

## Gareth's Fourth



**Hobbos AGM  
after the Feb Handicap**



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HELPERS - nothing happens without 'em

## Forthcoming Events

Sat 25th Feb	February Handicap & AGM
Tue 14th Mar	Easter Gift 1500m (DSS #6) NPAT & BBQ
Sat 25th Mar	March Handicap
Mon 27th Mar	Hobbos Committee Meeting, 7pm
Thu 30th Mar	5K Time Trial NPAT
Sat 29th April	April Handicap

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

**The Hobbos - a social club with a running problem**



## 2023 Membership - Now Open

**Members fees are as follows (they have changed):**

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

**\*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](http://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



Everyone walked away a winner from the Summer Challenge 1000 on Tuesday 7th February. Some had medals, we all enjoyed Brony & Lois' BBQ but the lucky ones were treated to plums fresh from Nick's backyard tree.



I was fortunate enough to take home a bag and now have re-stocked the pantry with plum sauce and there's a tub of stewed plums in the fridge. With another load of plums from another friend we made plum jam and plum & apple chutney for the Footscray CWA who will have a stall at the Yarraville Festival. For those who like something homemade - **Sunday 5th March** in the Village. Inside the February issue of Home Runs we highlight some of our younger Hobbos who competed at the **World Cross Country Championships** at Mt Panorama. **Mick Beasley** talks timing zeroing in on resolution & accuracy in particular. We have the low down on DSS Race#4, the Summer Challenge 1000 and of course there's coverage of the first handicap of the year - Go Gareth. See you at the startline and also the AGM following the February Handicap.

An advertisement for John Ayton's SPORTSPower. The background is a photograph of a large, dark blue sign with 'SPORTSPower' in white and red lettering. Above the sign, the text 'John Ayton's SPORTSPower for all your sporting needs' and 'Corner of Electra & Ferguson Streets, Williamstown' is written in a bold, orange-outlined font. To the right of the sign, '15%' is written in a large, white, italicized font, with 'Hobbos Discount' below it in a bold, black font. At the bottom of the sign, 'WILLIAMSTOWN' is on the left, 'SPORTSPower' is in the center, and 'YOUR LOCAL EXPERTS' is on the right, all in a blue, outlined font.

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

**15%**  
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# Gray Matters

with President John Gray



Our new year kicked off with informal track sessions in early January, our regular sessions from mid-January, and finally the January Handicap, followed by the Summer Challenge 1000m handicap (DSS race 4) earlier this month. Track attendance so far this year has been very pleasing, with up to 26 runners at our Tuesday 6am sessions and 29 runners at our 6:15pm sessions (so far!)

## The Daylight Savings Series

The Daylight Savings Series continues this Saturday with the February handicap (DSS race 5), and concludes with the Easter Gift (DSS race 6) on Tuesday evening, 14<sup>th</sup> March.

All of our events suit all abilities including beginners, and are open to visitors, guests and new members. Anyone can participate, but to be eligible for the winner's medal and DSS points, one previous DSS race participation is needed to qualify and receive an official DSS handicap.

## Why I Love Trail Running

Last weekend I ran the **kunanyi trail series** Potato Hopper (21km, 600m elevation), named after the Potato Fields boulderfield on Mt. Wellington in Hobart. The kunanyi trail series has been around for a few years, and this was the 2<sup>nd</sup> running of the Potato Hopper, which I also ran in 2021. I already had this trip booked when I found I would be in Hobart on the weekend of this race, so it was a no brainer to enter.

I've always enjoyed running on trails, with the bonus of not hammering my knees on concrete, and I ran in the Athletics Victoria XCR series for about 5 years pre covid, however those events are half road races and the rest mostly parkland/grass courses. Over the last several years I have run the Goldrush trail run 13k and the kunanyi Mountain Run 25k once each, the Two Bays 28k three times, and now the Potato Hopper twice.

