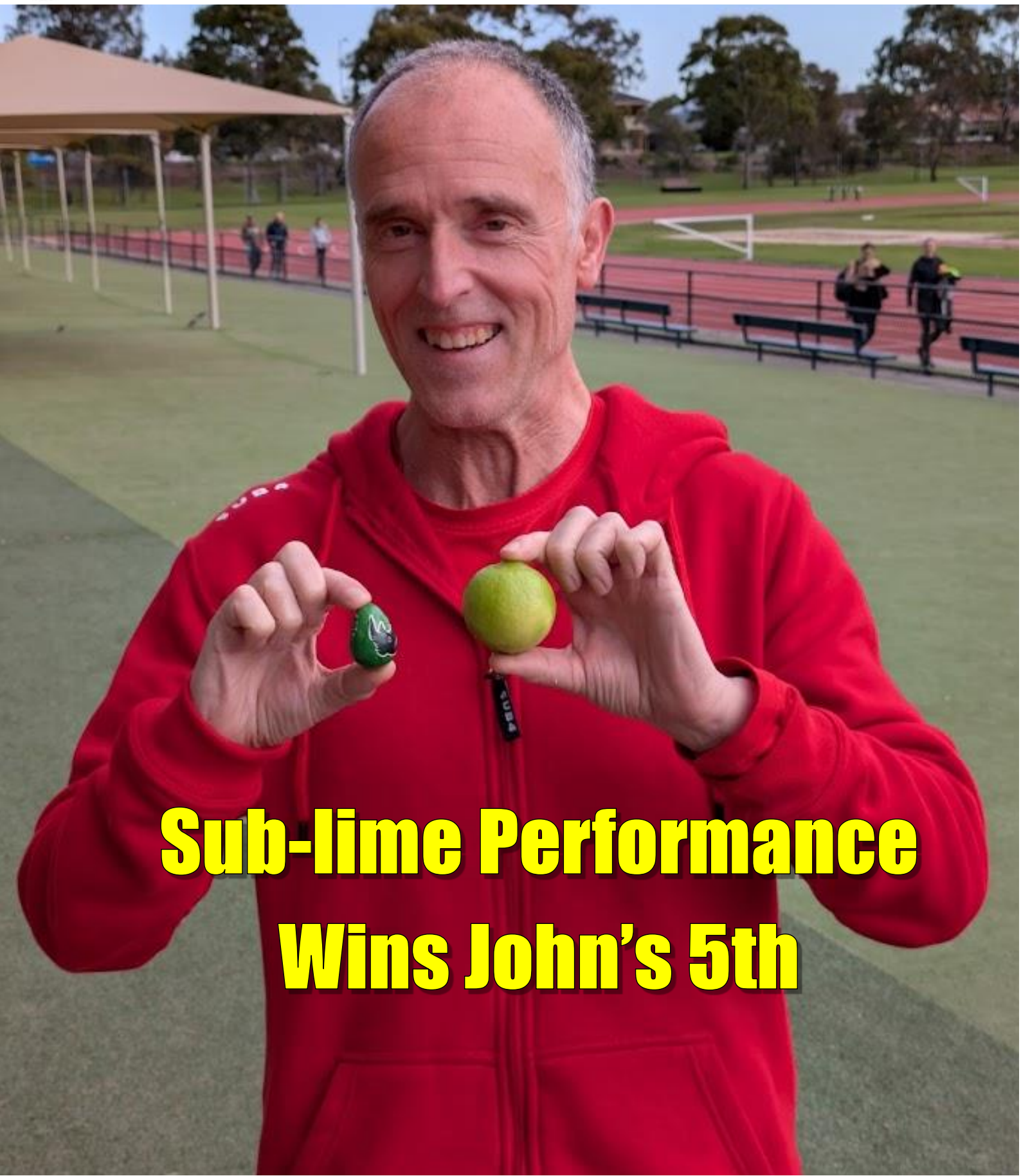




**Sub-lime Performance
Wins John's 5th**

In this issue

From the editor's desk	2-3
Jogging with Jimmy	4-5
Wellbeing Run	6-7
The Running Company	8-9
Appreciating Graham	10
Women's Trail Day	11
Trivia Promo	12
May Handicap	13-15
Park Run Tourist	16
The Cups	17-21
Trails	22-23
Coaching	24-26
Hobbos Ad	27

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Patron:
Eero Keranen
Past Patrons:
Ted Joy & John Condon

Life Members: Geoff & Barb Wells,
Mark Maloney, Eero Keranen,
Peter Buissink, John Condon, John Gray,
Michael Musgrove & Ted Joy

Website: hobbos.org.au
Email: enquiries@hobbos.org



Hobbos celebrated ITRA Women's Trail Day at the You Yangs

Forthcoming Events

Sat	27th June	June Handicap & Morning Tea
Sun	28th June	XCR Calder Park Raceway
Fri	17th July	Trivia with Terry, 7pm, BYO, NPAT
Mon	10th Aug	Committee Meeting, 7:30pm, Zoom
Sun	16th Aug	Hobbos XC Newport Lakes, 8am, BBQ

The Hobbos - a social club with a running problem



Membership

2026 Memberships are available via the below link
<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



I set myself a big task recently - an up to date list of Hobbos Handicap Winners. It's far from complete. However, the process has struck gold already. Trawling through records revealed that **Barb & Geoff Wells** were made Honorary Life Members in 1999 and until now this fact was hidden away in the Hobbos 25th Anniversary booklet from our 2019 celebration. Their names have now been added to the list on p2 of **Home Runs**. Surprises revealed when looking elsewhere.

Following last month's handicap **Graham Edwards** was presented with a certificate of appreciation. There's a photo of Graham with his certificate on p10. The photo featured on the certificate shows Graham sitting out back of his home with his GC & TJC silverware from 2019. It was taken for a Covid edition of Home Runs. Graham loves that photo but lost it. He was chuffed to get an embellished version. May 2026 was Graham's 157th handicap...

Cat Muir has stepped into Luke's Trail shoes - 'not as quick' (Cat's words), but just as determined I think. You'll find some of her fine work on pages 11 and 22. Cat is no stranger when it comes to contributing to Home Runs but even so, welcome aboard.

Welcome to our new sponsor from July 1st, **Renee & Brad** from The Running Company in Yarville. For more read their letter to the Hobbos on pp8-9.

Another welcome to **Clare Beaumont**. Already a Hobbo, Clare too has stepped up to help with a refresh of Home Runs. Already having an impact recruiting 'reporters' and penning race reports herself. The future is very bright. Thank you.

