

# HomeRuns

#356

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

## “Inspired by these old guys...”

Ken Smith (155)



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Sunrise at the Shrine of Remembrance

## Forthcoming Events

Sat 26th April	7:40am, April Handicap & Morning Tea
Sat 10th May	TERRY'S TRIVIA night - NPAT clubrooms - 7:30pm
Sun 25th May	Annual You Yangs Wellbeing Run
Sat 31st May	7:40am, May Handicap & Morning Tea

For details of our 2025 Winter-Spring 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 were due on 4th 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



In this month's Home Runs we have the first progress table for the 2025 Greenwich Cup. Jason Rees, Eero Keranen and Anastasia Aldred occupy the top three placings after three handicaps. Where are you on the table?

Luke Beck provides his pithy wrap of all things Trail and an extremely interesting offer to check out his gym. How could you refuse?

Ken Smith's March handicap win (and the photo which adorns our cover) prompted me to dive deeply into our record books in search of Kenyan Egg tallies for the featured 'old guys'. The results of my search (which I hope is accurate) can be found in the handicap report along with a splash of photos and detailed results for every single one of the 47 who fronted up to take on the March 5km handicap.

You will also find results of our bespoke time trial event and the final washup of the 2024/25 D.S.S. which we hope to present prizes at our post-handicap morning tea

*7:35am avoids the queue for handicap #356*



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# Gray Matters

with President John Gray



It's been a busy month, with many Hobbos participating in Run For The Kids and the Geelong Half Marathon, and even a few in the Canberra Marathon festival. Coming up we have quite a few Hobbos running in the Ballarat half or full marathon this Sunday 27<sup>th</sup> April.

All of this activity has left me with some recurring FOMO, not to mention missing the kunanyi Mountain Run and Two Bays for the 2<sup>nd</sup> year in a row, due to injury.

While I'm not in half marathon shape, fully fit or injury free, I can still do moderate track sessions, hard hills sessions, and I'm only 1-2mins away from sub 20 pace for 5k on a good day. Hopefully I'll get over my current injury combo before too long, assisted by my weight training and reduced running load. I am running the Organ Pipe classic 5k mountain trail race (resisting the temptation of the 13k enduro) in Hobart next month, and am looking forward to our XCR relay teams and my annual Burnie 10 race later in the year.

We are now into our new year, and we are pleased to be holding our membership fees unchanged, by absorbing this year's AV insurance cost increase. We have passed 50 members, on the way back up to 200, so if you haven't already, please re-join soon, to stay eligible and help our club continue to be the best recreational running club around! We have family and concession/student memberships, and are planning a block of kids & parents Sunday afternoon sessions in the coming school term.

## Upcoming events

Aside from the winter series events, we have the following events in the pipeline:

Sat May 10<sup>th</sup> Terry's Trivia night at the track pavilion

August Anglesea weekend (Fri night – Sun afternoon), dates and accommodation location & costs TBA. There'll be a night out, maybe a local parkrun, and a curated trail run.

parkrun takeovers We regularly provide all of the volunteers at one of our 3 local parkruns - Altona Beach, Newport Lakes & Cyril Curtain Reserve (Williamstown)

Social events More to be organised after the trivia night

## The Winter Series

The Athletics Victoria XCR relay events form part of our winter program. Unfortunately, the popular St Annes Winery round with its cellar door has been omitted this year. We have moved the Winter XC handicap to avoid a clash with Run Melbourne.

**Sun 25<sup>th</sup> May Annual You Yangs well-being run (multi-club)**

**Sat 7<sup>th</sup> Jun AV XCR Jells Park cross country relays (6km)**

**Sat 28<sup>th</sup> Jun AV XCR Sandown road relays (6.2km)**

Sun 17<sup>th</sup> Aug Annual Newport Lakes Winter XC handicap (~2.8km)