What brings me back to these events is the variety of terrain (and exertion level), and the beautiful flora and environment of these events. Last weekend was no exception, with the first 7.5km uphill through rainforest with plenty of

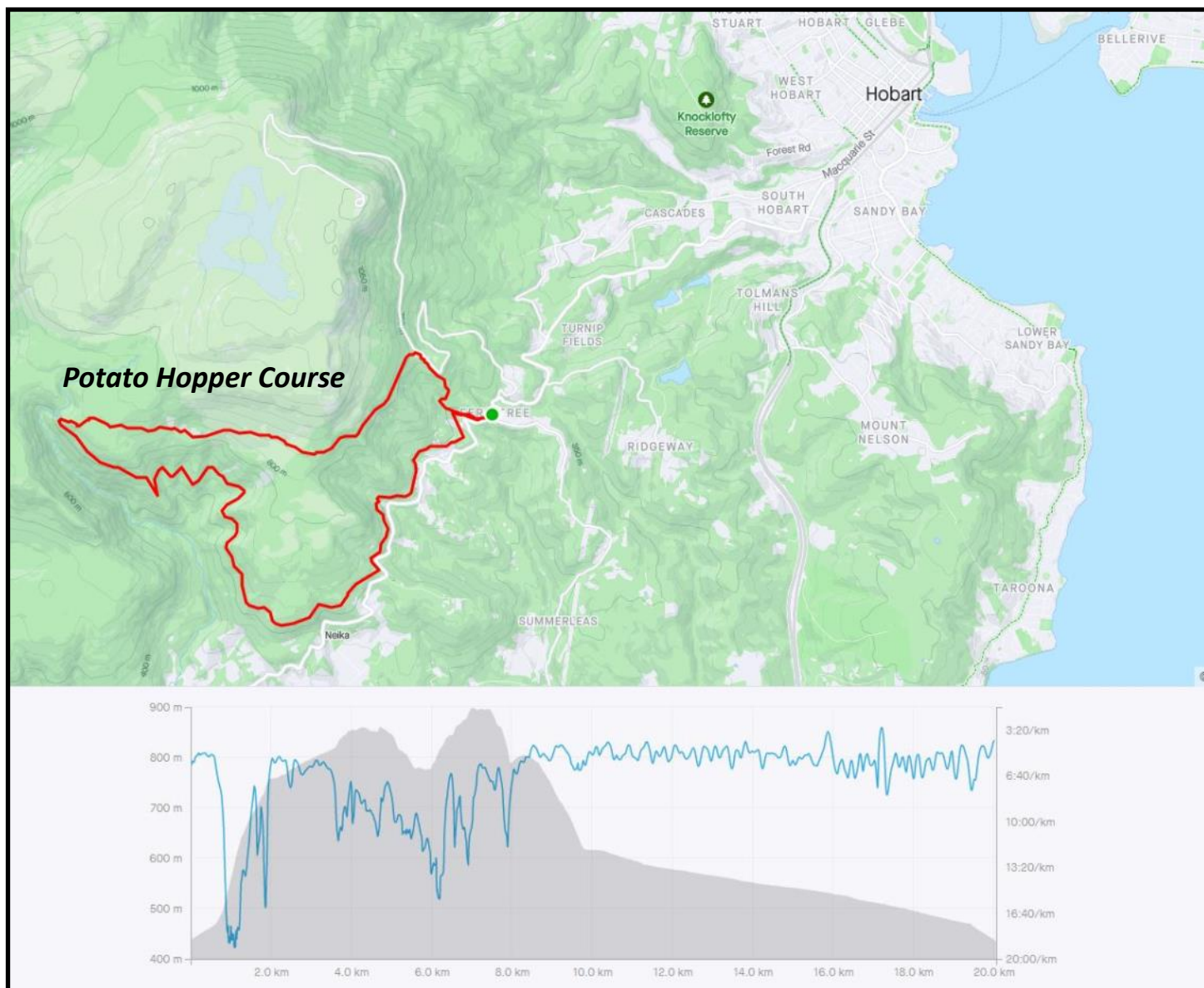


*John in Potato Hopping action*

laborious stair climbing, and some undulating terrain allowing running where the gradient was possible, then a few kilometres of literally rock hopping through the boulderfields, particularly tough on the feet and ankles. These very technical sections require absolute concentration to maintain pace and avoid pain and injury, but deliver great satisfaction (and relief) when you complete the section.

