

HomeRuns



#365

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



The Club They Started and look who won the Cup



December Egg



Greenwich Cup



Ted Joy Cup

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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



Look at those clouds...

Forthcoming Events

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

2026 Memberships were due on 2nd April

<https://www.hobbos.org.au/new-membership-link/>

2025 Membership fees were

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



In 1994 our club, the Hobsons Bay Running Club held handicap #1. At handicap #364, our final handicap for the 2025 season, four of the founding Hobos (there was only one 'b' in the nick name back then), were present. Three ran and the fourth couldn't (the picture explains why).

The four, from left to right are - Sara (Bib#1); Eero (#2); Sue (#3) & David (#4).

They were there to witness Eero receive the Greenwich Cup. An added bonus was that David won the December handicap.

It was quite an occasion.

The final handicap and the entire 2025 season is covered in great depth in this issue, our first for 2026.

And this year has a lot on offer. Luke outlines the year in Trail Running, the DSS continues, the Westgate Tunnel Project has delivered new places to train.

It is going to be busy, as always...



...so, see you at the starting line...**7:40am (or earlier) avoids the queue for handicap #365, our first for the new year!**

SPORTSPOWER

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

John Ayton's *SportsPower* Williamstown

Pegasus



Vomero



Structure



**Hobos
15% off**



**Hobos
15% off**



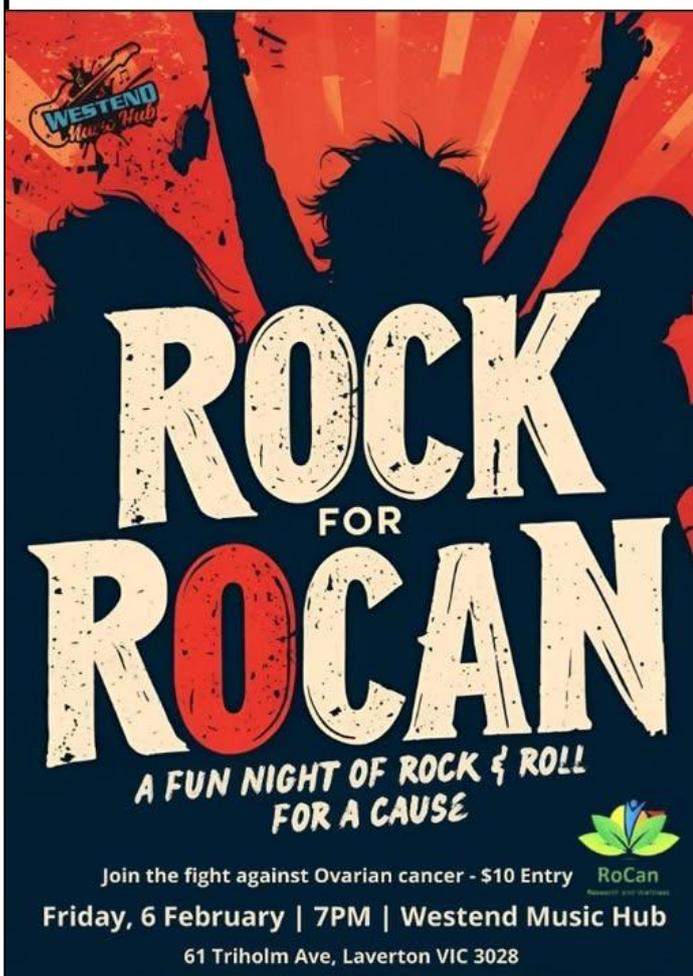
Gray Matters

with President John Gray



It's been a big month for me, with back to work, Two Bays trail run and 2 weeks in Hobart. Saturday was the 500th Altona Beach parkrun, and with only a slight bit of coordination, it was also my 300th parkrun. Our club is a big supporter of our local parkruns, and it was great to see an Altona Beach attendance record, together with I think a record Hobbos turnout, which I'll take some small credit for. Thanks to everyone for your support and encouragement!

Next month on Friday February 6th, our club-mate Peter Whyte is organizing "Rock for ROCAN", a rock 'n' roll charity night to support Ovarian Cancer research. You might even see a few notable Hobbos performing, for the bargain price of \$10 entry. Make sure you join us there for a fun night for a good cause!



Our Club

While it can be argued the world is bouncing between various catastrophes, at least our club is as strong and stable as ever in meeting our goal of helping our members and the local running community to maintain or improve their physical and mental health, and to meet their running goals.

The club's year hasn't quite ended yet, and we are now offering short-term memberships for new friends to take them through to the end of our membership year on 31st March. We are already on a record membership year, with 11 more new and returning members joining in the first 2 weeks of 2026 alone!

Our AGM will be held at the morning tea after the March handicap, where the committee and executive roles will be declared vacant, and members will vote for those who nominate for each of the roles. You will be aware that Brony and I will not be re-standing for Secretary and President. This is to encourage a new and younger leadership, and to encourage new blood in the committee to strengthen our club.

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

Until next month, stay fit, healthy and safe.

The 2025-26 Daylight Savings Series:

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

- Tue 10th Feb** Summer Challenge 1000m handicap (**DSS4**)
- Sat 28th Feb** February 5000m handicap (**DSS5**)
- Tue 17th Mar** Easter Gift 1500m handicap (**DSS6**)



A New Way To Sign In At Hobbos Handicaps

At the December 2025 Handicap, you may have noticed Will (me) enthusiastically asking people to use a QR code while they waited in line to receive their handicaps from Peter. This was a trial of a new sign-in process designed to significantly reduce volunteer workload and improve efficiency. While there are still creases to iron out, the pilot was a success!

Why are we testing a new sign-in approach?

Sign-ins have been a hot topic of discussion among the committee, Hobbos community and the Handicapping team. Common challenges include long queues, participants asking to be reminded of handicaps while others are signing in, and unnecessary duplication across paper sign-ins, electronic forms and RaceResult uploads.

The new QR code system streamlines this process. By simply entering your name (and a few optional details), you are automatically signed into the electric form, added to the running order sheet and sent an email from the Hobbos Handicap account with all the relevant race details! This process works for guests and people with different handicap conditions (e.g., walk, pram).

This approach allows the handicapping team to focus on the more complex tasks – as signing in new guests, allocating bibs, adjusting handicaps and assessing eligibility – and **most importantly** gives the handicapping team more flexibility to compete in handicaps or spend more time in the community. It also reduces the need for paper and increases the number of potential volunteers that can take part in the sign in process.

You are still welcome to the sign in desk for information if you need help – just with a much less stressed team



Signing off,
Will McKenzie
On behalf of the
Hobbos Handicapping Team

Empower Your Health Journey

Relief from pain, injury prevention, and achieving peak performance

www.symmetry.physio

84 Douglas Parade, Williamstown

9989 2444



Run Coach Belinda (Bel) Fithie presents the Women's Running Workshop which brings women together for an open conversation about the challenges women face while running — from developing safe training habits to navigating everyday health concerns. Belinda creates a relaxed, welcoming environment where women can learn, connect, and share their own experiences should they choose to.
No running required!

