

Early Easter Egg



Handicaps - 2 Race Day Changes

Coaching Update

Results, Results & More Results

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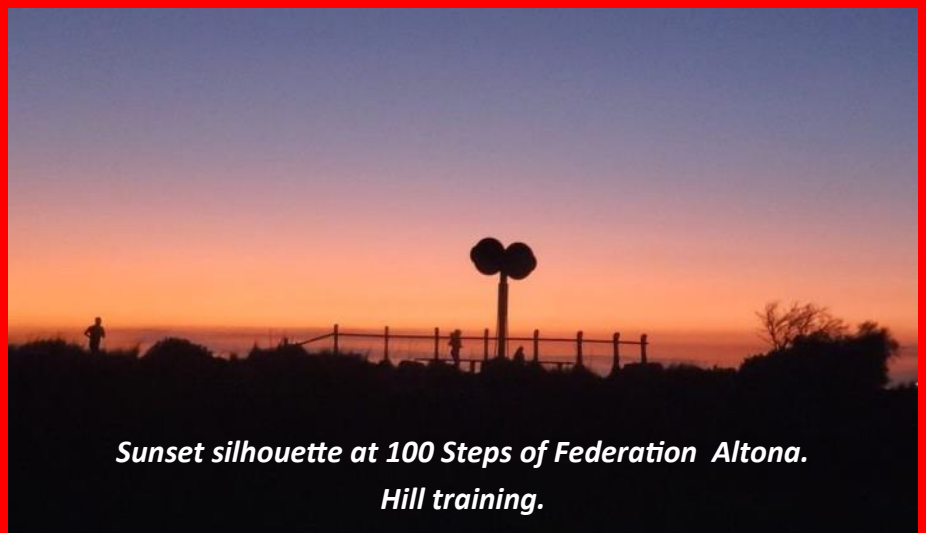
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Forthcoming Events

Sat 29th April	April Handicap
Sun 13th Aug	Winter Cross Country - Newport Lakes & BBQ Breakfast
Sun 28th May	Wellbeing @ the You Yangs - 7 & 14km
Tue 10th Oct	Spring Gift 1500m - NPAT & BBQ

As always, see Facebook for latest club updates
& event registration advice



2023 Membership - Now Open

Members fees are as follows (they have changed):

Individual: \$60	Concession/Pensioner/Child*: \$30
Family of 2: \$120	Family of more than 2: TBA

***a child not part of a family membership**

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

NEWSLETTER CONTRIBUTIONS

Don't miss out on getting your story in, contact Michael today.



From the Editor's Desk

with Michael Slee



I need to set the alarm 10 minutes earlier on handicap day from April onwards. To find out why head to pages 4 & 5 for the 'Changes to Race Day' article which clearly explains all in just the right amount of detail.

Thanks to **Brony** and **Brian** for the fantastic photos from March. Their snaps feature on the cover with winner **Rob Falloon** and also inside with a spread of handicap action shots and a few others sprinkled throughout the pages of this issue.

There are tables galore: March handicap results; Greenwich and Ted Joy progressive tables after three runs.

Brian Armstrong does his monthly coaching roundup and handicapper **Mick Beasley** discusses times - run times and start times to be precise - like no one else can.

Jason and Olly are pictured here and on page 4 with the important article about race day changes. See you at the start line bright and **EARLY!**



Jason & Olly Rees before the start of the March Handicap

John Ayton's *SPORTSPower* for all your sporting needs
Corner of Electra & Ferguson Streets, Williamstown

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YOUR LOCAL EXPERTS



2

RACE
DAY
CHANGES



An important announcement for the Hobbos Handicap
- Hobsons Bay Running Club Committee

Starting April, we will be making the following two changes

These changes will only materially affect those who are expected to take more than 40 minutes to complete the course, who will need to be ready to start by 7:50am at the latest.

Change #1: New Clock start time of 7:50am

Our 5k handicap clock start time was previously 8:00am, with a handicapped winner targeted finish time of 40 minutes (8:40am real time).

