



Tara

Triumphs

XCR

Kenyan Eggs

Ballarat

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ANZAC Day 2026 - Lest We Forget

Forthcoming Events

Sat	30th May	May Handicap & Morning Tea
Sun	14th June	Women's Running Workshop - 2pm NPAT
Mon	15th June	Committee Meeting - 7:30pm (zoom)
Sat	27th June	June Handicap & Morning Tea
Sun	28th June	XCR Calder Park Raceway

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/>

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

You are in for a treat this month with articles written by Clare Beaumont and Mario Valastro. Being the **Anzac Day** handicap Lois Speakman wore copies of her father's medals from WW2, whilst Bel Fithie was wore her very own medal. The associated stories are enlightening. Eero has been his analytical self and answered the question, 'Who has won the most Kenyan Eggs?' Ken Smith was behind the camera at the Pier Farm turn and grabbed some terrific snaps of Hobbos in action.

Of course there is Tara's win and sneaky Dean stealing the GC lead while Michael was snoozing...

Thanks to our Club Sponsors. **Sports Power Williamstown** run by our very own John Ayton and he is another Hobbo back on the handicap course. Great to see.

Don't forget our other sponsor **Symmetry Physio** (Abby Speakman). Check out their ads in this issue.

All in all a must read issue of Home Runs.

"See you at the start line. 7:40am (or earlier) avoids the queue for handicap #369".



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EVERYTHING

Hobbo John Ayton's

SportsPower Williamstown

John Ayton's SportsPower Williamstown



Jogging with Jimmy



The world of running has shifted up a gear in the last month. The elusive two-hour marathon barrier has been cracked - not once, but twice - and we've also seen a new women's-only marathon world record. On a perfect April day in London Kenya's Sebastian Sawe and Ethiopia's Tigst Assefa didn't just win the marathon - they reset what we thought was possible!



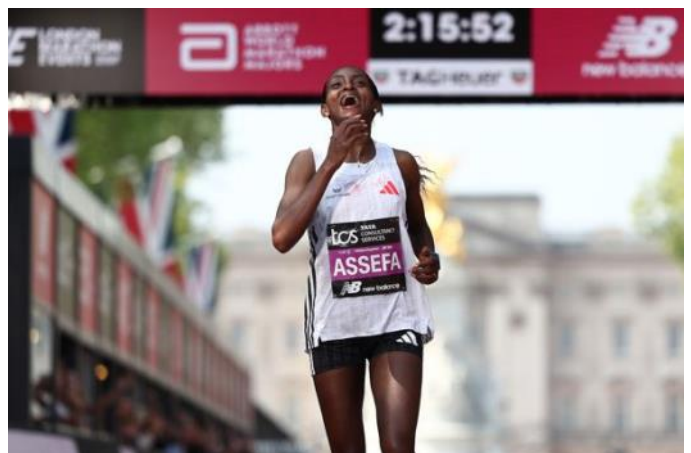
Closer to home, May has been just as action-packed for the Hobbos. We were out in force at the Ballarat Marathon (held on the last weekend of April), which is fast becoming a favourite for Victorian and interstate runners alike - dare I say it, *the Valencia of the south*. Our members lined up across all distances - 10km, half, and full marathon - and despite unseasonably warm and blustery conditions, a number of Hobbos still managed to produce shiny new PBs. Be sure to check out Mario's write-up for the full story.

The cross-country season is also up and running, with the first Athletics Victoria XCR relay event taking place at Jells Park. Hobbos fielded an impressive eight teams - 27 runners all up - and brought home two podium finishes, including a win in the Female Division 5 category. Outstanding effort! For more

highlights, Clare's report has you covered. Next up is Calder Park Raceway on Sunday 28 June - an exciting new venue for 2026. And don't forget, as a Hobbo, you're automatically an AV member, which means discounted entry to any of the individual events.

Out on the roads, I spotted a few red singlets down in Apollo Bay for the Great Ocean Road Running Festival - unfortunately sharing the calendar with XCR this year. The new Hobbos hoodies are doing their job: I got a shout-out from Mel, and even had former President Mark Maloney (now flying the Wynfit flag) come over for a chat. We're also continuing to fly the Hobbos flag internationally, with Tony and Katy tackling the Vancouver Marathon - an incredible effort and a great representation of the club on the global stage.

Behind the scenes, we're taking a big step forward in how we connect as a club. This month, we'll be launching **Team App** - our new home for member communications. It's a private space where you'll be able to stay on top of training sessions, events, and all things Hobbos, while also making it easier to connect with fellow members. Facebook and Instagram will still be our shopfront to the outside world, but Team App will be where the real action happens. Keep an eye out for instructions on how to join - but remember, full access is reserved for financial members.



Tigst Assefa resets the women's marathon record

Jim's column continues on p5



Which brings me neatly to memberships. The 2026 membership year kicked off in early April, and we're now nearly two months in with **181 paid members** - a fantastic start, but I reckon we've got more in us. As we move beyond the grace period, we'll start tightening things up a bit. For example, you'll need to be a financial member to qualify for the coveted **Kenyan Egg** at the monthly handicap. At just \$70 per year - about the price of 10 coffees these days (and arguably better value!) - membership unlocks all the coaching, events, and community that make this club what it is.

Finally, a quick update from the engine room. Earlier this month, I met with Council to raise ongoing maintenance issues at the Newport track. A huge thank you to Ashley Sandison, who continues to advocate strongly on behalf of all three tenant clubs. Maintaining these relationships is critical - it ensures we continue to have access to quality facilities that support everything we do as a club.

See you out on the road or down at the track.

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XCR SERIES CALENDAR

DATE	EVENT	VENUE
Sat 2 May	All Schools Road Relays	Princes Park
Sun 10 May	XCR Round 1 - R:5	Albert Park
Sat 16 May	XCR Round 2 - XC:Relays	Jells Park
Sat 23 May	All Schools Cross Country Relays	Jells Park
Sat 30 May	XCR Round 3 - XC:8	Bendigo
Sat 13 Jun	XCR Round 4 - XC:12	Cruden Farm
Sat 20 Jun	All Schools Individual Champs	Bundoora
Sun 28 Jun	XCR Round 5 - R:Relays	Calder Raceway
Sat 11 Jul	XCR Round 6 - XC:10	Bundoora
Sun 26 Jul	XCR Round 7 - Lakeside:10	Albert Park
Sun 9 Aug	XCR Round 8 - R:Half	Ballarat
Sun 6 Sep	XCR Round 9 - R:15	Burnley
Sat 12 Sep	XCR Round 10 - Tan:Relays	The Tan





Sarah, Clare, Rae, Mario, Mark, Ron (behind), Kevin (behind), Shane, Graeme & Eero

On 16th May, 27 enthusiastic Hobbos ventured to Jells Park for the annual Athletics Victoria XCR Series.

Upon arrival, our carpool crew bumped into a few fellow teammates looking lost (understandable, given we had ventured to the wilderness of Melbourne's eastern suburbs). Being a second year Jells Park participant (and therefore expert), I guided the team to the marquee area (with very little trust from Kieran, I might add!). John had already secured prime real estate near the start/finish line for the Hobbos gazebo so it was time for the teams to get acquainted and work out the logistics of the relay.

Last year, Jells was very cold with the looming threat of rain. I fondly remember being huddled together under the Hobbos gazebo drinking cups of warm tea. By the time I went out as final runner, I recall the course being muddy and slippery. This year couldn't have been more different. It was unseasonably warm for Autumn with some changeable wind. Given the 12.30 start and the undulating (some may say very challenging)

course, it looked set to be tough conditions for the runners (especially those running the later legs in the heat).

After a flurry of activity, the racing started and the first runners were off. I enjoyed being first runner out this year. I went out a little too 'enthusiastically' on the uphill start and suddenly the memories of the course from last year came flooding back to me. The early twists and turns in the woodland section are really good fun and then the course extends into the open part of the park. The uphill sections in my leg were into a pesky headwind. Of course, that meant I could speed up on the downhill sections which was fun. It is a deceptive course. As you wind back to the marquee area at the end of the lap, it seems the end is in sight, then you realise there is yet another hill waiting for you! The big hill at the end of lap 1 / start of lap 2 is particularly challenging, but hearing my fellow Hobbos cheering powered me onwards and upwards and off I went for lap 2 (at this point I thought it would be more appropriately named 'Hells Park Relays').



My highlight of lap 2 was seeing the legendary Andy Buchanan fly past me (wow, that guy is unbelievably fast). Around the 4.5-5km point, I started to struggle with the heat and my breathing (not helped by the fact that I'd been suffering with a nasty cold in the previous week). It took every bit of energy to get back up the final "hill of death" to the handover point. I was thrilled to see Linda waiting to take the timing chip. I very much enjoyed having a nice lay down on the grass when I was done!

Once I'd recovered, I had a lot of fun cheering on team Hobbos! I was pleased to see so many runners 'following my lead' and requiring a lie down after their 6km leg was complete. The consensus was clear: "a very tough course made even tougher in the heat" - but undeniably fun!

I recently read an article called '**The Running Man**' by Konrad Marshall which really resonated with me. He said:

"There's nothing – nothing – like the feeling of running fast. The most present I am in my life is when I'm sprinting."

He reflects on how we should revisit the things we loved as children (which we often set aside in adulthood as being selfish) because they bring

lasting joy and huge benefits in adult life.

Cheering on Team Hobbos reminded me of being back at the school athletics track 30 years ago: the start line nerves, the baton handover and the team camaraderie. It is such a privilege to experience all of it again as an adult.

A huge congratulations to Hobbos superstars Rae, Laura and Sarah who took out first place in the F5 Division – what an incredible achievement! Well done to everyone who competed and supported the team throughout the day – a truly wonderful and memorable day.

One of the best things about Jells, is that we have a full 12 months to forget the challenging course before we all eagerly put up our hands to run it again next year. A massive thank you to John for organising the teams, managing availability and handling the race day logistics. It is no small task, and it is greatly appreciated by everyone.

When I first started running a few years ago, I never imagined it could be a team sport - how wrong was I. I look forward to seeing Team Hobbos doing it all again soon at the upcoming Calder and Tan XCR Relays! Go Hobbos!



