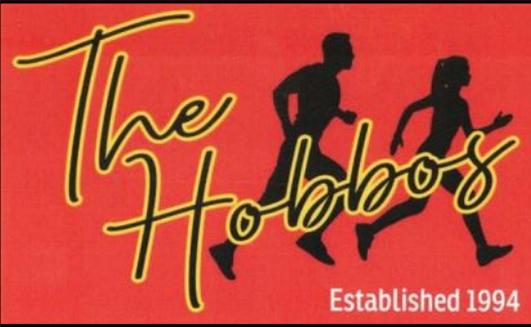


November 2025



HomeRuns



#363

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



Job Done

Phar Lap

Spring Gift

Bel's Paced2Perfection

Coaching for Charity Part 2

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Team Scardino- Phar Lap Success

Forthcoming Events

Sat	29th Nov	November Handicap & Morning Tea
Sun	7th Dec	Christmas Gift 1500m & BBQ, time TBA; DSS#3
Thur	11th Dec	Christmas Drinks - Junction Hotel deck
Sat	27th Dec	December Handicap & Morning tea

For details of our 2025/26 Daylight Savings Series and other events, see the various columns, articles and 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



Welcome to the packed November issue of **Home Runs**. We have too many reports and results tables to name them all. You'll just have to thumb your way through the pages to see what's on offer. But I will draw attention too...

Part 2 of Brian Armstrong's mammoth article 'Coaching for Charity'.

It is a warts and all account of Harley's Run from Albury to The Royal Children's Hospital for his son Max, coached and monitored by Brian and a team of helpers. The inspiration begins on page 19.

And, the October Handicap. You'll understand why when you read the page 10 report.

See you at the starting line... **7:40am (or earlier) avoids the queue for handicap #363**



Harley Turner 100m from the RCH

SPORTSPOWER

John Ayton's **SportsPower** Williamstown

SUMMER = Games



beach & backyard faves - axe throw, cricket, cornball



Gray Matters

with President John Gray



We've had another busy month, with next month probably even busier with our Christmas Gift and Christmas Drinks plus maybe even some summer weather!

This month we have had our first two Daylight Savings Series events, the 10th Annual Phar Lap sealed handicap, and the Spring Gift handicap. Earlier this month we had many members participate in the Westgate Tunnel discovery day walk/run with proceeds to local charities.

Just from Strava alone, we had these members and friends take part, and probably more besides:

Dan Goodwin	Gareth Coakley	Will McKenzie
Helen Whyte	Peter Whyte	Adam Gregory
Cain Speakman	Neil Speakman	John Horan
Lizzie Stranks	Mike Newby	Philippe Delecheneau
Karli Smith	Harry Smith	Matt Loader
Mel Zsori	Katrina Rayos	Di Portelli
Ryan Keeley	Mark Letman	Bailey Piper
Tara Fairbrother	Jarvis John	Elise Hardiker
Pip McKiernan	Michael Hsu	Magnus Vaisnys

The Daylight Savings Series

The first event this year was the Phar Lap 2-mile sealed handicap race at Altona Coastal Park (old Williamstown Racecourse) on Melbourne Cup Eve. Rain earlier in the day had passed and the track was almost dry except for some large puddles just after the anti-clockwise start line, which necessitated a reversal to a clockwise race this year. Dark clouds were gathering soon after the post-race pizza supper, however a relaxed but efficient pack up and return of gear to the clubrooms beat the evening rain.

Fifty-nine (59) runners and walkers took part in event #1 the Phar Lap 2 Mile

Handicap winners podium

1 st	Andrew Scardino
2 nd	Jimmy Dwyer
3 rd	Karli Smith

Fastest on the night

Kestrel Cup	Jessica Waters
Egret Cup	Jimmy Dwyer

Twenty-six (26) runners and walkers took part in event #2 the Spring Gift 1500

Handicap winners podium

1 st	Weiger Vos
2 nd	Ethan Orme
3 rd	Susan Wright

Fastest on the night

1 st 5:00	Angus Dart
1 st 5:00	Jimmy Dwyer
3 rd 5:09	Magnus Vaisnys

DSS points table leaders after Race 2

1 st 22	Ethan Orme
2 nd 21	Jimmy Dwyer
3 rd 20	Andrew Scardino
3 rd 20	Weiger Vos

Calendar for the 2025-26 DSS:

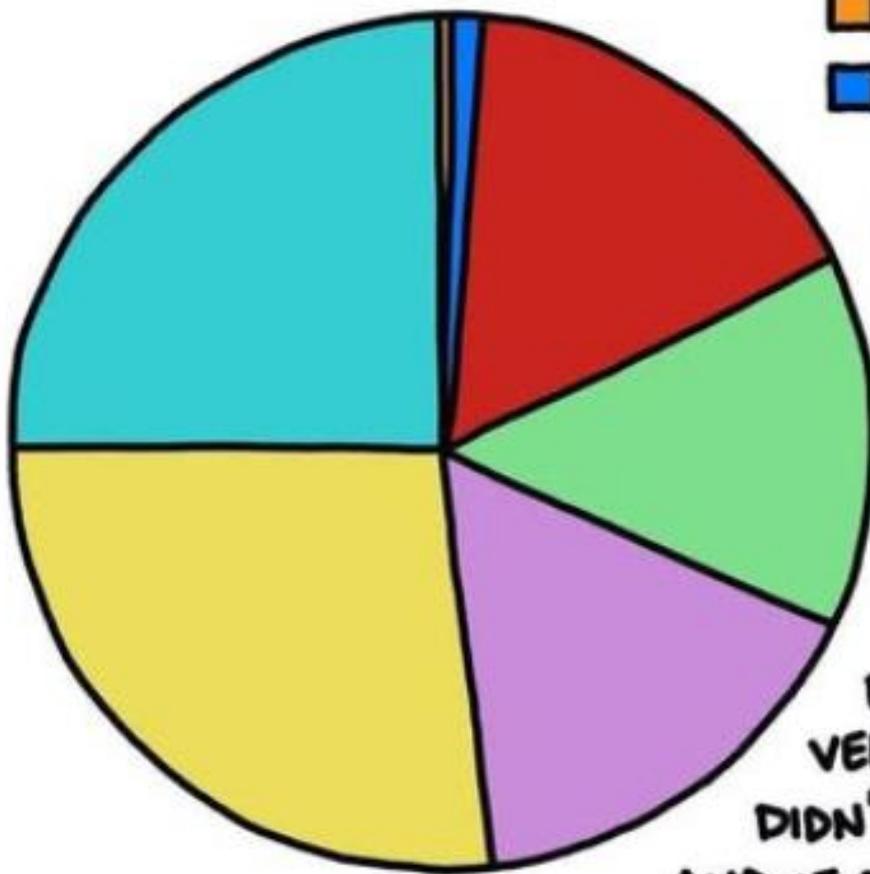
- Sun 7th Dec** Christmas Gift 1500m handicap (DSS3)
- Thu 11th Dec** Christmas Drinks on the deck, Junction Hotel
- Tue 10th Feb** Summer Challenge 1000m handicap (DSS4)
- Sat 28th Feb** February 5000m handicap (DSS5)
- Sat 28th Mar** March 5000m handicap & AGM
- Tue 17th Mar** Easter Gift 1500m handicap (DSS6)

Until next month, stay fit, healthy and safe.



DID YOU WIN?