"See you at the start line. 7:40am (or earlier) avoids the queue for handicap #370".



EVERYTHING
HALF PRICE

**John, on behalf of the Hobbos thanks
for sponsoring the club.
You'll always be a Hobbo.**

John Ayton's **SportsPower** Williamstown



Jogging with Jimmy



Winter has well and truly arrived, and while the mornings are getting a little cooler, there's been no slowing down the momentum across the club. It's been another busy and positive month for the Hobbos, both on and off the track.

From a governance perspective, the new committee has now settled into its rhythm, with our second meeting taking place this month. There's a real sense of energy and direction, and I'm looking forward to what this group can deliver over the coming year as we continue to build on the strong foundations already in place.



One key update from the committee is an exciting new partnership with The Running Company Yarraville. We're thrilled to have Brad and Renee coming on board to support the club and offer our members some great benefits!

This marks the end of a long-standing relationship with Sportspower Williamstown, a valued sponsor since 2016, largely driven by club member John Ayton. John has been a member of the Hobbos since 2003 and has made an outstanding contribution over that time, including being part of the Hobbos 4 x 1500m relay team that broke the Australian 50+ record in 2006 — finishing just 1.5 seconds shy of the world record. His support of the club, both on and off the track, has been greatly appreciated.

On the racing front, congratulations to John Gray, who took out the May Handicap. With the weight of the presidency now off his shoulders, John seems to have found another gear. A terrific result and well deserved — great reward for all the training kilometres he's been putting in.

The club's love of parkrun remains as strong as ever, with "touristing" continuing to gain traction. On the first Saturday in June, a large contingent made the trip out to Aintree Reserve, turning it into a great morning of running and connection. It's fantastic to see so many members embracing these opportunities to explore new courses and support the broader running community.

Off the course, it's also been great to see initiatives that support and grow participation. Bel's Women's Running Workshop was a standout success, providing a welcoming and encouraging space for women in the club to build confidence and capability in their running journey.

Another fantastic program to wrap up this month was the Children and Parents running sessions, led by Wendy Maas. These sessions saw terrific turnouts and, more importantly, fostered a genuine sense of camaraderie between parents and their kids. It's exactly the kind of community-building activity that makes Hobbos more than just a running club.

Looking ahead, there's plenty on the calendar to keep everyone engaged. We've got a strong showing lined up for the Calder Park relay, with 10 teams and 34 runners set to represent the club - a great effort and a sign of the depth we have across all levels. Further into winter, don't forget the Winter Cross Country at Newport Lakes on 16 August, which will reward those who have been regulars at Thursday hills training. There'll be a BBQ afterwards, and we're working on some fun prize categories.

Finally, a reminder that all upcoming events, training sessions and key information can now be found on Team App. If you haven't already, download the app, search for *Hobsons Bay Running Club*, and request to join the *Financial Members* group to stay fully connected.

Thanks again to everyone who continues to contribute to the club - whether that's racing, volunteering, coaching, or simply showing up week after week. It all adds to what makes Hobbos such a great place to be.

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





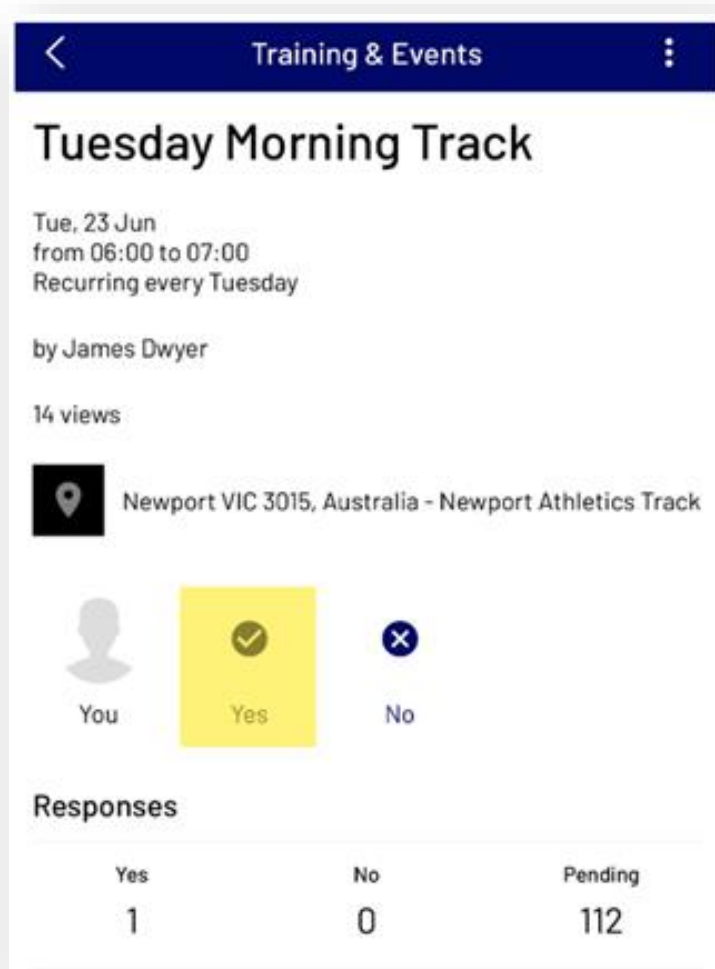
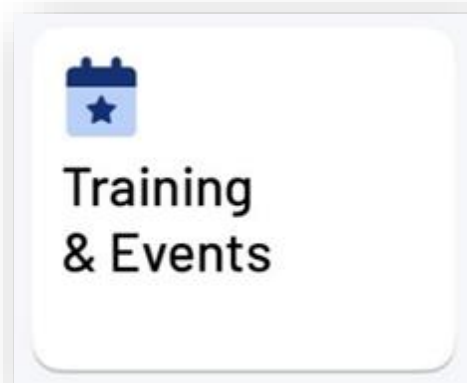
Team App - Did you know???

In Team App you can RSVP to Tuesday track training. This is a great way to help our run leaders with capturing attendees at these sessions.



<><><>

Click on Training & Events. Find the next track session you're planning on attending. Then tap on 'yes' (No need to RSVP no if you're not attending).



All upcoming events, training sessions and key information can now be found on Team App. If you haven't already, download the app, search for *Hobsons Bay Running Club*, and request to join the *Financial Members* group to stay fully connected.

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(Family membership category discontinued)





2026 YOU YANGS WELLBEING RUN

The 6th You Yangs Wellbeing run.