Division 5 Winners - Sarah, Rae & Laura



Hobbos Results

Division	Runner	Time	Runner	Time	Team Time	Division Placing	3-runner equiv (mins)
M5	Tony Smith	26:06	Angus Dart	23:26	1:35:08.0	4th	71.4
	Steve McSweeney	22:06	Riain Casey	23:30			
M6	Steve Fuller	26:29	Kevin Mahon	24:56	1:42:54.0	6th	77.2
	Graeme Dewerson	25:15	Kieran Leonard	26:14			
F5	Rae Carter	24:37	Laura Lafferty	26:13	1:18:34.0	1st	78.6
	Sarah O'Neill	27:44					
M50	Mark Letman	29:32	Shane Adams	29:24	1:28:46.0	8th	88.8
	Peter Parks	29:50					
M7	Matt Loader	31:37	Mario Valastro	25:44	1:58:54.0	6th	89.2
	Fang Chen	32:21	Will McKenzie	29:12			
M60	Eero Keranen	35:15	Ron Van Der Heide	33:03	1:36:08.0	7th	96.1
	John Gray	27:50					
F40	Clare Beaumont	31:23	Linda Viberg	34:31	1:39:03.0	2nd	99.1
	Sarah Lowe	33:09					
F50	Tara Fairbrother	38:57	Jane Whitmore	33:50	1:43:42.0	7th	103.7
	Katy Dillon	30:55					

All Runners	Time		
Steve McSweeney	22:06	Will McKenzie	29:12
Angus Dart	23:26	Shane Adams	29:24
Riain Casey	23:30	Mark Letman	29:32
Rae Carter	24:37	Peter Parks	29:50
Kevin Mahon	24:56	Katy Dillon	30:55
Graeme Dewerson	25:15	Clare Beaumont	31:23
Mario Valastro	25:44	Matt Loader	31:37
Tony Smith	26:06	Fang Chen	32:21
Laura Lafferty	26:13	Ron Van Der Heide	33:03
Kieran Leonard	26:14	Sarah Lowe	33:09
Steve Fuller	26:29	Jane Whitmore	33:50
Sarah O'Neill	27:44	Linda Viberg	34:31
John Gray	27:50	Eero Keranen	35:15
		Tara Fairbrother	38:57

Ballarat Running Festival		
Name	Event	Time
Clare BEAUMONT	10k	0:50:07
Kristina TONKOVIC	10k	0:58:35
Belinda FITHIE	10k	1:04:24
Michael MUSGROVE	10k	1:33:47
Riain CASEY	Half	1:24:17
Rae CARTER	Half	1:27:15
Wade NOONAN	Half	1:29:39
Mario VALASTRO	Half (PB)	1:31:48
Gareth COAKLEY	Half	1:34:15
Adam GREGORY	Half	1:34:45
Stephen FULLER	Half	1:42:16
Mark LETMAN	Half	1:44:26
Mark MALONEY	Half	1:50:13
Susan LIMBRICK	Half	2:02:06
Rhys LIMBRICK	Half	2:02:10
Melissa RUTZE	Half	2:14:53
Philippe DELECHENEAU	Half	2:19:18
Ken SMITH	Half	3:52:07
Magnus VAISNYS	Marathon	3:14:44
Jimmy DWYER	Marathon (PB)	3:19:23
Thomas KAMPSCHOER	Marathon	3:20:55
Abby SPEAKMAN	Marathon (PB)	3:34:09
Sarah O'NEIL	Marathon	3:47:44
Clodagh PEASE	Marathon	4:03:55
Andy PALMER	Marathon	4:08:31

Jells Park



Ballarat





Ballarat Marathon Festival 2026

I am always excited to run in Ballarat.

This is the third year of the event, and it was the biggest to date. There is the usual talk of weather and what the day will bring. 7 days out, it was looking good and slowly as the day approached, the forecast got warmer. What started out looking good, was ending up looking like a tough day in the office for the marathoners.

Saturday sees the Mile and the 5k for elites and for the general public and the Sunday has the Marathon and Half Marathon starting together at 8am, followed by the 10k later that morning.

Hobbos had participants in events from the 10k up to the marathon.

Total participants in the: 10k - 1877, Half Marathon - 3918 & Marathon - 2473 (257 DNFs)

It was a tough day out for the marathoners who experienced higher temperatures and winds. The average DNF (Did not finish) rates for road marathons is around 3-5%, but at Ballarat we saw 9.5%. So well done to the guys who battled it out on the day. It was a courageous effort by all.

Driving up in the morning, I was solo in the car. Plenty of time to think and psych myself out of the race. I was running the half – two weeks prior, I had run Geelong Half and had a sub-par performance. Not so much the time, but more about the effort. After a few years of running, you get to know what a good effort feels like, and Geelong was anything but that.

Having parked north side of the train tracks, we (Wade, Adam and I) made our way down to collect our bibs. We weren't expecting to see the queue around the corner. We thought uh-oh! Nevertheless, the queue seemed to be moving to our relief. It was great to bump into fellow Hobbos lined up and all excited for what lay ahead.

The only person a little more anxious than most was Mona. He was standing in the hall, nervously overlooking the bib collection. I moved next to him and made a little friendly conversation. I was hoping for a group photo, but his mood suggested otherwise. He was probably thinking about whether to postpone the start due to the number of bibs, still to be collected.

After changing and putting our bibs on and a short warm up, we made our way towards the start corral. By now, the crowd was huge. You had just under 7000 participants lined up and ready to go. We were relaxed and making a few jokes to lighten the prerace nerves. We three were all running the half.

The start is spectacular. Guns shots – BANG!

and fireworks ignite everyone into action. What a weird feeling waiting to move, then walking towards the starting arch, then finally running. At last, time to put some of this nervous energy to good use.

It's a bit chaotic with so many runners jostling for positions and a slight uphill, kept the crowds together for longer. You can feel the energy. Hearts pumping together up the street and into the distance.

The wide, tree lined streets, provide a beautiful backdrop leading you into Victoria Park. I enjoyed the park. The first half is slightly down hill, which gives a little reprieve from the pace. At this stage, I was feeling good. Better than Geelong.

The course turns on itself in a few locations, which allows for some distraction while looking out for fellow Hobbos. I yelled out to Rae as she was heading back into town (She was way out in front of me). I looked for Wade but missed him. I spotted Adam as I turned around at the top of Sturt Street. He was looking good. Then Philippe





Belinda (10km)



Riain (Half)

yelled out across the street. Ballarat is a terrific course for spectating.

It was getting a bit warmer now. About 9ks into the run. Drink stations were like a war zone. As if cups had exploded all over the road. I steered clear. I was heading back towards Pleasant street. This is where the action starts. The street is lined with supporters cheering – it's an amazing feeling. I was turning into a north wind and didn't know how I would go. Have you ever tried to do the mental math to work out where you are and estimate a finishing time? It's impossible to compute.

I pushed on into the wind. Then came the lake. I knew this well. For the last two years I had done the marathon, so I knew it was challenging. I

spotted Gareth at around the 15k mark. He was zig zagging, grabbing a drink. We later found out; it wasn't his day. Unfortunately, some days are just like that, but the lure of a good day keeps runners coming back again and again.

I was close enough now that it was make or break. You are too far out to run hard, but close enough to want to pick up the pace. I waited until I turned off the lake and back onto Pleasant street. People were yelling. A wave of sound, words splashing against the runners hurtling towards Sturt Street. Runners, people, drink stations, more cups – watch your feet, don't slip. C'mon you can do it!

I was looking out for Wade. I spotted him on the other side of the road – he did it again. Sub 90min within 2 weeks. Fastest time in 30 years. Geelong and now Ballarat. It gave me a shot of adrenalin. I turned the corner and overtook a few. A hairpin and then another right into the home straight. Was I glad to see the finish line. My facial expression says it all as I approached the line. I had given it my all. I came away surprised and very happy. What a day.

As I walked around the corner, I saw Wade and then Rae. We waited for others to roll in. It's such a special time. One by one, everyone exchanges little snippets of their story. I wish I could bottle this feeling.

If you get a chance, sign up for an event in Ballarat. It's a big event in a small country town. It's the best of both worlds. While the weather may not have been on our side this year, the allure of perfect weather keeps people coming back for another go.

"As the sun shone on our little Hobbos group, we stood together in a small circle in the finishers chute, and I knew in that moment, that treasured experiences like these create some of life's happiest memories" Wade.



L to R: Gareth, Adam, Wade, Rae & Mario (author)



The Kenyan Egg. The prize for winning the 5km handicap with the HBRC.

Kenyan Egg Winners

Anthony McAlister won the first handicap in July 1994 but didn't receive an egg on the day and we are not sure whether one was presented retrospectively. **Greg Hammond**, the August handicap winner is in the same boat.

However, **Jenny Griffin** was the first to receive a Kenyan Egg as a trophy for her win in the September Handicap in 1994 – the third ever handicap. It has been awarded after each handicap ever since and we are up to number 369 this month (May 2026).

Club founders **Sara Donovan** and **Eero Keranen** had been on the lookout for a suitable trophy and stumbled onto the carved soapstone eggs at an African stall in the Customs House on Williamstown's waterfront. It was perfectly different and the fact that the eggs were Kenyan sealed the deal.

Between them Sara, Eero and their son Aidan have a family total of 15 eggs. Sara and Aidan have six each. It took more than 30 years for Eero to win his first in 2025. He made up for lost time winning three on his way to taking out the 2025 Greenwich Cup.

Two other founding members have a even dozen between them. **Susan** and **David Walker** have won the handicap six times each – talk about equality.

When **Ray Barnard** ran his 100th handicap in March 2026 Eero, the unofficial 'keeper of Hobbos records', was asked whether Ray's 9 Handicap wins was a record?

If it wasn't, it would not be far off. So Eero did what Eero does, he did a quick check and the following table is the result. It is not an exhaustive list, it was a quick look remember, and only includes multiple winners - 3 Kenyan Eggs or more.

A quick add up shows that only 108 of the 360 odd Kenyan Eggs are accounted for... and so, there are a lot of Hobbos out there with one or two handicap wins under their belt. Take a bow, you too are celebrated here.

Answer: Ray's 9 Kenyan Eggs is the total to chase....

By Eero Keranen & Michael Slee

Editor's Note: I will produce a detailed table which I hope includes all 369 winners (or whatever the total will be at the time) in due course.

