

HomeRuns

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

Turnbull Goes Back to Back



See our new website
www.hobos.org.au



running club melbourne

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2 Hobson's Bay Home Runs



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

Hi everyone, welcome to another issue of Homeruns.

Another month gone and here we are at the half way mark of the Greenwich Cup and Ian Turnbull has joined Michael Doull at the top of the points. They are locked on 149 points each currently well clear of Bill Price in third place and Ann Girvin in fourth.

However the Cup is only calculated on your best eight which means with six races to go anyone who has two good performance so far could win.

It has been great to see over the last few months new people being attracted to the club via the new website at www.hobos.org.au and coming along to training Tuesday and Thursday nights.

I'd like to thanks Ann Girvin for her efforts in organising the night out for dinner last Saturday night we had a good group and enjoyed the night.

This Sunday August 1st Sara Keranen is having the opening of her latest art exhibition,

for those who didn't know Sara is a very talented and established award winning artist.

On a sad note Valda Jordan mother of long time member Steve Jordan last week, I am sure you will join me in wishing Steve and his family the best wishes during this sad time. The funeral is being held on Thursday August 29th at 10.30am at Faulkner Cemetery.

This Tuesday night we will be having a committee meeting at the club rooms at 7.30pm. If you have any ideas you would like to put forward to the committee please don't hesitate to speak to a member.

I look forward to seeing you all at the handicap this Saturday.

Enjoy reading

Mark Maloney

Members Birthdays July

Ken Smith
Lisa Hines
Gavin Sullivan
Peter Mahieu
Chris Salmond
Mike Grams

Inside Out

An Exhibition

of Paintings

By Sara Keranen

Geelong Art Society's Shearers Arms Gallery

202 Aberdeen Street
Geelong West Vic 3218

**Opening Sunday 1st August
Time 2.30 pm**

Runs until 12th August
Contact 0403 502 535

www.sarakeranen.com

Committee Meeting

August 3rd 2010 at the Club Rooms 7.30 pm

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Last Months Results

June, 2010

NAME	MEMBER NO:	GUEST/INELIGIBLE Y/N	2.5km Y/N	PB	AGPB	Current Start (mm:ss)	GROSS			PLACE	PB/AGPB	AGPB Proximity	Race Points	Bonus Points	Total Points		
							LAP 1 (mm:ss)	TIME (mm:ss)	SPLIT 1 (mm:ss)								
Ian Turnbull	223			20:54	20:54	14:30	24:52	35:00	10:22	10:08	20:30	1	PB	-0.24	20	12	32
Shayne Dean	177			30:49	31:05	0:00	17:55	35:15	17:55	17:20	35:15	2		4:10	19	0	19
Terry Pearce	144			17:34	18:34	15:40	25:33	35:17	9:53	9:44	19:37	3		1:03	18	1	19
Eero Keranen	2			16:13	18:02	17:10	26:12	35:18	9:02	9:06	18:08	4		0:06	17	11	28
Sue Walker	3			22:44	23:1	11:30	23:44	35:21	12:14	11:37	23:51	5		0:41	16	5	21
Michael Doull	101			31:08	31:08	4:10	19:54	35:22	15:44	15:28	31:12	6		0:04	15	11	26
Bill Price	146			23:16	23:16	12:00	24:05	35:52	12:05	11:47	23:52	7		0:36	14	6	20
Ann Girvin	113			23:56	23:56	11:20	23:37	35:58	12:17	12:21	24:38	8		0:42	13	5	18
Sue Hennessy	130			24:07	25:37	9:10	22:58	36:10	13:48	13:12	27:00	9		1:23	12	0	12
John Pannifex	154			23:05	23:41	11:00	23:36	36:23	12:36	12:47	25:23	10		1:42	11	0	11
Mark Maloney	141			20:03	21:06	13:20	24:54	36:24	11:34	11:30	23:04	11		1:58	10	0	10
Damien Arnold	227			19:39	19:39	15:30	25:59	36:35	10:29	10:36	21:05	12		1:26	9	0	9
Ken Smith	155			22:28	22:28	12:40	24:47	36:36	12:07	11:49	23:56	13		1:28	8	0	8
Steve Jordan Walk	96			35:16	35:16	1:00	19:10	37:10	18:10	18:00	36:10	14		0:54	7	3	10
Rachell Price	213			29:28	29:28	6:50	22:04	37:22	15:14	15:18	30:32	15		1:04	6	1	7
Graham Edwards	161			36:44	36:44	0:00	18:56	37:44	18:56	18:48	37:44	16		1:00	5	2	7
Don Hampshire	81			28:29	34:08	0:00	19:03	38:05	19:03	19:02	38:05	17		3:57	5	0	5
John Becroft	45			24:12	27:07	8:00	24:04	40:01	16:04	15:57	32:01	18		4:54	5	0	5
Ken Carter	208			37:12	37:12	0:00	23:47	46:50	23:47	23:03	46:50	19		9:38	5	0	5
Ineligible members																	
Olivia Walker (3) 2.5 km	204	Y	Y	12:52	12:52	17:30		30:34			13:04						10
Corry Prout (2)	468	Y		18:23	18:23	17:10	26:11	35:16		35:16	18:06			PB			10
Noel Mc Mahon	68			19:52	20:36	14:30	24:51	34:51	10:21	10:00	20:21			AGPB			10
James Black (1)	27	y		19:37	20:38	14:30	24:48	34:59		10:11	20:29						10
Adam Jenkins (3)	225	Y		19:41	19:41	15:30	25:59	36:35		36:35	21:05						10
Russell Johnson (1)	77	y		16:42	19	0:00	11:53	23:20		11:27	23:20						10
Aidan Keranen (3)	194	Y		27:29	27:29	6:30	19:08	31:56		31:56	25:26			PB			10

