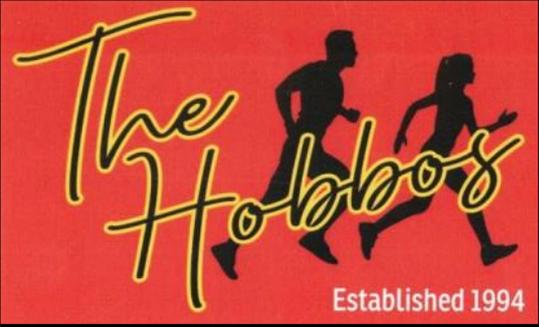


July 2025



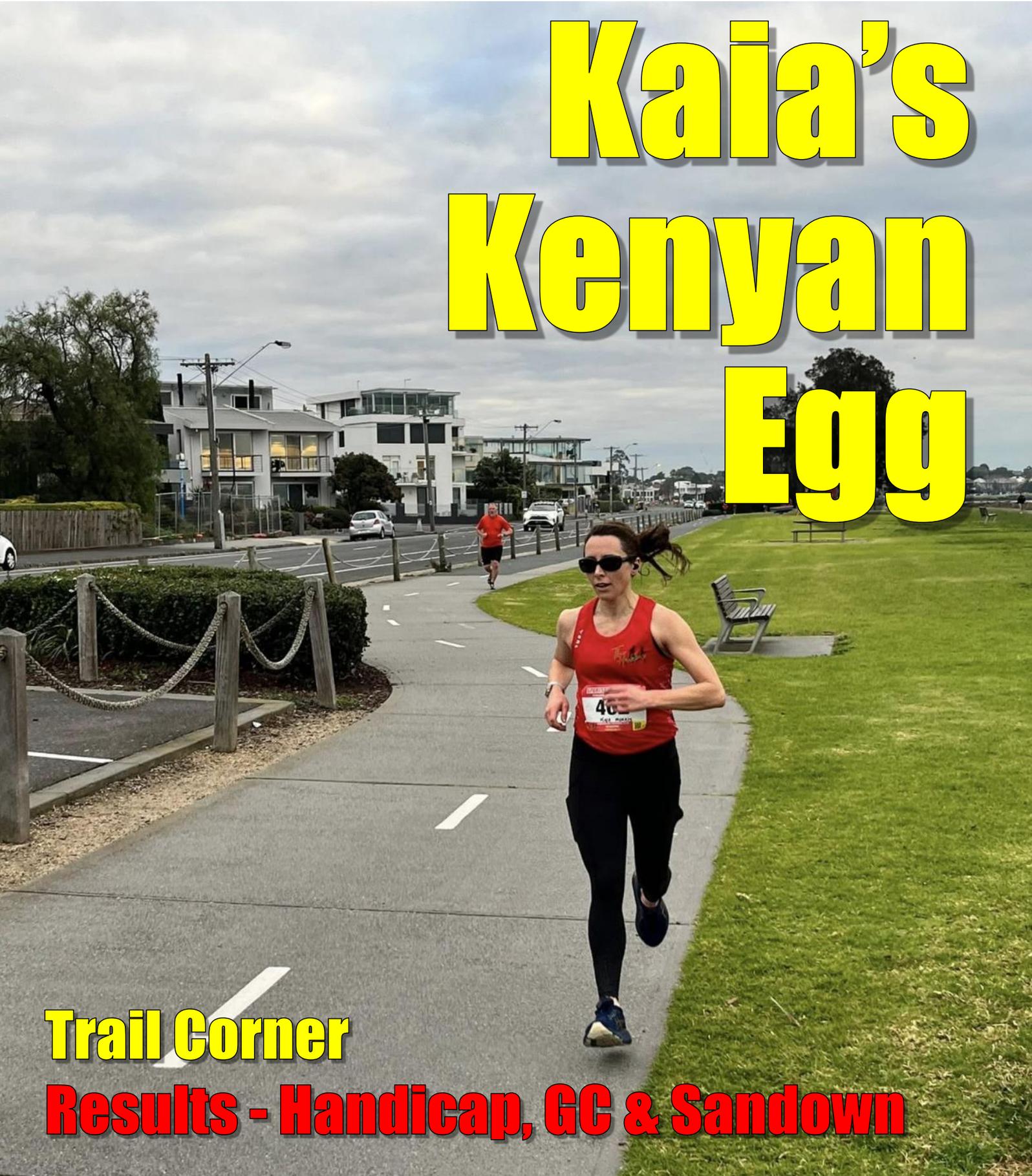
HomeRuns



#359

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

Kaia's Kenyan Egg



Trail Corner

Results - Handicap, GC & Sandown

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Sandown Hobbos

Forthcoming Events

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 (2.8km)
Sun 14th Sept	Maribrnyng River Run - Volunteering (club fundraiser)
Sun 20th Sept	AV XCR Tan Relay Teams (3.8km)

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



OUR HELPERS DO a sterling job. They arrive at 7am, gather the gear from the track pavilion and head to the start while others remain to set up for morning tea. At the start a lot of hot air is needed to inflate the arch then secure it firmly to the ground. The registration table and chairs are placed in position, cones are carefully placed to mark the exclusion zone - a 5m radius from the electronic finish mat - this prevents our bibs from accidentally registering and causing 'results kaos'. Would be teachers set to work on foot-path signage eg Start; turn around arrows etc. At 7:45am our race director, usually Peter Buissink, welcomes everyone, runs through the necessary housekeeping for a 5km event like our handicap and then reads out participant start times. The clock is then started and bit by bit we move to the start line and go!

At the Pier Farm turnaround a Hobbo on duty ensures that we do in fact turn and NOT go further than we need. That Hobbo also snaps us in action.

During the June Handicap Will & Brian flew a drone and took aerial photos of the runners at the half way turn and again at the finish. These were available to view on Facebook quick smart and a select few appear in this issue.

But wait there's more. As we partake of morning tea and natter away the numbers are crunched to produce 5km handicap race results.

Announcements and presentations happen, thank yous are made and we all go home.

That's it for another month right?

Not quite. Handicap results are published along with GC & TJC standings and posted on Facebook. So too are race photos.

They say it takes a village to raise a child, it takes a club to make a handicap happen, again and again. Contact Brony to help please.

