

HomeRuns



#367

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



Melissa's Stylish Win

AGM

Tarawera, NZ

Total Runs

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...and here Jimmy is modelling the new club hoodie...

Forthcoming Events

- Sat 28th Mar March Handicap, morning tea & AGM
Sat 25th Apr April Handicap & Morning Tea

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/>
2026 Membership Fees are subject to AGM approval.

Adult: \$70 (unchanged)
Pensioner/Student/Concessions: \$30 (unchanged)
Children (part of a family): \$15 each individually registered
(Family membership category discontinued)

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

www.hobbos.org.au



From the Editor's Desk

with Michael Slee



March is a more momentous month than most of us realise. Change is coming to the Hobbos.

Club President, **John Gray** and Club Secretary, **Bronwyn Rowleson** are stepping down from their roles at the



AGM, which follows the March Handicap. They have led from the front and our club is all the better for it.

All members can show their appreciation by attending the AGM and taking the time to shake their hand or give them a hug and thanking them for two jobs done very well indeed.

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Gray Matters

with President John Gray



So this is it. My last column after 6 years as president of this great club. After 11 years on the committee including 4 years as secretary and 6 years as president, it's a bit hard to imagine what next month and the rest of the year will look like.

The answer is, apart from stepping down as president and from the committee to become a regular member, not too much. I still love the club, which is why I am stepping down – to allow a new generation of leadership to take the club forward.

I will of course continue to serve as a coach, and attend every track session and handicap where possible, to participate and to welcome new members, and above all to run with my many friends at the club.

How I got to here:

2007 Started running
2007 1st Burnie 10 - October
2012 Joined Hobbos
2012 1st Handicap June 2012
2013 Greenwich Cup win
2015 Joined committee

2015 1st Handicap win (at Hobbos 250th Handicap) – April
2015 1st parkrun win 19:32 - May
2015 2nd Handicap win - June
2016 Club Secretary (2016-2019)
2017 3rd Handicap win – September
2018 4th Handicap win – August, and 5km pb 18:51
2018 5k, 10k, 15k & half mara PBs while training for 1st mara
2018 parkrun pb 19:08 – September
2018 1st marathon
2020 Club President (2020-2025)
2020 Altona Beach parkrun win – March (10-month reign due to lockdowns)
2021 Virtual Melbourne marathon
2022 7th parkrun win
2022 3rd marathon
2022 Egret Cup (Phar Lap fastest male)
2023 Awarded Life membership
2025 19th consecutive Burnie 10
2026 4th Two Bays Trial Run (28k)
2026 300th parkrun - January



John, Phoebe, Leita and Paul Court



The 2025-26 Daylight Savings Series:

The February handicap was DSS race 5, with a different podium to the February handicap, due to the different eligibility criteria.

DSS Race 5 (DSS eligible runners in the February Handicap)

- 1st Melissa Rutze
- 2nd Savannah Scardino
- 3rd Jessica Crowley

This season's DSS finished last week with the running of the annual Easter Gift 1500m handicap (DSS race 6). Provisional results announced on the night were incorrect due to the use of estimated handicaps for some runners, and to an eligibility error. As a result, start & finish times for 8 runners were adjusted, and the provisional podium of Ethan Orme, Angela Schmerl and Neil Speakman was unfortunately significantly amended, with our apologies.

DSS Race 6 and the Easter Gift had the same podium

- 1st Harry Scardino
- 2nd Angus Dart
- 3rd Angela Schmerl

With Ethan ultimately coming 5th after a great run, and Neil 7th.

These results saw Angus join Angela in equal 3rd place on series points, with Ethan and Jimmy's top 2 places unchanged.

The 2025-26 DSS Podium

- 1st Ethan Orme
- 2nd Jimmy Dwyer
- 3rd Angela Schmerl & Angus Dart

The Annual General Meeting

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.

A final plea to 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.

John's regular sign off for his column begins with 'Until next month...' today I'll write it for him because John can't. Until next month stay fit, healthy and safe. Ed: Michael Slee

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D.S.S. #6 Easter Gift 1500m

The Easter Gift has a long Hobbos tradition with the first running as far back as 1999, when the club was only on its fifth year (1st Kerry Campbell, 2nd Aprille Quinn & 3rd Geoff Wells).

The Daylight Savings Series was still 18 years away from its initial incarnation, the Summer Series, won in 2017 by Jason Rees with Kjetil Wormnes (2nd) and Michael Slee (3rd). Back then it was a series of only 3 races - the Spring & Christmas 1500 Gifts as well as the Phar Lap 2-mile.

The D.S.S. as we now know it is a series of six events which extend over the end of one calendar year into the early part of the next. The series was proposed to create some competitive interest for those Hobbos a little off the pace in our two annual cups competitions.

So with event 6 run and won, the 2025/26 series has concluded.

140 people participated in at least 1 of the 6 events. Overall results are generated by taking the points for each individual's best 4.

Congratulations to Ethan Orme, a clear winner on 48 points. In 2nd place Jimmy Dwyer (on 35) and equal 3rd on 33 points - Angus Dart & Angela Schmerl.