@SEMI_RAD



I WON OVERALL

I WON MY AGE GROUP

I DID MUCH BETTER THAN I THOUGHT I WOULD, SO YES

THE VERSION OF MYSELF THAT RAN THE RACE BEATS THE OTHER VERSION OF ME, WHO DIDN'T RISK ANYTHING, AND IF THAT AIN'T A WIN, I DON'T KNOW WHAT IS

I EMERGED VICTORIOUS OVER NEGATIVE THOUGHTS

I SPENT A WEEKEND DAY RUNNING, WITH A BUNCH OF OTHER RUNNERS, SUPPORTED BY PEOPLE WHO VOLUNTEERED TO HELP US RUN, WHICH, IN THE GRAND SCHEME OF THINGS IS A WIN, I THINK

I HAD FUN, IF THAT'S WHAT YOU'RE ASKING





L to R: Karli, Olly, Jess, Jimmy, Savannah, Andrew & Harry



Some of the helpers - Cat, Jude, Sarah & Camilla... and Pete & Will too of course

The Phar Lap 2 Mile - Sealed handicap for members , Daylight Savings Series Race #1 and a Public Time Trial



Kestrel Cup (Women's Champion) - Jessica Waters & Egret Cup (Men's Champion) - Jimmy Dwyer

Phar Lap handicap & DSS Race 1, 3rd Nov 2025							Phar Lap Time Trial		
MEMBERS	END	GIFT	GIFT	DSS	DSS	DSS	FINISHERS	END	
NAME	TIME	ELIGIBLE	PLACING	ELIGIBLE	PLACING	POINTS	NAME	TIME	
Andrew Scardino	11:49.2	Y	1	Y	1	15	Jimmy Dwyer	11:29.6	Mens Champion
Jimmy Dwyer	11:29.6	Y	2	Y	2	13			Egret Cup
Karli Smith	16:58.2	Y	3	Y	3	11	Lucas Newbery	11:46.0	
Ethan Orme	12:26.4	Y	4	Y	4	9	Andrew Scardino	11:49.2	
Kevin Mahon	12:32.8	Y	5	Y	5	8	Brian Armstrong	12:08.2	
Gareth Oakley	12:15.2	Y	6	Y	6	7	Dean Crowley	12:08.4	
Dean Crowley	12:08.4	Y	7	Y	7	6	Gareth Oakley	12:15.2	
Rachel Kealy	17:05.7	Y	8	Y	8	5	Ethan Orme	12:26.4	
Brian Armstrong	12:08.2	Y	9	Y	9	5	Cain Speakman	12:27.8	
John Gray	12:34.5	Y	10	Y	10	5	Kevin Mahon	12:32.8	
Evelyn Orme	15:59.5	Y	11	Y	11	5	John Gray	12:34.5	
Andrew Else	13:09.8	Y	12	Y	12	5	Carlo Sgro	12:40.1	
Weiger Vos	13:57.4	Y	13	Y	13	5	Olly Rees	12:45.7	
Ron Van der Heide	14:06.5	Y	14	Y	14	5	Mark Gowans	12:46.5	
Katrina Gowans	16:47.5	Y	15	Y	15	5	Brad Still	12:48.9	
Matt Loader	13:50.7	Y	16	Y	16	5	Adam McAuley	12:53.8	
Cain Speakman	12:27.8	Y	17	Y	17	5	Andrew Else	13:09.8	
Jason Rees	13:59.3	Y	18	Y	18	5	Jessica Waters	13:20.9	Womens Champion
Rene Rutze	15:43.7	Y	19	Y	19	5			Kestrel Cup
Linda Viberg	17:08.4	Y	20	Y	20	5	Matt Loader	13:50.7	
Victoria Haritos	19:14.2	Y	21	Y	21	5	Weiger Vos	13:57.4	
Lizzie Stranks	19:39.9	Y	22	Y	22	5	Jason Rees	13:59.3	
Mark Letman	14:21.4	Y	23	Y	23	5	Ron Van der Heide	14:06.5	
Bronwyn Rowleson	21:10.0	Y	24	Y	24	5	Andrew Orme	14:14.6	
Jac Wainright	18:05.4	Y	25	Y	25	5	Mark Letman	14:21.4	
Mary Ellen Brierley	16:18.9	Y	26	Y	26	5	Harry Scardino	14:43.1	
Helen Haralambous	22:21.8	Y	27	Y	27	5	Jasmin Newbery	14:46.6	
Diane Donoghue	20:26.1	Y	28	Y	28	5	Al Clark	15:02.6	
Peter Whyte	17:46.5	Y	29	Y	29	5	Ignatius Ong	15:37.8	
Michael Slee	25:23.4	Y	30	Y	30	5	Rene Rutze	15:43.7	
Melissa Rutze	19:23.6	Y	31	Y	31	5	Amanda Aragon	15:44.6	
Peter Coulsen	19:42.7	Y	32	Y	32	5	Evelyn Orme	15:59.5	
Lauren Scardino	22:34.8	Y	33	Y	33	5	Tony Whittaker	16:04.1	
Ray Barnard	21:04.8	Y	34	Y	34	5	Mary Ellen Brierley	16:18.9	
Jessica Waters	13:20.9	Y	35	Y	35	5	Angela Schmerl	16:22.1	
Ken Smith	27:44.3	Y	36	Y	36	5	Annabel Gowans	16:24.5	
Andrew Orme	14:14.6			N		5	Katrina Gowans	16:47.5	
Angela Schmerl	16:22.1			N		5	Karli Smith	16:58.2	
Susan Wright	17:56.5			N		5	Jessica Crowley	17:05.2	
Andy Palmer	24:03.5			N		5	Rachel Kealy	17:05.7	
Lucas Newbery	11:46.0			N		5	Linda Viberg	17:08.4	
Carlo Sgro	12:40.1			N		5	Nathaniel Still	17:27.4	
Mark Gowans	12:46.5			N		5	Alexi Newbery	17:37.9	
Brad Still	12:48.9			N		5	Peter Whyte	17:46.5	
Adam McAuley	12:53.8			N		5	Susan Wright	17:56.5	
Al Clark	15:02.6			N		5	Jac Wainright	18:05.4	
Ignatius Ong	15:37.8			N		5	Luciana Manrique	18:36.4	
Amanda Aragon	15:44.6			N		5	Victoria Haritos	19:14.2	
Tony Whittaker	16:04.1			N		5	Melissa Rutze	19:23.6	
Annabel Gowans	16:24.5			N		5	Lizzie Stranks	19:39.9	
Jessica Crowley	17:05.2			N		5	Peter Coulsen	19:42.7	
Luciana Manrique	18:36.4			N		5	Diane Donoghue	20:26.1	
Harry Scardino	14:43.1			N		5	Ray Barnard	21:04.8	
Olly Rees	12:45.7			N		5	Bronwyn Rowleson	21:10.0	
Savannah Scardino	22:34.3			N		5	Helen Haralambous	22:21.8	
Jasmin Newbery	14:46.6			N		5	Savannah Scardino	22:34.3	
Nathaniel Still	17:27.4			N		5	Lauren Scardino	22:34.8	
Alexi Newbery	17:37.9			N		5	Andy Palmer	24:03.5	
Michael Palmer	24:03.5			N		5	Michael Palmer	24:03.5	
Stuart O'Neil				Helper		4	Michael Slee	25:23.4	
Di Williamson				Helper		4	Ken Smith	27:44.3	
Cat McRae				Helper		4			
Jude McCann				Helper		4			
Camilla Briggs				Helper		4			
Sarah Lowe				Helper		4			
Peter Buissink				Helper		4			
Will McKenzie				Helper		4			

**Do you love the feel of
newsprint on your fingers?**

Bit of a newshound?

