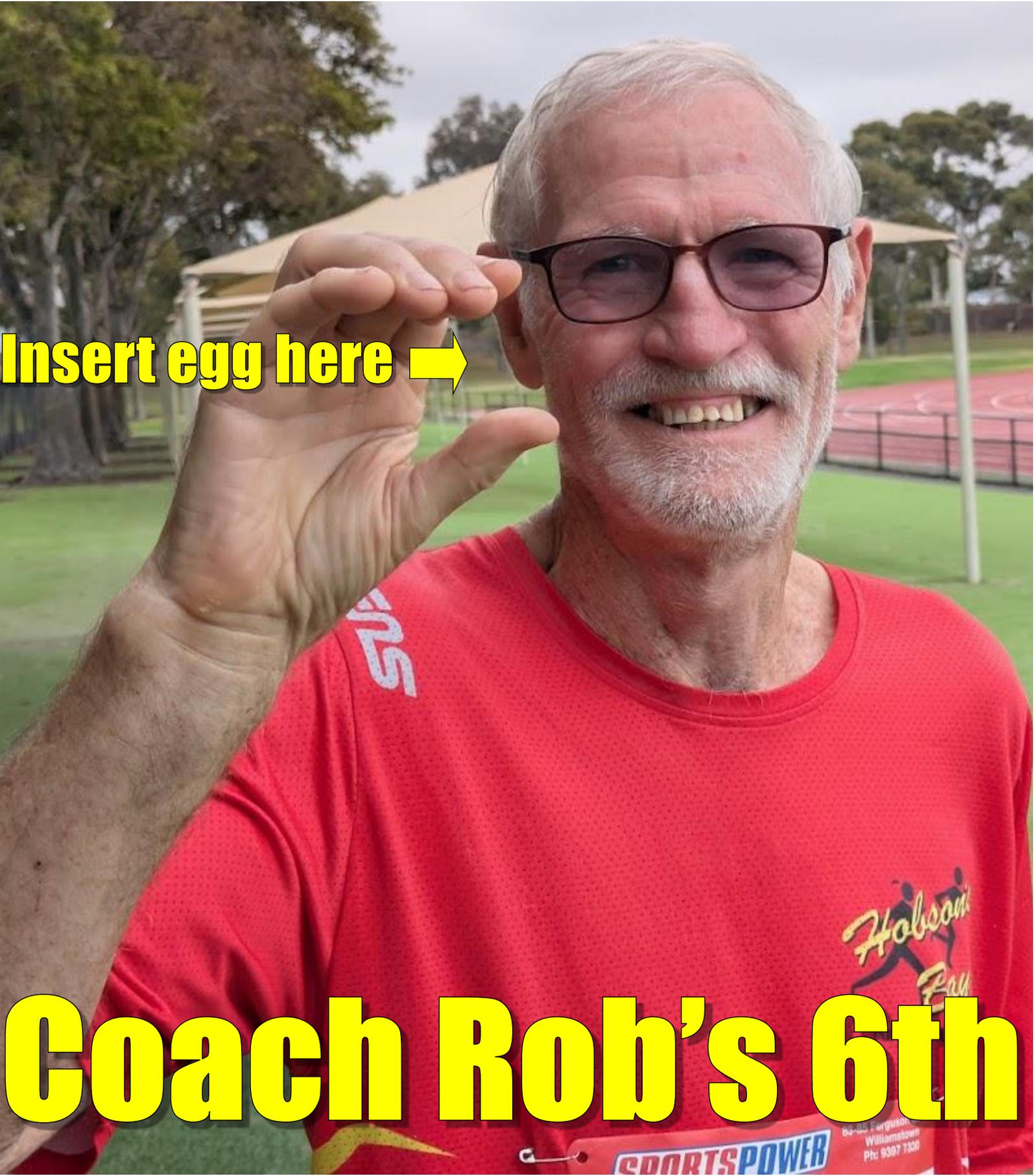


HomeRuns



#357

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



Insert egg here →

Coach Rob's 6th

SPORTSPOWER

83-85 Fergusson
Williamstown
Ph: 9397 7338

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Ted Joy & John Condon

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Eero Keranan, Peter Buissink,
John Condon, John Gray,
Michael Musgrove & Ted Joy

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Email: enquiries@hobbos.org



The prized Kenyan Egg.

*The story of its connection with the
Hobbos coming soon.*

Forthcoming Events

Sat 31st May	7:40am, May Handicap & Morning Tea
Sat 7th June	Jells Park, AV XCR Relays, 12:30 start
Sat 28th June	7:40am, June Handicap & Morning Tea
Sat 28th June	Sandown AV Road Relays, 12:45 start
Sat 26th July	7:40am, July 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



We are a bunch of forgetful Hobbos sometimes. Last month I had one job to do - buy the prizes for the DSS presentations - and didn't. Apology with no excuses!

By our front cover someone also forgot the Kenyan Egg and Rob went home temporarily empty handed but he was more than happy to have a little fun with it and agreed to be snapped with his invisible egg. Kissing it would have been a step too far.

