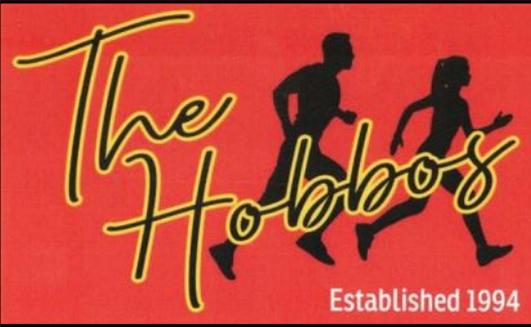


August 2025



HomeRuns

#360

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



Fitter than ever

Eero Thanks The Club

In this issue

From the editor's desk	2-3
Gray Matters	4-5
Winter XCR	6
Symmetry/Yoga	7
July Handicap	8-11
GC Standings	11-14
Club Gear	15
Run for Change	16-17
Trail Corner	18-19
Hobbos Ad	20

President:
John Gray

Secretary:
Bronwyn Rowleson

Treasurer:
Peter Buissink

Handicapper:
Mick Beasley

Editor & design:
Michael Slee
michaeljslee58@gmail.com

Committee members:
Brian Armstrong, Rae Carter,
Vanessa Coutts, Tameka Day, Jim-
my Dwyer, Sarah Lowe, Will
McKenzie, Stuart O'Neil, Terry
Pearce, Sue Walker

Patron:
Eero Keranan
Past Patrons:
Ted Joy & John Condon

Life Members: Mark Maloney,
Eero Keranan, Peter Buissink,
John Condon, John Gray, Michael
Musgrove & Ted Joy

Website: hobbos.org.au
Email: enquiries@hobbos.org



Winter Cross Country at Newport Lakes

Forthcoming Events

- Sat 30th Aug 7:40am, August Handicap & Morning Tea
Sun 14th Sept Maribyrnong 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



Trail runs and cross country events are extremely popular with Hobbos. A dive into back issues of Home Runs from the last few years reveals positive proof.

And the photo of Robyn Wilmshurt in central Australia shows just one of the attractions - jaw dropping scenery in our own back yard.

Ultra runner Robyn doesn't look too distressed lounging by the pool during Run Larapinta - 125 km over four days.

For a full account head to Luke Beck's Trail Corner column on page 18 & 19.

Also in the August issue we have a full run down of the July Handicap, the Cups story so far and of course our Winter Cross Country.

So, there's plenty to read, with results tables and photos galore.

Haven't helped out yet, see anyone on the committee (p2 lists us all) - your club needs you!

7:40am (or earlier) avoids the queue for handicap #360



John Ayton's *SportsPower* Williamstown

Arahi In Stock!



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



Gray Matters

with President John Gray



Spring is almost here and a lot of clubmates are already out there well into training, with Sydney Marathon this weekend, and Melbourne Marathon only 6 weeks away. We recently had runners at the Sri Chinmoy Princes Park and the Bellarine Rail Trail 17/34k runs.



It's only 2 weeks away from the **Mari-byrnong River Run** where we provide helpers for the water stations. This is a major club fundraiser as the club is paid for providing helpers and it saves us from needing to host a Bunning BBQ fundraiser.



We have filled our 10 helper spots but may need a few back ups, so please help out if you can. It's a fun morning, where you'll be needed for 2-3 hours starting from 7am, and you get to see all the runners and cheer on your fellow Hobbos running in the event.

Club communications

Your committee has been looking at how we can improve communication with members, beyond the current primary method of our public Facebook group. We are trialing the use of "TeamApp" with the committee and coaches group, which is a widely used medium amongst sporting clubs, with a view to extending this to all club members. Stay tuned for more information on this. Our updated communications strategy would include maintaining our presence on Facebook and Instagram as a means of promoting the club to potential members.



parkrun takeover

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.

It was Cyril Curtains turn earlier this month, with 42 Hobbos running or volunteering. Thanks to everyone who took part.



The Winter Series

Earlier this month we held our annual Winter cross-country 2.9km handicap at Newport Lakes. Conditions were good and track dry, but a disappointingly small field of 9 runners just outnumbered the helpers. But on the bright side there was plenty of egg & bacon for us! Well done to our podium of Dean Crowley, Cain Speakman and yours truly.

Our final Winter series event is the Athletics Victoria XCR Tan relay in 3 weeks time. Last year we had 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, its all about team spirit and fun. You just need to be a financial member and have a club top or at least a red top.

