

HomeRuns

#355

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



“It’s
Never
Too
Late”

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Ted Joy & John Condon

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John Condon, John Gray,
Michael Musgrove & Ted Joy

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One of Michael Williams' waterside snaps...

Forthcoming Events

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 (fee unchanged this year despite increasing insurance cost)

Concession/Pensioner/Child*: \$30 (no change)

Family: 2 x Single membership (Unlimited children)**

* a child not part of a family membership

** please nominate participating family members

Runners who are not financial members are free to enter the monthly handicap but are not eligible to win the PRIZED KENYAN EGG

FACEBOOK & INSTAGRAM

Don't forget our social media. It's a great way to share information or gossip, rather than waiting for the newsletter.

WEBSITE



From the Editor's Desk

with Michael Slee



The February Handicap was quite a momentous one.

Hobbos founder **Eero Keranan** won his first ever handicap after he and Sara started the club in 1994.

The club AGM also took place and as a result we have added two new names to the committee, **Stuart O'Neil** and **Jimmy Dwyer**. Both are 'younger than most on the committee which is a very healthy sign for the HBRC.

At the same time both **Brony Rowleson** and **John Gray** announced that 2025 will be their final year in their roles of Secretary and President.

And finally **Ted Joy** was unanimously made a Life Member of the HBRC, albeit posthumously. An oversight which has now been corrected.

So there is a lot to read in this month's issue, much of it stemming from the handicap itself or the machinations which followed.

To that end, I have included part of an interview

which I did with Ted Joy back in 2009. It begins with recollections of Ted's younger days and tracks through his life. Over the course of this year I will attempt to revisit this article. I think it is great reading and outlines some of the history of the Hobbos (and the western suburbs). It is not just for those who are new to the club. Dare I say it's for everyone.

John Gray in his column provides a run down of the Easter Gift and the final D.S.S. standings. All the results, in detail, can be found on the pages immediately after Gray Matters.

A new regular feature, we hope, Jimmy Dwyer's 'running podcast review' and the first is on page 11 and 12.

See you at the start line for handicap #355 ,

7:35am

to avoid the queue

A photograph of a blue sign for 'SPORTSPOWER' in Williamstown. The sign is illuminated and has two street lamps above it. The background shows a clear blue sky and some green trees. Overlaid on the image is promotional text in various colors and fonts.

Williamstown

Hobbos Discount 15%

Your Local Experts

**John Ayton's SportsPower for all your sporting needs
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Gray Matters

with President John Gray



With summer over, at least officially, the Easter Gift marked our last Daylight Saving Series event, with only the March handicap to go before daylight saving ends.

Last month we held our AGM, returning all of our 2024 dedicated committee, with the welcome addition of Jimmy Dwyer and Stuart O'Neil - welcome to the committee. HBRC is an incorporated association, with a constitution registered with Consumer Affairs Victoria. Our committee is here to run your club so it continues to prosper and best serve your needs, and cater to our local community and running community.

Our next event is:

Thursday 3rd April, 6pm The annual 5000m track time trial

The Daylight Savings Series

Well done to all who participated in the Easter Gift 1500m handicap, the final Daylight Savings Series event, last Tuesday 18th of February.

The gift is 2 events in one; first the traditional 1500m handicap

- 1st Thomas Williams, with the fastest time of the night (4:47)
- 2nd Matt Loader
- 3rd Kaia Morris
- 4th Lisa Orkin

Daylight Savings Series Race 6, where relaxed eligibility rules apply, delivered a completely different quodum of

- 1st Magnus Vaisnys, 2nd fastest time of the night (4:59)
- 2nd Shona Tudge
- 3rd Jac Wainright
- 4th Adam Gregory, then followed by gift winner Thomas Williams

This resulted in an unchanged top 6 in the DSS point table, (assisted by Cain Speakman not running), and with Shona Tudge leaping to

equal 6th on the table, with her 3rd DSS run achieving 2nd place on the night.

Well done to our 2024-25 DSS quodum of

- 1st Thomas Williams
- 2nd Matt Loader
- 3rd Eero Keranen
- 4th Cain Speakman

The Winter Series

The Athletics Victoria XCR season has been announced, and the 3 relay events form part of our winter program. Unfortunately, the popular St Annes Winery round has been omitted this year.