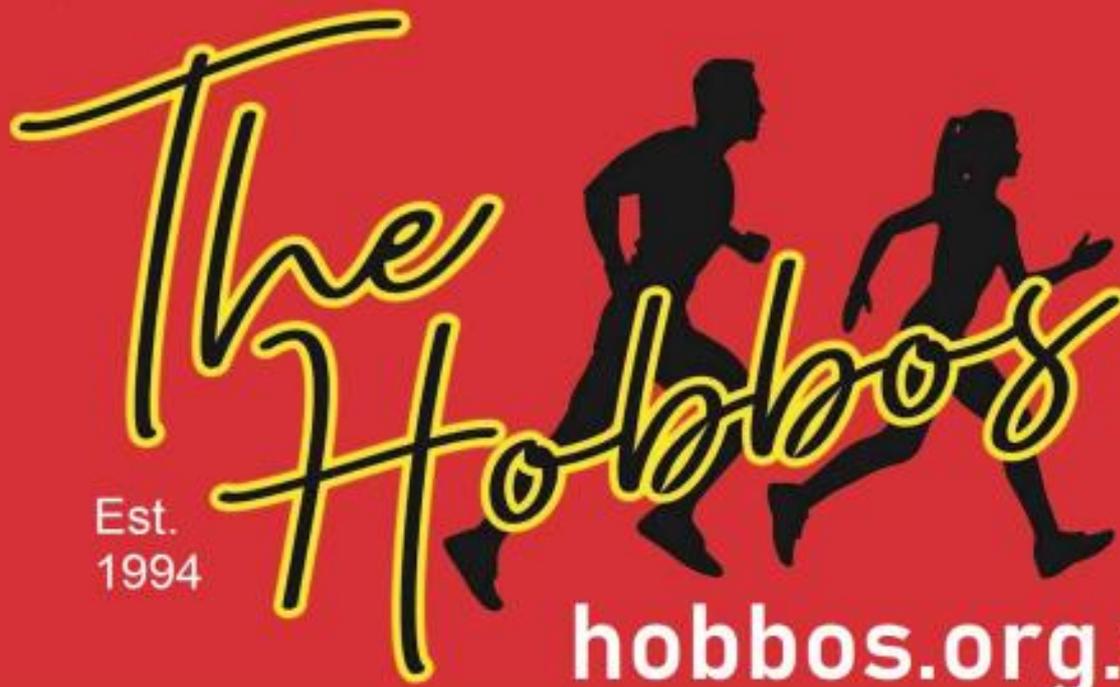
Sun 14<sup>th</sup> Sep Maribyrnong River Run volunteering (club fundraiser)

Sat 20<sup>th</sup> Sep AV XCR Tan Relays (3.8km)

Last year we had 57 members participate in one or more 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.**





## Hobbos 2025 Winter-Spring Program

You Yangs Well-Being Run/Walk (multi-club)	Sun. 25th May, 7:30am start
Jells Park AV X-Country Relays teams (6km)	Sat. 7th June, 12:30pm start
Sandown AV Road Relays teams (6.2km)	Sat. 28th June, 12:45pm start
Newport Lakes Winter X-Country handicap (2.85km)	Sun. 17th August, 8am start
Maribyrnong River Run volunteering (3 hours)	Sun. 14th Sept, 7am start
Tan AV Relays teams (3.8km)	Sat. 20th Sept, 9am start
The annual Spring Gift 1500m track handicap	Oct/Nov TBC
The 10th annual Phar Lap 2-mile handicap Altona Coastal Park (Old W'town Racecourse)	Mon. 3rd Nov, 6pm start Melbourne Cup Eve

For event locations and arrival times, refer to info provided closer to the event.

Every Tuesday	6:00am & 6:15pm Track Sessions at Newport Track
Every Wednesday	6:00am Recovery run, Williamstown as advertised
Every Wednesday	6:15am Recovery run, Altona as advertised
Every Thursday	6:00am Hill training sessions (Newport Lakes)
Every Thursday	6:15pm Hill training sessions (Altona 100 steps)
Every Sunday	8:00am Newport Lakes laps as advertised
Last Saturday of every month, the traditional Hobbos monthly 5/2.5km handicap for runners and walkers, check in by 7:40am Greenwich Reserve, Newport	

Watch our Facebook group page for info on social, training and competition events



# Daylight Savings Series

RUN & WON for another year. The brainchild of former club President Rob Falloon, the DSS has developed into a testing series of events from humble beginnings. Originally devised for club members somewhat adrift and therefore out of contention in our 'Cups' competitions. The series straddles the end of the current season and the beginning of the next, commencing with event 1 the Spring Gift and culminating with event 6, our traditional Easter Gift. Points from the 'Best Four' are used to calculate the participants final, and hopefully, winning score.