Total Eggs	Name	Month/Year
6	David Walker	10/94, 5/05, 6/08, 7/18, 5/25, 12/25
7	Ron Coleman	11/94, 2/95, 3/95, 7/97, 8/97, 6/00, 2/04
6	Sara Keranen	2/96, 4/96, 5/03, 6/03, 5/07, 9/11
4	John Condon	7/96, 8/96, 9/96, 9/02
5	Michael Musgrove	10/96, 11/96, 10/97, 10/19, 3/21
7	Aprille McMahon	12/98, 1/99, 4/99, 1/00, 4/03, 12/06, 6/11
3	Keith D'Rozaria	10/98, 2/00, 3/00
7	Ann Girvin	5/01, 7/01, 9/04, 6/05, 9/08, 4/10, 2/15
3	Mal Campbell	1/01, 9/01, 10/01
6	Mick Slee	9/03, 10/10, 3/12, 2/16, 8/16, 2/22
6	Sue Walker	1/05, 3/10, 8/10, 3/17, 3/24, 7/24
6	Mark Maloney	1/07, 1/10, 4/11, 5/11, 2/20, 2/21
5	Rod Healey	7/07, 11/07, 10/08, 11/08, 4/08
6	Aidan Keranen	8/11, 11/11, 5/12, 8/12, 6/14, 12/15
6	Rob Falloon	1/13, 2/13, 1/16, 10/18, 3/23, 4/25
5	Sue Hennessy	7/02, 3/06, 5/06, 12/08, 12/11
6	Graham Jenkins	6/04, 1/06, 2/06, 4/12, 4/14, 5/14
5	Russell Johnson	1/09, 2/09, 2/11, 4/13, 6/13
4	John Gray	4/15, 6/155, 9/17, 8/18,
9	Ray Barnard	2/05, 7/05, 8/05, 6/07, 4/16, 1/17, 2/17, 1/24, 2/24
108		



WOMEN'S RUNNING WORKSHOP



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17 May
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24 May
Animal Agility



31 May
Rocket Endurance



7 June
Mountain Strength



14 June
Balance & Control



21 June
Team Challenge

The Hobbos

Parents & kids: Lace up your
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Each week, we will explore a new
running superpower through fun
games, skill-building drills, and active
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fitness, and a love of running together.

Website: hobbos.org.au
Facebook: Hobbos Bay Running Club



ANZAC DAY

Lois Speakman with copies of the medals belonging to her father, Ken MacLeod.



The medals above, from L to R, are as follows:

1. **1939-1945 Star** British Military Campaign Medal awarded for active operational campaign service.
2. **1941-1945 Pacific Star** British Campaign Medal awarded to Commonwealth services on active duty in the Pacific.
3. **1939 - 1945 War Medal** Awarded to Commonwealth Service people who completed 28 days or more of active service.
4. **Australian Service Medal** Awarded for service in or in connection with a warlike operation.
5. **Australian Service Medal 1939 - 1945** Awarded for service in or in connection with a warlike or peace keeping operation.

Lois' father, Kenneth (Ken) MacLeod, lived in Victoria Street Williamstown and served during WWII. The ability to obtain copies of service medals is a fairly recent innovation. Lois' brother Norm has the originals. Ken MacLeod died young, at the age of 58. Photos of him in Borneo show a skeletally thin man. Anti-Malaria medicines and the conditions of war impacted his health and like many who served the topic of war was never really talked about. Thanks Lois for telling some of Ken's story.

The prefix Mac- indicates the north of Scotland; Mc- indicates the south.



NATIONAL MEDAL



On ANZAC Day, you may or may not have noticed I wore a medal that I am very proud of. Michael noticed my medal and asked who's it was and when I told him it was mine, he was taken aback and then very curious as to the story that goes with it and then asked me to write something for the newsletter.

The medal I wore is a National Medal from my 22 years service with the Country Fire Authority. I was also the first female recipient within my brigade to ever receive one.

Below is an excerpt from the CFA as to the meaning and criteria to receive such a medal. The National Medal award recognises prolonged exposure to hazard in the service of the community and is awarded by the Governor General. It is available to operational mem-

bers in approved organisations that protect life and property at some risk to their members. This includes government agencies such as ambulance, correctional, emergency, fire and police forces, and voluntary organisations such as lifesaving and search and rescue groups. The National Medal is Australia's most awarded civilian medal.

Medal Design:

The National Medal is a circular bronze medal 38 millimetres in diameter ensigned with the Crown of St Edward. The front of the medal features the Commonwealth Coat of Arms in a recessed circle. The rim of the medal carries the inscription 'The National Medal'. The back of the medal is engraved with the recipient's name.

Medal Ribbon:

- The 32 millimetre-wide ribbon features 15 alternating gold and blue vertical stripes.
- The medal is complemented with a miniature and ribbon bar. I am only allowed to wear this full medal on two days of the year ANZAC Day and Remembrance Day.

The small medal can be worn for evening ceremonial events and the bar can only be worn on a uniform.

An interesting note that I did not know was that if a family member would want to wear this

medal it would need to be worn on their right breast, but as it is a national medal I must wear it on my left breast with any service medals on my left. (I knew my rules, but not family) In my 22 years service with the CFA, I was the training officer for our brigade and region in Geelong, drove the fire trucks code 1, yep lights and sirens! And attended 1,625 calls from alarms, house-fires, bush-fires, car accidents, you name it I've seen it.

Unfortunately my years in the CFA were tarnished by a lot of politics when I was there, particularly around women joining and having any form of senior role. So to have received this medal in a toxic environment it means a lot to be recognised. Thankfully I have found a wonderful club in moving back to Melbourne with you wonderful Hobbos.

Belinda (Bel) Fithie



There is a set of criteria you must meet to be awarded the **National Medal**.

1. At least 15 years' diligent service

- Diligent service is defined as service that has been of good standard and conscientious and where the person has shown good conduct as a member: • The expectation would be that the member would have shown a high level of dedication to the service

and their fellow members, they have been industrious, and have been carrying out their duties with perseverance and painstaking effort.

2. Fully trained to fulfil the primary function for the entire period

- The individual must have maintained an appropriate level of competence sufficient to be able to carry out their duties for the whole of

the relevant period through attendance at organised training or activities.

3. Fit for duty for the entire period

- Any period where the individual was not fit to carry out their duties shall not be included in the calculation of eligible service.

4. Engaged as a member, or ready and able to participate in their nominated function for the whole period.

- The application must indicate that the Brigade member was involved in, or prepared and trained to be involved in fire prevention or suppression duties at all times throughout the period of service in question. Engagement in these duties does not have to constitute the sole focus of the application however it must be shown that the applicant does meet these base criteria.



April Handicap

Lest We Forget

Handicap – A large field of keen runners were greeted by a glorious Melbourne Autumn morning. A fitting display for the April 5km handicap, on Anzac Day itself.

The race briefing acknowledgment of country was followed by a recitation of Binyon's Ode by Terry Pearce then one minute's silence.

One by one the 55 competitors were called to the start and sent on their way, a couple wearing medals because of the date and the occasion (see pp14 & 15 for more on this).

55 - largest field in a long while

Tara Fairbrother won the April Handicap from Karli Smith and Sarah Lowe in second and third respectively. A big ask given the size and quality of the field. A check of the photos taken by Ken Smith at the Pier Farm turn provides proof that Tara smiles as she runs... all the way. She is not alone. Handicap participants invariably smile and offer encouragement as they cross paths with each other on our out and back course. It's just the way we are and Tara commented on this whilst holding her Kenyan Egg following her winner's presentation. Tara spoke very warmly of the members of the Hobsons Bay Running Club and I wished I had had the presence of mind to use my phone to record her actual words which I would have happily transcribed. But I will attempt to paraphrase (my apologies in advance to Tara)

'People are the reasons individuals join clubs. It is about being with others. It's social. To take part in activities like track sessions and the handicaps is a shared experience, full of support and encouragement. The warmth and friendliness of the Hobbos group sets it apart.'

I love the post-race morning tea, particularly the presentations. I really enjoy listening to what recipients have to say about – the club, their club mates and also themselves. These moments of sincere appreciation are also a reflection on the

club and its members.

Along with her appreciation of the Hobbos, Tara also gave a little of herself. She was so sore and ached so much after her first run she wondered whether she should stop running and actually sought some advice. She was told to persevere as it will get better.

Chatting on the way to our cars following the photo at the Anzac Memorial, one of which graces the Home Runs cover, Tara quizzed me about PBs and what winning will do her handicap. A far cry from contemplating giving up... and all said with a big smile on her face.

Congratulations Tara, you are well and truly a runner and a Hobbo.

With one third of the year's 5km handicaps run and won we have had Anastasia (January), Melissa Rutze (February), Philippe (March) and now Tara. Three first time winners. Only Anastasia has won previously (Dec '24).

It's shaping up to be a very interesting season.



Tara coasts to the turn during her winning run



Pos	Name	Finish	Time	Start	PB	AGPB	Split 1	Split 2	Points	Bonus	Total
Greenwich Cup											
1	Tara Fairbrother	48:33	29:03	19:30	28:56	30:10	15:16	13:47	20	12	32
2	Karli Smith	49:12	25:12	24:00	26:38	26:38	12:41	12:31	19	12	31
3	Sarah Lowe	50:01	25:31	24:30	23:52	24:15	12:44	12:47	18	0	18
4	Eero Keranan	50:12	27:12	23:00	16:13	27:20	13:33	13:39	17	12	29
5	Linda Viberg	50:12	26:57	23:15	26:53	27:08	13:30	13:27	16	12	28
6	Dean Crowley	50:27	20:02	30:25	19:46	19:53	9:39	10:23	15	10	25
7	Helen Vaxevanis	50:32	26:22	24:10	24:53	25:29	13:03	13:19	14	3	17
8	Helen Haralambous	50:40	36:40	14:00	34:21	34:48	18:34	18:06	13	0	13
9	Cat McRae	50:41	28:36	22:05	27:35	27:35	14:28	14:08	12	1	13
10	John Gray	50:51	21:31	29:20	18:51	20:11	10:38	10:53	11	0	11
11	Jane Whitmore	51:06	26:21	24:45	23:08	24:46	13:06	13:15	10	0	10
12	Michael Slee (Walk)	51:23	41:08	10:15	38:43	39:25	20:21	20:47	9	0	9
13	Mike Newby	51:27	24:47	26:40	23:13	23:24	12:15	12:32	8	0	8
14	Anna Bovdis	51:36	28:06	23:30	26:02	26:21	14:00	14:06	7	0	7
15	Ray Barnard	51:53	34:23	17:30	22:12	26:49	16:49	17:34	6	0	6
16	Rob Falloon (Walk)	52:05	37:35	14:30	34:05	34:36	18:46	18:49	5	0	5
17	Ron Van der Heide	52:18	26:48	25:30	21:16	21:38	13:22	13:26	5	0	5
18	John Horan (Pram)	52:22	25:47	26:35	23:40	23:50	12:47	13:00	5	0	5
19	Michael Williams	52:28	23:08	29:20	18:53	19:02	11:20	11:48	5	0	5
20	Peter Whyte	53:02	29:17	23:45	25:58	26:25	13:46	15:31	5	0	5
21	John Becroft	58:53	58:53	0:00	24:12	51:11	29:24	29:29	5	0	5
Ineligible											
1	Wayyn Turner	49:57	17:57	32:00	18:26	18:26	8:51	9:06	10	0	10
2	Graeme Dewerson	51:18	20:23	30:55	19:09	19:26	10:08	10:15	10	0	10
3	Kieran Leonard	50:34	20:54	29:40	18:40	19:45	10:25	10:29	10	0	10
4	Naomi Howe	49:43	22:43	27:00	25:32	25:32	11:18	11:25	10	0	10
5	Harry Scardino	50:12	23:12	27:00	23:15	23:15	11:28	11:44	10	0	10