This was followed by 2km of absolute exhilaration on the Wellington Falls Track! This single-track downhill section was a steady gradient and stable surface, allowing a fantastic but controlled pace (i.e. no braking or slipping) where I easily passed several other runners. The fun of this section and the realisation that I could still run fast, straight after 7.5km of uphill grind made it all worthwhile, although it did drain me for the last 10km on the pipeline track which was all downhill but I could have sworn it was mostly uphill. The result was a 3-minute pb





over my 2021 result which had me smiling all the way to the Ferntree Tavern over the road for a Bruny Island farm ale, and my traditional cooldown at Bellerive Beach.

Now its straight back into more hill training, ready for next month's kunanyi Mountain Run (25km, 1600m elevation) in Hobart, where I'll be aiming for another pb and to improve my age category result.

### Your committee

Our 2022 Annual General Meeting will be held after the February handicap morning tea, this Saturday 25<sup>th</sup> February 2023, and we encourage all financial members to support your club and the committee by attending.

**Until next month, stay fit, healthy and safe.**

### **Hobsons Bay Running Club Inc. Notice to club financial members**

## **AGM NOTICE**

**The HBRC committee advises all club financial members that the 2022 Annual General Meeting and presentations will be held at:**

**9:45am**

**Saturday 25th February 2023**

(following the February handicap morning tea)

**at**

**The Old Gatehouse courtyard**

**J. Gray, President**

**B. Rowleson, Secretary**

24th January 2023





# The Handicap

*A considerable number of Hobbos are not on Facebook, and it would be a shame not to share the pearls of sarcastic wisdom which handicapper, Mick Beasley, delivers when he uploads handicap results onto the Hobbos Facebook page. They are worth the price of membership alone. So, I will continue to include them in Home Runs until you ask me to stop! Ed.*

Provisional results for January are up.

Conditions were fairly hostile - hot and windy - and the general times reflect that. At least that's my story - others may take the view that this only further confirms that the handicapper is a callous and heartless b\*\*\*\*\*d.

Gareth Coakley repeated his tactical mistake of winning the January Handicap and making his Greenwich Cup campaign that much harder, just pipping Michael Musgrove. Michael was the only person to record an AGPB - even allowing for the start of year adjustment, that is impressive. Gareth also saw fit to remind me that this time last year I said I'd make sure he wouldn't win another egg... probably another tactical mistake. It will be certainly interesting to see if he can match Kipchoge's marathon pace next month...

According to <redacted> - the definition of "Winning" is having the last piece of Millionaire's Shortbread...

By Mick Beasley

## Gareth Takes the Challenge

You'd think winning the first handicap of the year would be the perfect start to our season but if you have read Mick's comments it is in fact almost the worst thing you can do...

Gareth Coakley won the January Handicap a month ago and also 12 months ago. In 2022 Gareth has a stellar year and finished third in the Greenwich Cup only because two other Hobbos produced years which were even better.

Stand-in race director Mick Beasley announced results for the last month's handicap and awarded Gareth the Kenyan Egg, it was Gareth's 4<sup>th</sup> Kenyan Egg, (two from 2022 and his first in May 2019). Mick couldn't help but comment on Gareth's tactical error (all in fun of course). Gareth was well and truly up to the task and said that he was happy to take it as a challenge.

The January handicap was hotly contested with some extreme pressure from the brigade of walking Hobbos. Gareth managed to just catch Michael Musgrove who used every bit of experience he'd accumulated in 249 handicaps to set a great pace from the start. Michael was



Gareth at the first turn



the only eligible participant to post an AGPB.

The January top 10 had that ring of familiarity to it but a closer inspection of results shows that there are some new regulars who have completed their three qualifying runs in perfect timing for a tilt at the 2023 title.