**Do you read the paper
from front to back or
BACK to front?**

Fancy yourself as a sports reporter?



HomeRuns

**Well Eddie or Eadie, have we got THE job for
you. Home Runs needs a 're-fresh' and
Michael's getting too old for this caper.**



**The carrot is a big one - it becomes
what ever YOU want it to become.**

It's your baby!

You know you want to.

Don't be shy.

Talk to Michael today.

Hobbs Handicap - October 2025 - 362nd Running



Pos	Name	Finish	Time	Start	PB	AGPB	Split 1	Split 2	Points	Bonus	Total
Greenwich Cup											
1	Eero Keranan (Walk)	49:06	40:01	9:05	41:27	41:27	19:41	20:20	20	12	32
2	Peter Whyte	49:32	26:22	23:10	25:58	25:58	12:54	13:28	19	8	27
3	Neil Speakman	49:51	24:16	25:35	23:15	23:15	12:16	12:00	18	1	19
4	Susan Walker	49:57	25:57	24:00	22:44	24:58	13:11	12:46	17	2	19
5	Kevin Aldred	50:05	22:20	27:45	22:20	22:20	11:03	11:17	16	12	28
6	Michael Slee (Walk)	50:20	39:40	10:40	38:43	39:03	19:48	19:52	15	5	20
7	Helen Vaxevanis	50:24	25:49	24:35	24:53	24:53	13:04	12:45	14	2	16
8	Magnus Vainys	50:35	19:15	31:20	18:48	18:48	9:35	9:40	13	7	20
9	Tara Fairbrother	50:49	30:34	20:15	28:56	28:56	16:08	14:26	12	0	12
10	Graham Edwards	50:57	46:57	4:00	36:14	46:07	23:41	23:16	11	3	14
11	Mike Newby	51:09	24:04	27:05	23:13	23:13	11:47	12:17	10	3	13
12	Mark Letman	51:14	23:49	27:25	21:51	21:51	12:04	11:45	9	0	9
13	John Becroft	51:20	50:50	0:30	24:12	49:35	25:21	25:29	8	0	8
14	Diane Donoghue	51:23	31:53	19:30	30:23	30:44	15:36	16:17	7	0	7
15	Elise Hardiker	51:50	32:40	19:10	28:59	28:59	16:35	16:05	6	0	6
Ineligible											
1	Kevin Mahon	51:36	20:46	30:50	18:30	18:50	10:16	10:30	10	0	10
2	Ethan Orne	48:06	21:06	27:00			10:41	10:25	10	0	10
3	Michael Williams	52:59	22:09	30:50	18:53	18:53	10:47	11:22	10	0	10
4	Kieran Leonard (Pet)	49:56	22:26	27:30	22:40	22:40	11:25	11:01	10	0	10
5	Will McKenzie	48:31	23:01	25:30	22:41	22:41	11:37	11:24	10	0	10
6	Ron Van der Heide	50:43	23:13	27:30	21:16	21:16	11:51	11:22	10	0	10
7	Simone Trigger	49:18	24:43	24:00	26:37	26:37	11:49	12:54	10	0	10
8	Jimmy Dwyer	49:18	27:08	22:10	18:44	18:44	10:46	16:22	10	0	10
9	Tess Tigger	50:21	27:21	23:00			13:38	13:43	10	0	10
10	Evelyn Orne	49:28	27:28	22:00			13:12	14:16	10	0	10
11	Di Williamson	49:56	27:56	22:00	28:50	28:50	14:06	13:50	10	0	10

Hobbs Handicap - October 2025 - 362nd Running

Pos	Name	Finish	Time	Start	PB	AGPB	Split 1	Split 2	Points	Bonus	Total
12	Victoria Hartos	50:42	30:12	20:30	30:01	30:01	15:18	14:54	10	0	10
13	Lizzie Stranks	46:18	31:38	14:40	35:32	35:32	15:53	15:45	10	0	10
14	Mila Williams	42:41	32:41	10:00			15:37	17:04	10	0	10
15	Savannah Scardino	48:22	32:52	15:30	35:04	35:04	16:59	15:53	10	0	10
16	Andrew Scardino	48:22	32:52	30:35	19:02	19:18	16:58	15:54	10	0	10
Ineligible 2.5km											
1	William Hart	36:29	14:09	22:20	27:59	27:59	14:09		10	0	10
Guests											
1	Adam McAuley	49:40	21:40	28:00			10:44	10:56	-	0	-
2	Jarvis John	46:23	25:13	21:10	29:30	29:30	12:41	12:32	-	0	-
3	Trisha Awingan	52:37	32:37	20:00			15:39	16:58	-	0	-
Guests 2.5km											
1	Will Dwyer	49:17	16:17	33:00			16:17		-	0	-

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



Determined Lizzie earns her PB...



...but wrong way Kevin...



...Andrew demos parenting 101...



...seriously Michael, wings?



"I only needed 24 points" - Eero

The above is a direct quote from Eero post race.

He'd done his homework. None of us would expect otherwise.

In fact, Eero came away with the maximum 32 points following a big PB and first place in the October Handicap - his 3rd Kenyan Egg of the year.

Prior to 2025 E. Keranen had NOT won a single handicap, the marquee event of the Hobson's Bay Running Club, the club Eero founded with his wife Sara back in 1996.

Talk about making up for lost time.

However, Eero told me a little more during that post race chat.



Founder Wins Greenwich Cup

At the beginning of the 2025 season, he had set himself to win the Greenwich Cup. And win he most certainly did, with 2 handicaps (November & December) still to go! [This is one reason why we have the D.S.S. It's something for the members to focus on when the sting has gone out of the GC competition but that is another story...see page 15].

Eero also set himself for a PB at the October Handicap. Conditions were perfect – cool, virtually windless, a smaller field than the previous month and a missing Rob Falloon (still on holidays overseas). Add two other walkers to chase down – John Becroft and Graham Edwards – both experienced Hobsons with over 200 handicaps, each, under their respective belts. And just to keep him honest, a third walker, yours truly Michael Slee, hot on Eero's tail.



Like I said conditions were ripe for a PB, especially for someone who is a *little* competitive! Did I say *little*?

Eero overhauled John and Graham in the third leg and pulled away. Michael, who started 1:35 after Eero, kept Eero in his sights but failed to make up any significant ground to challenge the Club Founder.

At the presentation/morning tea, Eero re-iterated the importance of the running club in his recovery from bypass surgery.

Monthly improvement, three Kenyan Eggs and soon to be the holder of the Greenwich Cup (with his name engraved as the 2025 Champion). The club has certainly played its part but a lot of Eero's success is down to Eero himself and that competitive spirit.



Happy Birthday Graham

Graham Edwards was joined by a support crew for the October Handicap. In the week leading up to the handicap Graham had turned 90 years 'young'.

Graham was joined by his son and **Coda Bear** the black and white Border Collie. In typical fashion I have remembered the dog's name but Graham's son's name had completely gone from my mind by the time I got home (and he slipped through the recording desk net!). I'll just have to be brave and ask at the November handicap.

I hope that I'm still handicapping it with the best of the Hobbos when I'm 90.

Congratulations Graham.



happy 90 birthday

The Thoughts of the Handicapper

Brazenly lifted from Facebook

Eero Keranen took out the win with another huge AGPB. While might have taken him over three decades to win his first Kenyan egg, he's definitely making up for lost time with his third one of the year.

I believe this win - together with **Rob Falloon** being absent - gives him an unassailable lead in the Greenwich Cup with two events to go (to be confirmed).

Peter Whyte was second, and **Neil Speakman** third, also irritating the handicapper by comfortably beating the 50 minute target. Retribution shall be swift and cold.