Prizes (Sun Theatre tickets) will be presented soon. See p5 for John Gray's DSS wrap.

Easter Gift & DSS Race 6, 17th March 2026									Net Time Order	
MEMBERS	START	FINISH	NET	H'CAP	H'CAP	DSS	DSS	DSS	FINISHERS	NET
NAME	TIME	TIME	TIME	ELIGIBLE	PLACING	ELIGIBLE	PLACING	POINTS	NAME	TIME
Harry Scardino	02:30.0	08:36.0	06:06.0	Y	1	Y	1	15	Angus Dart	04:49.0
Angus Dart	04:00.0	08:49.0	04:49.0	Y	2	Y	2	13	Ethan Orme	04:50.0
Angela Schmerl	01:45.0	08:51.0	07:06.0	Y	3	Y	3	11	Henry Northover	04:52.0
Henry Northover	04:00.0	08:52.0	04:52.0	Y	4	Y	4	9	Lorimer Humphies	05:02.0
Ethan Orme	04:05.0	08:55.0	04:50.0	Y	5	Y	5	8	Michael Hsu	05:08.0
Lorimer Humphies	04:00.0	09:02.0	05:02.0	Y	6	Y	6	7	Max Dohle	05:10.0
Neil Speakman	02:00.0	09:07.0	07:07.0	Y	7	Y	7	6	Tom Kampschoer	05:11.0
Andrew Scardino	03:50.0	09:10.0	05:20.0	Y	8	Y	8	5	Andrew Scardino	05:20.0
Savannah Scardino	01:00.0	09:12.0	08:12.0	Y	9	Y	9	5	John Gray	05:22.0
John Gray	03:50.0	09:12.0	05:22.0	Y	10	Y	10	5	Graeme Dewerson	05:23.0
Graeme Dewerson	03:55.0	09:18.0	05:23.0	Y	11	Y	11	5	Bjorn Boukamp	05:28.0
Ray Barnard	01:00.0	09:32.0	08:32.0	Y	12	Y	12	5	Eli Milligan	05:33.0
Adam Gregory	04:00.0	09:38.0	05:38.0	Y	13	Y	13	5	Adam Gregory	05:38.0
Magnus Vaisnys	04:00.0	09:43.0	05:43.0	Y	14	Y	14	5	Magnus Vaisnys	05:43.0
Bjorn Boukamp	03:50.0	09:18.0	05:28.0	N		Y	15	5	Harry Scardino	06:06.0
Eli Milligan	03:30.0	09:03.0	05:33.0	N		Y	16	5	Jemma Sowerby	06:49.0
Jemma Sowerby	02:00.0	08:49.0	06:49.0	N		N		5	Angela Schmerl	07:06.0
Michael Hsu	03:45.0	08:53.0	05:08.0	N		N		5	Neil Speakman	07:07.0
Phoebe Almering	00:00.0	09:02.0	09:02.0	N		N		5	Savannah Scardino	08:12.0
Owen Dewerson	00:45.0	09:07.0	08:22.0	N		N		5	Amelia Hsu	08:21.0
Tom Kampschoer	04:00.0	09:11.0	05:11.0	N		N		5	Owen Dewerson	08:22.0
Max Dohle	04:00.0	09:10.0	05:10.0	N		N		5	Ray Barnard	08:32.0
Amelia Hsu	00:00.0	08:21.0	08:21.0	N		N		5	Phoebe Almering	09:02.0
Peter Buissink						Helper		4		
Sue Buissink		In red above				Helper		4		
Lois Speakman		Start times corrected &				Helper		4		
Helen Whyte		finish times calculated				Helper		4		
Tameka Day		from net times				Helper		4		
Wade Noonan						Helper		4		
David Arundel						Helper		4		



2025-2026 The Daylight Savings Series - Points Table - top 69 places from 140 participants

