



**Di Does It
Three Times - The Charm**

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Industrial Beauty by Cain Speakman

Forthcoming Events

Sat	1st Aug	parkrun - Woodlands Historic Park
Sun	6th Aug	Hobbos XC Newport Lakes, 8am, BBQ
Mon	10th Aug	Committee Meeting, 7:30pm, Zoom
Sat	29th Aug	Hobbos Handicap & morning tea
Sat	12th Sept	XCR Tan Relays

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



If this issue feels a little different it is because the editing has been shared between **Clare Beaumont** and yours truly. After spending some time with me this week publishing the July issue, Clare is still keen to take on the task (she must be mad!), however, I know that our little newsletter will be in very good hands. Thank you so much Clare (in the picture Clare is the rose between...).

This issue also welcomes **Brad & Renee** of **The Running Company, Yarraville**, as a new sponsor of the Hobsons Bay Running Club. We hope that the association is a long and valuable one for all.



The July issue has results from the Calder XCR teams event thanks to **Magnus Vaisnys**; all the coaching news thanks to **Brian Armstrong**; results from the June Handicap including progress tables for the GC & TJs, thanks to **Mick Beasley**.

Victoria Harritos shows how she uses the Stack Team App. **Terry Pearce** tells us who 'won the chockies' at his Trivia Night of Nights.

To sign the petition, follow the campaign and spread the word on **LIGHT UP NEWPORT TRACK** turn to page 6.

And if you are at a loose end on Saturday 1st August, why not try some **parkrun Touristing** with the Hobbos of course...see page 11. Otherwise...

"See you at the start line. 7:40am (or earlier) avoids the queue for handicap #371".



Jogging with Jimmy



It's been another big month for the Hobbos, with plenty happening both on and off the roads.

One of the most significant developments has been the launch of the **Light Up Newport Track** campaign (details p6). Working alongside Williamstown Athletic Club and Williamstown Little Athletics Club, we're exploring design and funding solutions to bring lighting to the Newport Athletics Track.

This project is about much more than infrastructure. Improved lighting will enhance safety, increase accessibility, and create a more inclusive environment for the diverse range of athletes, runners, and families who use the facility throughout the year.

This is an important opportunity for all three clubs, and we'd love to see strong support from our members. If you haven't already done so, please join the almost 500 people (at the time of writing) who have signed the petition. You also have an opportunity to leave a comment about why installing lights is important to you. Every voice helps demonstrate the value of this project to the broader community.

members that this outcome was the result of knowledge, teamwork and skill, and had absolutely nothing to do with executive privilege. Be sure to keep an eye out for the **pub catch-up** on the last Friday of July.

We were also fortunate to have Brian host a **Garmin and Strava Workshop**. Members gained valuable insights into getting the most out of their devices and training platforms, while special guest Nathan Pearce showcased some of the latest Garmin products and features. It was a fantastic opportunity to learn, ask questions, and perhaps even justify a future watch upgrade.



The club's enthusiasm for **parkrun touring** continues to grow, with a strong contingent making the trip to Kirkdale Reserve parkrun. The scenic course along the Merri Creek Trail provided a terrific backdrop for the morning, and it was fantastic to see plenty of Hobbos red out on course. Importantly, the tradition of post-run coffee remained intact, with many members gathering afterwards at CERES Café to refuel and catch up.

Our **Sunday morning runs** continue to build momentum and are becoming an increasingly popular fixture on the club calendar. The introduction of dedicated 5:00 and 5:30 pace groups has provided excellent options for members looking to build endurance alongside runners of similar pace. Thanks to Brian for coordinating these sessions and keeping everyone informed through the weekly updates. If you haven't joined one yet, keep an eye on the posts and come along.

Congratulations to **Diane Donoghue, winner of the June Handicap**. The handicap remains one of the great traditions of our club, rewarding consistency, commitment, and smart pacing. Well done, Diane, on a terrific result.

We also had several members out on the roads

On the social front, our annual **Trivia Night** was a great success. A huge thank you to Terry and the social team for all the work that goes into organising these events. They make a tremendous contribution to the spirit and culture of the club. Coincidentally, the Club President also found himself on the winning team. I can assure



for **Run Melbourne**. It was a beautiful, crisp morning to run past all the Melbourne landmarks in the early dawn light. Congratulations to all who finished and achieved personal success.

Looking ahead, don't forget our **Winter Cross Country at Newport Lakes** on Sunday 16 August. It's another of our great club traditions and the perfect opportunity to put those Thursday hill sessions to good use. Whether you're racing hard or simply coming along to enjoy the atmosphere, we'd love to see a strong turnout from

across the club.

Thanks to everyone who continues to make Hobbos such a welcoming and vibrant community. Whether you're training, volunteering, racing, coaching, organising events, or simply encouraging others, your efforts help make the club what it is.

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

Hobbos Winter XCR

Newport Lakes, 16th August, 8am

- **3 km course - 2 laps - fully marked**
- **Handicap & timed event**
- **BBQ Breakfast**
- **More details - Facebook**
- **Lakes Drive (off Mason St)**



LIGHT UP NEWPORT TRACK



SAFER. STRONGER. TOGETHER.

