



running club melbourne

June 2010

HomeRuns

Newsletter Hobson's Bay Running Club Inc, Melbourne



**A little
rain
wouldn't
stop
Turnbull**

See our new website
www.hobos.org.au



running club melbourne

In this Issue

From the President	3
Wilson's Prom trip	4
Fit 4 Travel	5
May Results	6-7
Greenwich Cup	8
Funrun Calendar	9
Hobo Training	10
Calendar of Events	11

Patron:
Ted Joy

President:
Mark Maloney
9741 7587 0413 177 388
hobo.president@gmail.com
www.mmdcreative.com.au

Secretary:
Bill Price
0400154933

Treasurer:
Tyrone Patterson
hobo.treasurer@gmail.com

Social Secretary:
Ann Girvin
agirvin@westpac.com.au

Editor:
Mark Maloney
9741 7587 0413 177 388
markmaloney@optusnet.com.au
www.mmdcreative.com.au

Website:
www.hobos.org.au

Email:
hobos.enquiries@gmail.com

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.

Firstly let me thank everyone who volunteered to give up some of their Sunday to help us with a successful day raising funds to help us with new projects for the club.

I would especially like to thank Bill and Rachel Price who without their drive the day wouldn't have happened.

It is wonderful to have so many enthusiastic people prepared to do their part we are likely to give this event another go in the future.

Congratulations to Ian Turnbull who took out the very chilly May handicap.

The May race was run in honour of Christine Griffiths who sadly died in May last year after a long battle with illness.

After this months handicap will be a bbq breakfast please join us for sausages and eggs.

I look forward to seeing you all there

Enjoy reading

Mark Maloney



The unstoppable Bill Price lead the Bunnings sausage sizzle, helping us to a successful day.

Members Birthdays June

Damien Arnold	James Black
Sara Keranen	Lily Dyson
Ruth Patterson	Sarah Lange
Rachel Price	Patrick Patterson
Mary Weaven	Oliver Walker
Ray Barnard	

Our thanks to

Eddie The Butcher

29 Mason Street
Newport

Phone 9391 3365

For his award winning sausages

Committee Meeting

August 3rd 2010 at the Club Rooms 7.30 pm

maloney media design
www.mmdcreative.com.au

- Magazines • Books • Advertising
- Brochures • Illustration • Logos
- Photography • Web design

Proudly supporting
The Hobson's Bay Running Club

For all your Print and Web Design needs
call Mark Maloney 9741 7587 or 0413 177 388



Wilson's Promontory Lighthouse Walk

**It's the weekend of the September Handicap!
It's the weekend of the AFL Grand Final!
It's 2 weeks before the Melbourne Marathon!
But it is a weekend following a full moon!**

And it is the weekend (24th Sept. - 26th Sept.) Mike & Marianne are walking to the Wilson's Promontory Lighthouse, and you are welcome to join us.

Our plan is to arrive at Tidal River on Thursday night (probably to pre-booked accommodation), walk to the lighthouse on Friday, and stay Friday and Saturday nights, returning on Sunday. The walk is approx. 20kms – 24kms depending on which route is taken. On Saturday, we'll probably just chill out with a short walk, throw some rocks or sticks in the sea etc. etc.

If you'd like to join us for some, or all the weekend

for this trip to the bottom of mainland Australia, you are most welcome, however it's up to you to make the appropriate bookings with Parks Victoria.

The link below takes you to their site. Don't leave it too late, and places are limited! You have to carry out whatever you carry in. Sleeping bags can be pre-hired on site so you don't have to carry one. Overnight costs in the very nice bunkhouse accommodation are (per person) \$76 for Friday night, \$105 for Saturday night. Not cheap, but it is a special place.

Lighthouse accommodation: Bookings are essential, call 13 1963.

http://www.parkweb.vic.gov.au/1process_details.cfm?place=109

So if you are interested, (or want to make it part of your Melbourne Marathon taper), we can be contacted on 0418709017 for further details.

Mike & Marianne



Mike's A Girl

Since I'm not running so much these days, and doing more swimming, just thought I'd drop a short note about my last swim.

The inaugural Kings of the Coast – Caloundra swim was held on 30th May. It was the final swim in a 3 swim series held at Stradbroke Island, Byron Bay and Caloundra. This particular swim was the longest at 3.8km, from Moffat Beach to Kings Beach on the Sunshine Coast in Queensland.

220 competitors lined up on a cool and hazy Sunday morning to give it a go. A light northerly created an annoying chop for the 8:30am start, but the chop was soon forgotten in the single



wave start. Luckily as the course arced around the respective headlands, the chop eased off for a calm swim in perfect conditions to the finish.