Place	Name	Phar Lap	Spring Gift	Xmas Gift	Summer 1000	Feb H'cap	Easter Gift	Best 4
1	Ethan Orme	9	13	13	13		8	48
2	Jimmy Dwyer	13	8	9	5	5		35
3	Angus Dart		9		11		13	33
3	Angela Schmerl	5	6	11	5		11	33
5	Harry Scardino	5	5		5	5	15	30
5	Andrew Scardino	15	5		5	5	5	30
7	Savannah Scardino	5	5		5	13	5	28
8	Evelyn Orme	5	7	15				27
9	Dean Crowley	6	5		9	5		25
10	John Gray	5	4	7	7	5	5	24
11	Jessica Crowley	5			5	11		21
11	Cain Speakman	5		5	5	6		21
13	Neil Speakman		5	4		5	6	20
13	Ray Barnard	5	5			5	5	20
13	Magnus Valsnys		5	6		4	5	20
13	Melissa Rutze	5				15		20
13	Welger Vos	5	15					20
18	Andrew Else	5	5	8				18
19	Lauren Scardino	5			5	7		17
19	Rob Falloon		4	4	4	5		17
21	Karli Smith	11				5		16
21	Kevin Mahon	8	4		4			16
21	Susan Wright	5	11					16
24	Olly Rees	5	5			5		15
24	Lucas van Merkestein				15			15
26	Henry Northover				5		9	14
26	Matt Wood				5	9		14
26	Brian Armstrong	5			4	5		14
29	Lisa Do				5	8		13
29	Helen Haralambous	5		4	4			13
31	Mary Wong		4	4		4		12
31	Kieran Leonard		4	4	4			12
31	Peter Buissink	4	4	4				12
31	Gareth Coakley	7	5					12
35	Bjorn Boukamp				5		5	10
35	Adam Gregory				5		5	10
35	Elli Milligan				5		5	10
35	Anna Bovdis				5	5		10
35	Shane Eagar				5	5		10
35	Shane Adams				5	5		10
35	Belinda Fithie			5		5		10
35	Eero Keranen			5		5		10
35	Freya Rees		5			5		10
35	Diane Donaghue	5				5		10
35	Jason Rees	5				5		10
35	Linda Viberg	5				5		10
35	Matt Loader	5			5			10
35	Bronwyn Rowleson	5	5					10
35	Mark Letman	5	5					10
35	Rachael Kealy	5	5					10
51	Mick Williams				4	5		9
51	Sarah Lowe	4				5		9
51	Mary-Ellen Brierley	5				4		9
51	Victoria Haritos	5				4		9
51	Camilla Briggs	4			5			9
51	DI Williamson	4	5					9
57	Lois Speakman			4		4		8
57	Cat McRae	4				4		8
57	Will McKenzie	4				4		8
57	Stuart O'Neil	4		4				8
61	Lorimer Humphries						7	7
62	Graeme Dewersen						5	5
62	Owen Dewersen						5	5
62	Jemma Sowerby						5	5
62	Michael Hsu						5	5
62	Phoebe Almering						5	5
62	Tom Kampschoer						5	5
62	Max Dohle						5	5
62	Amelia Hsu						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.



February Handicap

Melissa Kidd Rutze comfortably crossed the finish line 68 seconds ahead of walker **Michael Musgrove**, in second place. **Jimmy Dwyer** was 8 seconds further back in third place. Closer scrutiny of results show that Michael and Jimmy were the only eligible Hobbos to post bests - Michael scored a 25 second AGPB, whilst Jimmy sliced 4 seconds from his actual PB (he's still young!).

This makes Melissa's performance a very calm and stylish one, as the front cover photo and headline claim. Congratulations Melissa on your first Kenyan Egg.

Conditions were muggy and not very pleasant for running, hence only a couple of PBs.

The quickest 5Km of the day was 18:40 run by Jimmy Dwyer, his fastest ever on our 5000m handicap course.

A few others dipped below the 20 minutes mark.

Andrew - 19:29

Brian - 19:45

Brynn Turner - 19:05

Waylyn Turner - 19:10



Melissa with her first Kenyan Egg, presented by Pete at morning tea

Race Director Peter Buissink also notched up a 19:36. Now don't get too excited. Peter's time was for a 2.5km walk and the most important thing about that was the fact that Pete was back competing in a handicap.

A large field of 48 attacked the handicap in February, continuing the great showing from January (45).

Interestingly with two handicaps run and won in 2026, so far it is an all women's year with Anastasia winning in January and Melissa in February. What could March possibly bring?

As always a huge debt is owed to those volunteer helpers who make the set up and pack down happen smoothly, so that all can relax with a well earned morning tea in the rooms at Newport Park Athletics Track. Thank you to all helpers and if you haven't yet there are more opportunities to come. Check Facebook or simply ask at mid-week track or after this month's handicap. You'll be welcomed with open arms.

By Michael Slee

The Cups

"GC Standings now updated following February Handicap.

Michael Musgrove and **Brian Armstrong** are off to a fast start, although Magnus Vaisnys in third has now completed his mandatory assist is looking pretty strong.

As for the field - well, it's best eight results for the year, and there are still ten events to go..."

Mick Beasley

By its very eligibility criteria the TJC progress table is a small one (see p15). However, the most contentious issue is TJC eligibility itself. So, watch this space, in particular the names on the TJC table, I feel change coming...