7:40am (or earlier) avoids the queue for handicap #359



John Ayton's *SportsPower* Williamstown



**NIKE are back after 8 years.
Coming soon! Pegasus, Vomero
& Structure**





Farewell and bon voyage Rae-gun

At the June handicap and morning tea, we farewelled our friend and clubmate Rae Carter, before she departs for another 11-month teaching stint in her beloved Niger in West Africa.

Rae has only been with us for 2 ½ years, but it seems much longer, which only shows the high regard and affection which we all hold her in. Rae ran her first parkrun in January 2023, taking out first female in the process, and joined the Hobbos the very next month. Since then, she has run 36 parkruns with 15 PBs and has been first female 22 times, a 59% win ratio possibly unmatched anywhere!!

Rae ran 13 handicaps with us, taking home the egg in April 2024 in her 4th eligible run. Over this time, Rae improved her handicap from 21:16 to 19:40, and her parkrun from 20:48 to 19:05 last Saturday at Maribyrnong. In 2024 she came 3rd in the Greenwich Cup and 2nd in the Daylight Saving Series. Just 2 weeks ago, she took out 2nd place (female) and won her age group in the Run Melbourne 5.5km event!

Rae ran in 4 of our XCR relay teams, joined the committee and has been a Tuesday night track regular. I know her as a dedicated teacher, a great competitor who always trains hard, and a good friend with the biggest smile. We wish her all the best and to hurry back to us!

Rae replied to this valediction at the handicap morning tea, relating that after moving to Melbourne, a friend suggested she join a running club, which she did, not to run faster but just to meet people. Rae said she would miss us, and “I’ll be back”!

Sandown Road Relay

On last month’s handicap day, we also had the **Sandown road relays**. Of our 6 teams and 20 runners, our Womens div 4 were again the standout taking 4th place out of 8 athletics club teams, spearheaded this time by, you guessed it, Rae Carter, with the 2nd best Hobbos time of the day, even beating former club member Maryanne McSweeney in the Geelong premier division. Our Womens Div 5 and Mens 60+ also took out 4th place in each of their divisions.