Past DSS winners are listed below and the most recent name to add is by far the youngest. Our congratulations to:



**Winner: Thomas Williams**

**Runner up: Matt Loader**

**Third Place: Kaia Morris**



***Presentation will be made following the April Handicap***

## **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)**



# Kids



# & Even Bigger Kids

# Ken sees off all comers..

...and I mean that quite literally. It seemed like everyone woke on the last Saturday of March with the same idea – ‘I think I’ll do the handicap!’

A field of 47 took to the course on a humid morning, after a heavy shower of rain at 4am and ongoing threats of more and the occasional sprinkling during the event.

The result lots of sweaty, sticky shirts and singlets.

The great thing about such a large field is that one was never alone on the course, with someone to chase and others chasing you.

The average age of the field had been brought down by first timers - Michael & George, as well as some of our seasoned younger runners – Freya and Ollie. There were one or two others but I didn’t quite catch their names but managed a multi-family snap of them holding up the fence post-race.

Despite the healthy smattering of youth it was ‘the more senior brigade’ who packed the placings at the pointy end of the 5km handicap. Our cover photo shows them in all their recovering glory. Between them they have amassed a total of 24 Kenyan Eggs, with Ken Smith adding his third with his March win. The hauls of the others in the inspirational group are as follows: Michael Musgrove – 7, Michael Slee – 5, Rob Falloon - 4, Graham Edwards – 4 and Eero Keranen – 1.



*Above: Starting them young - the Palmer and the Bigarelli families after a well run race.*



*Left: Ken Smith waxes lyrical after receiving his 3rd Kenyan Egg. Ken was ‘inspired by a group of similarly mature age Hobbos’.*

Times were good. Eight PBs and an AGPB would have to be close to a record number of bests from the one event.

Magnus Vaisnys was the only runner to beat the 20-minute mark with his 19:48. Next best was long time Hobbo Michael Rief with a 20:49. It was nice to see him back running with us.



# Hobbs Handicap - March 2025 - 355th Running



Pos	Name	Finish	Time	Start	PB	AGPB	Split 1	Split 2	Points	Bonus	Total
<b>Greenwich Cup</b>											
1	Ken Smith	49:20	42:45	6:35	22:28	41:52	21:51	20:54	20	3	23
2	Rob Falloon (walk)	49:22	36:22	13:00	37:48	37:48	18:11	18:11	19	12	31
3	Jason Rees	49:41	22:36	27:05	20:44	22:59	11:19	11:17	18	12	30
4	Jac Wainright	49:42	28:17	21:25	28:48	28:48	14:16	14:01	17	12	29
5	Leigh Kelly	49:44	21:39	28:05	21:33	21:33	10:29	11:10	16	11	27
6	Kaia Morris	49:48	24:13	25:35	24:23	24:23	12:10	12:03	15	12	27
7	Eero Keranan (Walk)	49:58	43:13	6:45	44:25	44:25	21:05	22:08	14	12	26
8	Anastasia Aldred	50:19	26:34	23:45	26:26	26:26	13:10	13:24	13	10	23
9	John Gray	50:26	21:11	29:15	18:51	20:00	10:20	10:51	12	0	12
10	Michael Musgrove	50:39	40:59	9:40	35:15	40:26	20:30	20:29	11	6	17
11	Graham Edwards	50:40	46:25	4:15	36:14	47:31	23:12	23:13	10	12	22
12	Mario Valastro	50:49	21:19	29:30	20:24	20:24	10:40	10:39	9	2	11
13	Neil Speakman	50:57	24:27	26:30	23:15	23:15	12:19	12:08	8	0	8
14	Michael Slee (walk)	51:00	39:40	11:20	38:43	39:03	19:41	19:59	7	5	12
15	Matt Loader	51:04	22:54	28:10	22:06	22:06	11:21	11:33	6	4	10
16	Kevin Aldred	51:14	23:39	27:25	22:33	22:33	11:49	11:50	5	1	6
17	Melanie Griffin	51:20	25:05	26:15	24:30	24:30	12:31	12:34	5	6	11
18	Terry Pearce	51:32	22:22	29:10	17:34	21:03	11:02	11:20	5	0	5
19	Peter Whyte	51:38	27:33	24:05	25:58	25:58	13:42	13:51	5	0	5
20	Rae Carter	51:40	21:15	30:25	19:40	19:40	10:39	10:36	5	0	5
21	Helen Vaxevanis	51:41	26:31	25:10	24:53	24:53	13:09	13:22	5	0	5
22	Sarah Lowe	51:44	25:34	26:10	23:52	23:52	12:13	13:21	5	0	5
23	John Becroft	51:59	50:59	1:00	24:12	49:47	25:17	25:42	5	0	5
24	Rachel Kealy	52:05	28:15	23:50	26:50	26:50	13:46	14:29	5	0	5
25	Kieran Leonard	52:48	22:08	30:40	18:40	19:36	11:03	11:05	5	0	5
26	Ray Barnard	55:10	32:40	22:30	22:12	26:33	15:28	17:12	5	0	5
27	Belinda Fithie	55:33	33:43	21:50	27:34	28:08	16:35	17:08	5	0	5