WOMEN'S RUNNING WORKSHOP



SAFETY

HEALTH

TIME

**SUNDAY 22ND MARCH
2PM**

MEETING ROOM - WILLIAMSTOWN ATHLETICS CLUB

**HOBBS RUNNING COACH
BELINDA (BEL) FITHIE**

**HOSTS AN OPEN DISCUSSION ON SOME OF THE
CHALLENGES WOMEN FACE WHEN THEY RUN**

SORRY GUYS THIS IS JUST FOR WOMEN!

**OPEN TO ALL WOMEN
NO RUNNING SHOES REQUIRED!**



Two Bays Trail Run Report 2026

John Gray

Sunday 11th of January was the 22nd (16th official) annual Two Bays Trail Run (28km, 690m elevation gain) from Dromana to Cape Schank. There is also a 56km event, but before you ask, that's not for me!

I first ran Two Bays in 2019, just 3 months after my first marathon, and after that, I went back and ran it again in 2020 and 2021. I'm pretty much pb driven, so I go back to events trying to better my previous times, sometimes even successfully. Melbourne Marathon, Two Bays and kunanyi Mountain Run have been my big 3 since 2018 (alongside the Burnie 10 and Hobbos handicap).

2007 Started running

2018 1st Melbourne Marathon 4:22

2019 1st Two Bays 28km 2:54

2019 (not sure why I didn't do MM)

2020 2nd Two Bays 28km 2:38

2020 (didn't see the point of doing a virtual MM)

2021 3rd Two Bays 28km 2:52

2021 Deferred Melb Mara entry due to its move to December

2021 Virtual Marathon 4:20 (October) as I was trained up

2022 Deferred Two Bays entry due to Right Knee

2022 1st kunanyi Mountain Run 25km – inaugural (March)

2022 2nd Melbourne Marathon 4:32 (deferred entry from 2021)

2023 Had to forfeit Two Bays entry (too late to defer)

2023 2nd kunanyi Mountain Run 25km (March)

2023 Right Heel Plantar Fasciitis (July 2023 – March 2024)

2024 Didn't Enter Two Bays due to Right Heel

2024 Left Heel Plantar Fasciitis (November – January)

2025 Deferred Two Bays Entry due to Left Heel

2026 Two Bays 28km 3:06 (deferred entry from 2025)

After running my first marathon in 2018, I thought how hard could 28km be, so I entered the 2019 Two Bays trail run. I obviously enjoyed it enough to do it again in 2020, getting a 17-minute pb, so did it again in 2021.

In 2022, I deferred my Two Bays entry due to right knee issues, but 3 months later ran in the inaugural kunanyi Mountain Run in Hobart (25km, 1500m elevation gain), wearing a knee bandage and most likely anti-inflammatory assisted.

In 2023, I had to fly out at short notice a few days before Two Bays, missing the deferment deadline, but again I ran the kunanyi Mountain Run. Racing hard down rock steps from the pinnacle trying to make up time slammed my feet and heels, and a few weeks later I unfortunately started getting right heel pain. Plantar fasciitis (heel only) was diagnosed and shockwave therapy endured. When shockwave didn't clear it up, the podiatrist suggested a cortisone shot would be next. I went to my sports doctor for a second opinion, but he sadly agreed and offered to do it on the spot! Fortunately, the big needle didn't hurt after the painful anesthetic needle. Cortisone shots in the heel last for 10 weeks on average before dissipating, and sadly the pain returned just in time for the 2024 Run The Bridge, which I endured with some anti-inflammatory assistance, but I did at least have the sense to not register for the 2024 Two Bays.

The right heel plantar fasciitis resulted in 9 months of 10-20km/week running, ultimately cleared up with the assistance of new, more cushioned Hoka runners. However, 6 months later I suddenly had Left Heel plantar fasciitis. I went straight to my sports doctor this time, seeking to avoid the painful shockwave treatment, but he thought we had caught it in time and sent me back for shockwave torture. I had already registered for the 2025 Two Bays, so deferred it to 2026. Fortunately, the plantar fasciitis cleared up in about 3 months this time, and I was able to ramp up during the year and train in earnest for the Burnie 10 (October 2025) and then Two Bays, getting back up above 40km/week for the first time in a few years.

In the lead up to Two Bays, I was doing my regular training, with some hills thrown in but concentrated on long runs. I got my long runs up to 24km and one at 26km, but all on the flat! I was quite discouraged that my long runs were way harder than they should have been, often having to walk-run after 20km. As a result, I was not optimistic about Two Bays, even with what I considered a fairly good level of fitness and after a year of strength training (3 gym sessions per week). In the weeks leading up to the race, I questioned why I was doing it (answer: because I had paid to run), and expected it would be my last hit out at this distance, even doubting that I would run a serious half marathon again, due to how hard my



long runs had felt, and due to my ongoing knee niggles.

Talking to others registered for Two Bays, I got recruited to stay near the race start the night before with Mark, Stu and Jaques. I said yes before I knew the cost per head for the air bnb, but, by then I was committed to the accommodation as well as the race. I drove us all down to Dromana for bib pickup (favoring the guys with my musical tastes), and on to Rosebud to our air bnb, where we caught up with our cheer squad (big Ron) who was already down there. It had been a bushfire day and Rosebud was shrouded in smoke blown in from the West, and a statewide total fire ban day had just been declared for Sunday.

What followed was a few hours of checking Facebook and the race rules which said the event would not proceed under a total fire ban. Two Bays always has a fall-back date on the following Sunday, but both Jaques and I would be interstate by then, so it was looking unlikely we would get a run at all. A few hours later, amazingly, Two Bays announced they had permission to proceed, so we stopped drinking and got to bed early after all.

Sunday dawned clear and relatively calm, and after getting there too late for a prime parking spot (important when you expect to limp back from the bus to your car), we lined up for our wave starts, while wondering when Kevvo would appear. I had been telling anyone who would listen that this year I was running just to finish, and on the hills I would walk as soon as I saw someone else walking, rather than my normal practice of passing as many walkers as possible before succumbing to walking up the hills.

Once we hit the first hill, I ditched that idea, but I did start walking sooner than I have in previous years. I was feeling good and well stocked with gels and half strength sports drink, and the conditions were good – overcast and without the forecast headwinds. At the first drink station my competitiveness really kicked in and I sped past that and every other aid station, passing many runners while trying not to think that I might need to walk-run the last 5k's. To my pleasant surprise I kept increasing the pace and barely stopped on any uphill in the second half, giving me the opportunity to pass many more runners. Late in the race, many people were walking on the uphill and downhill steps and soft sand sections, and I found myself able to run non-stop except for that very worst set of uphill steps (you know the ones!).