Date TBC Annual You Yangs well-being run (multi-club)

Sat 7th Jun AV XCR Jells Park cross country relays

Sat 28th Jun AV XCR Sandown road relays

Sun 13th Jul TBC Annual Newport Lakes Winter XC handicap (~2.8km)

Sat 20th Sep AV XCR Tan Relays

Last year we had 57 members participate in the XCR relays, culminating in 43 runners and 13 teams at the Tan Relays, and we aim to maintain this high participation. There are open, 40+, 50+ and 60+ men's and women's teams, which suit all abilities - you don't have to be fast, it's all about team spirit. More info to come.

Until next month, stay fit, healthy and safe.



Easter Gift 1500m handicap & Daylight Savings Series Race 6, 18th March 2025									Easter Gift by Nett time		
MEMBERS	END	START	NETT	GIFT	GIFT	DSS	DSS	DSS	MEMBERS	END	
NAME	TIME	TIME	TIME	ELIGIBLE	PLACING	ELIGIBLE	PLACING	POINTS	NAME	TIME	
Magnus Vaisnis	08:39	03:40	04:59	N		Y	1	15	Thomas Williams	04:47	1
Shona Tudge	08:45	01:15	07:30	N		Y	2	13	Magnus Vaisnis	04:59	2
Jac Wainewright	08:48	01:00	07:48	N		Y	3	11	Greg Weston	05:12	3
Adam Gregory	08:49	02:30	06:19	N		Y	4	9	Lorimer Humphries	05:14	4
Thomas Williams	08:52	04:05	04:47	Y	1	Y	5	8	Keiran Leonard	05:27	5
Carl Orkin	08:58	01:20	07:38	N		Y	6	7	Matt Loader	06:03	6
Matt Loader	09:03	03:00	06:03	Y	2	Y	7	6	Nathan Barnes	06:08	7
Kaia Morris	09:08	02:40	06:28	Y	3	Y	8	5	Adam Gregory	06:19	8
Lisa Orkin	09:11	01:15	07:56	Y	4	Y	9	5	Kaia Morris	06:28	9
Keiran Leonard	09:12	03:45	05:27	Y	5	Y	10	5	Anna Anderson	06:46	10
Eero Keranen	09:16	-2:30	11:46	Y	6	Y	11	5	Sarah Lowe	06:48	11
Sarah Lowe	09:18	02:30	06:48	Y	7	Y	12	5	Neil Speakman	07:16	12
Neil Speakman	09:21	02:05	07:16	Y	8	Y	13	5	Shona Tudge	07:30	13
Anna Anderson	09:31	02:45	06:46	Y	9	Y	14	5	Di Williamson	07:36	14
Ray Barnard	10:34	02:10	08:24	Y	10	Y	15	5	Carl Orkin	07:38	15
Nathan Barnes	08:38	02:30	06:08	N		N			Jac Wainewright	07:48	16
Di Williamson	08:51	01:15	07:36	N		N		5	Lisa Orkin	07:56	17
Greg Weston	08:57	03:45	05:12	N		N		5	Ray Barnard	08:24	18
Lorimer Humphries	08:24	03:10	05:14	N		N			Eero Keranen	11:46	19
Stuart O'Neil						Helper		4			
Cat McRae						Helper		4			
Kevin Aldred						Helper		4			
Rob Falloon						Helper		4			
Brian Armstrong						Helper		4			
Peter Buissink						Helper		4			

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Easter Gift 1500m



Thomas Williams
Matt Loader
Kaia Morris

From Facebook:

A great farewell thank you BBQ to-night at track for Kate, Jeremy, and Clem. Happy travels, and thank you so much for your friendship and coaching. Thanks to all who volunteered, Lois, Jeremy, Neil, and Brony for organising flowers. Happy Campers...Brian

And Kate, Jer & Clem's reply,

Thank you! Thanks to Brian for organising and to Lois, Jez and Tam as well for cooking. Thanks also for everyone's kind words and well wishes, not just last night but over the last few weeks. This is a wonderful club, I'll miss it very much. Maybe I'm not really leaving, I'm just starting a mobile branch of the club... Hobbos on tour!