## Hobbos Handicap - March 2025 - 355th Running

Pos	Name	Finish	Time	Start	PB	AGPB	Split 1	Split 2	Points	Bonus	Total
<b>Ineligible</b>											
1	Magnus Vaisnys	50:18	19:48	30:30			9:49	9:59	10	0	10
2	Michael Rief	49:14	20:49	28:25	19:29	19:49	10:24	10:25	10	0	10
3	Simon Anderson (Pram)	53:28	22:13	31:15	18:26	18:26	9:40	12:33	10	0	10
4	Olly Rees	49:50	22:20	27:30	23:11	23:11	11:11	11:09	10	0	10
5	Andrew Scardino	50:45	25:45	25:00	19:02	19:18	13:43	12:02	10	0	10
6	Anna McAlister	50:16	26:16	24:00	26:23	26:23	12:59	13:17	10	0	10
7	Clare Beaumont	49:52	27:52	22:00	28:27	28:27	14:04	13:48	10	0	10
8	Karli Smith	47:19	28:19	19:00	28:48	28:48	14:14	14:05	10	0	10
9	Sam Flockhard	51:28	31:28	20:00	30:28	30:28	15:45	15:43	10	0	10
10	Jallyn Bigarelli	52:07	32:07	20:00	28:04	28:04	16:03	16:04	10	0	10
11	Tara Fairbrother	52:35	33:05	19:30	28:56	28:56	16:37	16:28	10	0	10
12	Elise Hardiker	53:23	33:23	20:00	28:59	28:59	16:25	16:58	10	0	10
13	Gaye Crichton	49:05	38:05	11:00	39:33	39:33	18:08	19:57	10	0	10
14	Michael Palmers	49:30	39:30	10:00			19:39	19:51	10	0	10
15	Freya Rees	49:02	39:32	9:30	33:47	33:47	19:15	20:17	10	0	10
16	Dominique Tanner (walk)	55:44	51:39	4:05	48:52	48:52	25:27	26:12	10	0	10
17	Lois Speakman	55:43	51:43	4:00	46:02	46:02	25:32	26:11	10	0	10
<b>Ineligible 2.5km</b>											
1	Tim Bigarelli	38:38	13:38	25:00			13:38		10	0	10
2	Sebastian Bigarelli	45:24	20:24	25:00			20:24		10	0	10
<b>Guests</b>											
1	Matt Weiner	45:58	22:58	23:00			11:18	11:40	-	0	-