Michael Slee

Hobbs Handicap February 2026- 366th Running



Pos	Name	Finish	Time	Start	PB	AGPB	Split 1	Split 2	Points	Bonus	Total
Greenwich Cup											
1	Melissa Rutze	48:44	28:14	20:30	26:02	27:31	14:32	13:42	20	4	24
2	Michael Musgrove	49:52	40:12	9:40	35:15	40:37	20:09	20:03	19	12	31
3	Jimmy Dwyer	50:00	18:40	31:20	18:44	18:52	9:12	9:28	18	12	30
4	Philippe Delecheaneu	50:05	29:05	21:00	26:05	26:48	14:37	14:28	17	0	17
5	Brian Armstrong	50:15	19:45	30:30	18:09	19:42	9:49	9:56	16	11	27
6	Dean Crowley	50:25	20:25	30:00	19:46	19:54	10:04	10:21	15	6	21
7	John Gray	50:30	21:05	29:25	18:51	20:10	10:24	10:41	14	2	16
8	Belinda Fithie	50:48	30:28	20:20	27:34	28:27	14:50	15:38	13	0	13
9	Neil Speakman	50:50	25:00	25:50	23:15	23:56	12:23	12:37	12	1	13
10	Linda Viberg	50:58	27:33	23:25	26:53	27:07	13:42	13:51	11	7	18
11	Andrew Scardino	50:59	19:29	31:30	18:56	19:04	9:34	9:55	10	7	17
12	Mario Valastro	51:07	21:37	29:30	20:15	20:24	10:42	10:55	9	0	9
13	Karen Hayes	51:14	26:44	24:30	25:03	25:20	13:03	13:41	8	0	8
14	William Hart	51:23	29:13	22:10	27:59	28:26	14:15	14:58	7	4	11
15	Anna Bovdis	52:05	28:20	23:45	26:02	26:20	13:43	14:37	6	0	6
16	Sarah Lowe	52:09	27:09	25:00	23:52	24:15	13:03	14:06	5	0	5
17	Tara Fairbrother	52:40	32:30	20:10	28:56	30:10	16:27	16:03	5	0	5
18	Michael Williams	52:56	22:16	30:40	18:53	19:01	10:56	11:20	5	0	5
19	David Walker (Walk)	52:58	39:43	13:15	37:46	38:04	20:04	19:39	5	0	5
20	Ken Smith	53:47	47:47	6:00	22:28	42:16	23:55	23:52	5	0	5
21	Rob Falloon (Walk)	53:51	37:51	16:00	34:05	34:36	19:04	18:47	5	0	5
22	Graham Edwards	54:05	50:15	3:50	36:14	48:25	24:41	25:34	5	0	5
23	Ray Barnard	54:11	35:11	19:00	22:12	26:48	16:53	18:18	5	0	5
24	Diane Donoghue	55:39	36:09	19:30	30:23	31:06	17:00	19:09	5	0	5
Ineligible											
1	Brynn Turner	46:05	19:05	27:00			9:10	9:55	10	0	10
2	Waylyn Turner	49:40	19:10	30:30	20:14	20:15	9:38	9:32	10	0	10

Hobbs Handicap February 2026- 366th Running

Pos	Name	Finish	Time	Start	PB	AGPB	Split 1	Split 2	Points	Bonus	Total
3	Cain Speakman	49:35	22:35	27:00	19:26	19:43	11:26	11:09	10	0	10
4	Harry Scardino	49:55	23:15	26:40	23:30	23:30	11:44	11:31	10	0	10
5	Shane Eager	50:09	23:39	26:30	24:10	24:10	11:31	12:08	10	0	10
6	Matt Wood	49:20	24:20	25:00			12:08	12:12	10	0	10
7	Shane Adams	50:19	24:39	25:40			12:14	12:25	10	0	10
8	Karli Smith	50:23	26:38	23:45	26:51	26:55	13:13	13:25	10	0	10
9	Jessica Crowley	48:54	28:54	20:00			14:43	14:11	10	0	10
10	John Danaher	55:57	29:07	26:50	23:10	23:54	14:26	14:41	10	0	10
11	Eero Keranan	50:21	29:21	21:00	16:13	27:20	14:37	14:44	10	0	10
12	Lisa Do	49:24	29:24	20:00			15:28	13:56	10	0	10
13	Lauren Scardino	49:34	29:54	19:40	30:35	30:51	14:43	15:11	10	0	10
14	Savannah Scardino	48:52	31:22	17:30	32:52	32:52	15:58	15:24	10	0	10
15	Oilly Rees	48:52	33:22	15:30	21:37	21:37	18:09	15:13	10	0	10
16	Freya Rees	51:48	36:18	15:30	33:47	33:47	18:37	17:41	10	0	10
17	Jason Rees	52:00	36:30	15:30	20:44	22:20	18:13	18:17	10	0	10
18	Mila Williams	55:03	37:03	18:00	32:41	32:41	17:36	19:27	10	0	10
19	Susan Walker (Walk)	63:54	50:54	13:00			25:03	25:51	10	0	10

Ineligible 2.5km

1	Peter Buissink (Walk)	29:36	19:36	10:00			19:36		10	0	10
2	Fang Chen (Missed Turn)	48:13	25:13	23:00			25:13		10	0	10
3	Lois Speakman (2.5km)	35:33	25:33	10:00	25:24	25:46	25:33		10	0	10

Guests

1	Antonio Castillo-Branco	49:41	29:41	20:00	30:11	30:11	14:59	14:42	-	0	-
2	Don Edwards	54:05	50:05	4:00			24:33	25:32	-	0	-

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



The February Handicap is also Race 5 of the DSS...