Support sports lighting at
Newport Athletics Track.

Better lighting. More opportunities.



SAFER TRAINING

Improve safety for
athletes, walkers
and our community.



MORE OPPORTUNITIES

Extend training hours
for athletes, schools
and local clubs.



HEALTHIER COMMUNITY

Encourage active
lifestyles and
better health.



FOR EVERYONE

A space for athletes,
families, seniors,
and all abilities.



SUPPORT OUR FUTURE

Investing in our
community today
for tomorrow.

SIGN THE PETITION AND HELP LIGHT UP NEWPORT TRACK!

Sign the Petition

Scan the QR code to sign our
petition on Change.org.
Every signature helps!



PLEASE ADD A COMMENT
TELL US WHY LIGHTING
IS IMPORTANT TO YOU.



Follow on Instagram

Follow our campaign for
updates, news and ways
to get involved.



LIGHTUPNEWPORTTRACK

Like on Facebook

Like our Facebook page and
help us spread the word
across our community.



Light Up Newport Track



TOGETHER, WE CAN LIGHT UP NEWPORT TRACK

*Thank you for
your support!*



On Friday the 17th of July 2026, 48 players, 6 teams, and a combined IQ of, well, um, we'll keep that to ourselves, tested their grey matter against 60 well-constructed trivia questions. Who would triumph? Who would fail miserably? No, they weren't the questions I was talking about. The questions were about Geography, Animals, Sport, General Knowledge, Science & Nature, and finishing with Movies.

The night was hosted by the trivia master Terry and his gorgeous assistant Leanne. It was a night full of blank looks, head scratching, whispering, fun, laughter and cheers. But who would take home the chocolates? No, that's still not one of the trivia questions.

During the evening there was one table in particular that seemed to be far noisier than the rest (not naming names, but I think Ash and Rory were somewhere near). And when it came to swapping answer sheets to be corrected, the concept of table 1 exchanging with table 2, table 3 changing with table 4 and table 5 changing with table 6, was clearly not adhered to, by one of those noisy people on table 4 (was it Rory?), who changed their answer sheet with every other table except table 3. Leanne had to speak firmly to him and draw him back into line.

After a closely fought contest, table 3, Jimmy and the Williams family, did take home the chocolates with a score of 46, second went to the naughty table 4 with 40 points.

Thanks to everyone who came along and made it a fantastic night.

MC & Master of Trivia, Terry Pearce



Calder Park Relays 2026

Hobbos Team Rankings

Division	Runner	Time	Team Time	Average per runner	Division Placing
WesternA M1	Nathan Pearce	22:24	02:11:29	21:55	3rd/10
1	M5 Riain Casey	26:26	01:47:47	26:57	5th/14
	Magnus Vaisnys	27:54			
	Steve McSweeney	25:30			
	Waylyn Turner	27:57			
Geelong F1	Maryanne McSweeney	27:39	02:20:35	28:07	9th/10
Ballarat M40	Andy Grant	28:06	01:24:26	28:09	2nd/7
WesternA M5	Nick Tavendale	28:22	01:52:44	28:11	7th/14
2	M6 Jimmy Dwyer	28:10	01:54:30	28:38	2nd/10
	Ethan Orme	26:39			
	Mick Williams	30:11			
	Gareth Coakley	29:30			
3	M6 Kevin Mahon	27:54	01:57:17	29:19	5th/10
	Greg Weston	26:55			
	Tony Smith	29:50			
	Ashley Sandison	32:38			
4	F4 Rae Carter	27:57	01:28:14	29:25	3rd/8
	Camilla Briggs	29:03			
	Laura Lafferty	31:14			
WesternA F2	Abby Speakman	30:47	02:00:17	30:04	6th/10
5	M7 John Gray	30:45	02:11:13	32:48	7th/14
	Will McKenzie	33:11			
	Fang Chen	35:20			
	Andrew Orme	31:57			
W'town M5	Aidan Keranen	38:25	02:13:46	33:27	13th/14
6	F5 Lisa Do	39:50	01:46:48	35:36	3rd/14
	Sarah O'Neill	32:53			
	Hannah Casey	34:05			
7	F40 Clare Beaumont	33:37	01:48:33	36:11	4th/5
	Linda Viberg	39:46			
	Shannon Cooper	35:10			
8	M50 Shane Adams	33:54	01:53:36	37:52	8th/9
	Mark Letman	34:51			
	Melissa Rutze	44:51			
9	M60 Tony Whittaker	37:14	01:53:50	37:57	8th/10
	Peter Whyte	40:34			
	Terry Pearce	36:02			
10	M60 Rene Rutze	37:49	02:08:55	42:58	9th/10
	Neil Speakman	38:43			
	Eero Keranen	52:23			