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



# Hobbos Greenwich and Ted Joy Cups 2025

## Current Standings - Greenwich Cup

Place	Name	Jan	Feb	Mar	Best Eight	Notes	Total Runs
1.	Jason Rees	29	31	30	90	n	3
2.	Eero Keranan (Walk)	26	32	26	84	n	3
3.	Anastasia Aldred	30	20	23	73	n	3
4.	Kaia Morris	23	21	27	71	n	3
5.	Rob Falloon (walk)	10	21	31	62	n	3
6.	Jac Wainright	10	21	29	60	n	3
6.	Rae Carter	26	29	5	60	n	3
8.	Michael Musgrove	18	19	17	54	n	3
9.	Leigh Kelly	13	7	27	47	n	3
10.	Mick Beasley	(20)	(10)	(10)	40	n	0
11.	Graham Edwards		17	22	39	n	2
12.	Ken Smith	10	5	23	38	n	3
13.	Mario Valastro	5	20	11	36	n	3
14.	Brian Armstrong	9	26		35	n	2
14.	Lizzie Stranks	5	30		35	n	2
16.	Cain Speakman	27	7		34	n	2
17.	Anna Bovdis	32			32	n	1
18.	Anna Anderson (Pram)	10		(20)	30	n	1
18.	Belinda Fithie	(20)	5	5	30	n	2
18.	Clare Beaumont	10	10	10	30	n	3
18.	Freya Rees	10	10	10	30	n	3
18.	Olly Rees	10	10	10	30	n	3
18.	Peter Buissink	(20)		(10)	30	n	0
24.	John Gray	12	5	12	29	n	3
25.	Neil Speakman	(20)		8	28	n	1
26.	Diane Donoghue	(20)	6		26	n	1
26.	Kevin Aldred	(20)		6	26	n	1
28.	Helen Vaxevanis		(20)	5	25	n	1
28.	Rachel Kealy		(20)	5	25	n	1
30.	Melanie Griffin	13		11	24	n	2
31.	Michael Slee (walk)	5	5	12	22	n	3
32.	Anna McAlister	10		10	20	n	2
32.	David Walker (walk)	10	10		20	n	2
32.	Gaye Crichton		10	10	20	n	2
32.	John Horan (Pram)	10	10		20	n	2
32.	Lana Woodhouse			(20)	20	n	0

Greenwich Cup Standings are up.

**I may have some oversights on the volunteering credits - please check carefully and let me know if I have got them wrong.**

**Jason Rees** has jumped into an early lead, with Club Founder **Eero Keranan** in second place in his new discipline of walking. Both have three AGPBs this year, and are setting a pace consistent with a 220-240 total for the year. It's early days, but I'm picking those as the two to beat for the year.

**Anastasia Aldred** is in third, with Kaia Morris snapping at her heels.

*Mick Beasley*



# Hobbos Greenwich and Ted Joy Cups 2025

## Current Standings - Greenwich Cup

Place	Name	Jan	Feb	Mar	Best Eight	Notes	Total Runs
32.	Matt Loader	5	5	10	20	n	3
32.	Melissa Rutze			(20)	20	n	0
32.	Michael Williams		(20)		20	n	0
32.	Simon Anderson (Pram)	10		10	20	n	2
32.	Stuart O'Neil		(20)		20	n	0
32.	Tamara Petrov		(20)		20	n	0
32.	Will McKenzie			(20)	20	n	0
44.	Sarah Lowe		11	5	16	n	2
45.	Stuart Tennant		15		15	n	1
46.	Vanessa Coutts	8	5		13	n	2
47.	John Becroft	7		5	12	n	2
48.	Andrew Scardino			10	10	n	1
48.	Ann Girvin		10		10	n	1
48.	Brandon Bergin	10			10	n	1
48.	Dominique Tanner	10			10	n	1
48.	Dominique Tanner (walk)			10	10	n	1
48.	Elise Hardiker			10	10	n	1
48.	Jalyn Bigarelli			10	10	n	1
48.	Janelle Taylor		10		10	n	1
48.	Jimmy Dwyer	10			10	n	1
48.	Karli Smith			10	10	n	1
48.	Kieran Leonard (Chillie)	10			10	n	1
48.	Lois Speakman			10	10	n	1
48.	Magnus Vaisnys			10	10	n	1
48.	Michael Palmers			10	10	n	1
48.	Michael Rief			10	10	n	1
48.	Peter Whyte		5	5	10	n	2
48.	Ray Barnard	5		5	10	n	2
48.	Riain Casey	10			10	n	1
48.	Sam Flockhard			10	10	n	1
48.	Sebastian Bigarelli			10	10	n	1
48.	Susan Walker	5	5		10	n	2
48.	Tara Fairbrother			10	10	n	3
48.	Thomas Williams		10		10	n	1
48.	Tim Bigarelli			10	10	n	1
72.	John Danaher	5			5	n	1
72.	Kieran Leonard			5	5	n	1
72.	Terry Pearce			5	5	n	1

