



CAIN CLAIMS THE EGG





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Editor: Clare Beaumont

Handicap Reporter: Michael Slee

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Ted Joy and John Condon

Life Members

Geoff & Barb Wells, Mark Maloney,

Eero Keranen, Peter Buissink, John

Condon, John Gray, Michael

Musgrove & Ted Joy

Email

enquiries@hobbos.org.au

newsletter@hobbos.org.au



FORTHCOMING EVENTS

- Saturday 29 August - Monthly Handicap - Greenwich Reserve
- Saturday 5 September - parkrun - Coburg Lake Reserve
- Saturday 12 September - AV Tan Relays
- Sunday 13 September - Maribyrnong River Run (volunteering)

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 ofafamily):\$15each 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.

www.hobbos.org.au

From the Editor's Desk

with Clare Beaumont



I am thrilled to be your new Editor of **Home Runs**.

Firstly, I would like to extend a huge thank you to **Michael Slee** for his outstanding contribution as Editor for the past eight years. Michael has done a wonderful job keeping you informed and I certainly have big shoes to fill. I'm pleased to say that you will still be hearing from Michael in the newsletter as he takes on the role of **Handicap Reporter**. His first report is featured later in this edition. Thank you again Michael.

I volunteered to edit the Home Runs as a way of giving back to Hobbos. As a relatively new member (compared to some), I have quickly discovered that Hobbos is about much more than running. The friendships, support, camaraderie, encouragement, shared adventures and pub visits are what makes the club so special.

I never imagined myself taking up running. In fact, I sometimes still can't believe it. The younger version of me was a very much a field sports athlete. I even had a stint playing hockey for Yorkshire. When I took up running a few years ago, it quickly became one of my favourite passions.

Like many Hobbos, I've discovered it has a way of continually presenting new goals. I'll be running in the Sydney Marathon at the end of August and would like to wish everyone taking part all the best.

Thank you also to the Hobbos Cheer Squad who will be coming along to support the runners and I look forward to seeing some of you in the pub afterwards, details below:



If you would like to contribute an article, or provide ideas, please email me at newsletter@hobbos.org.au.

I am looking forward to bringing the news to you each month and meeting some more Hobbos along the way.

In this edition we welcome new coaches **Cain** and **Magnus** to the Hobbos coaching team, expand our horizons with **parkrun touring**, learn about the **Coopers 12 Test**, celebrate podium finishes at the **Sri Chinmoy** races, catch up on the latest **handicap results** and continue our appeal to **Light Up Newport Track**.



Jogging with Jimmy



Spring may be just around the corner, but there's certainly been no shortage of activity across the club during the final weeks of winter. From club events and race performances through to marathon preparations and volunteering, it's been another busy month for the Hobbos.

One of the highlights of the month was our annual Winter Cross Country at Newport Lakes, which proved to be a huge success. In fact, we recorded our biggest attendance for a number of years, creating a fantastic atmosphere on the course, followed by our traditional bacon and eggs BBQ. It was also great to welcome several guests along for the morning. Hopefully we may have even met a few future Hobbos members.

The Cross Country handicap result was incredibly close, with Steve Fuller claiming victory by just one second ahead of both Camilla Briggs and Tom Kampschore. It doesn't get much tighter than that. Wayyln Turner took line honours with an impressive time of 11:20, finishing ahead of Rian Casey and Tom Kampschore. Congratulations to everyone who took part and helped make the event such an enjoyable morning.

Congratulations also to Cain Speakman, who took out the July Handicap. Clearly all that marathon training has paid dividends. While many runners focus solely on building endurance during a marathon block, Cain has shown that the fitness gained can translate nicely to the shorter distances as well. A well-deserved reward for the effort he has put in.

There has also been plenty of racing action beyond club events. The club enjoyed great success at the recent Sri Chinmoy races in Parkville, with Hobbos members collecting a number of podium finishes across various age categories. A smaller contingent also lined up at the AV Lakeside 10k. It was a fantastic morning for running around Albert Park, and both Rae Carter and I managed to come away with new personal bests. Congratulations to everyone who pulled on the super shoes and represented the club so well.

Many of our members are now entering the final phase of preparation for some major spring races. We have strong representation training for the Sydney Marathon, Melbourne Marathon and Geelong Marathon, with plenty of early mornings, long runs and kilometres already banked. It's always exciting to see members working towards big goals, and I know there will be a lot of Hobbos red on display over the coming months. Best of luck to everyone in training, and remember that consistency is your greatest training partner.

