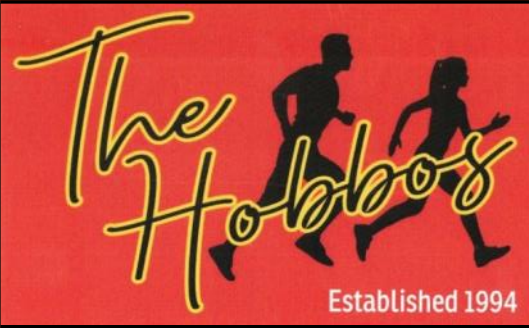


February 2026



# HomeRuns



#366

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

# ANASTASIA

# TAKES

# 2026

# OPENER



**COACHING UPDATE**

**D.S.S. LATEST**

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## Forthcoming Events

- 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

**The Hobbos - a social club with a running problem**



## Membership

**2026 Memberships will be due on 2nd April**  
<https://www.hobbos.org.au/new-membership-link/>  
**2025 Membership fees were**  
**Individual: \$70 (fee unchanged this year despite increas-**  
**ing 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, ra-  
 ther than waiting for the newsletter.

WEBSITE



# From the Editor's Desk

with Michael Slee



Sponsors.

We can't do without them.

John Ayton (**Sportspower**) and Abby Speakman (**Symmetry Physio**) are both long time Hobbos with local businesses and both support our club financially.

Many of us do support SportsPower and Symmetry Physio, so thank you. What about the rest of you. It's the least we can do.

A big thank you to our photographers this month - Di Donoghue & Rob Falloon.

2026 has started with a rush and in no time we'll see new year form begin to show in the Greenwich Cup, as the DSS is drawing to its close.

Feb Handicap is just days away...

**7:40am (or earlier) avoids the queue for handicap #366.**

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## The 2025-26 Daylight Savings Series:

The Summer Challenge 1000 (DSS race 4) was held earlier this month with a record field of 39 runners; thanks to all who participated, and congratulations to our podium of eligible runners:

Ethan Orme 1<sup>st</sup> continuing his great form, and 2<sup>nd</sup> fastest on the night

Angus Dart 2<sup>nd</sup> (fastest on the night)

Dean Crowley 3<sup>rd</sup>

Top points for the DSS eligible field were taken out by Lucas van Merkestein, jumping him straight to equal 13<sup>th</sup> in the points table, however, Ethan and Jimmy maintained their stranglehold on the top 2 of the points table, with Angela displacing Evelyn to move into 3<sup>rd</sup>.

With only 2 DSS races remaining, make sure you are there to make Ethan work for it and be in the running for prizes, as final points are determined by your best 4 results!

Sat 28<sup>th</sup> Feb February 5000m handicap (DSS5)

Tue 17<sup>th</sup> Mar Easter Gift 1500m handicap (DSS6)

## Overseas news

We had some clubmates and friends take part in the **Tarawera Ultra-Trail** by UTMB, New Zealand's Premier trail running event held in Rotorua, New Zealand this month. The 102km event started at 7am on February 14<sup>th</sup> in condi-

tions that were described as the worst in the events history, following heavy rainfall and high winds which had swept the North Island leaving a trail of flooding, landslips and other damage and destruction. With all that, it was lucky(?) the event went ahead, and no surprise that Cat described conditions as "Muddy, wet & slippery making it a very tough day in the office", and Mandy as horrendous.

Robyn Wilmshurst 19 hours 45 mins

Cat McRae 22 hours 21 mins

Mandy Edlington 29 hours 45 mins

Massive congratulations to our women for taking on these distances that are unimaginable to most of us!

The support crew included Diane & Troy Donoghue, and while in NZ, Diane picked up a few international parkruns; Puarenga, and last weekend, Ōrākei Bay with Cat & Mandy, while Troy enjoyed some sleep-ins.

## A great cause

Earlier this month, the Hobbos all-star band performed at "Rock for ROCAN", a rock 'n' roll charity night to support Ovarian Cancer research organized by our clubmate Peter Whyte. Those present were treated to us amateurs Cat McRae (vocals), Ray Barnard (guitar & vocals) and yours truly (vocals), supported by Peter Whyte (lead guitar), Ron Van Der Heide (bass), Stu Tennant (drums) and Mariah Whyte (vocals), with Mark Letman (roadie) and Richard Lange (spruiker) behind the scenes, before



*The full Hobbos Band*



the more serious, and the professional musos took over the stage. Peter thinks you may not have suffered enough, so watch out for another opportunity later in the year to perform with us, or just listen or dance to the Hobbos band (like Diane & Troy, but mainly Troy who was inspired by his AC/DC t-shirt, especially when Ron belted out Whole Lotta Rosie!).