Hobbos Handicap April 2026- 368th Running

Pos	Name	Finish	Time	Start	PB	AGPB	Split 1	Split 2	Points	Bonus	Total
6	Katrina Lange	49:25	23:15	26:10	20:03	24:26	10:33	12:42	10	0	10
7	Shane Adams	50:55	23:25	27:30	23:35	23:35	11:37	11:48	10	0	10
8	Will McKenzie	49:32	24:02	25:30	22:41	22:41	11:56	12:06	10	0	10
9	Fang Chen	49:35	24:05	25:30	25:13	25:13	11:58	12:07	10	0	10
10	Melanie Griffin	50:03	24:23	25:40	24:30	24:55	11:56	12:27	10	0	10
11	Hannah Casey	49:54	24:24	25:30			12:10	12:14	10	0	10
12	Tony Whittaker	50:40	26:10	24:30			12:55	13:15	10	0	10
13	Angela Schmerl	50:47	27:02	23:45	26:48	27:00	13:24	13:38	10	0	10
14	Jimmy Dwyer	49:50	27:20	22:30	18:40	18:40	13:40	13:40	10	0	10
15	Magnus Vaisnys	49:38	27:38	22:00	18:48	18:52	13:43	13:55	10	0	10
16	Jessica Crowley	50:08	28:08	22:00	28:54	28:54	13:49	14:19	10	0	10
17	Michael Buttigieg	47:09	28:09	19:00			13:41	14:28	10	0	10
18	Savannah Scardino	49:13	30:13	19:00	31:22	31:22	15:21	14:52	10	0	10
19	Andrew Scardino	49:17	30:17	19:00	18:56	19:05	15:19	14:58	10	0	10
20	Mary Wong	43:54	34:54	9:00			17:05	17:49	10	0	10
21	Ildiko Plaganyi	51:00	37:45	13:15	30:02	33:21	18:51	18:54	10	0	10
22	Tam Petrov	49:57	41:27	8:30	38:37	39:03	19:18	22:09	10	0	10
23	Susan Walker	50:09	50:09	0:00	22:44	25:17	23:58	26:11	10	0	10

Ineligible 2.5km

1	Macy Parks	13:54	9:54	4:00			9:54		10	0	10
2	Peter Parks	14:36	10:36	4:00			10:36		10	0	10
3	Victoria Haritos	37:49	17:34	20:15			17:34		10	0	10
4	Peter Buissink	38:21	18:21	20:00			18:21		10	0	10
5	John Aylton	47:06	22:06	25:00			22:06		10	0	10
6	Neil Speakman	35:57	25:57	10:00			25:57		10	0	10
7	Lois Speakman	35:58	25:58	10:00			25:58		10	0	10

Guests

1	Caitlan Almering	49:08	34:08	15:00			17:49	16:19	-	0	-
2	Zoe Cornell	49:12	34:12	15:00			17:49	16:23	-	0	-

Guests 2.5km

1	Jane Gibbons	34:51	4:51	30:00			4:51		-	0	-
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HOBBS PARKRUN TOURISTING – JUNE EDITION!



This month, we're off to **Aintree Reserve parkrun**—come along for a great morning run, walk, and social catch-up!



Date: Saturday 6th June



Location: Aintree Reserve, 25 Aintree Blvd, Aintree VIC 3335



Time: Arrive by **7:45am** for the First Timers Briefing and a group photo

This is an **undulating out-and-back course** starting and finishing beside the Aintree Reserve playground. The route begins along the path next to Bonniebrook Rd before heading out alongside Kororoit Creek, turning around just past the Mangrove Rd Swamp. On the way back, you'll loop through the parkland, finishing through the centre of the reserve.



A scenic and varied course with a few gentle rises to keep things interesting—perfect for all paces!



Post-parkrun: Coffee/breakfast venue **TBC**

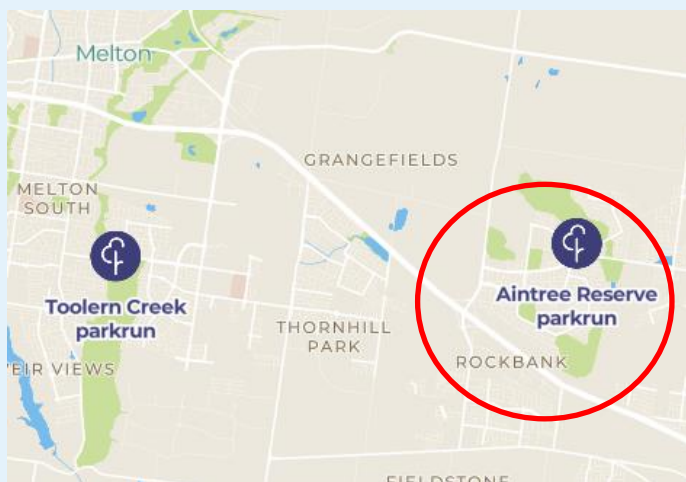


Carpooling: We'll aim to organise lifts—comment below if you need a ride or can offer a seat.



More info: <https://www.parkrun.com.au/aintreereserve/>

Whether you're chasing a time or just enjoying the touring vibes, we'd love to see a big Hobbs crew there!



From the Handicapper - The Handicap



Results for April are up, with a few corrections.

Tara Fairbrother took out the win, with a 67s AGPB, with **Karli Smith** in second with an even bigger 86s PB. These were the only two eligible runners to beat the 50m mark. **Sarah Lowe** was third.

Although announced as third this morning, this was **Waylyn Turner**'s third qualifying run. He had the fastest time of the day at 17:57, and an 29s PB. He will be eligible next time out, and very competitive.

Eero and Linda were the other eligible members to record AGPBs, with the ineligible **Naomi**, Katrina, **Shane**, **Melanie**, Jessica and Savanah also improving their AGPB. Fang is credited with an AGPB, albeit his baseline from February is at best a guess as he ran his own course, turning around somewhere between Pier Farm and the Timeball Tower.

John Horan was sent off his unencumbered mark (ineligible) despite having a pram (eligible). His times have been adjusted to move him to the correct starting time in the correct contest, however this actually counts against him as - somewhat incredibly - his time with the pram is faster than his time without!



Sarah (3rd in May)

Karli (2nd)

Waylyn (fastest run & now qualified)

The Cups

With **Michael Musgrove** sitting out in April, **Dean Crowley** has overtaken to lead by one point (those six points in January being key!), with reigning champion **Eero Keranen** sitting in third. **Tara Fairbrother**'s win in April has given her fourth spot - as well as the handicapper's upcoming retribution...

With best eight to count for the year, we now enter the stage where every month locks one result into the final score.

Looking at "best 2 so far" there's no clear frontrunner emerging. Michael (60) has the lead, and has discharged his mandatory assist, so is in the strongest position. Dean (54) has three 20+ scores so well placed for at least a podium, while Eero (55) is in a strong position with plenty of potential upside as he continues his recovery, despite losing Jan and Feb to qualifying runs. I don't believe we've ever had a back to back winner, and certainly not in different disciplines.

Brian Armstrong is lurking down the table in 11th with 56 points from just two runs. The picture will probably clear over the next couple of months - at the moment if forced to speculate I'd say the winner is likely to come from those four, but I'd be surprised if someone else doesn't make it to the podium. We're seeing all sorts of improvements rippling through from training.



Dean Crowley - New GC leader



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.	Dean Crowley	6	21	29	25									81	n	7	7
2.	Michael Musgrove	29	31	(20)										80	e	276	276
3.	Eero Keranan	10	10	26	29									75	a	109	129
4.	Tara Fairbrother	(20)	5	17	32									74	n	13	13
5.	Karli Smith	10	10	22	31									73	n	7	7
6.	Linda Viberg	6	18	(20)	28									72	n	8	8
7.	Magnus Vaisnys	31	(20)	6	10									67	n	8	8
7.	Neil Speakman	17	13	27	10									67	e	40	40
9.	John Gray	19	16	12	11									58	e	120	120
10.	Melissa Rutze	8	24	5	(20)									57	n	21	21
11.	Brian Armstrong	29	27											56	e	58	58
12.	Belinda Fithie	5	13	16	(20)									54	n	27	29
13.	Jimmy Dwyer		30	10	10									50	n	23	23
13.	Lois Speakman (2.5km)	(20)	10	10	10									50	n	4	15
15.	Anna Bovdis	18	6	16	7									47	n	18	18
15.	Philippe Delecheneau	6	17	24										47	n	28	28
15.	Sarah Lowe	10	5	14	18									47	n	27	27
18.	Helen Vaxevanis	20		8	17									45	n	19	19
19.	Cain Speakman	20	10	10										40	e	44	44
19.	Will McKenzie	(20)	(10)	10										40	n	6	6
21.	Cat McRae	5	(20)		13									38	n	10	10
22.	Andrew Scardino	10	17		10									37	p	33	33
23.	Rob Falloon (Walk)	(20)	5	5	5									35	n	14	106
24.	William Hart	5	11	18										34	n	8	9
25.	Anastasia Aldred	32												32	n	19	20
25.	Kevin Aldred	12			(20)									32	n	22	23
27.	Diane Donoghue	(20)	5	5										30	e	49	49
27.	Ken Smith	5	5	(20)										30	e	219	219
27.	Mary Wong	(20)		10										30	n	1	1
27.	Peter Buissink (Walk)	(20)	10											30	n	1	1
27.	Savannah Scardino	10	10		10									30	n	9	9
27.	Shane Adams		10	10	10									30	n	3	3
27.	Stuart O'Neill	(20)		(10)										30	n	10	10
27.	Waylyn Turner		10	10	10									30	n	4	4
35.	Helen Haralambous	10		5	13									28	n	15	15
36.	Ray Barnard	5	5	10	6									26	e	101	101