So expect a post race presentation with plenty of razzamatazz following the May Handicap.

DSS prizes are Sun Theatre Gift Cards, hence the photo of the iconic neon on top of the theatre in Yarraville.

7:40am (or earlier) avoids the queue for handicap #357



SPORTSPOWER

John Ayton's Sports Power Williamstown

Specials

Asics Kayano

~~\$280~~ to \$220



Nike ReactX Infinity

~~\$240~~ to \$180



Plus the usual storewide Hobbos discount of 15%



Gray Matters

with President John Gray



It's been another busy month for our club;

We started a new 8-week Parents & Kids fun & fitness series, thanks to our dedicated Sunday coaches Kieran, Laura, Tameka and Brian, and our new junior ambassadors, Freya, Olly & Bailey!

We had 46 members, family and friends at our annual Hobbos trivia night, with thanks to quizmaster Terry. The winners on the night were the Brains Trust table. (You're welcome!)

We had 30 members at the Altona Beach parkrun 10th anniversary, helping to make it the 3rd highest Altona Beach attendance

We had many Hobbos participating in the Great Ocean Road Running festival, mostly in the 14km Paradise run, and the 23km "half-marathon".

We had about 50 members of Hobbos, Wynfit and Point Cook Runners come together for our annual You Yangs well-being run/walk last weekend, with most doing the 14km Great Circle Drive run and a small group doing the shorter walk, with everyone meeting back for the big morning tea. Special thanks to Brian for organising this special event every year, and to Rob for leading the walking group. Thanks also to Anastasia and Rob for testing the ground hardness with their knees, fortunately not needing too much first aid, since we forgot the first aid kit (and the defibrillator)

More FOMO for me, as due to a snafu I was still on a plane and sadly missed my Altona Beach anniversary, and my body wasn't ready for GOR this year. I did run the Organ Pipe classic 5k mountain trail race in Hobart this month, which was fun despite 2km of steep uphill climb (i.e. walking), then 1km of glorious flat single track, followed by 2km of technical downhill track and the inevitable rock steps, leaving me glad I was persuaded to run the 5k instead of the 13k.

Membership

We are now well into our new membership year, and we are pleased to be holding our membership fees unchanged, by absorbing this year's AV insurance cost increase. We



also have family and concession/student memberships.

We have now passed 125 members, well on the way back up to 200, so if you haven't already, please re-join soon, to stay eligible for the monthly handicap, maintain your insurance coverage in our activities, and help our club continue to be the best recreational running club around!

Upcoming events

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

August We are planning an 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, and Williamstown's Cyril Curtain Reserve coming up next.

The Winter Series

The Athletics Victoria XCR relay events form part of our winter program. We moved the Winter XC handicap into August to avoid clashing with Run Melbourne, and have now also moved the Spring Gift into November due to its previous proximity to Melbourne Marathon.

Sat 7th Jun AV XCR Jells Park cross country relay teams (6km)

Sat 28th Jun AV XCR Sandown road relay teams (6.2km)

Sun 17th Aug Annual Newport Lakes Winter XC handicap (~2.8km)

Sun 14th Sep Maribyrnong River Run volunteering (club fundraiser)

Sat 20th Sep AV XCR Tan Relay teams (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.



TRIVIA NIGHT

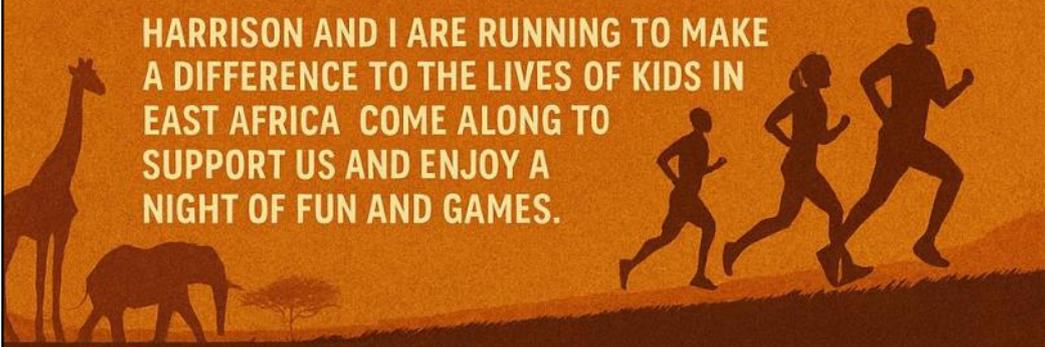
CAIN AND HARRISON'S RUN FOR CHANGE

(SUPPORTING ONE HEART FOUNDATION)

\$30 PER HEAD • DRINKS AT BAR PRICES
BYO FOOD AND NIBBLES
LOTS OF PRIZES, RAFFLE & GAMES ON THE NIGHT

DATE: SATURDAY, 28 JUNE
TIME: 7:00 PM
TABLES OF 10
VENUE: FINNISH SOCIETY OF MELBOURNE HALL
PIER STREET, ALTONA

HARRISON AND I ARE RUNNING TO MAKE A DIFFERENCE TO THE LIVES OF KIDS IN EAST AFRICA. COME ALONG TO SUPPORT US AND ENJOY A NIGHT OF FUN AND GAMES.