For those at looking for a slightly shorter race, we have another great team event on the horizon.

The AV Tan Relays are fast approaching on Saturday 12 September and, at the time of writing, we have 11 teams proposed across a wide range of divisions, from Female Division 4 through to Male 60+. The Tan Relay is one of the most enjoyable events on the Athletics Victoria calendar, combining a fast lap of Melbourne's most iconic running circuit with the camaraderie of team competition. If you'd like to join in the fun, please reach out to John Gray. Entry fees are only \$13 and are partially subsidised by the club, making it one of the best-value races you'll find all year.

While racing often grabs the headlines, volunteering is equally important to the success of our club. I'm incredibly proud that we already have more than 10 club members volunteering at the Maribyrnong River Run on 13 September. These members are giving up their Sunday morning to support an event that provides vital fundraising income for the club.

Hobbos has always been powered by volunteers. Every training session, social event, race and club activity relies on members contributing their time and effort. If you haven't yet had the opportunity to volunteer this year, I encourage you to consider getting involved. Even a few hours can make a significant difference. If you would like to help at any of our future events, please reach out to our volunteer coordinators, Helen Haralambous and Mary Wong.

Thank you to everyone who continues to contribute to making Hobbos such a welcoming, supportive and vibrant community. Whether you're training for a marathon, competing in club events, volunteering behind the scenes, or simply encouraging others along the way, your contribution helps make this club special.

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

An advertisement for Symmetry Physio. It features a photograph of a person's legs in motion, wearing white socks and blue and white running shoes, running on a paved path. The background is a solid purple color. Text is overlaid on the purple background.

Empower Your Health Journey

Relief from pain, injury prevention, and achieving peak performance

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84 Douglas Parade, Williamstown 9989 2444



LIGHT UP NEWPORT TRACK



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Support sports lighting at
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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!

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Every signature helps!



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Follow on Instagram

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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!*





Hobbos 2026 Winter-Spring Program

Winter XC Handicap	Newport Lakes	Sun, 16 Aug, 8am
AV Ten Relays	The Tan	Sat, 12 Sep, 9am
Maribyrnong River Run (Volunteering)	Footscray Park	Sun, 13 Sep, 7am
Paced to Perfection	Greenwich Reserve	Sun, 25 Oct, 7:30am
11 th Annual Phar Lap 2-mile Handicap	Altona Coastal Park	Mon, 2 Nov, 6pm
Hobbos Half & 10k (Volunteering)	Logan Reserve, Altona	Sun, 8 Nov, 7am
Monthly Handicap	Greenwich Reserve	Last Saturday each month, 7:30am start

Find us on TeamApp, Facebook and Instagram to stay up to date on all our events





JULY HANDICAP



BY HANDICAP REPORTER – MICHAEL SLEE

'One Perfect Day'. Inspiration for a well-known song lyric and also for 43 Hobbos to meet and compete. No breeze on the outward leg, the slightest of headwinds on the return. And it was certainly not cold; track pants left in the car boot. Showers held off until most were on their way home following morning tea, a healthy dose of chatter and the presentations. And it was a morning of presentations too and we'll revisit each in order of occurrence.



SUE WALKER 150 RUNS

Eero Keranen's summary of Sue's record with the Hobbos covers 32 years. Sue was a foundation member of the Hobson's Bay Running Club and was there today returning to running following injury. Sue has won 6 Kenya Eggs, The Greenwich Cup (2017) and The Ted Joy Cup (2022 & 2024). The way Hobbos celebrate the achievements of team mates is one of the features of our club. Re-tracing an individual's running times, placings in handicap races and the annual cups actually brings us closer together. Especially when a founding member is the subject. The audience is reminded of the club's history and an individual's part in it.

With her 150 runs commemorative shirt in hand, Sue spoke, as many do from the heart. Sue said that it is the memories of the people she shared her successes with she remembers most fondly. The social side of the Hobbos, is the key to its success as a club.



JOHN AYTON - 10 YEAR CLUB SPONSOR

A second presentation was to acknowledge and thank long time Hobbo, John Ayton, for 10 years of sponsoring the Hobbos through his Williamstown Sports Power store.

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.