Waylyn Turner	0:23:32	Wendy Ellerton	0:28:42
Rae Carter	0:24:18	Leigh Kelly	0:28:48
Maryanne McSweeney	0:24:22	Sarah McEntee	0:29:12
Kevin Mahon	0:25:15	Clare Beaumont	0:29:41
Gareth Coakley	0:25:31	John Danaher	0:29:42
Dean Crowley	0:25:50	John Horan	0:30:57
John Gray	0:26:50	Graeme Dewerson	0:31:05
Jessica Waters	0:27:41	Gracie McKenzie	0:33:28
Terry Pearce	0:27:56	Mary-Ellen Brierly	0:33:54
Ashley Sandison	0:27:59	Linda Viberg	0:35:23
Sandra Browne	0:28:18	Cat McRae	0:40:11

While we compete in the XCR relays as a recreational running club for fun, for me it’s a nice layer of icing on the cake to beat a few Athletics club teams.

Team Results on page 5



Rae Carter in full flight and all smile at the June Handicap, a mere warmup for Sandown in the afternoon.



Sandown Road Relays - Teams Results

M6	Kevin Mahon	0:25:15	1:40:08	1:15:06	6th out of 10 teams
	Dean Crowley	0:25:50	total time	3 runner equiv	
	Waylyn Turner	0:23:32			
	Gareth Coakley	0:25:31			
F4	Rae Carter	0:24:18		1:21:11	4th out of 8 teams
	Sarah McEntee	0:29:12		total time	
	Jessica Waters	0:27:41			
M60	Terry Pearce	0:27:56		1:24:28	4th out of 12 teams
	John Gray	0:26:50		total time	
	John Danaher	0:29:42			
M7	John Horan	0:30:57	1:58:49	1:29:07	11th
	Ashley Sandison	0:27:59	total time	3 runner equiv	
	Leigh Kelly	0:28:48			
	Graeme Dewerson	0:31:05			
F5	Wendy Ellerton	0:28:42		1:30:54	4th out of 11 teams
	Sandra Browne	0:28:18		total time	
	Mary-Ellen Brierly	0:33:54			
F40	Linda Viberg	0:35:23		1:45:15	5th
	Clare Beaumont	0:29:41		total time	
	Cat McRae	0:40:11			

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 happy hunting ground for many of us.

Our Cyril Curtain takeover is coming up next on Saturday 2nd August, so get in quick and sign up with Brony to volunteer for a role, or come along to run in club colors to 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.

Many of you must be saving yourself for The Tan XCR relays, which is the most popular relay event, so sign up and join the fun!

Sat 2nd Aug Cyril Curtain Reserve parkrun "takeover"

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)

Until next month, stay fit, healthy and safe.



Sandown Road Relays



Around the Runs

Run Melbourne
 Plenty of Hobbos, some of their times.

5.5Km
 Rae Carter 21:33

10Km
 Anastasia Aldred 55:08
 Anna Bovdis 56:51

21.1Km
 Laura Perree 1:30:52
 Clare Beaumont 1:47:45
 Big Kev Aldred 1:48:03
 Bel Fithie 2:24:27



Run Melbourne: Clockwise from top Anastasia post race; Kevin mid-race; Kevin post race; Mario pre-race

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 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!

Yoga has returned to the Hobbos' schedule in July 2025.

Beginner friendly classes, no experience necessary.