In the meantime, Peter is part of a 7 day, 1000km charity bike ride around Northern Victoria for RoCan in support of Ovarian Cancer research.

Over 1,000 women in Australia lose their lives to ovarian cancer every year and, by the time it is detected, it is way too late - only 1 in 2 women who are diagnosed will survive after 5 years. An early diagnosis will save thousands of lives - we need to develop a screening test!!

In March I'm taking part in the ROCAN 2025 ovarian cancer fundraising ride, riding 1,000km. I'm looking for sponsors and every little bit counts so PLEASE help out if you can - even \$5 or \$10 will all add up. If you would like to make a donation, please visit my official Ride for Cancer fundraising page below:

<https://rideforcancer.com.au/page/385996/peter-whyte-ride-for-rocan-2026>



*Peter hitting the high notes...*

*(photos courtesy of Rob Falloon)*

## **Our Club**

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 the roles. I will not be re-standing as President, nor will Brony be re-standing as Secretary in order to encourage a new and younger leadership, and new blood in the committee to strengthen our club.

I encourage all members to consider what passion or skills (technical, administrative or creative) you could contribute to our club by joining the committee, or by supporting the club in an off-committee role.

**Until next month, stay fit, healthy and safe.**



# D.S.S. #4 Summer Challenge 1000m

The Summer Challenge is a relatively new event on the Hobbos annual calendar. Ethan's win being the fourth. Past winners of this events are:

Anna Anderson 2023

Owen Jones 2024

Cain Speakman 2025

Ethan Orme 2026

A full report on this year's event is contained in John Gray's column on p4-5 and the progress scores with 2 events to go are on the page 7.

