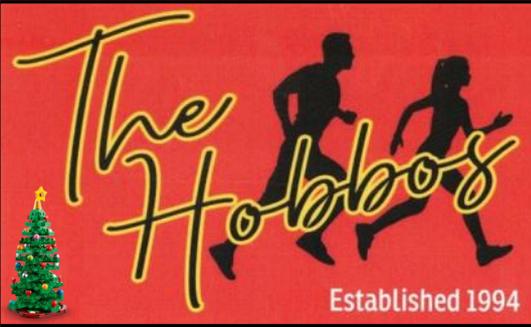


December 2025



HomeRuns



#364

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

Better Than Ever

Coaching Wrap

Xmas Gift

Rhabdomyolysis

D.S.S.

In this issue

From the editor's desk	2-3
Gray Matters	4
Christmas Gift & DSS	5-6
Position Vacant	7
October Hcap	8-11
Greenwich Cup	12-15
Rhabdomyolysis	13
Coaching	17-19
Ekiden	20-21
Hobbos Ad	22

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Christmas drinks at the Junction Hotel (more on p4)

Forthcoming Events

Sat	27th Dec	December Handicap & Morning tea
Sat	31st Jan	January Handicap & Morning tea
Tue	10th Feb	Summer Challenge 1000 Handicap (DSS #4)
Sat	28th Feb	February Handicap & Morning tea (DSS #5)
Tue	17th Mar	Easter Gift 1500 handicap (DSS #6)
Sat	28th Mar	March Handicap, morning tea & AGM

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

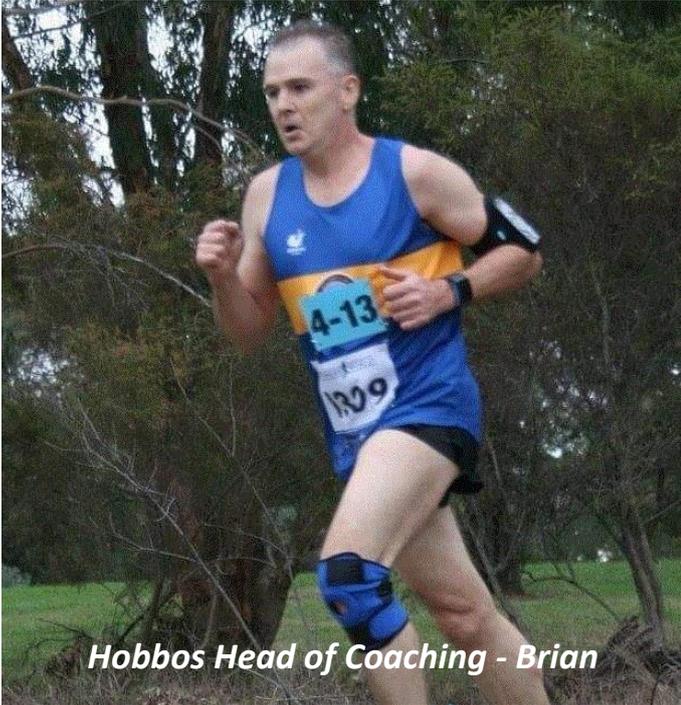
Don't forget our social media. It's a great way to share information or gossip, rather than waiting for the newsletter.

WEBSITE



From the Editor's Desk

with Michael Slee



Hobbos Head of Coaching - Brian

Why is Brian's photo featured here?

A quick scan of the contents of this issue (and last month's) answers that question.

Brian Armstrong does so much for the Hobsons Bay Running Club and unless you are directly involved - a runleader or on the committee - you may not realise until you read about it in the pages of **Home Runs**.

Brian would be the first to tell you that he's not alone either. As you read about Ekiden, the coaching update and even Will's article on Rhabdomyolysis you'll read the names of the team behind the scenes who make the Hobbos tick and keep it ticking.

They are what makes the Hobbos the club that it is. Thank them next time you see them.

See you at the starting line... **7:40am (or earlier)** avoids the queue for handicap #364

SPORTSPOWER

Nike's top 3 running shoes are back in stock...

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Pegasus



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It's the end of another year, although still another 3 months of my presidency, seeing as the committee has deferred the AGM from the February handicap to the March handicap. While it wasn't my idea to defer the AGM, I'm happy to have a bonus month of being your president. It's like making sure you go a bit over on your run so that Strava credits you with the full distance. There's nothing worse than stopping your watch on 6.00km and having Strava somehow round it down to 5.99km, so it's great that I'm going slightly over 6 years, in case it gets rounded down somewhere to 5.9 years.



At the AGM, the committee and executive roles will be declared vacant, and members will vote for those who have nominated for roles. You will be aware that Brony and I will not be re-standing for Secretary and President, in order to encourage a new and younger leadership, and to encourage new blood in the committee and strengthen our club.

I encourage all of our members to consider what passion or skills (such as technical, administrative or creative) you could contribute to our club by joining the committee, or supporting the committee in an off-committee role. Being on the committee is not onerous or time-consuming. Responsibilities are shared and committee meetings are only held approximately every 8 weeks by zoom to help those with family commitments.