The Greenwich Cup

Member No:	Member Name	January	February	March	April	May	June	July	August	September	October	November	December	Initial Assists	Runs	Additional Assists	Runs+Assists	Points	Best 8 inc initial help runs(pre 10)	Total runs	
101	Michael Doull		23	30	27	23	26							20	5		6	149	#NUM!	88	93
223	Ian Turnbull	16	29		20	32	32							20	5		6	149	#NUM!	8	13
146	Bill Price	8	31	28	23	18	20								6		6	128	#NUM!	30	36
113	Ann Girvin	19	10	26	32		18							20	5		6	125	#NUM!	73	78
2	Eero Keranen	17	25		19		28							20	4		5	109	#NUM!	67	71
3	Sue Walker		18	20	22	21	21								5		5	102	#NUM!	52	57
213	Rachell Price	13	19	27	14	18	7								6		6	98	#NUM!	12	18
216	Tyrone Patterson	25	12	14	20									20	4		5	91	#NUM!	5	9
159	John Ayton	16		31	5	19								20	4		5	91	#NUM!	26	30
144	Terry Pearce		19	13	13		19							20	4		5	84	#NUM!	40	44
180	Sue Hennessy	17	6	8	20	13	12								6		6	76	#NUM!	56	62
77	Russell Johnson	17	14		17	17	10								5		5	75	#NUM!	120	125
141	Mark Maloney	23	12		9		10							20	4		5	74	#NUM!	62	66
140	Michael Slee	17	20	23	6	7									5		5	73	#NUM!	52	57
59	Michael Musgrove		7	17	13	14								20	4		5	71	#NUM!	136	140
177	Shayne Dean	5	5	5		9	19							20	5		6	63	#NUM!	44	49
194	Aidan Keranen	10	10	10	10	10	10								6		6	60	#NUM!	65	71
	Damian Arnold		10	10	10		9							20	4		5	59	#NUM!	0	4
152	Graham Jenkins	13		5	10	10								20	4		5	58	#NUM!	61	65
214	David Brownrigg	10	32		5	5									4		4	52	#NUM!	12	16
96	Steve Jordan	5	5	5		5	10							20	5		6	50	#NUM!	110	115
161	Graham Edwards			7	5	8	7							20	4		5	47	#NUM!	37	41
90	Aprille McMahon				27									20	1		2	47	#NUM!	47	48
116	Peter Buissink													20	0	25	6	45	#NUM!	56	56
155	Ken Smith	11		9	5	12	8								5		5	45	#NUM!	64	69
15	Angela Altair	18	5	11	10										4		4	44	#NUM!	68	72
1	Sara Keranen	19	10	12											3		3	41	#NUM!	91	94
81	Don Hampshire	5	5	5			5							20	4		5	40	#NUM!	93	97
138	Bruce Guy				5	10								20	2	5	4	40	#NUM!	48	50
204	Olivia Walker			10	10	10	10								4		4	40	#NUM!	14	18
215	Sue Brownrigg	5	10		7	17									4		4	39	#NUM!	8	12
190	Paul Connelly	10	10		10										3		3	30	#NUM!	9	12
219	Patrick Slee	10	10		10										3		3	30	#NUM!	32	35
205	Hanna Walker		10	10	10										3		3	30	#NUM!	15	18
189	Rod Healey				10									20	1		2	30	#NUM!	32	33
208	Ken Carter	5	5	5	5	5	5								6		6	30	#NUM!	18	24
45	John Becroft	6	5	6		8	5								5		5	30	#NUM!	116	121
	Adam Jenkins				10	10	10								3		3	30	#NUM!	0	3
154	John Pannifex		5			14	11								3		3	30	#NUM!	35	38
123	Ann Drohan					29									1		1	29	#NUM!	47	48
143	Luke Price													20	0	5	2	25	#NUM!	31	31
4	David Walker					5								20	1		2	25	#NUM!	55	56
133	Ron Moloney	5	5	9	5										4		4	24	#NUM!	38	42
91	Chris Salmond													20	0		1	20	#NUM!	57	57
	Finn Turnbull			10	10										2		2	20	#NUM!	4	6
27	James Black	10					10								2		2	20	#NUM!	33	35
	Cory Prout	10					10								2		2	20	#NUM!	0	2
	Peter McNulty			15											1		1	15	#NUM!	0	1
	Bronwyn Massie			15											1		1	15	#NUM!	0	1
	Heather McNulty			15											1		1	15	#NUM!	0	1
186	Les Cations	5		5		5									3		3	15	#NUM!	36	39
32	Daniel Holder		11												1		1	11	#NUM!	42	43
218	Thomas Patterson	10													1		1	10	#NUM!	7	8