Summer Challenge & DSS Race 4, 10th Feb 2026									Time Trial	
MEMBERS	START	FINISH	NET	GIFT	GIFT	DSS	DSS	DSS	FINISHERS	END
NAME	TIME	TIME	TIME	ELIGIBLE	PLACING	ELIGIBLE	PLACING	POINTS	NAME	TIME
Ethan Orme	02:35.0	05:37.0	03:02.0	Y	1	Y	2	13	Angus Dart	03:00.0
Angus Dart	02:45.0	05:45.0	03:00.0	Y	2	Y	3	11	Ethan Orme	03:02.0
Dean Crowley	02:35.0	05:47.0	03:12.0	Y	3	Y	4	9	Henry Northover	03:07.0
John Gray	02:25.0	05:48.0	03:23.0	Y	4	Y	6	7	Tom Williams	03:09.0
Henry Northover	02:45.0	05:52.0	03:07.0	Y	5	Y	10	5	Jimmy Dwyer	03:11.5
Wade Noonan	02:20.0	05:55.5	03:35.5	Y	6	Y	11	5	Dean Crowley	03:12.0
Jimmy Dwyer	02:45.0	05:56.5	03:11.5	Y	7	Y	12	5	Bjorn Boukamp	03:14.0
Matt Loader	02:10.0	06:02.0	03:52.0	Y	8	Y	14	5	Lucas van Merkenstein	03:16.0
Andrew Scardino	02:45.0	06:04.0	03:19.0	Y	9	Y	15	5	Andrew Scardino	03:19.0
Cain Speakman	02:35.0	06:09.0	03:34.0	Y	10	Y	17	5	John Gray	03:23.0
Shona Tudge	01:40.0	06:10.0	04:30.0	Y	11	Y	18	5	Adam Gregory	03:30.0
Angela Schmerl	01:50.0	06:14.0	04:24.0	Y	12	Y	19	5	Max Dohle	03:30.0
Stu Tennant	01:40.0	06:18.0	04:38.0	Y	13	Y	20	5	Elli Milligan	03:31.5
Tom Williams	03:10.0	06:19.0	03:09.0	Y	14	Y	21	5	Cain Speakman	03:34.0
Anna Bowdis	01:30.0	06:20.0	04:50.0	Y	15	Y	22	5	Wade Noonan	03:35.5
Lucas van Merkestein	02:20.0	05:36.0	03:16.0	N		Y	1	15	Camilla Briggs	03:40.5
Shane Eagar	01:30.0	05:48.0	04:18.0	N		Y	5	8	Matt Loader	03:52.0
Bjorn Boukamp	02:35.0	05:49.0	03:14.0	N		Y	7	6	Henry Noonan	03:52.0
Camilla Briggs	02:10.0	05:50.5	03:40.5	N		Y	8	5	Harry Scardino	04:01.0
Sandra Browne	01:40.0	05:51.0	04:11.0	N		Y	9	5	Matt Woods	04:07.0
Harry Scardino	02:00.0	06:01.0	04:01.0	N		Y	13	5	Shane Adams	04:09.0
Adam Gregory	02:35.0	06:05.0	03:30.0	N		Y	16	5	Sandra Browne	04:11.0
Anna McAllister	01:40.0	07:01.0	05:21.0	N		Y	23	5	Hannah	04:13.0
Savannah Scardino	01:20.0	07:12.0	05:52.0	N		Y	24	5	Fang Chen	04:16.0
Lauren Scardino	01:20.0	07:17.0	05:57.0	N		Y	25	5	Shane Eagar	04:18.0
Jess Crowley	00:40.0	05:05.0	04:25.0	N		N		5	Angela Schmerl	04:24.0
Matt Wood	01:20.0	05:27.0	04:07.0	N		N		5	Jess Crowley	04:25.0
Henry Noonan	01:40.0	05:32.0	03:52.0	N		N		5	Shona Tudge	04:30.0
Hannah	01:20.0	05:33.0	04:13.0	N		N		5	Taylah Gregorio	04:34.5
Lisa Do	00:40.0	05:38.0	04:58.0	N		N		5	Stu Tennant	04:38.0
Fang Chen	01:30.0	05:46.0	04:16.0	N		N		5	Anna Bowdis	04:50.0
Max Dohle	02:20.0	05:50.0	03:30.0	N		N		5	Lisa Do	04:58.0
Elli Milligan	02:20.0	05:51.5	03:31.5	N		N		5	Anna McAllister	05:21.0
Shane Adams	01:50.0	05:59.0	04:09.0	N		N		5	Savannah Scardino	05:52.0
Taylah Gregorio	01:30.0	06:04.5	04:34.5	N		N		5	Lauren Scardino	05:57.0
Lucy Dunn	00:40.0	07:33.0	06:53.0	N		N		5	Lucy Dunn	06:53.0
Anusha Rayen	00:00.0	08:54.0	08:54.0	N		N		5	Olive Maas	08:33.0
Olive Maas	00:40.0	09:13.0	08:33.0	N		N		5	Anusha Rayen	08:54.0
Sarah Todd	00:00.0	09:42.0	09:42.0	N		N		5	Sarah Todd	09:42.0
Kieran Leonard						Helper		4		
Kevin Mahon						Helper		4		
Rob Falloon						Helper		4		
Gaye Crichton						Helper		4		
Brian Armstrong						Helper		4		
Michael Williams						Helper		4		
Helen Haralambous						Helper		4		



### 2025-2026 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	13			48
2	Jimmy Dwyer	13	8	9	5			35
3	Angela Schmerl	5	6	11	5			27
3	Evelyn Orme	5	7	15				27
5	Andrew Scardino	15	5		5			25
6	John Gray	5	4	7	7			23
7	Angus Dart		9		11			20
7	Dean Crowley	6	5		9			20
7	Weiger Vos	5	15					20
10	Andrew Else	5	5	8				18
11	Kevin Mahon	8	4		4			16
11	Susan Wright	5	11					16
13	Lucas van Merkestein				15			15
13	Cain Speakman	5		5	5			15
13	Harry Scardino	5	5		5			15
13	Savannah Scardino	5	5		5			15
17	Helen Haralambous	5		4	4			13
18	Kieran Leonard		4	4	4			12
18	Rob Falloon		4	4	4			12
18	Peter Buissink	4	4	4				12
18	Gareth Coakley	7	5					12
22	Magnus Vaisnys		5	6				11
22	Karli Smith	11						11
24	Jessica Crowley	5			5			10
24	Lauren Scardino	5			5			10
24	Matt Loader	5			5			10
24	Bronwyn Rowleson	5	5					10
24	Mark Letman	5	5					10
24	Olly Rees	5	5					10
24	Rachael Kealy	5	5					10
24	Ray Barnard	5	5					10
32	Camilla Briggs	4			5			9
32	Brian Armstrong	5			4			9
32	Neil Speakman		5	4				9
32	Di Williamson	4	5					9
36	Mary Wong		4	4				8
36	Stuart O'Neil	4		4				8
38	Henry Northover				5			5
38	Wade Noonan				5			5
38	Henry Noonan				5			5
38	Shona Tudge				5			5
38	Stu Tennant				5			5
38	Tom Williams				5			5
38	Anna Bovdis				5			5
38	Shane Eagar				5			5
38	Bjorn Boukamp				5			5
38	Sandra Browne				5			5
38	Adam Gregory				5			5
38	Anna McAlister				5			5
38	Matt Wood				5			5
38	Hannah				5			5
38	Lisa Do				5			5
38	Fang Chen				5			5
38	Max Dohle				5			5
38	Elli Milligan				5			5
38	Shane Adams				5			5
38	Taylah Gregorio				5			5
38	Lucy Dunn				5			5
38	Anusha Rayen				5			5
38	Olive Maas				5			5
38	Sarah Todd				5			5