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	Thomas Williams		13	5	13	13	8	47
2	Matt Loader	15	5	9	6	5	6	36
3	Eero Keranen	9	5	5		15	5	34
4	Cain Speakman			11	15	5		31
5	Leigh Kelly		5	7	11	5		28
6	Diane Donaghue	11	5	5		5		26
6	Shona Tudge	5			8		13	26
8	Jason Rees		11	5		9		25
9	John Gray	4	9	4		5		22
9	John Horan	6		5		11		22
11	Anna Anderson	5	5	5	5		5	20
11	Kaia Morris	5		5		5	5	20
11	Magnus Vaisnys				5		15	20
11	Michael Slee		15			5		20
11	Olly Rees			15		5		20
11	Stu Tennant	5	5	5	5	5		20
17	Anastasia Aldred		5	5	4	5		19
17	Jimmy Dwyer		7	5	7			19
17	Kieran Leonard		5	5	4		5	19
20	Anna Bovdis	4	5	4	5			18
20	Lisa Orkin	13					5	18
20	Millie Dewerson	5		13				18
20	Neil Speakman	4	5	4			5	18
24	Rachael Kealy	7	6			4		17
25	Jac Wainewright					5	11	16
25	Peter Buissink	4	4	4	4		4	16
25	Stuart O'Neil	4	4			4	4	16
28	Belinda Fithie	5	5			5		15
28	Rae Carter		4	5		6		15
28	Sarah Lowe				5	5	5	15
28	Vanesa Coutts	5	5			5		15
32	Clare Beaumont				9	5		14
32	Kevin Aldred		5	5			4	14
34	Abby Speakman	8	5					13
34	Brian Armstrong				4	5	4	13
34	John Danaher	5	8					13
34	Lois Speakman	4	5	4				13
34	Rob Falloon		4			5	4	13
39	Carl Orkin	5					7	12
39	Cat McRae		4		4		4	12
39	Mary Wong	4	4		4			12
42	David Walker			4		7		11
43	Di Williamson	5					5	10
43	Freya Rees			5		5		10
43	Graeme Dewerson	5		5				10
43	Janelle Taylor	5				5		10
43	Jasmyn Newberry		5	5				10
43	Mark Letman		5		5			10
43	Mel Griffiths		5	5				10
43	Peter Whyte		5			5		10
43	Ron Van Der Heide	5	5					10
43	Tameka Day		5	5				10
43	Terry Pearce	5	5					10
54	Adam Gregory						9	9
54	Helen Haralambous	4	5					9
54	Kevin Mahon	4	5					9
54	Mario Valastro				4	5		9
54	Ray Barnard			4			5	9
54	Sue Walker			4		5		9
60	Ali McAleese		4	4				8
60	Andrew Else			8				8



60	Lizzie Stranks					8		8
60	Will McKenzie	4	4					8
64	Mick Williams			6				6
65	Aaron McAleese			5				5
65	Alexi Newbery			5				5
65	Amine Yasmine				5			5
65	Ana Bellico				5			5
65	Andy Palmer		5					5
65	Ann Girvin					5		5
65	Ashley Sanderson		5					5
65	Fergal O'Colmain				5			5
65	Gaye Crichton					5		5
65	Graeme Edwards					5		5
65	Greg Weston						5	5
65	Helen Vaxevanis		5					5
65	Henry Northover	5						5
65	Joshin John	5						5
65	KC Hyde				5			5
65	Ken Smith					5		5
65	Lana Woodhouse				5			5
65	Liam Walker		5					5
65	Louis Northover	5						5
65	Lucas Newbery			5				5
65	Matt Bourke				5			5
65	Matt Burke		5					5
65	Max Dymtrenko			5				5
65	Melissa Rutze	5						5
65	Michael Musgrove					5		5
65	Michael Palmer (0.6 laps)		5					5
65	Nathan Barnes					5		5
65	Nick Tavendale	5						5
65	Noel McMahon	5						5
65	Phillipa McKiernan		5					5
65	Sam Flockhart		5					5
65	Steve Glover		5					5
65	Tara Fairbrother					5		5
98	Alison Sanders	4						4
98	Mick Beasley					4		4
98	Tamara Petrov					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.

Past D.S.S. Winners

Ray Barnard (2023/24)

Anna Anderson (2022/23)

Steve Drumm & Michael Slee (2021/22)

Alison Sanders (2020/21)

Andrea Mongan (2019/20)

Rob Falloon (2018/19)



Home Runs - January 2010 - p 6&7

A boy from the west: some recollections of Ted Joy.