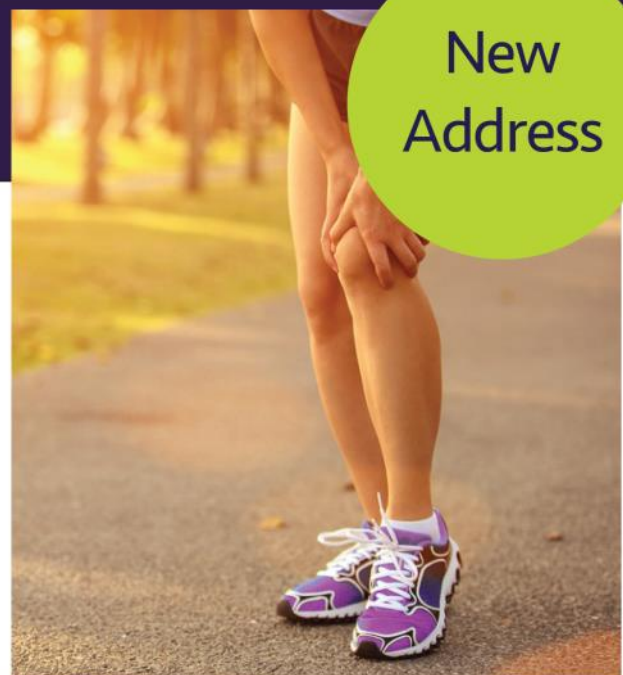
It was reunion time at the January Handicap. Foundation Hobbos Ron Colman and Angela Altair were back and they enjoyed the walk/run and we loved seeing them, particularly Angela after her ill health. They looked fit and keen and spent time catching up with old friends. We hope to see more of them on the last Saturday. Our Australia Day handicap starts at the BBQs and we usually have a bacon and egg breakfast but with the BBQs out of action the Hobbos got creative with fresh fruit, cheese and vegemite scrolls, Anzac biscuits, lamingtons, lollies, fresh sandwiches, cardamom buns and more. A veritable feast. Thanks to the chefs and all of our January helpers which included 2022 cup winners, Abby and Sue.



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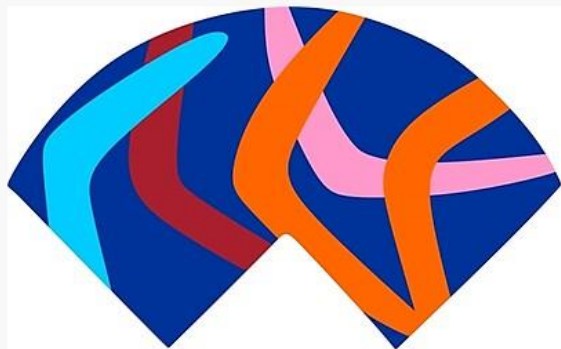


Hobbos Handicap - January 2023 - 329th Running

Pos	Name	Finish	Time	Start	PB	AGPB	Split 1	Split 2	Points	Bonus	Total
Greenwich Cup											
1	Gareth Coakley	40:29	19:34	20:55	19:10	19:18	9:39	9:55	20	9	29
2	Michael Musgrove	40:33	40:53	-0:20	35:15	41:00	20:23	20:30	19	12	31
3	Rob Falloon	40:47	25:42	15:05	21:24	23:48	12:28	13:14	18	0	18
4	Andrew Scardino	41:22	20:32	20:50	19:03	19:49	10:02	10:30	17	4	21
5	John Becroft	41:32	49:32	-8:00	24:12	46:56	24:07	25:25	16	0	16
6	Ken Smith	41:42	41:12	0:30	22:28	37:27	20:00	21:12	15	0	15
7	Cain Speakman	41:50	21:25	20:25	19:44	19:52	10:36	10:49	14	0	14
8	Sarah Lowe	42:06	25:56	16:10	24:04	24:04	12:36	13:20	13	0	13
9	Jane Whitmore	42:22	26:52	15:30	23:08	25:03	13:21	13:31	12	0	12
10	John Gray	42:30	22:10	20:20	18:51	19:55	10:21	11:49	11	0	11
11	Graham Edwards	43:56	47:31	-3:35	36:14	45:30	23:08	24:23	10	0	10
12	Michael Slee (walk)	44:12	44:12	0:00	41:58	41:58	20:22	23:50	9	0	9
Ineligible											
1	Jimmy Dwyer	40:29	19:29	21:00	19:24	19:24	9:39	9:50	10	0	10
2	Chris Hinchliffe	40:06	26:06	14:00	23:39	23:39	13:22	12:44	10	0	10
3	Kevin Aldred	40:10	26:10	14:00	23:36	23:36	13:28	12:42	10	0	10
4	Elise Harkier	41:07	29:37	11:30	28:59	28:59	14:31	15:06	10	0	10
5	Robyn Dols-Ringleben	43:04	33:04	10:00	27:31	30:11	15:11	17:53	10	0	10
6	Angela Altair	42:38	42:38	0:00	28:17	37:12	21:06	21:32	10	0	10
Ineligible 2.5km											
1	Eero Keranan	28:20	17:20	11:00	16:13	28:16	17:20		10	0	10
2	Nick Tavendale	18:41	18:41	0:00	17:44	17:44	18:41		10	0	10
Guests											
1	Johannes Luderitz	29:16	23:16	6:00			11:16	12:00	-	0	-
2	Marcin Pont	35:21	24:51	10:30			12:16	12:35	-	0	-
3	Ron Coleman	43:25	43:25	0:00			22:15	21:10	-	0	-
Guests 2.5km											
1	Sarah Tavendale	18:41	18:41	0:00			18:41		-	0	-