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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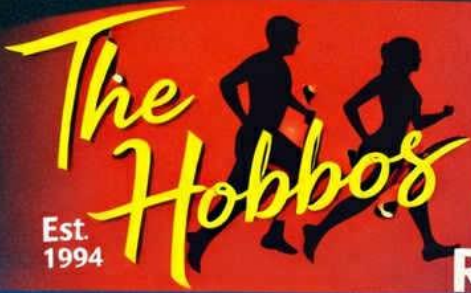
**HomeRuns**

**Editor**

**Throw your hat in the ring!**

**Have a word with John G, Jimmy or Michael slee**



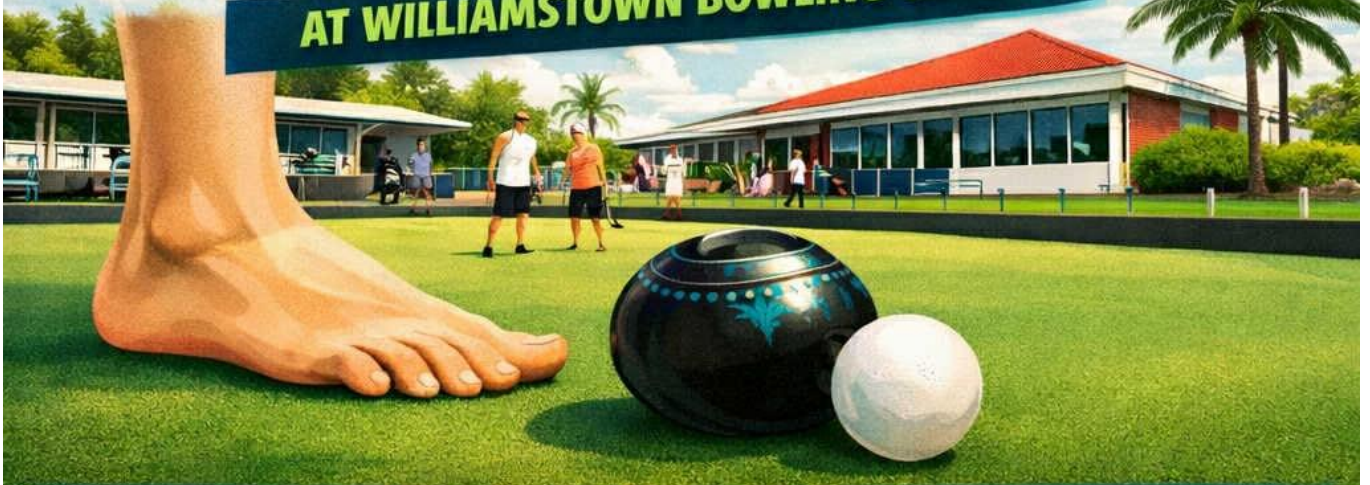


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Hobsons Bay  
RUNNING CLUB PRESENTS

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Jan '26



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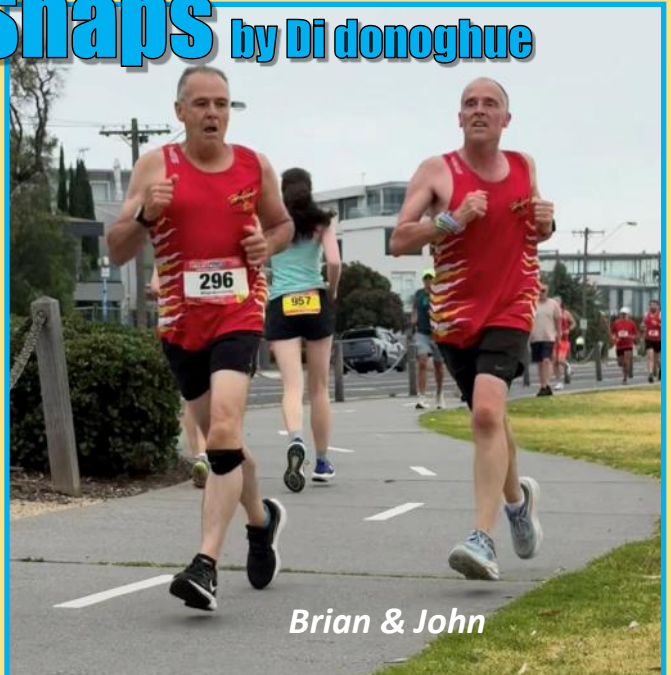
Melissa