I finished strong, a bit unusual for me as I normally go out hard and hang on (just like at parkrun and handicap), but this time I had started

more conservatively. This was a big contrast to my 2021 Two Bays where I did a 4:38 first k and paid for it later with my slowest time. This year I ran an even slower time, but finishing strong and not limping to and from the bus was uplifting. I was back, and would be back again next year! Mark, Jacques and I got the bus back to Dromana while Ron waited for Stu to finish to drive him back. We all met back at Dromana beach for a refreshing swim (and wash off our dirt encrusted legs) before lunch at Rye pub, where the designated driver was allowed one drink - next time someone else can drive. Ron and Jacques took Stu to catch the Queenscliff ferry, while Mark and I hit the road for the long drive back. I flew out to Hobart the next day just with aching quads, which eased off after my Tuesday night recovery run.

What's next for me? XCR relays (June-September), AV Burnley half mara (September), Burnie 10 (October), kunanyi Trail Series event and/or Point to Pinnacle (November), Two Bays (January 2027) and kunanyi Mountain Run (March 2027).

Members Results

Kevin Mahon	2:49:17	94th in category
John Gray	3:06:44	17th in category
Mark Letman	3:10:47	83rd in category
Jacques Steenkamp	3:13:16	93rd in category
Rachel Rundle	3:21:01	104th in category
Malcolm Powers	3:22:01	112th in category
Stu Tennant	3:51:34	38th in category
Ron Van Der Heide	DNR	(Did not register!)
Gareth Coakley	DNR	(Did not register!)

Friends/former members results

Daniel Rees	2:19:18	11th in category
Shelley Portwine	3:41:16	104th in category

Next year we will look at some Hobbos team entries. This year we would have taken 6th place in the Mens 28km, and 3rd place in the Mixed 28km teams!



The 2025-26 Daylight Savings Series

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Tue 10th Feb Summer Challenge 1000m handicap (**DSS4**)
Sat 28th Feb February 5000m handicap (**DSS5**)
Tue 17th Mar Easter Gift 1500m handicap (**DSS6**)

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.



2025

Greenwich Cup

1st Eero Keranen
2nd Rob Falloon
3rd Anastasia Aldred &
Jac Wainewright

Ted Joy Cup

1st Michael Musgrove
2nd Cain Speakman
3rd John Gray

Handicap Winners

<u>January</u>	Anna Bovdis	<u>February</u>	Eero Keranen
<u>March</u>	Ken Smith	<u>April</u>	Rob Falloon
<u>May</u>	David Walker	<u>June</u>	Kaia Morris
<u>July</u>	Eero Keranen	<u>August</u>	Bronwyn Rowleson
<u>September</u>	Linda Viberg	<u>October</u>	Eero Keranen
<u>November</u>	Andrew Scardino	<u>December</u>	David Walker

<u>Easter Gift 1500m</u>	<u>Spring Gift 1500m</u>	<u>Christmas Gift 1500m</u>
1st Thomas Williams	1st Weiger Vos	1st Evelyn Orme
2nd Matt Loader	2nd Ethan Orme	2nd Ethan Orme
3rd Kaia Morris	3rd Susan Wright	3rd Angela Schmerl

<u>Summer Challenge</u>	<u>Cross Country</u>	<u>Par Lap 2 Mile</u>	<u>Daylight Saving Series</u>
<u>1000m</u>	<u>Championship</u>	Kestrel Cup - Jimmy Dwyer	<u>(2024/25 DSS)</u>
1st Cain Speakman	1st Dean Crowley	Egret Cup - Jessica Waters	1st Thomas Williams
2nd Thomas Williams	2nd Cain Speakman	Handicap Winner -	2nd Matt Loader
3rd Leigh Kelly	3rd John Gray	Andrew Scardino	3rd Eero Keranen

MILESTONES & EVENTS

Ted Joy awarded posthumous Life Membership of the Hobbos at the 2025 AGM... long overdue.

Eero Keranen wins his first ever Kenyan Egg at the February Handicap...

Bronwyn Rowleson (secretary) & John Gray (President) announce that 2025 will be their final year in these roles.

Jimmy Dwyer & Stuart O'Neill join the HBRC Committee

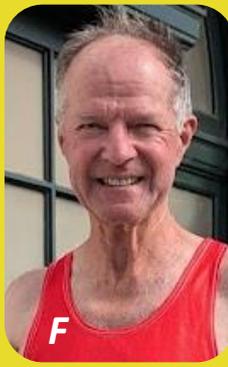
Hobbos farewell Kate Milnes, Jeremy & Clem (their dog) at the Easter Gift, as they head off on the road...

MC Terry Pearce runs a Trivia Night in May, at the NPAT & The Brains Trust take the honours

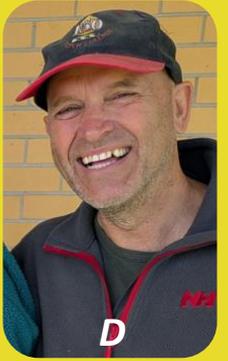
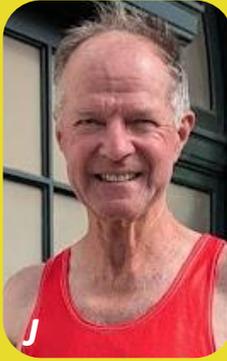
Cross Country is embraced by the Hobbos again in 2025 with nearly 40 Members running in club colours

Cain Speakman (marathon) and his son Harrison (half marathon) journey to Kenya to run and raise funds for One Heart.

The second 'Bel's Paced 2 Perfection' - time devices banned except your inner clock..



2025 Handicap Winners



Greenwich Cup



Ted Joy Cup



Summer Challenge



Cross Country



GC Medallists



Easter



Spring



Christmas



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

HomeRuns

Home Runs has only had 4 editors -

Chris Salmond, Mark Maloney, Michael Slee and YOU!

That's right, you. You may not realise it but it is your destiny.

It's also Time!

Home Runs needs a re-fresh and as editor you will decide what it will look like and how it is done. It will be your baby. But like all babies, HRs is precious, after all it is the archive of our club, the Hobsons Bay Running Club.

**'So, with great power
comes great responsibility'**

(As every fan of Marvel Comics knows)

Later this year, I am handing in my press card. It's great fun and I'll miss it.

Talk with me, Michael

From the Editor's Desk

with Michael Slee



December Handicap

"We were only dropping off Sue's trophy... and I thought I might as well do the handicap..."



So said David Walker after being presented with his second Kenyan Egg for 2025; David also saluted in the May Handicap.

But when you take a moment to think about it, he had his Hobbos top, his timing bib (#4 mind you!) as well as his cap, watch and runners... I'm inclined to believe that he was always going to 'give it a go'. Try stopping him.

And no one could.

Starting off 11:20, David was the fourth of a group of five Hobbos who walked the handicap in December. Only Rob Falloon has a later start time (16:05). David reeled in Ken Smith and Michaels Musgrove and Slee with ease and powered to an impressive 64 second PB beating his old mark of 38:50! David's negative split went a long way to ensuring that the fast finishing 'front runners' (Wieger, Jane & Cain) were unable to close the gap - do check the finishing times in the results table to see how close it actually was.