Starting April, this will change to a 7:50am clock start time, with a new handicapped winner target finish time of 50 minutes (it remains an identical 8:40am **finish**, real time).

Change #2: Adding an easy way to identify Ineligible Runners

All ineligible runners in a Hobbos top, must wear their BIBs on the rear of their top

How 'Change #1' will affect you

If you are a member who currently takes over 40 minutes to complete the 5k handicap course (previous negative start time member), you will need to ensure that you are at the handicap and registered by 7:45am to be ready for your exact clock start time (negative start time +10min).

Every current runner will now start based on a positive clock time.

If you are a member who started on a previous positive clock time (members who run less than 40 minutes for 5k), your real start time will *not be affected*.

However, you will start at a new handicap clock start time of +10 minutes, because the new target is shifted +10 to 50 minutes.

Why are we making this change

Some members were previously asked to start before the clock, because their run time was over the 40 minutes handicap winner target set. Their times would then be adjusted later by the Handicapper, Mick Beasley, using the timing system.

However, the exact time between when they started and the actual clock start was variable and could change each week due to clock start delays, etc.

Due to this variable, a negative start member could run the exact same time each month, as that of a positive clock runner, but pass the finish line in a different position each time. Not normally an issue, as it is corrected later, but it can be when an eligible member runs through the finish line first, only to find out later that they come second to a negative start member who finished the order behind them. Only known after the timing adjustments are made.

As all current members who attend the 5k handicap can run/walk under 50 minutes, this will now be corrected by setting a clock handicap winner target of 50 minutes.

The goal is to try and ensure that every eligible member finishes in '*real race order*' and not an order that can change later after timings are corrected for negative start members.

Wearing BIB on Rear of Hobbos Top for Ineligible Members (Change#2)

The second change is to ensure that any ineligible member will be easily identified at the finish line.

This will be done by asking any 'ineligible members or guests who are wearing a Hobbos top', to wear their race number BIB (with timing chip) on the rear of their top.

In addition to this, any members or guests, who are *not* in a Hobbos top, are already identified as ineligible anyway.


This means that when you are racing the handicap and close to the finish line, if you are in front and eligible, then you know that you are the winner in normal circumstances.

This also means that if you are running that last 100m and you see another member in front wearing a hobbos top, you immediately know if they are eligible or not.


All changes are for the positive and we hope that the changes are welcomed by all.

As usual, we are interested in any feedback our members have.

Hobsons Bay Running Club Committee



Are You Injured?
Do You Need Advice
On Strength?
Is Your Stride Correct?
See our club sponsor
Symmetry Physiotherapy
Williamstown



New
Address

Symmetry Physiotherapy Williamstown
84 Douglas Parade, Williamstown 3016 Phone: 9989 2444



Around the coaches

You may be aware we have around 17 Athletics Australia accredited coaches, and we always aim to maintain our gender balance of the coaching team. On that note, Laura has re-joined our coaching ranks, taking some of our Sunday kids & parents sessions, and Belinda is going to join the coaching team, doing her Level 1 training next month, welcome Belinda.

I'd like to take this opportunity to thank Sherrine for her contribution to the coaching team over the last few years, as she and her family relocate away from Melbourne, with our best wishes.

Around the grounds

Well, track lighting isn't yet on the horizon, but the council are spending some money on the facility over the next month. While not directly benefiting the Hobbos, the two old cyclone fence throw cages are being replaced with new netting cages meeting current standards for discus and hammer throw (which will allow the Williamstown Athletic Club to host more AV events), and the shade structures are being re-clad, which will improve the Summer utilisation of the facility.

The downside is the track is closed while construction works are underway, although we can still access the pavilion for our post handicap morning tea.