# World Athletics Cross Country Championships **BATHURST 23**

Brothers **Bailey Piper** and **Asher Sadgrove** attended the world cross country championships at Mount Panorama in Bathurst from the 17th-19th February, the first time the event has ever been held in Australia.

The best endurance runners in the world were in attendance including world record holders, Olympians and world champions from track, road, steeplechase and cross-country disciplines.

As well as getting the chance to meet some of their idols, Bailey and Asher also competed at the event, Bailey in the U13 2Km Schools cross country challenge representing Wembley Primary School, and Asher in the U9s cross country event.

The weather was extreme with temperatures up to 35deg at times and the course was brutal with countless hills, soft sand, mud and tyres.

Bailey came 16th out of a massive field of 285 runners. He said it was “the toughest course I have ever run”. Asher incredibly ran second and took home a silver medal in the U9s.



**Asher**



**Bailey**







**Steve Moneghetti, Jess Hull, Stewart McSweyn, Matt Ramsden, Izzy Batt-Doyle and Linden Hall**







*The Australian Bronze medal team in the 4 x 2Km teams event, the third Australian world cross country medal in history.*





Summer Series 1000m 23rd Feb 2021					
NAME	EXPECTED	HANDICAP	GROSS TIME	NETT TIME	PLACE
ELIGIBLE MEMBERS					
Anna Anderson	4.30	1.30	5.49	4.19	1
Haydn Northover	3.25	2.35	5.57	3.22	2
Peter Whyte	4.35	1.25	5.58	4.33	3
Robyn Dols Ringleben	5.20	0.40	6.00	5.20	4
Karen Hayes	4.35	1.25	6.02	4.37	5
Elias Ali Haapala	3.30	2.30	6.04	3.34	6
Jim Dwyer	3.05	2.55	6.05	3.05	7
Mark Letman	3.40	2.20	6.08	3.48	8
Rob Falloon	4.05	1.55	6.09	4.14	9
Nick Tavendale	2.50	3.10	6.09	2.59	10
Cain Speakman	3.15	2.45	6.10	3.25	11
Ron Van Der Heide	3.45	2.25	6.11	3.36	12
Wade Noonan	3.20	2.40	6.14	3.34	13
Kevin Mahon	3.05	2.55	6.16	3.21	14
Mario Valastro	3.30	2.30	6.26	3.56	15
INELIGIBLE MEMBERS					
Elise Hardiker	5.20	0.40	5.51	5.11	1
Graeme Dewerson	3.40	2.20	5.43	3.23	2
Chris Hincliffe	4.45	1.15	5.44	4.29	3
Henry Northover	4.05	1.55	5.53	3.58	4
Sean Spalja	3.30	2.30	5.55	3.25	5
Louis Northover	4.20	1.40	6.03	4.23	6
Guests					
Sara Raffan	4.00	2.00	5.58	3.58	
Rae Carter	3.30	2.30	6.17	3.47	
Stuart Tennant	4.05	1.55	6.31	4.36	

## Remaining DSS Events

### The February Handicap

7:45am, Saturday 25th Feb 2023  
Greenwich Reserve, Newport

### The Annual Easter Gift 1500

6pm, Tuesday 14th March 2023  
Newport Park Athletics Track





# Daylight Savings Series

**Anna Anderson** followed up her Phar Lap win with a win in the Summer Challenge 1000m – a handicap track event. Essentially a sprint with lots of post-race puffing and coughing.