Wieger and Jane (along with David) beat the handicapper and boy-o-boy did Cain try hard to beat 'Mick' too. I had had first hand experience as he pounded past me breaking all sorts of EPA 'noise level restrictions'. Alas he fell just short...

On a personal note my thanks to Michael Musgrove for making the final handicap of 2025 a two-horse race I will remember for quite some time. We went shoulder to shoulder for the fourth leg of the 5000m. I caught him at the cone on the final turn and we alternated the lead in our 'race within a race' for most of the final 1250m. In the end only one second separated the two Michaels, with Michael Slee taking the chocolates this time around. May there be many more.

Eero Keranen is usually a member of this very competitive walking group but having sewn up the Greenwich Cup after his October win, he ditched us and returned to running, doing a well deserved 'jogged' lap of honour with Sara, his wife and the proud wearer of the Hobbos #1 bib. Earlier, at registration I noticed Sara pinning bib #2 to Eero's back. I guessed that he was running and not walking and I'm sure none of us would be surprised either, after all he is a runner first and foremost and has been all his life I guess.

By Michael Slee



Staying on target...



A fitting 'Lap of Honour' for Eero, with Sara



Hobbos Handicap December 2025 - 364th Running

Pos	Name	Finish	Time	Start	PB	AGPB	Split 1	Split 2	Points	Bonus	Total
Greenwich Cup											
1	David Walker (Walk)	49:06	37:46	11:20	38:50	38:50	19:08	18:38	20	12	32
2	Wieger Vos	49:53	21:53	28:00	22:43	22:43	10:56	10:57	19	12	31
3	Jane Whitmore	49:58	25:18	24:40	23:08	24:28	12:36	12:42	18	3	21
4	Cain Speakman	50:05	19:35	30:30	19:26	19:35	9:40	9:55	17	12	29
5	Michael Slee (Walk)	50:18	39:48	10:30	38:43	39:03	19:51	19:57	16	4	20
6	Michael Musgrove	50:19	40:29	9:50	35:15	40:09	20:26	20:03	15	8	23
7	Kevin Aldred	50:28	22:43	27:45	22:20	22:20	11:04	11:39	14	8	22
8	Anastasia Aldred	50:33	26:58	23:35	26:26	26:26	13:32	13:26	13	6	19
9	Melissa Rutze	50:46	29:56	20:50	26:02	27:13	15:11	14:45	12	0	12
10	Di Williamson	51:10	28:25	22:45	27:56	27:56	14:17	14:08	11	7	18
11	Helen Vaxevanis	51:10	26:35	24:35	24:53	24:53	13:11	13:24	10	0	10
12	Mike Newby	51:26	24:36	26:50	23:13	23:13	12:06	12:30	9	0	9
13	Tara Fairbrother	51:38	31:23	20:15	28:56	28:56	16:15	15:08	8	0	8
14	Jac Wainwright	51:42	29:02	22:40	27:26	27:26	14:52	14:10	7	0	7
15	Peter Whyte	52:06	28:11	23:55	25:58	25:58	13:51	14:20	6	0	6
16	Neil Speakman	52:07	26:17	25:50	23:15	23:15	12:57	13:20	5	0	5
17	Philippe Delecheneau	53:53	31:53	22:00	26:05	26:36	15:47	16:06	5	0	5
18	Ken Smith	54:45	47:00	7:45	22:28	41:53	23:13	23:47	5	0	5
19	Rob Falloon (Walk)	55:46	39:41	16:05	34:05	34:05	19:24	20:17	5	0	5
Ineligible											
1	Angela Schmerl	51:18	26:48	24:30			13:20	13:28	10	0	10
2	Karl Smith	48:51	26:51	22:00	28:19	28:19	13:27	13:24	10	0	10
3	Matt Loader	51:43	29:03	22:40	22:06	22:06	14:53	14:10	10	0	10
4	Eero Keranan	49:03	30:03	19:00	16:13	27:00	15:00	15:03	10	0	10
5	Leigh Kelly	50:16	30:16	28:30	21:33	21:33	15:11	15:05	10	0	10
6	Ildiko Plaganyi	51:42	37:42	14:00	30:02	32:58	19:09	18:33	10	0	10
7	Mary Wong	49:44	41:59	7:45			20:28	21:31	10	0	10



Hobbos Handicap December 2025 - 364th Running



Pos	Name	Finish	Time	Start	PB	AGPB	Split 1	Split 2	Points	Bonus	Total
Ineligible 2.5km											
1	Belinda Fithie	54:09	26:09	30:00	27:34	28:08	26:09		10	0	10
Guests											
1	Nick Doidge	49:03	34:03	15:00			16:29	17:34	-	0	-
2	Phoebe Almering	48:33	36:33	12:00			18:00	18:33	-	0	-
3	Anna Langguth	51:03	41:03	10:00			20:23	20:40	-	0	-

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



*Handicap photos
courtesy of
Mario Velastro.*

Jac leads partner Matt into the turn



Helen leads partner Peter into the turn

HANDICAPPER'S CORNER, January 2026

Analysis by Mick Beasley

Looking back over the Greenwich and Ted Joy Cups, it is interesting to note that the top two finishers in the Greenwich Cup and the winner of the Ted Joy Cup were all walkers.

The similarity ends there – both Eero and Rob have recently transitioned to walking following medical issues which made it unwise for them to run this year, while Michael has been walking as long as I have been at the club.

A tried and test strategy for winning the Greenwich Cup is:

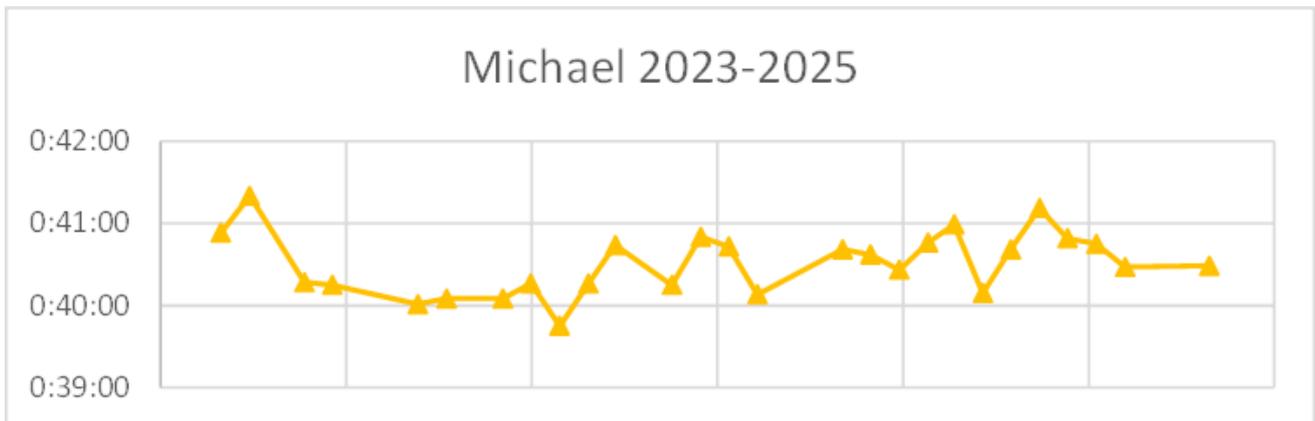
- Don't get injured;
- Start from a low base with plenty of exploitable upside;
- Train hard to realise that upside over the course of the year;
- And don't get injured.