As a result we relocated our track sessions to Digman Reserve for last week and this week, and then for a further 6 weeks from mid-May. While there are a number of grounds that may be suitable, we chose Digman Reserve as its just along the road from NPAT, has a good grass surface, and the soccer club agreed to us using the perimeter of the grounds during their Tuesday night practice. The bonus for us is the ground floodlighting is already on every Tuesday night, although can't be used on Tuesday mornings due to light spill and noise affecting the adjacent houses. That works ok, as last Tuesday morning, we had daylight before we started the reps, but on Tuesday night it would have been too dark for the reps. We just have to be gentle on the whistle in the morning sessions.

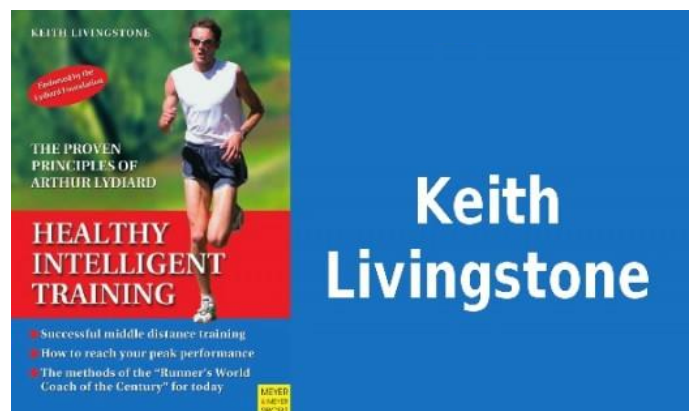
Digman Reserve has a nice and well-maintained grass surface, especially within a

few metres of the soccer boundary line, but it's still much softer than the synthetic track. That means it's worth taking it a bit easier than usual, but as with trail running, it is good for your joints to be on a softer surface and good for strengthening your ankles on a slightly variable but pretty safe (no divots or weed stumps) surface.

Around about

Often while we are running, we ask and get asked what our next run or challenge is. I've just come off my two Hobart mountain runs in February and March (more on that another time when Michael isn't waiting on my column), so need to think of my next challenge. I have my longer term challenges this year of the AV Burnley Half in September and Burnie 10 in October (having resolved not to do Melbourne Marathon this year), but need some shorter-term goals.

I'm intending to run the AV Albert Park 10k road race on Sunday week (already signed up to help at parkrun next Saturday to make sure I don't run the day before), and need to pick up some nice trail runs, to take advantage of, and build on the endurance training I have been doing. I'm also a bit inspired from Keith Livingstone's talk last weekend about the Lydiard method and focusing on building your base while not going anaerobic during training, or racing (too often!!). One of the key takeaways was to pace your long runs to be able to converse while running and not puffing (too much!!).



Until next month, stay fit, healthy and safe.



Hobbos Coaching

With Brian Armstrong, Coaching Co-ordinator



Hill session at Newport Lakes - everyone and their dog

April Coaching update

It's great to see such an excellent attendance at both morning and night track sessions, given that Daylight Saving has ended and it's dark again. There is consistently close to 30 in attendance each week (AM & PM), which is a great indication that as a club we are doing things right. Due to works at NPAT, we will be moving to Digmans reserve, as per President John Gray's notes. A change in venue is just like a holiday, so coaches are hoping to see everyone there for an alternative running environment.

We have just completed Kieran's quality Tuesday sessions and now move to a Brian block before Melissa Rutze's 8 week program in mid-June, after the track becomes available again. Thursday night hills at 100 steps are progressing well, however a couple of us were caught out when the carpark gate automatically closed at 7:00pm.

Anyone that decides to challenge themselves to a Thursday night hills session at 100 steps, please ensure that you park in the sports centre carpark (outside the 100 steps carpark gate). The gates do not close in that carpark J.

Kieran's AM hill session attendance is moving along fine, and out of the two locations (Farnsworth Ave & Newport Lakes), Newport Lakes seems to be more popular. It would be great to see more of our members at

one of the hill sessions to build their strength and fitness.