End of year events

This month we had our third Daylight Savings Series event of the season, the Christmas Gift handicap, followed a few days later by our Christmas drinks at the Junction Hotel. Christmas drinks was well attended by 34 members, packing out the area assigned to us. A good time was had by all, especially those of us still

there for last drinks! That just leaves this Saturday's December handicap to cap off the year.



The Christmas Gift

Sixteen runners participated in the Christmas Gift (12 members and 4 guests), a reduction from the Spring Gift (23 members and 3 guests). Next year's committee will consider whether to continue holding the Christmas Gift on a Sunday, or reverting to a Tuesday evening.

Christmas Gift Handicap winners' podium

1 st	Evelyn Orme
2 nd	Ethan Orme
3 rd	Angela Schmerl

Fastest on the night

4:53	Max Ilet (Guest)
4:57	Ethan Orme
4:57	Jimmy Dwyer

DSS points table leaders after Race 3

35	Ethan Orme
30	Jimmy Dwyer
27	Evelyn Orme

Calendar for the 2025-26 DSS:

To be in the running for a series prize, make sure you attend the remaining DSS events, as final points are determined by your best 4 results, so come along and have some fun!

-Tue 10th Feb: Summer Challenge 1000m handicap (DSS#4)

-Sat 28th Feb: February 5000m handicap (#5)

-Tue 17th Mar: Easter Gift 1500m handicap (#6)

Until next month, stay fit, healthy and safe.



Christmas Gift 1500

Daylight Savings Series Race #3



The Annual Christmas Gift 1500 was held on Sunday 7th December at the Newport Park Athletic Track.

The picture immediately above shows the perfect conditions at race time as competitors listened attentively to race director Peter Buissink at the start line.

Our podium is shown to the left. Evelyn took Gold having withstood a strong finish from brother Ethan in second place (and silver). The bronze medal went to Angela in a tight tussle with Jimmy...check the finish times to see how close it was!

Christmas Gift & DSS Race 3, 7th Dec 2025									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
Evelyn Orme	02:00.0	08:34.0	06:34.0	Y	1	Y	1	15	Max Ilett	04:53.0
Ethan Orme	03:45.0	08:42.0	04:57.0	Y	2	Y	2	13	Ethan Orme	04:57.0
Angela Schmerl	01:45.0	08:57.0	07:12.0	Y	3	Y	3	11	Jimmy Dwyer	04:57.0
Jimmy Dwyer	04:00.0	08:57.0	04:57.0	Y	4	Y	4	9	Magnus Vaisnys	05:07.0
Andrew Else	03:25.0	08:57.0	05:32.0	Y	5	Y	5	8	John Gray	05:21.0
John Gray	03:50.0	09:11.0	05:21.0	Y	6	Y	6	7	Cain Speakman	05:23.0
Magnus Vaisnys	04:05.0	09:12.0	05:07.0	Y	7	Y	7	6	Andrew Else	05:32.0
Ashley Sanderson	03:35.0	09:13.0	05:38.0	Y	8	Y	8	5	Ashley Sanderson	05:38.0
Belinda Fithie	01:20.0	09:18.0	07:58.0	Y	9	Y	9	5	Sid Ilett	06:03.0
Cain Speakman	04:00.0	09:23.0	05:23.0	Y	10	Y	10	5	Evelyn Orme	06:34.0
Eero Keranen	00:15.0	08:28.0	08:13.0	N	11	Y	11	5	Katrina Lange	06:34.0
Katrina Lange	02:00.0	08:34.0	06:34.0	N	12	Y	12	5	Angela Schmerl	07:12.0
Will Dwyer	00:00.0	08:16.0	08:16.0	N	13	N	13	5	Belinda Fithie	07:58.0
Sid Ilett	02:50.0	08:53.0	06:03.0	N	14	N	14	5	Sawyer Dawson	08:02.0
Max Ilett	04:10.0	09:03.0	04:53.0	N	15	N	15	5	Eero Keranen	08:13.0
Sawyer Dawson	01:20.0	09:22.0	08:02.0	N	16	N	16	5	Will Dwyer	08:16.0
Helen Haralambous						Helper		4		
Kieran Leonard						Helper		4		
Lois Speakman						Helper		4		
Mary Wong						Helper		4		
Neil Speakman						Helper		4		
Peter Buissink						Helper		4		
Rob Falloon						Helper		4		
Stuart O'Neil						Helper		4		

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	13				35
2	Jimmy Dwyer	13	8	9				30
3	Evelyn Orme	5	7	15				27
4	Angela Schmerl	5	6	11				22
5	Andrew Scardino	15	5					20
5	Weiger Vos	5	15					20
7	Andrew Else	5	5	8				18
8	John Gray	5	4	7				16
8	Susan Wright	5	11					16
10	Peter Buissink	4	4	4				12
10	Gareth Coakley	7	5					12
10	Kevin Mahon	8	4					12
13	Magnus Vaisnys		5	6				11
13	Dean Crowley	6	5					11
13	Karli Smith	11						11
16	Cain Speakman	5		5				10
16	Bronwyn Rowleson	5	5					10
16	Harry Scardino	5	5					10
16	Mark Letman	5	5					10
16	Olly Rees	5	5					10
16	Rachael Kealy	5	5					10
16	Ray Barnard	5	5					10
16	Savannah Scardino	5	5					10
24	Helen Haralambous	5		4				9
24	Neil Speakman		5	4				9
24	Angus Dart		9					9
24	Di Williamson	4	5					9
28	Kieran Leonard		4	4				8
28	Mary Wong		4	4				8
28	Rob Falloon		4	4				8
28	Stuart O'Neil	4		4				8
32	Ashley Sandison			5				5
32	Belinda Fithie			5				5
32	Eero Keranen			5				5
32	Katrina Lange			5				5
32	Max Ilett			5				5
32	Sawyer Dawson			5				5
32	Sid Ilett			5				5
32	Will Dwyer			5				5
82	Lois Speakman			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.