Thanks Di

# January Handicap Snaps by Di donoghue



*Helen & Simone*



*Brian & John*



*Eero, leader of the pack...*



*Rene, Mike & Magnus*



*William, Ray & Ashley*

# January Handicap

It just so happened that Anastasia was standing beside me when Pete Buissink announced her as the winner of the January 2026 handicap, and ever ready for a snap with a difference, I clicked away (in fact I captured her winner's walk, including hug for Kevin, Kenyan Egg presentation and speech).

I missed Anastasia's trademark arms in the air celebratory move and poking out of her tongue. I'd seen it before in December 2024 when she collected her very first egg.

In December 2025 Anastasia ran a PB to share third place in the Greenwich Cup. Today, in January, she ran another PB, held off

some fast finishing Hobbos Magnus and Brian (the fastest in the field no less) to take out the race and lead the Greenwich Cup standings with a maximum 32 points (20 points for a win & 12 points for a PB). You can't do better than that.

It was a humid morning with virtually no breeze but that did not stop 45 runners and walkers from lining up to 'do it all again' for the first handicap of the year.

Anastasia's win struck a blow for runners, putting a stop to a streak a wins by 'walkers'. As well as January this year, half of the handicaps in 2025 were taken out by Hobbos who walk the 5000m.

The fastest time of the day was by Magnus Vaisnys with a blistering 18:48. Others to dip under the magical 20 minute mark were Brian Armstrong (19:43) in a stunning return to form and Ethan Orme (19:44) who just keeps getting better and by better I mean quicker.

As usual a team of helpers got the day under way setting up the course with our arch, timer mat, registration desk and signage. The turn at Pier Farm was 'conified' and Di Donoghue stood guard (she actually sat) and took some amazing photos of our energetic Hobbos as they thundered towards the turn). Our cover photo of Anastasia is proof positive.

Keeping Di company at the turn was Donna, Matt and Grace (in her pram) as well as former Club President James Black. It was nice to say hello.

It was also nice to see Vanessa Coutts back at a handicap. She has been missed and enjoyed catching up with besties - a nice birthday pressie for her indeed.

The huge turn out guaranteed a fabulous spread of treats to eat and a very noisy morning tea with plenty of catching up and the inevitable discussion of aches and injuries and of course times!

One down, eleven to go!

