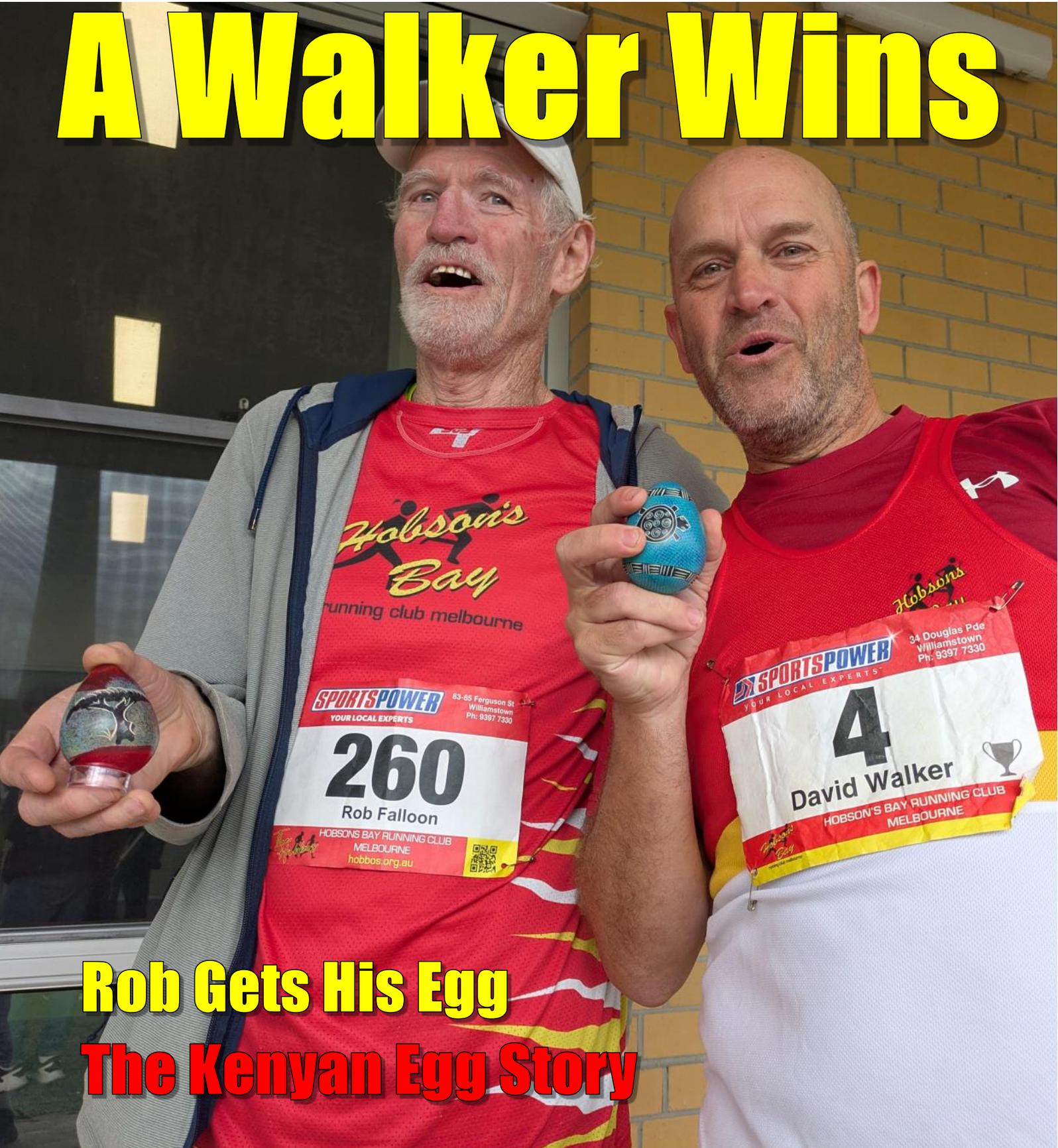


# HomeRuns

#358

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

# A Walker Wins



**Rob Gets His Egg**

**The Kenyan Egg Story**

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Website: hobbos.org.au  
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*Where do you keep your prized Kenyan Eggs?*

## Forthcoming Events

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
Sat 2nd Aug	Hobbos takeover of CCR Park Run
Sun 17th Aug	Hobbos XCR - Newport Lakes

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



**WALKING IS THE** new running so it seems. Our cover shows the winners of the most recent handicaps - both Rob Falloon and David Walker, walk the 5km handicap. Full report p8.

Eero Keranen, also a walker, sits atop the Greenwich Cup standings 24 points clear of... Rob Falloon (we already know his status from paragraph one). Skipping over third (sorry Jac) to another walker Michael Musgrove in fourth.