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Rosalind Russell / Cary Grant

or

Christopher Reeve / Margot Kidder

Whether you lean more towards one or other of these iconic screen reporters, it matters not.

The position of Editor for [HomeRuns](#) is up for grabs!

Interested? See Michael or at least come and chat about movies...

...& the movies pictured are?



Hobbos Handicap - November 2025 - 363 Running

Pos	Name	Finish	Time	Start	PB	AGPB	Split 1	Split 2	Points	Bonus	Total
Greenwich Cup											
1	Andrew Scardino	49:31	18:56	30:35	19:02	19:18	9:30	9:26	20	12	32
2	Belinda Fithie	49:58	29:48	20:10	27:34	28:08	14:59	14:49	19	0	19
3	Mark Letman	50:12	22:57	27:15	21:51	21:51	11:31	11:26	18	1	19
4	Neil Speakman	50:31	24:41	25:50	23:15	23:15	12:33	12:08	17	0	17
5	Melissa Rutze	50:39	29:49	20:50	26:02	27:12	15:08	14:41	16	0	16
6	Matt Loader	50:42	22:47	27:55	22:06	22:06	11:20	11:27	15	5	20
7	John Gray	50:47	21:12	29:35	18:51	20:00	10:25	10:47	14	0	14
8	Michael Slee (Walk)	50:50	40:15	10:35	38:43	39:03	20:04	20:11	13	0	13
9	Cat McRae	50:57	28:17	22:40	27:35	27:35	14:20	13:57	12	5	17
10	Jane Whitmore	50:58	25:58	25:00	23:08	24:28	13:03	12:55	11	0	11
11	Linda Viberg	51:01	27:01	24:00	26:53	26:53	13:41	13:20	10	10	20
12	Elise Hardiker	51:57	32:47	19:10	28:59	28:59	16:30	16:17	9	0	9
13	Cain Speakman	52:04	21:34	30:30	19:26	19:34	10:38	10:56	8	0	8
14	Jac Wainwright	52:14	29:34	22:40	27:26	27:26	14:57	14:37	7	0	7
15	John Horan (Pram)	52:24	25:39	26:45	23:40	23:40	12:27	13:12	6	0	6
16	John Becroft	52:43	52:13	0:30	24:12	49:35	25:47	26:26	5	0	5
17	Ken Smith	54:32	46:32	8:00	22:28	41:52	23:21	23:11	5	0	5
Ineligible											
1	Ruairidh Anderson	49:05	17:35	31:30	18:02	18:02	8:37	8:58	10	0	10
2	Greg Weston	50:06	19:06	31:00			9:33	9:33	10	0	10
3	Jake Mlocic	50:20	20:00	30:20			9:55	10:05	10	0	10
4	Olly Rees	50:42	21:57	28:45	21:37	21:37	11:00	10:57	10	0	10
5	Weiger Vos	48:08	22:43	25:25	24:58	24:58	10:59	11:44	10	0	10
6	Harry Scardino	50:00	23:30	26:30	23:52	23:52	11:52	11:38	10	0	10
7	Katrina Lange	49:24	24:09	25:15	20:03	25:20	11:54	12:15	10	0	10
8	Simone Trigger	50:29	24:59	25:30	24:43	24:43	12:10	12:49	10	0	10
9	Jimmy Dwyer	50:16	25:16	25:00	18:44	18:44	12:39	12:37	10	0	10