However, the annual Easter 1500m Gift follows hot on the heels in mid March and as well as being a traditional, stand alone event, it is also the 6th and final event in the 2025/26 DSS and so this table will barely be digested before another will take its place with the results for the Gift and also the Series. In fact it is already here on pages 5 & 6.

February Handicap & DSS Race 5, 28th Feb 2026									Net Time Order	
MEMBERS	START	FINISH	NET	H'CAP	H'CAP	DSS	DSS	DSS	FINISHERS	END
NAME	TIME	TIME	TIME	ELIGIBLE	PLACING	ELIGIBLE	PLACING	POINTS	NAME	TIME
Melissa Rutze	20:30.0	48:44.0	28:14.0	Y	1	Y	1	15	Jimmy Dwyer	18:40.0
Savannah Scardino	17:30.0	48:51.0	31:21.0	N		Y	2	13	Brynn Turner	19:05.0
Jessica Crowley	20:00.0	48:54.0	28:54.0	N		Y	3	11	Waylyn Turner	19:10.0
Matt Wood	25:00.0	49:18.0	24:18.0	N		Y	4	9	Andrew Scardino	19:29.0
Lisa Do	20:00.0	49:24.0	29:24.0	N		Y	5	8	Brian Armstrong	19:45.0
Lauren Scardino	19:40.0	49:34.0	29:54.0	N		Y	6	7	Dean Crowley	20:25.0
Cain Speakman	27:00.0	49:35.0	22:35.0	N		Y	7	6	John Gray	21:05.0
Michael Musgrove	09:40.0	49:52.0	40:12.0	Y	2	Y	8	5	Mario Valastro	21:37.0
Harry Scardino	26:40.0	49:55.0	23:15.0	N		Y	9	5	Michael Williams	22:16.0
Jimmy Dwyer	31:20.0	50:00.0	18:40.0	Y	3	Y	10	5	Cain Speakman	22:35.0
Philippe Delecheneau	21:00.0	50:05.0	29:05.0	Y	4	Y	11	5	Harry Scardino	23:15.0
Shane Eager	26:30.0	50:09.0	23:39.0	N		Y	12	5	Shane Eager	23:39.0
Fang Chen	25:00.0	50:13.0	25:13.0	N		Y	13	5	Matt Wood	24:18.0
Brian Armstrong	30:30.0	50:15.0	19:45.0	Y	5	Y	14	5	Shane Adams	24:25.0
Shane Adams	25:54.0	50:19.0	24:25.0	N		Y	15	5	Neil Speakman	25:00.0
Eero Keranan	21:00.0	50:21.0	29:21.0	N		Y	16	5	Fang Chen	25:13.0
Karli Smith	23:45.0	50:23.0	26:38.0	N		Y	17	5	Karli Smith	26:38.0
John Gray	29:25.0	50:30.0	21:05.0	Y	6	Y	18	5	Karen Hayes	26:44.0
Belinda Fithie	20:20.0	50:48.0	30:28.0	Y	7	Y	19	5	Sarah Lowe	27:09.0
Neil Speakman	25:50.0	50:50.0	25:00.0	Y	8	Y	20	5	Linda Viberg	27:33.0
Dean Crowley	30:30.0	50:55.0	20:25.0	Y	9	Y	21	5	Melissa Rutze	28:14.0
Linda Viberg	23:25.0	50:58.0	27:33.0	Y	10	Y	22	5	Anna Bovdis	28:20.0
Andrew Scardino	31:30.0	50:59.0	19:29.0	Y	11	Y	23	5	Jessica Crowley	28:54.0
Mario Valastro	29:30.0	51:07.0	21:37.0	Y	12	Y	24	5	Philippe Delecheneau	29:05.0
Karen Hayes	24:30.0	51:14.0	26:44.0	Y	13	Y	25	5	John Danaher	29:07.0
William Hart	22:10.0	51:23.0	29:13.0	Y	14	Y	26	5	William Hart	29:13.0
Freya Rees	15:30.0	51:48.0	36:18.0	N		Y	27	5	Eero Keranan	29:21.0
Anna Bovdis	23:45.0	52:05.0	28:20.0	Y	15	Y	28	5	Lisa Do	29:24.0
Sarah Lowe	25:00.0	52:09.0	27:09.0	Y	16	Y	29	5	Antonio Castelo-Branco	29:41.0
Tara Fairbrother	20:10.0	52:40.0	32:30.0	Y	17	Y	30	5	Lauren Scardino	29:54.0
Michael Williams	30:40.0	52:56.0	22:16.0	Y	18	Y	31	5	Belinda Fithie	30:28.0
David Walker (Walk)	13:15.0	52:58.0	39:43.0	Y	19	Y	32	5	Savannah Scardino	31:21.0
Ken Smith	06:00.0	53:47.0	47:47.0	Y	20	Y	33	5	Tara Fairbrother	32:30.0
Rob Falloon (Walk)	16:00.0	53:51.0	37:51.0	Y	21	Y	34	5	Olly Rees	33:17.0
Graham Edwards	03:50.0	54:05.0	50:15.0	Y	22	Y	35	5	Ray Barnard	35:11.0
Ray Barnard	19:00.0	54:11.0	35:11.0	Y	23	Y	36	5	Diane Donoghue	36:09.0
Mila Williams	18:00.0	55:03.0	37:03.0	N		Y	37	5	Freya Rees	36:18.0
Diane Donoghue	19:30.0	55:39.0	36:09.0	Y	24	Y	38	5	Jason Rees	36:25.0
John Danaher	26:50.0	55:57.0	29:07.0	N		Y	39	5	Mila Williams	37:03.0
Susan Walker (Walk)	13:00.0	03:54.0	50:54.0	N		Y	40	5	Rob Falloon (Walk)	37:51.0
Brynn Turner	27:00.0	46:05.0	19:05.0	N		N		5	David Walker (Walk)	39:43.0
Olly Rees	15:35.0	48:52.0	33:17.0	N		N		5	Michael Musgrove	40:12.0
Waylyn Turner	30:30.0	49:40.0	19:10.0	N		N		5	Ken Smith	47:47.0
Antonio Castelo-Branco	20:00.0	49:41.0	29:41.0	N		N		5	Graham Edwards	50:15.0
Jason Rees	15:35.0	52:00.0	36:25.0	N		N		5	Susan Walker (Walk)	50:54.0
Mary Wong						Helper		4		
Mary-Ellen Brierly						Helper		4		
Magnus Vaisnys						Helper		4		
Cat McRae						Helper		4		
Will McKenzie						Helper		4		
Victoria Haritos						Helper		4		
Lois Speakman						Helper		4		