Eero executed to perfection, and while he did pick up an injury at the end of the year, he'd already banked his eight results by then and it didn't matter. I believe Rob stumbled on this part mid-season – without this it could have been much closer and gone either way, while Michael has been competing hard for a couple of decades and so stumbled at the exploitable upside clause.

This shows up in their times over the year. Both Eero and Rob took several minutes off their times, while Michael's times were fairly consistent over the year – and consistent with previous years.



Michael's times since 2023 are remarkably consistent, within a two minute window. Bear in mind that over this time he would be expected to slow down – Father Time waits for nobody – with various models suggesting something of the order of two minutes. Simply maintaining his times over this period represents a not-insignificant level of improvement. How accurate models are for a given individual is very questionable – however it is probably better than not having a model at all.



This demonstrates one of the challenges of the Handicap – because of his sustained efforts in previous years, Michael simply doesn't have the same upside which is available to "new walkers". This in turn makes it harder for him to acquire big points towards the Cups.

Each month up to 32 points are up for grabs, up to 20 based on finishing position, and up to 12 bonus points for getting close to or exceeding the Age Graded Personal Best. Thus the best eight results has 160 points available based on finishing position, and 96 for bonus points. In practice the two are reasonably closely coupled, getting close to or beating your AGPB tends to involve finishing at the sharp end of the field. Unless the Handicapper is being particularly vindictive, that is.

Michael did get a one-off benefit due to his AGPB being adjusted at the start of the year, but this doesn't enable him to churn out AGPBs every month. Only continuous improvement can do that, and that is much more straightforward if you enter the year with plenty of exploitable upside. This gives Rob and Eero a structural advantage for the year.

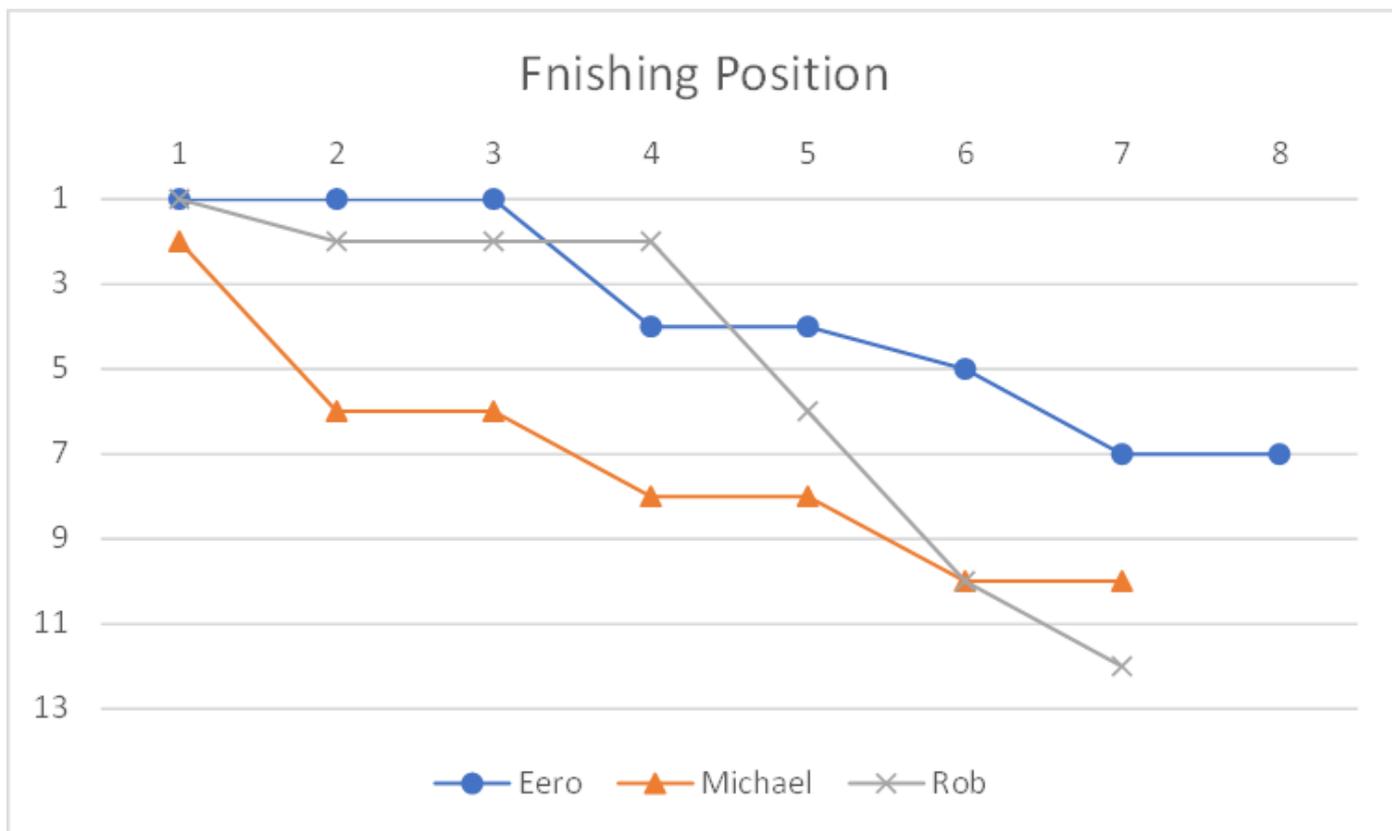
That doesn't mean that Eero and Rob were handed their bonus points on a plate – they still needed to train hard to secure them. Plus the Handicapper was keenly observing their progress and factoring it into his diabolical calculations. It's a double-edged sword.

Let's look at their "best eight" results for the year in a little more detail.

The first interesting observation is that both Michael and Rob included the 20 points for their mandatory assist as one of their best eight results. Eero did not need to do this, as his eighth best result was still 26 points. Rob wasn't helped by having to use January as his final qualifying run – had he been able to include this he would have been able to discard the points from the assist.

Turning to finishing positions, Eero made the mistake of winning three events which leads to a fairly aggressive "winner's loading/curse" in the following month. Rob was shrewder with three seconds. As both Rob and Michael only include seven runs in their best eight, the graph only includes seven finishes for them.





Eero secured the full allocation of bonus points in each of these results. Getting an AGPB yet finishing seventh is an indication that the Handicapper was far from generous to him over the year. Rob secured 82 (since his eighth score was his assist, he effectively only dropped two bonus points from the remaining seven results), and was treated equally unsympathetically. Michael “only” secured 53 bonus points.