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.	Victoria Hartos		(20)	5										25	n	4	4
38.	Matt Loader	10		11										21	n	24	24
39.	Bronwyn Rowleson			(20)										20	n	25	25
39.	Ethan Orne	10		10										20	n	3	3
39.	Greg Weston				(20)									20	n	1	1
39.	Harry Scardino		10		10									20	n	6	6
39.	Jessica Crowley		10		10									20	n	2	2
39.	Mary Ellen		(20)											20	n	0	0
39.	Mick Beasley				(20)									20	a	47	50
39.	Mila Williams		10		10									20	n	3	3
39.	Rene Rutze	10		10										20	n	3	3
39.	Shane Eager		10		10									20	n	2	1
49.	Michael Slee (Walk)	5		5	9									19	p	36	181
50.	Karen Hayes	10	8											18	n	11	11
51.	Mario Valastro	8	9											17	n	16	16
52.	Michael Williams		5	5	5									15	n	12	12
53.	John Becroft	8			5									13	e	213	215
53.	Mike Newby	5			8									13	n	8	8
55.	Elise Hardiker	11												11	n	13	13
56.	Andrew Orne			10										10	n	1	1
56.	Angela Schmerl				10									10	n	2	2
56.	Ashley Sanderson	10												10	n	16	16
56.	Brynn Turner		10											10	n	1	1
56.	David Butler	10												10	n	8	8
56.	Evelyn Orne			10										10	n	2	2
56.	Fang Chen				10									10	n	1	1
56.	Fang Chen (Missed Turn)		10											10	n	1	1
56.	Freya Rees		10											10	n	20	20
56.	Gaye Crichton	10												10	n	3	3
56.	Graeme Dewerson				10									10	n	31	31
56.	Hannah Casey			10										10	n	1	1
56.	Ildiko Plaganyi			10										10	a	49	49
56.	Jane Whitmore			10										10	a	39	39
56.	Jason Rees		10											10	e	43	46
56.	John Ayton				10									10	a	62	63
56.	John Danaher		10											10	n	10	10

Total Runs - It's Back >>>



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
56.	Kaia Morris	10												10	n	12	12
56.	Katrina Lange				10									10	n	27	27
56.	Kieran Leonard				10									10	e	81	84
56.	Kieran Leonard (Pet)			10										10	n	3	84
56.	Lauren Scardino	10												10	n	6	6
56.	Lisa Do	10												10	n	1	1
56.	Macy Parks				10									10	n	1	1
56.	Matt Wood	10												10	n	1	1
56.	Melanie Griffin				10									10	n	8	8
56.	Michael Buttigieg				10									10	n	1	1
56.	Naomi Howe				10									10	n	2	2
56.	Olly Rees	10												10	n	21	24
56.	Peter Buissink				10									10	a	77	77
56.	Peter Buissink (Walk 2.5km)			10										10	n	1	1
56.	Peter Parks				10									10	n	8	8
56.	Sarah Trigger			10										10	n	2	2
56.	Susan Walker				10									10	e	146	146
56.	Susan Walker (Walk)	10												10	n	1	1
56.	Tam Petrov				10									10	n	3	3
56.	Tony Whittaker				10									10	n	1	1
56.	Vanessa Coutts	10												10	n	23	23
56.	Victoria Haritos				10									10	n	1	1
95.	Jac Wainwright					8								8	n	16	16
96.	David Walker (Walk)			5										5	n	12	117
96.	Graham Edwards	5												5	e	156	156
96.	John Horan (Pram)				5									5	n	6	16
96.	Peter Whyte				5									5	n	22	22
96.	Ron Van der Heide				5									5	n	7	7
96.	Simone Trigger	5												5	n	4	4

Total Runs - It's Back >>>

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: 101

Hobbs 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	(20)										80	
2.	Neil Speakman	17	13	27	10									67	
3.	John Gray	19	16	12	11									58	
4.	Brian Armstrong	29	27											56	
5.	Cain Speakman	20	10	10										40	
6. (p)	Andrew Scardino	10	17	10										37	
7.	Diane Donoghue	(20)	5	5										30	
7.	Ken Smith	5	5	(20)										30	
9.	Ray Barnard	5	5	10	6									26	
10. (p)	Michael Slee (Walk)	5	5	5	9									19	
11.	John Becroft	8		5										13	
12.	Jason Rees		10											10	
12.	Kieran Leonard			10										10	
12.	Susan Walker			10										10	
15.	Graham Edwards		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: 15



Back on the track #1 - Pete



Back on the track #2 - Katrina



Jane & pup - just visiting



2026 Trail Calendar

June

[Run Forrest Half Marathon Trail Run](#)

[Surf Coast Trail Marathon](#)

[Wild Dog Backyard Ultra](#)

July

[Trail Running Series #2 Anglesea](#)

[You Yangs Trail Running Festival](#)

August

[Trail Running Series #3 Silvan](#)

[Peaks & Trails Run](#)

[Surf Coast Wonderfalls Trail Run](#)

[Bright Running Festival](#)

[Wonderland Run Grampians](#)

[Run Larapinta](#)

[UTMB](#)

September

[Surf Coast Century](#)

October

[Macedon Trail Runs](#)

[Harrietville Half Marathon](#)

[Great Ocean Trail Ultra](#)

November

[4 Peaks Bright Alpine Climb](#)

[Grampians Peak Trail Race](#)

[Marysville Marathon Festival](#)

[Great Southern Endurance Run](#)

[Ultra Trail Kosciuszko](#)

December

[Mt Buller Sky Run](#)

[NYE Rock Around the Clock](#)

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00:46.1	Levi Orkin	200m	00:46.1	00:45.1	Adam Gregory	200m	00:45.1	HOBSONS
02:23.0	Levi Orkin	L1	01:36.9	02:22.5	Adam Gregory	L1	01:37.4	BAY
03:59.0	Levi Orkin	L2	01:36.0	03:58.4	Adam Gregory	L2	01:35.9	RUNNING
05:39.0	Levi Orkin	L3	01:40.0	05:34.8	Adam Gregory	L3	01:36.4	CLUB
07:17.3	Levi Orkin	L4	01:38.3	07:11.5	Adam Gregory	L4	01:36.7	5000M
08:56.7	Levi Orkin	L5	01:39.4	08:47.8	Adam Gregory	L5	01:36.3	TIME
10:35.9	Levi Orkin	L6	01:39.2	10:25.6	Adam Gregory	L6	01:37.8	TRIAL
12:14.8	Levi Orkin	L7	01:38.9	12:02.4	Adam Gregory	L7	01:36.8	12/5/26
13:54.0	Levi Orkin	L8	01:39.2	13:37.9	Adam Gregory	L8	01:35.6	NPAT
15:35.9	Levi Orkin	L9	01:42.0	15:15.1	Adam Gregory	L9	01:37.1	
17:16.2	Levi Orkin	L10	01:40.3	16:56.6	Adam Gregory	L10	01:41.5	
18:48.2	Levi Orkin	L11	01:32.0	18:39.1	Adam Gregory	L11	01:42.6	
20:13.0	Levi Orkin	L12	01:24.8	20:18.0	Adam Gregory	L12	01:38.9	
00:42.1	Lorimer Humphries	200m	00:42.1	00:42.3	John Gray	200m	00:42.3	
02:11.4	Lorimer Humphries	L1	01:29.3	02:15.5	John Gray	L1	01:33.2	
03:40.2	Lorimer Humphries	L2	01:28.8	03:48.0	John Gray	L2	01:32.5	
05:10.3	Lorimer Humphries	L3	01:30.2	05:23.8	John Gray	L3	01:35.8	
06:41.7	Lorimer Humphries	L4	01:31.4	07:01.4	John Gray	L4	01:37.6	
08:14.2	Lorimer Humphries	L5	01:32.5	08:40.3	John Gray	L5	01:38.9	
09:47.2	Lorimer Humphries	L6	01:33.0	10:19.1	John Gray	L6	01:38.8	
11:22.4	Lorimer Humphries	L7	01:35.3	12:00.6	John Gray	L7	01:41.5	
12:56.5	Lorimer Humphries	L8	01:34.0	13:41.1	John Gray	L8	01:40.4	
14:32.1	Lorimer Humphries	L9	01:35.7	15:22.5	John Gray	L9	01:41.4	
16:08.8	Lorimer Humphries	L10	01:36.6	17:04.2	John Gray	L10	01:41.7	
17:42.5	Lorimer Humphries	L11	01:33.7	18:45.5	John Gray	L11	01:41.3	
19:08.0	Lorimer Humphries	L12	01:25.5	20:22.4	John Gray	L12	01:36.8	
00:56.9	Anna Bovdis	200m	00:56.9					
03:02.9	Anna Bovdis	L1	02:06.0					
05:13.5	Anna Bovdis	L2	02:10.7					
07:27.7	Anna Bovdis	L3	02:14.2					
09:47.6	Anna Bovdis	L4	02:19.8					
12:08.2	Anna Bovdis	L5	02:20.6					
14:31.4	Anna Bovdis	L6	02:23.2					
16:54.4	Anna Bovdis	L7	02:23.0					
19:18.2	Anna Bovdis	L8	02:23.8					
21:45.9	Anna Bovdis	L9	02:27.7					
24:09.5	Anna Bovdis	L10	02:23.6					
26:32.5	Anna Bovdis	L11	02:23.1					
28:44.6	Anna Bovdis	L12	02:12.1					
01:01.9	Melissa Rutze	200m	01:01.9					
03:19.5	Melissa Rutze	L1	02:17.6					
05:36.3	Melissa Rutze	L2	02:16.8					
07:54.1	Melissa Rutze	L3	02:17.7					
10:10.7	Melissa Rutze	L4	02:16.6					
12:27.1	Melissa Rutze	L5	02:16.4					
14:45.1	Melissa Rutze	L6	02:18.0					
17:02.4	Melissa Rutze	L7	02:17.4					
19:19.8	Melissa Rutze	L8	02:17.4					
21:38.2	Melissa Rutze	L9	02:18.4					
23:56.0	Melissa Rutze	L10	02:17.7					
26:15.2	Melissa Rutze	L11	02:19.2					
28:28.1	Melissa Rutze	L12	02:12.9					

5000m Time Trial

12/5/2026

NPAT

45 people descended on the Newport Park Athletics Track for an in depth analysis of their performance over 5000m (5km), on the track, lap-by-lap.

