

HomeRuns

Newsletter of the Hobson's Bay Running Club Inc, Melbourne

**John
starts
year
with
a win**



Ann takes first win in Ted Joy Cup



running club melbourne

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Lead the Pack in Your New Club Singlet

The new club singlets are very popular and available in all sizes get yours today at the handicap

See Aprille McMahon or call her on 0412 139 498

NOW ONLY \$35

Membership Fees

Fees are as follows:

Single \$30 (\$25 to renew)

Family \$65 (\$55 to renew)

Pensioners & \$20 (\$15 to renew)

Students (full time)

Non financial members must pay a guest fee to enter the monthly handicap and are not eligible to win the PRIZED KENYAN EGG

WEBSITE

Don't forget our Website. It's a great way to share information or gossip, rather than waiting for the newsletter.

Check it out, contribute and be part of www.hobos.org.au

NEWSLETTER CONTRIBUTIONS

Don't miss out on getting your story in, contact Mark today, see contact details in left column



From the President

Welcome to another Homeruns issue. The year got off to a great start at the January handicap when we held our first race for the walkers who now compete for the Ted Joy Cup.

The club also received a huge boost when Ted's family Gary, Russell and Sue Joy presented an extremely generous donation of \$2000. I would like to express my thanks to them and know that Ted would like us to use the money well

John Becroft took out the first running win for the year and Ann Drohan the walk. I am sure any teething problems will sort themselves out in the coming events.

On another note this Sunday February 26 sees the Wyndham Fun Run in Werribee for the Royal Childrens Hospital. If you can't make it to the Run For The Kids in April this is a great 15k alternative for the same cause. You also have a choice of 8 and 4k.

Due to this fun run there may be less people at Newport Lakes this Sunday but I am sure there will be some there.

There are several people putting in the hard training for the Run For The Kids, Puffing Billy and also the upcoming Williamstown Running Festival. If you wish to join them and benefit from group training don't hesitate to come along to any of our training runs.

Always remember you will only get out of your running what you put into it. You need to train well to run well.

Sad news. Dennis and Bev Mountford's daughter, Donna passed away a couple of weeks ago. Donna had completed about 100 Tans with the VRR and sadly died as the result of an eating disorder. Dennis, Bev and Kelly, Donna's younger sister, have completed about 75 runs with the Hobos. We wish them all the best wishes in this sad time.

I look forward to seeing you all at the handicap on Saturday and after the event make sure you come back to the gatehouse for a cuppa and a chat.

Good running in 2012.

Mark Maloney



Gary Joy remembers his father, our former patron Ted before presenting a cheque to the club.

Fees Due Now

Please take note that your fees for the 2012 year are due. See Tyrone at the handicap you will not be eligible for the 2012 Greenwich Cup until it is paid. Non financial members will run as guests.



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Introducing this month's Practitioner



Feldy Physio was established by Ms Caroline Voogd, a qualified Physiotherapist (1994) and Certified Feldenkrais Practitioner (2008). The knowledge and experience gained as a Physiotherapist and a Feldenkrais

Practitioner combine harmoniously and bring a unique quality to Feldy Physio sessions provided by Caroline.

Feldy Physio sessions are specifically tailored to suit the individual, facilitate learning about human movement, posture and functioning and for improving physical and mental abilities.

Caroline provides a unique learning environment to explore your movement, address any problems you have and learn how to move with more efficiency, ease and grace. Sessions with Caroline are suitable and beneficial for people of any age and ability.

Caroline has a special interest in exploring and facilitating learning of movement with adults and children with neurological conditions such as stroke, traumatic brain injury and cerebral palsy.

If you are interested in developing a clearer understanding and awareness of your own actions then give me a call and arrange an appointment.

A referral from your GP is not required unless participating in the Extended Care Program.

Discounted rates for pensioners and healthcare card holders.

Please contact Caroline to arrange an appointment

Caroline Voogd

0414 946 900

feldyphysio@gmail.com

www.feldy-physio.com.au

For further information: www.feldenkrais.org.au



Don't miss our runs at Newport Lakes

Margaret St Newport Every Sunday at 7.30am

All welcome for free group bush run



Hobos Training Runs

Improve your running, health and fitness

Training consistently is the core ingredient to improving your running and unfortunately it is difficult for many of us to keep our enthusiasm on our own.

The Hobos has had a great culture of training in groups and this is something we are striving to get back.

We have three groups training during the week and I am pleased to say numbers are growing every week..

The Sunday morning runs at Newport Lakes are proving very popular and we are getting people of several different levels of fitness running between 5k and 15k.