Benefits of Yoga

- *Build Strength**
- *Improve Balance & Proprioception**
- *Improve Mobility**
- *Assists with Recovery**



Hobbos Handicap - June 2025 - 358 Running

Pos	Name	Finish	Time	Start	PB	AGPB	Split 1	Split 2	Points	Bonus	Total
Greenwich Cup											
1	Kaia Morris	49:06	23:16	25:50	24:13	24:13	11:42	11:34	20	12	32
2	Rob Falloon (walk)	49:28	34:18	15:10	34:57	34:57	17:12	17:06	19	12	31
3	Helen Haralambous	49:41	34:21	15:20	34:24	34:24	17:02	17:19	18	12	30
4	Eero Keranan (Walk)	49:45	42:00	7:45	42:25	42:25	20:35	21:25	17	12	29
5	Jason Rees	49:49	22:19	27:30	20:44	22:36	11:05	11:14	16	12	28
6	Jac Wainright	49:56	27:26	22:30	27:37	27:37	13:49	13:37	15	12	27
7	Elise Hardiker	50:02	31:02	19:00	28:59	28:59	15:37	15:25	14	0	14
8	Laura Perree	50:21	20:21	30:00	20:31	20:31	10:06	10:15	13	12	25
9	Kevin Aldred	50:21	22:36	27:45	22:20	22:20	11:20	11:16	12	9	21
10	Rachel Kealy	50:22	27:22	23:00	26:50	26:50	13:42	13:40	11	6	17
11	Ken Smith	50:29	42:19	8:10	22:28	41:52	21:50	20:29	10	7	17
12	Anna Bovdis	50:36	26:26	24:10	26:02	26:02	13:03	13:23	9	8	17
13	Belinda Fithie	50:39	30:39	20:00	27:34	28:08	15:08	15:31	8	0	8
14	Michael Slee (walk)	50:39	39:39	11:00	38:43	39:03	19:52	19:47	7	6	13
15	Matt Loader	50:49	22:49	28:00	22:06	22:06	11:15	11:34	6	4	10
16	Melissa Rutze	50:58	29:58	21:00	26:02	27:12	15:21	14:37	5	0	5
17	Michael Musgrove	51:06	41:11	9:55	35:15	40:09	20:34	20:37	5	1	6
18	Diane Donoghue	51:15	31:35	19:40	30:23	30:44	15:41	15:54	5	3	8
19	Neil Speakman	51:25	25:20	26:05	23:15	23:15	12:42	12:38	5	0	5
20	Rae Carter	51:26	21:01	30:25	19:40	19:40	10:31	10:30	5	0	5
21	John Horan	53:19	26:49	26:30	23:36	23:36	13:09	13:40	5	0	5
22	Ray Barnard	53:24	32:54	20:30	22:12	26:33	15:59	16:55	5	0	5
Ineligible											
1	Andrew Scardino	50:14	19:59	30:15	19:02	19:18	10:03	9:56	10	0	10
2	Cain Speakman	50:09	21:55	27:30	19:26	19:34	11:05	10:50	10	0	10
3	Mike Newby	49:13	23:13	26:00			11:33	11:40	10	0	10
4	Harry Scardino	50:54	24:24	26:30	23:52	23:52	12:14	12:10	10	0	10





Pos	Name	Finish	Time	Start	PB	AGPB	Split 1	Split 2	Points	Bonus	Total
5	Shona Tudge	48:21	25:21	10:00			12:23	12:58	10	0	10
6	William Hart	50:50	28:20	22:30	27:59	27:59	14:11	14:09	10	0	10
7	Di Williamson	42:50	28:50	14:00			14:46	14:04	10	0	10
8	Cat McCrae	53:24	32:24	21:00	27:35	27:35	15:48	16:36	10	0	10
9	Savannah Scardino	51:39	36:39	15:00	38:41	38:41	17:22	19:17	10	0	10
10	Lauren Scardino	51:39	36:39	15:00	38:41	38:41	17:22	19:17	10	0	10
11	Freya Rees	55:43	42:13	13:30	33:47	33:47	19:23	22:50	10	0	10

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

Kaia thanks her friends

Kaia Morris, winner of the June 5km Handicap thanked a few people following her announcement as winner. Kaia thanked Belinda then Jac and Matt for getting her to the Hobbos in the first place and we are glad they did.

With a negative split, Kaia posted a 57 second PB, the largest of the day. In fact eight of the first nine all posted PBs or AGPB and it is no wonder. Conditions were just about perfect again on the final Saturday in June. A cool still morning with the barest of breezes which was only noticeable at the turn for home at Pier Farm.

Once again the walking brigade set a cracking pace and a 'lure' to chase down which only Kaia managed to do.