It takes a lot of column inches to show this kind of data for each of the 45 but the take away can be invaluable.

Times are listed for an initial 200m then for each of the 12 x 400m laps thereafter.

Weather, to quote Brian Armstrong, "Very cool, wind almost nil, just a tad humid."

An event like the TT cannot run with organisers and volunteers, so a big thank you to all.



00:42.9	Jake Moicic -	200m	00:42.9	00:36.9	Angus Dart	200m	00:36.9	HOBSONS BAY RUNNING CLUB 5000M TIME TRIAL 12/5/26 NPAT
02:18.9	Jake Moicic -	L1	01:36.0	02:00.6	Angus Dart	L1	01:23.6	
03:58.9	Jake Moicic -	L2	01:40.0	03:29.4	Angus Dart	L2	01:28.9	
05:38.2	Jake Moicic -	L3	01:39.3	04:54.2	Angus Dart	L3	01:24.8	
07:16.8	Jake Moicic -	L4	01:38.5	06:22.8	Angus Dart	L4	01:28.6	
08:56.0	Jake Moicic -	L5	01:39.2	07:48.6	Angus Dart	L5	01:25.8	
10:35.5	Jake Moicic -	L6	01:39.5	09:17.5	Angus Dart	L6	01:28.8	
12:14.5	Jake Moicic -	L7	01:39.0	10:44.8	Angus Dart	L7	01:27.3	
13:53.8	Jake Moicic -	L8	01:39.3	12:11.4	Angus Dart	L8	01:26.6	
15:35.4	Jake Moicic -	L9	01:41.6	13:38.7	Angus Dart	L9	01:27.3	
17:16.2	Jake Moicic -	L10	01:40.8	15:07.8	Angus Dart	L10	01:29.1	
18:57.5	Jake Moicic -	L11	01:41.3	16:39.6	Angus Dart	L11	01:31.8	
20:35.7	Jake Moicic -	L12	01:38.2	18:00.0	Angus Dart	L12	01:20.4	
00:36.9	Angus Dart	200m	00:36.9	00:41.7	Kevin Mahon	200m	00:41.7	
02:00.6	Angus Dart	L1	01:23.6	02:11.7	Kevin Mahon	L1	01:29.9	
03:29.4	Angus Dart	L2	01:28.9	03:44.9	Kevin Mahon	L2	01:33.3	
04:54.2	Angus Dart	L3	01:24.8	05:18.8	Kevin Mahon	L3	01:33.9	
06:22.8	Angus Dart	L4	01:28.6	06:53.1	Kevin Mahon	L4	01:34.3	
07:48.6	Angus Dart	L5	01:25.8	08:26.5	Kevin Mahon	L5	01:33.4	
09:17.5	Angus Dart	L6	01:28.8	10:00.7	Kevin Mahon	L6	01:34.2	
10:44.8	Angus Dart	L7	01:27.3	11:35.4	Kevin Mahon	L7	01:34.7	
12:11.4	Angus Dart	L8	01:26.6	13:10.2	Kevin Mahon	L8	01:34.9	
13:38.7	Angus Dart	L9	01:27.3	14:46.3	Kevin Mahon	L9	01:36.1	
15:07.8	Angus Dart	L10	01:29.1	16:21.3	Kevin Mahon	L10	01:35.0	
16:39.6	Angus Dart	L11	01:31.8	17:53.9	Kevin Mahon	L11	01:32.5	
18:00.0	Angus Dart	L12	01:20.4	19:24.7	Kevin Mahon	L12	01:30.8	
00:42.7	Abe Orkin	200m	00:42.7	00:51.1	Alan Wise	200m	00:51.1	
02:16.0	Abe Orkin	L1	01:33.2	02:36.1	Alan Wise	L1	01:45.0	
03:50.0	Abe Orkin	L2	01:34.0	04:23.7	Alan Wise	L2	01:47.5	
05:25.7	Abe Orkin	L3	01:35.8	06:10.3	Alan Wise	L3	01:46.7	
07:02.9	Abe Orkin	L4	01:37.2	07:59.0	Alan Wise	L4	01:48.7	
08:41.5	Abe Orkin	L5	01:38.5	09:48.9	Alan Wise	L5	01:49.9	
10:20.3	Abe Orkin	L6	01:38.9	11:38.2	Alan Wise	L6	01:49.3	
12:01.2	Abe Orkin	L7	01:40.8	13:26.5	Alan Wise	L7	01:48.3	
13:41.8	Abe Orkin	L8	01:40.6	15:13.7	Alan Wise	L8	01:47.2	
15:23.7	Abe Orkin	L9	01:41.9	17:01.9	Alan Wise	L9	01:48.2	
17:05.0	Abe Orkin	L10	01:41.3	18:49.4	Alan Wise	L10	01:47.4	
18:40.7	Abe Orkin	L11	01:35.7	20:35.2	Alan Wise	L11	01:45.9	
20:08.9	Abe Orkin	L12	01:28.2	22:14.1	Alan Wise	L12	01:38.9	
00:45.1	Andrew Orme	200m	00:45.1	01:00.0	Matt Wood -	200m	01:00.0	
02:22.8	Andrew Orme	L1	01:37.7	03:03.0	Matt Wood -	L1	02:03.1	
04:03.4	Andrew Orme	L2	01:40.7	05:06.5	Matt Wood -	L2	02:03.5	
05:48.9	Andrew Orme	L3	01:45.5	07:08.8	Matt Wood -	L3	02:02.3	
07:34.0	Andrew Orme	L4	01:45.1	09:11.9	Matt Wood -	L4	02:03.0	
09:20.5	Andrew Orme	L5	01:46.5	11:14.8	Matt Wood -	L5	02:02.9	
11:06.0	Andrew Orme	L6	01:45.5	13:18.1	Matt Wood -	L6	02:03.3	
12:53.4	Andrew Orme	L7	01:47.4	15:21.9	Matt Wood -	L7	02:03.8	
14:40.5	Andrew Orme	L8	01:47.1	17:25.7	Matt Wood -	L8	02:03.8	
16:26.7	Andrew Orme	L9	01:46.2	19:29.2	Matt Wood -	L9	02:03.5	
18:15.4	Andrew Orme	L10	01:48.6	21:28.8	Matt Wood -	L10	01:59.6	
20:03.9	Andrew Orme	L11	01:48.6	23:28.2	Matt Wood -	L11	01:59.4	
21:48.6	Andrew Orme	L12	01:44.7	25:18.0	Matt Wood -	L12	01:49.8	