RSVP TO CAIN OR HARRISON



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FACTS

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Scoreboard:

The Brains Trust - 39

I Just Don't Know - 35

Quiztina Aguilera - 33

The Bright Runners - 36

ABBB - 32

The Qurlamic State - 35

Chafing the Dream - 34

Terry's Trivia



The team with the chocolates -

THE BRAINS TRUST

Move that toe

**Has anyone ever heard of the saying, “a rolling stone gathers no moss”
...(unless your name is Keef Richards!)**

If you have heard it before, you know to keep going.

But if you haven't, it's NEVER too late! The list of benefits can go on foreverrrrrrrrrrr



***I wonder who has ever asked themselves, or been asked, ‘why do you run?’....
what do you say? Find what works and go for it... 😊***

If you've ever had a look around our local parks or coastal tracks and trails, it's not hard to see a major movement in running. It's really hip, good for the mind, good for the soul. And I'm referring to this movement nationwide. Run clubs have burst open, exploded (but not like HOBOS). The number of people lacing up has gone airborne with entry into the biggest and not so biggest races, becoming the hottest ticket in town.

FYI The number of entrants in the 35,000 capacity TCS Sydney Marathon has more than doubled... But not like Melbourne, hehe.....It's so off the planet, the Sydney Marathon which is run in August, has now become one of the 'formerly' 6 Marathon Majors...Sydney, London, Tokyo, New York, Chicago, Boston, Berlin.... Has anyone done any of these?... This column would love to have a line up of Hobos Marathon Major runners...

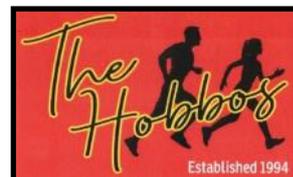
One time, the author of this ar-tickle had bitten off more than he could chew, and ran his first ever marathon in the Big Apple during the fall of 2014...but despite 40 knot winds and icy chill factors of -1c, running into for 30k,(BA you would of loved it) dressed like the Michelin man, ran his little heart out, in memory of his dear Ma.

So, wherever you want to go, what ever your reasons for running, from your first 5k right up to full 42.2, (or beyond). HBRC has you covered and cared for. ***I can speak from personal experience the difference this wonderful, wonderful club has made to me and my family.*** I enjoy my running more than ever because of this club, but it's the people here that make it so. I'll be attempting to chat to everyday people at the club about the transformative power of running.

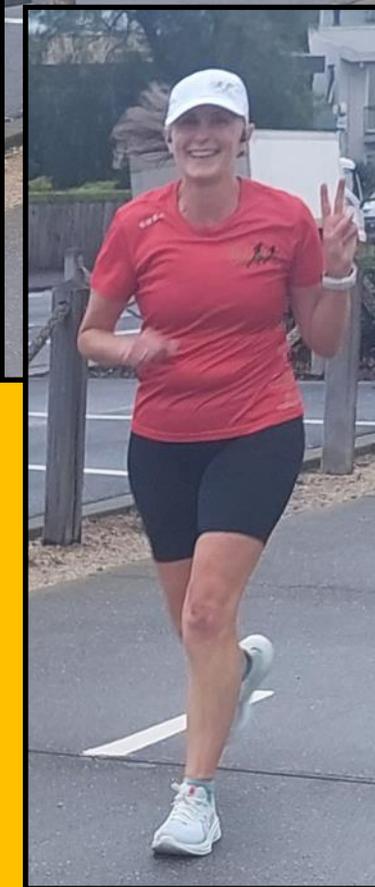
To me, running really is about putting one foot in front of the other, just like the reality we call life. It's about not giving up, keep going, continuing to push and build, step by step to where ever you want to be, and who you want to be. It's an awesome way to cultivate resilience...you won't regret it.

My advice? Get fitted, get moving, get help.

***Stay safe, and have fun
Big Kev***



April H'cap



Photos: Andrew Scardino



Third Consecutive PB Earns Rob a Win

The surface of the Yarra and Greenwich Bay was flat enough waterskiing. Not a breath of wind. Perfect conditions for running right? Well not quite. Steady rain since Friday meant that the ground was sodden and the air was humid and a runner's sweat lingers on skin reducing the cooling affect. Despite this there were still some fast times and a few bests, including our winner Rob Falloon. It was Rob's third straight PB for walking the handicap course. Rob is walking as he's recovering from a hip replacement late last year, and if that's what recovering looks like, look out when he's fully fit. It was almost a 1, 2, 3 for 'walkers' with Michael Musgrove taking second and John Gray (running and gradually approaching top form) edging out 'new walker' and February winner Eero Keranen. All three walkers posted either PBs or AGPBs.