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.



1, 2, 3 loops & BBQ - Altona



Winter Cross Country - 3km Newport Lakes

Newport Lakes is always brisk for our Winter Cross Country but the company, the surroundings and the breakfast make it a must attend event on the Hobbos calendar and it's been a fixture since 2012 (I'm pretty sure).

An elite field attacked the hilly lakes course with gusto and passion and in true handicap style had a lure to chase with 'walker' Michael Slee out front, holding them off for just over a lap thanks to a 6 minute 15 second start on the rest. But reel him they did.

Dean Crowley took the prize with two stylish laps each under 6 minutes; 5:49 & 5:51 respectively. Not surprisingly, his time of 11.40 was the quickest of the day.

Cain Speakman, fresh from a 'training run' in Kenya (see page 16 & 17 for more on that) took second place (12:21) and John Gray completed the podium (12:49).

Thanks to the volunteers for making it all happen - Brony the BBQer; Rob the course setter; Di the videographer; Kev the timer & 'the director of it all' Peter Buissink.



Dean Crowley with his 'mini' Kenyan Egg

SURNAME	Current Start (mm.ss)	Gross Time	Gross 1 st Split	SPLIT 1 (mm.ss)	SPLIT 2 (mm.ss)	NET TIME (mm.ss)	PLACE
Qualified Members							
Dean Crowley	6.30	18.10	12.19	5.49	5.51	11.40	1
Cain Speakman	6.15	18.36	12.39	6.24	5.57	12.21	2
John Gray	6.30	19.19	12.53	6.23	6.26	12.49	3
Martin Mankowski	6.45	19.39	13.17	6.32	6.21	12.54	4
Terry Pearce	6.30	19.53	13.04	6.34	6.49	13.23	5
Gareth Coakley	6.30	20.57	13.40	7.10	7.17	14.27	6
Brian Armstrong	7.00	21.03	14.09	7.09	6.54	14.03	7
Sarah McAtee	6.15	21.10	13.40	7.25	6.30	13.55	8
Michael Slee	0.00	24.04	12.05	12.05	11.59	24.04	9