Club founder Eero Keranen organised Keith Levingstone to hold a seminar. While this was not affiliated with Hobbos, costs were kept very low as a member attendance option.

Attendance was great, with almost all coaches and some keen Hobbos runners attending. The session was guided towards smarter training, by slowing down. Yep, you heard that right, slowing down.

This is something that most endurance runners practice when training towards their Marathon and Ultra events, but can also be used by all runners as indicated by the Lydiard system. The idea is to run the optimal sub threshold level, and then when you slowly get fitter, you lift your Aerobic HR zone higher. By lifting the HR zones, it allows you to run a faster pace for the same effort, while staying in the same zone, and avoiding the anaerobic zone longer. A topic that is confusing for most runners. There was repeated reference to muscle twitch fibres, guided towards track distances of 400m/800m, with a detailed explanation of the Lydiard system, which could also benefit all recreational runners.

Any member considering entering the Melbourne Marathon, we will be holding our yearly information seminar soon (Date TBA on Facebook). We also have another running technique video session planned in the next month or so. This is



your chance to video your running technique from all angles.

L2 & Professional Coach Daryl Sadgrove (Sports scientist) has also offered to provide analysis for those who want next level professional comment (Date TBA on Facebook).

Daryl Sadgrove also plans to hold another hill technique session. This was a hit last time, with many in attendance and something not to miss if you are running hills (Date TBA on Facebook).

The annual Wellbeing run around the You Yangs with other clubs will be on again this year, with a likely 7k and 14k option – More information will follow up on Facebook (Sunday 4th June TBC).

A huge welcome for Belinda Fifthie to the Coaching team. Belinda is well known in the club and throughout the running community.

Belinda is a keen trail runner, friendly, and very approachable.

Belinda is booked in to do her AV L1 course shortly and we will advise more when Belinda has completed the AV training.

We also have Jane Gibbons shortly completing her AV L2 coaching course in June. Well done Jane for stepping up and taking on member coaching directly.

Some may know Jane from Altona Park parkrun, or have been coached by her already for a race event.

A BIO from both Belinda and Jane will be added to our newsletter in the upcoming months.

Another change that some of the more observant readers may have seen is additional comments on some of the coaching images on Facebook. These comments are for current and potential vision impaired members, and will be added to images in the form of 'Vision Aid: Description of image'.

This change was based on member feedback and we hope it further advances our diversity for all members. Any member adding images on Facebook, please try to follow the format.

You will also notice some Handicap start time changes this month, to ensure correct physical finish order for those who previously started early before the clock.

See separate article in this month's newsletter for full details

As always, a huge thank you to all coaches below, who with your voluntary contribution make



More March Magic - Vanessa Coutts



Hill Coach Kieran Leonard

us the best running club around:

Abby Speakman, Alison Sanders, Andrea Mongan, Belinda Fifthie, Brian Armstrong, Daryl Sadgrove, Jane Gibbons, John Gray, Kate Milnes, Kieran Leonard, Laura Sme-thurst, Luke Beck, Matt Davis, Melissa Rutze, Peter Buissink, Rob Falloon, Sherrine McInerney & Tameka Day

Coaching team tip for the month:

'Try a track session running at a slower pace than normal, and see how you feel the remainder of the week. This may give you an indication if you are overtraining.'

2023 Coaching Co-ordinator
Brian Armstrong





Handicapper's Corner

with Mick Beasley

One of the more common problems I face is how to deal with changes in form, and when prior times are no longer regarded as “relevant”. The simplistic answer is the ubiquitous “it depends”.

One general rule is that any winner should be either recording an AGPB, or clearly their best performance for their last half-dozen or more participations. Few things are likely to upset other participants than seeing someone win easily with a time slower than that same person ran a few months before.

A good time from twelve months ago may or may not be relevant. If there are only two other times in the last year, it's hard to justify ignoring it. But even if there are ten times since then, the story those times tell is relevant.

