michael Slee
michaeljslee58@gmail.com

Committee members:
Brian Armstrong, Rae Carter,
Vanessa Coutts, Tameka Day,
Sarah Lowe, Will McKenzie,
Terry Pearce, Sue Walker

Patron:
Eero Keranen

Past Patrons:
Ted Joy & John Condon

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



Useful books on running & fitness wanted - see p15

Forthcoming Events

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	7:40am, 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



Everybody is saying it... therefore it must be true. Right?

What is? You ask.

That HOBOS is a great club to belong to.

You probably don't need proof but if you do, look no further than the presentations (Kenyan Egg, Greenwich and Ted Joy Cups) which followed the January Handicap. The words of the recipients were a resounding endorsement of the Hobsons Bay Running Club. The handicap report on pages 11 & 12 is a must read in this issue.

There are also lots of photos from the January handicap, the Summer Challenge 1000 as well. Cat Muir, one of our newest run leaders, also introduces herself (not that she really needs to). There are also a couple of photos from her first track session in charge. More must reading!

The strength of our club and the esteem in which it is held did not happen by accident. It is

a product of a great deal of work by a great many people. It is the Hobbos' Committee which leads the way.

On that note, it is our **AGM** immediately following the February Handicap. If you love the way the club goes about things, show your support by staying for the meeting and maybe even put your hand up to help out, whether officially (joining the committee) or learning what goes on and volunteering to help out with a task or at some of our events.

It's the least you can do.

See you at the start line for handicap #354 ,

7:35am

to avoid the queue

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



The February handicap (which is also Daylight Savings Series Race 5) will be followed by morning tea and our Annual General Meeting, to be held at the traditional Old Gatehouse courtyard. We ask for as many members as possible to support your club by staying around and attending, to vote for your 2025 committee.

We are always looking for new talent 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 intended to best suit members with young families, and you don't have to attend every meeting.

The Daylight Savings Series

Well done to all who participated in the Summer Challenge 1000m handicap (DSS Race 4) on Tuesday 4th February.

Cain Speakman took out the win, jumping from 10th to 3rd in the DSS points table. Tom Wil-

liams came 2nd, jumping from 4th to 2nd, with Leigh Kelly in 3rd, jumping from 9th to 4th in the DSS point stable.

Special mention to new member Clare Beaumont who became DSS eligible after running in the January handicap, taking 4th place in the DSS class, and leaping to 15th place out of 84 series participants.

We have two events to go in this season's DSS – still time to catch points leader Matt Loader, after his lead shrank from 8 to 4 points. Can Matt take out the 2024 Greenwich Cup and the 2024-25 Daylight Savings Series? Only you can stop him!!

DSS Race 5 - The February handicap 5000m on Saturday 22nd February (followed by morning tea and the AGM)

DSS Race 6 - The Easter Gift 1500m track handicap in place of Tuesday evening track on Tuesday 18th March

Until next month, stay fit, healthy and safe.

Empower Your Health Journey

Relief from pain, injury prevention, and achieving peak performance

www symmetry.physio

84 Douglas Parade, Williamstown

9989 2444



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



Coach Bio - Cat Muir

Hi Hobbo's! For those of you who don't know me, my name is Cat & I'd like to thank the Hobsons Bay Running Club for giving me the opportunity to join the coaching team after recently completing the level 1 coaching course.

As a running coach, I aim to support ordinary people to write their own story & achieve extraordinary goals be that a distance, a pace, or a specific event.

I'm proof that you don't need to be very athletic to do this. I was the kid in school who did everything they could to get out of sport, including fake injuries! I was uncoordinated, weak & teased for my "unique" running style.

Like many, my athletic journey started in a gym trying to get fit & healthy after living a sedentary life during my 20's & 30's. I was 41 when I started running (for 5 minutes!) on a treadmill as part of a warmup before strength training. Over the next 12 months I caught the running bug: 5 mins became 10, 10 mins became 15.

This translated into distance, then off the treadmill & onto the road. I ran my first event in December 2012 (10km).