### Ted Joy Notes

e: Eligible

p: Provisionally eligible if 40 runs/walks are completed in 2025

n: Cannot complete 40 runs/walks in 2025

a: Did not complete enough runs/walks in either of 2023 or 2024

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

Number of records: 74

12 Home Runs - April 2025





# Trail Corner

With Lucas Beck, Trail & Ultra Coach

G'day trail legends!

**Nick Ping** had a big day out at the **kunanyi Mountain Run**. 13 hours to complete 66km with nearly 4000m elevation on very technical terrain, yewwww! And **Robyn Wilmshurst** made it to the 48km mark before pulling the pin, as she just was not feeling it. Next time Robbo!

Word on the grapevine is that there's quite a crew building up for a tilt at [Tarawera Ultra-Trail by UTMB](#) next February. With a 20km, 50km, 102km, and an "easy" 100 miler on offer, good times are guaranteed across the ditch, with a serve of fush & chups.

Good luck to our local legend **Andrew Greaney** as he takes on the beast, **DU135** in mid-May. Also coming up quickly is the **Surf Coast Trail Marathon**. Standard entry pricing is available until 23 May. Come and join the good trail vibes in Torquay on the beautiful Surf Coast Walk.

## Strength Training

Who's been doing their strength training? Not I... I've had an extended break from any form of strength training since UTMB last year, and I am officially the worst! As we get older, strength training becomes more important to maintain a healthy, injury-free disposition, and running asks a lot of your body, so show it some love.

Here's a good way to find out if anybody is reading this, haha. If three people come up to me and ask me about strength training, I'll invite you to the best gym in Altona, in my garage and will show you the ropes of what/how I do my strength sessions. With just a couple of items like a resistance band, a wall, a chair, there are many exercises you can do that will not only strengthen your body, but increase your running efficiency and form. Who wants to do some squats, deadlifts, lunges, wall-sits, calf raises etc? Hit me up at track on a Tuesday night, or Altona parkrun on a Saturday morning and we can have some Type-2 fun!

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

[Surf Coast Century](#) Anglesea. 13 September. 50K - solo, 100K - solo, 100K - relay



Nick Ping - kunanyi mountain run 66km. Check out the shafts of sunlight in the background, the sometimes unexpected reward for the runner's effort.



## Empower Your Health Journey

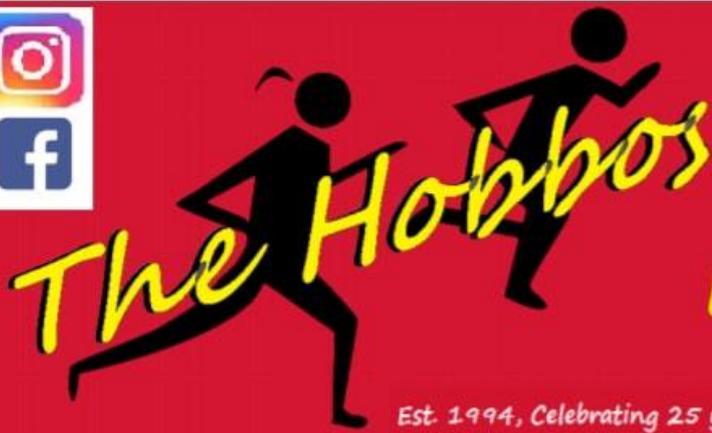
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Hobsons Bay running club