Some good times - Lizzie Stranks had a huge PB of nearly four minutes - obvious a lot of hard work gone in since her last handicap back in February.

Magnus Vaisnys had the fastest time of the day and was the only person to drop below 20 minutes.

My thanks to **Will McKenzie** for doing the timing today - this enabled me to do the sensible thing and not do an early morning drive after a very tiring week.

By Mick Beasley



The Spring Gift 1500m handicap for members & Daylight Savings Series Race #2

Spring Gift & DSS Race 2, 18th Nov 2025									Spring Gift Time Trial	
MEMBERS	START	FINISH	NET	GIFT	GIFT	DSS	DSS	DSS	FINISHERS	END
NAME	TIME	TIME	TIME	ELIGIBLE	PLACING	ELIGIBLE	PLACING	POINTS	NAME	TIME
Weiger Vos	02:10.0	08:13.0	06:03.0	Y	1	Y	1	15	Angus Dart	05:00.0
Ethan Orme	03:15.0	08:29.0	05:14.0	Y	2	Y	2	13	Jimmy Dwyer	05:00.0
Susan Wright	01:05.0	08:50.0	07:45.0	Y	3	Y	3	11	Magnus Vaisnys	05:09.0
Angus Dart	03:55.0	08:55.0	05:00.0	Y	4	Y	4	9	Kosta Tamis	05:10.0
Jimmy Dwyer	04:00.0	09:00.0	05:00.0	Y	5	Y	5	8	Ethan Orme	05:14.0
Evelyn Orme	02:00.0	09:02.0	07:02.0	Y	6	Y	6	7	Andrew Scardino	05:15.0
Angela Schmerl	01:50.0	09:04.0	07:14.0	Y	7	Y	7	6	Dean Crowley	05:19.0
Andrew Scardino	03:50.0	09:05.0	05:15.0	Y	8	Y	8	5	Jake Miocic	05:33.0
Andrew Else	03:25.0	09:06.0	05:41.0	Y	9	Y	9	5	Gareth Coakley	05:36.0
Dean Crowley	03:50.0	09:09.0	05:19.0	Y	10	Y	10	5	Andrew Else	05:41.0
Magnus Vaisnys	04:05.0	09:14.0	05:09.0	Y	11	Y	11	5	Olly Rees	05:51.0
Di Williamson	01:05.0	09:27.0	08:22.0	Y	12	Y	12	5	Weiger Vos	06:03.0
Mike Newby	02:50.0	09:29.0	06:39.0	Y	13	Y	13	5	Mark Letman	06:26.0
Mark Letman	03:05.0	09:31.0	06:26.0	Y	14	Y	14	5	Mike Newby	06:39.0
Gareth Coakley	04:00.0	09:36.0	05:36.0	Y	15	Y	15	5	Harry Scardino	07:01.0
Neil Speakman	02:15.0	09:38.0	07:23.0	Y	16	Y	16	5	Evelyn Orme	07:02.0
Brownwyn Rowleson	00:00.0	09:49.0	09:49.0	Y	17	Y	17	5	Angela Schmerl	07:14.0
Rachael Keily	01:45.0	09:59.0	08:14.0	Y	18	Y	18	5	Neil Speakman	07:23.0
Ray Barnard	01:30.0	10:21.0	08:51.0	Y	19	Y	19	5	Susan Wright	07:45.0
Freya Rees	00:00.0	08:05.0	08:05.0	N	20	Y	20	5	Freya Rees	08:05.0
Savannah Scardino	00:00.0	08:06.0	08:06.0	N	21	Y	21	5	Savannah Scardino	08:06.0
Olly Rees	02:50.0	08:41.0	05:51.0	N	22	Y	22	5	Rachael Keily	08:14.0
Harry Scardino	02:00.0	09:01.0	07:01.0	N	23	Y	23	5	Caitlyn Almering	08:21.0
Caitlyn Almering	00:00.0	08:21.0	08:21.0	N	24	N	24	5	Di Williamson	08:22.0
Jake Miocic	03:30.0	09:03.0	05:33.0	N	25	N	25	5	Ray Barnard	08:51.0
Kosta Tamis	04:00.0	09:10.0	05:10.0	N	26	N	26	5	Brownwyn Rowleso	09:49.0
Kevin Mahon						Helper		4		
Mary Wong						Helper		4		
Kevin Aldred						Helper		4		
Helen Whyte						Helper		4		
Rob Falloon						Helper		4		
Kieran Leonard						Helper		4		
John Gray						Helper		4		
Peter Buissink						Helper		4		



From left to right: Susan (3rd), Weiger (1st) & Ethan (2nd)

2024-2025 The Daylight Savings Series - Points Table

Place	Name	Phar Lap	Spring Gift	Xmas Gift	Summer 1000	Feb H'cap	Easter Gift	Best 4
1	Ethan Orme	9	13					22
2	Jimmy Dwyer	13	8					21
3	Andrew Scardino	15	5					20
3	Weiger Vos	5	15					20
5	Susan Wright	5	11					16
6	Evelyn Orme	5	7					12
6	Gareth Coakley	7	5					12
6	Kevin Mahon	8	4					12
9	Angela Schmerl	5	6					11
9	Dean Crowley	6	5					11
9	Karli Smith	11						11
12	Andrew Else	5	5					10
12	Bronwyn Rowleson	5	5					10
12	Harry Scardino	5	5					10
12	Mark Letman	5	5					10
12	Olly Rees	5	5					10
12	Rachael Kealy	5	5					10
12	Ray Barnard	5	5					10
12	Savannah Scardino	5	5					10
20	Angus Dart		9					9
20	Di Williamson	4	5					9
20	John Gray	5	4					9
23	Peter Buissink	4	4					8
24	Adam McAuley	5						5
24	Al Clark	5						5
24	Alexi Newbery	5						5
24	Amanda Aragon	5						5
24	Andrew Orme	5						5
24	Andy Palmer	5						5
24	Annabel Gowans	5						5
24	Brad Still	5						5
24	Brian Armstrong	5						5
24	Cain Speakman	5						5
24	Caitlyn Almering		5					5
24	Carlo Sgro	5						5
24	Diane Donaghue	5						5
24	Freya Rees		5					5
24	Helen Haralambous	5						5
24	Ignatius Ong	5						5
24	Jac Wainewright	5						5
24	Jake Miotic		5					5
24	Jasmyn Newberry	5						5
24	Jason Rees	5						5
24	Jessica Crowley	5						5
24	Jessica Waters	5						5
24	Katrina Gowans	5						5
24	Ken Smith	5						5
24	Kosta Tamis		5					5
24	Lauren Scardino	5						5
24	Linda Viberg	5						5
24	Lizzie Stranks	5						5
24	Lucas Newbery	5						5
24	Luciana Manrique	5						5
24	Magnus Vaisnys		5					5
24	Mark Gowans	5						5
24	Mary-Ellen Brierley	5						5
24	Matt Loader	5						5
24	Melissa Rutze	5						5
24	Michael Palmer	5						5
24	Michael Slee	5						5
24	Mike Newby		5					5
24	Nathaniel Still	5						5
24	Neil Speakman		5					5

24	Neil Speakman		5				5
24	Peter Coulson	5					5
24	Peter Whyte	5					5
24	Rene Rutze	5					5
24	Ron Van Der Heide	5					5
24	Tony Whittaker	5					5
24	Victoria Haritos	5					5
70	Camilla Briggs	4					4
70	Cat McRae	4					4
70	Helen Whyte		4				4
70	Jude McCann	4					4
70	Kevin Aldred		4				4
70	Kieran Leonard		4				4
70	Mary Wong		4				4
70	Rob Falloon		4				4
70	Sarah Lowe	4					4
70	Stuart O'Neil	4					4
70	Will McKenzie	4					4

Points for finishing positions are awarded as follows 15, 13, 11, 9, 8, 7, 6, 5 and 5 for all remaining finishers

Members returning to competition after more than a 12 month break are awarded 5 points.