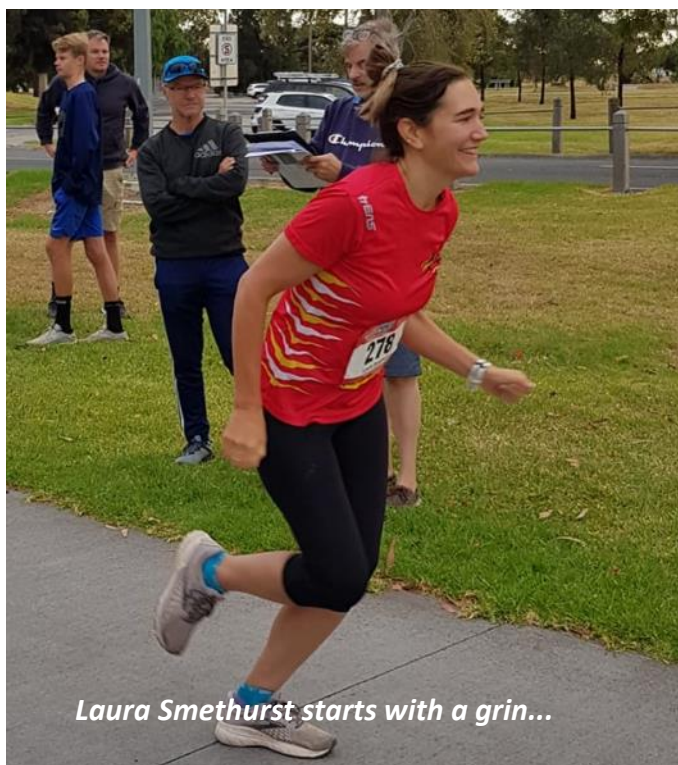
Suppose your AGPB is based off a performance back in March 2022. In one possible scenario you are now three minutes slower, and there is a clear and obvious trend over the last year. That March 2022 time is unlikely to be relevant in this scenario, and any future win



...watchmen Neil Speakman

could be some way off the AGPB. In a different scenario you have spent the last year bouncing around with times between 10 and 30 seconds slower, and in this scenario, that March 2022 time is probably highly significant is it still indicative of your current potential. You will need to be within seconds of your AGPB to secure a win.

So there can be no hard and fast rules on when prior times cease to be relevant. But what is true is that when it comes to setting a target time, the best times from the last year or so will undoubtedly-



Laura Smethurst starts with a grin...



& Chris Hinchliffe



ly be considered, even if how much heavily the older times are weighted may vary.

This can be tedious – you may know that your time from five months ago does not reflect your current form, whether due to injury, a new role at work which is restricting your ability to train, or a focus on distance work at the expense of speed. But the starting time remains stubbornly reflective of the older results. That is the nature of the handicap, those faster times are the indicator of your potential, and your potential is the major driver of your target time.

But hang on a minute – since it is three runs to qualify, why aren't three runs sufficient to completely reset the target time? The straight answer here is that three runs is (at best) a compromise between the need to get some information about form and not putting in place an impossible entry barrier. A total of three runs is very far from being the gold standard for accurate information, and if more times are available, it would be remiss not to include them in consideration.

Worse still, those three qualifying runs may or may not give an accurate picture as people naturally have more incentive to push harder in a competitive situation. The history of the club is littered with people whose first competitive run was significantly faster than any qualifying run – although it should also be noted that there are also plenty of people who struggled to match their qualifying times once they became eligible.

Now consider someone who picks up a leg strain, and enters a recovery phase. Training loads are reduced, and during their participations they are nursing the injury and reluctant to push hard. Times are down – possibly by a couple of minutes – but what are they representative of? What is a fair basis for handicapping here – the current form which is hopefully just temporary, or previous times which is what they are likely to return to once things settle down and they start training again? There's a strong reason to bias towards the latter.