Again, moments like these where the club takes the time to stop and thank people often ends up as a two-way opportunity. John is a quietly spoken man but the presentation gave him an opportunity to speak and many of us learned something we did not know. John is a 'Pom' (we knew that bit) but the bit we didn't know was that he was a member of the Serpentine Running Club in London, just like Eero & Sarah when they lived there. When John moved to Australia he learned that Eero & Sarah had set up a similar club in Willy... the Hobbos and he just had to join.

Thanks again for everything John.



★ SUE WITH HER 150 SHIRT & CAIN WITH HIS KENYAN EGG



JULY HANDICAP WINNER – CAIL SPEAKMAN



"This is a complete shock!"



I kid you not. That is a direct quote from Cain himself. Starting off 30 mins (how could I possibly catch them all?). Only 3 weeks since the Gold Coast Marathon. All factors suggesting no. But Cain is nothing if not competitive (and to be honest that adjective should really be in capitals). And his competitive spirit won the day. It built as he picked off runner after runner. He closed in on the finish with one runner to pass – Bel. He felt guilty about catching her... for about 3 seconds. Did we mention that he was competitive?

With Kenyan Egg in hand Cain spoke glowingly about the Hobbos, acknowledging Sue's words and adding some of his own. One of the things he loves about the club is that it has become a bit of a family affair, in particular he loves running with his dad, Neil, who's 'not bad for a 70-year-old', another direct quote.

Cain clocked 19:07 for his win. A perfect split (9:34 & 9:33) led to an AGPB of 0:37 (an actual PB of 0:17).

As mentioned earlier Cain slipped past Belinda on the approach to the finishing arch, creating a winning margin of only 5 seconds. John Horan, sans pram, crossed the finish line behind Bel with just 1 solitary second separating second and third.

It was no surprise that WayyIn Turner ran the fastest 5000m of the day with an 18:36, which isn't even his quickest (he needed to slice off 39 seconds to achieve that goal). He was the only Hobbos to crack the 19-minute mark in July.

A bunch finished with times beginning with 19 minutes... – Cain, Brian, Andrew S, Magnus, Peter Tippner, Matthew Vandervelde and Mark White.

The spirit and first aid skills of a number of Hobbos (Jac, Karli and a couple of others) came to the aid of Karen who 'hit the track' during lap 2. Thankfully she seemed to be not seriously injured at morning tea. Well done to everyone who chipped in to help.

A final thank you to the volunteers who make it happen each and every month. It has been said before and it will be said again and again, these events DO NOT HAPPEN WITHOUT YOU...and yes it deserves to be shouted.