**By Michael Slee**



## Hobbs Handicap January 2026- 365th Running



Pos	Name	Finish	Time	Start	PB	AGPB	Split 1	Split 2	Points	Bonus	Total
<b>Greenwich Cup</b>											
1	Anastasia Aldred	49:49	26:19	23:30	26:26	26:38	13:24	12:55	20	12	32
2	Magnus Vainys	50:12	18:52	31:20	18:48	18:56	9:23	9:29	19	12	31
3	Brian Armstrong	50:18	19:43	30:35	18:09	19:42	9:48	9:55	18	11	29
4	Michael Musgrove	50:27	40:37	9:50	35:15	41:01	20:14	20:23	17	12	29
5	John Gray	50:34	21:04	29:30	18:51	20:10	10:25	10:39	16	3	19
6	Helen Vaxevanis	50:36	26:11	24:25	24:53	25:29	12:57	13:14	15	5	20
7	Neil Speakman	50:38	24:48	25:50	23:15	23:56	12:21	12:27	14	3	17
8	Cain Speakman	50:39	20:09	30:30	19:26	19:43	9:58	10:11	13	7	20
9	Anna Bovdis	50:51	26:51	24:00	26:02	26:20	13:01	13:50	12	6	18
10	Elise Hardiker	51:05	32:05	19:00	28:59	30:39	16:06	15:59	11	0	11
11	Kevin Aldred	51:11	23:26	27:45	22:20	22:31	11:51	11:35	10	2	12
12	Matt Loader	51:12	23:27	27:45	22:06	22:25	11:52	11:35	9	1	10
13	Melissa Rutze	51:14	30:34	20:40	26:02	27:31	15:16	15:18	8	0	8
14	Mario Valastro	51:17	21:27	29:50	20:15	20:24	10:43	10:44	7	1	8
15	Philippe Delecheneau	51:17	29:57	21:20	26:05	26:48	15:09	14:48	6	0	6
16	Cat McRae	51:24	29:14	22:10	27:35	27:35	14:50	14:24	5	0	5
17	Michael Slee (Walk)	51:30	41:00	10:30	38:43	39:24	20:26	20:34	5	0	5
18	Dean Crowley	51:38	20:58	30:40	19:46	19:53	10:18	10:40	5	1	6
19	Linda Viberg	51:40	28:10	23:30	26:53	27:07	13:57	14:13	5	1	6
20	Mike Newby	51:49	24:59	26:50	23:13	23:23	12:10	12:49	5	0	5
21	Belinda Fithie	51:52	31:22	20:30	27:34	28:27	15:26	15:56	5	0	5
22	John Becroft	52:15	52:00	0:15	24:12	51:11	25:41	26:19	5	3	8
23	Simone Trigger	53:18	27:33	25:45	24:43	25:00	12:03	15:30	5	0	5
24	Ken Smith	53:47	46:47	7:00	22:28	42:16	23:29	23:18	5	0	5
25	William Hart	54:11	31:51	22:20	27:59	28:26	15:31	16:20	5	0	5
26	Ray Barnard	55:10	35:10	20:00	22:12	26:48	16:56	18:14	5	0	5

# Hobbos Handicap January 2026- 365th Running

Pos	Name	Finish	Time	Start	PB	AGPB	Split 1	Split 2	Points	Bonus	Total
<b>Ineligible</b>											
1	Ethan Orne	49:14	19:44	29:30	21:06	21:06	9:38	10:06	10	0	10
2	Ashley Sanderson	51:16	22:06	29:10	19:06	20:04	11:05	11:01	10	0	10
3	David Butler	50:42	24:32	26:10	24:17	24:27	12:30	12:02	10	0	10
4	Rene Rutze	52:03	26:23	25:40	24:48	25:07	13:10	13:13	10	0	10
5	Karen Hayes	51:08	26:28	24:40	25:03	25:20	13:14	13:14	10	0	10
6	Karli Smith	50:55	26:55	24:00	26:51	27:04	13:08	13:47	10	0	10
7	Sarah Lowe	53:43	27:38	26:05	23:52	24:15	13:18	14:20	10	0	10
8	Eero Keranan	50:31	29:31	21:00	16:13	27:20	14:26	15:05	10	0	10
9	Kaia Morris	49:05	31:05	18:00	23:16	23:24	15:20	15:45	10	0	10
10	Savannah Scardino	50:25	32:55	17:30	32:52	32:52	16:11	16:44	10	0	10
11	Andrew Scardino	50:26	32:56	17:30	18:56	19:04	16:11	16:45	10	0	10
12	Sarah Trigger	53:17	33:17	20:00	30:37	30:37	16:45	16:32	10	0	10
13	Helen Haralambous	49:48	39:48	10:00	34:21	34:48	19:48	20:00	10	0	10
14	Vanessa Coutts	41:27	40:27	1:00	34:55	36:18	20:54	19:33	10	0	10
15	Gaye Crichton	51:34	43:34	8:00	38:05	38:30	21:08	22:26	10	0	10
<b>Guests</b>											
1	Shane Eager	49:10	24:10	25:00			11:52	12:18	-	0	-
2	Daniel Garabils	47:52	25:52	22:00			12:52	13:00	-	0	-
3	Antonio Castelo-Branco	50:23	30:23	20:00	30:11	30:11	15:26	14:57	-	0	-
4	Ellawen Griffin	53:17	33:17	20:00			16:44	16:33	-	0	-

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



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 22<sup>ND</sup> MARCH  
2PM**

**MEETING ROOM - WILLIAMSTOWN ATHLETICS CLUB**

**HOBBOS 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!**



# Hobbos Coaching

With Brian Armstrong, Coaching Co-ordinator



## 2026 February Coaching update

2026 is off to a flying start. Our club membership numbers (+240) are very strong, and still growing.

Members have just finished a Tuesday track 18 minute static track plan I created, and we are now into the next series the 16 minute with floats.

We had some great feedback on the static rest sessions, so expect some more randomly in the mix throughout the year.