A Hobbos Endorsed Event.

The You Yangs Wellbeing run was created in 2019, based on an idea to engage runners across western running clubs to have a leisurely social run together and consider those who are not fortunate enough to be able to run at all, due to physical injury, or mental health issues. The idea being a slow group training run, where we could all get to know each other along the way.

The plan is to run this annually, in the cooler climate (safer and easier to plan), with no major clashes with other events. While the plan is annually, we did miss two years in the past.

The event has been run in 2019, 2021, 2023, 2024, 2025, 2026.

We plan to run this event the week after the Great Ocean Road event, as this minimizes clashes with other major events.

We started off with around 30 runners in 2019, which has grown over the years, to around 40 – 50 runners in the following years.

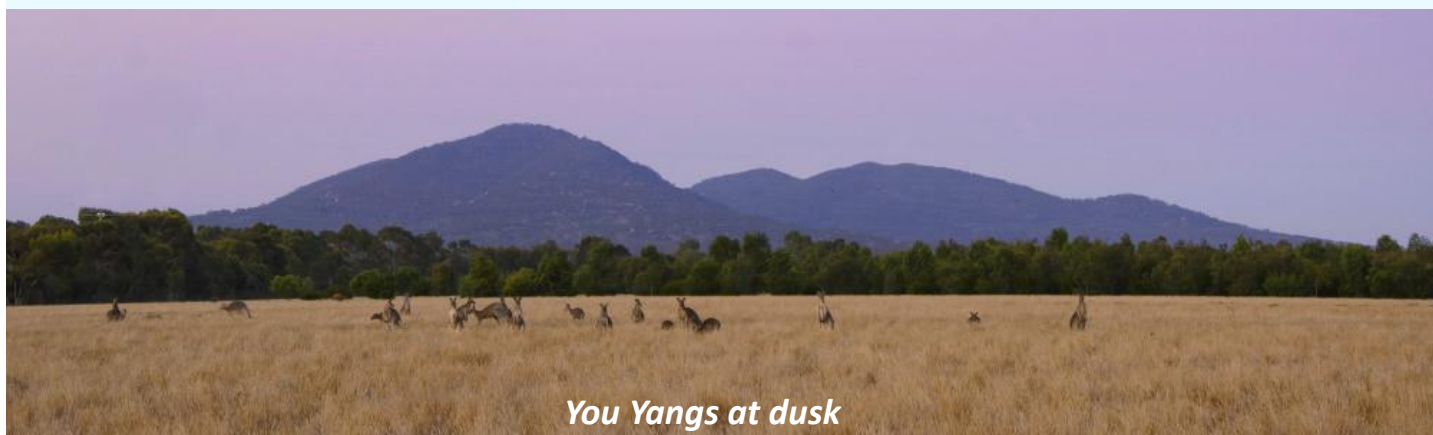
The 2020 event was missed due to Covid, and in 2021 we had one runner slightly misplaced near the end, which made us very nervous, so we skipped 2022 as well.

Sunday 24th May we all met at the You Yangs for a sharp 7:30am start. While weather over the week was mainly rain, we were so fortunate to have the perfect day. Minimal wind, and around 11deg at 7:30am.

We had runners from all clubs, with the majority familiar faces from earlier Wellbeing runs.

Hobbos showed a strong attendance, and so did Wynfit, plus PCR, MCR, Willi Legends, and Western Runners also attended, which showed great inter club community spirit.

We left for 14k on a slow anti-clockwise incline



You Yangs at dusk



along great circle drive at a nice casual pace, with Neil Speakman monitoring the tail runners on his bike (Thank you Neil). Everyone chatted away until most met the hill around the 6.5k point. This hill generally takes it out of most runners, and for those without hill training is mostly a walk/run. The top of this hill (7k start point), everyone stopped and cheered on those climbing the last part of the hill to catch up. We also did a run back to ensure that the last runner had some company up the hill. Once everyone was at the top of the hill and accounted for, we started the second half, which was a slow decline, followed by one more short hill. Great Circle drive is an excellent fairly easy trail run. It is a dirt road trail, set in the mountains, with some great scenery.

Special Kudos for the day go to Indy, Kieran's daughter, who peddled through 14k on her bike, and while she did struggle a bit up the hill, Indy managed to get through the entire course. A proud father moment for Kieran.

When everyone completed the course, we caught up for coffee, tea, and some snacks. This gave everyone a further opportunity to chat with other club members. The event went well, and was well supported. John handled the hot water furnaces, tea and coffee (Thank You John)

We also had some attend who were not up for a 14k run, so joined a casual walk with Lois and Leita (Thank you both).

A great day out, and we hope to see this grow further next year with more Hobbos attending.

Brian Armstrong



Indy, proud dad Kieran and Brian at the You Yangs





Well hello Hobbos!

Firstly Renee, myself and the team at The Running Company Yarraville would like to say thank you for the opportunity to jump on board as a proud partner/sponsor of the club.

Some of you already know us and what we are about but for those who haven't here is a quick rundown on who we are and what we do!



The Running Company Yarraville is a run specialty store and our primary purpose is to offer an in-depth fitting service for everyone that comes through our doors – runners and walkers of any ability and level are welcome.

We have been in Yarraville since 2016, stock all the major brands and as a run specialty store get access to a lot of innovative and exciting product. As avid runners ourselves we love nothing more than talking running with our customers.

A footwear consultation with us isn't a sales pitch. It is just a completely free opportunity for us to help you move comfortably, hit your goals, and stay injury-free.

We work with absolutely everyone-whether you are an older walker/runner keeping active or a young athlete gearing up for cross country or track season.

Here is what happens when you come in:

- **We chat:** We talk about your running or walking history, past injuries, and what you want to achieve.
- **We film:** You will hop on our in-store treadmill for a quick, barefoot jog or walk at your normal pace so we can capture frame-by-frame video.
- **We analyze:** We use that video to see exactly how your feet move naturally.

We choose together: We don't care about trends or favouring specific brands. We only care about what works for *your* feet.

You're welcome to book a time if you'd prefer, or simply walk in. Just note



there can be a wait at times given how thorough each fitting is. If you're not looking to purchase and just want some advice, we're happy to have a chat when we're free — though full fittings always take priority.

You can book using the links below:

The Running Company Yarraville: calendly.com/therunningcompanyyarraville

Walking by TRC Yarraville: calendly.com/yarraville-walkingbytrc

We are happy to be able to offer all members a 10% member discount (with the only exclusions being on allocated styles that have embargoes and strict pricing rules as set by the brands - more often exclusive racing product/specific color-ways).