JULY HANDICAP



PODIUM FINISHERS



1ST

1st Place: Cain Speakman



2ND

2nd Place: Belinda Fithie



3RD

3rd Place: John Horan



JULY HANDICAP



RESULTS

Pos	Name	Finish	Elapsed	vs AGPB	vs PB	Split 1	Split 2
Greenwich Cup							
1	Cain Speakman	49:37	19:07	-0:37	-0:19	9:34	9:33
2	Belinda Fithie	49:42	29:42	1:15	2:08	15:02	14:40
3	John Horan	49:43	24:33	0:38	0:57	12:31	12:02
4	Brian Armstrong	50:03	19:33	0:02	1:24	9:41	9:52
5	Michael Musgrove	50:04	40:14	0:02	4:59	20:12	20:02
6	Elise Hardiker	50:13	31:13	0:33	2:14	15:59	15:14
7	Jane Whitmore	50:18	25:13	0:27	2:05	12:26	12:47
8	Rob Falloon (Walk)	50:21	37:41	3:05	3:36	19:04	18:37
9	Karli Smith	50:23	24:28	0:12	0:12	12:03	12:25
10	Mario Valastro	50:23	21:18	0:53	1:03	10:46	10:32
11	Philippe Delecheneau	50:27	27:37	0:48	1:32	14:09	13:28
12	John Gray	50:30	20:15	0:04	1:24	9:56	10:19
13	Mike Newby	50:40	23:50	0:34	0:37	11:48	12:02
14	Helen Haralambous	50:43	35:43	0:55	1:22	18:07	17:36
15	Waylyn Turner	50:51	18:36	0:39	0:39	9:25	9:11
16	Andrew Scardino	50:54	19:39	0:34	0:43	9:45	9:54
17	Neil Speakman	51:01	25:01	1:05	1:46	12:37	12:24
18	Ray Barnard	51:03	33:53	7:04	11:41	16:40	17:13
19	Angela Schmerl	51:13	27:18	0:56	0:56	13:28	13:50
20	Ken Smith	51:32	46:52	4:35	24:24	23:36	23:16
21	Michael Slee (Walk)	51:35	41:20	1:55	2:37	20:23	20:57
22	Diane Donoghue	51:36	32:26	1:19	2:03	15:36	16:50
23	Victoria Haritos	51:55	32:05	1:40	2:04	16:01	16:04
24	Sarah Lowe	52:10	26:10	2:00	2:18	12:58	13:12
25	Magnus Vaisnys	52:11	19:56	1:10	1:10	9:49	10:07
26	Matt Loader	52:56	25:36	3:11	3:30	12:39	12:57
27	John Becroft	54:48	54:48	3:37	30:36	27:06	27:42
28	Anastasia Aldred	56:07	31:52	5:33	5:33	13:31	18:21
29	Tara Fairbrother	56:07	34:52	6:03	6:03	14:58	19:54
30	Peter Whyte	56:07	32:57	6:32	6:59	15:23	17:34
31	Jac Wainwright	56:07	33:57	6:18	6:31	14:07	19:50
32	Helen Vaxevanis	56:08	32:03	6:34	7:10	12:53	19:10
Ineligible							
1	Peter Tippner		19:45	0:00	0:00	9:46	9:59
2	Matthew Vandervelde		19:57	-0:13	-0:13	9:40	10:17
3	Mark White		19:57	-0:21	-0:21	9:55	10:02
4	Adam Weatherhead		20:48	0:09	0:09	10:08	10:40
5	Will McKenzie		21:06	-1:35	-1:35	10:36	10:30
6	Harry Scardino		23:19	0:23	0:23	11:43	11:36
7	Daniel Garabilis		23:44	-0:38	-0:38	11:39	12:05
8	Leigh Kelly		24:52	3:07	3:19	12:31	12:21
9	Tony Whittaker		26:07	0:02	0:02	12:57	13:10
10	Caitlin Almering		29:35	0:37	0:37	14:38	14:57
11	Savannah Scardino		31:32	1:19	1:19	15:50	15:42
12	Susan Walker		32:40	7:23	9:56	16:18	16:22
13	Mary Wong		33:25	0:06	0:06	16:32	16:53
14	Phoebe Almering		33:50	2:09	2:09	16:30	17:20
15	Mick Beasley (Walk)		34:56	1:33	2:06	17:20	17:36
Ineligible 2.5km							
1	Karen Hayes		12:43	-12:38	-12:20	12:43	
2	Lois Speakman (2.5km)		25:57	0:30	0:33	25:57	

HOBBOSS PARKRUN TOURISTING – SEPT. EDITION!

Ready to explore a new parkrun with your fellow Hobbos? This month, we're heading north to Coburg parkrun for a scenic lap around Coburg Lake and along the Merri Creek Trail.

 **17** **Date:** Saturday 5 September

 **Location:** Coburg Lake Reserve, Lake Grove, Coburg VIC 3058,
 **Time:** Arrive by **7:45am** for the First Timers Briefing and a Hobbos group photo

The course starts between the stage and children's play area at Coburg Lake Reserve, then travels clockwise around the lake before joining the Merri Creek Trail. From there, we'll follow the trail south to De Chene Reserve, turn around just before Bell Street, and head back to finish where we began.

 Whether you're chasing a PB, jogging, walking, volunteering or simply there for the post-run coffee catch-up, everyone is welcome

 **Post-parkrun:** Afterwards, we'll head to The Boot Factory for coffee and breakfast:
19 Pentridge Boulevard, Coburg VIC 3058
thebootfactory.com.au

 **Carpooling:** We'll try to organise lifts—comment on Facebook or in the TeamApp event if you can offer a seat or would like a lift

 See you at Coburg, Hobbos!



 presents
parkrun



Hobbos Coaching

With Brian Armstrong, Coaching Co-ordinator



2026 August Coaching update

What an exciting month, races, PB's, new runleaders, and a new timer. Our club is rapidly growing, and training is definitely paying off with many members obtaining PB's at various events. I had a huge grin recently when one member I am coaching achieved his PB on a training run. This occurred, not once, but twice. While obtaining a PB is great, it indicates a massive improvement when done during a training run.

It is not something that normally occurs during a training run, but does show how much a person can advance under a good running club, with some solid commitment.