Individual Rankings

Division	Runner	Time
M1	Nathan Pearce	22:24
1	M5 Steve McSweeney	25:30
2	M5 Riain Casey	26:26
3	M6 Ethan Orme	26:39
4	M6 Greg Weston	26:55
	F1 Maryanne McSweeney	27:39
5	M6 Kevin Mahon	27:54
6	M5 Magnus Vaisnys	27:54
7	F4 Rae Carter	27:57
8	M5 Waylyn Turner	27:57
	M40 Andy Grant	28:06
9	M6 Jimmy Dwyer	28:10
	M5 Nick Tavendale	28:22
10	F4 Camilla Briggs	29:03
11	M6 Gareth Coakley	29:30
12	M6 Tony Smith	29:50
13	M6 Mick Williams	30:11
14	M7 John Gray	30:45
	F2 Abby Speakman	30:47
15	F4 Laura Lafferty	31:14
16	M7 Andrew Orme	31:57
17	M6 Ashley Sandison	32:38
18	F5 Sarah O'Neill	32:53
19	M7 Will McKenzie	33:11
20	F40 Clare Beaumont	33:37
21	M50 Shane Adams	33:54
22	F5 Hannah Casey	34:05
23	M50 Mark Letman	34:51
24	F40 Shannon Cooper	35:10
25	M7 Fang Chen	35:20
26	M60 Terry Pearce	36:02
27	M60 Tony Whittaker	37:14
28	M60 Rene Rutze	37:49
	M5 Aidan Keranen	38:25
29	M60 Neil Speakman	38:43
30	F40 Linda Viberg	39:46
31	F5 Lisa Do	39:50
32	M60 Peter Whyte	40:34
33	M50 Melissa Rutze	44:51
34	M60 Eero Keranen	52:23



Tony Whittaker & Andy Buchanan



Greg Weston & Ethan Orme



CALDER XCR TEAMS EVENT

By
Magnus
Vaisnys

"He didn't slam you, he didn't bump you, he didn't nudge you. He rubbed you, and rubbin' son is racin'" Harry Hogge, Days Of Thunder

The athletics Victoria XCR series moved to Calder Park for the first time and a strong contingent of Hobbos was assembled and ready for action. While it's been many years since the NASCAR graced the Thunderdome, all were excited to run around the cauldron and maybe try running up the 60-degree banks just for fun. The venue famously hosted Guns and Roses in 1993 and while this event couldn't match that for noise the colour and energy was infectious.

34 Hobbos donned our colours with pride with a few other members representing other clubs. Under perfect blue skies, Calder Park proved to be a novel and challenging course especially with a deceptive breeze. An even bigger challenge was getting in and out of the venue with a great amount of athletes and supporters causing a big queue up the freeway.

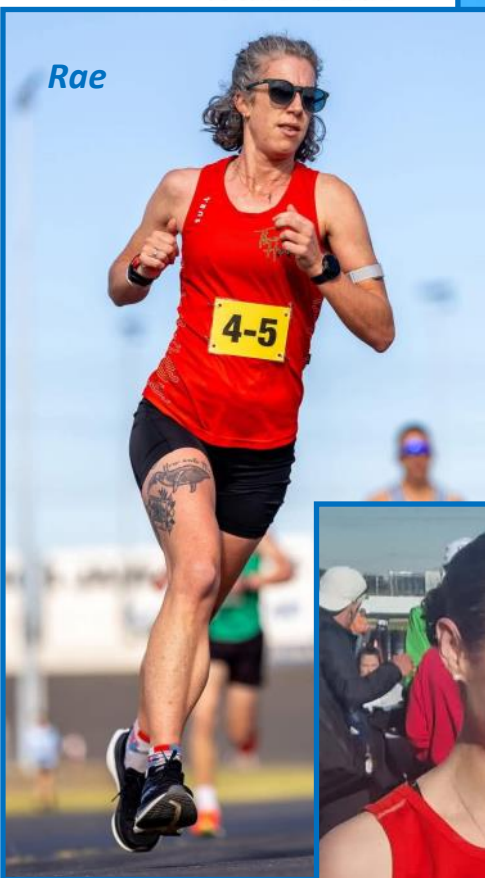
It was a sight to see Jimmy and Kevvo together on the front of the men's division 6 field as they led the way into the ThunderDome. We batted deep, with 10 teams entered in all competitions.

While friendship and camaraderie was the name of the game it was worth noting some unbelievable team and individual performances through the day.

Podiums for a stacked Men's Division 6 team of Jimmy, Ethan, Mick and Gareth claimed second, while the B team of Kevvo, Greg, Tony and Ash came 6th in that grade while an excellent lineup of Rae, Camilla and Laura finished 3rd in the Women's Division 4 comp.

Fastest time of the day for the Hobbos was Steve McSweeney with a brisk 25:30 for the 7.2km course. Rae Carter posting a brilliant time of 27:57 to help her team to the podium. Hobbos members, Nathan Grant and Maryanne McSweeney ran excellent times for their athletics clubs.

Once again a huge thanks to John Gray the chief organiser and selector. To herd that many cats is a great effort.