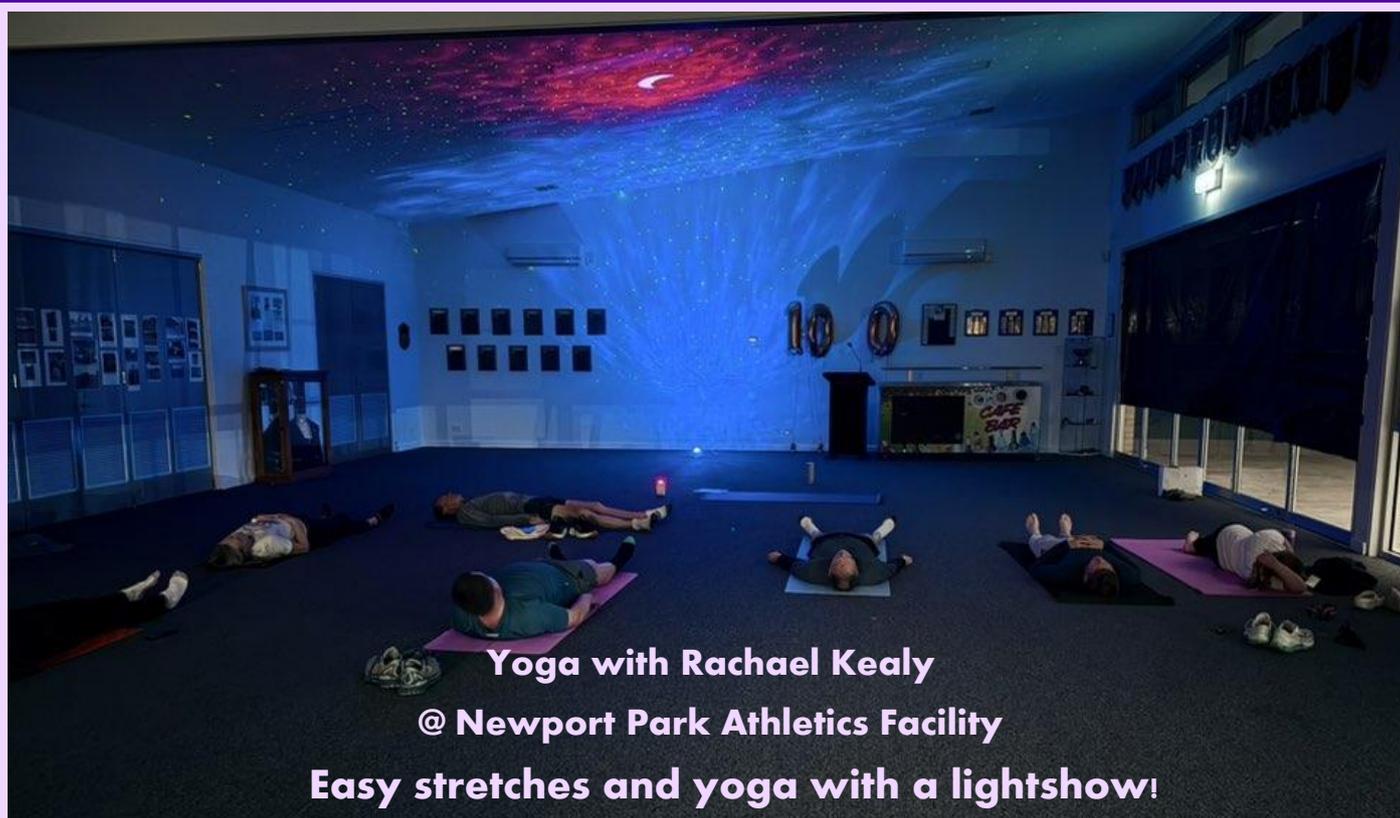
Empower Your Health Journey

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84 Douglas Parade, Williamstown

9989 2444



Egg #2 For Eero in 2025



Eero at the turn

JULY HOPEFULS lining up for the Hobbos July 5Km Handicap run were met by a strong, gusting northerly along with the threat of showers if not rain. The wet stayed away, the wind was ever present but rose and fell.

A turn out of 37 witnessed a tussle between Greenwich Cup front runners – Eero Keranen and Rob Falloon. Eero's start time is – 8:10; Rob's is 15:40. Both ran PBs. Eero held Rob off by a measly 8 seconds.

End result in terms of the Greenwich Cup is that Eero extends his lead over Rob by a solitary point from 22 to 23. And as some commentators are want to say, could be a lucky point!

Fastest times of the day went to Andrew Scardino, 19:37 and the only sub-20-minute run of the day. Not far off were Dean Crowley (20:01), John Gray (20:53) and Michael Rief (20:57). Full results on pages 10-11.

The handicap set up and pack down ran like clockwork thanks to our volunteers (if you haven't helped yet, please do. It's great fun.)

The July handicap was Eero's second win, both have been this year and as a walker. Peter Buissink, when presenting

the coveted Kenyan Egg, made mention of Eero's 'lack' of Hobbos handicap success as a runner, world class as he was. Eero has never won a handicap as a runner. It was quite clear from his words that he would dearly love to 'right that wrong'. But Eero had some even wiser words, and I paraphrase. When he and Sara started the Hobbos, more than 30 years ago, he could never have imagined how important the club would be in helping himself get back to such a strong level of fitness following his heart bypass. Eero re-iterated what many Kenyan Egg winners say when presented with their prize. 'This club is a wonderful club. From those on the track to the helpers who make it happen.' There's nothing like it. 'Thank you.'

ANOTHER PRESENTATION was made to Eero as well. Earlier in the year prizes were given out for the 2024/25 Daylight Savings Series. An error on our part saw the third prize presented to Kaia Morris instead of Eero Keranen. Happily this was rectified and Eero received his prize (a ticket to the Sun Theatre in Yarraville). Eero was chuffed and noted that the last film he had seen at the Sun Theatre was Sergeant York with Gary Cooper. Yes, he's that old. The Oscar winning film was released in 1941, so it must have been a re-run.

The Daylight-Saving Series (DSS) is a competition of 6 events of varying distances and is designed to 'keep life interesting' for Hobbos NOT at the pointy end of the Greenwich Cup. The 2025/26 series kicks off with the Phar Lap 2 Mile on Cup Eve in early November.



Eero ticket in hand





10th



9th



8th

At our post race morning tea there is always a pause to announce handicap results. Tradition decrees that race director, Pete Buissink, with a touch of the theatrical, builds tension by announcing the top ten placings, starting from tenth position. In July I managed to snap a few of our participants as their names were called and here they are. Those I missed or who weren't in the room have been suitably replaced (guess which ones).