In fact, recent training has certainly paid off for many club members. An example was the Sri Chinmoy Princess Park winter series races, where 7 members ended up with podium finishes for age category wins:

10k 40-49 Category - 1st **Tameka Day**

10k 50-59 Category - 2nd **Camilla Briggs**

21k Half marathon 40-49 Category: 2nd **Gareth Coakley** 3rd **Kevin Mahon**

21k Half marathon 50-59 Category: 1st **Tom Hecimovic**

21k Half marathon 60-69 Category: 1st **Greg Western**, 2nd **Brian Armstrong**

If there was a prize for winning team, it would have definitely gone to Hobsons Bay Running Club.

New Runleader Handover

This month, we also completed a runleader handover for our two new runleaders, Cain, and Magnus. Both have their exciting background BIO's in this months newsletter. What a great coaching team we have.

Wendy's 5:30 pace Sunday runs

Wendy's Sunday long run 5:30 pace group is growing, and we are expecting more to join from the Gatehouse. If you can run 5:30 pace, do all, or a portion of the distance, if unable to do the full 18k. This week as a one off, everyone left from Newport Lakes carpark. Wendy managed to lead her team to complete their 18km long training run, then get back in time for them to compete (with whatever energy they had left), at the Hobbos XC handicap.



Team Hobbos at Sri Chinmoy Races

On Sunday 16th August, you would have noticed a massive turn-up for the Hobbos XC series where we had +30 people attend.

It was an excellent event, and was even joined by around 16 runners who had completed their long runs (+18km), prior to the event.

Those with a keen eye, may have also noticed our new timing clock, as it was the first time we tested it with the generator. More details below.



Camilla and Tameka at Sri Chinmoy Races

New Timing Clock

This month, you may also noticed the new smaller timing clock being used at track. This new timing clock, is to supplement our larger unit.

The major benefits of the new clock, is that we can program the session into it, it is much lighter, and signals when each rep is up. At this stage, it only runs on 240V AC, so we will mainly use it at track, or via the generator if offsite occasionally.

However, very shortly we will also have the ability to run it via battery, as Committee recently approved purchase of the battery supply unit.

It is not waterproof, only water resistant, and while we did test it in some light rain, it may not hold up in heavy rain. The plan is to build a light top hat for it.





Coopers 12 TEST

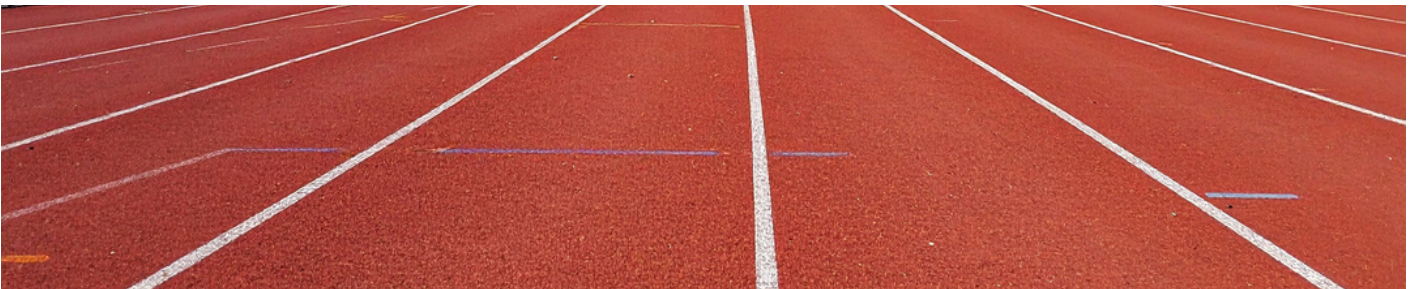
What is coopers 12.. 12 minutes of solid running, that's what it is. It is not easy and can really test your cardio ability. It is anywhere up to 9 laps (differs for everyone) of solid effort, so go out very solid, but not too hard.

The test is designed over 12 minutes, so that a majority (or all) of the run is at the high end of aerobic zone, with minimal anaerobic effort, unlike 400m intense interval efforts would have you in.

Similar to the Mona Fartlek, we will use Coopers 12 at the end of our 8 week series to test our fitness distance. Please take note of your distance and put it in your Strava heading for the next Coopers 12 test comparison.

