



New Member Welcome Pack

2024

April 2024

We are the 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.
We hope you will find us like an extended family.

Guests and visitors 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 2024 membership is a low \$70/year, less than the cost of one fun run, and has many benefits.
We also have family and concession rates.

Financial members qualify for a discount at our club sponsors:

John Ayton
SportsPower
83-85 Ferguson Street, Williamstown

Abby Speakman
Symmetry Physiotherapy
76 Douglas Parade, Williamstown



Contact us

Facebook:
"Hobsons Bay Running Club"

Instagram:
"hobsonsbayrunningclub"

Website:
www.hobbos.org.au

email:
enquires@hobbos.org.au

mail:
PO Box 152, Williamstown, 3016



Club Overview

Hobsons Bay Running Club was founded by Eero and Sara Keranen in 1994 as a social running club. We have a wide variety of members of all ages, from casual walkers and joggers through to serious competitors. One current member is a former World Champion at the Masters level, and others have finished in the top 100 places in the Melbourne Marathon.

We have athletes targeting all distances - from track events through to parkrun, trail runs, half marathons, full marathons, and beyond; as well as those focusing on general fitness, social and well-being running.

We hold regular training sessions over different days of the week, both track and road, and we have qualified run leaders and coaches to assist you.

We have a regular monthly 5km competition which counts towards a couple of annual trophies, and a number of additional evening events during the year.

We also have many social events during the year, such as pub nights, and Christmas and Christmas in July functions, and many other informal events including after training or parkruns.

We have a club website, and social media presence on Facebook and Instagram, and a monthly newsletter is published to coincide with the monthly Handicap.

We are co-tenants of the Hobsons Bay City Councils' Newport Park Athletics Track, along with our friends, Williamstown Athletics Club, and Williamstown Little Athletics Centre, with whom we share some members.



What we stand for

Being inclusive and welcoming
Promoting mental well-being
Encouraging all ages and abilities, Social, serious or both
Improving your fitness, fun-run, parkrun or marathon
Running with friends



Athletics Victoria affiliation

Our club, and each financial member is affiliated and insured with Athletics Victoria.

Coach and Run Leader training is provided by Athletics Victoria on behalf of Athletics Australia.

As part of this affiliation members are entitled to various discounts on event entries and other products, details of which are provided directly by Athletics Victoria.

We also have the opportunity to field Hobsons Bay Running Club invitational teams in some AV events during the winter cross-country season.

Health Statement

The club is committed to being Socially Responsible and caring for the health and well-being of our members and their families, particularly those with vulnerable family members. With this in mind the club acts proactively in cancelling training groups and events in advance of government restrictions if/when required. Any member with any flu or infection like symptoms is asked to avoid track and contact with other members. This is to protect everyone.

Policies

The following club policies are available on our website:

Electronic & Social media policy - Concerning email, website, Facebook, Instagram, use of photos & videos, and inappropriate online behaviour

Juniors policy - Concerning Children under 11, children aged from 11 to 17, Working with Children checks, and the AV Child safe code of conduct

Privacy policy - Concerning members information, photos & videos

Dealing with an Incident - Concerning incident reporting, medical incidents, behavioural incidents, and near misses & incidents involving members and non-members

Bullying, Harassment, Inappropriate Behaviour & Complaints policy - Concerning how Bullying, Harassment, Inappropriate Behaviour and Complaints are handled

Running in the dark and on roads - Concerning safe running activities

Extreme Weather Policy - Concerning extreme heat, storms, UV and high fire danger

Code of Conduct - Summarises relevant sections of the AV Member Protection Policy

Medical Emergency Plan - Concerning first aid equipment, defibrillator, first aid officers and safety marshals, emergency contacts

Athletics Victoria Member Protection Policy - Which HBRC commits to

Infectious Diseases policy – Concerning response to Coronavirus (COVID-19)

The following club policies are under review:

Member Responsibilities (Disclaimer) - Concerning responsibilities accepted by members upon joining the club

Run Leader Responsibilities - Concerning expectations and responsibilities of our accredited Run Leaders and Coaches