Rae



Kevin, Clare & Jimmy



Camilla, Rae & Laura

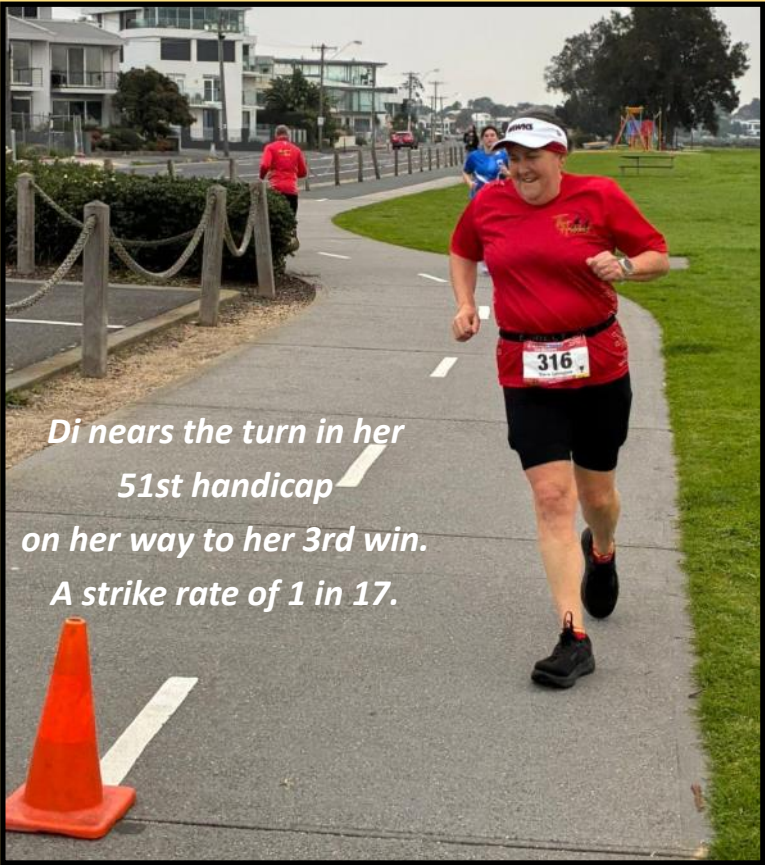


June Handicap

By Mick Beasley from his Facebook post

Conditions were cool and still, and obviously good for fast times. No fewer than nine eligible runners beat the 50m time, and plenty of ineligible ones as well. There are going to be some "interesting" adjustments for next month. Several others were pretty close to the 50m time but on the right side - those people can sleep a little more comfortably...

Diane Donoghue took out the win, followed by **Mike Newby** and **Karli Smith**. Other interesting results were **Ken Smith** in 6th place, and while he was well off his AGPB, it was his best time for nearly a year by over 30s. Magnus took out the fastest time of the day with a 2s PB, while Caitlin Almering turned in a 5m PB - if she keeps this up she'll be a record marathon pace in another three handicaps or so...



Di nears the turn in her 51st handicap on her way to her 3rd win. A strike rate of 1 in 17.



Di receives her Kenyan Egg



2nd Mike Newby



3rd Karli Smith and new Greenwich Cup leader

*Photos by
Cain
Speakman*

Hobbos Handicap June 2026- 370th Running

Pos	Name	Finish	Elapsed	vs AGPB	vs PB	Split 1	Split 2
Greenwich Cup							
1	Diane Donoghue	49:20	32:20	1:13	1:57	16:28	15:52
2	Mike Newby	49:36	23:16	-0:08	0:03	11:47	11:29
3	Karli Smith	49:41	24:16	-0:29	-0:29	12:07	12:09
4	Linda Viberg	49:45	26:30	-0:27	-0:23	13:26	13:04
5	Sarah Lowe	49:50	24:10	-0:05	0:18	12:11	11:59
6	Ken Smith	49:50	45:50	3:33	23:22	23:12	22:38
7	Jane Whitmore	49:57	25:12	0:26	2:04	12:36	12:36
8	Shane Adams	49:58	22:43	-0:42	-0:42	11:31	11:12
9	Will McKenzie	49:59	22:49	0:08	0:08	10:56	11:53
10	Magnus Vaisnys	50:01	18:46	-0:06	-0:02	9:21	9:25
11	Brian Armstrong	50:04	19:34	0:03	1:25	9:46	9:48
12	Eero Keranan	50:07	26:52	-0:03	10:39	13:18	13:34
13	Michael Musgrove	50:12	40:17	0:05	5:02	20:11	20:06
14	Tara Fairbrother	50:18	28:58	0:09	0:09	15:03	13:55
15	Angela Schmerl	50:22	26:22	-0:13	-0:13	13:08	13:14
16	Ray Barnard	50:44	33:44	6:55	11:32	16:31	17:13
17	Jimmy Dwyer	50:59	19:34	0:54	0:54	9:34	10:00
18	Belinda Fithie	51:17	31:07	2:40	3:33	15:33	15:34
19	Peter Whyte	51:29	28:09	1:44	2:11	14:15	13:54
20	Waylyn Turner	51:31	19:16	1:19	1:19	9:21	9:55
21	Karen Hayes	51:36	27:21	2:00	2:18	13:45	13:36
22	Helen Haralambous	51:43	36:33	1:45	2:12	18:35	17:58
23	Rob Falloon (Walk)	52:07	39:07	4:31	5:02	19:33	19:34
24	Graham Edwards	52:47	50:47	2:22	14:33	25:29	25:18
25	Victoria Haritos	52:51	32:36	2:11	2:35	16:38	15:58
26	John Becroft	57:33	57:33	6:22	33:21	28:33	29:00