Hobbos Greenwich and Ted Joy Cups 2026

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.	Michael Musgrove	29	31											60	e	276	276
2.	Brian Armstrong	29	27											56	e	58	58
3.	Magnus Vaisnys	31	(20)											51	n	6	6
4.	John Gray	19	16											35	e	118	118
5.	Anastasia Aldred	32												32	n	19	20
5.	Melissa Rutze	8	24											32	n	20	20
7.	Cain Speakman	20	10											30	e	43	43
7.	Jimmy Dwyer	30												30	n	21	21
7.	Lois Speakman (2.5km)	(20)	10											30	n	2	13
7.	Neil Speakman	17	13											30	p	38	38
7.	Peter Buisink (Walk)	(20)	10											30	n	1	1
12.	Andrew Scardino	10	17											27	p	32	32
12.	Dean Crowley	6	21											27	n	5	5
14.	Cat McRae	5	(20)											25	n	9	9
14.	Diane Donoghue	(20)	5											25	e	48	48
14.	Rob Falloon (Walk)	(20)	5											25	n	12	104
14.	Tara Fairbrother	(20)	5											25	n	11	11
18.	Anna Bovdis	18	6											24	n	16	16
18.	Linda Viberg	6	18											24	n	7	7
20.	Phillippe Delecheneau	6	17											23	n	27	27
21.	Eero Keranan	10	10											20	a	107	127
21.	Helen Vaxevanis	20												20	n	17	17
21.	Karli Smith	10	10											20	n	5	5
21.	Mary Ellen	(20)												20	n	0	0
21.	Mary Wong	(20)												20	n	0	0
21.	Savannah Scardino	10	10											20	n	8	8
21.	Stuart O'Neill	(20)												20	n	10	10
21.	Victoria Hartos	(20)												20	n	3	3
21.	Will McKenzie	(20)												20	n	5	5
30.	Belinda Fithie	5	13											18	n	26	28
30.	Karen Hayes	10	8											18	n	11	11
32.	Mario Valastro	8	9											17	n	16	16
33.	William Hart	5	11											16	n	7	8
34.	Sarah Lowe	10	5											15	n	25	25
35.	Kevin Aldred	12												12	n	22	23
36.	Elise Hardiker	11												11	n	13	13

Total Runs - It's Back >>>

Hobbos Greenwich and Ted Joy Cups 2026

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
37.	Ashley Sanderson	10												10	n		16	16		16	
37.	Brynn Turner		10											10	n		1	1		1	
37.	David Butler	10												10	n		8	8		8	
37.	Ethan Orne	10												10	n		2	2		2	
37.	Fang Chen (Missed Turn)		10											10	n		1	1		1	
37.	Freya Rees	10												10	n		20	20		20	
37.	Gaye Crichton	10												10	n		3	3		3	
37.	Harry Scardino	10												10	n		5	5		5	
37.	Helen Haralambous	10												10	n		13	13		13	
37.	Jason Rees	10												10	e		43	43		46	
37.	Jessica Crowley	10												10	n		1	1		1	
37.	John Danaher	10												10	n		10	10		10	
37.	Kaia Morris	10												10	n		12	12		12	
37.	Ken Smith	5	5											10	e		219	219		219	
37.	Lauren Scardino	10												10	n		6	6		6	
37.	Lisa Do	10												10	n		1	1		1	
37.	Matt Loader	10												10	n		23	23		23	
37.	Matt Wood	10												10	n		1	1		1	
37.	Mila Williams	10												10	n		2	2		2	
37.	Olly Rees	10												10	n		21	21		24	
37.	Ray Barnard	5	5											10	e		99	99		99	
37.	Rene Rutze	10												10	n		2	2		2	
37.	Sarah Trigger	10												10	n		2	2		2	
37.	Shane Adams	10												10	n		1	1		1	
37.	Shane Eager	10												10	n		1	1		0	
37.	Susan Walker (Walk)	10												10	n		1	1		1	
37.	Vanessa Coutts	10												10	n		23	23		23	
37.	Waylyn Turner	10												10	n		2	2		2	
65.	John Becroft	8												8	e		212	212		214	
66.	David Walker (Walk)	5												5	n		12	12		117	
66.	Graham Edwards	5												5	e		156	156		156	
66.	Michael Slee (Walk)	5												5	p		34	34		179	
66.	Michael Williams	5												5	n		10	10		10	
66.	Mike Newby	5												5	n		7	7		7	
66.	Simone Trigger	5												5	n		4	4		4	