First time member participants in a HBRC event are awarded 5 points. Members helping and not running receive 4 points.

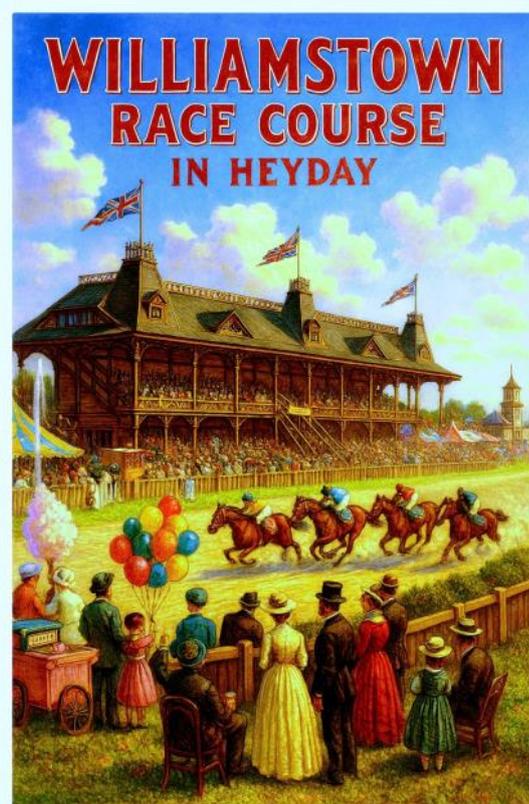
The Daylight Savings Series (D.S.S.) consists of 6 events run over the end of one season or year and into the beginning of the next. Devised by former President Rob Falloon, its main purpose was to provide some interest for those members NOT involved in the hustle at the top of the Greenwich and Ted Joy Cups. With less strict eligibility it is also attractive to people looking to find out what the Hobbos are all about.

The six events vary in length and include the historic Spring, Christmas and Easter Gifts (1500m), the Phar Lap 2-Mile, the Summer Challenge (1000m) and the February 5000m Handicap.

Points are earned by placings (15, 13, 11, 9, 8, 7, 6 and 5 points each thereafter). Final DSS placings are determined from the 4 best finishes from the six events. Helpers earn 4 points per assist. Prizes of Sun Theatre Tickets are awarded to those in first, second and third place.

The social aspect is encouraged as each event is usually followed by BBQ, pizza or morning tea.

The DSS in 2025/26 is even more in demand as the Greenwich Cup has been run and won by Eero Keranen with two handicaps remaining!



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What a wonderful morning we had yesterday (Sunday 19th October) at **Bel's Paced to Perfection** Event. Not Perfect running conditions - the wind was relentless, but a great gathering & a fun Event. Congrats to **Helen Vaxevanis Whyte, John Gray & Diane Donoghue** - who had the podium finish.

Big thanks to **Rachael Kealy** 🥰 & **Stuart O'Neil** 🥰, and **Brian Armstrong** 🥰 who put their hands up to volunteer as Marshall, Timekeeper & Clerk of Course....We REALLY value the time our vollies give to make our Events successful.

Everyone came pretty close to their predicted time....running without a watch was liberating!!!!

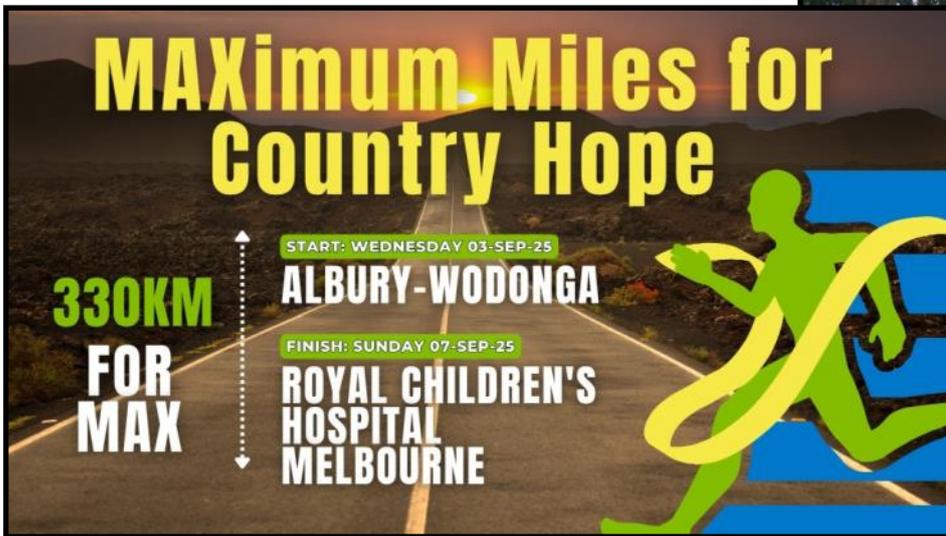
Thanks Bel, 🥰 for your insight into creating an Event that ticks ALL our Hobbo's boxes!! 🥰🥰





NAME	ESTIMATED TIME	ACTUAL TIME	PROXIMITY
Helen Vaxevanis Whyte	39:40	40:05	+0:25
John Gray	38:30	37:47	-0:43
Diane Donoghue	49:52	49:02	-0:50
Melanie Griffin	40:15	39:16	-0:59
Neil Speakman	40:15	39:11	-1:04
Kieran Leonard	37:44	36:40	-1:04
Bronwyn Rowleson	52:45	51:09	-1:36
Phillipa McKiernan (Pip)	40:57	43:23	+2:26





Coaching for Charity Part 2 of 2

By Brian Armstrong

I missed October's Newsletter edition cut-off for part 2, so will give a brief re-cap on where we left part 1 in September.

Harley Turner (devoted father) took on the challenge to run from Albury to Melbourne Children's hospital to give back and raise funds for Country Hope. Country Hope is a charity who assisted Harley, and his family with accommodation and move from Albury to Melbourne, so his son Max could be closer to dialysis and specialized care. Little Max (now 6) was born without formed kidneys (renal dysplasia), and was in need of a kidney transplant to avoid all day dialysis 5 days a week. After meeting Harley on a long run and hearing about his cause, I was asked to assist coaching, and assisted as much as possible in the limited time we had left (A challenge considering it was over an ultra-marathon each day). As it was for such a great cause, I also assisted with planning the journey, and joined Harley for this 5-day adventure as coach, and one of the traffic control vehicles. After Harley's full training, with hydration, nutrition, freeway familiarization, and hill preparation all locked away, Harley managed to achieve two 50km days back-to-back, followed by a 30km day 3, with no injuries, so was as ready as we could get. On Day 1, he took off on his birthday, from Albury to Glenrowan, where Legacy long distance champion fundraiser Ryan Fowler (Look up Rios's Legacy) was waiting, to greet us. As there were lots of media and coverage on day 1, and a late start, this led us to Glenrowan around 9pm, after a massive 94km day. There wasn't much time to chat, as it was time to rest up, and try and get some quality sleep for our 7am start on Day 2.