Given we get access to various product trials and offerings from the brands we look forward to being able to collaborate with your Tuesday group sessions and this will be a great way to introduce products to members and access to run in styles and options you may not regularly be able to.

Thanks again for welcoming us into the Hobbo family - Renee, myself and the team look forward to meeting you all!

Cheers

Brad Fuller



To the editor of Home Runs,

"I am writing to say "What a wonderful club we have here". I was very surprised to receive an award for virtually just turning up to enjoy myself among other 'runners'. I was left virtually speechless at the presentation, but I would like it to be known that this was just one of the things that makes the club so welcoming and attractive to locals and outsiders as well. I wish that I lived a bit closer so I could participate in more than the monthly handicap.

How did I find the club? One day as I was struggling up Anderson street on the first Saturday of the month at a VRR run I met Dennis Mountford who suggested I should come to HBRC on the last Saturday of the month. After some time, I took the plunge and have been coming ever since. This was another example of a great club. Dennis has moved away from Melbourne, but I am still available to visit you once a month, not as a runner but as a walker challenging the clock and handicapper.

My second hi-light was winning both the Greenwich Cup (shared) and the Ted Joy Cup in 2019 (pre Covid). Since then I think the handicapper is using a big fat pencil when he comes to reviewing times, but I will keep challenging him while I can. I encourage others to continue to do the same."

Graham Edwards 161



Graham, you are appreciated, officially!



ITRA Women's Trail Day is a global initiative by the International Trail Running Association to encourage women of all levels to run on trails, focusing on community, connection & increasing female participation in sport.

Females make up 30% of trail runners around the globe & in conjunction with our friends the Surf Coast Trail Runners, this year the Hobbo's celebrated this day on Sunday 31st of May.

19 of us met up at the You Yangs Regional Park at 8am for an 8km loop that included all types of trails (dirt roads, fire type trails & some technical single trail). The You Yangs are a Regional Park & dogs are welcome. Scouty Pup led the 4 legged charge & was apparently disappointed his Hooman did not "bring the ball".

While the rain threatened at the start, among cries of "oh no I didn't bring my raincoat" we set off towards the peak via big rock & soon the sun came out. It was a glorious morning out on the trails.

As advertised, all paces were catered for. The faster runners cruised on ahead & either waited or looped back to the walkers. As always on a trail run you find yourself chatting & making connections with people you've only just met, or deepened connections with those you already know.

Trail Coach Luke joined us on the technical section around the back of the peak (East Walk trail) to the Saddleback Track & assisted some of us with the rock scrambling (thanks Luke!). Left onto Rockwell Road took us back to Big Rock & the carpark.

Some continued running to complete their various desired distances, some continued to Lara for breakfast. Thanks to all who came along to support women in trail running & enjoy the trails with us. A big thanks to Robyn Wilmhurst for putting together an enjoyable route & being the instigator for another ITRA Women's Day!



iTRA INTERNATIONAL
TRAIL RUNNING
ASSOCIATION

BY CAT MUIR





HOBBS Trivia Night



Friday 17th July

with quizmaster Terry!

NEWPORT TRACK CLUBROOMS 7PM

BYO drinks & snacks

Organise your own teams or just turn up!

Club merchandise will be available to purchase



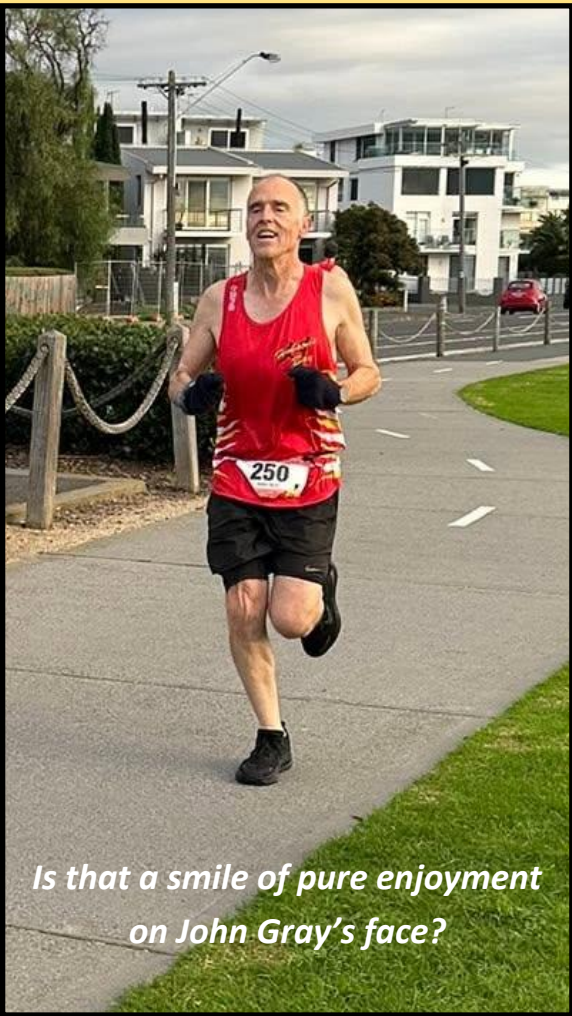
May Handicap

For **John Gray** winning the handicap had NOT even entered his head. No longer weighed by the busy mind which comes with Presidency he is now able to just rock up and run. The fact that he is consistently clocking up the weekly miles, means his prep is probably as good as it could possibly be. Despite that a win hadn't risen into his consciousness, "otherwise I would have counted the eggs I have on display at home!". This was said with an enormous grin as he posed for the obligatory cover shot sporting his egg and one of Eero's limes. John is simply enjoying running, especially with the Hobbos.

It was, as the cover claims, his 5th Kenyan Egg. The table in the May issue of Home Runs listed John's total as 4 and I have since double checked just to be sure.

Conditions – cool, a dry path with no breeze on the outward leg and a minor headwind on the return. It possibly explains the rash of PBs and AGPBs. But as handicapper Mick Beasley suggested, training has probably contributed as well. For the full 'handicapper's report & his Cups Commentary' head to p17.

And for all the times and points see pp14 & 15.



Is that a smile of pure enjoyment on John Gray's face?

Recognition For Di's 50th Handicap



Di Donoghue fronted up for the first of her 50 handicaps with the Hobbos in February of 2018, making steady improvement as she got runs under her belt. In 2019 she placed second twice and finished overall 7th in the Greenwich Cup.