As I hinted last week and a random comment in jest (or was it?) that 'walking wasn't fair' (or words to that effect). Fear the 'Walking Hobbo'.

I can feel the good natured tension building as we reach the halfway mark of the 2025 season.

The walkers are coming and once they're on the move DO NOT get in their way.

And don't be fooled by the greying hair, wrinkles and pension cards. You are only as old as you feel.

*Full disclosure, your editor is also a walker.*



*7:40am (or earlier) avoids the queue for handicap #358*

# 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



## Jells Park Cross Country Relay

Earlier this month we had the **Jells Park XCR relays**. The weather forecast wasn't great, and it was raining on the drive there, but it cleared on arrival. The course was firm, grass dry and we didn't get wet!

Of our 8 teams and 26 runners, our Womens div 4 were the standout, taking 4th place out of 10 athletics club teams, with a great team consistency – Laura, Tameka & Camilla all ran times within 20 seconds of each other.

The best team time was the Womens div 4, followed by Mens div 6 (Kevvo, Ashley, Magnus & Gareth), and then Mens 60+ (Terry, Rene and yours truly). Fastest of the day was Magnus closely followed by Kevvo and Tameka.

Well done to our new team members for taking the leap and running with us.

*The effortless action of Tameka at Jells*



## Sandown Road Relay

We have entered 6 teams in this weekend's **Sandown XCR relays**, which is 2 laps (6km) of the Sandown motor racing circuit per runner. Our teams will be spearheaded by Rae and Kevvo, and I'll be lacing up again for the 60+ team, quietly confident (touch wood) that my heel plantar fasciitis will continue to recede into the past.

This time around we welcome new team members Jess Waters, Wendy Ellerton, Sandra Browne, John Danaher, Mario Valastro, John Horan and Dean Crowley, and we welcome back Rae Carter, Leigh Kelly, Mary-Ellen and Wayyln, Graeme & Cat who ran in relays last year.

Many of you must be saving yourself for the most popular relay event, **The Tan XCR relays** in September, so join the fun and sign up for that one next.

## 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, to raise our profile and to give back to parkrun, which is a training ground for many of us.

Cyril Curtain is coming up next in August, so get in quick and sign up with Brony to volunteer for a role, or come along to run in club colors and make it a big member turnout!

## The Winter Series

The Athletics Victoria XCR relay events form part of our winter program. 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 and fun.

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

Sat 2<sup>nd</sup> Aug Cyril Curtain Reserve parkrun "takeover"

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 Relay teams (3.8km)

We moved our club Winter XC handicap into August to avoid clashing with Run Melbourne and we have also moved the Spring Gift into November due to its previous proximity to Melbourne Marathon.

**Until next month, stay fit, healthy and safe.**





Brandon



Magnus



Ray



Kevvo



# Jells Park XCR



Linda



Ashley



Lana



Kevin

*Side-by-Side: it is nice to see Willy As alongside the Hobbos*



**Yoga is returning to the Hobbos' schedule  
in July 2025.**

**Beginner friendly classes, no experience  
necessary. First Class Monday 6<sup>th</sup> July.**

**Benefits of Yoga**

- \*Build Strength**
- \*Improve Balance & Proprioception**
- \*Improve Mobility**
- \*Assists with Recovery**
- \*Can help reduce Stress & Improve Sleep**

 **MONDAY NIGHT**   
**YOGA CLASS**  
**6:30PM**



**IN THE CLUB ROOMS  
ALL ABILITIES**

Stretch, strengthen, and unwind in  
a friendly, supportive environment.

Bring a mat & a towel – and a smile!

# Empower Your Health Journey

Relief from pain, injury  
prevention, and achieving  
peak performance

[www.symmetry.physio](http://www.symmetry.physio)

84 Douglas Parade, Williamstown

**9989 2444**



# The History of the Handicap 'Kenyan' Egg



By Eero Keranen

**WHAT WOULD BE** an appropriate "prize" to be awarded to each month's Handicap winner?

Both Sara and I were giving it due consideration and investigating options. We stumbled upon an African stall located in Customs House in Williamstown and were looking for something different for a trophy.

We both saw it! What a fantastic memento; colourful, small, inexpensive and easily acquired for future Handicaps.

What sold us was that it was Kenyan, a soapstone painted with various pictures on it, and as the story goes a symbol of strength.

The legend of Kenyan warriors taking the stone into battle giving them strength and good luck. An added mystique was its power of fertility.

These stones are crafted by individualised artists which adds to its uniqueness of each stone egg.