Kaia receives her egg from Pete B

Walkers Rob Falloon and Eero Keranen were up at the pointy end when it counted. Rob took another 39 seconds from his PB and is now walking the 5km in 34:18 and finished second, 22 seconds behind Kaia.

Eero sliced 25 seconds from his walking PB and finished fourth with a time of 42 minutes flat.

The rest of the top ten were all runners. Helen Haralambous took third with a terrific 34:21 clipping 3 seconds from her PB.



Helen leads Rob to the first turn

Jason Rees, spurred on by the verbal rocket from handicapper Mick Beasley for missing the last couple of handicaps, did exactly what he was 'told' to do. He was quick, finished fifth and ran a 17 second AGPB. 28 points. Job done - for this month.

Fastest time of the day was 19:59 from the still ineligible Andrew Scardino, who has been joined by his entire family, which a wonderful sight to behold. We all hope that it is the start of a longtime association.

Not too far off Andrew's pace was Laura Perree with a very quick 20:21, a 10 second PB, the only other time under 21 minutes.

Our drone camera captures Kaia crossing the finish line...



...and Laura, Kev & Rachel a little bit later!



June Handicap



Shona



John H



Di W



Elise



Laura

Photos: Leigh Kelly & our drone



Hobbos Greenwich and Ted Joy Cups 2025

Current Standings - Greenwich Cup



Place	Name	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Best Eight	Notes	Total Runs
1.	Eero Keranan (Walk)	26	32	26	29	28	29							170	n	7
2.	Rob Falloon (walk)	10	21	31	32	23	31							148	n	7
3.	Jac Wainright	10	21	29	(20)	31	27							138	n	6
4.	Jason Rees	29	31	30			28							118	n	5
5.	Kevin Aldred	(20)		6	18	27	21			21				113	n	5
6.	Leigh Kelly	13	7	27	27	10	(20)							104	n	5
7.	Kaia Morris	23	21	27			32							103	n	5
8.	Michael Musgrove	18	19	17	31	11	6							102	n	7
9.	Anastasia Aldred	30	20	23	18									91	n	4
9.	Brian Armstrong	9	26		12	24	(20)							91	n	4
11.	Rae Carter	26	29	5	(20)		5							85	n	5
12.	Ken Smith	10	5	23	(20)	9	17							84	n	6
13.	John Gray	12	5	12	21	12	(20)							82	n	5
14.	Anna Bovdis	32			7	(20)	17							76	n	4
15.	Cain Speakman	27	7		10	(20)	10							74	n	5
16.	Graham Edwards		17	22	23	6								68	n	4
17.	David Walker (walk)	10	10		10	32								62	n	4
17.	Mario Valastro	5	20	11		26								62	n	4
19.	Clare Beaumont	10	10	10	10	(20)								60	n	4
19.	Matt Loader	5	5	10	(20)	10	10							60	n	6
19.	Mick Beasley	(20)	(10)	(10)	(10)	(10)								60	n	0
19.	Peter Buissink	(20)	(20)	(10)	(10)	(10)	(10)							60	n	0
23.	Diane Donoghue	(20)	6		5	20	8							59	n	5
24.	Elise Hardiker			10	10	(20)	14							54	n	4
25.	Michael Slee (walk)	5	5	12	5	12	13							52	n	7
25.	Rachel Kealy		(20)	5	5	5	17							52	n	5
27.	Andrew Scardino			10	(20)	10	10							50	n	4
27.	Freya Rees	10	10	10	10		10							50	n	7
27.	Will McKenzie			(20)	(10)	(10)	(10)							50	n	0
30.	Belinda Fithie	(20)	5	5	5	5	8							48	n	6
31.	John Horan (Pram)	10	10		10	17								47	n	4
32.	Anna McAllister	10		10		25								45	n	3
32.	Laura Perree				10	10	25							45	n	4
34.	Melanie Griffin	13		11		18								42	n	3
35.	Neil Speakman	(20)		8	8		5							41	n	4
36.	Melissa Rutze			(20)	10	5	5							40	n	4