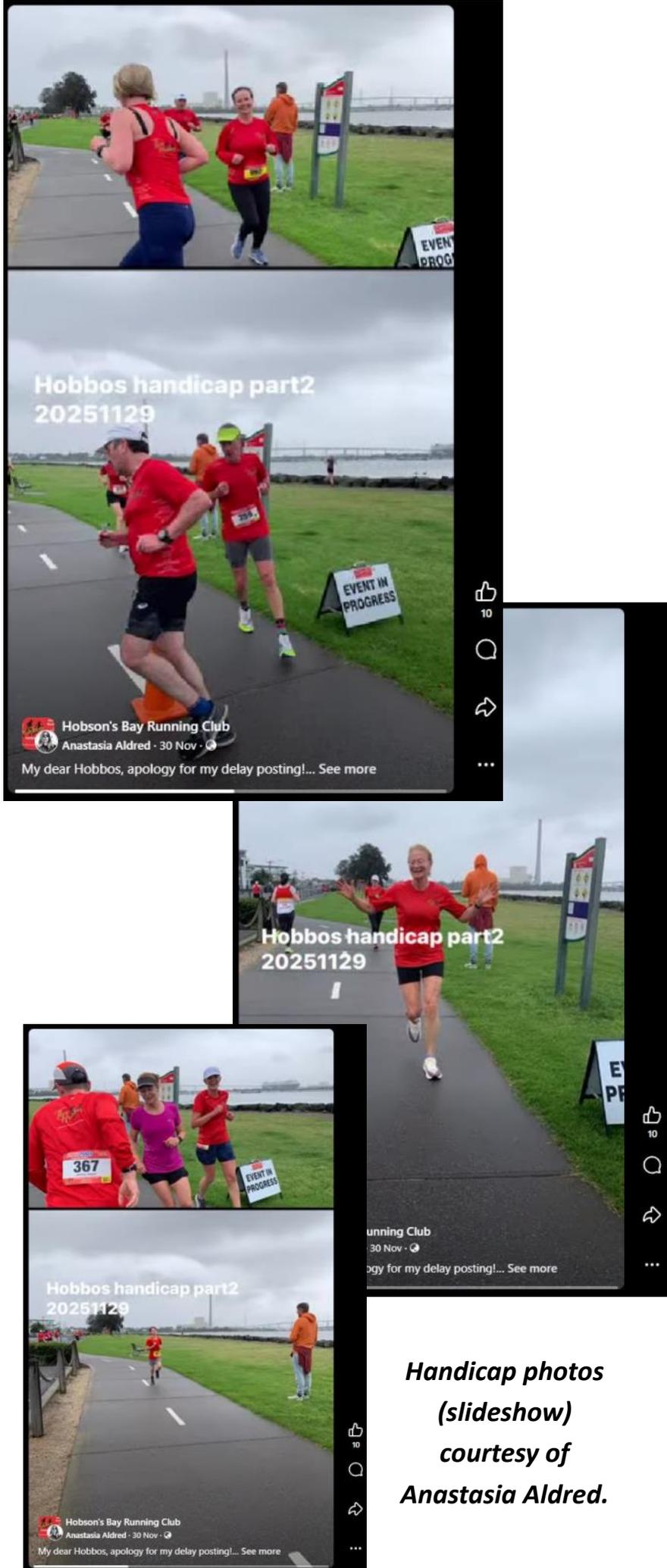


Hobbos Handicap - November 2025 - 363 Running



Pos	Name	Finish	Time	Start	PB	AGPB	Split 1	Split 2	Points	Bonus	Total
10	Victoria Hartos	50:45	30:15	20:30	30:01	30:01	15:15	15:00	10	0	10
11	Lauren Scardino	52:11	34:41	17:30	30:35	30:35	17:48	16:53	10	0	10
12	Savannah Scardino	52:11	34:41	17:30	32:52	32:52	17:48	16:53	10	0	10
13	Freya Rees	50:12	34:42	15:30	33:47	33:47	17:33	17:09	10	0	10
Ineligible 2.5km											
1	John Ayton (2.5 km)	50:04	20:04	30:00	19:04	26:45	20:04		10	0	10
Guests											
1	Jane Gibbons	54:29	30:29	24:00	26:45	26:45	15:22	15:07	-	0	-

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



Handicap photos (slideshow) courtesy of Anastasia Aldred.

First time under 19 minutes

18:56, a PB of 0:06 and the first time Andrew's 5km time has dipped below the 19 minute mark.

He is running better than ever, and he's always been quick.

If you recall a few years ago Andrew, Neil and Michael Musgrove were battling it out for the 2023 Greenwich Cup, with only 5 points separating them. Neil won!

Coincidentally Andrew won the November Handicap in 2023 (and also in August).

This year has seen the entire Scardino family at our monthly handicaps with all of them on the track, running the whole 5000m. It is great to see families enjoying time together at our events.

Although the shared pathway was wet under foot, conditions were virtually perfect for running. It was cool, with little breeze, However, Andrew's PB (-0:06) was the only PB of any kind from a field of 32.



The family that runs together - Andrew, Harry, Lauren & Savannah, but it's Savannah who gets them out of bed, to get there!



The Thoughts of the Handicapper

Results for the moderately soggy November Handicap are up.

Andrew Scardino took out the win, with his first ever time under 19 minutes. There was a stewards' enquiry to check his eligibility - he'd done some recent runs with his offspring - but he'd done enough solo runs to ensure his handicap was valid.

Nobody else in the main field ran an AGPB, making Andrew's performance all the more impressive.

Belinda was second - hard work and altitude training in the Himalayas paying off with a time under 30m, and her best time in a very trying year.

Mark Letman was third.

Ruairidh Anderson had the fastest time in the day, with a 17:35, while Weiger Vos pulled out at 2:15m PB. It was good to see club sponsor **John Ayton**. Remember to visit

SportsPower Williamstown - those bibs you wear which allows us to provide these results are all thanks to his generosity!

As always, thanks to **Will McKenzie** for ensuring the timing system ran smoothly on the day - zero unidentified bibs to chase down, zero dubious start times to query and correct - that doesn't happen very often.