Covid struck us all the following year allowing only two handicaps to take place. Di won half of them, scoring her first win in the December event and it was no small field either, with everyone sick of 'virtual racing'. 38 runners and walkers graced our course for the final handicap of 2020. That day Di caught Ken Smith just before the line winning by a second. She also held off the fast finishing Mark Maloney and Martin Mankowski, who tied for third only 6 seconds behind Di.

In August 2024 Di had what she calls a 'proper' handicap win. One that was not Covid affected. Like her first, her second win took a PB to achieve it and Di was thrilled and speaking whilst brandishing her second Kenyan Egg she thanked the club, especially those she runs with on the trails. Di is a great fan of trail running.

Following Eero's heartfelt rundown of Di's milestone statistics, Di repeated herself. Once again she thanked others. Running for Di is first and foremost a social thing. Congratulations.

Hobbos Handicap May 2026- 369th Running

Pos	Name	Finish	Time	Start	PB	AGPB	Split 1	Split 2	Points	Bonus	Total
Greenwich Cup											
1	John Gray	49:22	20:12	29:10	18:51	20:11	10:05	10:07	20	11	31
2	Helen Haralambous	49:28	35:28	14:00	34:21	34:48	18:03	17:25	19	5	24
3	Sarah Lowe	49:29	24:44	24:45	23:52	24:15	12:17	12:27	18	7	25
4	Graeme Dewerson	49:36	19:06	30:30	19:09	19:26	9:38	9:28	17	12	29
5	Karli Smith	49:45	24:45	25:00	25:12	25:12	12:18	12:27	16	12	28
6	Dean Crowley	49:48	19:33	30:15	19:46	19:53	9:43	9:50	15	12	27
7	Eero Keranan	49:55	26:55	23:00	16:13	27:12	13:04	13:51	14	12	26
8	Brian Armstrong	49:56	19:31	30:25	18:09	19:43	9:38	9:53	13	12	25
9	Tara Fairbrother	50:29	28:49	21:40	28:56	29:03	14:48	14:01	12	12	24
10	Michael Williams	50:32	21:52	28:40	18:53	19:02	10:34	11:18	11	0	11
11	Jimmy Dwyer	50:33	19:08	31:25	18:40	18:40	9:27	9:41	10	7	17
12	Belinda Fithie	50:34	30:14	20:20	27:34	28:27	15:01	15:13	9	0	9
13	Michael Slee (Walk)	50:45	40:30	10:15	38:43	39:25	20:15	20:15	8	1	9
14	Matt Loader	50:50	23:20	27:30	22:06	22:25	11:33	11:47	7	2	9
15	Philippe Delecheneau	51:11	28:01	23:10	26:05	26:49	14:03	13:58	6	0	6
16	Jac Wainewright	51:26	29:01	22:25	27:26	27:39	14:36	14:25	5	0	5
17	Lauren Scardino	51:52	31:07	20:45	29:54	29:54	15:45	15:22	5	0	5
18	John Horan (Pram)	52:06	26:06	26:00	23:40	23:50	12:55	13:11	5	0	5
19	Rob Falloon (Walk)	52:10	38:40	13:30	34:05	34:36	19:06	19:34	5	0	5
20	Diane Donoghue	52:57	34:57	18:00	30:23	31:07	17:10	17:47	5	0	5
21	Ken Smith	53:03	48:03	5:00	22:28	42:17	23:50	24:13	5	0	5
22	Graham Edwards	53:05	49:35	3:30	36:14	48:25	24:35	25:00	5	0	5
23	David Walker (Walk)	59:43	47:13	12:30	37:46	38:05	24:03	23:10	5	0	5

Ineligible

1	Kevin Mahon	50:28	19:43	30:45	18:30	18:58	9:38	10:05	10	0	10
2	Mark White	50:18	20:18	30:00			9:54	10:24	10	0	10
3	Harry Scardino	49:56	22:56	27:00	23:12	23:12	11:29	11:27	10	0	10



Hobbs Handicap May 2026- 369th Running



Pos	Name	Finish	Time	Start	PB	AGPB	Split 1	Split 2	Points	Bonus	Total
4	Hannah Casey	49:17	23:17	26:00	24:24	24:24	11:51	11:26	10	0	10
5	Daniel Garabilis	49:22	24:22	25:00	25:52	25:52	11:44	12:38	10	0	10
6	Tony Whittaker	50:35	26:05	24:30	26:10	26:10	12:50	13:15	10	0	10
7	Angela Schmerl	50:20	26:35	23:45	26:48	27:00	13:12	13:23	10	0	10
8	Jalyn Bigarelli	47:58	27:58	20:00	28:04	28:18	14:00	13:58	10	0	10
9	Nicholas Doidge	48:15	31:15	17:00	23:28	23:37	16:08	15:07	10	0	10
10	Savannah Scardino	52:04	31:54	20:10	30:13	30:13	16:09	15:45	10	0	10
11	Mary Wong	49:19	33:19	16:00	34:54	34:54	16:28	16:51	10	0	10
12	Ildiko Plaganyi	49:28	36:13	13:15	30:02	33:21	18:05	18:08	10	0	10
13	Kyla Ballard	50:24	40:24	10:00			20:45	19:39	10	0	10
14	Susan Walker	47:31	47:31	0:00	22:44	25:17	23:08	24:23	10	0	10
Guests											
1	Harry Lee	49:31	26:11	23:20			13:09	13:02	-	0	-

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





HOBBOS PARKRUN TOURISTING – JULY EDITION!



This month, we're heading to **Kirkdale Reserve parkrun** in East Brunswick—come along for a fun morning with the Hobbos crew!



Date: Saturday 4th July



Location: Kirkdale Reserve, Kirkdale Street, Brunswick East VIC 3057



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

The course is a **single lap** along the scenic Merri Creek Trail, mostly on concrete paths with a few timber bridges and boardwalk sections. Starting and finishing at Kirkdale Reserve, it's a beautiful, flowing course alongside the creek—great for runners and walkers alike.



Parking: Street parking on Albert, Kirkdale, Victoria and Weigall Streets is very limited, so we strongly encourage walking, running, riding, or using public transport. Additional parking is available about 400m away at **CERES Community Environment Park** or the (paid) car park at the **Cretan Brotherhood** (enter via Stewart St).