I'm not fast & it wasn't easy but gradually I ran further & longer. To date I've officially run 21 half marathons, 6 road marathons, 4 trail 50km ultra marathons & 1.5 100km ultra marathons (the .5 is my first DNF @ last year's Surf Coast Century with a fractured heel); but have run many more kms in training.

I joined Newport Lakes Parkrun a few weeks after they started in 2017 as a core volunteer to give back to my local running community & become their 3rd run director. A personal running & parkrun highlight was achieving 100 volunteers & 100 parkruns on the same day last year.

Outside of running I'm a rescue dog & cat Mum & a passionate cook always on the lookout for new,

delicious & healthy recipes, especially since becoming mostly vegetarian in the last 12 months.

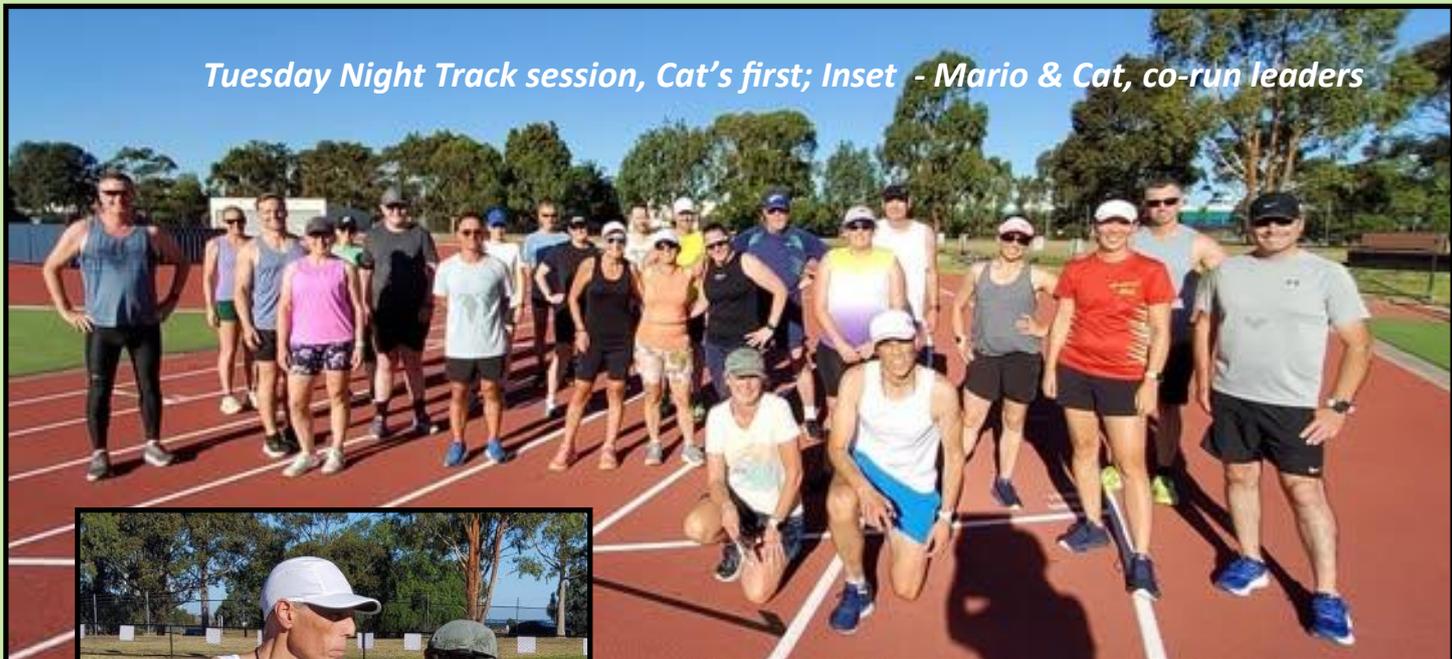
I've recently semi-retired from my day job of 30+ years running a 24hr/7day a week plumbing business with my husband & am looking forward to travelling & taking on new challenges!