Yet another big field took on the course and conditions - 44 to be precise. Once again Magnus Vaisnys went under 20 minutes with a 19:41. A few Hobbos were not far behind posting times in the 21st minute. Michael Rief (20:06); Kevin Mahon (20:12); Laura Peree's (20:31) and John Gray (20:54). A special mention needs to be made of Olly Rees' time of 21:37 a 0:47 PB. Olly is one of our new Junior run leaders and making great strides himself.

A comment heard during the post race morning tea and presentation was *'the walkers are taking over'*. It was not directed at David and Sue. It was an observation that Hobbos who chose to walk the 5000m of the monthly handicap are increasing in numbers and it becomes more obvious when walkers take the monthly prize and in the not too distant past, The Greenwich Cup itself.

Graham Edwards tied with Andy Grant to win the GC. Graham also took out the TJC had this trophy but this one he did not share.

Today Michael Musgrove was second to Rob Falloon, both walking. Michael won the TJC in 2024 and came second in the GC. Eero Keranen, John Becroft have each won Kenyan Eggs in the last 12 months.

David Walker - who has often stated that walking 5ks is way too taxing on the legs - has just completed his third qualifying walk and is taking it very seriously... perhaps the sentiment is right and it's time to **FEAR THE WALKING HOBBO...**

Results for the April Handicap have been updated. Results are now final & include a correction for a slight error in the course which meant it was slightly long. An approximation for the 5km time (and corresponding splits) has been added and used for bonus point calculations.

Rob Falloon took out the win, with **Michael Musgrove** in second. **John Gray** edged out **Eero Keranen** for third. Eero will take over the lead in the Greenwich Cup.

Unfortunately Clare Beaumont's near three minute AGPB triggered Rule 20.

Mick Beasley



We Were Wrong: In last month's issue of Home Runs former Hobbo's President Rob Falloon was credited with having won only 4 Kenyan Eggs in his time as a member of this illustrious club. This total was incorrect. Prior to April 2025 Rob had actually won 5 handicaps and has the Kenyan Eggs at home to prove it. Maybe my slight was just the spur needed to turn his second in March to a first in April. If so, I'm happy to take the blame/credit. Well done Rob on all 6 of your Kenyan Eggs.



Hobbos Handicap - April 2025 - 356 Running



Note the course was about 36m long due to inaccuracy in the siting of turnaround marker. Times have adjusted with raw times in brackets.

Pos	Name	Finish	Time	Start	PB	AGPB	Split 1	Split 2	Points	Bonus	Total
Greenwich Cup											
1	Rob Falloon (walk)	49:50	35:37 (35:50)	14:00	36:22	36:22	17:53 (18:00)	17:44 (17:50)	20	12	32
2	Michael Musgrove	50:04	40:09 (40:24)	9:40	35:15	40:26	20:06 (20:14)	20:03 (20:10)	19	12	31
3	John Gray	50:07	20:54 (21:02)	29:05	18:51	20:00	10:17 (10:21)	10:37 (10:41)	18	3	21
4	Eero Keranan (Walk)	50:09	42:53 (43:09)	7:00	43:13	43:13	21:24 (21:32)	21:29 (21:37)	17	12	29
5	Leigh Kelly	50:13	21:35 (21:43)	28:30	21:33	21:33	10:34 (10:38)	11:01 (11:05)	16	11	27
6	Michael Rief	50:16	19:59 (20:06)	30:10	19:29	19:49	09:57 (10:01)	10:02 (10:05)	15	10	25
7	John Becroft	50:23	49:35 (49:53)	0:30	24:12	49:47	24:42 (24:51)	24:53 (25:02)	14	12	26
8	Terry Pearce	50:25	21:33 (21:40)	28:45	17:34	21:03	10:41 (10:45)	10:52 (10:55)	13	7	20
9	Kevin Aldred	50:33	23:05 (23:13)	27:20	22:33	22:33	11:21 (11:25)	11:44 (11:48)	12	6	18
10	Graham Edwards	50:40	46:07 (46:25)	4:15	36:14	46:25	23:12 (23:21)	22:55 (23:04)	11	12	23
11	Anastasia Aldred	50:40	26:45 (26:55)	23:45	26:26	26:26	13:28 (13:33)	13:17 (13:22)	10	8	18
12	Tara Fairbrother	50:54	30:57 (31:09)	19:45	28:56	28:56	15:36 (15:42)	15:21 (15:27)	9	0	9
13	Neil Speakman	50:59	24:35 (24:44)	26:15	23:15	23:15	12:26 (12:31)	12:09 (12:13)	8	0	8
14	Brian Armstrong	51:06	20:39 (20:46)	30:20	18:09	19:59	10:15 (10:19)	10:24 (10:27)	7	5	12
15	Peter Whyte	51:35	27:25 (27:35)	24:00	25:58	25:58	13:12 (13:17)	14:13 (14:18)	6	0	6
16	Kieran Leonard	51:39	21:31 (21:39)	30:00	18:40	19:36	10:35 (10:39)	10:56 (11:00)	5	0	5
17	Anna Bovdis	51:41	27:02 (27:11)	24:30	26:02	26:02	13:06 (13:11)	13:56 (14:00)	5	2	7
18	Susan Walker	51:51	26:51 (27:01)	24:50	22:44	24:58	13:34 (13:39)	13:17 (13:22)	5	0	5
19	Diane Donoghue	52:38	32:46 (32:58)	19:40	30:23	30:44	16:01 (16:07)	16:45 (16:51)	5	0	5
20	Rachel Kealy	52:42	29:01 (29:12)	23:30	26:50	26:50	14:00 (14:05)	15:01 (15:07)	5	0	5
21	Stuart Tennant	52:54	27:14 (27:24)	25:30	24:27	24:27	14:09 (14:14)	13:05 (13:10)	5	0	5
22	Ashley Sanderson	52:55	22:37 (22:45)	30:10	19:06	19:54	10:52 (10:56)	11:45 (11:49)	5	0	5
23	Michael Slee (walk)	54:06	42:30 (42:46)	11:20	38:43	39:03	19:51 (19:59)	22:39 (22:47)	5	0	5
24	Ray Barnard	54:21	32:39 (32:51)	21:30	22:12	26:33	15:43 (15:49)	16:56 (17:02)	5	0	5
25	Belinda Fithie	55:00	33:47 (34:00)	21:00	27:34	28:08	16:36 (16:42)	17:11 (17:18)	5	0	5
26	Philippe Delecheneau	55:19	31:23 (31:34)	23:45	26:05	26:35	14:43 (14:49)	16:40 (16:45)	5	0	5