Tuesday Nights from 6.15pm we have a group that runs 7km on a run from the Newport club rooms to the Timeball and back.

This can be run at the pace of your choice from easy to a serious tempo run.

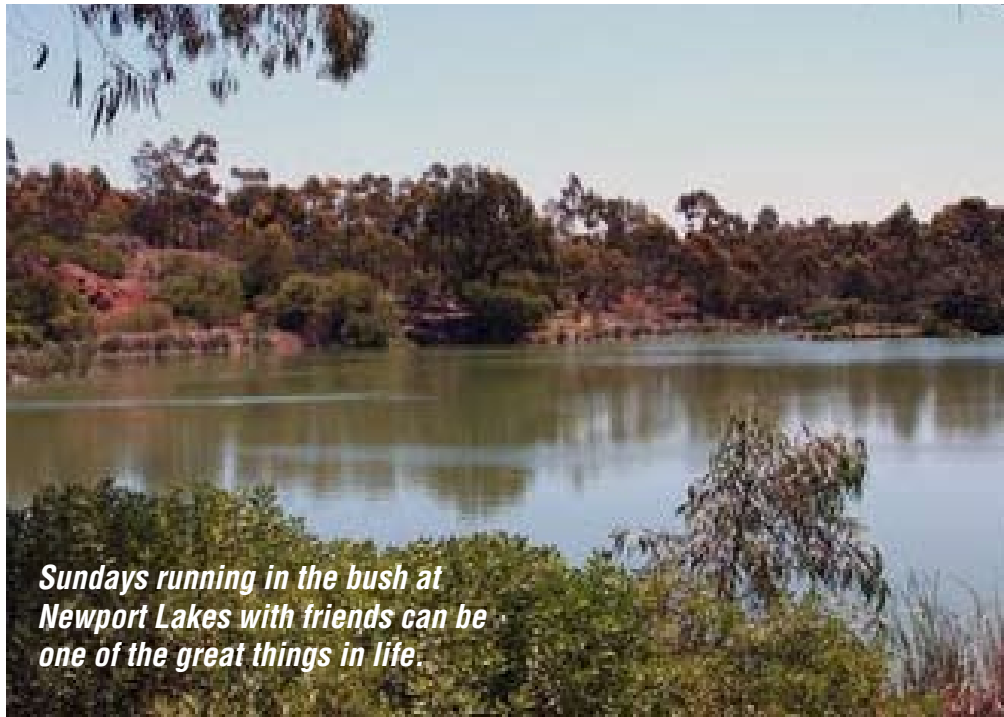
Thursday Nights from 6.15pm you can either run 7km to the Time ball as per Tuesday or join a track interval session where you concentrate on learning to improve your pace and stamina. Putting you through sessions such as 5x 800 metres or maybe 10x 400 metres certainly allow you to discover a new side to running. These sessions on the track are proving very popular.

Sunday Mornings a group meets at 8am at Newport Lakes for a bush run up to 15k or further for those who are keen for more details contact Mark on 0413 177 388.

All these runs will dramatically help your running and your wellbeing. The friendship and support you get from training with others of ALL abilities.

Please don't hesitate to join us.

Mark Maloney



Sundays running in the bush at Newport Lakes with friends can be one of the great things in life.



Sessions such as 5x 800 metres or maybe 10x 400 metres certainly allow you to discover a new side to running



Interval sessions on the track every Thursday

The views along the timeball run in Williamstown. One of the best runs in Melbourne.



The January Handicap

Becroft leads way with win

The year started off with a strong performance by club stalwart John Becroft, when he comfortably won by over a minute. After being away for a while the long time member returned to say catch me if you can.

Second was new member in his first eligible run John Webb in another good performance. In third was yours truly Mark Maloney in an AGPB of 20.42 which I was very pleased with after a large amount of hard training.

I was also very pleased that behind me were my training partners Michael Slee, Kieran Leonard and Kevin McMahon which really shows the benefits of group training.

The January handicap also saw the new Ted Joy Walking race which was very successful in seeing Ann Drohan taking it out ahead of Steve Jordan both praising the fact that it pushed them to near PBs. This month should see more competitors and even better racing.