I am passionate about adequately fueling our bodies not only pre/post & during training, but in everyday life. I enjoy yoga, Pilates, cycling & have recently started ocean swimming to cross train & keep fit since I injured my foot.

I believe coaching starts where YOU are at; a slow build & consistency prevent injuries & over training. Please seek me out via the club or in person @ any Hobbo's event if you'd like some help to plan &/or execute your next running goal or adventure!



Tuesday Night Track session, Cat's first; Inset - Mario & Cat, co-run leaders



**Summer Challenge Action
clockwise: a fast finishing Tom Williams in the home straight;
Anastasia and Mary on the BBQ tools; registration desk;
Cain & Leigh stride for stride;
big podium kids!**



D.S.S Event #4 Summer Challenge 1000

Summer Challenge 1000 handicap & Daylight Savings Series Race 4, 4th Feb 2025									
MEMBERS	START TIME	END TIME	NETT TIME	GIFT ELIGIBLE	GIFT PLACING	DSS ELIGIBLE	DSS PLACING	DSS POINTS	DSS
NAME	TIME	TIME	TIME	Y	1	Y	1	15	
Cain Speakman	02:15.0	05:39.3	03:24.3	Y	1	Y	1	15	
Thomas Williams	02:55.0	05:48.7	02:53.7	Y	2	Y	2	13	
Leigh Kelly	02:05.0	05:48.9	03:43.9	Y	3	Y	3	11	
Clare Beaumont	01:00.0	05:52.4	04:52.4	N		Y	4	9	
Shona Tudge	01:00.0	05:53.2	04:53.2	Y	4	Y	5	8	
Jimmy Dywer	02:45.0	05:57.0	03:12.0	Y	5	Y	6	7	
Matt Loader	02:10.0	06:01.4	03:51.4	Y	6	Y	7	6	
Sarah Lowe	01:55.0	06:07.9	04:12.9	Y	7	Y	8	5	
Anna Bovdis	01:35.0	06:13.1	04:38.1	Y	8	Y	9	5	
Mark Letman	02:10.0	06:14.5	04:04.5	Y	9	Y	10	5	
Anna Anderson	02:05.0	06:16.5	04:11.5	Y	10	Y	11	5	
Stu Tennant	01:55.0	06:27.8	04:32.8	Y	11	Y	12	5	
Ana Bellico	01:00.0	05:12.2	04:12.2	N		N		5	
Amine Yasmine	01:30.0	05:32.8	04:02.8	N		N		5	
Magnus Vaisnys	02:30.0	05:46.9	03:16.9	N		N		5	
Lana Woodhouse	00:35.0	05:52.2	05:17.2	N		N		5	
KC Hyde	00:00.0	06:08.9	06:08.9	N		N		5	
Matt Bourke	00:00.0	06:16.5	06:16.5	N		N		5	
Fergal O'Colmain	02:55.0	06:29.9	03:34.9	N		N		5	
Anastasia Aldred						Helper		4	
Mary Wong						Helper		4	
Cat McRae						Helper		4	
Kieran Leonard						Helper		4	
Mario Valastro						Helper		4	
Brian Armstrong						Helper		4	
Peter Buissink						Helper		4	

Summer Challenge Time Trial		
MEMBERS	NAME	END TIME
Thomas Williams	Thomas Williams	02:53.7
Jimmy Dywer	Jimmy Dywer	03:12.0
Magnus Vaisnys	Magnus Vaisnys	03:16.9
Cain Speakman	Cain Speakman	03:24.3
Fergal O'Colmain	Fergal O'Colmain	03:34.9
Leigh Kelly	Leigh Kelly	03:43.9
Matt Loader	Matt Loader	03:51.4
Amine Yasmine	Amine Yasmine	04:02.8
Mark Letman	Mark Letman	04:04.5
Anna Anderson	Anna Anderson	04:11.5
Ana Bellico	Ana Bellico	04:12.2
Sarah Lowe	Sarah Lowe	04:12.9
Stu Tennant	Stu Tennant	04:32.8
Anna Bovdis	Anna Bovdis	04:38.1
Clare Beaumont	Clare Beaumont	04:52.4
Shona Tudge	Shona Tudge	04:53.2
Lana Woodhouse	Lana Woodhouse	05:17.2
KC Hyde	KC Hyde	06:08.9
Matt Bourke	Matt Bourke	06:16.5