Coopers test , developed in the late 60's, named after designer Dr Kenneth Cooper (US Airforce), is widely used throughout the world for cardiovascular endurance (How well, and how much oxygen can be distributed from mouth intake to your muscles and organs during intense exercise).

There is much science behind it, so for those really keen to know more, check out : <https://scienceinsights.org/what-does-the-cooper-test-measure-aerobic-fitness-vo2-max/> & <https://sportscienceinsider.com/cooper-test/>



Vo2 Estimate & Formula

Coopers 12 is an excellent way to get a fairly good v02 estimate.

As a track session, we will do 8-10 minutes of warm-up at a nice jogging pace, head back to the start line and start 12 minutes of consistent running.

Even though it is fairly accurate, let's call it a V02 guestimate, as some may go out too hard, or even too slow. However, we will use the formula below to convert it to V02 Max.

$$VO2 \text{ max} = (\text{distance covered in metres} - 504.9) / 44.73$$

For example, if you run 5.5 laps: $5.5 \times 400 = 2200\text{m}$

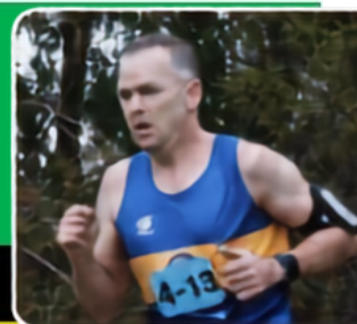
$$(2200 - 504.9) / 44.73 = 37.89 \text{ ml/kg/min}$$

You can then use your V02 to predict various race distances, and perhaps compare it to what your watch is indicating. For a recreational club, we can take this as a basic indication as to progress. Higher V02 indication, equals fitness advancement. The Cooper 12 test will be at track, Tuesday 15th September. We hope to see everyone there.

As always, if there is a need for training assistance, please reach out to one of the great coaching team on the next page

Hobbos Coaching

With Brian Armstrong, Coaching Co-ordinator



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, pacing specialist.
- **Cat McCrae** – 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 months)
- **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 & evening 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: 'PBs are a big target for most, but remember that the journey along the way is way more fun and healthy for the brain'

Thank you all.

2026 Coaching Co-ordinator & Head Coach

HOBBS WINTER XC HANDICAP

By Brian Armstrong

You may have noticed that the Winter XC event had +30 attendees, which is almost triple what we have had in previous years. This is testament to the new club communications tools using TeamApp that president Jimmy Dwyer implemented, along with the solid marketing by Sarah Lowe.

It would be fantastic if we could have all members install this, so that coaching team can use it to its full potential. At the moment we have around 136 members logged in, from a club that has +250 financial members.

While the extra runners this year, certainly tested will's registration skills in the last minute, it was so much more fun attending an event with a larger field, and a BBQ afterwards. It was also great work by our volunteers who organised the XC handicap. They managed to set up the equipment, course, handicap the event, even the new timer, and provide a great BBQ afterwards.

Many thanks to the volunteering team: Helen Haralambous, Lisa Do, Frank Chang, Kieran Leonard, Melissa Rutze, Will McKenzie, Terry Pierce

Great running to all who attended, and to the winners.



Name	Position	Actual time
Steve Fuller	9	00:12:43
Camilla Briggs	10	00:12:44
Tom Kampschore	4	00:11:48
Kevin Mahon	6	00:12:08
Matthew Van deVeld	7	00:12:16
Michael Browning	11	00:13:39

Waylyn Turner	1	00:11:20
Naomi Howe	13	00:14:19
Angela Schmerl	22	00:17:08
Kunal Patil	2	00:11:38
Rian Casey	3	00:11:40
Shane Adams	16	00:14:51
Jane Whitmore	20	00:16:25
Holly Pedersen	5	00:11:51
Michael Slee	29	00:25:25
Jimmy Dwyer	8	00:12:17
Clodagh Pease	21	00:17:00
Wendy Maas	19	00:16:20
Magnus	14	00:14:41
Michael Williams	15	00:14:45
Steve Hudson	12	00:14:09
Neil Speakman	24	00:17:53
Gareth Coakley	17	00:15:18
Sarah Lowe	26	00:18:41
Brian Armstrong	18	00:15:19
Diane Donoghue	28	00:21:44
Cat McRae	27	00:19:57
Wieger Vos	25	00:18:27
Tom Williams	23	00:17:41



Shane Adams



NEW HOBBOBS COACHES

WELCOME TO THE COACHING TEAM CAIN AND MAGNUS

MAGNUS VAISNYS

Hi I'm Magnus and will be Runleading the track sessions on Tuesdays. Like many of us, I took up running during the covid lockdown and have since fallen in love with the pursuit completing 5 road marathons in recent years.