More history always helps. If there is a clear trend over two years with little variability, and suddenly there are three months of significantly

slower times, again with a tight grouping, then that is painting a fairly clear picture. If there are only five times, the last two of which are significantly slower, then this is a different picture. People who have done more handicaps have a definite edge here.

So what about Rule 20 – isn't that specifically there to enable faster responses to drops in form? Note the word "faster" – specifically not "instantaneous". It is there to try to stop people dropping out of the back for the field, and enable them to at least finish in the pack, if not at the sharp end. It is definitely not there to provide a quick route to the front of the field. It can also be controversial – and the best way to avoid these controversies is to be conservative in applying relief.

In the face of a sustained trend, relief will happen, even if it is rarely as fast and you would like it to be. In March, Rob Fallon won with a time nearly a minute slower than his AGPB – but his fastest time for a year. John Beecroft won in February, over a minute slower than his AGPB, and around ten minutes slower than he was running five years ago – but still his fastest time for a year. And Ken Smith's win last year was nearly nine minutes slower than his AGPB – but still his best time for a year. Although each of those wins were made possible by (eventual) relief in starting times due to a clear and sustained trend, while the revised targets still left a significant challenge for the competitors to overcome in order demonstrate they were worthy winners.



So what does all this mean? If you record a good time, and then lose form – for whatever reason – then your starting time will eventually become more consistent with your revised form but it needs a clear trend to support it. The other approach is simply to recover the previous form...

Handicapper Mick Beasley





Andrew Scardino leading the GC



*Simon & Anna
Anderson with
Teddy*



Abby and those shoes

Mick Beasley's Facebook Post:

Greenwich and Ted Joy Cup standings have been updated. [Andrew Scardino](#) now leads, followed by [Rob Falloon](#), and John Becroft, all taking advantage of [Michael Musgrove's](#) absence in March.

Rob and John are also eligible for the Ted Joy, with Michael making up the Podium there. Still everything to play for - no obvious runaway leaders so far, and nobody is yet consistently banking the high 20s or low 30s which led to the intimidating totals of [Cain](#) and [Abby](#) from last year.



Tameka Day...



...Lucas Newberry

The Handicap

Mick Beasley's Facebook Post:

Results for the March Handicap are up. Somewhat better conditions than last month, and the performances reflected that.

[Rob Falloon](#) took out the win with his best time since May 2021. For the second month in a row the back marker came second - in this case an AGPB from [Andrew Scardino](#) wasn't quite good enough to make the difference. Third place went to [Neil Speakman](#) who equalled his AGPB.

Our Greenwich Cup Holder, [Abby Speakman](#) was sporting a new pair of go-faster Vaporflys - but they failed to have the desired result. It would appear that a lack of training due to injuries can't be offset by technology...

...and in the most important sub-plot of the day... [Tameka](#) retained the household bragging rights.

ROB TURNS BACK THE CLOCK

Club stalwart Rob Falloon has just about done it all as a Hobbo. He followed Mark Maloney as Club President before handing it over to incumbent John Gray. The Phar Lap 2 Mile is Rob's brainchild, as was the Daylight Saving Series, which Rob won in 2018/19.

With his handicap win in March he added to his fine collection of Kenyan Eggs - Oct '18, Jan '16, Jan & Feb '13. Yes, he is one a small band who have cheated the handicapper and won back-to-back handicaps.

In 2018 he finished second to Kieran Leonard in the Greenwich and Ted Joy Cups. With a win in our annual Cups the only thing missing from Rob's list of successes, he is very well placed sitting in second place just behind Andrew Scardino.

But any student of the musings of Handicapper Mick Beasley, will tell you that winning a handicap is a 'no, no'. However, if there is a good time to collect a Kenyan Egg it is early in the year when there is still time for the dust to settle and to recover from the whacking the handicapper will undoubtedly hand out for being first home in our marquee 5km handicap.

Full tables of results for the March Handicap and the Cups are on the next three pages. The picture is beginning to take shape.