At the Hobson's Bay Running Club's 10 year dinner I had a long chat with Ted. He did most of the talking and I was fortunate enough to sit back and listen to a recount of Ted's life as well as a personal history of Melbourne's West from the 1920s. For too long I have sat on the thought, 'I must get it down on paper for others to enjoy'. I finally did something about it in late 2009. I asked Ted if he'd mind having a chat and re-telling some of those stories with the aim of writing an article for the club newsletter.

Ted was gracious enough to say yes and we arranged morning tea in the new year of 2010. John Condon chauffeured Ted to my house and over pikelets, tea and coffee we just started to chat. The boys chatted and I scribbled, never having done this kind of thing before. After a couple of hours this is what we have. There will be a few more morning teas before I get even close to the whole story.

I would like to thank Ted for agreeing to talk about himself – I'm not sure it is as easy as it sounds, especially when someone is writing down everything you say. I would also like to thank John Condon for driving Ted around and eating all of the pikelets... and John is another person with a rich and interesting story that should be told.

Michael Slee

Part one (zero to 16)

"A footy match between my gang, the Battery Mob, and the Mudflat Murderers was the best excuse for a punch up that ever was."

A fond memory of our very own Ted Joy as a 16 year-old growing up in 1930s Willy: but more of that later. Let's start at the very beginning (a very good place to start chips in John Condon, Ted's chauffeur).

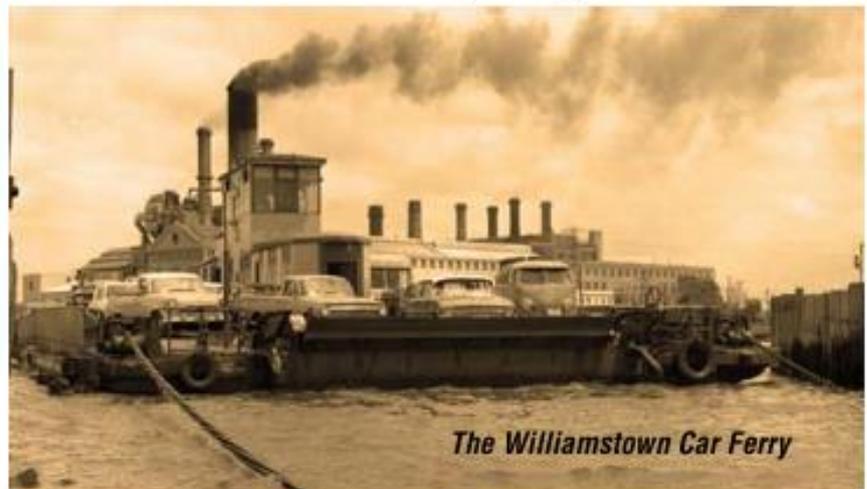
Ted was born in Laverton Street in March of 1923 and moved to 62 Cole Street with his mum, Mary and dad, also named Ted, when he was one year old. Ted, or Ned, as he was called by his parents, was the eldest of 6 kids. A brother William (Bill) and 4 sisters Marie, Patricia (Pat), Carmel and Kathleen. Ted remained at Cole Street until 1953 when he married Dorothy and they moved into their own place in Yarraville; Dorothy was a Yarraville girl.

St Mary's in Williamstown was where Ted went to primary school. The school was run by the order of the Sisters of Saint

Joseph and Ted knew them well as the family home in Cole Street was half way between the school and the convent.

Ted could be regularly found at the convent on the corner of Cole Street and the Esplanade watering the garden and doing odd jobs for the nuns. It was at the convent on Saturdays that Ted also learned music. He had theory lessons with the nuns and was also taught to play the 'banjo' mandolin he had been given by his uncle. He was also a member of the St Mary's mouth organ band.