Hobbos Greenwich and Ted Joy Cups 2025

Current Standings - Greenwich Cup

Place	Name	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Best Eight	Notes	Total Runs
36.	Olly Rees	10	10	10	10									40	n	4
36.	Tara Fairbrother			10	9	21								40	n	5
39.	John Becroft	7		5	26									38	n	3
40.	Helen Vaxevanis		(20)	5		11								36	n	2
41.	Helen Haralambous					5	30							35	n	3
41.	Jimmy Dwyer	10			5	(20)								35	n	2
41.	Lizzie Stranks	5	30											35	n	2
41.	Michael Rief			10	25									35	n	2
45.	Ann Girvin		10		(20)									30	n	1
45.	Anna Anderson (Pram)	10		(20)										30	n	1
45.	Lana Woodhouse			(20)	10									30	n	1
45.	Lois Speakman			10		(20)								30	n	1
49.	Michael Reif					29								29	n	1
50.	Ray Barnard	5		5	5	5	5							25	n	6
50.	Stuart Tennant		15		5	5								25	n	3
50.	Terry Pearce			5	20									25	n	2
53.	Peter Whyte		5	5	6	5								21	n	4
54.	Brandon Bergin	10			10									20	n	2
54.	Cat McRae				10		10							20	n	3
54.	Gaye Crichton			10	10									20	n	2
54.	Harry Scardino					10	10							20	n	3
54.	Kevin Mahon			10	10									20	n	2
54.	Lauren Scardino					10	10							20	n	3
54.	Linda Viberg				10	10								20	n	2
54.	Magnus Vaisnys			10	10									20	n	2
54.	Michael Williams			(20)										20	n	0
54.	Savannah Scardino					10	10							20	n	3
54.	Simon Anderson (Pram)	10		10										20	n	2
54.	Stuart O'Neil			(20)										20	n	0
54.	Susan Walker	5	5		5	5								20	n	4
54.	Tamara Petrov			(20)										20	n	0
54.	William Hart					10	10							20	n	2
69.	Sarah Lowe			11	5									16	n	2
70.	Kieran Leonard			5	5	5								15	n	3
71.	John Danaher	5				9								14	n	2
72.	Vanessa Coutts	8	5											13	n	2



Hobbos Greenwich and Ted Joy Cups 2025



Current Standings - Greenwich Cup

Place	Name	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Best Eight	Notes	Total Runs
73.	Adam Clarke					10								10	n	1
73.	Bronwyn Rowleson				10									10	n	1
73.	Di Williamson						10							10	n	2
73.	Dominique Tanner	10												10	n	1
73.	Dominique Tanner (walk)			10										10	n	1
73.	Jallyn Bigarelli			10										10	n	1
73.	Janelle Taylor		10											10	n	1
73.	Karli Smith			10										10	n	1
73.	Kieran Leonard (Chillie)	10												10	n	1
73.	Michael Palmers			10										10	n	1
73.	Mike Newby				10									10	n	2
73.	Philippe Delecheneau			5	5	5								10	n	2
73.	Riain Casey	10												10	n	1
73.	Ron Van der Heide			10										10	n	1
73.	Sam Flockhard			10										10	n	1
73.	Sebastian Bigarelli			10										10	n	1
73.	Shona Tudge						10							10	n	2
73.	Thomas Williams		10											10	n	1
73.	Tim Bigarelli			10										10	n	1
92.	Ashley Sanderson			5										5	n	1
92.	Jane Whitmore					5								5	n	1
92.	John Horan						5							5	n	2

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: 94



Top to bottom: Ray; Anna; Cain approaching half way on Matt's tail.



Trail Corner

With Lucas Beck, Trail & Ultra Coach

G'day trail legends!

It's been a while, but we're back. There are still many awesome trail events on this year's calendar, but if you're thinking about doing something big or small in 2026, now is the time to start mentally and physically preparing for the trail ahead.