Air Quality - Concerning Smoke or other pollutants

Calendar of Events 2024



Hobbos 2024 Program

The annual 5000m Track Time Trial, NPAT	Thu. 4th April, 6:00pm
Winter Series 2024	
AV XCR Jells Park Relay (6km Teams event)	Sat. 27th April, 12:30pm
Annual Well-being run (Hobbos/PCR/MCR/Wynfit)	Sun. 2nd June, 7:30am
AV XCR Sandown Road Relays (6.2km Teams event)	Sat. 29th June, 12:45pm
Hobbos annual Winter XC 3km Handicap	Sun. 13th July, 8:00am
AV XCR St Annes Ekiden Relay (3.6 - 8.8km Teams event)	Sat. 17th Aug, 12:30pm
AV XCR Tan Relays (3.8km Teams event)	Sat. 14th Sep, 9:00am
Daylight Savings Series 2024-25	
The annual Spring Gift 1500m handicap (DSS Race 1)	Tue. 8th Oct, 6:00pm
The 9th annual Phar Lap 2-mile handicap (DSS Race 2)	Mon. 4th Nov, 6:00pm
The annual Christmas Gift 1500m handicap (DSS Race 3)	Sun. 8th Dec, 4:00pm
The annual Summer Challenge 1000m (DSS Race 4)	Tue. 11th Feb, 6:00pm
The February monthly 5000m handicap (DSS Race 5)	Sat. 22nd Feb, 6:00pm
The annual Easter Gift 1500m handicap (DSS Race 6)	Tue. 18th Mar, 6:00pm
The March monthly 5000m handicap & AGM	Sat. 29th Mar, 7:40am
Every Tuesday 6:00am & 6:15pm Newport Park Athletics Track (NPAT)	
Every Thursday 6:00am & 6:15pm Hill training sessions as advertised	
Last Saturday of every month, the Hobbos traditional 5km handicap	
7:40am, Greenwich Reserve, Newport	



All ages & All abilities
New members welcome
Guests & visitors free



Hobsons Bay Running Club

2024 Committee Members:

John Gray	(President, Facebook Admin, Life Member)
Bronwyn Rowleson	(Secretary, Member Protection Officer)
Peter Buissink	(Treasurer, Life Member)
Mick Beasley (Handicapper) Sarah Lowe Tameka Day Rae Carter Sue Walker Vanessa Coutts (Social Committe)	Brian Armstrong (Coaching Co-ordinator / Website Admin) Michael Slee (Newsletter Editor) Terry Pearce William McKenzie (Social Committe)

Run Leaders/Coaches

For any Goal setting or running queries, feel free to run them by our team

Coaches / Level 2 Recreational Running Coaches	
Jane Gibbons Kate Milnes Tameka Day	Brian Armstrong Daryl Sadgrove Kieran Leonard Rob Falloon
Run Leaders / Level 1 Recreational Running Coaches	
Abby Ness Alison Sanders Belinda Fifthie Laura Smethurst Melissa Rutze Sarah Lowe	Kevin Aldred Luke Beck Mario Valastro Peter Buissink Terry Pierce John Gray

Group Training Sessions & Social Runs

We have the following sessions which cater to all abilities, all led by our accredited Level 1 & Level 2 recreational running coaches.

- Track sessions every Tuesday morning (6:00am warm-up for 6:15am start)
- Track sessions every Tuesday evening (6:15pm warm-up for 6:30pm start)
- Thursday morning hills at Newport Lakes (lookout one 6:00am start)
- Thursday evening Hills at 100 Steps Altona (6:15pm sharp start)
- Sunday Morning “Long Runs” at various local locations for building endurance
- Sunday Morning Newport Lakes laps at a more leisurely pace, 8:00am Lookout one.
- Occasional Sunday morning Social Well-being runs outside the metro area

Members can attend as many or as few of these as they wish, and there is no obligation to commit to any form of regular attendance at either these or any of our competitive events.

Regular Competition

The primary competition is the month 5km Handicap, held at 8am on the last Saturday of every month, with sign-in at 7:45am for an 8am start.

Participating members also accumulate points towards our two annual competitions, the Greenwich Cup (open to all) and the Ted Joy Cup (restricted to members who have been with the club for several years).

A number of shorter events are also held, usual during weekday evenings. These include:

- 1500m track events held at or around Christmas, Easter and Spring
- A winter 3000m cross-country event at Newport Lakes
- A two mile “Phar Lap” event held the Monday before the Melbourne Cup at the site of the Williamstown Racecourse

Details of these and any other events are publicised in the newsletter, Facebook and our website.

In recent years several of these have been combined to form a “Summer Series”, with an overall winner for the series.

All events are held as Handicaps (open or sealed) to enable fair competition between members of all ages and abilities, and utilise a full electronic timing system and results reporting.

Some of our members also compete in the Athletics Victoria XCR cross-country season, under the banner of our co-tenant club, Williamstown Athletic Club. This requires separate membership of WAC at an additional cost.

Track training sessions

Tuesday mornings

6.00am formal warm up for **6.15am start**

Tuesday & evenings

6.15pm formal warm up for **6.30pm start**

The session consists of a variety of different distances and repetitions and is designed to improve your speed and overall cardio fitness.