Day 2 Glenrowan – Euroa (All on track. The pain starts) Sep 4th



Brian, Harley & Ryan

We all met at the Ned Kelly statue 7am, and took some photos with the team. On this day, just before we started, the local shop had heard about Harleys run on the radio and walked over to offer a cash donation, so word was starting to spread.

Harley started his run, with Ryan Fowler and I, and Andrew along on the bike. The weather was great. Harley was in great mind and his body performing well. It was great having Ryan join us on this day, as he managed to keep everyone chat-

ting for most of the morning, taking away any of pain that Harley was going through. Ryan also told us of his phobia with Magpies (after being attacked a few times on his charity adventures), so we had some fun with that...



The morning passed rather quickly and before we knew it, we were at our lunch stop in Baddaginnie. This was around the 40km mark, and while we stopped, Ryan decided to do some extra distance solo to get a full marathon in. Ryan was leaving us at this point, and so wanted to get at least one marathon in for the day.

During lunch, we weighed Harley, and he was within his weight limit, so we knew that the hydration plan was working well. His ability to continue on, also meant that the nutrition plan was also working, given he had the strength to continue on back-to-back days.

Harley rested under a shaded area, so we could maintain his temperature and cooled with some ice, as even though it wasn't a hot day, we could all feel that overhead direct sun.

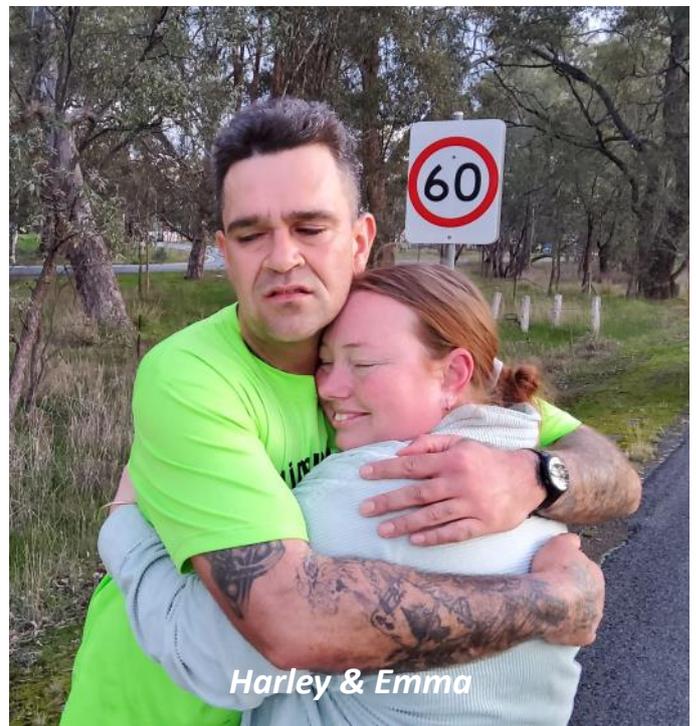
After a short stop, we had one of the crew drive Ryan back to his start point in Glenrowan, while Harley continued on his adventure, heading towards Euroa.

Along the path, down a back dirt road, another farmer walked out to their gate and offered a donation and some kind words. It was great to see that radio advertising was doing great in these rural areas.

A pain started in Harley's ankle, and knees today. We taped up the ankle as best we could and he wore knee braces. This was just a mere example of the pain ahead.

We did well as a team and navigated a safe passage and company for Harley, and managed to cross a shallow river along the path.

The remainder of the afternoon was tough on Harley, and I could hear it in his voice. Harley has a tough determination, and managed to hide the hurt very well by listening to music in his headphones, but I could hear it in his voice and see that his gait was starting to change nearing the end of day 2. We also missed a turn-off and added around 600m to his distance doing a run back, an error on the team's behalf, which wasn't taken too lightly by Harley, given his pain. The picture at the end of day 2 in Euroa (attached) speaks a thousand words, while you can see the love and affection between Harley and Emma, you can also see the hurt in Harley's expression. It was one tough day in the office. My constant words of wisdom, were that *while each day would be harder, the distance would be less*, and we knew that he had it for the great cause he is pursuing.



Harley had soldiered through a 72km day, running through double blisters and a swollen knee. We checked donations and they were now at the \$20,000 mark, which was excellent.

While at the hotel for the night, we arranged multiple bags of ice and emptied them into a wheelie bin. It was kind of awkward lifting Harley into the ice bath (we nearly dropped him as the bin tipped), but the pain was too much and he only lasted a minute or so. While the ice bath worked so well for Ryan on his runs, Harley was more inclined to just cool down with some ice packs instead. A favorite comment, *what works for one, doesn't always work for another* come to mind around this time.

As we got in a little earlier this time, we managed to have a BBQ and get some more R&R. Jason did a fine job cooking up the meat for dinner and



we all got an early night for another 7am start tomorrow.

Day 3. Euroa - Seymour (The pain and determination continues – a huge surprise with extra challenges) Sep 5th

We started at 7:00am from the middle of town, and today was to be full of challenges and surprises.



Harley started his run, and I monitored hydration and nutrition requirements every 30 minutes, which we found to be the best timeline frequency to ensure all needs were met.

Harley was definitely showing the pain, but is so strong minded and determined. We carried through the day, and grinded away at the kilometers, one by one.

We had to stop a couple of times to re-tape his knees and, re-bandage his blisters, but he carried on like a soldier.

There was lots of chatter on the UHF radios today, so we moved to our own channel to ensure that Harley didn't need to listen to everything (as he also carried a UHF radio for traffic alerts).

During the day Mon alerted of an oncoming truck from the rear car, Cindy was driving in our car (just behind Harley), and the truck speeds past on a dirt road, driving very dangerously, very close, and just misses cleaning up our car. This was the first close call for our trip and there was only one other over the journey that I will mention on our last day. Issues like this though, do show that no matter how many vehicles you have, huge signs, communication devices, and bright flashing lights, some will just ignore it, so there is

always risk involved.

It was also around this time, that I heard some yelling and commotion coming from Emma's car (front vehicle ahead of Harley), so went up to find out what was wrong. It was a huge surprise, and the commotion was all excitement. The call was from the kidney transplant team to inform them that Max had received a Kidney donor match!! This was fantastic news, made the journey so much more meaningful, but also put more pressure on us to maintain Harley's health.

The way the living Kidney donation works, is that Kidneys are taken in an exchange program, where one person gives away a Kidney into a pool, and someone in their family receives one.

This method means that anyone can donate a Kidney, regardless of blood type or match, and when a match is found, all will be notified as such, and requested to be available for surgery in the next 2 weeks or so. The donor and recipient also need to be in excellent health, with no injuries, colds, or virus that could affect donating a Kidney and/or recovering from surgery. There are many factors involved which can affect rejection, and even a simple cold passed across from a donor could cause failure. Previously Max had received similar news, but it was cancelled last minute (could be for many reasons, health, or even last-minute change of mind), and the remaining recipients were all affected, with everyone's surgery cancelled. So, while today's news was fantastic, there was still a chance of a last-minute cancelation, so family decided to keep the news to a small few. This time around though, it looked very promising, so everyone was so excited and the news brought a lump to my throat.