#Footnote:

Known as steatite, a metamorphic rock prized for its softness, heat resistance, and non-porous nature. Also known as a "Kiisi" stone named after the Kenyan tribe that mines the stone.

**Steatite**



**THERE HAVE BEEN** 367 Hobsons Bay Running Club handicaps so far. That's a lot of Kenyan Eggs, but has it been 367? When asked this question Eero consulted past issues of Home Runs and is confident that **Jenny Griffin**, the winner in September 1994 was presented with a Kenyan Egg. The September Handicap was handicap number three. As for the very first, or even the second, Eero is unsure. So, the question remains do **Anthony McAllister** winner of the first Hobbos Handicap (July '94) and **Greg Hammond** winner of the second (August '94) have Kenyan Eggs? If either are reading this or if anyone from either of those races is reading this, please reach out and let us know. Michael Slee



# D. Walker Walks to Victory

**YET ANOTHER PERFECT** day to be on the foreshore shared path which hugs the edge of Greenwich Bay. Overcast, still, mild with a bit of chill. Long sleeved tops were thrown aside at the halfway mark. Even in these conditions bodies heat up.

A slightly smaller contingent than recent months produced a deluge of PBs and AGPBs. In fact nine of the first 10 crossed the finish line under the 50 minute target mark.

At the front, newly qualified as a walker was **David Walker** - aptly named now. David smashed it out of the park and into Greenwich Bay itself, with a time of 39:32 For the 5km - 1:34 faster than his best.

David knows this course like the back of his hand. The #4 on his bib evidence that he is a founding member of the Hobsons Bay Running Club (30 years old in 2024 and still going strong).

However, course familiarity is not enough on its own. In his acceptance speech he acknowledged advice from two sources - Club Founder and long time friend **Eero Keranen** and **Rob Falloon**, former Club President and current Hobbos coach.

## 'Starting over'

Their hints were not earth shatteringly new - focus and concentration; tempo and arm swinging. Switching from running to walking is like starting over. You are on the course far longer than most runners are, making distraction almost unavoidable. Maintaining an even, fast cadence is essential but difficult. Arms and legs are linked. The swinging action of your arms assists with increasing speed and stride length, but it is a balancing act requiring practice and concentration then more practice. Well done Mr D Walker and the seemingly growing number of walking converts who are creating unsettling ripples of increased competition at the Hobbos Handicap.

May it continue...

## A Deluge of PBs

David Walker (W) -1:34 (PB)

Jac Wainright -0:40 (PB)

Michael Reif -0:20 (AGPB)

Eero Keranen (W) -0:28 (PB)

Kevin Aldred -0:13 (PB)

Mario Valastro -0:09 (PB)

Anna McAllister -0:46 (PB)

Brian Armstrong -0:26 (AGPB)

Rob Falloon (W) -0:40 (PB)

John Horan (Pram) -0:08 (PB)



*David Walker with his Kenyan Egg; (inset) Rob Falloon with his Egg from April*



# Hobbs Handicap - May 2025 - 357 Running



Pos	Name	Finish	Time	Start	PB	AGPB	Split 1	Split 2	Points	Bonus	Total
<b>Greenwich Cup</b>											
1	David Walker (walk)	48:37	39:32	9:05	41:06	41:06	20:07	19:25	20	12	32
2	Jac Wainright	49:27	27:37	21:50	28:17	28:17	13:55	13:42	19	12	31
3	Tara Fairbrother	49:35	29:50	19:45	28:56	28:56	15:31	14:19	18	3	21
4	Michael Reif	49:39	19:29	30:10	19:29	19:49	9:42	9:47	17	12	29
5	Eero Keranan (Walk)	49:40	42:25	7:15	42:53	42:53	21:08	21:17	16	12	28
6	Kevin Aldred	49:40	22:20	27:20	22:33	22:33	11:07	11:13	15	12	27
7	Mario Valastro	49:45	20:15	29:30	20:24	20:24	10:14	10:01	14	12	26
8	Anna McAlister	49:50	25:30	24:20	26:16	26:16	12:29	13:01	13	12	25
9	Brian Armstrong	49:53	19:33	30:20	18:09	19:59	9:53	9:40	12	12	24
10	Rob Falloon (walk)	50:07	34:57	15:10	35:37	35:37	17:47	17:10	11	12	23
11	Diane Donoghue	50:11	30:51	19:20	30:23	30:44	15:28	15:23	10	10	20
12	John Gray	50:15	20:50	29:25	18:51	20:00	10:15	10:35	9	3	12
13	Melanie Griffin	50:29	24:39	25:50	24:30	24:30	12:21	12:18	8	10	18
14	Helen Vaxevanis	50:31	25:41	24:50	24:53	24:53	12:57	12:44	7	4	11
15	Michael Slee (walk)	50:35	39:35	11:00	38:43	39:03	19:49	19:46	6	6	12
16	Michael Musgrove	50:36	40:41	9:55	35:15	40:09	20:21	20:20	5	6	11
17	John Horan (Pram)	50:40	23:40	27:00	23:48	23:48	11:46	11:54	5	12	17
18	Leigh Kelly	50:42	22:12	28:30	21:33	21:33	10:51	11:21	5	5	10
19	Matt Loader	50:43	22:43	28:00	22:06	22:06	11:17	11:26	5	5	10
20	Kieran Leonard	50:44	20:49	29:55	18:40	19:36	10:22	10:27	5	0	5
21	Melissa Rutze	50:51	29:51	21:00	26:02	27:12	15:01	14:50	5	0	5
22	John Danaher	50:56	23:56	27:00	23:10	23:10	11:59	11:57	5	4	9
23	Stuart Tennant	50:58	25:38	25:20	24:27	24:27	13:12	12:26	5	0	5
24	Susan Walker	51:01	26:31	24:30	22:44	24:58	13:40	12:51	5	0	5
25	Ken Smith	51:23	42:38	8:45	22:28	41:52	21:52	20:46	5	4	9
26	Graham Edwards	51:23	47:13	4:10	36:14	46:07	23:47	23:26	5	1	6
27	Belinda Fithie	51:27	31:27	20:00	27:34	28:08	15:44	15:43	5	0	5
28	Rachel Kealy	51:28	28:13	23:15	26:50	26:50	14:03	14:10	5	0	5