Guests

1	Ivy Kaye		32:37	3:07	3:07	15:13	17:24
2	Max Birch		33:31	0:00	0:00	15:10	18:21

Ineligible

1	Matthew Vandervalde		20:10	0:00	0:00	9:54	10:16
2	Adam Weatherhead		20:39	0:00	0:00	10:18	10:21
3	Peter Parks		21:41	2:21	3:38	10:52	10:49
4	Mario Valastro		22:28	2:03	2:13	11:13	11:15
5	Naomi Howe		23:00	0:17	0:17	11:28	11:32
6	Mark Letman		23:17	1:05	1:26	11:48	11:29
7	David Butler		23:21	-1:07	-0:56	11:49	11:32
8	Matilda Haas		24:44	0:00	0:00	12:23	12:21
9	John Horan		26:33	2:38	2:57	13:01	13:32
10	Sarah Trigger		27:03	-3:34	-3:34	13:57	13:06
11	Jarvis John		27:55	2:42	2:42	13:38	14:17
12	Caitlin Almering		28:58	-5:10	-5:10	15:00	13:58
13	Elizabeth Payne		29:56	0:00	0:00	15:06	14:50
14	Phoebe Almering		31:41	-4:52	-4:52	15:42	15:59

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



🏃🚗 HOBBS PARKRUN TOURISTING – AUGUST EDITION! 🚗🏃

This month, we're heading to **Woodlands Historic Park parkrun** in Greenvale—join us for a great morning out with the Hobbos crew!



Date: Saturday 1st August



Location: Woodlands Historic Park, Woodlands Homestead, Woodlands Dr, Greenvale VIC 3059



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

The course starts just behind the historic Woodlands Homestead and is a single loop through the park, entirely on closed gravel trails. Expect a scenic run through natural bushland, with a short grassed incline to keep things interesting as you head toward the finish. Woodlands Historic Park is also home to **Living Legends: The International Home of Rest for Champion Horses**.



A beautiful setting with plenty of space and fresh air—perfect for runners, walkers and volunteers alike.

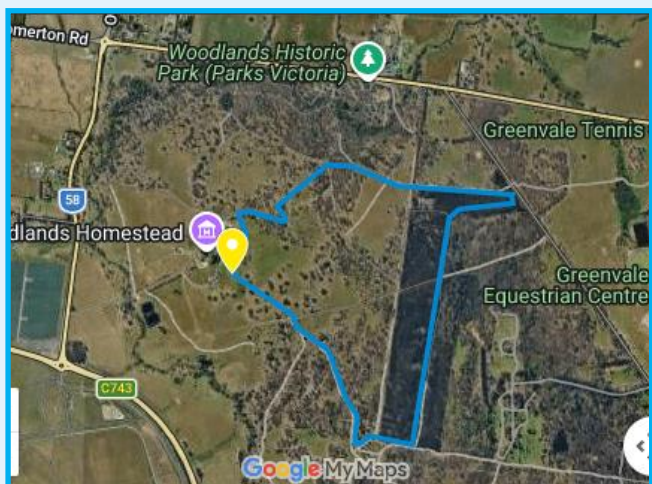


Post-parkrun: We'll head to **Living Legends Homestead Café** (right by the start/finish) for a relaxed coffee and brekkie.



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

All welcome - come along for the run, the views, and the great company!



medibank
presents
parkrun



From the Handicapper - The Cups

Greenwich Cup standings have been updated.

Karli Smith is the new leader, ahead of defending champion **Eero Keranen**. **Tara Fairbrother** is third, and **John Gray** fourth (and leading the Ted Joy).

With six events to go, and best eight for the year to count, at this stage of the year the best three or best four totals begin to show who is likely to be in contention for podium positions. Karli still leads the pack, however **Dean Crowley** and **Brian Armstrong** have joined Eero as challengers, with **Michael Musgrove**, **Linda Viberg** and Tara snapping at their heels. But to complicate the picture, Tara, Michael and Linda have done their mandatory assist, the others have yet to do so.

The Ted Joy Cup is lead by John, Brian and Michael with **Cain Speakman** and **Neil Speakman** chasing. I do not know the collective noun for Speakmans - suggestions welcome!