Est. 1994, Celebrating 25 years

### Hobbos 5k Track Time Trial - Top 3 Results

00:39.4	Nick Tavendale	200m	00:39.4
02:02.8	Nick Tavendale	L1	01:23.5
03:26.5	Nick Tavendale	L2	01:23.6
04:49.2	Nick Tavendale	L3	01:22.7
06:11.5	Nick Tavendale	L4	01:22.4
07:34.3	Nick Tavendale	L5	01:22.7
08:57.5	Nick Tavendale	L6	01:23.2
10:21.5	Nick Tavendale	L7	01:24.1
11:45.6	Nick Tavendale	L8	01:24.1
13:09.5	Nick Tavendale	L9	01:23.9
14:32.7	Nick Tavendale	L10	01:23.2
15:57.5	Nick Tavendale	L11	01:24.9
17:20.1	Nick Tavendale	L12	01:22.6

00:54.8	Anastasia Aldred	200m	00:54.8
02:58.1	Anastasia Aldred	L1	02:03.3
05:14.2	Anastasia Aldred	L2	02:16.1
07:34.4	Anastasia Aldred	L3	02:20.1
09:50.5	Anastasia Aldred	L4	02:16.2
12:04.7	Anastasia Aldred	L5	02:14.2
14:20.0	Anastasia Aldred	L6	02:15.3
16:37.4	Anastasia Aldred	L7	02:17.4
18:54.8	Anastasia Aldred	L8	02:17.3
21:11.0	Anastasia Aldred	L9	02:16.2
23:26.3	Anastasia Aldred	L10	02:15.4
25:41.7	Anastasia Aldred	L11	02:15.4
27:53.5	Anastasia Aldred	L12	02:11.8

00:54.6	Gareth Coakley	200m	00:54.6
02:57.9	Gareth Coakley	L1	02:03.3
05:13.4	Gareth Coakley	L2	02:15.4
07:34.2	Gareth Coakley	L3	02:20.8
09:50.1	Gareth Coakley	L4	02:16.0
12:04.3	Gareth Coakley	L5	02:14.1
14:19.6	Gareth Coakley	L6	02:15.3
16:36.9	Gareth Coakley	L7	02:17.3
18:53.9	Gareth Coakley	L8	02:17.0
21:10.5	Gareth Coakley	L9	02:16.6
23:25.8	Gareth Coakley	L10	02:15.3
25:41.2	Gareth Coakley	L11	02:15.4
27:52.7	Gareth Coakley	L12	02:11.5

Anastasia, Gareth & Nick





## Melbourne's leading inner-western suburbs Recreational running club!

Our club offers runners of all abilities the chance to achieve their goal, whatever that goal may be. Guests and visitors including beginners are always welcome at our events and training sessions, which are always free. We only ask that if you like running or training with us, that you support the club and join as a financial member after 3 sessions.

Our competitive membership fees, give you many benefits including Athletics Australia accredited coaches and run leaders, Insurance cover, Athletics Victoria affiliation and access to AV events and services. We also have family and reduced rate concession memberships.

Financial members qualify for discounts from our club sponsors:



John Ayton from SportsPower Williamstown (83-85 Ferguson Street)

Abby Speakman from Symmetry Physiotherapy Williamstown (84 Douglas Parade) 

### Join us for Regular Group Training Sessions and Social Runs

- Track sessions every Tuesday morning (6:00am start) and Tuesday evening (6:15pm start) at Newport Park Athletic Track (or as advised), led by AA accredited coaches, including warm-up
- Hill sessions on Thursdays mornings and evenings, check Facebook
- Sunday morning Long Runs for building endurance, check Facebook
- Sunday morning Newport Lakes laps & Occasional Sunday morning Social Well-being runs

### Join us for Regular Handicap Competitions, which suit all abilities

- Hobbos traditional monthly 5km Handicap for runners and walkers, on the last Saturday of every month, check-in by 7:40am. Walkers and early starters arrive early for 7:50am start.
- 1500m track events held around Christmas, Easter and Spring, and 5000m track time trial
- Winter 3000m cross-country event at Newport Lakes
- Two mile "Phar Lap" event, Monday before Melbourne Cup at the old Williamstown Racecourse
- Daylight Saving Series, consisting of some of the above events, all followed by free BBQ's

**For latest training and event details, check our Facebook group page as schedules and availability can change at short notice**

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

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

# The April handicap is #356