7th



6th



5th



4th



3rd



2nd



1st

*10th - Michael Slee, 9th - Kevin Aldred,
8th - Peter Whyte, 7th - Brony Rowleson,
6th - John Gray, 5th - Jac Wainright,
4th - Jason Rees, 3rd - Andrew Scardino,
2nd - Rob Falloon, 1st - Eero Keranen*

July Handicap



Hobbos Handicap - July 2025 - 359 Running

Pos	Name	Finish	Time	Start	PB	AGPB	Split 1	Split 2	Points	Bonus	Total
Greenwich Cup											
1	Eero Keranan (Walk)	49:37	41:27	8:10	42:00	42:00	20:32	20:55	20	12	32
2	Rob Falloon (walk)	49:45	34:05	15:40	34:18	34:18	17:16	16:49	19	12	31
3	Andrew Scardino	49:52	19:37	30:15	19:02	19:18	9:57	9:40	18	8	26
4	Jason Rees	49:56	22:11	27:45	20:44	22:19	11:11	11:00	17	12	29
5	Jac Wainright	50:08	27:38	22:30	27:26	27:26	13:59	13:39	16	10	26
6	John Gray	50:18	20:53	29:25	18:51	20:00	10:24	10:29	15	3	18
7	Bronwyn Rowleson	50:26	34:56	15:30	30:03	33:07	17:22	17:34	14	0	14
8	Peter Whyte	50:29	27:09	23:20	25:58	25:58	13:44	13:25	13	0	13
9	Kevin Aldred	50:30	22:40	27:45	22:20	22:20	11:12	11:28	12	8	20
10	Michael Slee (walk)	50:35	39:35	11:00	38:43	39:03	19:47	19:48	11	6	17
11	Anastasia Aldred	50:39	26:54	23:45	26:26	26:26	13:41	13:13	10	7	17
12	Michael Musgrove	50:44	40:49	9:55	35:15	40:09	20:37	20:12	9	5	14
13	Elise Hardiker	50:45	31:45	19:00	28:59	28:59	16:03	15:42	8	0	8
14	John Danaher	51:02	24:07	26:55	23:10	23:10	12:16	11:51	7	2	9
15	William Hart	51:12	28:42	22:30	27:59	27:59	14:22	14:20	6	4	10
16	Melanie Griffin	51:21	25:41	25:40	24:30	24:30	12:49	12:52	5	0	5
17	Matt Loader	51:26	23:26	28:00	22:06	22:06	11:22	12:04	5	0	5
18	Kieran Leonard	51:29	21:39	29:50	18:40	19:36	10:40	10:59	5	0	5
19	Michael Reif	51:32	20:57	30:35	19:29	19:29	10:31	10:26	5	0	5
20	Neil Speakman	51:53	25:48	26:05	23:15	23:15	13:03	12:45	5	0	5
21	Brian Armstrong	52:02	21:27	30:35	18:09	19:33	10:39	10:48	5	0	5
22	Jane Whitmore	52:28	26:48	25:40	23:08	24:28	13:25	13:23	5	0	5
23	Tara Fairbrother	52:58	32:18	20:40	28:56	28:56	16:32	15:46	5	0	5
24	Ray Barnard	53:26	32:56	20:30	22:12	26:33	16:22	16:34	5	0	5
25	Ken Smith	53:36	44:36	8:10	22:28	41:52	22:38	21:58	5	0	5
Ineligible											
1	Mike Newby	50:17	23:17	27:00	23:13	23:13	11:35	11:42	10	0	10



Hobbs Handicap - July 2025 - 359 Running



Pos	Name	Finish	Time	Start	PB	AGPB	Split 1	Split 2	Points	Bonus	Total
2	Ron Van der Heide	52:12	23:52	28:20	21:16	21:16	12:08	11:44	10	0	10
3	Karen Hayes	50:40	25:45	24:55	25:03	25:03	13:05	12:40	10	0	10
4	Harry Scardino	52:51	26:21	26:30	23:52	23:52	13:04	13:17	10	0	10
5	Linda Viberg	51:48	29:33	22:15	28:32	28:32	14:51	14:42	10	0	10
6	Lauren Scardino	49:28	37:28	12:00	36:39	36:39	19:02	18:26	10	0	10
7	Savannah Scardino	49:29	37:29	12:00	36:39	36:39	19:02	18:27	10	0	10
8	Freya Rees	51:19	37:49	13:30	33:47	33:47	19:21	18:28	10	0	10
Ineligible 2.5km											
1	Diane Donoghue	44:44	25:04	19:40			25:04		10	0	10
Guests											
1	Dean Crowley	49:11	20:01	29:10			9:54	10:07	-	0	-
2	Antonio Castillo-Branco	50:11	30:11	20:00			15:12	14:59	-	0	-
3	Ivy Kaye	50:36	30:36	30:00			15:15	15:21	-	0	-
4	Jarvis John	50:36	30:36	30:00			15:16	15:20	-	0	-

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

Greenwich Cup

THE BATTLE OF THE BYPASSES...