Anna's victory puts her in a very strong position for the **Daylight Savings Series 2022/23**. Her two wins will give her two lots of maximum points which is awarded to the competitor with the most points from their best four DSS results. With 2 races to go (the February 5km Handicap and the traditional Easter Gift 1500m) Anna has to be the one to beat. And should she hold her current form and take out the DSS, it will be back-to-back wins for the 'pocket rocket'.

Conditions were good, the field was big (24) and the air was full of friendly banter. It was nice to see some younger runners joining in and giving the regulars a run for their money. Anna (5:49), **Haydn Northover** (5:57) and **Peter White** (5:58) all finished under the handicapper's, **Peter Bu-issink**, target time of 6 minutes to finish 1 – 2 – 3.



*Back marker - Nick T - all alone but not for long*



*Adding to the collection - Anna*



*Second's good - Haydn*



*I never win anything - Pete W*

## Summer Challenge 1000m





# Handicapper's Corner

with Mick Beasley

## Timing-Resolution & Accuracy

When commenting on the December result on Facebook I wrote: "Abby's finish time was recorded as 40:01, with the timing system recording 40:00.841 while the video showed around 40:00.6 or so. I'll do an article on the various sources of error and inaccuracy in a future newsletter." This is it.

"Resolution" and "Accuracy" are very different beasts. Imagine two cars driving from the middle of the Bolte bridge to the middle of the Sydney Harbour bridge, and both following the

That depends on how the system is set up which in turn depends on the type of timing mat and tags – Active or Passive. Both methods work on the same basic principle – using a radio transmitter (usually in the mat) and measuring signal strength to work out when the tag attached to the runner (or cyclist) is closest to the aerial. The mechanism is very different between the two and active systems are far more accurate.

With active systems, the tag has a battery, and



same route. Both could studiously count wheel rotations and calculate the distance to the nearest millimetre – incredible resolution – yet it would be minor miracle if the distances they measure for the journey were within a couple of kilometres of each other or the "true" distance – so much lower accuracy.

Our timing system resolves measurements to a thousandth of a second using automatic measurement of passing times. My Garmin only goes to a hundredth of second, far exceeding my ability to press the buttons at exactly the right moment – and this means my Garmin times are only really accurate to half a second or so. But what is the equivalent of pressing the button on our timing system and how accurate is it?

the transmitter is continually transmitting a timing signal. The tag wakes up when it detects this signal, monitors the strength, works out when it is strongest, and once it is confident that is well past the transmitter, sends the relevant time back to the timing box. Because it is the tag doing the measurement and selfishly focusing on that to the exclusion of everything else, it does not matter how many other tags are trying to measure at the same time. Hence each tag can identify the "point of strongest signal" with a high degree of accuracy.

But that only tells when the tag itself passed the timing mat. If (as is often the case) it is attached to the ankle, then whether it is on the leading or trailing ankle as the runner passes the mat will make a difference. If it is mounted





on the chest, then there is less random variability and **RaceResult** quote accuracy figures of the order of 10 milliseconds here.

We have a passive system – not least because the bibs are about three bucks each as opposed to about forty – and these do not have batteries. Instead, they are powered by the transmitted timing signal itself, and the timing box commands the tag to transmit back so it can measure the strength of the return signal. The timing box then works out when the strongest signal occurred and assumes this was when the tag passed the timing mat. Apart from the increased complexity of the transactions required, there is only one timing box and potentially a lot of tags passing in quick succession. The timing box can only deal with one at a time and has to cycle through them all as long as they are within range. There is a more than a decent chance that it will not be talking to any given tag at the exact point it actually passes the mat – introducing a source of inaccuracy.

One of the questions I get asked a lot is why the system beeps when the runner is not remotely close to crossing the mat – often a second or two away? The answer is that the beep simply means the timing system has detected the tag has come into range and has started to monitor it – while there is undoubtedly an error in the timing, it is not that bad!

The worst impact of these timing inaccuracies is when two runners pass the mat close to each other and the measurement errors combine to reverse the order. **RaceResult** claim that with passive tags a gap of at least 200 milliseconds is required between runners to give a 99% level of confidence in the finishing order of those runners. From this it is possible to contend that our system is probably accurate to plus or minus about a tenth of a second or so in normal conditions.