After St Mary's Ted went to CBC in South Melbourne. He had received a scholarship making it possible to continue his education past primary school. Ted and his dad bought a 'speedway' bike from Viney's bike shop so that Ted could ride to and from CBC each day. A one-way trip took 25 minutes. He would ride down Whitehall Street to the single-lane swing bridge at Footscray Road. Once across the Maribyrnong River he would pick up his bike and carry it across the long, rocky cairn and the undulating ground (which was fun to ride



The Williamstown Car Ferry



Home Runs - January 2010 - p 6&7



Our club patron
Ted Joy

made the journey to school a much quicker one. It was during these teenage years that the gangs featured in many of Ted's memories. They would hang around mainly at weekends but sometimes after school. Ted was a member of the Battery Mob. Other gangs that Ted remembers were the Mudflat Murderers, whose turf was the area, which is now the site of the Williamstown Police station and also the Seddon Snakes. They were organised enough to play tough games of football at places like Gosling's reserve, a flash name for a piece of open ground out west of Maddox Road, which had been or still was a goose farm at the time. No fence, no clubrooms and not much footy either. It was more a case of a fight was held and a game of footy broke out!

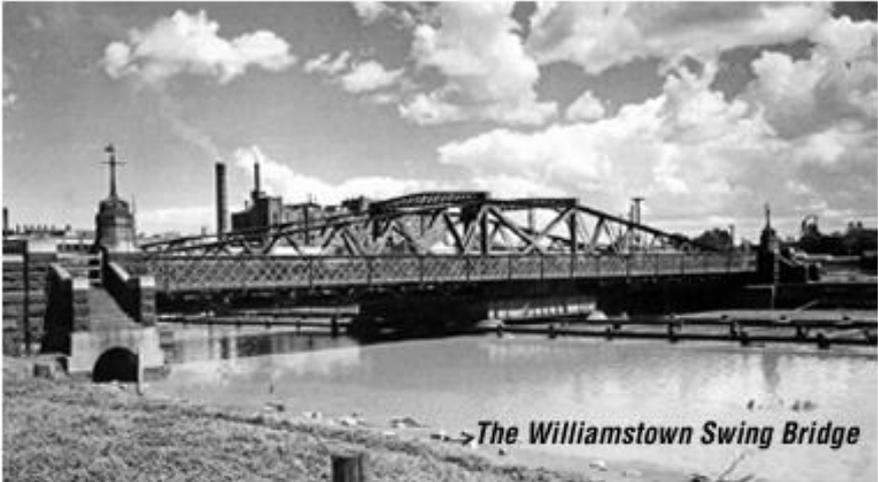


Ted's
'banjo'
mandolin

in if you were not in a hurry) beside Larkin aerodrome (now Coode Island) and then back on the bike for the rest of the journey to South Melbourne. Occasionally Ted's dad would give him threepence for the 'chain' ferry that linked Newport and Port Melbourne across the Yarra River (this was the 'old' car ferry that still operated until the mid-seventies). This little luxury

It is clear from Ted's stories that in the 1930s Williamstown, Newport and Altona were very different to the trendy suburbs they are now. The part of Newport along Mason Street was all market gardens. On the other side of Maddox Road there was nothing except thistles, rocks and tiger snakes. To visit Altona from Williamstown you took the train. But why would you?

There were roads but no-one had a car and Altona was only sand dunes and the government gunpowder magazines. However kids just muck around and one afternoon, Ted and some mates were riding around where Altona Gate shopping centre now stands, when they came across the lookouts for an illegal two-up game well hidden in the long grass.



->The Williamstown Swing Bridge

"Piss off you lot!" They didn't waste any time getting out of there.

Ted continued at the Christian Brother's College in South Melbourne until he was 16, when he left school and took up an apprenticeship as an engineer/fitter and turner at the ACI glassworks in Spottswood. It was the start of 48 years with the one company until he retired at the age of 64.



Jimmy's Podcast Reviews

Looking for

a podcast that fuels
your passion for running?

The **Inside Running Podcast** might just be your perfect match! Hosted by three dedicated runners, Brady Threlfall, Julian Spence, and Bradley Croker, this podcast offers a blend of personal running experiences, expert insights, and engaging interviews.



By James Dwyer

(that's what his mum calls him)

Meet the Hosts:

Brady Threlfall: A school teacher from Albury-Wodonga, currently training for the Ballarat Marathon (unless Canberra or Wollongong offers him a better appearance fee).

Julian Spence (Moose): Based in Anglesea, he runs The Running Company branches in Geelong and Torquay.

Bradley Croker (Crokes): A part-time teacher in Canberra, aiming for the 2025 Valencia Marathon.

All three hosts are sub-2:20 marathon runners, giving them the credibility to discuss distance running at a high level. Despite being around 40 years old and facing the usual challenges of age and injuries, they still dream of achieving new personal bests.