Eero Keranen and Rob Falloon are first & second in the GC respectively. Eero has a 23 point break on Rob at present. Both are still in that 'honeymoon' stage as recent converts to walking; a stage with lots of upside. Eero and Rob have been clocking PBs (earning max bonus points) and finishing at or near the pointy end of the each handicap. Should this pattern continue Eero will be uncatchable.

We will know more after the August handicap, the all important 8th of 2025. Third place in the GC is currently held by Jac Wainright, who has shown some fabulous form since March, following and ordinary start to the year. Jac therefore has plenty of upside as well AND has assisted; Eero and Rob are yet to assist and that could make life very interesting indeed.

Jason Rees is in fourth. A study of his race points show that he has been in fine form all year. Five runs - no score less than 29 and yet to win a handicap in 2025. He too has upside as he missed April and May but, Jason is also still to assist.

I'll call it now - the rest of the field have no hope and may as well focus on The DSS, which was the main reason for its creation.

Ted Joy Cup

Now the TJC is a different ball game altogether as neither Eero and Rob are eligible. They have only recently changed to walking the handicap and are yet to clock up the 40 handicaps in their 'new discipline' which would make them eligible.

Scanning down the GC listing shows Jason Rees as a possible contender (provided he has completed 40 handicaps or will do by years end). Michael Musgrove is next having won the TJC 2 seasons ago. Seasoned veteran John Gray (in GC tenth spot) would be next, as I'm unsure of handicap totals for Kevin, Anastasia, Leigh and Kaia. *It's gonna be interesting to say the least...*

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	32						202	n	7
2.	Rob Falloon (walk)	10	21	31	32	23	31	31						179	n	7
3.	Jac Wainright	10	21	29	(20)	31	27	26						164	n	6
4.	Jason Rees	29	31	30			28	29						147	n	5
5.	Michael Musgrove	18	19	17	31	11	6	14						116	n	7
6.	Kevin Aldred	(20)		6	18	27	21	20						112	n	5
7.	Anastasia Aldred	30	20	23	18		17							108	n	5
8.	Leigh Kelly	13	7	27	27	10	(20)							104	n	5
9.	Kaia Morris	23	21	27		32								103	n	5
10.	John Gray	12	5	12	21	12	(20)	18						100	n	6
11.	Brian Armstrong	9	26		12	24	(20)	5						96	n	5
12.	Ken Smith	10	5	23	(20)	9	17	5						89	n	6
13.	Anna Bovdis	32			7	(20)	17	(10)						86	n	4
14.	Rae Carter	26	29	5	(20)		5							85	n	5
15.	Mario Valastro	5	20	11		26		(20)						82	n	4
16.	Andrew Scardino			10	(20)	10	10	26						76	n	4
17.	Cain Speakman	27	7		10	(20)	10							74	n	5
18.	Peter Buissink	(20)		(10)	(10)	(10)	(10)	(10)						70	n	0
19.	Diane Donoghue	(20)	6		5	20	8	10						69	n	5
19.	Michael Slee (walk)	5	5	12	5	12	13	17						69	n	7
21.	Graham Edwards		17	22	23	6								68	n	4
22.	Matt Loader	5	5	10	(20)	10	10	5						65	n	6
23.	David Walker (walk)	10	10		10	32								62	n	4
23.	Elise Hardiker			10	10	(20)	14	8						62	n	4
25.	Clare Beaumont	10	10	10	10	(20)								60	n	4
25.	Freya Rees	10	10	10	10		10	10						60	n	7
25.	Mick Beasley	(20)	(10)	(10)	(10)	(10)								60	n	0
25.	Will McKenzie			(20)	(10)	(10)	(10)	(10)						60	n	0
29.	Rachel Kealy		(20)	5	5	5	17							52	n	5
30.	Belinda Fithie	(20)	5	5	5	5	8							48	n	6
31.	John Horan (Pram)	10	10		10	17								47	n	4
31.	Melanie Griffin	13		11		18		5						47	n	4
33.	Neil Speakman	(20)		8	8		5	5						46	n	4
34.	Anna McAlister	10		10		25								45	n	3
34.	Laura Perree				10	10	10	25						45	n	4
34.	Tara Fairbrother			10	9	21		5						45	n	6