This month we saw **Will McKenzie** as runleader for his first Tuesday night track session. Will did very well, and is a keen runleader.

Coaching team would also like to welcome **Wendy Maas** to the team. Wendy has been a member for over a year, and is a regular runleader at the Wednesday morning Legends sessions.

She is very friendly, approachable, and fits in very well with the coaching team. Wendy also runs at our Tuesday morning track sessions, so please say hello next time you see her.

Wendy will provide a BIO shortly, as she leads our Parents & Children sessions.

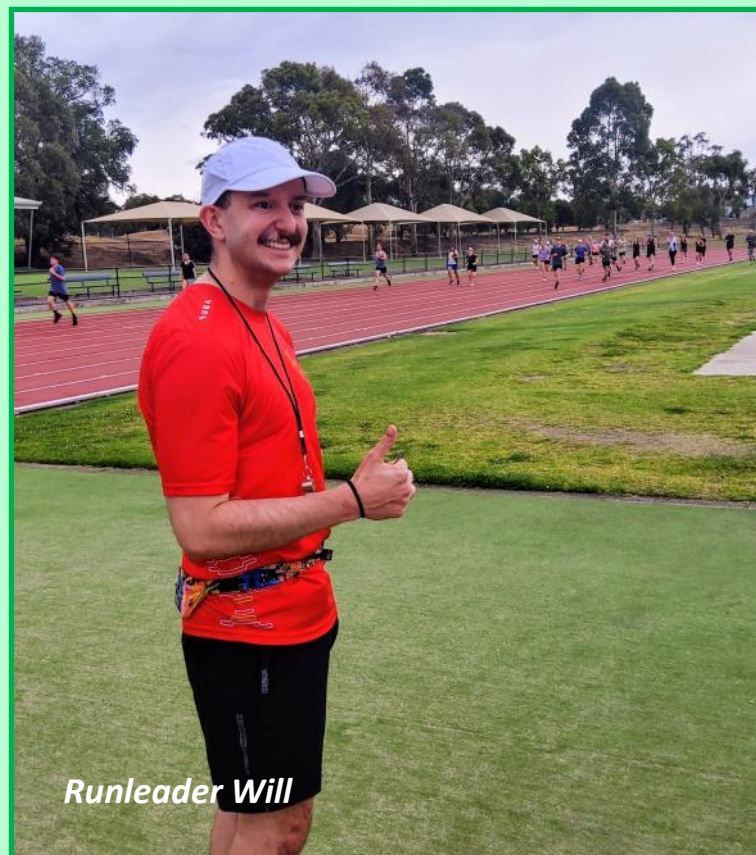
### Marathons & Halves

We also have quite a few training for various half and full marathons, with many training for the Ballarat half and full marathon.

Any that are in training for any endurance event, please let me know, so we can add you to our long runs Sunday group.

### Children & Parents Sunday Session

Our Sunday Parents & Children sessions has commenced for term 1, and we have had a strong attend-



*Runleader Will*

ance so far, with over 50 attendees each week.

New Runleader Wendy Mass has led these sessions, and is a natural, with many games and fun races each Sunday at 4pm.

Any Parents with young children that want to bond together, please mention this session. It is also a great session for non-runners with children, to tackle some easy training, with lots of games and fun in between.



*Sunday arvos at the track - a family thing*

As always, if there is a need for training assistance and coaching, please reach out to the team.

Our 2026 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

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

Kevin Aldred – Tuesday night track, Thursday night hills

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

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

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 – Tuesday night track & Thursday night hills

Wendy Maas – Parents & Children Sessions

Coaching team tip for the month:

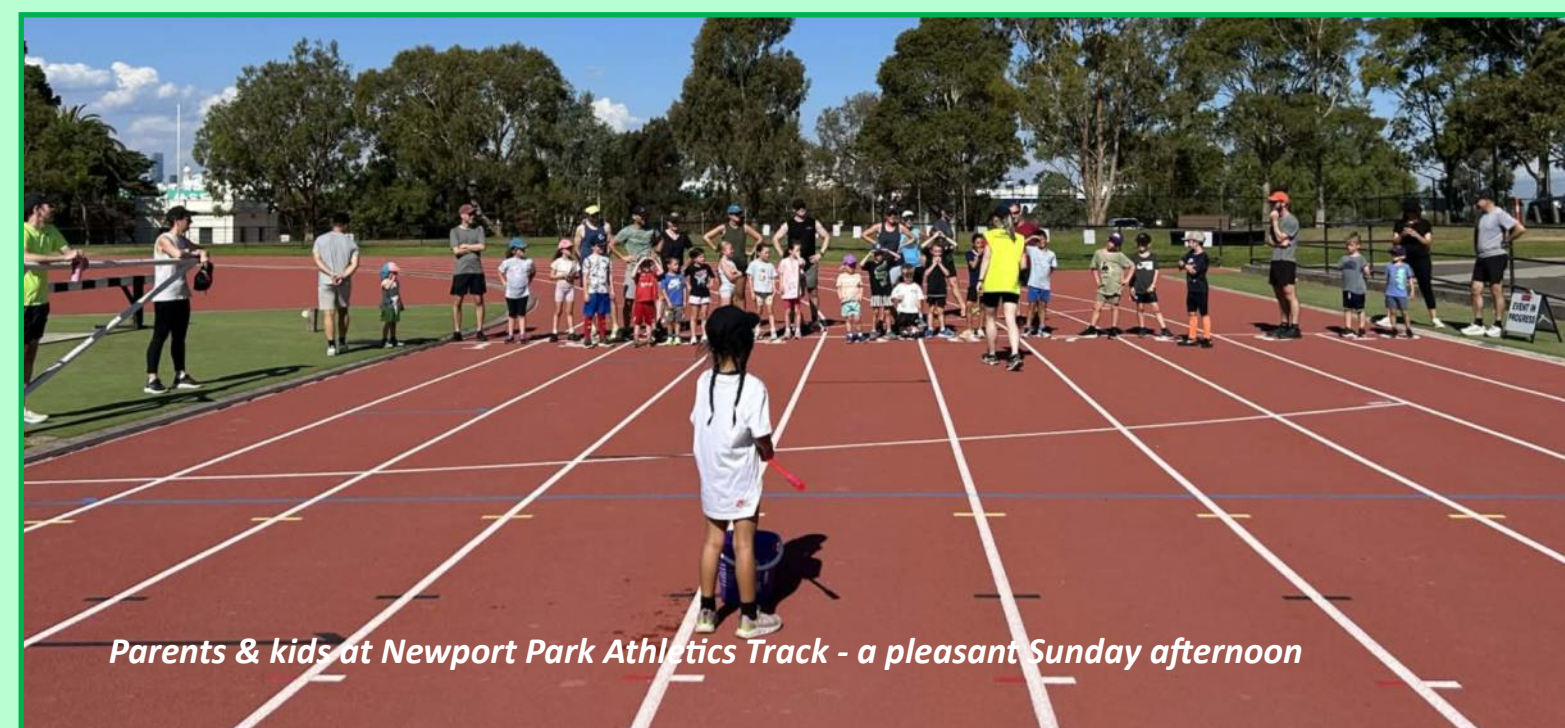
***'Try adding a rest week every 4 – 6 weeks in your busy training schedules.***

***This will help your body adapt to the training load, and minimise injury risk'***

Thank you all.

2026 Coaching Co-ordinator & Head Coach

Brian Armstrong



***Parents & kids at Newport Park Athletics Track - a pleasant Sunday afternoon***

# Hobsons Bay running club



## Term 1 Parents & Childrens 3 lap fun & Fitness Series

**SUNDAYS 4PM**

**With Hobbos Coaches**

8/2 (1)	Wendy/Brian
15/2 (2)	Wendy
22/2 (3)	Brian
1/3 (4)	Wendy
8/3 (5)	Brian
15/3 (6)	Wendy
22/3 (7)	Brian
29/3 (8)	Wendy

**We start with a warm up  
and a couple of games,  
then ease into some short track  
intervals, with some mini-relays,  
races or a handicap run.  
These sessions are ideal for parents  
and children to enjoy running  
together, so parents, **BYO** runners!**

**All Welcome  
@ Newport Park  
Athletics Track**



**More details on Hobbos Facebook page or [www.hobbos.org.au](http://www.hobbos.org.au)**



# 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](#)





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


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

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

Financial members qualify for discounts from our club sponsors:



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

Abby Speakman from Symmetry Physiotherapy Williamstown (84 Douglas Parade) 

### Join us for Regular Group Training Sessions and Social Runs

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

### Join us for Regular Handicap Competitions, which suit all abilities

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

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

Website: [www.hobbos.org.au](http://www.hobbos.org.au)

Email: [enquiries@hobbos.org.au](mailto:enquiries@hobbos.org.au)

# The Febuary handicap is #366

**How many have you done?**