Now we had another challenge, and that challenge was that the 'donor was Harley'. What many would not have known while running with Harley, is that he was the person donating his kidney to the pool, so Max could get a fully matching one in exchange. This meant that Harley now needs to be in fine health within 2 weeks, and we all knew that this journey was putting quite a strain on his body. I was monitoring and concerned about a couple of blisters that he had, and we were covering. We also had to consider various muscle related issues, hydration, and heat, which could all impact Kidneys. At the time, Emma raised her concerns, as any health impact would jeopardize Max's kidney transplant. I remember mentioning at the time, that the safest option here, would be to cancel to be certain all was fine. However, Harley was not having any part of that, and wanted to continue on. As this decision was high risk, we decided to err on the





Day 4 on the road with Harley and Andrew

cautionary side and run it by a doctor at the hospital. We were advised that if we could maintain hydration, and ensure he didn't overheat, all would be fine. Considering that I have lots of personal experience in this area from my overheating issues, I was confident that we were covering this issue, and we were already monitoring hydration every 30 minutes and weighing 2 times a day.

We continued on, and Harley picked up another gear, looking so solid and almost like he was just starting his run. As per most days, Andrew and I jumped in and either ran or rode the bike alongside, to keep him company. Often, we would have a chat, joke, and laugh, but there were also a lot of times where Harley would listen to music and was in 'the zone', which was best left as is, and no communications.

Today was such a strong run, and Harley felt so great, that he actually ran past our end point by 2km, to bank some extra for tomorrow's start.

Day4 Seymour – Craigieburn (Our most challenging day - the blisters set in and pain stopped us) Sep 6th

We started off earlier today (6AM), as weather was expected to get rather warm. Harley was very sore, and his shin in a bit of pain.

Along the run, his shin appeared to get worse, so we double wrapped it. While monitoring from behind in our car, I could see that Harley's limp was starting to worsen, and could see it was impact-



The pain barrier

ing his gait badly. He moved through the pain for another hour or so, but then stopped to check bandages again. While checking the bandages, I touched his shin and he moved the leg back in pain. As we checked further, I could see that the pain was likely to stop his run, and was starting to suspect a shin bone fracture. When I asked for a pain level, Harley mentioned 9/10, which was really bad, as I have seen him call a pain of 5, for what the average runner would call an 8. We were now at a stage,

where this injury could stop the journey, and as we did not have a physio on board, we were only guessing as to the full extent of the injury. We decided to try and get an appointment with a physio, and being a Saturday, found that most were closed. Family and Mon rang around, until we found one and after explaining the journey, managed to secure an appointment in the hour.



(I was thinking at the time, I wonder if I could get on to Abby Speakman [Symmetry Williamstown], but it was too far way).

We cleared out my car, and Emma, Harley, and I drove to Complete Care Physio in Wallan. They were so great, and found that the real issue was tendonitis. They naturally advised not to continue, but also knew that Harley was going ahead anyway. After some excellent massaging, Harley could stand on that leg fine, with minimal pain, and the physio also provided the basic massage procedure for us to use mid-way.

The physio also offered to provide voluntary 'on-call' assistance over the next day, and passed on her mobile number.

We drove back to the point where we initially stopped and Harley continued on, with a lot less pain.



In a couple of hours, the pain started to come back so we pulled over and Emma gave him a slight massage, which then enabled Harley to get through to a massive hill. I was running alongside him at that stage, along with Andrew, and we could hear excitement "I can see Melbourne !!, YES...".



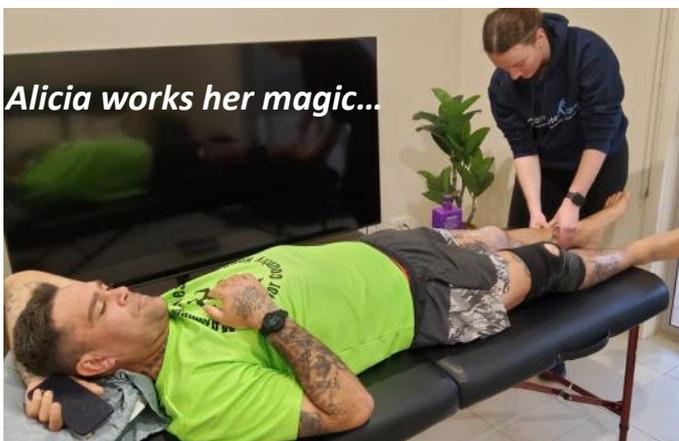
This certainly highlighted our progress, and managed to give Harley enough spirit to run through the pain to the end of the day.

It was a massive long day, we started early (almost like we knew something was coming up), but still finished well into the night. 13 hours total, but 65km done.

We all drove back to our accommodation for the night, a shared B&B in Craigieburn. We contacted the physio, and asked if she could assist in the morning, which she obliged.

Final Day – Destination Royal Children’s Hospital Father’s Day Sep 7th

The lovely Alicia from Complete Care Physio called in very early and worked on Harley’s tendonitis, and he was almost pain free again. She also gave Andrew a massage, and all this was voluntary. We are so lucky to have met Alicia on our journey, and appreciate that there were so many people there to offer assistance for such a great cause.



As I was also in training for Melbourne Marathon, I decided to run the entire last day with Harley. We started where we finished the night before, and at this stage, decided that only one traffic ve-

hicle could be used, due to safety risks for vehicles in the heavier city traffic. Emma and Cindy drove ahead towards Melbourne, while Mon gave traffic alerts via radio to us. We also had Harley’s manager join us on this day, along with Andrew.

Along the way, Mon was passing us gels and hydration packs when requested and while Harley was sore, and in pain, he could see he finish line ahead. While running, I was listening to his exhaustion in the way of pain moans, and could see the hurt had very much caught up with Harley. We offered a lot of encouragement, as we pushed through the kilometers. While running, Harley’s manager did his calf, so needed to stop, and all I could think of at that time, was that I hope nothing happens to Harley from here.

We ran through the distance with no issues, and were then about 3km away from the Royal Children’s hospital where we had to cross some traffic lights, which had just turned red. I started to stop, when I saw Harley moving onto the road, and then I seen a car immediately there. I quickly shouted and grabbed Harley just in time, to stop him from the car. It was such a close call, and so close to the finish. This was the second close call, and thankfully the last for our journey. Only runners who do lots of endurance would understand how the mind can wander and concentration can lapse near the end of a run.

As we neared the hospital, we could see Harley’s family, children, and supporters, which then joined in for the last 500m. It was such a great accomplishment to be a part of.

Gareth and Martin were also at the finish to congratulate Harley.

Overall, this was an excellent journey for me, coaching and supporting along the way, with a huge reward, seeing Harley reach his goal, after all the hard work he had put in. I also learnt that everyone is different and some can completely turn off pain when the goal is for a cause, and not a medal. Huge Kudos to Harley.

It also made me look into organ donation...

Anyone interested in the process for someone they know, check Australian and New Zealand Kidney Exchange: <https://www.donatelife.gov.au/for-healthcare-workers/ANZKX>

& <https://www.donatelife.gov.au/all-about-donation/understanding-living-donation>

After the run, Max finally received his new Kidney on 8th Oct, and Harley donated his Kidney on 16th Oct