Podcast Structure:

Weekly Episodes: Released every Wednesday, these episodes feature the hosts discussing their past week of running (key distances, paces and splits), thanking Patreon supporters, reviewing notable performances in the running world – from AV to World Marathon Majors – and addressing listener questions. The segment "Moose on the Loose" is a fan favourite, where Moose vents about common runner annoyances.

Friday Interviews: Long-form interviews with top Australian and international distance runners, providing deep insights into elite training and racing.

Guest Appearances: The podcast occasionally features guest podcasters from Australia's elite distance running community, such as Izzi Batt-Doyle (National Half-Marathon record holder), Leanne Pompeani (2024 Burnie 10 winner), and Haftu Strintzos (3rd fastest Australian Half-Marathon). These episodes offer a fascinating look into the lives and training of top runners.



Shoe Geeks Episodes:

Once a month, Moose teams up with Nitta and TDC to discuss the latest running shoe releases, comparing them with older models and recommending them for different types of runners and races.

Patreon Benefits: For those who can't get enough, the podcast offers a Patreon subscription with early access to episodes (Monday instead of Wednesday) and bonus content like the "Road to [Marathon Name]" series, where runners discuss their training journeys for significant marathons.

What I Like:

- **In-Depth Insights:** The hosts' personal experiences and expert guests provide valuable insights into distance running.
- **Community Feel:** The podcast creates a sense of connection with the Australian running community.

Variety of Content: From weekly updates to in-depth interviews and shoe reviews, there's always something interesting to listen to.

What I Dislike:

- **Accessibility Issues:** The frequent use of first names and insider references can be confusing for new listeners. References such as "they're being coached by Benita" assuming you'll know they're referring to 4-time Olympian and former Australian marathon national record holder, Benita Willis.

Unrelatable Distances and Paces: The hosts' high-level training can sometimes feel out of reach for recreational runners.

Final Thoughts: The Inside Running Podcast is a must-listen for anyone passionate about distance running. It keeps you informed about the latest news and performances in the running world and offers a sense of community and connection with Australia's top runners. Regularly immersing myself in the running world helps maintain my motivation to train and race.

I give it **4 out of 5** running shoes!



Jimmy Dwyer on the Hobbos handicap course



Spence



Threlfall



Croker





**Happy
Hobbs**



Eero's Egg

Club Founder's First Handicap Win

A hot morning, gusty wind, a considerable field. It's times like these that the cream rises to the top, and it did. Don't you just love a sports writing cliché? They're even better when they fit the situation perfectly. It's why they become clichés in the first place.

The cream was Eero Keranan. The February Handicap, our 354th 5km handicap, was won by club founder, the wearer of bib number 2 and club patron.



Eero receives a long awaited Kenyan Egg

Presentation was carried out following the club AGM and Eero took a moment to say a few words, and we expected nothing less.

Eero has obviously listened closely to other speeches by handicap winners. Their heartfelt appreciation of the club, its members and how welcoming and accepting they are have been music to Eero and Sara's ears. The Hobsons Bay Running Club has become everything that they had hoped it would. Eero is a very proud Hobbo.

Results for the February Handicap are up. Some thirty years after founding the club, **Eero Keranan** has finally won his first Kenyan Egg. Eero has recently started walking the course, and has been steadily improving, with a further 43s AGPB on Saturday. **Jason Rees** was second about 30s back, almost exactly on the 50min mark, followed by Lizzie Stranks. Thomas Williams collected some serious points for the Daylight Savings Series, but was not eligible for Greenwich Cup Points.

There were a number of AGPBs - slightly to my surprise as I thought the conditions were a touch warm.

Mick Beasley, Handicapper



Eero says a few words...



...and a few more...



...a couple more.



The moment of realisation?





February

Post-race Chat



Handicap

Clockwise From top left: Eero, Sue & David (an arithmetic sequence of the highest order); Mario & Peter; Rae, Anastasia & Sarah; a visitor with Jac & Kaia



New committee member Jimmy chats with Jac & Matt.