Hobbos Handicap - April 2025 - 356 Running

Pos	Name	Finish	Time	Start	PB	AGPB	Split 1	Split 2	Points	Bonus	Total
Ineligible											
1	Magnus Vaisnys	51:18	19:41 (19:48)	31:30	18:48	18:48	10:01 (10:05)	09:40 (09:43)	10	0	10
2	Kevin Mahon	52:00	20:12 (20:20)	31:40	18:30	18:50	10:04 (10:08)	10:08 (10:12)	10	0	10
3	Laura Perree	50:08	20:31 (20:38)	29:30	20:53	20:53	10:12 (10:16)	10:19 (10:22)	10	0	10
4	Olly Rees	49:45	21:37 (21:45)	28:00	22:20	22:20	10:58 (11:02)	10:39 (10:43)	10	0	10
5	Ron Van der Heide	52:09	22:51 (22:59)	29:10	21:16	21:16	11:36 (11:40)	11:15 (11:19)	10	0	10
6	John Horan (Pram)	50:56	24:07 (24:16)	26:40	23:48	23:48	11:52 (11:57)	12:15 (12:19)	10	0	10
7	Cain Speakman	50:59	24:35 (24:44)	26:15			12:26 (12:31)	12:09 (12:13)	10	0	10
8	Clare Beaumont	47:38	24:44 (24:53)	22:45	27:52	27:52	12:26 (12:31)	12:18 (12:22)	10	0	10
9	Linda Viberg	47:43	28:32 (28:43)	19:00			14:20 (14:26)	14:12 (14:17)	10	0	10
10	Brandon Bergin	50:19	29:09 (29:19)	21:00	29:38	29:38	14:45 (14:51)	14:24 (14:28)	10	0	10
11	Melissa Rutze	54:01	30:30 (30:41)	23:20	26:02	27:12	15:23 (15:29)	15:07 (15:12)	10	0	10
12	Cat McCrae	53:38	30:32 (30:43)	22:55	27:35	27:35	15:28 (15:34)	15:04 (15:09)	10	0	10
13	Elise Hardiker	51:15	32:33 (32:45)	18:30	28:59	28:59	16:03 (16:09)	16:30 (16:36)	10	0	10
14	Lana Woodhouse	50:11	33:28 (33:41)	16:30			16:18 (16:24)	17:10 (17:17)	10	0	10
15	Freya Rees	48:07	36:54 (37:07)	11:00	33:47	33:47	18:45 (18:52)	18:09 (18:15)	10	0	10
16	Bronwyn Rowleson	47:45	37:01 (37:15)	10:30	30:03	33:07	18:14 (18:21)	18:47 (18:54)	10	0	10
17	David Walker (walk)	50:07	41:06 (41:22)	8:45	41:33	41:33	20:13 (20:21)	20:53 (21:01)	10	0	10

Guests

1	William Hart	48:22	28:41 (28:52)	19:30			14:15 (14:20)	14:26 (14:32)	-	0	-
2	Eden Donoghue	49:09	48:51 (49:09)	0:00			24:29 (24:38)	24:22 (24:31)	-	0	-

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



The April Handicap had a slight glitch with the positioning of the turnaround cone by Pier Farm, resulting in a long course. The error was subsequently measured at 9m per leg – independently confirming Andrew Scardino’s on-the-day assessment. This resulted in an overall length of 5,036m and not the intended 5,000m length. To be fair, I’d be surprised if the standard course is exactly 5,000m, however any error there is constant month to month and thus of no consequence.