The Greenwich Cup

Member No:	Member Name	January	February	March	April	May	June	July	August	September	October	November	December	Initial Assists	Runs	Additional Assists	Runs+Assists	Points	Best 8 inc initial help	runs(pre 10)	Total runs
	Kieren McMahon	10													1		1	10	#NUM!	3	4
	Lauren McMahon	10													1		1	10	#NUM!	0	1
	Sonia Wilson	10													1		1	10	#NUM!	2	3
	Sally Bennett	10													1		1	10	#NUM!	0	1
	Nathan Pearce		10												1		1	10	#NUM!	0	1
	Callum Girvin			10											1		1	10	#NUM!	0	1
200	Ian Morgan	5			5										2		2	10	#NUM!	13	15
	Miya Turnbull				10										1		1	10	#NUM!	0	1
220	Taylor Price				10										1		1	10	#NUM!	17	18
68	Noel McMahon						10								1		1	10	#NUM!	65	66
57	Steve Wright				8										1		1	8	#NUM!	52	53
16	Ron Coleman		5												1		1	5	#NUM!	123	124

Fun Run Race Calendar

- 31 Jul AV Brimbank Park Cross Country. (Melway 15 B10) Women 6km 1:30pm, Men 16km start 2:45pm www.athsvic.org.au
- 1 Aug Sri Chinmoy Princes Park Run, 30/21.1/10/5km, Royal Parade, Parkville, (Mw 43 G12) 8AM, 9853 4731, www.srichinmoyraces.org/au
- 7 Aug VRR Tan Time Trial, 8km & 4km, Birdwood Ave opposite Shrine forecourt, (Melway 2F K12) 7.30AM, 9744 1072
- 8 Aug Devilbend Half Marathon, 10k, 5k, Devilbend Reservoir TUERONG Mornington Peninsula, (Melway 152 J3) 9:00 AM, 0420 380 955 <http://www.devilbend.com/>
- 8 Aug City to Surf (Sydney) 14km, www.city2surf.sunherald.com.au
- 15 Aug VRR Princes Park Half Marathon (8 AM start) 10/5 km Fun Run (8.30 AM start). Royal Parade south of Carlton FC (Melway 29 G12), 9744 1072
- 22 Aug Bellarine Rail Trail Run, 34km, Queenscliffe to Drysdale return, www.brtrun.com.au
- 22 Aug DSRV/Coburg Fun Run & Walk, 4/6/10km, 9AM, Harold Stephens Athletics Track, (Mw 18 A10) www.coburgharriers.org.au, 0417012682
- 22 Aug Jamaican Blue Fun Run Pink, Albert Park, 10/5/2.5km women only. www.funforpink.com.au
- 22 Aug Villa and Hut Sandy Point Half Marathon (7.30AM) 5km (7.35AM) 10km (8AM) Trey Bit Reserve, Sandringham (Mw 76 F8) 9645 1333 www.starttofinish.com.au
- 29 Aug De Castella Run, 15/10/5km, www.decastellarun.com.au
- 29 Aug Shepparton Marathon Events, 5823 5460, www.sheppartonmarathon.com.au
- 4 Sep VRR Tan Handicap & Breakfast, 8km & 4km, Pillars of Wisdom on Tan on Alexandra Ave, (Melway 2G A9) 7.30 AM, 9744 1072. Breakfast free to members, \$3 to visitors
- 3-5 Sep Flinders Island Running Festival. Megan 03 6359 2131, david.heap@bigpond.com
- 12 Sep Sri Chinmoy Yarra Boulevard Half Marathon, 10/5km Run, Kevin Bartlett Reserve, Richmond, (Mw 45 B6) 8AM, 9853 4731, www.srichinmoyraces.org/au
- 19 Sep Dingley Dozen, 12/6/3km run 3km walk, Braeside Park, Dingley, (Mw 88 D8) www.dingleydozen.asn.au
- 26 Sep Coburg Fun Run & Walk, 12/6km, 9AM, Harold Stephens Athletics Track, (Mw 18 A10) www.coburgharriers.org.au, 0417012682
- 2 Oct VRR Tan Time Trial, 8km & 4km, Birdwood Ave opposite Shrine forecourt, (Melway 2F K12) 7.30AM, 9744 1072