## Hobbos Handicap - May 2025 - 357 Running

Pos	Name	Finish	Time	Start	PB	AGPB	Split 1	Split 2	Points	Bonus	Total
29	Jane Whitmore	51:38	25:48	25:50	23:08	24:28	12:53	12:55	5	0	5
30	Helen Haralambous	51:46	36:01	15:45	34:24	34:24	18:11	17:50	5	0	5
31	Ray Barnard	52:15	31:45	20:30	22:12	26:33	15:41	16:04	5	0	5
32	Philippe Delecheneau	52:35	29:35	23:00	26:05	26:35	14:55	14:40	5	0	5
33	Jimmy Dwyer	53:10	21:50	31:20	18:44	18:44	10:48	11:02	5	0	5
34	Peter Whyte	53:58	30:18	23:40	25:58	25:58	15:17	15:01	5	0	5
<b>Ineligible</b>											
1	Adam Clarke	48:48	18:53	29:55			9:26	9:27	10	0	10
2	Kevin Mahon	50:00	19:30	30:30	18:30	18:50	9:43	9:47	10	0	10
3	Andrew Scardino	50:04	20:04	30:00	19:02	19:18	10:10	9:54	10	0	10
4	Laura Perree	50:48	20:48	30:00	20:31	20:31	10:15	10:33	10	0	10
5	Harry Scardino	49:52	23:52	26:00			12:00	11:52	10	0	10
6	William Hart	49:59	27:59	22:00	28:41	28:41	13:53	14:06	10	0	10
7	Linda Viberg	51:04	28:34	22:30	28:32	28:32	14:25	14:09	10	0	10
8	Savannah Scardino	49:41	38:41	11:00			18:50	19:51	10	0	10
9	Lauren Scardino	49:41	38:41	11:00			18:51	19:50	10	0	10

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

## From The Handicapper

Results for the May handicap are now up. It was good to see a great turnout of 43 participants.

While conditions were highly favourable, lots of quality training has obviously also happened. This is reflected in nine of the top ten all recording AGPBs - I don't have the data to hand, but I would not be remotely surprised if the last time this happened was in the very first handicap, when it would have been extremely difficult for anyone not to set their PB...

The top nine also all beat the 50 minute target - a combination of conditions, training, and the Handicapper being far too nice.

David Walker set the pace with a 1:34 AGPB (as a walker) to take out the win - triggering an immediate Stewards' enquiry which was subsequently dismissed.

Jac Wainright was second with a 40s PB, while **Tara Fairbrother** was third. While Tara didn't record an AGPB, it is her best time by over a minute since her first one-off event in 2022.

And the AGPBs kept coming - **Michael Reif** was the first home from the back end of the field with a 20s AGPB, followed by Greenwich Cup leader **Eero Keranen** with a 28s AGPB as a walker. It is the lot of the walker that several places can be lost to runners in the final straight with no ability to do anything about it, and so it proved once again.

**Rob Falloon** largely mitigated his punishment for winning last month with a 40s AGPB (as a walker), however such was the standard this month that only just scraped into the top ten. But he did get his Egg, albeit a month late.