This is not the first time this has happened – at the end of the day, people are only human. There was a similar case back in June 2016 when the course was 48m longer, and there may well have been others. After discussing the various options, the Committee agreed to follow the precedent from 2016 as the least bad option. The finishing order remains as it was on the day, however elapsed times have been corrected to mitigate the effects of the extra distance.

The first point to make is that the only “good” solution to this is to use a time machine to reset the cone before the start, and have the problem not arise in the first place. Demonstrably we have been unable to do this, so we’re left to choose the lesser of many evils.

The challenge is that the nature of handicaps means start times are (theoretically!) optimised for exactly the stated distance and do not work satisfactorily for any other distance. A longer course disproportionately favours the later starters (more distance to overhaul the slower runners), while a shorter course favours the earlier starters (easier to hold off the faster runners). In

contrast, a mass start event such as Parkrun is largely neutral from this perspective.

We could in theory correct for extra distance, and calculate approximately when every participant passed the 5000m metre mark, and then use those times to create a revised finishing list.

Conceptually, this is equivalent to retrospectively moving the finishing line 36m back towards Pier Farm

and making some assumptions about what time people passed it.

Except that an exact correction is near-impossible, and people were not basing their efforts or timing their finishing sprints for that

virtual finishing line that they didn’t know about anyway.

For better or for worse, everyone was racing and judging their efforts based on the actual position of the finishing line on the day.

This makes the “least bad” option here to stick with the order on the day (which is indisputable), rather than trying to guess how people would have performed on the day had the course been the correct length (at best an educated opinion).

This leaves the question of bonus points, AG-PBs, and what represents valid data for handicapping purposes. These are all based on the nominal distance, so using the longer distance on the day does not produce a valid picture. The probable effect of the longer course varies between a minimum of about 9 seconds and upwards of 20 seconds depending on how fast the person is running – which could be worth as many as 4 bonus points. These amounts of time may also be meaningful for handicapping purposes – and not taking them into



consideration would distort the field for the next handicap.

The “least bad option” here is to make a correction for elapsed times and use these for Bonus Points, AGPBs and Handicapping inputs. The pros and cons of the different assumptions which could be made on how to do this could fill another article and again, there is no perfect solution here. Over-correcting has a disproportionate effect on future handicaps and bonus points, while slightly under-correcting potentially costs a single bonus point this month only. The latter is clearly the lesser evil, and accordingly, the correction errs in favour of under-correcting. This is achieved by using a correction based on 32m rather than 36m.

While it is useful to have policies and precedents in place on how to deal with these situations, it is much better if they do not arise in the first place. Accordingly, we are putting systems into place to minimize the chance of this happening again in future.

By Handicapper Mick Beasley



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9989 2444



Hobbos Greenwich and Ted Joy Cups 2025

Current Standings - Greenwich Cup

Place	Name	Jan	Feb	Mar	Apr	Best Eight	Notes
1.	Eero Keranan (Walk)	26	32	26	29	113	n
2.	Rob Falloon (walk)	10	21	31	32	94	n
3.	Anastasia Aldred	30	20	23	18	91	n
4.	Jason Rees	29	31	30		90	n
5.	Michael Musgrove	18	19	17	31	85	n
6.	Leigh Kelly	13	7	27	27	74	n
7.	Kaia Morris	23	21	27		71	n
8.	Graham Edwards		17	22	23	62	n
9.	Jac Wainright	10	21	29		60	n
9.	Rae Carter	26	29	5		60	n
11.	John Gray	12	5	12	21	50	n
12.	Brian Armstrong	9	26		12	47	n
13.	Cain Speakman	27	7		10	44	n
13.	Kevin Aldred	(20)		6	18	44	n
15.	Clare Beaumont	10	10	10	10	40	n
15.	Freya Rees	10	10	10	10	40	n
15.	Mick Beasley	(20)	(10)	(10)		40	n
15.	Olly Rees	10	10	10	10	40	n
19.	Anna Bovdis	32			7	39	n
20.	John Becroft	7		5	26	38	n
20.	Ken Smith	10	5	23		38	n
22.	Mario Valastro	5	20	11		36	n
22.	Neil Speakman	(20)		8	8	36	n
24.	Belinda Fithie	(20)	5	5	5	35	n
24.	Lizzie Stranks	5	30			35	n
24.	Michael Rief			10	25	35	n
27.	Diane Donoghue	(20)	6		5	31	n
28.	Anna Anderson (Pram)	10		(20)		30	n
28.	David Walker (walk)	10	10		10	30	n
28.	John Horan (Pram)	10	10		10	30	n
28.	Lana Woodhouse			(20)	10	30	n
28.	Melissa Rutze			(20)	10	30	n
28.	Peter Buissink	(20)		(10)		30	n
28.	Rachel Kealy		(20)	5	5	30	n
35.	Michael Slee (walk)	5	5	12	5	27	n
36.	Helen Vaxevanis		(20)	5		25	n
36.	Terry Pearce			5	20	25	n
38.	Melanie Griffin	13		11		24	n
39.	Anna McAlister	10		10		20	n
39.	Brandon Bergin	10			10	20	n
39.	Elise Hardiker			10	10	20	n
39.	Gaye Crichton		10	10		20	n
39.	Magnus Vaisnys			10	10	20	n
39.	Matt Loader	5	5	10		20	n