Although Michael was facing structural disadvantages in the Greenwich Cup due to his years of consistent performances, the intent of the current format of the Ted Joy Cup is to rectify this, and in this past season seems to have achieved this. With Cain coming second – his phenomenal efforts in coming second in the Greenwich Cup a few years ago have really impacted his ability to gather points since then – and John in third, the podium for the Ted Joy is a great example of people who have been putting in the hard yards in the Handicap for years, but have no viable way to compete against people who come into the season with plenty of potential for big improvements over twelve months.

I spoke with Eero after the December Handicap. He came into the year with a clear plan – to get eight PBs – and executed this perfectly. That in itself isn’t sufficient – others can do the same – but it’s a really good starting point. Three wins further solidified his chances, but each needed a particularly good result at the following handicap to overcome the Handicapper’s retribution, and in each case he delivered. Talking to Sara, it was quite clear that he approached the task with a lot of willpower and discipline. This paid off with having the Cup locked in with an unprecedented two events to spare – although had fortune smiled a little more kindly on Rob in particular, it could have gone down to the wire.

Over thirty years since founding the club, Eero finally has his name on the Cup. And just like London Buses – after thirty years waiting for Kenyan Egg, three suddenly turn up at once...



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 This Type	Grand Total
1.	Eero Keranan (Walk)	26	32	26	29	28	29	32	32	(20)	32			234	n	11	124
2.	Rob Falloon (walk)	10	21	31	32	23	31	31	25		(20)	5		214	n	11	103
3.	Anastasia Aldred	30	20	23	18		17	27			(20)	19		174	n	18	126
3.	Jac Wainwright	10	21	29	(20)	31	27	26	10	10	7	7		174	n	15	15
5.	Michael Musgrove	18	19	17	31	11	6	14	19	23	(20)	23		170	e	274	274
6.	Kevin Aldred	(20)		6	18	27	21	20	8	28		22		164	n	21	22
7.	Jason Rees	29	31	30			28	29	5	(10)				162	a	42	45
8.	Cain Speakman	27	7	10	(20)	10	10	7	30	8	8	29		141	e	41	41
9.	John Gray	12	5	12	21	12	(20)	18	19	22	14			138	e	116	116
10.	Matt Loader	5	5	10	(20)	10	10	5	29	21	20	10		130	n	22	22
11.	Andrew Scardino		10	(20)	10	10	10	26	10	10	32			128	n	30	30
12.	Michael Slee (walk)	5	5	12	5	12	13	17	(20)	5	20	13	20	127	n	33	178
13.	David Walker (walk)	10	10	10	32		30					32		124	n	11	116
14.	Leigh Kelly	13	7	27	27	10	(20)					10		114	n	16	16
15.	Anna Bovdis	32	21	27	7	(20)	17	(10)	(10)	14				110	n	14	14
16.	Kaia Morris	23	21	27			32	5						108	n	11	11
16.	Mario Valastro	5	20	11		26	(20)	6	(10)		(10)			108	n	14	14
18.	Brian Armstrong	9	26		12	24	(20)	5	5					106	a	56	56
19.	Melissa Rutze	(20)		10	5	5	14	18	16	12				100	n	18	18
20.	Ken Smith	10	5	23	(20)	9	17	5	5	5	5	5		94	e	217	217
21.	Belinda Fithie	(20)	5	5	5	5	8	10	16	16	19	10		93	n	25	26
22.	Neil Speakman	(20)		8	8		5	5	6	19	17	5		92	n	36	36
23.	Mick Beasley	(20)	(10)	(10)	(10)	(10)	(10)	(10)	(10)	(10)	(10)	(10)		90	a	47	50
23.	Peter Buissink	(20)	(10)	(10)	(10)	(10)	(10)	(10)	(10)	(10)	(10)	(10)		90	a	76	76
23.	Will McKenzie	(20)	(10)	(10)	(10)	(10)	(10)	(10)	10	10	(10)	(10)		90	n	5	5
26.	Anna McAlister	10	10	10	25		23				(20)			88	n	5	5
27.	Graham Edwards	17	22	23	6		5	14						87	e	155	155
28.	Rae Carter	26	29	5	(20)		5							85	n	15	15
29.	Elise Hardiker	10	10	10	(20)	14	8	5	6	9				82	n	12	12
29.	Linda Viberg		10	10		10	10	32	20					82	n	5	5
31.	Diane Donoghue	(20)	6	5	20	8	10	5	7					81	e	48	48
32.	Freya Rees	10	10	10	10	10	10	10	10					80	n	20	20
32.	Lois Speakman		10			(20)	(10)	(10)	(10)	(10)	(10)	(10)		80	n	11	12
34.	Peter Whyte	5	5	6	6	5	13	10	27	6				77	n	21	21
35.	Jimmy Dwyer	10		5	(20)		5	(20)	19	10	10			74	n	20	20
35.	Mike Newby					10	10	10	22	13	9			74	n	6	6



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 This Type	Grand Total
35.	Rachel Kealy	(20)	5	5	5	5	17			12			(10)	74	n	9	9
38.	Bronwyn Rowleson		10	10	10	(20)	14	26						70	n	25	25
38.	Oily Rees	10	10	10	10			10	10	10	10			70	n	21	24
38.	Tara Fairbrother		10	9	21	5	5		5	12	8			70	n	10	10
41.	Michael Reif	10	25	29	5									69	n	28	28
42.	Cat McRae		10	10	10	(20)	10	17						67	n	8	8
42.	Helen Vaxevanis	(20)	5	11					5	16	10			67	n	16	16
42.	Jane Whitmore			5	5	(20)	5	11	21					67	n	38	38
45.	John Becroft	7	5	26			5	8	5					61	e	211	213
45.	Wieger Vos				10	10	10	31						61	n	4	4
45.	William Hart		10	10	10	21	10							61	n	5	6
48.	Clare Beaumont	10	10	10	(20)									60	n	4	4
48.	Magnus Vaisnys		10	10		10	10	20						60	n	5	5
48.	Ray Bamard	5	5	5	5	5	(20)	(10)						60	e	97	97
48.	Savannah Scardino		10	10	10	10	10	10	10	10	10			60	n	6	6
52.	Mark Leitman				(20)		10	9	19					58	n	14	14
53.	John Horan (Pram)	10	10	10	17			6						53	n	5	15
54.	Lauren Scardino		10	10	10	10	10	10						50	n	5	5
54.	Susan Walker	5	5	5	5	11	19							50	e	145	145
56.	Di Williamson				10	10	10	10	18					48	n	4	4
57.	Melanie Griffin	13	11	18		5								47	n	7	7
58.	Laura Perree		10	10	25									45	n	4	4
58.	Lizzie Stranks	5	30				10							45	n	6	6
58.	Terry Pearce		5	20		(20)								45	e	129	129
61.	Anna Anderson (Pram)	10	(20)				10							40	n	3	12
61.	Harry Scardino				10	10	10	10						40	n	4	4
61.	Karli Smith		10				(20)	10						40	n	3	3
64.	Sarah Lowe	11	5					(20)						36	n	23	23
65.	Helen Haralambous			5	30									35	n	12	12
66.	Ann Girvin	10	(20)											30	a	159	160
66.	Karen Hayes				10		(20)							30	n	9	9
66.	Kevin Mahon		10	10			10							30	n	11	11
66.	Lana Woodhouse		(20)	10										30	n	1	1
66.	Michael Williams	(20)					10							30	n	9	9
66.	Ron Van der Heide		10	10	10	10	10							30	n	6	6
66.	Simon Anderson (Pram)	10	10				10							30	n	8	13