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	32	(20)	32			234	n	8
2.	Rob Falloon (walk)	10	21	31	32	23	31	31	25					204	n	8
3.	Jac Wainright	10	21	29	(20)	31	27	26		10				174	n	7
4.	Jason Rees	29	31	30		28	28	29		5	(10)			162	n	6
5.	Michael Musgrove	18	19	17	31	11	6	14	19	23				152	n	9
6.	Kevin Aldred	(20)		6	18	27	21	20	8		28			148	n	7
7.	John Gray	12	5	12	21	12	(20)	18	19	22				136	n	8
8.	Anastasia Aldred	30	20	23	18		17	27						135	n	6
9.	Cain Speakman	27	7		10	(20)	10		7	30				111	n	6
10.	Anna Bovdis	32		7	(20)	(20)	17	(10)	(10)	14				110	n	4
10.	Matt Loader	5	5	10	(20)	10	10	5	29	21				110	n	8
12.	Kaia Morris	23	21	27		32			5					108	n	5
13.	Brian Armstrong	9	26	12	24	24	(20)	5	5	5				106	n	7
14.	Leigh Kelly	13	7	27	27	10	(20)							104	n	5
14.	Michael Slee (walk)	5	5	12	5	12	13	17	(20)	5	20			104	n	9
16.	Mario Valastro	5	20	11		26		(20)	6		(10)			98	n	5
17.	Andrew Scardino		10	(20)	10	10	10	26	10		10			96	n	6
18.	Ken Smith	10	5	23	(20)	9	17	5	5	5				94	n	8
19.	David Walker (walk)	10	10		10	32			30					92	n	5
20.	Peter Buissink	(20)		(10)	(10)	(10)	(10)	(10)	(10)					90	n	0
21.	Graham Edwards		17	22	23	6			5	14				87	n	6
22.	Rae Carter	26	29	5	(20)		5							85	n	4
23.	Diane Donoghue	(20)	6		5	20	8	10		5	7			81	n	7
24.	Mick Beasley	(20)	(10)	(10)	(10)	(10)		(10)		(10)				80	n	0
24.	Neil Speakman	(20)		8	8		5	5	9	6	19			80	n	7
24.	Will McKenzie		(20)	(10)	(10)	(10)	(10)	(10)		10	10			80	n	2
27.	Belinda Fithie	(20)	5	5	5	5	8		10	16				74	n	7
28.	Elise Hardiker		10	10	10	(20)	14	8		5	6			73	n	6
29.	Melissa Rutze		(20)	10	10	5	5		14	18				72	n	5
30.	Peter Whyte		5	5	6	5		13		10	27			71	n	7
31.	Bronwyn Rowleson				10		(20)	14	26					70	n	3
31.	Freya Rees	10	10	10	10		10	10		10				70	n	8
33.	Michael Reif		10	25	29		5							69	n	4
34.	Anna McAlister	10	10		25	25			23					68	n	4
35.	Mike Newby						10	10	10	22	13			65	n	5
36.	Jimmy Dwyer	10			5	(20)		19	10					64	n	4



Hobbs 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.	Rachel Kealy		(20)	5	5	5	17			12				64	n	5
38.	Linda Viberg			10	10	10	10	10		32				62	n	4
38.	Tara Fairbrother			10	9	21	5	5	5	12				62	n	8
40.	William Hart				10	10	10	10	21		10			61	n	5
41.	Clare Beaumont	10	10	10	10	(20)								60	n	4
41.	Lois Speakman			10	10	(20)	(20)	(10)	(10)	(10)	(10)			60	n	1
41.	Magnus Vaisnys			10	10	10	10	10	10	10	20			60	n	5
41.	Olly Rees	10	10	10	10	10	10	10	10	10	(10)			60	n	6
41.	Ray Barnard	5	5	5	5	5	5	5	(20)	(20)	(10)			60	n	6
46.	Helen Vaxevanis		(20)	5	5	11				5	16			57	n	4
47.	John Becroft	7	5	5	26			5	5	5	8			56	n	6
48.	Cat McRae			10	10	10	10	(20)	10	10				50	n	3
48.	Savannah Scardino				10	10	10	10	10	10	10			50	n	5
48.	Susan Walker	5	5	5	5	5	5	11			19			50	n	6
51.	John Horan (Pram)	10	10	10	10	17								47	n	4
51.	Melanie Griffin	13		11		18	5							47	n	4
53.	Laura Perree			10	10	10	25							45	n	3
53.	Lizzie Stranks	5	30								10			45	n	3
53.	Terry Pearce			5	20		(20)							45	n	2
56.	Anna Anderson (Pram)	10		(20)					10					40	n	2
56.	Lauren Scardino				10	10	10	10						40	n	4
58.	Mark Letman					(20)			10	10	9			39	n	2
59.	Helen Haralambous				5	30								35	n	2
59.	Jane Whitmore				5	5	(20)	5						35	n	3
61.	Ann Girvin		10		(20)									30	n	1
61.	Di Williamson					10	10	10	10	10	10			30	n	3
61.	Harry Scardino				10	10	10	10						30	n	3
61.	Karen Hayes					10	10	(20)						30	n	1
61.	Karl Smith			10							(20)			30	n	1
61.	Kevin Mahon			10	10	10				10				30	n	3
61.	Lana Woodhouse			(20)	10									30	n	1
61.	Michael Williams		(20)							10				30	n	1
61.	Ron Van der Heide			10		10	10	10						30	n	3
61.	Simon Anderson (Pram)	10		10				10						30	n	3
71.	Stuart Tennant			15		5	5							25	n	3
72.	John Danaher	5				9	9	9						23	n	3



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.	Brandon Bergin	10			10									20	n	2
73.	Dean Crowley						10	10						20	n	2
73.	Dominique Tanner (walk)			10				10						20	n	2
73.	Gaye Crichton		10	10										20	n	2
73.	Kieran Leonard			5	5	5	5							20	n	4
73.	Kieran Leonard (pet)	10									10			20	n	2
73.	Shona Tudge					10			10					20	n	2
73.	Simone Trigger						10	10						20	n	2
73.	Stuart O'Neil		(20)											20	n	0
73.	Tamara Petrov		(20)											20	n	0
73.	Victoria Hartos							10	10					20	n	2
73.	Wieger Vos					10	10							20	n	2
85.	Sarah Lowe		11	5										16	n	2
86.	Philippe Delecheneau				5	5	5		5					15	n	3
87.	Vanessa Coutts	8	5											13	n	2
88.	Abby Speakman						10							10	n	1
88.	Adam Clarke					10								10	n	1
88.	Angus Dart						10							10	n	1
88.	Dominique Tanner	10												10	n	1
88.	Ethan Orne									10				10	n	1
88.	Evelyn Orne									10				10	n	1
88.	Graeme Dewerson								10					10	n	1
88.	Jallyn Bigarelli												10	n	1	
88.	Janelle Taylor		10											10	n	1
88.	Jarvis John								10					10	n	1
88.	John Horan					5		5						10	n	2
88.	Lorrimer Humphreys							10						10	n	1
88.	Lucas Van Merkestein							10						10	n	1
88.	Malcolm Powers							10						10	n	1
88.	Michael Palmers			10										10	n	1
88.	Mila Williams									10				10	n	1
88.	Millie Dewerson							10						10	n	1
88.	Nick Tavendale							10						10	n	1
88.	Owen Dewerson							10						10	n	1
88.	Riain Casey													10	n	1
88.	Sam Flockhard													10	n	1



Hobbs 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
88.	Sarah Trigger									10				10	n	1
88.	Sebastian Bigarelli			10										10	n	1
88.	Tess Tigger										10			10	n	1
88.	Thomas Williams		10											10	n	1
88.	Tim Bigarelli			10										10	n	1
114.	Ashley Sanderson				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: 114

Greenwich Cup

With his win in October, **Eero Keranen** cannot now be caught and has secured the Cup with two events to spare. It is unusual to have the trophy decided before December, let alone November.

There is still much to play for with second place. **Rob Falloon** may have a healthy 30-point lead, however both Jac and Jason are well within striking distance with a couple of big finishes. Not to mention competing for the third spot on the podium as well as looking over their shoulder.



*Handicapper
Mick Beasley's commentary
is shamelessly stolen
from Facebook.*

Why not?

Mick's best placed to know this stuff, right?





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)  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 November handicap is #363

How many have you done?