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.	Karli Smith	10	10	22	31	28	30							131	n	9	9
2.	Eero Keranan	10	10	26	29	26	21							122	a	111	131
3.	Tara Fairbrother	(20)	5	17	32	24	17							115	n	15	15
4.	John Gray	19	16	12	11	31	(20)							109	e	121	121
5.	Dean Crowley	6	21	29	25	27								108	n	8	8
6.	Brian Armstrong	29	27			25	21							102	e	60	60
7.	Linda Viberg	6	18	(20)	28		29							101	n	9	9
8.	Sarah Lowe	10	5	14	18	25	28							100	n	29	29
9.	Michael Musgrove	29	31	(20)			19							99	e	277	277
10.	Magnus Vaisnys	31	(20)	6	10		23							90	n	9	9
11.	Neil Speakman	17	13	27	10		(20)							87	e	40	40
12.	Jimmy Dwyer		30	10	10	17	8							75	n	25	25
13.	Peter Buissink (Walk 2.5km)	(20)	10	10	10	(10)	(10)							70	n	3	82
14.	Belinda Fithie	5	13	16	(20)	9	5							68	n	29	31
15.	Anna Bovdis	18	6	16	7	(20)								67	n	18	18
16.	Will McKenzie	(20)	(10)	10			22							62	n	7	7
17.	Lois Speakman (2.5km)	(20)	10	10	10	(10)	(10)							60	n	4	15
17.	Cain Speakman	20	10	10		(20)								60	e	44	44
19.	Helen Haralambous	10	5	13	24	5								57	n	17	17
19.	Andrew Scardino	10	17		10	(20)								57	n	33	33
19.	Melissa Rutze	8	24	5	(20)									57	n	21	21
22.	Shane Adams		10	10	10		25							55	n	4	4
22.	Diane Donoghue	(20)	5	5		5	20							55	e	51	51
24.	Philippe Delecheneau	6	17	24		6								53	n	29	29
25.	Jane Whitmore				10	(20)	21							51	a	40	40
25.	Ray Barnard	5	5	10	6	(20)	5							51	e	102	102
27.	Ken Smith	5	5		(20)	5	15							50	e	221	221
28.	Mario Valastro	8	9			(20)	10							47	n	17	17
29.	Rob Falloon (Walk)	(20)	5	5	5	5	5							45	n	16	108
29.	Helen Vaxevanis	20		8	17									45	n	19	19
31.	Mike Newby	5			8		31							44	n	9	9
32.	Savannah Scardino	10	10		10									40	n	10	10
32.	Mary Wong		(20)		10	10								40	n	2	2
32.	Mick Beasley				(20)	(10)	(10)							40	a	47	50
35.	Graeme Dewerson				10	29								39	n	32	32
36.	Angela Schmerl				10	10	18							38	n	4	4



Hobbs 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.	Cat McRae	5	(20)		13										38	n	10	10		10	
38.	Waylyn Turner			10	10	10	5								35	n	5	5		5	
39.	William Hart	5	11	18											34	n	8	8		9	
40.	Anastasia Aldred	32													32	n	19	19		20	
40.	Kevin Aldred	12			(20)										32	n	22	22		23	
42.	Elise Hardiker	11					(20)								31	n	13	13		13	
43.	Harry Scardino		10		10	10									30	n	7	7		7	
43.	Matt Loader	10		11		9									30	n	25	25		25	
43.	Victoria Haritos (walk 2.5km)		(20)		10										30	n	1	1		1	
43.	Stuart O'Neill	(20)		(10)											30	n	10	10		10	
47.	Michael Slee (Walk)	5	5	9	9	9									28	p	37	37		182	
48.	Michael Williams		5	5	5	11									26	n	13	13		13	
49.	Karen Hayes	10	8				5								23	n	12	12		12	
50.	Naomi Howe			10	10		10								20	n	3	3		3	
50.	Peter Parks			10	10		10								20	n	9	9		9	
50.	David Butler	10					10								20	n	9	9		9	
50.	Sarah Trigger	10					10								20	n	3	3		3	
50.	Hannah Casey				10	10									20	n	2	2		2	
50.	Ilidko Plaganyi				10	10									20	a	50	50		50	
50.	Susan Walker				10	10									20	e	147	147		147	
50.	Tony Whittaker				10	10									20	n	2	2		2	
50.	Jessica Crowley		10		10										20	n	2	2		2	
50.	Mila Williams		10	10											20	n	3	3		3	
50.	Shane Eager			10	10										20	n	2	2		1	
50.	Ethan Orne	10		10											20	n	3	3		3	
50.	Rene Rutze	10		10											20	n	3	3		3	
50.	Bronwyn Rowleson			(20)											20	n	25	25		25	
50.	Greg Weston				(20)										20	n	1	1		1	
50.	Mary Ellen		(20)												20	n	0	0		0	
50.	Rae Carter						(20)								20	n	0	0		0	
67.	John Becroft	8		5		5									18	e	214	214		216	
68.	Graham Edwards		5			5	5								15	e	158	158		158	
68.	Lauren Scardino		10			5									15	n	7	7		7	
70.	Jac Wainwright			8		5									13	n	17	17		17	
71.	Adam Weatherhead						10								10	n	1	1		1	
71.	Caitlin Almering						10								10	n	1	1		1	