I have a back ground in Exercise Science, and look forward to bringing the energy to our sessions. Talk to me about getting faster in your road racing, strength training, and balancing shift work with training.

Find me on Instagram @magsdoesmarathons - or on Strava, because if it's not on Strava it didn't happen.

CAIN SPEAMAN BIO

If you've been around Hobbos for a while, there's a fair chance we've already crossed paths. If not, I'm Cain.

I'm Williamstown born and bred and grew up in a family where sport was pretty much part of our DNA. Mum and Dad (Lois and Neil if you haven't already met them around the club) both excelled in a range of sports—from lacrosse and cricket to netball—and I was lucky enough to inherit their love of being active. One of the things I treasure most is that I still get to share my passion for running with my Dad today. I only hope I'm still running as well as he is when I reach his age!

For the first 30 years of my sporting life, cricket was my thing. I played 276 senior games for Williamstown Cricket Club as an opening bowler, from the age of 9 through to 39. Life member and Hall of Famer, something I am extremely proud of. Eventually, the body started sending me some fairly strong retirement hints, so I figured running in straight lines might be a slightly safer option.

I've always loved being part of a team and giving different sports a go. Cricket was always number one, but I've also played tennis, basketball, badminton, netball, golf—you name it. If someone suggests a new sport, chances are I'll be keen to have a crack.

Running originally started as a way to stay fit for everything else. Then COVID arrived, and like many people, I found myself running more than ever. Around that time, Abby (my sister) kept mentioning this running club called Hobbos. I finally turned up to a track session after COVID, and I haven't looked back since. Joining this club has been one of the best decisions I've made.

When I'm not running, you'll usually find me in the gym two or three times a week. Strength training has made a huge difference to my running, so if there's one piece of advice I'll happily hand out, it's this: don't skip the strength work—it really does pay off.

What keeps me motivated? I'm incredibly competitive... mostly with myself. I love setting goals, chasing improvements and seeing what I'm capable of. I've now completed seven marathons, including five in Kenya while supporting the One Heart Foundation and the incredible children and communities in East Africa. Every race I run includes a little reminder of those experiences—my trusty Kenyan socks always come along for the ride and, somehow, always seem to get me home.

One of the things I love most about running isn't the races—it's the people. There's nothing better than seeing someone achieve a goal they never thought possible, whether that's their first 5km, a new PB or simply getting out the door consistently. I genuinely enjoy sharing what I've learnt along the way and helping others enjoy the journey. Lately I've also discovered I love pacing friends towards their goals, and I'm slowly becoming a bit of a "professional" pacer. So if you're ever chasing a time and need someone to keep you honest (or distract you with a lot of chatting), let me know—I'd love to help.

Outside of running, I'm a Chartered Accountant and have been the Commercial Manager for a large wholesale liquor distributor for the past 15 years—a job I genuinely enjoy.

Most importantly, I have an amazing family who support all the early mornings, long runs and endless running conversations. My beautiful wife Simone, our two kids Harrison and Mackenzie, our crazy Frenchie Lola and our cats Mimi and MJ. They all deserve medals for patiently listening to far more running stories than they probably signed up for.

I'm really excited to be part of the run leader team. Whether you're training for your first parkrun, chasing a marathon PB or just looking for good company on a run, I can't wait to help where I can. Looking forward to sharing plenty of kilometres with you all!



2026

TRAIL CALENDAR



running club melbourne



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



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 Athletics Track (or as advised), led by Athletics Australia accredited coaches, including warm up.
- Hill sessions on Thursday mornings and evenings - check the Team App or Facebook
- Sunday morning long runs for building endurance - check the Team App or Facebook
- Sunday morning Newport Lakes laps and 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 starts arrive early for a 7.50am start
- 1500m track events held around Christmas, Easter and Spring, and a 5000m track time trial
- Winter 3000m cross country event at Newport Lakes
- Two mile "Phar Lap" event on the Monday before Melbourne Cup at the old Williamstown Racecourse
- Daylight Savin Series, consisting of some of the above events, all followed by free BBQs.



The August handicap is #372