Mark Maloney

January run winner John Becroft and first walk winner Ann Drohan



January Results

January, 2012 211th Running

SURNAME	MEMBER NO:	INELIGIBL E	2.5km Y/N	PB	AGPB	Current Start (mm.ss)	LAP 1 (mm.ss)	GROSS TIME (mm.ss)	SPLIT 1 (mm.ss)	SPLIT 2 (mm.ss)	NET TIME (mm.ss)	PLACE	PB/AGPB	AGPB Proximity	Race Points	Bonus Points	Total Points
John Becroft	45			24.12	27.34	9.30	24.02	39.04	14.32	15.02	29.34	1	2.00	2.00	20	0	20
John Webb	438			33.55	33.55	6.00	22.15	40.07	16.15	17.52	34.07	2	0.12	0.12	19	10	29
Mark Maloney	141			20.03	20.47	19.40	30.00	40.22	10.20	10.22	20.42	3	AGPB	-0.05	18	12	30
Michael Slee	140			21.46	23.33	16.40	28.43	40.38	12.03	11.55	23.58	4	0.25	0.25	17	7	24
Kieran Leonard	242			19.53	19.53	20.10	30.15	40.45	10.05	10.30	20.35	5	0.42	0.42	16	5	21
Kevin Mc Mahon	233			22.20	21.42	18.20	29.34	40.47	11.14	11.13	22.27	6	0.45	0.45	15	4	19
Sue Hennessy	130			24.07	25.32	15.00	28.03	40.49	13.03	12.46	25.49	7	0.17	0.17	14	9	23
Sara Keranen	1			20.31	22.11	18.00	29.20	40.55	11.20	11.35	22.55	8	0.44	0.44	13	4	17
Ken Smith	155			22.28	23.12	16.40	28.52	41.09	12.12	12.17	24.29	9	1.17	1.17	12	0	12
Anne Girvin	113			23.56	23.56	16.20	28.47	41.13	12.27	12.26	24.53	10	0.57	0.57	11	2	13
Ian Turnbull	223			20.28	20.28	19.50	30.39	41.17	10.49	10.38	21.27	11	0.59	0.59	10	2	12
Chris Turner	243			21.38	21.38	18.40	30.01	41.23	11.21	11.22	22.43	12	1.05	1.05	9	1	10
David Walker	4			20.15	20.46	18.40	30.03	42.05	11.23	12.02	23.25	13	2.39	2.39	8	0	8
Jerome Keegan	234			21.10	21.10	19.30	30.35	42.33	11.05	11.58	23.03	14	1.53	1.53	7	0	7
Russell Johnson	77			16.42	19.28	20.20	31.02	42.49	10.42	11.47	22.29	15	3.01	3.01	6	0	6
Sue Walker	3			22.44	23.49	15.20	29.26	43.09	14.06	13.43	27.49	16	4.00	4.00	5	0	5
Don Hampshire	81			28.29	34.35	0.00	22.00	43.24	22.00	21.24	43.24	17	8.49	8.49	5	0	5
Steve Wright	57			21.12	23.34	15.30	29.30	43.24	14.00	13.54	27.54	18	4.2	4.2	5	0	5
Aidan Keranen	194			23.02	23.02	17.30	29.51	44.26	12.21	14.35	26.56	19	3.54	3.54	5	0	5
Shayne Dean	177			30.49	31.12	5.00	25.17	44.41	20.17	19.24	39.41	20	8.29	8.29	5	0	5
Ken Carter	208			37.01	37.25	0.00	21.04	46.28	21.04	25.24	46.28	21	9.03	9.03	5	0	5
Les Cations	186			38.22	38.30	5.00	28.17	51.00	23.17	22.43	46.00	22	7.30	7.30	5	0	5
Ineligible members																	
Rory Heddles (2)	219	Y		19.28	19.28	20.00	29.40	39.45	9.40	10.05	19.45				10	0	10
Marie-Pierre Fercott (2)	466	Y		29.05	29.05	9.30	23.26	37.09	13.56	13.43	27.39	PB			10	0	10