By Mick Beasley

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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		(20)			214	n	8
3.	Jac Wainwright	10	21	29	(20)	31	27	26		10		7		174	n	8
4.	Jason Rees	29	31	30			28	29		5	(10)			162	n	6
5.	Michael Musgrove	18	19	17	31	11	6	14	19	23		(20)		161	n	9
6.	Anastasia Aldred	30	20	23	18		17	27				(20)		155	n	6
7.	Kevin Aldred	(20)		6	18	27	21	20	8		28			148	n	7
8.	John Gray	12	5	12	21	12	(20)	18	19	22		14		138	n	9
9.	Andrew Scardino		10	(20)	10	10	10	26	10		10	32		128	n	7
10.	Matt Loader	5	5	10	(20)	10	10	5	29	21		20		125	n	9
11.	Cain Speakman	27	7		10	(20)	10		7	30		8		119	n	7
12.	Michael Slee (walk)	5	5	12	5	12	13	17	(20)	5	20	13		112	n	10
13.	Anna Bovdis	32		7	(20)	17	(10)	(10)		14				110	n	4
14.	Kaia Morris	23	21	27			32		5					108	n	5
15.	Brian Armstrong	9	26		12	24	(20)	5	5	5				106	n	7
16.	Leigh Kelly	13	7	27	27	10	(20)							104	n	5
17.	Mario Valastro	5	20	11		26		(20)	6		(10)			98	n	5
18.	Ken Smith	10	5	23	(20)	9	17	5	5	5		5		94	n	9
19.	David Walker (walk)	10	10		10	32			30					92	n	5
19.	Neil Speakman	(20)		8	8		5	5	9	6	19	17		92	n	8
21.	Mick Beasley	(20)	(10)	(10)	(10)	(10)		(10)	(10)	(10)	(10)	(10)		90	n	0
21.	Peter Buissink	(20)	(10)	(10)	(10)	(10)	(10)	(10)	(10)	(10)	(10)	(10)		90	n	0
21.	Will McKenzie	(20)	(10)	(10)	(10)	(10)	(10)	(10)	10	10	10	(10)		90	n	2
24.	Anna McAlister	10		10		25			23		(20)			88	n	4
24.	Belinda Fithie	(20)	5	5	5	5	8	10	16		19			88	n	8
24.	Melissa Rutze		(20)	(20)	10	5	5	14	18		16			88	n	6
27.	Graham Edwards		17	22	23	6			5	14				87	n	6
28.	Rae Carter	26	29	5	(20)		5							85	n	4
29.	Elise Hardiker		10	10	10	(20)	14	8	5	5	6	9		82	n	7
29.	Linda Viberg		10	10	10	10	10	10	32		20			82	n	5
31.	Diane Donoghue	(20)	6		5	20	8	10	5	7				81	n	7
32.	Freya Rees	10	10	10	10		10	10	10		10			80	n	9
33.	Jimmy Dwyer	10		5	5	5	(20)		19	10	10			74	n	5
34.	Peter Whyte		5	5	6	5		13	10	10	27			71	n	7
35.	Bronwyn Rowleson				10		(20)	14	26					70	n	3
35.	Lois Speakman			10		(20)	(20)	(10)	(10)	(10)	(10)			70	n	1



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
35.	Olly Rees	10	10	10	10	10	10	10	10	10	10	10	10	70	n	7
38.	Michael Reif			10	25	29		5						69	n	4
39.	Cat McRae			10	10	(20)	10	(20)	10	10	10	17		67	n	4
40.	Mike Newby					10	10	10	10	22	13			65	n	5
41.	Rachel Kealy		(20)	5	5	5	17			12				64	n	5
42.	Tara Fairbrother			10	9	21		5	5	5	12			62	n	8
43.	John Becroft	7		5	26			10	10	10	10	5	5	61	n	7
43.	William Hart					10	10	10	21		10			61	n	5
45.	Clare Beaumont	10	10	10	10	(20)								60	n	4
45.	Magnus Vaisnys			10	10			10	10	10	20			60	n	5
45.	Ray Barnard	5		5	5	5	5	5		(20)	(10)			60	n	6
45.	Savannah Scardino					10	10	10	10		10	10		60	n	6
49.	Mark Letman					(20)		10	10	10	9	19		58	n	3
50.	Helen Vaxevanis		(20)	5		11			5	16				57	n	4
51.	John Horan (Pram)	10	10		10	17						6		53	n	5
52.	Lauren Scardino					10	10	10	10			10		50	n	5
52.	Susan Walker	5	5	5	5	5	5	11		19				50	n	6
54.	Melanie Griffin	13		11		18		5						47	n	4
55.	Jane Whitmore					5	5	5	(20)	5		11		46	n	4
56.	Laura Perree				10	10	25							45	n	3
56.	Lizzie Stranks	5	30						(20)		10			45	n	3
56.	Terry Pearce			5	20									45	n	2
59.	Anna Anderson (Pram)	10		(20)					10					40	n	2
59.	Harry Scardino					10	10	10				10		40	n	4
61.	Sarah Lowe			11	5							(20)		36	n	2
62.	Helen Haralambous					5	30							35	n	2
63.	Ann Girvin			10		(20)								30	n	1
63.	Di Williamson					10			10	10				30	n	3
63.	Karen Hayes					10		10	(20)					30	n	1
63.	Karli Smith			10						(20)				30	n	1
63.	Kevin Mahon				10	10				10				30	n	3
63.	Lana Woodhouse			(20)	10									30	n	1
63.	Michael Williams			(20)					10					30	n	1
63.	Ron Van der Heide				10		10			10				30	n	3
63.	Simon Anderson (Pram)	10						10						30	n	3
63.	Simone Trigger							10	10	10	10			30	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
63.	Victoria Hartos								10	10	10	10	10	30	n	3
74.	Stuart Tennant		15		5	5								25	n	3
75.	John Danaher	5				9		9						23	n	3
76.	Brandon Bergin	10			10									20	n	2
76.	Dean Crowley							10	10					20	n	2
76.	Dominique Tanner (walk)			10						10				20	n	2
76.	Gaye Crichton		10	10										20	n	2
76.	Kieran Leonard			5	5	5	5	5						20	n	4
76.	Kieran Leonard (pet)	10									10			20	n	2
76.	Shona Tudge						10		10					20	n	2
76.	Stuart O'Neil		(20)											20	n	0
76.	Tamara Petrov		(20)											20	n	0
76.	Wieger Vos							10	10					20	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 Orme										10			10	n	1
88.	Graeme Dewerson								10					10	n	1
88.	Greg Weston											10		10	n	1
88.	Jake Mlocic											10		10	n	1
88.	Jallyn Bigarelli									10				10	n	1
88.	Janelle Taylor		10											10	n	1
88.	Jarvis John									10				10	n	1
88.	John Ayton (2.5 km)											10		10	n	1
88.	John Horan				5				5					10	n	2
88.	Katrina Lange											10		10	n	1
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	n	1
88.	Mila Williams												10	10	n	1
88.	Millie Dewerson								10					10	n	1