Hobbos Handicap - February 2025 - 354 Running

Pos	Name	Finish	Time	Start	PB	AGPB	Split 1	Split 2	Points	Bonus	Total
Greenwich Cup											
1	Eero Keranan (Walk)	49:30	44:25	5:05	45:08	45:08	22:12	22:13	20	12	32
2	Jason Rees	49:59	22:59	27:00	20:44	23:15	11:22	11:37	19	12	31
3	Lizzie Stranks	50:02	35:32	14:30	35:55	35:55	17:14	18:18	18	12	30
4	Rae Carter	50:05	19:40	30:25	19:42	19:42	9:46	9:54	17	12	29
5	Brian Armstrong	50:27	20:07	30:20	18:09	19:59	9:57	10:10	16	10	26
6	Mario Valastro	50:31	21:01	29:30	20:24	20:24	10:34	10:27	15	5	20
7	Kaia Morris	50:32	24:52	25:40	24:23	24:23	12:26	12:26	14	7	21
8	Jac Wainright	50:32	29:07	21:25	28:48	28:48	14:35	14:32	13	8	21
9	Anastasia Aldred	50:33	26:48	23:45	26:26	26:26	13:16	13:32	12	8	20
10	Michael Musgrove	50:36	40:46	9:50	35:15	40:26	20:25	20:21	11	8	19
11	Stuart Tennant	50:44	25:04	25:40	24:27	24:27	12:45	12:19	10	5	15
12	Rob Falloon (walk)	50:48	37:48	13:00	38:12	38:12	19:06	18:42	9	12	21
13	Sarah Lowe	50:53	24:43	26:10	23:52	23:52	12:05	12:38	8	3	11
14	Leigh Kelly	51:01	22:46	28:15	21:33	21:33	10:51	11:55	7	0	7
15	Cain Speakman	51:05	20:40	30:25	19:26	19:34	10:04	10:36	6	1	7
16	John Gray	51:26	22:11	29:15	18:51	20:00	10:57	11:14	5	0	5
17	Vanessa Coutts	51:33	38:33	13:00	34:55	35:50	19:20	19:13	5	0	5
18	Diane Donoghue	51:39	31:49	19:50	30:23	30:44	15:31	16:18	5	1	6
19	Ken Smith	51:44	44:54	6:50	22:28	41:52	23:09	21:45	5	0	5
20	Matt Loader	51:58	23:48	28:10	22:06	22:06	11:39	12:09	5	0	5
21	Peter Whyte	52:15	28:00	24:15	25:58	25:58	14:19	13:41	5	0	5
22	Graham Edwards	52:16	47:31	4:45	36:14	47:57	23:21	24:10	5	12	17
23	Susan Walker	52:29	27:19	25:10	22:44	24:58	13:38	13:41	5	0	5
24	Michael Slee (walk)	54:25	43:00	11:25	38:43	39:03	20:57	22:03	5	0	5
25	Belinda Fithie	56:44	34:54	21:50	27:34	28:08	16:55	17:59	5	0	5
Ineligible											
1	Thomas Williams	49:55	19:30	30:25	21:52	21:52	9:45	9:45	10	0	10