Total Runs - It's Back >>>

Hobbos Greenwich and Ted Joy Cups 2026 **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
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Ted Joy Notes

e: Eligible

p: Provisionally eligible if 40 runs/walks are completed in 2026

n: Cannot complete 40 runs/walks in 2026

a: Did not complete enough runs/walks in either of 2024 or 2025

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

Number of records: 71

Hobbos Greenwich and Ted Joy Cups 2026 **Current Standings - Ted Joy Cup**

Place	Name	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Best Eight
1.	Michael Musgrove	29	31											60
2.	Brian Armstrong	29	27											56
3.	John Gray	19	16											35
4.	Cain Speakman	20	10											30
4. (p)	Neil Speakman	17	13											30
6. (p)	Andrew Scardino	10	17											27
7.	Diane Donoghue	(20)	5											25
8.	Jason Rees		10											10
8.	Ken Smith	5	5											10
8.	Ray Barnard	5	5											10
11.	John Becroft	8												8
12.	Graham Edwards		5											5
12. (p)	Michael Slee (Walk)		5											5

(p) Have not completed 40 runs/walks but could still do so by the end of 2026

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

Number of records: 13

Tarawera 2026 by Catrina Muir

TUM102 was my first coaching experience.

Back in March 2025, my friend Mandy asked me if I might be interested in coaching her to the 102km distance at Tarawera NZ in 2026 (with the invitation to run the event too).

The process:

Work backwards from the event to where Mandy was at with her running in March 2025 & draw up a series of training programs to ensure she was fit & strong enough to achieve her goals (initially to complete the run by the 30 hour cut off). We had 11 months to prepare.

The first 3 months we worked towards increasing milage slowly & focusing on strength training.

During the next 4 months we worked towards the Surf Coast Century 50km event with continued strength training & added in running specific exercises.

The last 4 months was the build to TUM102 which again included strength training.

We crafted the training to include weekly fartlek intervals with one of Mandy's run clubs where she ran/walked with her dog Poppy; a tempo run with her other run club; and wove her long run in & around parkrun unless she had signed up for a trail run event; another 1 – 2 recovery jogs depending on the week; 2 strength sessions per week in the gym (which she was already doing) & some running specific exercises that she either did at home or at the gym (10 mins). Recovery weeks included hiking & walking to give her body the rest it needed.

We worked on nutrition while running + pre & post run recovery. Lots of practice on the trails with various fuel sources to test out how they would sit. We worked on the mental side of the run - the "why" strengthening it up to help manage discomfort when things get hard. We worked on caffeine strategies. We worked on hydration & electrolyte strategies alongside the carbohydrate nutrition requirements.

The work was done. Mandy had practiced in all weather conditions (more than I) but nothing could have prepared us for the conditions on the day. I'll let Mandy continue the story now.....

Mandy's Story

When I turned 60 last March, I had the urge to do something special that I could look back on in the future and think "wow, I did that"! SCC50 is the largest distance for me but I wondered if I put in the hard work early and make T102 a goal the following February maybe I could do it.

Lucky, I have a great friend (Cat) that had recently become a coach. Win/Win, let's go.



Mandy & Cat at the finish line in NZ

I have always loved the gym, so it was not hard to attend twice a week to build the upper body strength to carry my pack. Long runs, hill runs, running in the rain, running in the humidity of the Mid North coast, NSW, and learning about nutrition and hydration, was all preparing me for T102. Even my work history as a night shift nurse gave me the ability to stay awake for long periods of time.

Leading up to race day I was very calm, which was unusual for the normal event stress usually felt. I started in the last wave happy to get going. I am experienced with hiking poles and estimated my time to be around the 22hr mark based on previous elevation training and long runs.

"Horrendous", was how I would describe the weather on the lead up to and on the day of

the event. 80mm of rain left the course, muddy, slippery with deep puddles for long distances with no way of going around them only through.