*Mick Beasley's Facebook Post*



# May Handicap



Photos: Clare Beaumont



**It's NOT a Grande Sale but we have all sizes and all styles, ladies & gents. Just see Peter Buissink at the handicap and secure your Hobbos running gear, then you too can run like a Hobbo and look like one too!**



**Colours**

- White
- Red
- Yellow

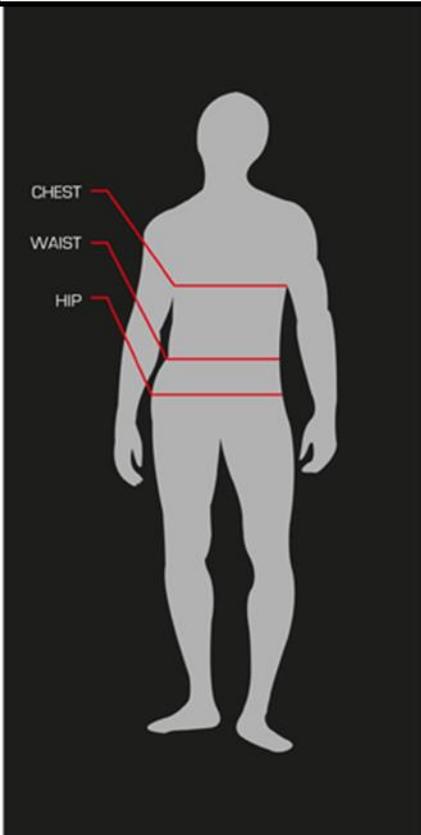
**Specifications**

- Sub4 reflective logos to be used
- DryLyte performance fabric to be used

**drylyte**

**Client Approval**

Client	
Date	
Signature	



MENS SIZE GUIDE							
body measurements (cm)							
SIZES	2XS	XS	S	M	L	XL	2XL
Chest	75-78	79-85	86-94	95-102	103-109	110-120	120-130
Waist	57-62	63-70	71-79	80-86	87-97	98-107	108-117

WOMENS SIZE GUIDE							
body measurements (cm)							
SIZES	2XS	XS	S	M	L	XL	2XL
Chest	70-76	76-81	81-86	87-93	94-99	100-106	106-110
Waist	50-56	56-61	61-66	67-72	73-79	80-86	87-92
Hip	81-86	86-91	91-96	96-101	101-106	106-112	113-117

UNISEX SIZE GUIDE							
body measurements (cm)							
SIZES	2XS	XS	S	M	L	XL	2XL
Chest	75-78	79-85	86-94	95-102	103-109	110-120	120-130
Waist	57-62	63-70	71-79	80-86	87-97	98-107	108-117



# Hobbos Greenwich and Ted Joy Cups 2025

## Current Standings - Greenwich Cup

Place	Name	Jan	Feb	Mar	Apr	May	Best Eight	Notes	Total Runs
1.	Eero Keranan (Walk)	26	32	26	29	28	141	n	5
2.	Rob Falloon (walk)	10	21	31	32	23	117	n	5
3.	Jac Wainright	10	21	29	(20)	31	111	n	4
4.	Michael Musgrove	18	19	17	31	11	96	n	5
5.	Anastasia Aldred	30	20	23	18		91	n	4
6.	Jason Rees	29	31	30			90	n	3
7.	Leigh Kelly	13	7	27	27	10	84	n	5
8.	Rae Carter	26	29	5	(20)		80	n	3
9.	Brian Armstrong	9	26		12	24	71	n	4
9.	Kaia Morris	23	21	27			71	n	3
9.	Kevin Aldred	(20)		6	18	27	71	n	3
12.	Graham Edwards		17	22	23	6	68	n	4
13.	Ken Smith	10	5	23	(20)	9	67	n	4
14.	Cain Speakman	27	7		10	(20)	64	n	3
15.	David Walker (walk)	10	10		10	32	62	n	4
15.	John Gray	12	5	12	21	12	62	n	5
15.	Mario Valastro	5	20	11		26	62	n	4
18.	Clare Beaumont	10	10	10	10	(20)	60	n	4
18.	Mick Beasley	(20)	(10)	(10)	(10)	(10)	60	n	0
20.	Anna Bovdis	32			7	(20)	59	n	2
21.	Diane Donoghue	(20)	6		5	20	51	n	3
22.	Matt Loader	5	5	10	(20)	10	50	n	4
22.	Peter Buissink	(20)		(10)	(10)	(10)	50	n	0
24.	John Horan (Pram)	10	10		10	17	47	n	4
25.	Anna McAlister	10		10		25	45	n	3
26.	Melanie Griffin	13		11		18	42	n	3
27.	Andrew Scardino			10	(20)	10	40	n	2
27.	Belinda Fithie	(20)	5	5	5	5	40	n	4
27.	Elise Hardiker			10	10	(20)	40	n	2
27.	Freya Rees	10	10	10	10		40	n	4
27.	Olly Rees	10	10	10	10		40	n	4
27.	Tara Fairbrother			10	9	21	40	n	5
27.	Will McKenzie			(20)	(10)	(10)	40	n	0
34.	Michael Slee (walk)	5	5	12	5	12	39	n	5
35.	John Becroft	7		5	26		38	n	3
36.	Helen Vaxevanis		(20)	5		11	36	n	2
36.	Neil Speakman	(20)		8	8		36	n	2
38.	Lizzie Stranks	5	30				35	n	2
38.	Melissa Rutze			(20)	10	5	35	n	2
38.	Michael Rief			10	25		35	n	2
38.	Rachel Kealy		(20)	5	5	5	35	n	3
42.	Ann Girvin		10			(20)	30	n	1
42.	Anna Anderson (Pram)	10		(20)			30	n	1
42.	Lana Woodhouse			(20)	10		30	n	1
45.	Michael Reif					29	29	n	1
46.	Stuart Tennant		15		5	5	25	n	3
46.	Terry Pearce			5	20		25	n	2
48.	Peter Whyte		5	5	6	5	21	n	4
49.	Brandon Bergin	10			10		20	n	2
49.	Gaye Crichton		10	10			20	n	2
49.	Kevin Mahon				10	10	20	n	2
49.	Laura Perree				10	10	20	n	2
49.	Linda Viberg				10	10	20	n	2