D.S.S Standings

After Race #4 - Summer Challenge 1000

2024-2025 The Daylight Savings Series - Points Table								
Place	Name	Spring Gift	Phar Lap	Xmas Gift	Summer 1k	Feb H'cap	Easter Gift	Best 4
1	Matt Loader	15	5	9	6			35
2	Thomas Williams		13	5	13			31
3	Cain Speakman			11	15			26
4	Leigh Kelly		5	7	11			23
5	Diane Donaghue	11	5	5				21
6	Anna Anderson	5	5	5	5			20
6	Stu Tennant	5	5	5	5			20
7	Eero Keranen	9	5	5				19
7	Jimmy Dwyer		7	5	7			19
8	Anna Bovdis	4	5	4	5			18
8	Millie Dewerson	5		13				18
9	John Gray	4	9	4				17
10	Jason Rees		11	5				16
10	Peter Buissink	4	4	4	4			16
11	Michael Slee		15					15
11	Olly Rees			15				15
12	Anastasia Aldred		5	5	4			14
12	Kieran Leonard		5	5	4			14
13	Abby Speakman	8	5					13
13	John Danaher	5	8					13
13	Lisa Orkin	13						13
13	Lois Speakman	4	5	4				13
13	Neil Speakman	4	5	4				13
13	Rachael Kealy	7	6					13
13	Shona Tudge	5			8			13
14	Mary Wong	4	4		4			12
15	John Horan	6		5				11
16	Belinda Fithie	5	5					10
16	Graeme Dewerson	5		5				10
16	Jasmyn Newberry		5	5				10
16	Kaia Morris	5		5				10
16	Kevin Aldred		5	5				10
16	Mark Letman		5		5			10
16	Mel Griffiths		5	5				10
16	Ron Van Der Heide	5	5					10
16	Tameka Day		5	5				10
16	Terry Pearce	5	5					10
16	Vanesa Coutts	5	5					10
17	Clare Beaumont				9			9
17	Helen Haralambous	4	5					9
17	Kevin Mahon	4	5					9
17	Rae Carter		4	5				9
18	Ali McAleese		4	4				8
18	Andrew Else			8				8
18	Cat McRae		4		4			8
18	Stuart O'Neil	4	4					8
18	Will McKenzie	4	4					8
19	Mick Williams			6				6
20	Aaron McAleese			5				5
20	Alexi Newbery			5				5
20	Amine Yasmine				5			5



D.S.S Standings Summer Challenge 1000 (cont.)

20	Amine Yasmine				5		5
20	Ana Bellico				5		5
20	Andy Palmer		5				5
20	Ashley Sanderson		5				5
20	Carl Orkin	5					5
20	Di Williamson	5					5
20	Fergal O'Colmain				5		5
20	Freya Rees			5			5
20	Helen Vaxevanis		5				5
20	Henry Northover	5					5
20	Janelle Taylor	5					5
20	Joshin John	5					5
20	KC Hyde				5		5
20	Lana Woodhouse				5		5
20	Liam Walker		5				5
20	Louis Northover	5					5
20	Lucas Newbery			5			5
20	Magnus Vaisnys				5		5
20	Matt Bourke				5		5
20	Matt Burke		5				5
20	Max Dymtrenko			5			5
20	Melissa Rutze	5					5
20	Michael Palmer (0.6 laps)		5				5
20	Nick Tavendale	5					5
20	Noel McMahon	5					5
20	Peter Whyte		5				5
20	Phillipa McKiernan		5				5
20	Sam Flockhart		5				5
20	Sarah Lowe				5		5
20	Steve Glover		5				5
21	Alison Sanders	4					4
21	Brian Armstrong				4		4
21	David Walker			4			4
21	Mario Valastro				4		4
21	Ray Barnard			4			4
21	Rob Falloon		4				4
21	Sue Walker			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.