Current Standings - Greenwich Cup

Place	Name	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Best Eight	Notes	Total Runs
37.	Bronwyn Rowleson				10		(20)	14						44	n	2
38.	Cat McRae				10		10	(20)						40	n	3
38.	Melissa Rutze			(20)	10	5	5							40	n	4
38.	Olly Rees	10	10	10	10									40	n	4
41.	John Becroft	7		5	26									38	n	3
42.	Helen Vaxevanis		(20)	5		11								36	n	2
43.	Helen Haralambous					5	30							35	n	3
43.	Jimmy Dwyer	10			5	(20)								35	n	2
43.	Lizzie Stranks	5	30											35	n	2
43.	Michael Rief			10	25									35	n	2
47.	Michael Reif					29		5						34	n	2
47.	Peter Whyte		5	5	6	5		13						34	n	5
49.	Ann Girvin		10			(20)								30	n	1
49.	Anna Anderson (Pram)	10		(20)										30	n	1
49.	Harry Scardino					10	10	10						30	n	3
49.	Lana Woodhouse			(20)	10									30	n	1
49.	Lauren Scardino				10	10	10	10						30	n	3
49.	Linda Viberg				10	10	10	10						30	n	3
49.	Lois Speakman				10		(20)							30	n	1
49.	Ray Barnard	5		5	5	5	5	5						30	n	6
49.	Savannah Scardino					10	10	10						30	n	3
49.	William Hart					10	10	10						30	n	3
59.	Stuart Tennant		15		5	5								25	n	3
59.	Terry Pearce			5	20									25	n	2
61.	John Danaher	5				9		9						23	n	3
62.	Brandon Bergin	10			10									20	n	2
62.	Gaye Crichton		10	10										20	n	2
62.	Kevin Mahon				10	10								20	n	2
62.	Kieran Leonard			5	5	5	5	5						20	n	4
62.	Magnus Vaisnys			10	10									20	n	2
62.	Mark Letman						(20)							20	n	0
62.	Michael Williams		(20)											20	n	0
62.	Mike Newby					10	10	10						20	n	2
62.	Ron Van der Heide				10			10						20	n	2
62.	Simon Anderson (Pram)	10			10									20	n	2
62.	Stuart O'Neil		(20)											20	n	0

Hobbos Greenwich and Ted Joy Cups 2025

Current Standings - Greenwich Cup

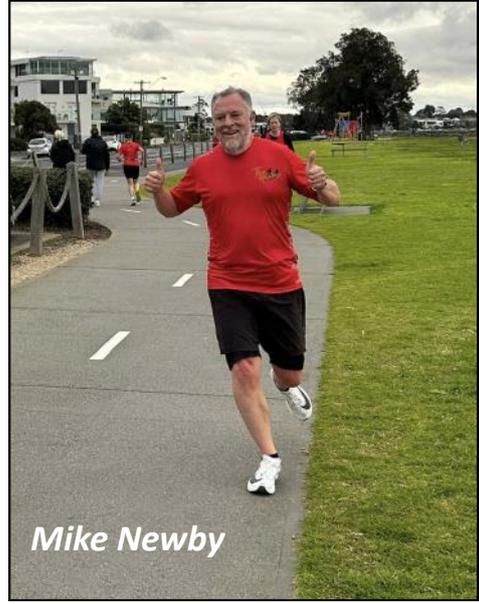
Place	Name	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Best Eight	Notes	Total Runs
62.	Susan Walker	5	5		5	5								20	n	4
62.	Tamara Petrov		(20)											20	n	0
75.	Sarah Lowe		11	5										16	n	2
76.	Vanessa Coutts	8	5											13	n	2
77.	Adam Clarke				10									10	n	1
77.	Di Williamson				10									10	n	2
77.	Dominique Tanner	10												10	n	1
77.	Dominique Tanner (walk)			10										10	n	1
77.	Jalyn Bigarelli			10										10	n	1
77.	Jane Whitmore				5	5								10	n	2
77.	Janelle Taylor			10										10	n	1
77.	Karen Hayes					10								10	n	1
77.	Karli Smith			10										10	n	1
77.	Kieran Leonard (Chillie)			10										10	n	1
77.	Michael Palmers			10										10	n	1
77.	Philippe Delecheneau				5	5								10	n	2
77.	Riain Casey													10	n	1
77.	Sam Flockhard													10	n	1
77.	Sebastian Bigarelli			10										10	n	1
77.	Shona Tudge					10								10	n	2
77.	Thomas Williams					10								10	n	1
77.	Tim Bigarelli			10										10	n	1
95.	Ashley Sanderson				5									5	n	1
95.	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: 96



Mike Newby



Jarvis John & Ivy Kane



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!