Hannah Walker(3)	205	Y	Y	10.17	10.17	25.00		34.46	9.46		9.46	PB	0	0	10
Ray Barnard (2)	492	Y	Y	22.12	22.56	12.00	28.26	45.57	16.26	17.31	33.57		10	0	10
Olivia Walker (3)	204	Y	Y	11.15	11.15	24.00		34.52	10.52		10.52	PB	0	0	10
Patrick Snee (3)	219	Y	Y			9.30	23.09	37.14	13.39	14.05	27.44		10	0	10
Peter Downing (1)	465	Y	Y			12.00	24.10	36.41	12.10	12.31	24.41		10	0	10
Guests															
Nadir Arezki	439					19.00	30.20	41.16	11.20	10.56	22.16				
Steve Glover	163			18.53		19.00	30.08	41.26	11.08	11.18	22.26				
Lorraine Glover	172			22.33		13.00	26.22	39.34	13.22	13.12	26.34				
Jackson Glover	203			23.07		15.30	27.52	42.32	12.22	14.40	27.02				
Thomas Glover	221			28.29		12.30	26.53	41.40	14.23	14.47	29.10				
Patricia Nicola	458					9.00	25.14	42.31	16.14	17.17	33.31				
Rebecca Cerreto	487					9.00	27.13	45.28	18.13	18.15	36.28				
Wendy Beckhouse	470			22.56		0.00	23.23	46.33	23.23	23.10	46.33				
Ted Joy Cup															
Ann Drohan walk	123			39.36	39.36	0.40	20.42	40.21	20.02	19.39	39.41	1	0.05	20	11
Steve Jordon walk	96			34.27	34.27	5.50	23.07	40.43	17.17	17.36	34.53	2	0.26	19	7
Qualifying Ted Joy Cup															
Ian Morgan	200					0.00	24.44	49.31	24.44	24.47	49.31		49.31	10	0
Bruce Guy	138					0.00	23.02	43.24	23.02	20.22	43.24		43.24	10	0
HELPERS															
Mike Beasley															20
Michael Musgrove															20
Graham Jenkins															20
Eero Keranen															20
Peter Buisssink															20

The Greenwich Cup

Member No:	Member Name	January	February	March	April	May	June	July	August	September	October	November	December	Total Assists	Runs	Additional Assists	Runs+Assists	Points	Best 8	runs(pre 12)	Total runs
141	Mark Maloney	30													1		1	30	#NUM!	80	81
	John Webb	29													1		1	29	#NUM!	3	4
2	Eero Keranen	5												20	1		2	25	#NUM!	76	77
140	Michael Slee	24													1		1	24	#NUM!	69	70
130	Sue Hennessy	23													1		1	23	#NUM!	76	77
	Kieran McMahon	21													1		1	21	#NUM!	6	7
237	Mike Beasley													20	0		1	20	#NUM!	12	12
59	Michael Musgrove													20	0		1	20	#NUM!	157	157
152	Graham Jenkins													20	0		1	20	#NUM!	82	82
116	Peter Buissink													20	0		1	20	#NUM!	56	56
45	John Becroft	20													1		1	20	#NUM!	131	132
233	Kevin McMahon	19													1		1	19	#NUM!	7	8
1	Sara Keranen	17													1		1	17	#NUM!	105	106
113	Anne Girvin	13													1		1	13	#NUM!	90	91
155	Ken Smith	12													1		1	12	#NUM!	86	87
223	Ian Turnbull	12													1		1	12	#NUM!	21	22
243	Chris Turner	10													1		1	10	#NUM!	6	7
204	Olivia Walker	10													1		1	10	#NUM!	26	27
219	Patrick Slee	10													1		1	10	#NUM!	42	43
205	Hanna Walker	10													1		1	10	#NUM!	24	25
	Rory Heddles	10													1		1	10	#NUM!	0	1
	Peter Downing	10													1		1	10	#NUM!	0	1
	Marie-Pierre Fercott	10													1		1	10	#NUM!	1	2
162	Ray Barnard	10													1		1	10	#NUM!	37	38
4	David Walker	8													1		1	8	#NUM!	65	66
234	Jerome Keegan	7													1		1	7	#NUM!	8	9
77	Russell Johnson	6													1		1	6	#NUM!	141	142
57	Steve Wright	5													1		1	5	#NUM!	61	62
186	Les Cations	5													1		1	5	#NUM!	51	52
208	Ken Carter	5													1		1	5	#NUM!	40	41
81	Don Hampshire	5													1		1	5	#NUM!	110	111
177	Shayne Dean	5													1		1	5	#NUM!	62	63
3	Sue Walker	5													1		1	5	#NUM!	67	68

The Ted Joy Cup

Member No:	Member Name	January	February	March	April	May	June	July	August	September	October	November	December	Total Assists	Runs	Additional Assists	Runs+Assists	Points	Best 8	runs(pre 12)	Total runs
123	Ann Drohan	31													1		1	31	#NUM!	54	55
96	Steve Jordan	26													1		1	26	#NUM!	133	134
138	Bruce Guy	10													1		1	10	#NUM!	59	60
200	Ian Morgan	10													1		1	10	#NUM!	23	24

Fun Run Race Calendar

26 Feb Wyndham Rotary River Fun Run to be held at 9am. Run, 4km, 8km and 15km or Walk 4km or 8km around the scenic Werribee River in Werribee <http://wyndhamfunrun.org/>