This is not just a theoretical effect – we have actually seen the system get the order wrong when two runners cross near-simultaneously. The first time it happened it was of course our Club Founder Eero who would have been relegated one position – however post-race checks picked this up and we “adjusted” accordingly. This is one of the reasons we take a video of the finish –

so we can double check those close finishes.

So why don't we quote times to a tenth of a second when we publish results? Partly for historical consistency, but predominantly because it would give a misleading illusion of accuracy – errors in the timing system are only a small part of the picture in recording the elapsed time for a runner. Even with our big digital clock it is unlikely that people start exactly when they should – anything within a quarter of second here would be good going.

And that big digital clock isn't connected directly with the timing box – the two are started manually by pressing buttons and there is plenty of scope for a slight offset there – even if the ongoing drift between the relevant clock crystals is probably insignificant over 40 minutes. In the example above, a measured time of 40:00.861 compared with guessing “about” 40:00.6 from the video seems reasonable enough – the two are probably synchronised to a couple of tenths or better.

Adding up all the sources of error – actual starting time relative to the clock, the clock relative to the timing box, and the timing box itself – we probably end up with an accuracy of the order of half a second or so in timing how long it took to cover the course. For those of us who remember the days when we timed this event manually, that is not bad at all.



# Hobbos Coaching

With Brian Armstrong, Coaching Co-ordinator

## February Coaching Update

We are almost at the last week of my Series 1 track training sessions. The Tuesday attendance is excellent with fantastic numbers at both mornings and evening sessions, all with a great variety of experience. We will get to know fitness progression of members by taking note of each Mona Fartlek distance, which we will use as a start of year baseline. Please ensure to let us know your Mona Fartlek distance in the track session comments, or log them down yourself for later reference. When advancing fitness over the year, most can expect this Mona Fartlek distance to gradually advance, as tested at the end of each series.

Next month we start Kieran's series. Kieran is a long-time member of our club and previously actively involved with committee and organised many of our social events. Kieran is a L2 Coach and has a wealth of practical running experience, having raced many recreational, Hobbos, and Athletics Victoria events, like XCR. Feel free to catch up with Kieran, mainly at Tuesday morning sessions for a chat, or some real life running guidance. Thanks for the next series Kieran. Look out for Kieran's bio in next month's newsletter.

L2 Coach Kate Milnes has started the Tuesday track walking series training that she designed, which is guided towards runners coming back from injury, or those just not up to the running stage. For anyone that has friends or family that are looking for a reason to start walking or thinking of running, give Kate's session a try. There is no pressure as to how fast you walk, or how unfit you start off at, and no competition, which seems to impede a lot of people initially starting off on their fitness path. I observed last week's attendance and everyone was having a great time. Look for more details in Kate's article. Thanks for the initiative Kate.

While our Sunday afternoon Children's and Parents session had great attendance last year, this season has started off with some low numbers in the first couple of weeks and we had to cancel one, so we are currently investigating options to spice this up. We may start to target some of the school date events, with L2 Coach Tameka investigating options.

On Thursdays we have also started trialling some hill interval sessions at 100 steps Altona, and while not high in numbers, it appears to be a consistent attendance. For any members that haven't tried hills, why not *give this* a go. Hills are great for strength, and are also a quick way to hit that V02 zone. Hills are great to add into any training plan, once a fortnight. Remember, everyone runs the hills at their own pace. We meet for the Thursday session at 6:15pm, and have a rest week every Hobbos handicap week (approximately every 4<sup>th</sup> week). Always advertised on Facebook, so we hope to see you there.



This month I have added a couple of photos I took while out running at 7am last Saturday morning, as they show how much fun volunteering is. The first is our lovely secretary 'Bronwyn Rowleson' holding what looks to be a great day of shopping, a huge smile on her face and heaps of full bags.