# Hobbos Greenwich and Ted Joy Cups 2025

## Current Standings - Greenwich Cup

Place	Name	Jan	Feb	Mar	Apr	May	Best Eight	Notes	Total Runs
49.	Magnus Vaisnys			10	10		20	n	2
49.	Michael Williams		(20)				20	n	0
49.	Ray Barnard	5		5	5	5	20	n	4
49.	Simon Anderson (Pram)	10		10			20	n	2
49.	Stuart O'Neil		(20)				20	n	0
49.	Susan Walker	5	5		5	5	20	n	4
49.	Tamara Petrov		(20)				20	n	0
61.	Sarah Lowe		11	5			16	n	2
62.	Jimmy Dwyer	10				5	15	n	2
62.	Kieran Leonard			5	5	5	15	n	3
64.	John Danaher	5				9	14	n	2
65.	Vanessa Coutts	8	5				13	n	2
66.	Adam Clarke					10	10	n	1
66.	Bronwyn Rowleson				10		10	n	1
66.	Cat McCrae				10		10	n	1
66.	Dominique Tanner	10					10	n	1
66.	Dominique Tanner (walk)			10			10	n	1
66.	Harry Scardino					10	10	n	1
66.	Jallyn Bigarelli			10			10	n	1
66.	Janelle Taylor		10				10	n	1
66.	Karli Smith			10			10	n	1
66.	Kieran Leonard (Chillie)	10					10	n	1
66.	Lauren Scardino					10	10	n	1
66.	Lois Speakman			10			10	n	1
66.	Michael Palmers			10			10	n	1
66.	Philippe Delecheneau				5	5	10	n	2
66.	Riain Casey	10					10	n	1
66.	Ron Van der Heide				10		10	n	1
66.	Sam Flockhard			10			10	n	1
66.	Savannah Scardino					10	10	n	1
66.	Sebastian Bigarelli			10			10	n	1
66.	Thomas Williams		10				10	n	1
66.	Tim Bigarelli			10			10	n	1
66.	William Hart					10	10	n	1
88.	Ashley Sanderson				5		5	n	1
88.	Helen Haralambous					5	5	n	1
88.	Jane Whitmore					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: 90

### More From The Handicapper

Updated Greenwich Cup standings for May. **Eero Keranen** is in a commanding - albeit far from unassailable - position at the head of the table. If I were in his shoes, I'd probably be most concerned about **Jason Rees** down in sixth position, but missing two events with an assist to come means Jason is rapidly reaching the position where he needs to get a good result in every remaining event this year. As for the rest of the commentary - well, we'll just have to wait for Michael Slee's wisdom in the June Newsletter... *Not much for me to add Mick as the numbers speak for themselves... you're on 60 points without a competitive step taken. Ah, what might have been! Ed.*



# Hobbos Coaching

With Brian Armstrong, Coaching Co-ordinator



*Hobbos contingent at Jells Park XCR*

## 2025 June Coaching update

The cooler weather is here with this year seeming much colder than normal. Everyone who knows me, would know that I normally wear a singlet, however the last week or so, I have done a few runs in a T-Shirt and gloves.