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 This Type	Grand Total
66.	Simone Trigger									10	10	10		30	n	3	3
66.	Victoria Hartos									10	10	10		30	n	3	3
75.	Stuart Tennant	15			5	5								25	n	13	13
76.	John Danaher	5			9	9								23	n	9	9
77.	Brandon Bergin	10			10									20	n	4	4
77.	Dean Crowley						10			10				20	n	2	-1
77.	Dominique Tanner (walk)		10							10				20	n	5	14
77.	Gaye Crichton	10	10											20	n	2	2
77.	Kieran Leonard		5	5	5	5	5							20	e	80	83
77.	Kieran Leonard (pet)	10								10				20	n	2	83
77.	Philippe Delecheaneau			5	5	5			5					20	n	25	25
77.	Shona Tudge					10				10				20	n	2	2
77.	Stuart O'Neil	(20)												20	n	0	0
77.	Tamara Petrov	(20)												20	n	0	0
87.	Vanessa Coutis	8	5											13	n	22	22
88.	Abby Speakman								10					10	n	26	27
88.	Adam Clarke					10								10	n	1	1
88.	Angela Schmerl										10			10	n	1	1
88.	Angus Dart							10						10	n	1	1
88.	Dominique Tanner	10												10	n	9	14
88.	Eero Keranan											10		10	n	1	1
88.	Ethan Orme									10				10	n	1	1
88.	Evelyn Orme									10				10	n	1	1
88.	Graeme Dewerson								10					10	n	30	30
88.	Greg Weston										10			10	n	1	1
88.	Idiko Plaganyi											10		10	n	1	1
88.	Jake Mlocic										10			10	n	1	1
88.	Jallyn Bigarelli			10										10	n	4	0
88.	Janelle Taylor	10												10	n	4	4
88.	Jarvis John									10				10	n	1	-2
88.	John Ayton (2.5 km)										10			10	n	1	1
88.	John Horan				5									10	n	10	14
88.	Katrina Lange										10			10	n	26	26
88.	Lorrimer Humphreys					10								10	n	1	1
88.	Lucas Van Merkestein					10								10	n	1	1
88.	Malcolm Powers					10								10	n	6	6

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	This	Type	Grand	Total
88.	Mary Wong												10	10	n		1	1		1	1
88.	Michael Palmers				10									10	n		1	1		1	1
88.	Mila Williams									10				10	n		1	1		1	1
88.	Millie Dewerson									10				10	n		2	2		2	2
88.	Nick Tavendale									10				10	n		3	3		3	3
88.	Owen Dewerson									10				10	n		2	2		2	2
88.	Riain Casey			10										10	n		1	1		1	1
88.	Ruairidh Anderson										10			10	n		2	2		2	2
88.	Sam Flockhard				10									10	n		4	4		4	4
88.	Sarah Trigger									10				10	n		1	1		1	1
88.	Sebastian Bigarelli													10	n		1	1		1	1
88.	Tess Tigger										10			10	n		1	1		1	1
88.	Thomas Williams					10								10	n		4	4		4	4
88.	Tim Bigarelli													10	n		1	1		1	1
123.	Ashley Sanderson													5	n		15	15		15	15

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: 123



Michael M, TJCup in hand chats with Ildiko



Cain, a TJC 2nd



Hobbs Greenwich and Ted Joy Cups 2025

Current Standings - Ted Joy Cup

Place	Name	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Best	Eight
1.	Michael Musgrove	18	19	17	31	11	6	14	19	23		(20)	23	170	
2.	Cain Speakman	27	7		10	(20)	10		7	30		8	29	141	
3.	John Gray	12	5	12	21	12	(20)	18	19	22		14		138	
4.	Ken Smith	10	5	23	(20)	9	17	5	5	5		5	5	94	
5.	Graham Edwards		17	22	23	6				5	14			87	
6.	Diane Donoghue	(20)	6		5	20	8	10		5	7			81	
7.	John Becroft	7		5	26				5	5	8	5		61	
8.	Ray Barnard	5		5	5	5	5	5		(20)	(10)			60	
9.	Susan Walker	5	5		5	5					19			50	
10.	Terry Pearce			5	20			11	(20)					45	
11.	Kieran Leonard			5	5	5	5	5						20	

(p) Have not completed 40 runs/walks but could still do so by the end of 2025

Points for Helping are shown in brackets - e.g. (20)

Greenwich Cup Ted Joy Cup



And as 2026 commences, the final tables for the Greenwich Cup and Ted Joy for 2025. Congratulations to winners **Eero Keranen** and **Michael Musgrove**, both long standing stalwarts of the club.

It's worth repeating that **Eero Keranen** sealed the deal on the Greenwich with two events to spare - unusually early to say the least. **Rob Falloon** secured second place with an event to spare, while **Anastasia Aldred** needed the December event to sneak into a tie with **Jac Wainwright** for the final podium place.

In the Ted Joy, **Michael Musgrove** took out first place, again having sealed the deal with an event to spare.

Cain Speakman observed an anomaly in the December results, his AGPB was erroneously imported at a 'challenging' 12 minutes, as was Leigh Kelly's. Once this was corrected, the additional 12 bonus points allowed him to overtake **John Gray** for second place. If he hasn't already thrown the medal into Port Phillip Bay in frustration, it will need to be swapped for a brighter colour.

Michael **Slee** was the only member to achieve the full house of 11 participations and one assist. Obviously the Handicapper felt obliged to keep him away from the podiums for presumably vindictive if unfathomable reasons...

Handicapper Insights by Mick Beasley



Jac, Anastasia, Eero & Rob



Hobbos Coaching

With Brian Armstrong, Coaching Co-ordinator



As one coach leaves...

Daryl Sadgrove

**Thank you for your dedication , commitment and delivery with
runleading, coaching, base plans, gait analysis and hill techniques.**

Your professionalism and friendship will definitely be missed.

Brian Armstrong

Director of Coaching, HBRC

January 2026



Certificate of Appreciation

This certificate is presented to

Daryl Sadgrove

Thank you for your dedication , commitment and delivery with
runleading, coaching, base plans, gait analysis and hill techniques.
Your professionalism and friendship will definitely be missed.

Brian Armstrong

Director of Coaching, HBRC
January 2026

 **The Hobsons Bay Running Club - the best in the west, if not the world!** 

...another steps up.