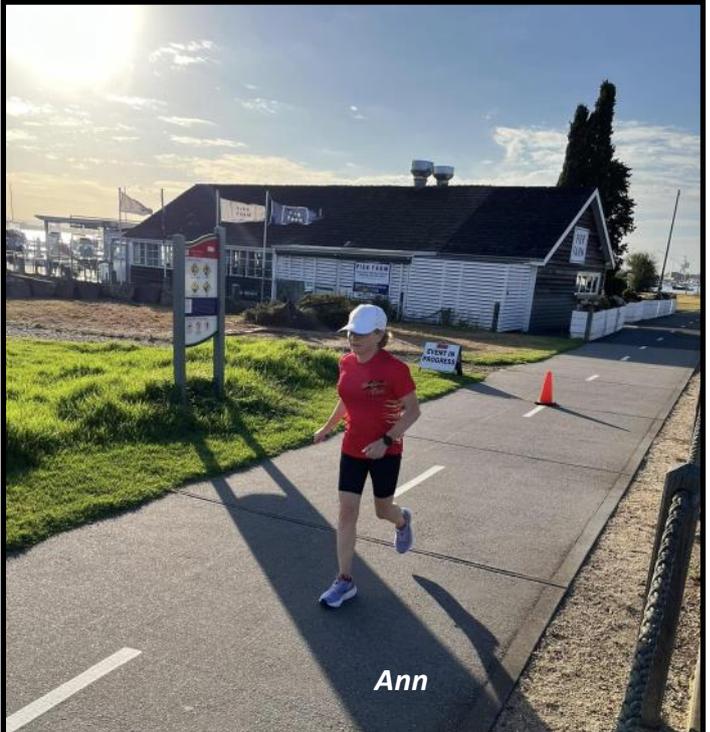


Hobbos Handicap - February 2025 - 354 Running



Pos	Name	Finish	Time	Start	PB	AGPB	Split 1	Split 2	Points	Bonus	Total
2	John Horan (Pram)	49:03	23:48	25:15	25:12	25:12	11:48	12:00	10	0	10
3	Clare Beaumont	50:27	28:27	22:00	28:52	28:52	14:08	14:19	10	0	10
4	Oilly Rees	56:08	28:53	27:15	23:11	23:11	12:28	16:25	10	0	10
5	Janelle Taylor	51:13	29:43	21:30	27:09	27:09	15:22	14:21	10	0	10
6	Ann Girvin	54:26	36:41	17:45	23:56	33:06	17:13	19:28	10	0	10
7	Gaye Crichton	50:33	39:33	11:00		19:46	19:46	19:47	10	0	10
8	David Walker (walk)	49:33	41:33	8:00	42:31	42:31	21:19	20:14	10	0	10
9	Freya Rees	56:08	42:08	14:00	33:47	33:47	21:04	21:04	10	0	10
Guests											
1	Nathan Barnes	48:32	23:32	25:00		11:55	11:55	11:37	-	0	-
2	Tara Fairbrother	52:34	32:34	20:00	28:56	28:56	16:23	16:11	-	0	-

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





Trail Corner

With Lucas Beck, Trail & Ultra Coach

G'day trail legends!

The last weekend of March has two big trail running events, **Buffalo Stampede** in Bright, and, **kunanyi Mountain Run** in Hobart. **Nick Ping & Robyn Wilmshurst** are both taking on the 66km course at kunanyi. "Experienced ultra-runners will enjoy tackling this beast of a route! The course involves climbing and descending almost 4,000m - the equivalent of three times up and down kunanyi/ Mt Wellington - on often steep, technical tracks, as well as in alpine terrain. "Safe to say, I now have FOMO. Go you good things!

In mid-May, **Andrew Greaney** is taking on the hardest race in the Southern Hemisphere, **Down Under 135**. That's 135 miles through the treacherous Lerderderg gorge, or 220km for us metric folk, with an excruciating 13,000m elevation. He's already had one crack at this event, and heroically made it past half way on the first attempt. This time, he's going to bring home the bacon. Also, on the same weekend, is **Ultra Trail Australia**. While it may be a little late for an entry into UTA this year, it's worth considering in future years. Run on a beautiful course in the Blue Mountains, easily accessible by public transport, various distances on offer, another great trail event that continues to grow in popularity.

And 14 June, my personal favourite trail event on the calendar, the **Surf Coast Trail Marathon**. Distances including the half marathon, a marathon relay for two, or the solo marathon, you will not be disappointed. Run along the gorgeous Surf Coast Walk, from Torquay to Fairhaven, this small event is spectacular, no matter the conditions. What to expect; the first 10km are generally flat and fast. There's a reasonable amount of elevation change from 10-30km. You may encounter King tides along Urqhart's beach, which can definitely be Type#2 fun. There are several sand/beach sections, including the first 2km along Torquay beach, a brief run across the famous Bells Beach sands, about a 1km section from Point Roadknight where the half marathon starts, and that 3.4km across Urqhart's around 31km. Get your entries in now, plan some accommodation and spend a lovely weekend on the Surf Coast in Winter, #goodtimes.

See you on the trails

Lucas Beck, Trail and Ultra coach

2025 Events

[Down Under 135](#) Lerderderg Gorge, VIC. 16 – 18 May, 220km

[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



Nick Ping, Robyn Wilmshurst, Lucas Beck, atop Flinders Peak at You Yangs Regional Park, Sunday 23 March



THE HOBBS LIBRARY: Have you got any running/fitness related books which you would be willing to share? Looking for donations of books to include in our Hobbs library. This Library (aka a plastic tub!) will be stored at the track and bought out each month at morning tea after the handicap (or on demand!). Members can then borrow anything that takes their interest. Books could be technical running books/autobiographies/running magazines...anything really!





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 March handicap is #355