01:03.8	Sarah Lowe	200m	01:03.8	00:55.7	Aaron McAleese	200m	00:55.7	HOBSONS BAY RUNNING CLUB 5000M TIME TRIAL 12/5/26 NPAT
03:12.7	Sarah Lowe	L1	02:08.9	02:49.0	Aaron McAleese	L1	01:53.3	
05:17.4	Sarah Lowe	L2	02:04.6	04:39.7	Aaron McAleese	L2	01:50.8	
07:21.2	Sarah Lowe	L3	02:03.8	06:33.2	Aaron McAleese	L3	01:53.5	
09:26.0	Sarah Lowe	L4	02:04.8	08:26.8	Aaron McAleese	L4	01:53.6	
11:32.0	Sarah Lowe	L5	02:06.0	10:18.3	Aaron McAleese	L5	01:51.5	
13:36.2	Sarah Lowe	L6	02:04.2	12:08.3	Aaron McAleese	L6	01:50.1	
15:40.1	Sarah Lowe	L7	02:03.9	13:58.7	Aaron McAleese	L7	01:50.4	
17:39.1	Sarah Lowe	L8	01:59.0	15:48.8	Aaron McAleese	L8	01:50.1	
19:39.0	Sarah Lowe	L9	01:59.9	17:38.1	Aaron McAleese	L9	01:49.3	
21:41.5	Sarah Lowe	L10	02:02.5	19:24.7	Aaron McAleese	L10	01:46.6	
23:45.3	Sarah Lowe	L11	02:03.8	21:07.9	Aaron McAleese	L11	01:43.1	
25:46.1	Sarah Lowe	L12	02:00.8	22:41.1	Aaron McAleese	L12	01:33.2	
00:47.6	Shane Adams	200m	00:47.6	00:46.9	Mark Letman	200m	00:46.9	
02:31.9	Shane Adams	L1	01:44.3	02:30.4	Mark Letman	L1	01:43.4	
04:19.7	Shane Adams	L2	01:47.7	04:16.0	Mark Letman	L2	01:45.7	
06:07.3	Shane Adams	L3	01:47.7	06:03.4	Mark Letman	L3	01:47.4	
07:57.8	Shane Adams	L4	01:50.4	07:51.2	Mark Letman	L4	01:47.8	
09:46.3	Shane Adams	L5	01:48.5	09:37.4	Mark Letman	L5	01:46.2	
11:37.1	Shane Adams	L6	01:50.9	11:25.3	Mark Letman	L6	01:47.9	
13:28.1	Shane Adams	L7	01:51.0	13:09.7	Mark Letman	L7	01:44.4	
15:17.6	Shane Adams	L8	01:49.5	14:56.3	Mark Letman	L8	01:46.6	
17:10.5	Shane Adams	L9	01:53.0	16:45.3	Mark Letman	L9	01:49.0	
19:01.7	Shane Adams	L10	01:51.2	18:37.3	Mark Letman	L10	01:52.1	
20:54.9	Shane Adams	L11	01:53.2	20:27.0	Mark Letman	L11	01:49.7	
22:43.9	Shane Adams	L12	01:48.9	22:14.7	Mark Letman	L12	01:47.7	
01:03.2	Matt Loader	200m	01:03.2	01:00.6	MaryEllen Brieley	200m	01:00.6	
03:13.1	Matt Loader	L1	02:09.9	03:12.1	MaryEllen Brieley	L1	02:11.5	
05:18.5	Matt Loader	L2	02:05.4	05:23.3	MaryEllen Brieley	L2	02:11.2	
07:22.4	Matt Loader	L3	02:03.9	07:37.7	MaryEllen Brieley	L3	02:14.5	
09:27.7	Matt Loader	L4	02:05.3	09:54.7	MaryEllen Brieley	L4	02:16.9	
11:33.2	Matt Loader	L5	02:05.5	12:10.4	MaryEllen Brieley	L5	02:15.8	
13:37.2	Matt Loader	L6	02:04.0	14:27.0	MaryEllen Brieley	L6	02:16.6	
15:41.4	Matt Loader	L7	02:04.2	16:43.6	MaryEllen Brieley	L7	02:16.6	
17:45.0	Matt Loader	L8	02:03.6	18:57.3	MaryEllen Brieley	L8	02:13.7	
19:49.0	Matt Loader	L9	02:03.9	21:13.5	MaryEllen Brieley	L9	02:16.2	
21:51.7	Matt Loader	L10	02:02.7	23:27.9	MaryEllen Brieley	L10	02:14.4	
23:51.6	Matt Loader	L11	01:59.9	25:41.2	MaryEllen Brieley	L11	02:13.2	
25:48.8	Matt Loader	L12	01:57.2	27:46.4	MaryEllen Brieley	L12	02:05.2	
00:44.2	Michael Wright	200m	00:44.2	00:48.7	Clodagh Peafe -	200m	00:48.7	
02:26.4	Michael Wright	L1	01:42.2	02:34.1	Clodagh Peafe -	L1	01:45.4	
04:12.2	Michael Wright	L2	01:45.8	04:23.7	Clodagh Peafe -	L2	01:49.6	
06:00.3	Michael Wright	L3	01:48.1	06:14.6	Clodagh Peafe -	L3	01:50.8	
07:48.4	Michael Wright	L4	01:48.1	08:05.5	Clodagh Peafe -	L4	01:50.9	
09:38.8	Michael Wright	L5	01:50.4	09:56.0	Clodagh Peafe -	L5	01:50.5	
11:31.0	Michael Wright	L6	01:52.3	11:48.4	Clodagh Peafe -	L6	01:52.4	
13:23.4	Michael Wright	L7	01:52.3	13:42.2	Clodagh Peafe -	L7	01:53.8	
15:19.0	Michael Wright	L8	01:55.6	15:36.2	Clodagh Peafe -	L8	01:53.9	
17:12.9	Michael Wright	L9	01:54.0	17:31.8	Clodagh Peafe -	L9	01:55.6	
19:06.6	Michael Wright	L10	01:53.6	19:28.2	Clodagh Peafe -	L10	01:56.4	
20:59.3	Michael Wright	L11	01:52.7	21:24.6	Clodagh Peafe -	L11	01:56.4	
22:38.3	Michael Wright	L12	01:39.0	23:16.4	Clodagh Peafe -	L12	01:51.7	



00:53.8	Fang Chen	200m	00:53.8	01:09.5	Hannah McAleese	200m	01:09.5	HOBSONS
02:49.0	Fang Chen	L1	01:55.2	03:36.6	Hannah McAleese	L1	02:27.1	BAY
04:49.0	Fang Chen	L2	02:00.1	06:13.1	Hannah McAleese	L2	02:36.5	RUNNING
06:45.1	Fang Chen	L3	01:56.0	09:02.0	Hannah McAleese	L3	02:48.9	CLUB
08:42.6	Fang Chen	L4	01:57.6	12:00.0	Hannah McAleese	L4	02:58.0	5000M
10:44.9	Fang Chen	L5	02:02.3	14:59.6	Hannah McAleese	L5	02:59.6	TIME
12:49.8	Fang Chen	L6	02:04.9	17:52.3	Hannah McAleese	L6	02:52.7	TRIAL
14:53.5	Fang Chen	L7	02:03.6	20:48.9	Hannah McAleese	L7	02:56.5	12/5/26
16:57.3	Fang Chen	L8	02:03.8	23:31.7	Hannah McAleese	L8	02:42.9	NPAT
18:58.6	Fang Chen	L9	02:01.3	26:23.7	Hannah McAleese	L9	02:52.0	
21:02.9	Fang Chen	L10	02:04.3	29:06.7	Hannah McAleese	L10	02:42.9	
23:00.9	Fang Chen	L11	01:58.1	31:54.7	Hannah McAleese	L11	02:48.0	
24:49.8	Fang Chen	L12	01:48.9	34:21.7	Hannah McAleese	L12	02:27.0	
00:55.6	Neil Frankland	200m	00:55.6	00:43.8	Ellie Milligan -	200m	00:43.8	
02:47.2	Neil Frankland	L1	01:51.6	02:16.5	Ellie Milligan -	L1	01:32.8	
04:41.6	Neil Frankland	L2	01:54.4	03:50.6	Ellie Milligan -	L2	01:34.0	
06:36.0	Neil Frankland	L3	01:54.4	05:26.2	Ellie Milligan -	L3	01:35.6	
08:31.3	Neil Frankland	L4	01:55.3	07:02.5	Ellie Milligan -	L4	01:36.3	
10:29.4	Neil Frankland	L5	01:58.1	08:41.4	Ellie Milligan -	L5	01:38.9	
12:26.3	Neil Frankland	L6	01:57.0	10:17.3	Ellie Milligan -	L6	01:35.9	
14:24.7	Neil Frankland	L7	01:58.4	11:57.7	Ellie Milligan -	L7	01:40.4	
16:24.4	Neil Frankland	L8	01:59.6	13:38.7	Ellie Milligan -	L8	01:41.0	
18:23.9	Neil Frankland	L9	01:59.5	15:21.0	Ellie Milligan -	L9	01:42.3	
20:25.4	Neil Frankland	L10	02:01.5	17:05.0	Ellie Milligan -	L10	01:44.0	
22:26.9	Neil Frankland	L11	02:01.5	18:44.2	Ellie Milligan -	L11	01:39.2	
24:24.2	Neil Frankland	L12	01:57.3	20:19.3	Ellie Milligan -	L12	01:35.1	
01:01.8	Ron Van der Heide	200m	01:01.8	00:40.8	Ethan Orme	200m	00:40.8	
03:02.8	Ron Van der Heide	L1	02:01.0	02:07.2	Ethan Orme	L1	01:26.4	
05:04.6	Ron Van der Heide	L2	02:01.9	03:36.0	Ethan Orme	L2	01:28.7	
07:06.9	Ron Van der Heide	L3	02:02.3	05:05.1	Ethan Orme	L3	01:29.1	
09:09.4	Ron Van der Heide	L4	02:02.5	06:33.1	Ethan Orme	L4	01:28.0	
11:12.0	Ron Van der Heide	L5	02:02.6	08:01.9	Ethan Orme	L5	01:28.8	
13:15.5	Ron Van der Heide	L6	02:03.6	09:33.0	Ethan Orme	L6	01:31.0	
15:21.1	Ron Van der Heide	L7	02:05.6	11:06.4	Ethan Orme	L7	01:33.4	
17:27.2	Ron Van der Heide	L8	02:06.1	12:42.6	Ethan Orme	L8	01:36.2	
19:35.2	Ron Van der Heide	L9	02:08.0	14:16.8	Ethan Orme	L9	01:34.2	
21:42.5	Ron Van der Heide	L10	02:07.4	15:47.1	Ethan Orme	L10	01:30.3	
23:48.8	Ron Van der Heide	L11	02:06.2	17:17.0	Ethan Orme	L11	01:29.9	
25:48.2	Ron Van der Heide	L12	01:59.4	18:44.9	Ethan Orme	L12	01:27.9	
01:01.3	Mizzi Walker	200m	01:01.3	00:57.1	Laura Lafferty -	200m	00:57.1	
03:00.2	Mizzi Walker	L1	01:58.9	02:46.1	Laura Lafferty -	L1	01:49.0	
04:58.3	Mizzi Walker	L2	01:58.1	04:33.0	Laura Lafferty -	L2	01:46.8	
06:56.6	Mizzi Walker	L3	01:58.3	06:18.4	Laura Lafferty -	L3	01:45.5	
08:56.6	Mizzi Walker	L4	02:00.0	08:06.5	Laura Lafferty -	L4	01:48.1	
10:54.7	Mizzi Walker	L5	01:58.1	09:56.3	Laura Lafferty -	L5	01:49.8	
12:53.2	Mizzi Walker	L6	01:58.6	11:41.8	Laura Lafferty -	L6	01:45.5	
14:53.3	Mizzi Walker	L7	02:00.1	13:27.6	Laura Lafferty -	L7	01:45.9	
16:52.4	Mizzi Walker	L8	01:59.0	15:14.2	Laura Lafferty -	L8	01:46.6	
18:50.6	Mizzi Walker	L9	01:58.3	17:02.3	Laura Lafferty -	L9	01:48.1	
20:49.9	Mizzi Walker	L10	01:59.3	18:51.1	Laura Lafferty -	L10	01:48.9	
22:49.6	Mizzi Walker	L11	01:59.7	20:36.1	Laura Lafferty -	L11	01:44.9	
24:40.7	Mizzi Walker	L12	01:51.1	22:17.5	Laura Lafferty -	L12	01:41.4	