2010 Handicap Month Helpers

MONTH	HELPER 1	HELPER 2	HELPER 3	HELPER 4
January	Terry Pearce	Eero Keranan	Rachel Price	Michael Doull
February	Graham Edwards	Ken Smith	Michael Musgrove	Graham Jenkins
March	Bruce Guy	David Walker	Ian Turnbull	Luke Price
April	Steve Jordon	Shayne Dean	Les Cations	Don Hampshire
May	Ann Girvin	Mark Maloney	Tyrone Patterson	Rod Healey
June	Bruce Guy	John Ayton	Michael Musgrove	Aprille McMahon
July	Russell Johnson	Noel McMahon	Daniel Holder	Chris Salmond
August	Sue Brownrigg	Michael Doull	Katrina Lange	Michael Slea
September	David Brownrigg	Steve Glover	Mike Grams	Sue Walker
October	Bill Price	Rachel Price	Ian Morgan	Lorraine Glover
November	Sue Hennessy	Steve Wright	John Becroft	Peter Buissink
December	Ken Carter	John Panifex	Michael Slea	Tyrone Patterson

** 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.

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, unfortunately the track is closed until the end of May so we will be working on Thursday night intervals on the bike path.

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.

Some members meet from 5.30pm at the Newport Lakes Park for a fantastic bush run between 6k and 10k, for more details contact Mark on 0413 177 388.

Thursday Nights from 6.15pm you can either run 7km to the Time ball as per Tuesday or join a group interval session where you concentrate on learning to improve your pace and stamina.

Sunday Mornings a group meets at 7am 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



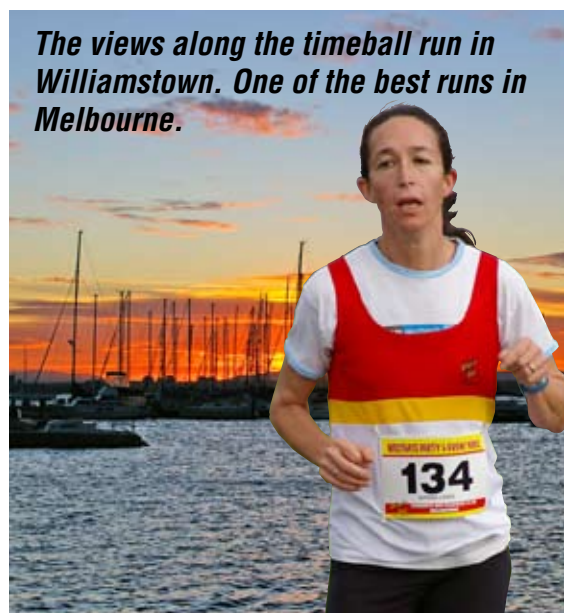
running club melbourne



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



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



Hobos Calendar of events 2010

January

30th Handicap
All fees due
before the 30th

February

2nd Committee
Meeting
27th Handicap

March

14th Run for
the Kids 2010
16th Easter 1500
Newport Lakes
27th Handicap

April

13th Committee
Meeting
24th Handicap
TBA Easter Gift

May

29th Handicap



June

6th Bunnings
Sausage Sizzle
8th Committee
Meeting
26th Handicap

July

24th Christmas
in July
31st Handicap

August

3rd Committee
Meeting
28th Handicap

September

25th Handicap

October

5th Committee
Meeting
12th Spring Gift
30th Handicap

November

27th handicap
TBA AGM

December

7th Christmas Gift
11th Christmas
Function
18th Handicap



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FEATURE EVENT

Round Rarotonga Road Race – Cook Islands
23-29 September 2010

Combine a week of running events with a holiday in one of the world's most picturesque locations, the Cook Islands.

Run 31km around Rarotonga, take part in themed fun runs or team events, and maybe have a go at the unbeaten record for the Nutters Cross Island Run.

Hurry – seats are filling up. Don't miss out on a great event that is fun for the whole family!



COMING EVENTS

Dubai Marathon
January 2011



Dubai wants the new Marathon World Record... could it be yours? Last year more than 8,000 runners lined up for the opportunity to race in Dubai but the record remained unbroken.

Don't miss your chance to be a part of this exciting event in January 2011

Register your interest with us now!



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