Meet your (future) coach - Will!

G'day Hobbos! As most of you know I'm Will, your friendly neighbourhood medical student and handicapper assistant. I can't wait to get started as a coach to

help you achieve your goals 😊

WHO IS WILL MCKENZIE?

I am a MD2 student who is interested in the intersection between health and science and someone who enjoys seeing others achieve their best.

If I'm not studying or teaching the next wave of young scientists, you can catch me running, bikeriding, gymming or failing at new hobbies 😊

WHAT IS YOUR SPORTING BACKGROUND?

Former junior footballer (U10-16), Dodgeball championship winner and 2x runner up captain; social netball, futsal player; and Current runner and gym goer.

WHY ARE YOU EXCITED TO BE A COACH?

I love seeing when people surprise themselves

and smash goals they never thought they could. I'm especially keen to help beginners find their feet and enjoy running. I am also hoping to continue to develop skills that will help me in the healthcare profession.

WHAT'S YOUR FAVOURITE RUNNING DISTANCE?

The 10 km run - long enough to be proud, not long enough to hate myself

WHO ARE YOUR INSPIRATIONS FOR RUNNING?

My Mum, Sister, Cousin and the Hobbos Community

FINAL WORD

I look forward to getting to know everyone away from just the Handicap admin desk and helping people achieve their goals!



Will McKenzie



Trail Corner

With Lucas Beck, Trail & Ultra Coach

G'day trail legends!

So 2025 is wrapped up, but here's a short list of things I missed in the last few editions -

Nathan Pearce won a smoking Rollercoaster 23km event, and then proceeded to smash Albert parkrun on Xmas day in 15.33! **Karen Cathy Freeman Hayes**, also stood on the podium at Rollercoaster in the 12km, and **Robbo** and **Francis** completed the Ultra Trail Kosciuszko 50 & 100, respectively. Go, you good things.

Two Bays was held in absolutely pleasant conditions this year, well done to these legends who sent it in the 28km event: **Stu Tennant, Shelley Portwine, Malcolm Powers, Rachel Rundle, Jacques Steenkamp, Mark Letman, John Gray, Kevin Mahon** and **Daniel Rees**. And in the 56km race, **Retha Van Niekerk** set an amazing age bracket female course record in 05:46:05.

[Tarawera 102](#) in Rotorua, NZ, is fast approaching on 14 February (well isn't that just cute...). Hobsons will be represented by **Cat** (if she can stay out of trouble?) **Mandy** and **Robbo**. All the best legends for a big day out on the trails!

Trail running calendar listed below, and these are just 2026 highlights, there are plenty more events on offer only a Google search away. Eat some dirt, it's good for you.

See you on the trails

Lucas Beck, Trail and Ultra coach



Karen @ Rollercoaster



Robbo UTK50



Francis (Nick Ping) UTK 100



2026 Trail Calendar

July

[Trail Running Series #2 Anglesea](#)

[You Yangs Trail Running Festival](#)

February

[Maribyrnong Valley Park Backyard Ultra](#)

[Flying Brick Bellarine Sunset Run](#)

[Oscars 100 Hut to Hut Challenge](#)

[Run the Lighthouse](#)

August

[Trail Running Series #3 Silvan](#)

[Peaks & Trails Run](#)

[Surf Coast Wonderfalls Trail Run](#)

[Bright Running Festival](#)

[Wonderland Run Grampians](#)

[Run Larapinta](#)

[UTMB](#)

March

[Warburton Trail Festival](#)

[Run the Rock](#)

[Brimbank Park Running Festival](#)

[Buffalo Stampede](#)

[kunanyi mountain run](#)

September

[Surf Coast Century](#)

April

[Werribee Mansion Run](#)

[Alpine Challenge](#)

[Run Tarra Bulga](#)

[Maroondah Dam Trail Runs](#)

October

[Macedon Trail Runs](#)

[Harrietville Half Marathon](#)

[Great Ocean Trail Ultra](#)

May

[Wilsons Prom 100](#)

[Wandi Cross](#)

[Goldrush Trail Runs](#)

[Ultra Trail Australia](#)

[Trail Running Series #1 Blackwood](#)

November

[4 Peaks Bright Alpine Climb](#)

[Grampians Peak Trail Race](#)

[Marysville Marathon Festival](#)

[Great Southern Endurance Run](#)

[Ultra Trail Kosciuszko](#)

June

[Run Forrest Half Marathon Trail Run](#)

[Surf Coast Trail Marathon](#)

[Wild Dog Backyard Ultra](#)

December

[Mt Buller Sky Run](#)

[NYE Rock Around the Clock](#)



A new place to run & walk - Michael Slee

The opening of the **Westgate Tunnel Project** dropped a much anticipated inclusion to the range of training tracks on which I walk, and this new one I can see from our living room window. It's the green railed shared path and sits beside the offramp onto Douglas Parade/Hyde Street.



Looking west up the Federation Trail from Hyde St

Entering the shared path (bike & foot traffic) from Hyde St, beside Stony Creek and the Westgate Bridge, heading west I'm met with an almost straight incline for 1000m or so (it takes me 8 mins at race walking pace) and reaches its zenith over the 3rd green at Royal and Ancient Spotswood.



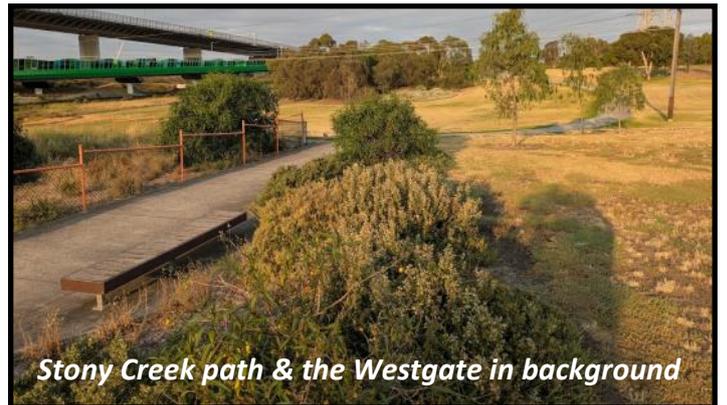
Spotswood golf course, 3rd hole; 30m below

If you continue heading west the path becomes the Federation trail (in fact it already is!) which passes through industrial Brooklyn, through Laverton and all the way to deep, dark Werribee (which I have done in my running days).



Williamstown train line & Stony Creek footbridge

I turn at the top of the rise and head back down, take the ramp down to the new footbridge (more green 'you can't miss it' railings) over Stony Creek, through the park and back to Hyde Street for another loop or back home for breakfast.



Stony Creek path & the Westgate in background

At the top of its rise the path must be 30-40m from the ground below and if you love an industrial view like I do, come and take in some of the sights of the west, which until now could not be seen from these angles.



Melbourne skyline, Stony Creek and smoke haze





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 January handicap is #365

How many have you done?