Hobbos Greenwich and Ted Joy Cups 2025

Current Standings - Greenwich Cup

Place	Name	Jan	Feb	Mar	Apr	Best Eight	Notes
39.	Michael Williams		(20)			20	n
39.	Simon Anderson (Pram)	10		10		20	n
39.	Stuart O'Neil		(20)			20	n
39.	Stuart Tennant		15		5	20	n
39.	Tamara Petrov		(20)			20	n
39.	Will McKenzie			(20)		20	n
51.	Tara Fairbrother			10	9	19	n
52.	Peter Whyte		5	5	6	16	n
52.	Sarah Lowe		11	5		16	n
54.	Ray Barnard	5		5	5	15	n
54.	Susan Walker	5	5		5	15	n
56.	Vanessa Coutts	8	5			13	n
57.	Andrew Scardino			10		10	n
57.	Ann Girvin		10			10	n
57.	Bronwyn Rowleson				10	10	n
57.	Cat McCrae				10	10	n
57.	Dominique Tanner	10				10	n
57.	Dominique Tanner (walk)			10		10	n
57.	Jallyn Bigarelli			10		10	n
57.	Janelle Taylor		10			10	n
57.	Jimmy Dwyer	10				10	n
57.	Karli Smith			10		10	n
57.	Kevin Mahon				10	10	n
57.	Kieran Leonard			5	5	10	n
57.	Kieran Leonard (Chillie)	10				10	n
57.	Laura Perree				10	10	n
57.	Linda Viberg				10	10	n
57.	Lois Speakman			10		10	n
57.	Michael Palmers			10		10	n
57.	Riain Casey	10				10	n
57.	Ron Van der Heide				10	10	n
57.	Sam Flockhard			10		10	n
57.	Sebastian Bigarelli			10		10	n
57.	Thomas Williams		10			10	n
57.	Tim Bigarelli			10		10	n
80.	Ashley Sanderson				5	5	n
80.	John Danaher	5				5	n
80.	Philippe Delecheneau				5	5	n

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: 82



Hobbos Coaching

With Brian Armstrong, Coaching Co-ordinator



The popular You Yangs Wellbeing Run Sunday 25 May

2025 May Coaching update

I have been rather busy lately demolishing and planning for a new house build, so haven't been able to catch up with the newsletter coaching articles. However, be assured, that the coaching team and I have all been actively coaching, and working on lots in the background.

Our children's series has taken off to a flying start, with newly appointed junior run leaders, and we have managed to get some new equipment for the initial games.

While it was sad to see Kate leave us for her Australian adventures, we are excited to announce that we have another run leader joining us shortly.

The You Yangs Multi-Club Wellbeing run was on again this year, and was held Sunday 25th May, prior to this Newsletter going out.

Club is in very solid membership growth.

L1 Female Coach Requirement FILLED

WELCOME ANNA BOVDIS

Please Welcome Anna Bovdis to the coaching team. Anna has been a member of Hobbos for some years, and is keen to pass on her knowledge and wisdom while runleading a session.

Anna will be doing her L1 AV course shortly, but may lead some sessions prior. For those that don't know Anna, look for the biggest smile in the Tuesday night track group, and you will have found her.

She is very friendly, approachable, works in the education sector, and an excellent people person. Well suited as a runleader. We are lucky to have members

like Anna volunteer for our club.

Anna also runs at Altona Beach parkrun, and will pass along her BIO soon. When you see Anna next, please congratulate her.

You Yangs Multi-Club Wellbeing Run.

This is the 5th year this event is being held. It was a great opportunity to catch up with like minded recreational runners from various western suburbs clubs and do a 14k run, chat, and laugh along the way.

For any that were unable to run 14k, we also had Rob Falloon leading a session of jog-walk, for a shorter distance, adjusted for those who attended.

This year we are also offered those who would like to attend the full 14k, but were simply not up for the distance, the opportunity to ride along side us.

Feel free for you or a family member to ride alongside next year.

At the end of the event, we catch up for a tea/coffee, and small snacks.

We hope to see as many members as possible attend.

Monday Night Yoga

Runleader/Coach Cat McRae has offered her services for some Yoga sessions again, so we are keen to take advantage of this.

We are currently looking at room availability to hold some more Pilates/Yoga sessions. This is dependant on clubroom availability though, as little athletics have initial priority for this room.

If we can't get into the rooms over these months, we will pursue again later in the year

Tuesday track

Track attendance has grown significantly, and is getting to a stage where runleaders are starting to struggle to remember everyone's name. This is more so with limited light, so expect we may ask you your name over multiple sessions.

To assist with this, when you get to track, say hello to the runleader and let them know your name. This way, it is easier to administer attendance.

The track sessions so far this year have been designed by Tameka and I, and will be followed up with a series from Rob, then Melissa.