The field at the start of the Summer Challenge before the mad dash...





Anna's First Handicap Win



Anna's comment above has been lifted from the the Hobbos Facebook page after Will had posted the results. Although brief it expresses the same sentiment which embodied Anna's acceptance speech at our morning tea/presentation. Anna spoke beautifully, capturing why Hobbos feel the way do about our running club.

Anna was another surprise handicap winner, in her words 'it was completely unexpected'. The grin on Anna's face was a mixture of surprise and pure joy. On accepting her Kenyan Egg she spoke from the heart and embraced everyone, all those who make this club what it is. Her words were a reflection on what it has meant to her to be a member of the Hobbos.

In the presentations which followed – The Greenwich and Ted Joy Cups – both Matt and Sue deferred to Anna, acknowledging that her feelings towards our club were indeed shared by them and by implication the rest of us.

Conditions for the 353rd running of our marquee event were good with little breeze, although by race time the sun was out, the skies were clear and it was warming up. The second half of the handicap felt warm. However, times were good. Anna needed a 10 second PB to hold out Cain Speakman. Anastasia Aldred backed up her December win with another PB (22 seconds) to take third place and stay ahead of a resurgent Jason Rees. Jason also chimed in with a 17 second AGPB. In fact only 55 seconds separated the placegetters 1 - 13. That equates to well over half the eligible field (22) within a minute. Good handicapping and good running/walking. Eero Keranan was the only other eligible participant to reduce their PB; a very healthy drop of 22 seconds.

Jimmy Dwyer posted the quickest 5km of the day at 18:44. Riaine Casey ran an 18:57 and a pram-



assisted Simon Anderson was third quickest with a 19:22. Cain Speakman was the only other runner to dip under the twenty minute mark with 19:50.

All up a terrific field of 39 joined us for the ever popular Australia Day handicap which has reverted to the usual start at the baseball end of the path. Council have removed the BBQs which sadly makes our (formerly) traditional bacon & egg breakfast a thing of the past.

Once again the volunteers arrived early to set up and allow the event to run smoothly. Di at the turn snapped the action shots, Neil got us all to the startline. Others who made it happen - Belinda, Kevin, Lois, as well as the regulars who are nearly always there John G, Will & Mick.

Will did a marvellous job stepping in for our usual MC, Peter Buissink. He ran through the top 10 and a few other highlights. So, not only did he crunch the numbers Will also did the announcing. When he comes to grips with the nuances of handicapping it will possibly be the Will Show!

Morning tea was up to scratch with a subtle nod to Australia Day, a tray of Cheese & Vegemite sandwiches, which promptly disappeared.

One final reminder to arrive at least **10 minutes early** to register. Pre-trace briefing is at 7:45am and clock starts at 7:50am. So, that translates to arriving on or before 7:35am...If December and January attendances are an indication there will be a queue!