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
71.	Elizabeth Payne						10							10	n	1	1
71.	Jarvis John						10							10	n	1	1
71.	John Horan						10							10	n	1	1
71.	Mark Letman						10							10	n	1	1
71.	Matilda Haas						10							10	n	1	1
71.	Matthew Vandervalde						10							10	n	1	1
71.	Phoebe Almering						10							10	n	1	1
71.	Peter Whyte			5	5		5							10	n	23	23
71.	Victoria Haritos			5										10	n	3	3
71.	Daniel Garabilis					10								10	n	1	1
71.	Jallyn Bigarelli					10								10	n	1	1
71.	Kevin Mahon					10								10	n	1	1
71.	Kyla Ballard					10								10	n	1	1
71.	Mark White					10								10	n	1	1
71.	Nicholas Doidge					10								10	n	1	1
71.	John Horan (Pram)				5	5								10	n	7	17
71.	David Walker (Walk)		5			5								10	n	13	118
71.	Fang Chen													10	n	1	1
71.	John Ayton				10									10	a	62	63
71.	Katrina Lange				10									10	n	27	27
71.	Kieran Leonard				10									10	e	81	84
71.	Macy Parks				10									10	n	1	1
71.	Melanie Griffin				10									10	n	8	8
71.	Michael Buttigieg				10									10	n	1	1
71.	Tam Petrov				10									10	n	3	3
71.	Andrew Orne			10										10	n	1	1
71.	Evelyn Orne			10										10	n	2	2
71.	Kieran Leonard (Pet)			10										10	n	3	84
71.	Brynn Turner		10											10	n	1	1
71.	Fang Chen (Missed Turn)		10											10	n	1	1
71.	Freya Rees		10											10	n	20	20
71.	Jason Rees		10											10	e	43	46
71.	John Danaher		10											10	n	10	10
71.	Lisa Do		10											10	n	1	1
71.	Matt Wood		10											10	n	1	1
71.	Olly Rees		10											10	n	21	24



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
71.	Susan Walker (Walk)		10											10	n	1	1
71.	Ashley Sanderson	10												10	n	16	16
71.	Gaye Crichton	10												10	n	3	3
71.	Kaia Morris	10												10	n	12	12
71.	Vanessa Coutts	10												10	n	23	23
114.	Ron Van der Heide			5										5	n	7	7
114.	Simone Trigger	5												5	n	4	4

Hobbos Greenwich and Ted Joy Cups 2026

Current Standings - Ted Joy Cup

Place	Name	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Best Eight
1.	John Gray	19	16	12	11	31	(20)							109
2.	Brian Armstrong	29	27			25	21							102
3.	Michael Musgrove	29	31	(20)			19							99
4.	Neil Speakman	17	13	27	10		(20)							87
5.	Cain Speakman	20	10	10			(20)							60
6.	Diane Donoghue	(20)	5	5		5	20							55
7.	Ray Barnard	5	5	10	6	(20)	5							51
8.	Ken Smith	5	5		(20)	5	15							50
9. (p)	Michael Slee (Walk)	5		5	9	9								28
10.	Susan Walker				10	10								20
11.	John Becroft	8			5		5							18
12.	Graham Edwards		5			5	5							15
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: 14

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](#)

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Hobbs Coaching

With Brian Armstrong, Coaching Co-ordinator



2026 July Coaching update

We are now passing the mid-way mark through winter, so only a few more weeks of these chilly mornings.

I am not sure about you, but it takes an extra hard effort to get out for an early morning chilly run this time of year.

However, as any endurance runner will know, it's a must do with some training plans that run over months.

Quite a few are training for Sydney, Melbourne, and even Geelong marathons, plus various Ultra's, so up early it is.

It is great seeing the commitment, with comments on Strava like, 'only a little soaked', 'fighting the wind', 'navigating through the fog', and 'frozen run'.

Remember that we are randomly running a few high end tempo alternative sessions on some Tuesday nights for marathon and endurance training. Anyone that wants further information, please check Teams App or contact me.

We also led a Garmin and Strava workshop. I decided to set one up to cover some short-falls that I noticed in the club. Mainly with sharing and using workouts, maps, Garmin watch emergency configuration, plus connecting Strava to AI.

We were very fortunate enough to also have Nathan Pearce attend from Garmin. In the workshop, we went over the topics, with Nathan providing additional information on the latest offerings, software, and a great showcase of watches.

The 2 hours was enough to give everyone who attended an insight into what is available, with some play, but we could have done with some more time to reinforce it all.



Garmin & Strava info night

We had around 17 attend, with documents emailed for later reference. Anyone that missed out, please contact me if you would like a copy of the presentation notes.

We also started advertising a 5:30 pace long run group for Sunday morning 6:30 am start at the Gate-

house, and had some great numbers. Hopefully this group will grow, as we look at slower pace groups in the near future.



Things you see on Sunday Runs...

While Tuesday morning and evening track numbers are very solid, the Thursday AM & PM hills are a lot quieter this time of year. I suspect it may be due to lighting and running along tracks, but we do check that each hill is safe prior to the session.

As mentioned last month, I have included information on the best way to tackle the Mona Fartlek, and why we use that session.

Next month, I will add some information on Coopers 12, which is another great session to measure performance advancement and also give a rough vO2 result.