It is either getting cooler by the year, or I am getting softer as I age.



We have Yoga again on the way (with Cat – see below & the p6 flyer) and Anna Bovdis is flying into her new L1 runleader role with Tuesday night track.

Congratulations Mario Valestro who financed and obtained his own L2 recreational running accreditation. Mario has already been doing some L2 coaching, and this will enhance his development.

We are also investigating some more run sessions, at either different locations, or different days, so stay tuned. This month, we introduce the local Saturday long run group.

By the time of print, Anna will have completed her first runleading session at Tuesday night track. I have seen some of Anna's planning and excitement, so know it will be a well executed session with fun, laughter and

a great warm-up.

It is great to see members give back by volunteering as a runleader/coach, so we are always looking at adding longer term members to the AV training wait list.

### Monday Night Yoga

Runleader/Coach Cat McRae is running the next series of Monday night Yoga sessions, starting 7<sup>th</sup> July at 6:30pm. These sessions are added by popularity, so the more that attend, the more they will be held.



This will be an 8-week session, and best fit determined after the first session, as we are sharing the rooms with Little Athletics, so may only have half the space this time around.

In either case, join us for these sessions, as they are great for the body, mind and runners stretching.

Anyone that hasn't tried yoga, this is a great opportunity to see what you have been missing out on. For those that have done Yoga, now come along and see the expert 'Cat McRae'.

## Tuesday track

This is the last of my designed track series, based on 18-minute total efforts. Next week, we start with seasoned coach Rob Falloon's series. It is so good to have so much variety added to these sessions, when we rotate over different coach track session designs.

We often get asked, what pace should I run these efforts at. The answer is, it is different for each runner. The series are mainly designed for the 5k distance, so unless the session is listed as a specific pace, we like to target a bit faster than your current 5k pace, perhaps a 5k goal pace, or even slightly faster.

You will know when you have the desired pace, when you feel it is a strong effort, can just talk, and can finish the complete session at the same or similar pace. If you slow down too much at the end on the last effort, consider slowing a little the following Tuesday, until you have that desired pace.

As most of our sessions, include reps, with floats or rests, you should be able to do the 'on efforts' at minimal, your current 5k pace.

When we mention float, we mean a slower pace. This can be anywhere from your marathon pace to a walk, it is more individual runner focused and relies heavily on how you are feeling on the day, but is always at minimum a slight rest from the on effort. The floats are also based on load from other runs during the week, which is why it can vary between a runner, and even the same runner, another week. The float should just feel like, yep, I have had a slight rest, comfy, and ready for the next hit. It is all a balancing act, so will come with practice.

You may notice the word 'feel' is used a lot, rather than actual pace for a float, and this is because it is variable.

We also get asked why we have some sessions as static rests, which some ignore and still do floats.

Having a static rest gives you the opportunity to do two things. The first is the opportunity to do a full rep 'at speed', which is over and above your normal comfy zone, it is great to get those faster muscles working and get you used to running that bit faster.

By having that static rest, it allows you to do multiple reps at that faster pace, as you are almost fully rested, which is not the case when doing floats.

The other thing that static rests can be used for, is to just do efforts at a normal or even slower pace, and fully absorb that full body rest between. For those that don't do many runs other than track, doing the latter will give your body a break that week.

Each session I run, I normally balance my floats by how I feel, which does change week to week, based on how tired my legs are.

## Tuesday night track – Alternative marathon sessions

You may have noticed that on some Tuesday sessions, I and a few others do a different session.

These are mainly longer tempo sessions, better designed to fit into most marathon plans.

If you are planning a longer event (half marathon and greater), and decide at any stage that you would like to do one of these alternative sessions, feel free to join in.