Current Standings - Greenwich Cup

Place	Name	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Best Eight	Notes	Total Runs
88.	Nick Tavendale									10				10	n	1
88.	Owen Dewerson									10				10	n	1
88.	Riain Casey	10												10	n	1
88.	Ruairidh Anderson										10			10	n	1
88.	Sam Flockhard		10											10	n	1
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
88.	Weiger Vos											10		10	n	1
120.	Ashley Sanderson													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: 120

Greenwich Cup

From Mick Beasley's Facebook Post...

Greenwich Cup standings have been updated, and it is all to play for in December.

Not for the first place - **Eero Keranen** had that sown up last month, and did a bit of a Power Move by staying at home with his feet up while the winds and rain tormented those chasing the minor places.

And not for second place either - **Rob Falloon** secured that this month with another Power Move by doing his mandatory assist in a snug raincoat, while the pursuing pack squelched around to no avail.

But the remaining place on the podium is very much up for grabs - with both Jac and Jason battling injuries, there is still time for a late charge in December there. The recipe is simple - just win in December with an AGPB, and watch those ahead of you in the table falter...

And a suggestion from your editor...

So, grab your favourite beverage, settle into a comfy chair and study the GC points table. Who's your pick for third place?

Rhabdomyolysis: A cautionary tale of going too far, too soon

Authors: Will McKenzie (MD2 student, UoM), Brian Armstrong (HBRC Lead Coach)

"It's race day and I took my friend's place in the local marathon. I'm young and fit. Although I've never run anywhere near this distance before, how hard could it possibly be?. Little did I know that a few days later I would be in hospital getting treated for things I thought only affected obese and elderly people" [Based on true story].

As recreational runners, we have all been in the spot where we start to fantasise about our next race, our next challenge, our next illustrious PB. From inspirational sports media we are frequently told to push past the pain as the mantra 'no pain, no gain' is instilled into us. While the mantra is untrue, the mind can sometimes override the body but if we push it too far, we can put ourselves at risk of more than just some sore muscles.

Whenever performing physically straining activities, we can expect our muscles to become damaged. In most cases, this damage is necessary for building bigger and stronger muscles and is the aim of progressive overload. You will generally experience some pain, swelling, weakness or even slightly darker urine (mainly due to dehydration) for a day or two, which is (relatively) normal. However, when we do not take a gradual stepwise approach to training, such as undertaking a marathon with no training, strength or conditioning at all, we are at risk of serious rhabdomyolysis - the breakdown of muscle. When rhabdomyolysis occurs, proteins and electrolytes rapidly spread throughout our bodies causing muscle weakness, severe pain, swelling, dark and frothy urine and may even lead to serious complications including *acute kidney injury*, *cardiac arrhythmia* (palpitations) and *compartment syndrome*. If you do experience these symptoms for either a longer period of time or at greater intensity than usual, book in to see a doctor.

To avoid these more serious complications of rhabdomyolysis when undertaking endurance events: ensure you have adequate training, sufficient hydration and nutrition pre- and post-race, and that on race day you listen to your body rather than your ego. It is better to not complete a race than to complete it and put your health at major risk!

For more information see:

Rout, P., Chippa, V., & Adigun, R. (2025). Rhabdomyolysis. *StatPearls*. <https://www.ncbi.nlm.nih.gov/books/NBK448168/>



Big Will (in the Nike cap) making his tongue do most of the work at the MM 2025

Hobbs Coaching

With Brian Armstrong, Coaching Co-ordinator



2025 December Coaching update

What a wonderful and successful year for Hobsons Bay Running Club.