The Mona Fartlek Session is:

2x90, 4x60, 4x30, 4x15, with an equal float on the end of each interval.

This equates to 10min hard running and 10 minutes float, for a total of 20min solid running.

It is a great session that was designed by/for Steve Moneghetti and is used widely throughout Australia. While there are variations of the 'Mona' you can be assured that the session is the same wherever you run this, when the Mona is listed, and doesn't include any footnote on variations.

For those wondering why Hobsons Bay Running Club use the Mona at the end of each 8 week series, it is because we use it as an measuring tool. I added it to the end of any of our series, simply to get one great hard session, while also providing a measure for improvement and advancement.

Years past I was taking each persons Mona distance and using it to compare series over series. Based on the outcome, I could also closely predict a members parkrun time at one of our three local parkruns. You

can do the same, by simply noting it down after each time, or adding Mona to Strava heading for a simple back search.

Sometimes coaches are asked, what pace should this sessions be run at, so for the Mona I will specify an easy guideline.

Simply start at a pace 5 - 10 seconds faster than your recent 5k race pace, and take off 5 seconds as each of the intervals time period adjusts. It is also important to run each of the same period intervals at the same pace, and not drop off on the last of them. ie.

90 second intervals - slightly faster than your 5k race pace

60 second intervals - a bit faster again

30 second intervals - faster again

15 second intervals - your fastest

I have deliberately not referenced a pace above, simply because everyone has a different 5k time, so basing it off a known point is best. Instead, I have created a simple, chart below as a reference for a few 5k times. If you are in between any of these, simply estimate the between to get your best starting target pace.

20min runner: 4:00min/km race pace over 5k

90' - 3:55 pace

60' - 3:50pace

30' - 3:45 pace

15' - 3:40 pace

25min runner: 5:00min/km race pace over 5k

90' - 4:55 pace

60' - 4:50 pace

30' - 4:45 pace

15' - 4:40 pace

30 min runner 6:00min/km race pace over 5k

90' - 5:55 pace

60' - 5:50 pace

30' - 5:45 pace

15' - 5:40 pace

***** All floats approximately 1minute slower than the 15 second hard pace for perfection.**

As you can see from the above chart, we go slightly faster as the session goes on (progressive), and mainly because the intervals are shorter. While everyone is different, if you use the above as a guideline, and then adjust from there based on effort, you will know when you have the best pace for you.

On a Garmin watch, each lap can be timed simply by pressing the bottom right button. If this is pressed each time while going over the start line, you will see your lap time.

For converting pace to laps, we can use the following formula.

Ex: 3min 50sec pace:

$((\text{Min} \times 60\text{sec}) + \text{remaining sec}) / 2.5\text{laps}$

$((3 \times 60) + 50) / 2.5$

$= (180 + 50) / 2.5 = 92 \text{ second laps}$

Also for 4min pace, this would be 96 second laps.

Remember that this is only a guideline, as once you run the session a few times, you will know by feel. You can also experiment on how fast you run the floats.

Some run the floats faster as they get fitter and leave pace the same, which achieves a similar benefit, but doesn't provide the same recovery. Both methods work well.

Well, that's it for this month. Stay fit and run strong, what a great club we have.

As always, if there is a need for training assistance, please reach out to one of the great coaching 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 (L1 Training soon)

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 (Back in a few comnths)

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

Magnus Vaisnys- Tuesday track (L1 training soon)

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: ***'If you haven't tried a hill session, give it a go. We all run at our own paces, and hill work makes us stronger and faster'***

Thank you all.

2026 Coaching Co-ordinator & Head Coach

Brian Armstrong

How I use the Hobbos Stack Team App

By Victoria Harritos



You will have seen the email from our Hobbos President Jimmy Dwyer regarding this free app which the Club is using for communication with members. His email had detailed instructions for downloading and getting it active. The app has significant advantages for directly connecting with members and is inclusive of folks not on social media.

Here's a brief note about what I'm using it for:

All Club **Training and Events** are listed chronologically. There is a button to RSVP for attendance which both helps me commit to going and it alerts the Run Leaders/Coaches as to how many to expect to turn up.

The **Home Runs Newsletter** is available here which is handy for those not on social media though reading it on the phone is another challenge; you can send it elsewhere to read.

Chat function is great for raising questions, giving feedback to the Club, asking for suggestions etc especially for those not on social media. We haven't made great use of it yet so here is your chance.

Schedule and **Teams** functions are useful for organising and notifying competitors in non-Club events such as Athletic Victoria Relays.

As the Stack Team app is free it comes with advertisements. At first, I put up with them but then decided to pay the developers \$5 per annum so I can use it ad-free (straightforward to arrange in your Settings).

Victoria #423





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:

Brad & Renee from The Running Company - Yarraville (77a Anderson Street)

Abby Speakman from Symmetry Physiotherapy Williamstown (84 Douglas Parade)

Join us for Regular Group Training Sessions and Social Runs

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

Join us for Regular Handicap Competitions, which suit all abilities

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

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

Website: www.hobbos.org.au

Email: enquiries@hobbos.org.au

The July handicap is #371

How many have you done?