Rob Falloon & Kieran Leonard post race in March





Pos	Name	Finish	Time	Start	PB	AGPB	Split 1	Split 2	Points	Bonus	Total
Greenwich Cup											
1	Rob Falloon	39:43	24:38	15:05	21:24	23:48	12:16	12:22	20	3	23
2	Andrew Scardino	40:06	19:26	20:40	19:03	19:49	9:47	9:39	19	12	31
3	Neil Speakman	40:10	24:00	16:10	24:00	24:00	12:03	11:57	18	12	30
4	Kieran Leonard	40:14	19:49	20:25	18:40	19:53	9:54	9:55	17	12	29
5	Laura Boylan	40:24	24:24	16:00	22:03	23:06	12:18	12:06	16	0	16
6	Jane Whitmore	40:44	25:29	15:15	23:08	25:03	12:47	12:42	15	7	22
7	Robyn Dols-Ringleben	40:52	30:52	10:00	27:31	30:11	15:00	15:52	14	5	19
8	Anna Anderson	41:06	26:06	15:00	24:38	24:48	13:23	12:43	13	0	13
9	Susan Walker	41:08	28:28	12:40	22:44	27:43	14:24	14:04	12	4	16
10	John Becroft	41:13	47:13	-6:00	24:12	46:56	23:23	23:50	11	9	20
11	Kevin Aldred	41:18	23:43	17:35	23:36	23:36	11:44	11:59	10	10	20
12	Abby Speakman	41:33	21:48	19:45	20:26	20:31	10:52	10:56	9	0	9
13	Stuart O'Neil	41:53	26:38	15:15	24:27	24:27	13:31	13:07	8	0	8
14	Chris Hinchliffe	42:33	25:58	16:35	23:39	23:39	12:10	13:48	7	0	7
15	Ken Smith	48:34	48:04	0:30	22:28	37:27	23:55	24:09	6	0	6
Ineligible											
1	Tameka Day	39:13	19:58	19:15	18:45	20:03	9:53	10:05	10	0	10
2	Lucas Newberry	37:41	20:11	17:30	23:19	23:19	10:02	10:09	10	0	10
3	Marcin Pont	39:55	24:10	15:45	24:51	24:51	12:19	11:51	19	0	19
4	Sarah Russell	37:29	26:59	10:30			13:27	13:32	10	0	10
5	Kiandra Ward	38:32	28:02	10:30			13:57	14:05	10	0	10
6	Jenny Maxwell	39:18	31:48	7:30			15:39	16:09	10	0	10
7	Jason Rees	46:54	32:09	14:45	20:44	27:53	15:36	16:33	10	0	10
8	Ollly Rees	46:54	32:09	14:45	25:41	25:41	15:35	16:34	10	0	10
9	Bronwyn Rowleson	42:10	33:40	8:30	30:03	32:17	16:55	16:45	7	0	7
10	Tam Petrov	39:48	39:48	0:00			18:48	21:00	10	0	10
11	Vanessa Coutts	37:57	44:57	-7:00	42:51	43:57	23:33	21:24	20	0	20
12	Lois Speakman	38:11	46:11	-8:00			23:33	22:38	20	0	20