3-4 Mar Tough Bloke/Tough Chick Challenge, info@maxadvanture.com.au

3 Mar VRR Tan Handicap & Breakfast, 8km & 4km, Pillars of Wisdom on Tan on Alexandra Ave, (Mw 2G A9) (UBD 18 G17) 7.30 AM, 9744 1072. www.vrr.org.au Breakfast free to members, \$3 to visitors

4 Mar Run4Ryan, 10/3km, Recreation Reserve Sutherland Rd, Riddells Creek, 10.30AM, www.run4ryan.com

8 Mar VRR Twilite Tan Time Trial, 8km & 4km, Birdwood Ave opposite Shrine forecourt, (Mw 2F K12) (UBD18 G17) 6.30PM, 9744 1072, www.vrr.org.au

11 Mar Coburg 6 hour run/walk, 8AM, Harold Stephens Athletics Track, (Mw 18 A10)(UBD 193 L18) www.coburgharriers.org.au, 0417012682

11 Mar King Island Imperial, 32/8km, www.kingislandrace.org.au

18 Mar Conquestathon

18 Mar Sunfest Run for Fun, Walk, 9.2/4.6km, run/walk, Barkly St Sunbury, (Mw 382 E4)(UBD 98 C12), www.sunfest.org.au tbc

1 Apr Run For The Kids, 14.5km (9AM start) / 5.2km (8.45AM start) Kings Domain, Alexandra Avenue, (Mw 2F K8)(UBD 4 L11) TBC

7 Apr VRR Tan Time Trial, 8km & 4km, Birdwood Ave opposite Shrine forecourt, (Melway 2F K12)(UBD 18 G17) 7.30AM, 9744 1072

7 Apr Beechworth Gold Easter Fun Run, bwfunrun@bigpond.net.au

14-15 Apr Coburg 24 hour Carnival Run/Walk, 10AM, Harold Stephens Athletics Track, (Mw 18 A10)(UBD 193 L18) www.coburgharriers.org.au, 0417012682

15 Apr Geelong half Marathon, www.gccc.asn.au

15 Apr VRR & Blue Ribbon Foundation Angela Taylor Memorial Run , 10/5 km, including special police events. Tom's Block, Linlithgow Avenue, The Tan, (Melway 2F J9)(UBD 4 F12)9744 1072, 8.30 AM

24 Apr Sri Chinmoy Princes Park

5 May VRR Tan Time Trial, 8km & 4km, Birdwood Ave opposite Shrine forecourt, (Melway 2F K12)(UBD 18 G17) 7.30AM, 9744 1072

6 May Great Train Race, 13.2km, Belgrave to Emerald Lake, www.puffingbilly.com.au, (Melway 75 G9)(UBD 322 B13) tbc

13 May Mothers Day Classic

2012 Handicap Month Helpers

MONTH	HELPER 1	HELPER 2	HELPER 3	HELPER 4
January	Mike Beasley	Michael Musgrove	Graham Jenkins	Eero Keranan
February	Chris Turner	John Becroft	Graham Edwards	Liz Turner
March	Ildiko Plaganji	Matin Mankowski	Russell Johnson	Keiran Leonard
April	Ken Smith	Mark Maloney	Darren Birtwistle	Angela Altair
May	Ian Turnbull	Ann Girvin	Steve Jordan	Aprille Mc Mahon
June	Sara Keranan	Bruce Guy	Ray Barnard	Micahel Doull
July	Peter Buissink	Steve Brennan	Mirkos Caparachin	Noel McMahon
August	Aidan Keranan	Michael Slee	Patrick Slee	Sue Walker
September	Susan Brownrigg	David Brownrigg	Robert Ledger	Tyrone Patterson
October	Damien Arnold	Rory Heddles	Shayne Dean	Les Cations
November	Sue Hennessy	Steve Wright	Anne Drohan	Marie Fercott
December	Ken Carter	Jerome Keegan	Kevin Monk	TBA

** Please note that you can swap months with consent with those assigned to that month.

** You must officially assist at least once per annum to gain points for the Greenwich Cup.

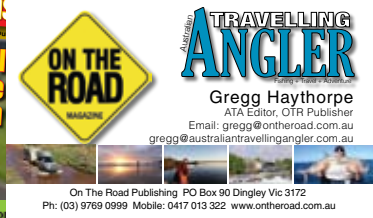
LATS

Bakery Cafe



Join Bill and Rachel for lunch, coffee and a cake at their new Docklands cafe
28 St Mangos Lane Docklands, 3008

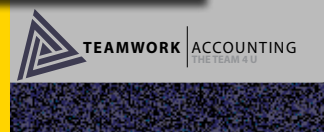
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