Hobbos Handicap - January 2025 - 353rd Running

Pos	Name	Finish	Time	Start	PB	AGPB	Split 1	Split 2	Points	Bonus	Total
Greenwich Cup											
1	Anna Bowdis	49:52	26:02	23:50	26:12	26:12	12:45	13:17	20	12	32
2	Cain Speakman	50:00	19:50	30:10	19:26	19:26	10:01	9:49	19	8	27
3	Anastasia Aldred	50:11	26:26	23:45	26:48	26:48	13:05	13:21	18	12	30
4	Jason Rees	50:15	23:15	27:00	20:44	23:32	11:26	11:49	17	12	29
5	Rae Carter	50:17	19:52	30:25	19:42	19:42	9:45	10:07	16	10	26
6	Kaia Morris	50:22	24:42	25:40	24:23	24:23	12:21	12:21	15	8	23
7	Eero Keranan (Walk)	50:23	45:08	5:15	45:36	45:36	22:21	22:47	14	12	26
8	Michael Musgrove	50:26	40:26	10:00	35:15	39:45	20:13	20:13	13	5	18
9	John Gray	50:37	21:17	29:20	18:51	19:41	10:35	10:42	12	0	12
10	Leigh Kelly	50:45	22:30	28:15	21:33	21:33	11:15	11:15	11	2	13
11	Ken Smith	50:46	43:56	6:50	22:28	37:27	22:22	21:34	10	0	10
12	Brian Armstrong	50:47	20:27	30:20	18:09	18:45	10:04	10:23	9	0	9
13	Vanessa Coutts	50:47	37:47	13:00	34:55	34:55	18:45	19:02	8	0	8
14	John Becroft	51:07	50:07	1:00	24:12	46:56	24:47	25:20	7	0	7
15	Melanie Griffin	51:26	24:56	26:30	24:30	24:30	12:19	12:37	6	7	13
16	Mario Valastro	51:33	22:03	29:30	20:24	20:24	11:12	10:51	5	0	5
17	Susan Walker	51:47	26:32	25:15	22:44	24:40	13:24	13:08	5	0	5
18	Matt Loader	51:47	23:22	28:25	22:06	22:06	11:36	11:46	5	0	5
19	Lizzie Stranks	51:51	37:06	14:45	35:55	35:55	18:00	19:06	5	0	5
20	John Danaher	53:10	26:05	27:05	23:10	23:10	13:11	12:54	5	0	5
21	Ray Barnard	53:57	30:42	23:15	22:12	26:20	15:11	15:31	5	0	5
22	Michael Slee (walk)	54:45	43:20	11:25	38:43	38:43	19:31	23:49	5	0	5
Ineligible											
1	Jimmy Dwyer	49:59	18:44	31:15	18:51	18:51	9:23	9:21	10	0	10
2	Riain Casey	49:57	18:57	31:00			9:15	9:42	10	0	10
3	Simon Anderson (Pram)	51:07	19:22	31:45	18:26	18:26	9:26	9:56	10	0	10
4	Kieran Leonard (Chillie)	50:10	22:40	27:30	18:40	19:19	11:18	11:22	10	0	10

Hobbs Handicap - January 2025 - 353rd Running

Pos	Name	Finish	Time	Start	PB	AGPB	Split 1	Split 2	Points	Bonus	Total
5	Olly Rees	50:41	23:11	27:30	25:00	25:00	11:20	11:51	10	0	10
6	John Horan (Pram)	49:27	25:12	24:15	23:36	23:36	12:11	13:01	10	0	10
7	Anna McAlister	49:08	26:23	22:45	27:52	27:52	12:59	13:24	10	0	10
8	Anna Anderson (Pram)	48:50	27:50	21:00	29:47	29:47	14:09	13:41	10	0	10
9	Clare Beaumont	54:22	28:52	25:30			14:16	14:36	10	0	10
10	Brandon Bergin	49:38	29:38	20:00	30:42	30:42	14:42	14:56	10	0	10
11	Jac Wainright	50:56	34:31	16:25	28:48	28:48	17:15	17:16	10	0	10
12	Dominique Tanner	52:17	35:47	16:30	25:08	25:52	20:37	15:10	10	0	10
13	Rob Falloon (walk)	49:12	38:12	11:00	41:53	41:53	19:06	19:06	10	0	10
14	Freya Rees	57:58	41:28	16:30	33:47	33:47	20:39	20:49	10	0	10
15	David Walker (walk)	50:01	42:31	7:30	20:15	24:27	21:31	21:00	10	0	10
Guests											
1	Eloise Burns	49:18	28:18	21:00			14:40	13:38	-	0	-
2	Tara Fairbrother	51:53	30:53	21:00	28:56	28:56	15:17	15:36	-	0	-

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





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 February handicap is #354