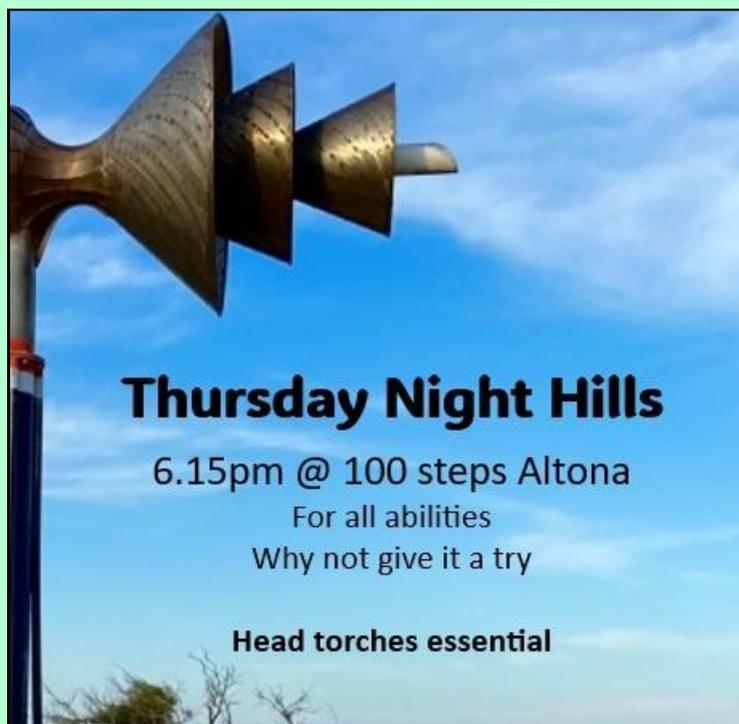
Although there are some benefits doing these for shorter distance races, the normal track sessions are better designed for them.

## Thursday Hills

The hill sessions have still been seeing some good numbers, given that they normally drop a lot during the colder, darker months.

We do have issues at times, obtaining runleaders for these, so if possible give them a go. The more that attend, the more focus we get from our run leaders.

## Saturday medium/long runs - NEW



There are a few members who like to do their longer runs on a Saturday, instead of a Sunday. Due to this, we are slowly adding members to a local Saturday messenger group, so we can hopefully get some company for the Saturday runners.

While a lot of our members run the Handicap or Parkrun on a Saturday, the weeks you miss, you can always look to join a Saturday run with some company. The times are not locked in and without a runleader, but if likely to run a Saturday and want some company, let me know and I will add you to the messenger group.

At this stage, this is just a messenger group to determine interest.

## Sunday Slow Runs Newport Lakes

Newport Lakes long runs is still seeing a strong attendance of regular members up for a slower chat.

We would like to see a lot of new members come along, and join in. Speak with Rob Falloon, for any questions.



## Sunday Long Runs – Local Faster Paced group

Our faster group had a very strong attendance on Sunday (some doing a portion, i.e. 10k), with many training for various marathon and half marathon events. Although it is a faster paced group (5:00 – 5:30 per km), everyone is welcome, and we can accommodate those who can only do a smaller portion of the complete distance listed.

Again, we add anyone interested to our Sunday messenger group, so for any that are even slightly interested, contact me to add you.

## Childrens & Parents Sunday Session Term 2

The final session for Term 2 of Our Parents and Children's was held last weekend by Laura.

It was a great series and even greater when we had our junior coach/runleaders assisting.

The series was made possible by:

Laura

Olly

Freya

Tameka

Kieran

Brian

We will discuss in the background, what is in store for Term 3.

## **Our 2025 Runleaders:**

As always, a huge thank you to all our coaches and runleaders, who volunteer their time, and do such a wonderful job.

**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

**Freya Rees** – Junior Childrens coach

**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** – Childrens 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

**Olly Rees** – Junior Childrens coach

**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 and run consistent sessions with the same paced efforts for all repetitions. This will give you the best fitness benefit'***

**2025 Coaching Co-ordinator & Head Coach**

**Brian Armstrong**



# 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

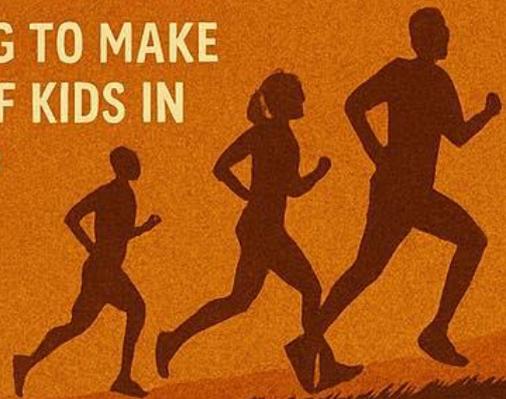
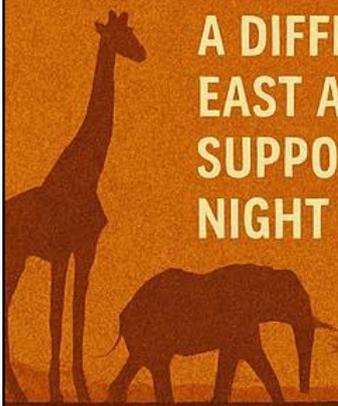
**DATE: SATURDAY, 28 JUNE**

**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**





## 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 June handicap is #358