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

Hobbos Greenwich and Ted Joy Cups 2023

Current Standings - Greenwich Cup

Place	Name	Jan	Feb	Mar	Best Eight	Notes
1.	Andrew Scardino	21	(20)	31	72	n
2.	Rob Falloon	18	18	23	59	e
3.	John Becroft	16	21	20	57	e
4.	Michael Musgrove	31	23		54	e
5.	Robyn Dols-Ringleben	10	(20)	19	49	n
6.	Jane Whitmore	12	12	22	46	n
7.	Graham Edwards	10	14	(20)	44	e
8.	Jimmy Dwyer	10	31		41	n
9.	Mick Beasley	(20)	(10)	(10)	40	e
9.	Peter Buissink	(20)	(10)	(10)	40	a
11.	Bronwyn Rowleson	(20)	(10)	7	37	n
11.	Kevin Aldred	10	7	20	37	n
13.	Neil Speakman		6	30	36	n
14.	Abby Speakman	(20)	5	9	34	n
14.	Chris Hinchliffe	10	17	7	34	n
14.	Gareth Coakley	29	5		34	n
17.	Cain Speakman	14	19		33	n
18.	Ken Smith	15	10	6	31	e
19.	Brian Armstrong		10	(20)	30	e
19.	Lois Speakman		10	20	30	n
19.	Vanessa Coutts		10	20	30	n
22.	Kieran Leonard			29	29	e
22.	Michael Slee (walk)	9	(20)		29	n
24.	John Gray	11	16		27	e
25.	Sarah Lowe	13	12		25	n
25.	Sue Walker	(20)	5		25	e
27.	Diane Donoghue		(20)		20	n
27.	John Ayton	(20)			20	a
27.	Jude McCann	(20)			20	n
27.	Terry Pearce		(20)		20	e
31.	Marcin Pont			19	19	n
32.	Laura Boylan			16	16	n
32.	Susan Walker			16	16	n
34.	Anna Anderson			13	13	n
34.	Graeme Dewerson		13		13	n
36.	Angela Altair	10			10	n
36.	Ann Girvin		10		10	e
36.	Eero Keranan	10			10	a
36.	Elise Hardiker		10		10	n
36.	Elise Harkier	10			10	n
36.	Jason Rees			10	10	n



Hobbos Greenwich and Ted Joy Cups 2023

Current Standings - Greenwich Cup

Place	Name	Jan	Feb	Mar	Best Eight	Notes
36.	Jenny Maxwell			10	10	n
36.	John Horan		10		10	n
36.	Kiandra Ward			10	10	n
36.	Lucas Newberry			10	10	n
36.	Nick Tavendale	10			10	n
36.	Olly Rees			10	10	n
36.	Sarah Russell			10	10	n
36.	Tam Petrov			10	10	n
36.	Tameka Day			10	10	n
51.	Stuart O'Neill		9		9	n
52.	Stuart O'Neil			8	8	n

e: Eligible

p: Provisionally eligible if 40 runs/walks are completed in 2022

n: Cannot complete 40 runs/walks in 2022

a: Did not complete enough runs/walks in 2022

Points for Helping are shown in brackets - e.g. (20)

Number of records: 52



Hobbos Greenwich and Ted Joy Cups 2023

Current Standings - Ted Joy Cup

Place	Name	Jan	Feb	Mar	Best Eight
1.	Rob Falloon	18	18	23	59
2.	John Becroft	16	21	20	57
3.	Michael Musgrove	31	23		54
4.	Graham Edwards	10	14	(20)	44
5.	Mick Beasley	(20)	(10)	(10)	40
6.	Ken Smith	15	10	6	31
7.	Brian Armstrong		10	(20)	30
8.	Kieran Leonard			29	29
9.	John Gray	11	16		27
10.	Sue Walker	(20)	5		25
11.	Terry Pearce		(20)		20
12.	Ann Girvin		10		10
13. (p)	Laura Smethurst				0
13.	Michael Slee				0
13.	Ray Barnard				0

(p) Have not completed 40 runs/walks but could still do so by the end of 2023

Points for Helping are shown in brackets - e.g. (20)

Number of records: 15





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 2023 single membership remains at a low \$60/year (including AV affiliation), and has many benefits including Athletics Australia accredited coaches and run leaders, Insurance cover and access to Athletics Victoria services. We have family and reduced rate concession memberships.

Financial members qualify for discounts from our club sponsors:

John Ayton from SportsPower Williamstown (83-85 Ferguson Street)

Abby Speakman from Symmetry Physiotherapy Williamstown (76 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
- Alternative sessions e.g. hills on Wednesdays and Thursdays when advertised
- 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, arrive by 7:45am for 8am start. 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