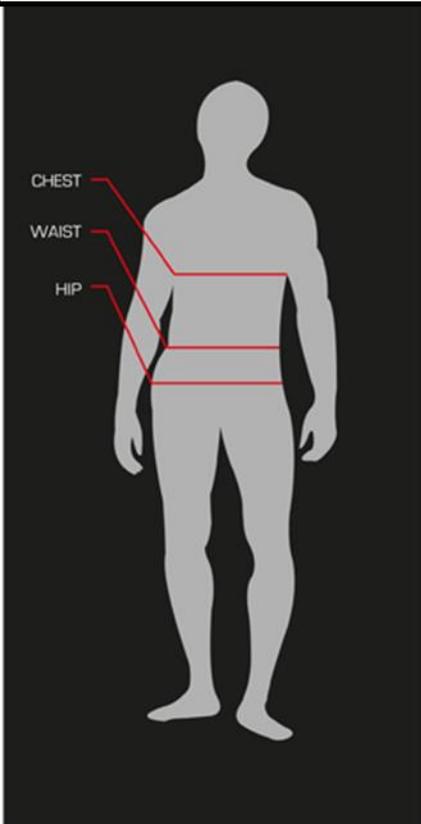


not stitching same colour as shirt

not stitching same colour as shirt

not stitching same colour as shirt

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





Cain & Harrison

Dear family and friends,

Harrison and I are back home after an amazing trip to Kenya. I just wanted to say a huge thanks to everyone that has supported Harrison and I. We couldn't have done this without you! Our target for fundraising was \$20k and we hit \$38k. We are absolutely blown away by this result. Our RFC group of 15 extraordinary humans raised a touch over \$270k, sounds better when I say that's over 1/4 of a million dollars! Remarkable.

This trip is so much more than just a run, it's a life experience you just can't get anywhere else and it's why I returned for the 5th time. The marathon (and half marathon for Harrison) is only 1 day of this incredible journey.

We got to take in the sights of Nairobi and we had 2 days in the world famous Masai Mara on safari. The most incredible environment to spot the big 5, witness the famous Wildebeest migration, watch herds of elephants and all the African animals you can think of!



...what it's all about, the kids!

We spent 2 nights in Iten, known as the home of champions. 2,400m above sea level, it's where you find all the Kenyan athletes training, passing gold medal winners in the street. Experiencing a little piece of the running culture that Kenya is so famous for. We even got to meet Brother Colm, an Irish missionary who was thrown the whistle over 40 years ago and asked to coach athletics at St Patrick's High School. He'd never coached athletics before.....he is known now as the Godfather of Kenyan running. We were so lucky to have time with him.

The team also participated in some personal development sessions, discussing legacy and what that means to each of us. We each walked away having written a personal mission statement which can be so powerful and life changing.

We then shifted our attention to the One Heart village in Turbo. This is what it's all about for me, the kids. As we walk in the front gates, the greeting never gets old. Playing games with the kids like soccer, frisbee, chess, jigsaws and dancing with them, these are special moments and bonds are formed for life. Listening to their hopes and dreams, especially the older kids who have been with One Heart for some time, their journeys are inspirational. We also left a little stamp behind, helping to paint the playground.



Whilst in Turbo by day, we got to spend our evenings at the One Heart SOY guesthouse. A beautiful and humble country style homestead, sitting on acreage with fruit and vegetable farming surrounding us. It's green and lush, it's quiet and secluded and it's homely. A perfect place to reflect at the end of some challenging and emotional days.



Everyone loves playing games...

We see the reality of poverty that exists in Kenya, visiting a local rescue centre where kids are taken in and cared for. Kids that are dumped on the streets or left orphaned from the loss of parents and family. This is heart breaking, but drives our passion to help make a difference. Every child is precious, every child deserves a chance at a better life. One Heart provides this!