With session totals close to 5km it provides great preparation to improve your parkrun 5k PB. This is one of our most popular sessions, and a great session to meet fellow members.

Each runner runs at his/her current ability while slowly improving over time. Group warm Up and cool downs are conducted before and after the main session to reduce the risk of injuries.

Participants are requested to attend from 15 minutes prior to start time for the group warm-up. Guests are welcome to try Three Free no obligation trial track sessions, before we ask that they join as financial members. A role is taken each session for these purposes.



Conducted at the Newport Park Athletic Track. Corner North Road & The Strand, Newport



Thursday morning Hills Newport Lakes

- **6:00 am start Lookout 1**

Various Repetition on multiple hills with Kieran at Newport Lakes. A fun morning. Bring a head torch April – October. Validate with Facebook as location can change at times.





Thursday night Hills 100 Steps Altona

Various repetitions and guaranteed to be different each week, rotating through multiple coaches. Run at your own pace for hill strength work. Bring a head torch April – October. Park at Altona Sports Centre on non-daylight savings times, as we finish after the boom gate closes to avoid getting locked in the normal carpark, as we finish after boom gates are closed.





Monthly 5km Handicap

The Greenwich cup is a major club event which is the most popular with club members. It is a 5km flat bayside course, with two laps of 2.5km and turnarounds at each end. Afterwards we all go back to the clubhouse for morning tea, presentations, and a social chat.

The handicap is held at 7:50am on the last Saturday of every month (unless it coincides with Christmas Day). You must be there by 7:40am to register. Free entry for all.



Being a handicap, it is an event where you can equally compete with any level of speed and fitness and have the same opportunity to win the Monthly Kenyan Egg, together with its bragging rights. Each month points are accrued, which determine an overall winner at the end of the year who is presented with the Greenwich Cup.

Points are awarded for finishing position, and for running close to or exceeding an individual's Age Graded Personal Best. Full details of how this works can be found on our website, but briefly, to conform with handicap rules; financial membership, a certain number of qualifying runs to obtain a handicap, and the wearing of club uniform are required in order to receive points and official placings.

This is a fantastic social event, very popular with large numbers, and a good event to socialise.

In addition to the Greenwich Cup we have a variety of other handicap races shorter than 5km throughout the year, including a mid-winter cross country race, and a series of races during the daylight-saving period.



Saturday parkrun

The growth of parkrun since it came to Australia a decade or so ago has been incredible, and our members take full advantage of the opportunities it provides. We see parkrun as complementary to the aims of our club.

We have three nearby **parkruns** that many Hobsons Bay runners attend regularly, Newport Lakes, Cyril Curtain, and Altona Beach.

<https://www.parkrun.com.au/altonabeach/>

<https://www.parkrun.com.au/cyrilcurtainreserve/>

<https://www.parkrun.com.au/newportlakes/>

Two have hills – Altona Beach has one shortish hill at the halfway mark, while Newport Lakes is amongst the more challenging courses anywhere in Victoria.

Cyril Curtain is flat, with a couple of loops.

Maribyrnong and Albert Park are also fairly close and flat, but both attract large fields.

<https://www.parkrun.com.au/maribyrnong/>

<https://www.parkrun.com.au/albert-melbourne/>

Club members also attend multiple other **parkrun** events, both local and interstate. We will often visit a nearby event as a group run, or to support a member who is coming up to a milestone event or chasing that PB and they want some encouragement or pacing.

From time to time we will provide all the volunteers at one of our local parkruns to raise the profile of our club. We have provided all the pacers at events such as Maribyrnong.

We have members who are also parkrun Run Directors, one of our members established the Newport Lakes parkrun, and another of our members is establishing the Williamstown Breakwater parkrun.

If you need information on how to register for parkrun or how to nominate The Hobbos as your running club in your parkrun setup, just ask us. Nominating us as your running club means Hobsons Bay Running Club will appear next to your name in parkrun results, and you will then appear in our summary reports of club member parkrun results.

We have many members with Garmin (and other brand GPS watches) linked to Strava. If you need information on how to link your Garmin account to your Strava account, or how to join The Hobbos as one of your Strava clubs, ask us that too.

Sunday Morning Long Runs

A group starts early, anywhere from 6:30 or 7:00am and will run from 15km to 36km, averaging 5:00min per km pace, dependent on upcoming events.

While this is more aligned to our runners targeting endurance runs such as half and full marathons, we often arrange to run back past the start during the run to allow some members to do a shorter distance.