But somehow, I just keep moving forward. Each goal was hitting the next aid station to thank the vollies that were also out there in the rain. One 11km section of mud I was pretty much alone except for the odd miler that skidded past in the mud and asked how things were going. Each pink hanging marker ribbon from a tree was a welcome sight and the Fireflies with their shiny blue bums in my torch light became my friends. I went through both charged Fenix head torches; they were fabulous in the rain. I fell twice and rolled sideways down an embankment, but a tree stopped me from falling further.

At 8am I hit the 2nd last check point at Blue Lake (Tikitapu) where I was so happy to see Dianne and my hubby Mark who repacked my pack, fed me soup gave me hugs and words of encouragement and sent me on my way to the final set of hills (I didn't want to go any further); before the last checkpoint at Redwoods. This was where my whole crew of Diane and Troy, Coach Cat and hubby Zac and my hubby Mark were there to cheer me on. My feet were shredded and soaked and I'd had enough, but just seeing Diane there with her Hobbo's shirt waiting to bring me home was so special I can't explain it. Garmin was around the 97km mark. Off I staggered to the finish line with Diane constantly answering my questions of "how far have I got to go?". I finished around 1pm Sunday with my crew waiting for me to cross the line. 30hrs and 3 seconds. I made cut off by 20 minutes (timing mat time).

On reflection, what a fabulous experience. There weren't really any low points. I just accepted the course for what it was in the condition it was in and kept moving forward.

Every session of my training plan was a step forward in achieving a goal. My plan was detailed and we tweaked things along the way that worked and changed what didn't. Thank you "Coach Cat". Your knowledge and experience as a runner helped me reach my goal

of completing a 100km run. I am very happy.
☺ Mandy

As for me, Cat, I had a lofty goal of beating my Surf Coast Century 100km time from 2019 by 30 mins, but a rolled ankle with a tendon strain in early December & tripping on a bolt left in the footpath in January (leaving me with 6 stitches in my eyebrow, mild concussion & whiplash) took 10 days each time out of my training program at the pointy end. Not sure how much of an impact this had, maybe age is catching up with me

I achieved my A goal by making it to the start line uninjured; adjusted my B goal from 16 hours to 18 hours; achieved my C goal by finishing – official time was 22 hours 21 minutes.

In addition to Mandy's weather & conditions description, it had rained all day from lunch time Friday almost until we started at 7am Saturday morning. We'd all had severe weather warning notifications from the NZ government on Friday night & were slightly concerned about what we were about to face, but thankfully the rain had stopped in time for the start. It rained on & off all day, becoming heavy enough for my raincoat around 8pm. The level of water & mud had to be seen to be believed.

It was an incredible course; beautiful scenery & the volunteers were next level. Anything they could do to help they did; every runner was cared for in a way I have never seen before. I was very pleased to see hubby at the 57km check point &



Muddy puddles at the 50km mark

in good spirits; had made a friend & we'd run walked the last 30kms together. A quick shoe change & off we went. Unfortunately, my new friend had an ankle niggle & she asked me to go on without her then.

I ran solo from here on; a hot cup of soup at 72kms warmed me up & the volunteers lightened my mood (was dark & I was getting a little cold by then); but I knew I'd see Zac again at the next two aid stations.

I was pleased to finish in good spirits at 5am Sunday morning (but did not want to see mud again for quite some time!!). Event distance is 102kms, my watch said 106kms; but that's trail running.

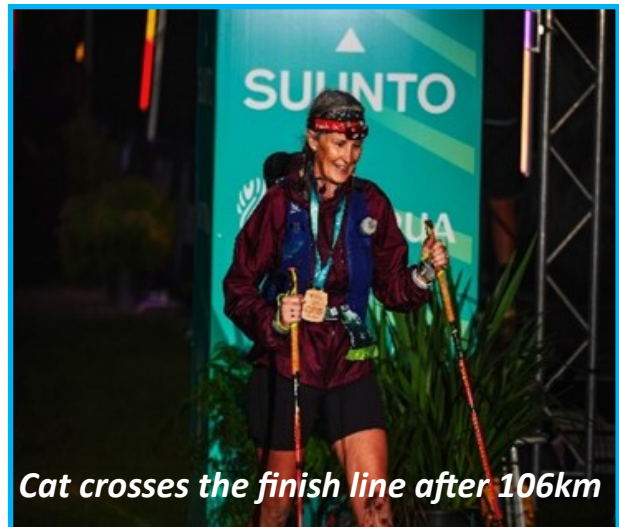
Recovery has been good; I was ready to attempt parkrun the following Saturday morning & surprised myself by running comfortably the whole way (had been prepared to run/walk it). So far only 1 toenail lost (although a few more suspect).

This year Tarawera event had parity of women

entrants across all events & is the first UTMB event worldwide where this has been achieved which is pretty exciting in the trail running space.

Also of note was the 40% DNF rate due to the conditions. Fingers crossed it will be a few years before they have another rain event like 2026! Highly recommend regardless of the mud; it all adds to the adventure!

Catrina Muir



Cat crosses the finish line after 106km

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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



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

Email: enquiries@hobbos.org.au

The March handicap is #367

How many have you done?