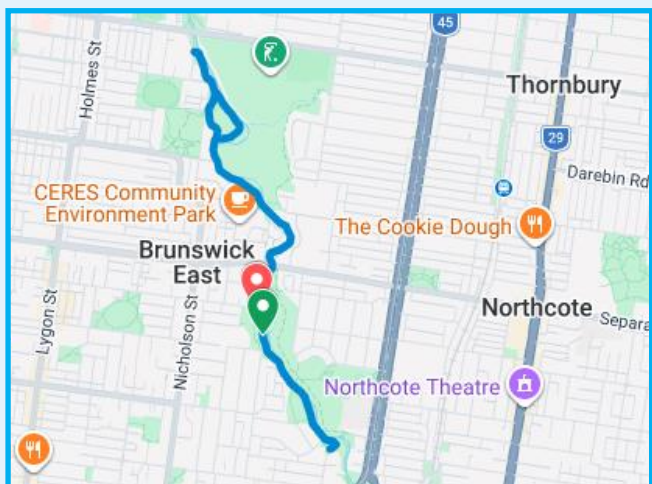
Post-parkrun: Join us for coffee and brekkie at **Merri Cafe, CERES (Stewart St, Brunswick East)**



Carpooling: We'll try to organise lifts—comment below (Facebook) if you'd like a ride or can offer a seat.

All welcome—whether you're chasing a time or just enjoying the touring vibes,

it's always better with a crew! 🙌



From the Handicapper - The Handicap

Results for the May Handicap are up.

Our thanks to everyone for arriving in good time and helping to make the registration process smooth and efficient this morning - it makes the job of Peter and myself so much easier.

John Gray took out the win. While not an AGPB, it was 34s faster than anything he has managed in the last two years, and his fastest time since May 2022. Helen H was second (fastest time for nearly a year), and **Sarah Lowe** third (45s faster than anything in the last 12 months). The next six runners in the field all got AGPBs without making the podium, a state of affairs which is unusual to put it mildly.

Seven ineligible runners also recorded AGPBs. Conditions were obviously good, or training is showing benefits - or both.

Graeme Dewerson took the fastest time of the day in 19:06 just ahead of El Presidente **Jimmy Dwyer** - just knock five minutes off that time and you'll be on World Record pace for the marathon.



A very fast Graeme

The Cups

Dean Crowley leads the pack with 108, followed by **Karli Smith** and **Eero Keranen** tied for second place some 7 points behind. **Tara Fairbrother** (98), **John Gray** (89), **Brian Armstrong** (81) and **Michael Musgrove** (80) are the best of the chasing pack.

But it is best of eight for the year, with seven events still to go, and the position is if anything less clear than after April.

Looking at "Best 3" for the year, and Brian, Dean, Eero and Karli are all tied on 81 points, Michael is one back on 80, then Tara on 76, and **Linda Viberg** ties with John on 66. And to further complicate matters - Linda, Michael and Tara include their mandatory assist as part of their total, while all the others mentioned above still have to do this - effectively giving those three virtuous people one more opportunity this year to score big points. It'll take a few more months to thin out this field, methinks.



Tara & Karli either side of the turn

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.	Dean Crowley	6	21	29	25	27									108	n	8	8	8	
2.	Karli Smith	10	10	22	31	28									101	n	8	8	8	
2.	Eero Keranan	10	10	26	29	26									101	a	110	110	130	
4.	Tara Fairbrother	(20)	5	17	32	24									98	n	14	14	14	
5.	John Gray	19	16	12	11	31									89	e	121	121	121	
6.	Brian Armstrong	29	27			25									81	e	59	59	59	
7.	Michael Musgrove	29	31	(20)											80	e	276	276	276	
8.	Sarah Lowe	10	5	14	18	25									72	n	28	28	28	
8.	Linda Viberg	6	18	(20)	28										72	n	8	8	8	
10.	Jimmy Dwyer		30	10	10	17									67	n	24	24	24	
10.	Neil Speakman	17	13	27	10										67	e	40	40	40	
10.	Magnus Vaisnys	31	(20)	6	10										67	n	8	8	8	
10.	Anna Bowdis	18	6	16	7	(20)									67	n	18	18	18	
14.	Belinda Fithie		5	13	16	(20)	9								63	n	28	28	30	
15.	Peter Buisink (Walk 2.5km)	(20)	10	10	10	(10)									60	n	3	3	3	
16.	Andrew Scardino	10	17		10	(20)									57	p	33	33	33	
16.	Melissa Rutze	8	24	5	(20)										57	n	21	21	21	
18.	Philippe Delecheneau	6	17	24											53	n	29	29	29	
19.	Helen Haralambous	10		5	13	24									52	n	16	16	16	
20.	Lois Speakman (2.5km)	(20)	10	10	10										50	n	4	4	15	
21.	Ray Barnard	5	5	10	6	(20)									46	e	101	101	101	
22.	Helen Vaxevanis	20		8	17										45	n	19	19	19	
23.	Savannah Scardino	10	10		10	10									40	n	10	10	10	
23.	Mary Wong		(20)		10	10									40	n	2	2	2	
23.	Rob Falloon (Walk)	(20)	5	5	5	5									40	n	15	15	107	
23.	Will McKenzie		(20)	(10)	10										40	n	6	6	6	
23.	Cain Speakman	20	10	10											40	e	44	44	44	
28.	Graeme Dewerson				10	29									39	n	32	32	32	
29.	Cat McRae	5	(20)		13										38	n	10	10	10	
30.	Mario Valastro	8	9			(20)									37	n	16	16	16	
31.	Diane Donoghue	(20)	5	5		5									35	e	50	50	50	
31.	Ken Smith	5	5		(20)	5									35	e	220	220	220	
33.	William Hart	5	11	18											34	n	8	8	9	
34.	Anastasia Aldred	32													32	n	19	19	20	
34.	Kevin Aldred	12			(20)										32	n	22	22	23	
36.	Harry Scardino		10		10	10									30	n	7	7	7	