From the coaching team, we would like to thank everyone for their attendance, dedicated training, commitment, and wish you all a Merry Christmas, and a safe and happy New Year.

Our club has taken on many additional members for 2025, as we continue to grow membership to record numbers (+240 at a previous count).

We have seen lots of PB's from members, and also trained up the Toyota Australia team for their Japan Ekiden relay event, a good indication that we are doing it right.

As the club continues this growth, the coaching team



The Toyota Australia team in Japan

will advance and grow with it.

We also have some recent changes, one is that **Daryl Sadgrove** is moving interstate, as his wife Tessa is pursuing a massive career opportunity. While we would all like to congratulate Daryl for his family career advancement, his coaching and runleading ability will be missed by us all.

Daryl, a L2 recreational coach (and past professional coach), is also a sports scientist, and assisted initially with setting up some baseline training plans and guidelines, Daryl also assisted with a couple of our running technique video analysis, and was our hill technique specialist.

Daryl was mainly runleading on Tuesday morning track, and Thursday morning hills. If you do see Daryl before he leaves at the end of the year, please show our gratitude and say thank you. He will be missed.

As a club we continue on, and when a runleader leaves we look for a replacement and **Will McKenzie**

has kindly volunteered to join the team as a L1 Runleader.

Most will know Will for his commitment assisting with Timing and Handicapping at our monthly handicaps. He is very friendly, knowledgeable, and a great addition to the team. Will has his L1 course in January and will provide his BIO in a later Newsletter.

We also have **Cat McCrae** about to advance to L2. Cat is mid-way through her L2 recreational certificate. Cat is very approachable, and loves to pass on her running knowledge and experience. Cat is currently runleading at Tuesday morning and night track sessions, plus Thursday morning and night hills, and is also one of our Yoga instructors. You may also know Cat from Newport Lakes Parkrun.

Cat will provide a BIO in a later newsletter.

When you next see Cat & Will, pass on a huge congratulations.

This month, I have also added an additional article on the Toyota team, as I know some were wondering why we had this group doing some different training sessions at times.

We also have an article (this newsletter p16) on the medical risks of excessive overexertion of the muscles ([Rhabdomyolysis](#)), and how it could even turn deadly. This was based on a real-life scenario of someone I know, and will be documented by someone more qualified than me to write (Will McKenzie).

Monday Night Yoga

We are looking at starting again next year, and will be guided by member interest.

Tuesday track

We are now into our 18-minute STATIC track sessions. When planning the static sessions, I take into consideration that some members do not like to stop and rest between the reps.

This is why we don't do too many, but a great time to try them is at end of year when most do not have any immediate running events in the next couple of months.

I suggest everyone give the static rest a try, and just see how you advance with the 5k. You may be surprised at your next few parkruns, if you follow the static rest sessions.

For any that are actively involved in endurance training, then we also understand why you are floating through the rest periods, but please try and stay in lane 1, so we can ensure everyone avoids you.

Thursday Hills

The numbers at our hill sessions have been constantly growing, which is fantastic, as we were a little concerned at one stage as to the interest. A week or so back, we had 18 at Thursday night hills. So, we are happy that it is strong.

Thursday morning hills, is also seeing some great numbers, so while there is great interest, we will continue these excellent sessions.

Sunday Slow Runs Newport Lakes



Sunday slow and NOT wet Run...

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

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

Sunday Long Runs – Local Faster Paced group

Our faster group had a very strong attendance on Sunday at Brimbank Park. While we do most sessions locally, we decided to do some hills for those who are training for 2bays, and also advertise for mixed paced runners.

We did very well, with different paced members all regrouping at the top of each hill. It was a great morning, and we even managed to cross the river, which we haven't been able to get across for a couple of years.

Some did 12k, and others 21km, and everyone had different overall average paces, and still managed to run as a group.

If interested in joining one of these runs, let me know and I will add you to a separate messenger group.

Childrens & Parents Sunday Session

We will likely start these sessions based on interest. If enough interest, we will likely start in Term 1 2026.

Most of all, a huge thank you to all our coaches and runleaders, who volunteered their time over a very successful 2025 year.

Our 2025 Runleaders:

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

Anna Bovdis – Tuesday night track & Thursday night hills

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

Cat McRae – Yoga instructor, Tuesday morning/night

track, Thursday morning/night hills

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

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

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

Freya Rees – Junior Children's coach

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

Kevin Aldred – Tuesday night track, Thursday night hills

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

Laura Smethurst – Childrens and Parents sessions

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

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

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

Olly Rees – Junior children’s coach

Peter Buissink – Tuesday night track, Handicap run director

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

Sarah Lowe – Tuesday night track, Thursday morning hills

Tamara Petrov – Yoga, Tuesday morning track

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

Terry Pearce – Tuesday night track, NPL Sunday long runs

Will Mckenzie – Midway L1 Runleader training

Coaching team tip for the month: ‘Try these static sessions at a slightly faster 5k pace, or even your realistic goal 5k PB pace. You may be surprised at the outcome after a couple of weeks’

Thank you all.