The RFC day is a community event, a celebration of all that One Heart is able to provide for the community. We were joined by many from the community for lunch and entertainment. This is after many of us had run a marathon, half marathon or the distance of choice. The run started from the village, running the back roads of rural Kenya, tackling rolling hills and altitude, nothing but blue sky and sunshine, this was a physical challenge that pushed us to the limit. But we all got it done, drawing strength from the days spent with the kids, their stories of resilience and we push to the finish because of them. We

also did it because of those that have supported us, those that believed in us and have backed the cause.

I couldn't be more proud of Harrison, he hates running! Yet he signed up to tackle the half marathon, he trained late at night, in the cold, in the rain. He managed this amongst his Uni, work, Lego business and Ultimate Frisbee commitments. That's a lot for a young man, but he did himself proud and this is an experience he will never forget. He crossed the line in just over 3 hrs.

I have to say I was pretty happy with myself, completing the marathon in just under 4hrs. I've never gone under 4hrs in Kenya before so the hours of training and dedication taking care of myself certainly paid off. I was pleased to say the least!

We thank you again for all your support and love, we couldn't do this without you. Thank you for believing in us and for helping to change the lives of so many kids in not only Kenya but East Africa and please remember.....we CAN all make a difference!

Cheers,
Cain and Harrison





Trail Corner

With Lucas Beck, Trail & Ultra Coach

G'day trail legends!

Let's start this one with two absolute legends of the trail, **Robyn Wilmshurt** and **Nick Ping** completed Run Larapinta in Alice Springs, yewwwww! With four running stages held over four days, ranging from 19km to 40km with some very technical terrain, totaling 125km and 4000m elevation. "Everything was going fine until Francis showed up", feel the trail love!

Robbo had this to say about her adventure, "Such an epic run. You really can't get a sense of how spectacular the terrain is until you get it under your feet. Mama Natural smiled on us with fabulous weather, it was perfect running conditions. Having Australia's hottest 100 of all time playing as my soundtrack added an extra level of special to the four days. Everyone should take the time to do this one, (even if you have to have Francis keep you company)".

And Nick "Francis" Ping, by virtue of completing Run Larapinta, also completed the Triple Crown of Australian Ultra running (inclusive of Surf Coast Century and Margaret River Ultra Marathon). In doing so, he's earned himself a FLEX jacket which he'll be wearing in perpetuity, and he had these nuggets of wisdom to share "Amazing trails and times with friends. Absolutely stunning scenery, technical trails and good times." ~Francis, Triple Crown recipient.

And to round out this edition, next weekend, UTMB is on. In the elite field, surely Jim Walmsley and Courtney Dauwalter are the favourites to take out the win in their respective fields. It will be broadcast on the Tube, and there's some great info about the field [here](#) and Australian times [here](#). So, from Friday 6pm until Sunday morning 10.23am, think of all the things you've done in that 40 hours and 23 minutes... that's how long I was out there for last year?! (NB. the photo at the top of the page is Luke crossing the line after that very same 40 hours and 23 minutes)

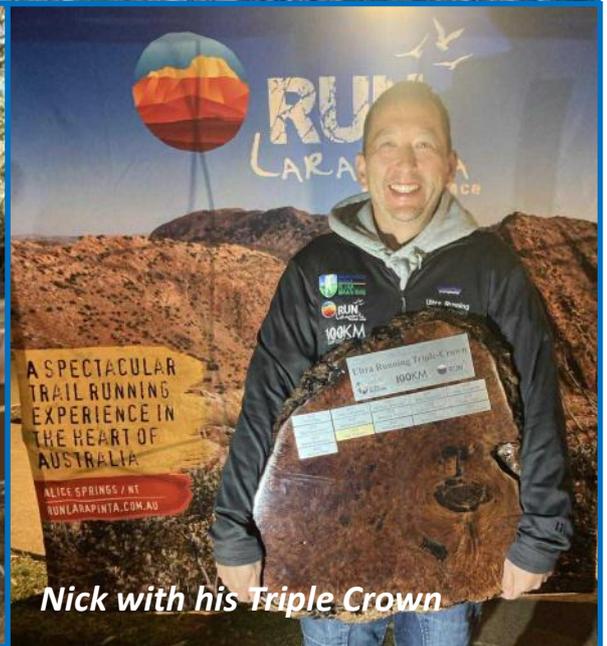
If you want to know more about upcoming events, training for ultra marathons or even getting into trail running, please email me at enquiries@hobbos.org.au with the subject "Trail running".

See you on the trails
Lucas Beck,
Trail and Ultra coach



Nick & Robyn at Run Larapinta





Nick with his Triple Crown

2025 Events

[Surf Coast Century](#). 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





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 August handicap is #360