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
36.	Matt Loader	10		11		9								30	n	25	25
36.	Shane Adams		10	10	10									30	n	3	3
36.	Waylyn Turner		10	10	10									30	n	4	4
36.	Jane Whitmore				10	(20)								30	a	39	39
36.	Victoria Haritos (walk 2.5km)		(20)		10									30	n	1	1
36.	Mick Beasley				(20)	(10)								30	a	47	50
36.	Stuart O'Neill	(20)		(10)										30	n	10	10
44.	Michael Slee (Walk)	5		5	9	9								28	p	37	182
45.	Michael Williams		5	5	5	11								26	n	13	13
46.	Angela Schmerl				10	10								20	n	3	3
46.	Hannah Casey				10	10								20	n	2	2
46.	Ildiko Plaganyi				10	10								20	a	50	50
46.	Susan Walker				10	10								20	e	147	147
46.	Tony Whittaker				10	10								20	n	2	2
46.	Jessica Crowley				10									20	n	2	2
46.	Mila Williams				10	10								20	n	3	3
46.	Shane Eager				10	10								20	n	2	1
46.	Ethan Orne		10		10									20	n	3	3
46.	Rene Rutze		10		10									20	n	3	3
46.	Bronwyn Rowleson			(20)										20	n	25	25
46.	Greg Weston				(20)									20	n	1	1
46.	Mary Ellen			(20)										20	n	0	0
59.	Karen Hayes		10	8										18	n	11	11
60.	Lauren Scardino		10			5								15	n	7	7
61.	Jac Wainwright				8	5								13	n	17	17
61.	Mike Newby		5		8									13	n	8	8
61.	John Becroft		8		5									13	e	213	215
64.	Elise Hardiker		11											11	n	13	13
65.	Daniel Garabalis					10								10	n	1	1
65.	Jallyn Bigarelli					10								10	n	1	1
65.	Kevin Mahon					10								10	n	1	1
65.	Kyla Ballard					10								10	n	1	1
65.	Mark White					10								10	n	1	1
65.	Nicholas Doidge					10								10	n	1	1
65.	John Horan (Pram)				5	5								10	n	7	17
65.	David Walker (Walk)		5			5								10	n	13	118

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
65.	Graham Edwards	5				5								10	e	157	157
65.	Fang Chen				10									10	n	1	1
65.	John Aytton				10									10	a	62	63
65.	Katrina Lange				10									10	n	27	27
65.	Kieran Leonard				10									10	e	81	84
65.	Macy Parks				10									10	n	1	1
65.	Melanie Griffin				10									10	n	8	8
65.	Michael Buttigieg				10									10	n	1	1
65.	Naomi Howe				10									10	n	2	2
65.	Peter Parks				10									10	n	8	8
65.	Tam Petrov				10									10	n	3	3
65.	Andrew Orne			10										10	n	1	1
65.	Evelyn Orne			10										10	n	2	2
65.	Kieran Leonard (Pet)			10										10	n	3	84
65.	Brynn Turner		10											10	n	1	1
65.	Fang Chen (Missed Turn)		10											10	n	1	1
65.	Freya Rees		10											10	n	20	20
65.	Jason Rees		10											10	e	43	46
65.	John Danaher		10											10	n	10	10
65.	Lisa Do		10											10	n	1	1
65.	Matt Wood		10											10	n	1	1
65.	Olly Rees		10											10	n	21	24
65.	Susan Walker (Walk)		10											10	n	1	1
65.	Ashley Sanderson	10												10	n	16	16
65.	David Butler	10												10	n	8	8
65.	Gaye Crichton	10												10	n	3	3
65.	Kaia Morris	10												10	n	12	12
65.	Sarah Trigger	10												10	n	2	2
65.	Vanessa Coutts	10												10	n	23	23
102.	Peter Whyte				5									5	n	22	22
102.	Ron Van der Heide				5									5	n	7	7
102.	Victoria Haritos				5									5	n	2	2
102.	Simone Trigger	5												5	n	4	4

Total Runs - It's Back >>>



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.	John Gray	19	16	12	11	31								89	
2.	Brian Armstrong	29	27			25								81	
3.	Michael Musgrove	29	31	(20)										80	
4.	Neil Speakman	17	13	27	10									67	
5. (p)	Andrew Scardino	10	17		10	(20)								57	
6.	Ray Barnard	5	5	10	6	(20)								46	
7.	Cain Speakman	20	10	10										40	
8.	Diane Donoghue	(20)	5	5		5								35	
8.	Ken Smith	5	5	(20)		5								35	
10. (p)	Michael Slee (Walk)	5		5	9	9								28	
11.	Susan Walker				10	10								20	
12.	John Becroft	8			5									13	
13.	Graham Edwards		5			5								10	
13.	Jason Rees		10											10	
13.	Kieran Leonard				10									10	

(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

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: 105



Mary & Jallyn

Action photos by Super Mario



TRAIL TIME!

Starting this June, we'll be hitting the trails on the **3rd Sunday of every month** — and you're invited to join the adventure! (*Hobbo's Sanctioned 3rd Party Event*)

 Hobbo's Trail Running Initiative — 2026 Calendar 

★ Special August Date: 4th Sunday

Please note: the August trail run will be held on the 4th Sunday rather than the usual 3rd Sunday (the Annual Cross Country at Newport Lakes is on the 3rd Sunday).

SAVE THE DATES!

-  21 June
-  19 July
-  23 August
-  20 September
-  18 October
-  15 November
-  20 December

 Meeting Time: 8:00 AM

 Location: (Mainly at the) You Yangs Regional Park (details announced closer to each event)

 Everyone is welcome!

-  Fast or slow — various pace groups
-  New or experienced
-  Walkers welcome
-  No one left behind

You definitely don't need to run every hill (unless you want to 😊). We'll have plenty of:

-  Photo stops
-  Snack breaks
-  Walk breaks
-  Good company

We'll have a relaxed **7km – 8km introductory loop**, with options to extend the distance (or start earlier) for anyone chasing a longer adventure.

 Explore • Run • Walk • Chat • Adventure 

Come discover the trails with us!

CAR POOLING

We'll try to coordinate lifts for anyone interested.

WHAT TO BRING

-  Water
-  Snacks
-  Trail-friendly running shoes

Please note:

-  There is only one drinking fountain in the park (near the start point).
-  Toilets are available at the start location, with additional facilities throughout the park.

 Blossm Café Food Truck will be on site opposite the car park from 8:30am–4:00pm for your post-run coffee, meal, or treat!

By CAT MUIR



2026 Trail Calendar

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](#)

Empower Your Health Journey

Relief from pain, injury prevention, and achieving peak performance



84 Douglas Parade, Williamstown

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Hobbos Coaching

With Brian Armstrong, Coaching Co-ordinator



2026 June Coaching update

We are half way through 2026, and have seen some excellent race results and PB's from various club members.

Last month we completed Kieran's Tuesday track series, and have now started Rob's plan for the following 8 week track series.

Melbourne marathon event training started this month, with quite a few engaged in social long runs and doing alternate track sessions.

Sunday Parents & Childrens Session

Wendy Maas has started the Second Term Children and Parents Session. Wendy designed this one, as a Super Heros Theme.