00:39.3	Riain Casey	200m	00:39.3	01:01.9	Christine Denning	200m	01:01.9	HOBSONS BAY RUNNING CLUB 5000M TIME TRIAL 12/5/26 NPAT
02:03.7	Riain Casey	L1	01:24.5	03:03.4	Christine Denning	L1	02:01.5	
03:30.1	Riain Casey	L2	01:26.4	05:00.8	Christine Denning	L2	01:57.4	
04:56.2	Riain Casey	L3	01:26.1	06:59.0	Christine Denning	L3	01:58.2	
06:23.4	Riain Casey	L4	01:27.2	08:57.7	Christine Denning	L4	01:58.7	
07:50.8	Riain Casey	L5	01:27.4	10:56.9	Christine Denning	L5	01:59.2	
09:18.6	Riain Casey	L6	01:27.8	12:55.2	Christine Denning	L6	01:58.3	
10:47.9	Riain Casey	L7	01:29.3	14:54.0	Christine Denning	L7	01:58.8	
12:16.1	Riain Casey	L8	01:28.1	16:53.1	Christine Denning	L8	01:59.1	
13:46.5	Riain Casey	L9	01:30.4	18:51.3	Christine Denning	L9	01:58.3	
15:15.4	Riain Casey	L10	01:28.9	20:50.5	Christine Denning	L10	01:59.2	
16:47.0	Riain Casey	L11	01:31.5	22:50.3	Christine Denning	L11	01:59.8	
18:12.4	Riain Casey	L12	01:25.5	24:43.2	Christine Denning	L12	01:52.9	
01:01.3	Lisa Do	200m	01:01.3	00:53.3	Kate Weston	200m	00:53.3	
03:14.3	Lisa Do	L1	02:13.0	02:41.5	Kate Weston	L1	01:48.3	
05:27.4	Lisa Do	L2	02:13.1	04:34.8	Kate Weston	L2	01:53.2	
07:39.8	Lisa Do	L3	02:12.4	06:29.1	Kate Weston	L3	01:54.3	
09:53.2	Lisa Do	L4	02:13.4	08:25.1	Kate Weston	L4	01:56.0	
12:05.0	Lisa Do	L5	02:11.7	10:19.4	Kate Weston	L5	01:54.3	
14:16.3	Lisa Do	L6	02:11.3	12:09.4	Kate Weston	L6	01:50.0	
16:26.2	Lisa Do	L7	02:09.9	13:59.0	Kate Weston	L7	01:49.7	
18:36.0	Lisa Do	L8	02:09.9	15:49.1	Kate Weston	L8	01:50.0	
20:44.1	Lisa Do	L9	02:08.1	17:38.5	Kate Weston	L9	01:49.5	
22:48.7	Lisa Do	L10	02:04.6	19:25.0	Kate Weston	L10	01:46.5	
24:54.2	Lisa Do	L11	02:05.5	21:09.4	Kate Weston	L11	01:44.4	
26:56.3	Lisa Do	L12	02:02.2	22:50.1	Kate Weston	L12	01:40.7	
00:45.4	Michael Reif	200m	00:45.4	00:45.9	Ashley Sanderson	200m	00:45.9	
02:23.6	Michael Reif	L1	01:38.1	02:27.8	Ashley Sanderson	L1	01:41.9	
03:59.9	Michael Reif	L2	01:36.3	04:14.9	Ashley Sanderson	L2	01:47.1	
05:36.3	Michael Reif	L3	01:36.4	06:02.0	Ashley Sanderson	L3	01:47.1	
07:14.3	Michael Reif	L4	01:38.0	07:48.7	Ashley Sanderson	L4	01:46.7	
08:51.9	Michael Reif	L5	01:37.6	09:36.0	Ashley Sanderson	L5	01:47.3	
10:30.4	Michael Reif	L6	01:38.5	11:25.5	Ashley Sanderson	L6	01:49.5	
12:07.9	Michael Reif	L7	01:37.5	13:13.4	Ashley Sanderson	L7	01:47.9	
13:48.0	Michael Reif	L8	01:40.1	15:05.6	Ashley Sanderson	L8	01:52.1	
15:28.4	Michael Reif	L9	01:40.3	16:57.6	Ashley Sanderson	L9	01:52.0	
17:07.6	Michael Reif	L10	01:39.2	18:45.9	Ashley Sanderson	L10	01:48.4	
18:47.5	Michael Reif	L11	01:39.9	20:37.2	Ashley Sanderson	L11	01:51.2	
20:19.5	Michael Reif	L12	01:31.9	22:18.9	Ashley Sanderson	L12	01:41.7	
00:45.6	Bjorn Boukamp -	200m	00:45.6	00:56.6	Jemma Sovesby	200m	00:56.6	
02:15.3	Bjorn Boukamp -	L1	01:29.7	02:58.8	Jemma Sovesby	L1	02:02.2	
03:47.4	Bjorn Boukamp -	L2	01:32.2	05:02.0	Jemma Sovesby	L2	02:03.2	
05:24.0	Bjorn Boukamp -	L3	01:36.6	07:08.3	Jemma Sovesby	L3	02:06.2	
07:02.5	Bjorn Boukamp -	L4	01:38.5	09:18.9	Jemma Sovesby	L4	02:10.7	
08:41.4	Bjorn Boukamp -	L5	01:38.9	11:30.3	Jemma Sovesby	L5	02:11.4	
10:20.0	Bjorn Boukamp -	L6	01:38.6	13:42.8	Jemma Sovesby	L6	02:12.4	
12:01.0	Bjorn Boukamp -	L7	01:40.9	16:02.7	Jemma Sovesby	L7	02:19.9	
13:41.6	Bjorn Boukamp -	L8	01:40.7	18:20.5	Jemma Sovesby	L8	02:17.8	
15:23.9	Bjorn Boukamp -	L9	01:42.2	20:41.4	Jemma Sovesby	L9	02:21.0	
17:05.0	Bjorn Boukamp -	L10	01:41.1	22:53.1	Jemma Sovesby	L10	02:11.7	
18:45.7	Bjorn Boukamp -	L11	01:40.8	25:08.5	Jemma Sovesby	L11	02:15.4	
20:15.8	Bjorn Boukamp -	L12	01:30.1	27:17.0	Jemma Sovesby	L12	02:08.5	



00:54.7	Stefan Nasmark -	200m	00:54.7	00:42.0	Graeme Dewerson	200m	00:42.0	HOBSONS
02:56.2	Stefan Nasmark -	L1	02:01.5	02:15.7	Graeme Dewerson	L1	01:33.7	BAY
04:55.8	Stefan Nasmark -	L2	01:59.6	03:49.7	Graeme Dewerson	L2	01:34.0	RUNNING
06:53.3	Stefan Nasmark -	L3	01:57.4	05:25.5	Graeme Dewerson	L3	01:35.8	CLUB
08:52.9	Stefan Nasmark -	L4	01:59.6	07:02.0	Graeme Dewerson	L4	01:36.5	5000M
10:51.4	Stefan Nasmark -	L5	01:58.5	08:40.6	Graeme Dewerson	L5	01:38.7	TIME
12:50.2	Stefan Nasmark -	L6	01:58.8	10:13.3	Graeme Dewerson	L6	01:32.6	TRIAL
14:46.2	Stefan Nasmark -	L7	01:55.9	11:47.9	Graeme Dewerson	L7	01:34.7	12/5/26
16:42.9	Stefan Nasmark -	L8	01:56.7	13:23.3	Graeme Dewerson	L8	01:35.4	NPAT
18:36.9	Stefan Nasmark -	L9	01:54.1	14:58.3	Graeme Dewerson	L9	01:35.0	
20:31.3	Stefan Nasmark -	L10	01:54.3	16:34.0	Graeme Dewerson	L10	01:35.7	
22:25.2	Stefan Nasmark -	L11	01:53.9	18:07.6	Graeme Dewerson	L11	01:33.6	
24:08.4	Stefan Nasmark -	L12	01:43.2	19:37.5	Graeme Dewerson	L12	01:29.8	
00:54.1	Angela Schmerl	200m	00:54.1	00:43.3	Erika Nasmark	200m	00:43.3	
02:57.6	Angela Schmerl	L1	02:03.5	02:20.2	Erika Nasmark	L1	01:36.9	
05:05.1	Angela Schmerl	L2	02:07.6	04:00.3	Erika Nasmark	L2	01:40.2	
07:10.8	Angela Schmerl	L3	02:05.7	05:49.3	Erika Nasmark	L3	01:49.0	
09:21.4	Angela Schmerl	L4	02:10.6	07:34.4	Erika Nasmark	L4	01:45.0	
11:32.0	Angela Schmerl	L5	02:10.6	09:16.9	Erika Nasmark	L5	01:42.6	
13:40.9	Angela Schmerl	L6	02:08.9	10:57.5	Erika Nasmark	L6	01:40.6	
15:51.7	Angela Schmerl	L7	02:10.8	12:39.6	Erika Nasmark	L7	01:42.1	
18:02.3	Angela Schmerl	L8	02:10.6	14:27.4	Erika Nasmark	L8	01:47.8	
20:17.4	Angela Schmerl	L9	02:15.0	16:14.3	Erika Nasmark	L9	01:46.9	
22:27.9	Angela Schmerl	L10	02:10.6	17:59.7	Erika Nasmark	L10	01:45.4	
24:34.8	Angela Schmerl	L11	02:06.9	19:45.5	Erika Nasmark	L11	01:45.8	
26:37.0	Angela Schmerl	L12	02:02.2	21:26.6	Erika Nasmark	L12	01:41.1	

Partial Completion

4000m

01:11.4	Melanie Dunne -	200m	01:11.4
03:42.0	Melanie Dunne -	L1	02:30.6
06:23.1	Melanie Dunne -	L2	02:41.1
09:08.0	Melanie Dunne -	L3	02:44.9
11:53.3	Melanie Dunne -	L4	02:45.3
14:42.7	Melanie Dunne -	L5	02:49.4
17:33.3	Melanie Dunne -	L6	02:50.6
20:24.9	Melanie Dunne -	L7	02:51.5
23:11.7	Melanie Dunne -	L8	02:46.9
26:03.9	Melanie Dunne -	L9	02:52.1
28:50.3	Melanie Dunne -	L10	02:46.5

4000m

00:45.7	Mark Dohle	200m	00:45.7
02:12.9	Mark Dohle	L1	01:27.2
03:44.0	Mark Dohle	L2	01:31.1
06:46.3	Mark Dohle	L3	03:02.3
08:23.1	Mark Dohle	L4	01:36.8
09:57.8	Mark Dohle	L5	01:34.7
11:33.8	Mark Dohle	L6	01:36.0
13:09.6	Mark Dohle	L7	01:35.8
14:45.5	Mark Dohle	L8	01:35.9
16:22.3	Mark Dohle	L9	01:36.8
17:59.6	Mark Dohle	L10	01:37.3

1000m

01:02.5	Peter Whyte	200m	01:02.5
03:14.5	Peter Whyte	L1	02:12.1
05:28.6	Peter Whyte	L2	02:14.0





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 May handicap is #369

How many have you done?