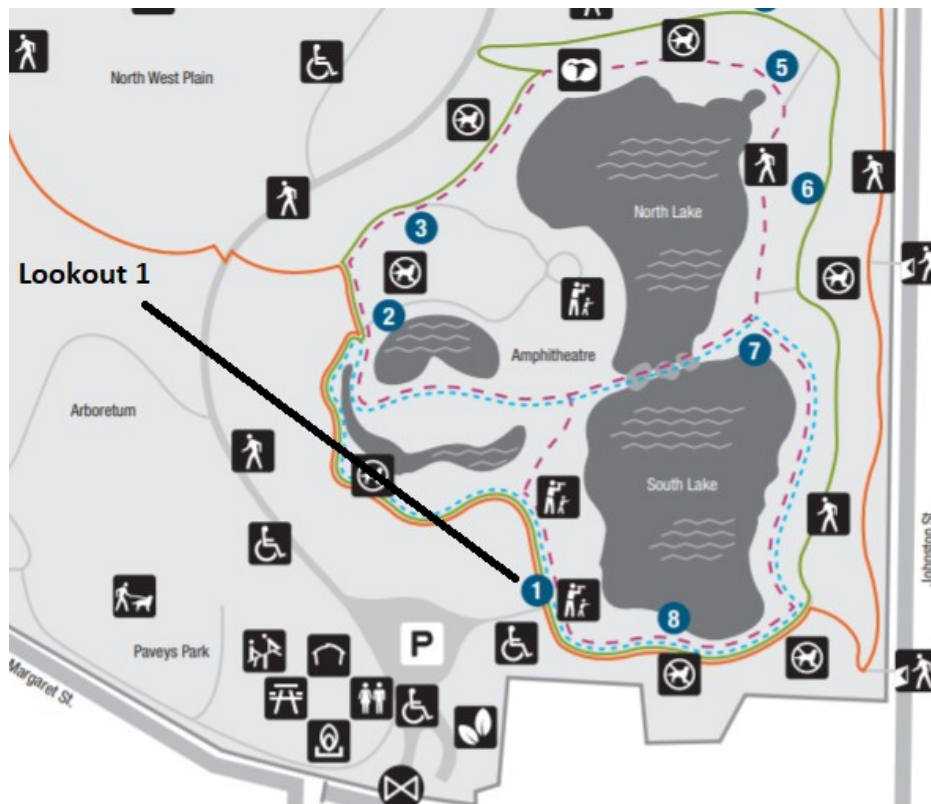
We also change the start location at times, where we can do a flat run one week and hills another. Some runs leave from the Newport Gatehouse. All are advertised on Facebook.



Sunday Morning Slow Run Newport Lakes

A group also runs at Newport Lakes Sundays with Rob Fallon and does multiple 1.5km clockwise loops, meeting at Lookout 1, around 8:00am. The pace is around 6:00 min per km but can be changed to accommodate new runners.

Later runners can quickly link up with the group, by running anti-clockwise or by simply waiting at Lookout 1 as laps take less than ten minutes.



Social Well-being Runs

This run is organised with the goal being 'just for fun and a friendly chat'. We advertise these on Facebook and these are held on average once every 3-4 months. The run locations are changed each time. The pace is generally around 6:00 min per km but can drop down to 6:30 min per km pace or have brief rest stops. On the last couple of outings, there was a choice of 7km or 14km.

These runs can also be tailored for any runner who is unable to complete the full distance.



Parents & Childrens Fun Training

We also offer a children and parents Sunday session, coached by certified AA coaches, all with Working With Children Checks. Most Sunday, except School holidays. See Facebook for confirmation

Hobsons Bay running club



Term 2 1600m Parents & Childrens Challenge. Can you train to complete 4 laps ?

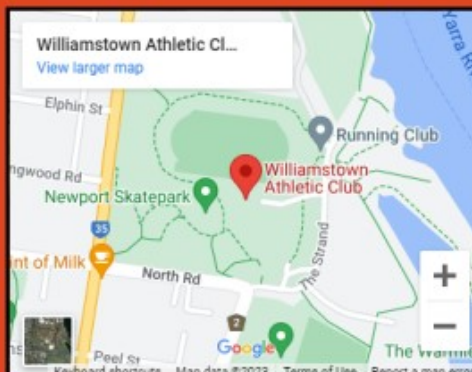
SUNDAYS 4PM

With Hobbos Coaches

28/4 (1)	
5/5 (2)	
12/5 (3)	
19/5 (4)	
26/5 (5)	
2/6 (6)	
9/6 (7)	
16/6 (8)	

We start with a warm up and a couple of games, then ease into some short track intervals, with some mini-relays, races or a handicap run. These sessions are ideal for parents and children to enjoy running together, so parents, BYO runners!

**All Welcome
@ Newport Park
Athletics Track**



More details on Hobbos Facebook page or www.hobbos.org.au