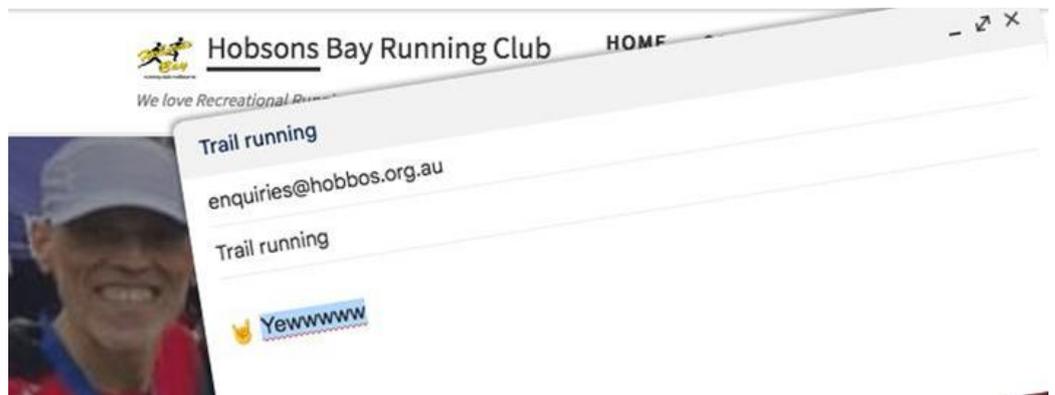
For those of you that may be new to trail running... it's great, because it combines the physical challenge of running with the mental and emotional benefits of being immersed in nature. Unlike road running, trails offer varied terrain that builds strength, agility, and balance, while the changing scenery keeps the experience engaging and often meditative. The quieter, less crowded paths foster a deeper connection to the environment, reduce stress, and encourage mindfulness. Whether you're chasing personal goals or simply seeking solitude, trail running offers a unique blend of adventure, fitness, and mental clarity.

If you want to know more about upcoming events, training for ultra marathons or even getting into trail running, please email me at enquiries@hobbos.org.au with the subject "Trail running".

See you on the trails

Lucas Beck,

Trail and Ultra coach



2025 Events

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

[Mt Macedon](#). **5 October**. 10km – 21km – 30km – 42km – 50km

[Rollercoast Trail Run](#). **18 October**. 12km – 23km – 46km

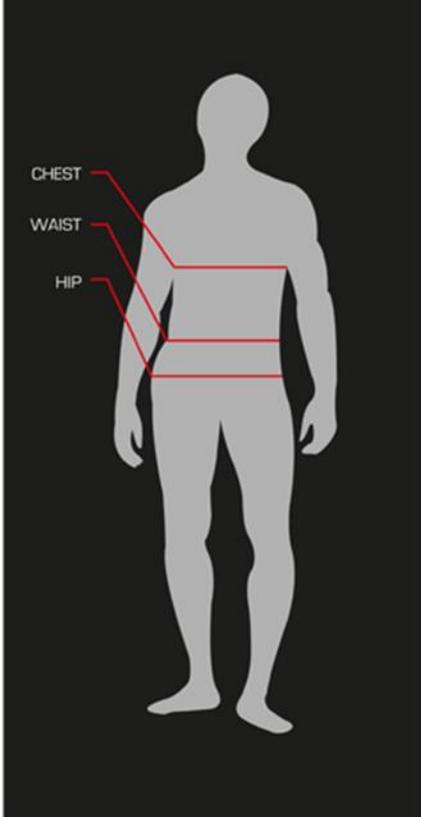
[Marysville Marathon](#). **8–9 November**. 1500m Kids dash – 4km – 10km – 7km & 14km KQOM – 21km – 42km – 50km – 100km



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	<input type="checkbox"/> White	Specifications			Client Approval	<input type="checkbox"/> Sub4 reflective logos to be used	<input type="checkbox"/> DryLyte performance fabric to be used		Client	
	<input type="checkbox"/> Red					Date				
	<input type="checkbox"/> Yellow					Signature				
	<input type="checkbox"/>									



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





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

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

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

Financial members qualify for discounts from our club sponsors:



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

Abby Speakman from Symmetry Physiotherapy Williamstown (84 Douglas Parade) 

Join us for Regular Group Training Sessions and Social Runs

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

Join us for Regular Handicap Competitions, which suit all abilities

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

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

Website: www.hobbos.org.au

Email: enquiries@hobbos.org.au

The June handicap is #359