The second is previous president and current Coach Rob Falloon, again with a huge smile on his face, chalking the pathway. Bronwyn and Rob were setting up for Cyril Curtain Reserve Parkrun. Testament to Bronwyn's famous quote, "Try volunteering, its rewarding and fun", they are leading the way, as both volunteer at many





running and even non-running events. I also saw Haydn and another after running past. For any that haven't tried the Cyril Curtain Reserve Parkrun, give it a try, the atmosphere is scenic, and the people very friendly. For those looking for that rewarding smile, give volunteering a try at a Hobbos or Parkrun event.

As always, a huge thank you to all coaches below, who with your voluntary contribution make us the best running club around:

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

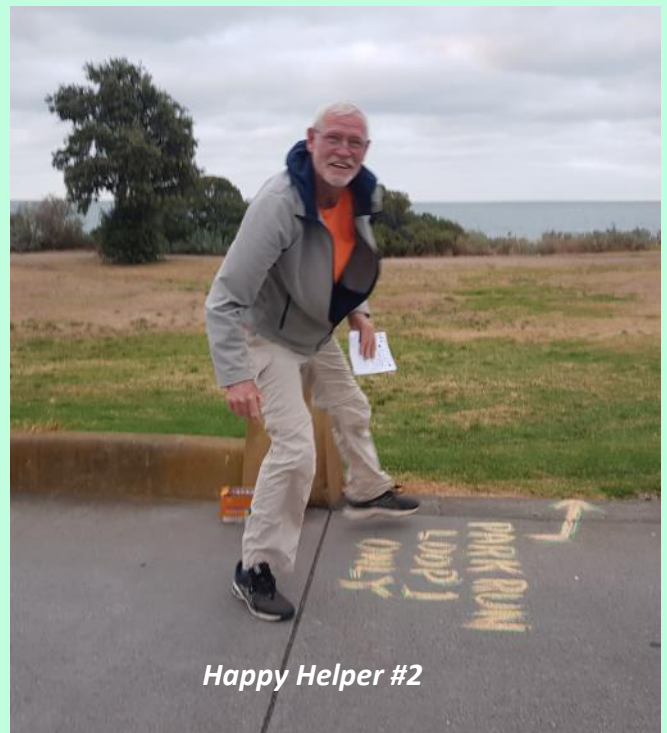
Coaching team tip for the month:

*'Try volunteering, it's very rewarding and you learn so much*

*from the other running community people you meet'*

2023 Coaching Co-ordinator

Brian Armstrong



*Happy Helper #2*

### **A dedicated walking series? But we're a running club!!**



Well technically yes Hobbo's is a running club, but its also much more than just running and we have a lot of members and friends of the club who are walkers. And quite frankly, walking is seriously underrated as a form of exercise. So, when one of our members approached me about options for walking our Tuesday night track sessions it sparked an idea to try something dedicated to those of us who like a good walk to keep fit.

On **Tuesday nights** from **14<sup>th</sup> Feb until 7<sup>th</sup> March** we are trialling a specially designed walking program aimed at improving our fitness and social interaction but without the impact of running. This series is perfect for everyone and anyone; from those who are new to fitness to seasoned walkers, experienced runners taking a break, or anyone just interested in the social side of our club. Each session will include a gentle static warm up with the main group, a 400m warm up walk, and then 18-20 minutes of mixed pace walking to get the heart pumping and the legs moving before a gentle 10-minute stretch and flex.

Feedback from our first session was very positive and we had a great mix of participants with different reasons for being there all completing the session together.

So, whether you are keen to check out the club, you love walking as your main form of fitness or you are taking a break from running and want to keep in the habit of Tuesday night track, come join us! The more interest and feedback we have in this program the more we can look at similar options long term.

**By Level 2 Coach Kate Milnes**







## 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 Track, led by AA accredited coaches, including warm-up
- Alternative sessions on Wednesday or Thursday evenings (6:15pm start) when advertised
- Sunday morning Long Runs for building endurance (6:30am start), check Facebook
- Sunday morning Newport Lakes laps & Occasional Sunday morning Social Well-being runs

### Join us for Regular Handicap Competitions, which suit all abilities

- Traditional monthly 5km Handicap, held at 8am on the last Saturday of every month
- 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
- We also have runners in an AV cross-country team with our friends at Williamstown Athletic Club

**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](http://www.hobbos.org.au)

Email: [enquiries@hobbos.org.au](mailto:enquiries@hobbos.org.au)