2025 Coaching Co-ordinator & Head Coach

Brian Armstrong



Toyota Australia Women’s Team in Japan



Toyota Australia Men’s Team in Japan



A more formal photo of the Toyota Australia Team for the Ekiden Relay 2025

Toyota Ekiden 'Oh What a feeling' training

By Brian Armstrong

Some may have noticed that we had a new group of runners who were attending most of our track and hill sessions, but at times, did a different session to others.

You may have also noticed all these new Toyotas in the carpark.

This group was the Toyota team, that have been training with us over the last few months. Each runner was selected by Toyota after a track competition in order to qualify.

Toyota Australia approached Hobsons Bay Running Club to train these athletes for their 2025 Ekiden relay event in Japan.

The Ekiden relay is a marathon distance (42.2km), broken down into relay sections, where each member runs a portion under a race event.

We had 16 join Hobsons as members (two teams, 8 male and 8 female), so the coaching team set to work on a plan to train them as ready as possible for competition.

In the background, we offered this as a group coaching opportunity and had Cat McCrae, Tameka Day, John Gray and myself meet up and create a training plan that suited the event.

The race involved some track initial running, then up a sharp hill, then back for an approximate 3k distance, with some doing the loop two times (6k) to make up the total distance.

As this was a sharp paced race distance, we decided that our current track sessions were adequate, with some rest weeks introduced and a change in the taper week.

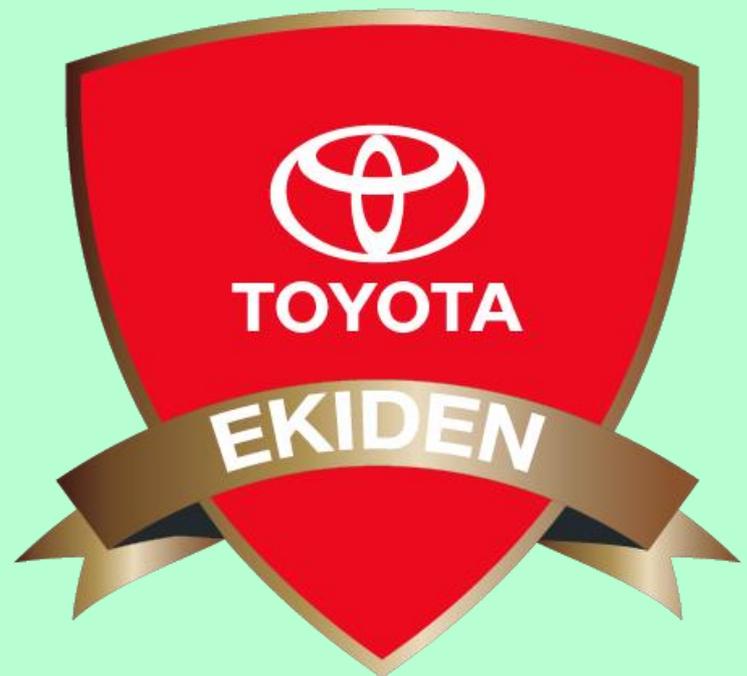
As there was also a massive hill to contend with, we had each group do some hill sessions, on hills that closely matched the race hill.

The morning group attended Newport Lakes hills and did some sharp hill work, while the night group attended 100 steps Altona.



At Altona we found two side hills that were punishing enough to train for the event. These hills now have Strava segment names of 'Toyota Hill', and 'Prado hill'.

The Toyota team were pushed to their limits over these hills multiple times, with the normal session or split.



Training everywhere - Altona's 100 steps...



...Newport Lakes (in funny hats)...

The Toyota Ekiden relay is held at a Toyota running track that is just North of Toyota and Miyoshi in Japan.

There were approximately 400 teams, 3000 runners, and 20,000 spectators, so a rather large event.

So how did our team do... Quite well actually. The ladies were 5th, and the men 130th. We are so happy with their result.

While most other country Toyota teams have professional runners, this Aussie team did mighty well and showed the great strength and determination that they had to stand out and be noticed.

Everyone who competed held a very respectable pace and time, and made Australia look great. Strava showed paces under the 4-minute mark, some very solid times.

We got to know the Toyota team quite well, as we trained, chatted, and had lots of laughs over the training weeks. A great fun bunch, who worked well together.

After training was completed, the event took place on 7th December, with the plan to do better than that last Ekiden race, which I believe was met.



... at Newport Athletics track...



...and one more from the track!

Toyota Ekiden Relay Race 2025 - final runner

Official time of 20:06 against a target time of 20:10!

Distance	Pace	Achievement
5.25 km	3:50 /km	🏆🏆

 **This was Pali's 3rd fastest time in the 5K!**



Well done Team Toyota, you made Hobbos coaching team proud, and we hope that some of you stay on as members of our club, as we really enjoyed the company. Remember, this is how Kate Milnes (EX Toyota) joined our club, and Kate eventually trained up with us to be a L2 coach.

A huge thank you to all runleaders, who assisted with the additional Toyota training, at track and hill sessions. It takes a team to help a team...

We look forward to any other corporate teams that have race events to train up on.



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 December handicap is #364

How many have you done?