We hope you are enjoying the great variety, with both the series and the delivery by all our friendly runleaders.

If you have any ideas, or are after more variety, please let your runleader know, as we are always on a continuous improvement plan.

Thursday Hills

Thursday morning hills at Newport Lakes and 100 Steps Altona has seen a steady number of members, which normally drops a bit over the cooler months.

To support these, it would be great to grow the numbers further, as once you start running a hill, you are quickly warmed up.

We have also reverted back to our safety caution plan, where we limit which hills we run based on risk with the limited lighting.

Wednesday Recovery Runs

Recovery runs at Williamstown is small in numbers, with mainly the same people attending, and we are lucky that we can run these with Williamstown Legends to ensure that we have company along the way.

If you can make the time, consider a recovery run, as they are as good for loosening up, as what they are for your wellbeing.

It is on these runs that we get a chance to have a chat and laugh along the way, and 7k is not that far considering most members run 5k parkruns.

Sunday Slow Runs Newport Lakes

We have quite a few members running at various times at Newport Lakes, and the Sunday long run is an excellent run to catch up with everyone. Rob leads a few each Sunday and runs at a slow enough pace for all, so if you haven't given these a try, drop on past and say hello.

Sunday Long Runs – Local Faster Paced group

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

While we don't advertise this much (in fear of scaring away some recreational runners), just be aware that it is available, if you do run at this faster pace. We have a regular group, anywhere from 4 – 10 runners, that

join us for this, and if interested, let one of our Runleaders know, so we can add you to a messenger group.

Hobsons Bay running club



Term 2 Parents & Childrens 3 lap fun & Fitness Series

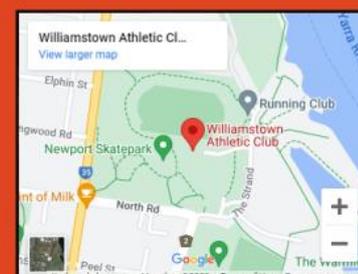
SUNDAYS 4PM

With Hobbos Coaches

4/5 (1)	Laura Brian Olly
11/5 (2)	Brian Freya
18/5 (3)	Laura/Bailey
25/5 (4)	Tameka/Olly
1/6 (5)	Kieran/Freya
8/6 (6)	Brian/Bailey
15/6 (7)	Laura/Olly
22/6 (8)	Laura/Freya Bailey

We start with a warm up and a couple of games, then ease into some short track intervals, with some mini-relays, races or a handicap run. These sessions are ideal for parents and children to enjoy running together, so parents, BYO runners!

**All Welcome
@ Newport Park
Athletics Track**



More details on Hobbos Facebook page or www.hobbos.org.au



Olly

Freya

Bailey

Children & Parents Sunday Session Term 4 Stretch Session

This year, we decided to implement a junior runleader program, guided by our senior runleaders. It has started off with flying success, with the junior runleaders so confident, that on the one I led, there wasn't much for me to do.

Quite impressive from our junior team. I have included a flyer this month, and we would like to introduce Freya, Olly, and Bailey. They are all dedicated runners, with their families fully engaged in various community sports (not just running).

The numbers so far have been +20, so this is a great start to Term2. Any who have friends with young chil-

dren, ask them to drop along and give these sessions a try.

There are not many sports where parents and children can participate together, and even compete together, like this offering, while also getting fitter at the same time.

Laura has also just purchased some new equipment for the initial games and races, so we are fully equipped for fun...

Marathon training

I will be holding a marathon training workshop again shortly, for this year's Melbourne marathon event.

Any members that are considering running a marathon, please drop along and see what we as a club have to offer.

We discuss the various requirements to run a marathon, the Melbourne marathon course, training, and all requirements.

We hope to see as many members as possible join us.

As always, a huge thank you to all our coaches and runleaders.

Our 2025 Runleaders:

Alison Sanders: - Tuesday Night Track & Children's Sessions

Anna Bovdis – Tuesday night track & Thursday night hills

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

Cat McRae – Yoga instructor, Tuesday night track, Thursday night hills

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

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

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

Kate Milnes – Tuesday night track, Thursday night hills, track series design, direct coaching (Touring from March 2025)

Kevin Aldred – Tuesday night track, Thursday night hills

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

Laura Smethurst – Children and Parents sessions

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

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

Melissa Rutze – Tuesday morning, Tuesday night, track series design

Peter Buissink – Tuesday night track, Handicap run director

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

Sarah Lowe – Tuesday night track, Thursday morning hills

Tamara Petrov – Yoga, Tuesday morning track

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

Terry Pearce – Tuesday night track, NPL Sunday long runs

Coaching team tip for the month:

'Try a PB during the cooler months, you may be surprised'

2024 Coaching Co-ordinator & Head Coach

Brian Armstrong



Coach Freya with Brian

Coach Olly with Laura





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:

SPORTSPOWER John Ayton from SportsPower Williamstown (83-85 Ferguson Street)
Abby Speakman from Symmetry Physiotherapy Williamstown (84 Douglas Parade)  SYMMETRY

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 May handicap is #357