This design idea has attracted many more attendees on a Sunday afternoon, with attendance very high.

I got to runlead a childrens session again as a fill in one week, it was fun, with great attendance. Thank you Wendy who leads this session every Sunday.



Marathon Coaching and Sunday Runs

We recently had quite a few training for various half and full marathons. With the post Covid running boom, there are new endurance and marathon events popping up everywhere.

As a club, the coaching team is well prepared to train any member up to a full marathon, and all you need to do is ask. Any that are in training for any endurance event, please let me know, so we can add you to our regular Sunday long runs group that I lead.

Tuesday Night Alternate Endurance track training

Many will also notice that at Tuesday night track, we sometimes hold a second group session. This is for marathon/endurance specific training and held every couple of weeks (not every), in parallel with our normal track session.

Any that are training for a marathon, feel free to join, or ask me about this.

Runleader Update

This month we caught up with **Luke Beck** at the Junction hotel for a send off. Coach Luke is moving away, so is no longer rostered to runlead any of our future track sessions.



While we are sad that Luke is leaving the area, we are also excited that he has offered to assist and run with any members that head up his way to do the Surf Coast Century runs.

We all thank Luke for his great contribution to the club, assisting our trail runner members, and runleading some of our Tuesday night track sessions.

Runleader Additions

Coaching team would also like to welcome Cain Speakman to the runleader team, as a replacement for Luke. Cain is well known in the club, has a massive sporting background, is a master pacer, and loves the challenge of marathons.

Cain is very friendly and will bring many skills to the greatest club around. You will see Cain at our Tuesday night sessions, and he will add his bio shortly.

We also have Kevin Aldred stepping down from runleading and there is a vacancy if anyone is interested.

How do HBRC track sessions work - What pace should I be running at?

A question asked at the HBRC AGM Meeting.

Initially when Hobbos started, there were two groups on a Tuesday night. The groups were broken into a base training group, and a racing group. Mark Malony (Now Wynfit) was leading the base group, with Eero Keranen leading the advanced group. Members at the time had a choice which group they run with, while also knowing that nearly all in the advanced group were sub 5k runners.

The session were run as distances, instead of time intervals i.e. 6x800 w 60 sec rest. This meant that some members would finish before others.

When Mark and Eero stepped away from runleading and after a couple of us had completed our runleader training in 2019, we decided to change this to interval time based.

By using interval times, everyone could start and finish a session together. It just means that the faster runners would run further than those at slower paces. As this was a win-win, I adopted this in our run sessions from the start. All sessions were then designed with a criteria of meeting the following conditions:

Interval time total from 16minutes to 21 minutes.
Floats and rest periods are added on top of this time.

We try to finish the total session under 45 minutes. This gives us the following time guidelines:
6:15pm warmup stretch/exercises/strides/chat
6:30pm session start
7:00pm session complete
7:00 -7:10pm Maybe a lap or two group chat warm down

The session is mainly over in an hour, which is equivalent for the AM sessions.

All our current session training is based on the adaptive load principal, where the session gets harder as weeks progress, then the week before the Mona is used to adapt the training, in readiness of the Mona session.

The initial session I was designing, started as one of the following series:
16 minute hard effort total intervals 8 week series
18 minute hard effort total intervals 8 week series
21 minute hard effort total intervals 8 week series

These sessions would either be with a static rest or float recovery jog. The start of each series was always easier than the last weeks of the series. This would be done by either incrementing the float recovery time for float sessions, or shortening the rest time week to week for the static rest sessions.

As the years moved on, a couple more coaches engaged to design the sessions, bringing in some great variety, which breaks the monotony.
For example, this year, Kieran changed it up a little to get 18-21 min interval series in a single 8 week series. Either method works fine, provided it progresses, and the member adds a rest week to adapt the training.

We also have a maximum interval time of 5 minutes. Anything over this, does not really cater correctly for 5k runners.
For all our training to work though, we recommend that the week before the Mona is treated as a recovery week (let the body absorb the training).

Some questions we normally get asked.

What pace should I run each interval at?

If the reps are the same interval, i.e. 5x3min, we would expect that a consistent pace is used on the first interval, as the last. A few years back, I was also taking these times (lap speed) and again could use them to judge a fairly accurate 5k parkrun time. I stopped taking these though, when not enough members were providing their lap times after a session.

As a guideline:

We run static rest lap times slightly faster than float recovery session laps.

Static sessions are better for a runner wanting to start again, change a goal time, in that they allow the body to recover, in readiness for the next rep. They also allow you to run faster (larger stride) than your normal 5k pace, and provide a great vo2 session.

Float sessions are better to advance that overall 5k endurance side.

Both are used at various times to benefit a 5k race.

A best guideline to pace times, would be to start with 5-10 seconds faster than your current 5k pace for each timed interval.

If the interval gets smaller, then go just a tad faster. If the interval is longer, just go a tad slower.

When running static rest sessions, you would normally run about 5-10 seconds per km pace faster than the same distance of a float session.

5 seconds as a pace time, equates to 2 seconds for each lap. i.e. 2.5 laps is 1km, 2.5 x 2 seconds = 5 sec total.

As there are various differences with fitness times within our club, these values are only a base to work off.

Remember that when running our track sessions, finish the last interval at about the same pace (or equivalent for distance) as the first interval.

If you have difficulty finishing off with an equivalent pace, or just feel too exhausted, then you are going out too hard, which doesn't provide the best benefit of a training session.

Next Month, I will include further details on the Mona Fartlek and pacing.

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

Our 2026 Runleaders:

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

Anna Bovdis – Tuesday night track & Thursday night hills

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

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

Cain Speakman – Tuesday night track

Cat McRae – Yoga instructor, Tuesday morning/night track, Thursday morning/night hills

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

Kevin Aldred – Tuesday night track, Thursday night hills

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

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

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

Peter Buissink – Tuesday night track, Handicap run director

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

Sarah Lowe – Tuesday night track, Thursday morning hills

Tamara Petrov – Yoga, Tuesday morning track

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

Terry Pearce – Tuesday night track, NPL Sunday long runs

Will McKenzie – Tuesday night track & Thursday night hills

Wendy Maas – Parents & Childrens Sessions

Coaching team tip for the month:

‘Try adding in some long runs on the weekend, and observe the results you get for smaller races. Endurance runs help with shorter distances as well.’

Thank you all.

2026 Coaching Co-ordinator & Head Coach

Brian Armstrong



HILLS





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:

SPORTSPower 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 June handicap is #370

How many have you done?