It had been a while since I had swum so far, and of course one's training never quite matches the initial plan. So I was glad just to finish it, irrespective of the time.

My results are shown below. I came 147th out of a field of 181 doing the full 3.8km in 63 min 51 secs (oh well?). I wondered why I had a red cap, when all the guys seemed to have a white cap. Somehow I ended up being registered as a girl!

I'll be more careful next time as the competition in the girls section is too hot. I came last in the women's 51-55 age group. I didn't beat the lady in the 56-60 age group. I also didn't beat the lady in the 61-65 age group. At least I beat the women who was 6 month's pregnant.

So maybe the title of this story shouldn't be "Mike's a girl", it should be "Mike's an old woman!"

It was all good fun anyway.



FIT TRAVEL

FITNESS TRAVEL & ADVENTURE

CALL US NOW ON
1300 34 84 87

EMAIL info@fit4travel.com.au

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



Standard Chartered
DUBAI MARATHON 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!



Adventure

Cycling

Golf

Running

Swimming

Triathlon

General Travel

FIT  TRAVEL
FITNESS TRAVEL & ADVENTURE

www.fit4travel.com.au

Fit 4 Travel Pty Ltd / UIC: QLD 3340741 / TCF: 9947

Last Months Results

May, 2010

NAME	MEMBER NO:	INELIGIBLE Y/N	2.5km Y/N	PB	AGPB	Start (mm:ss)	LAP 1 (mm:ss)	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
Ian Turnbull	223			20.54	20.54	14.10	24.26	34.52	10.16	10.26	20.42	1	PB	-0.12	20	12	32
Anne Drohan	123		Y	19.26	19.47	15.10		35.09			19.59	2		0.12	19	10	29
Sue Walker	3			22.44	23.10	11.30	23.51	35.34	12.21	11.43	24.04	3		0.54	18	3	21
Michael Doull	101			31.08	31.08	4.10	19.41	35.50	15.31	16.09	31.40	4		0.32	17	6	23
John Ayton	159			19.04	20.35	14.30	25.16	35.57	10.46	10.41	21.27	5		0.52	16	3	19
Bill Price	146			23.16	23.16	12.00	24.01	36.05	12.01	12.04	24.05	6		0.49	15	3	18
John Pannifex	154			23.05	23.41	11.00	23.32	36.32	12.32	13.00	25.32	7		1.51	14	0	14
Sue Hennessy	130			24.07	25.37	9.10	23.00	36.34	13.50	13.34	27.24	8		1.47	13	0	13
Ken Smith	155			22.28	22.28	12.40	24.52	36.47	12.12	11.55	24.07	9		1.39	12	0	12
Rachell Price	213			29.28	29.28	6.50	31.32	36.48	24.42	5.16	29.58	10		0.30	11	7	18
Bruce Guy	138			21.12	22.20	12.20	24.33	37.01	12.13	12.28	24.41	11		2.21	10	0	10
Shayne Dean	177			30.49	31.05	0.00	18.23	37.03	18.23	18.40	37.03	12		5.58	9	0	9
John Becroft	45			24.12	27.07	8.00	22.22	37.13	14.22	14.51	29.13	13		2.06	8	0	8
Michael Slee	140			21.46	23.05	11.20	24.47	37.41	13.27	12.54	26.21	14		3.16	7	0	7
Graham Edwards	161			36.44	36.44	0.00	19.01	37.44	19.01	18.43	37.44	15		1.00	6	2	8
Sue Brownrigg	215			39.13	39.13	0.00	19.22	37.47	19.22	18.25	37.47	16		PB	5	12	17
Michael Musgrove walk	59			37.40	37.40	0.00	19.00	37.54	19.00	18.54	37.54	17		0.14	5	9	14
Russell Johnson walk	77			38.40	38.40	0.00	19.02	37.56	19.02	18.54	37.56	18		-0.44	5	12	17
Steve Jordan Walk	96			35.16	35.16	1.00	19.58	38.29	18.58	18.31	37.29	19		2.13	5	0	5
David Brownrigg	214			28.18	28.18	7.40	22.57	39.39	15.17	16.42	31.59	20		3.41	5	0	5
David Walker	4			20.15	20.30	14.00	27.04	39.54	13.04	12.50	25.54	21		5.24	5	0	5
Les Cations	186			38.22	38.22	0.00	22.28	47.53	22.28	25.25	47.53	22		9.31	5	0	5
Ken Carter	208			37.12	37.12	0.00	25.03	51.25	25.03	26.22	51.25	23		14.13	5	0	5

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								20	4		5	123	#NUM!	88	92
223	Ian Turnbull	16	29		20	32								20	4		5	117	#NUM!	8	12
146	Bill Price	8	31	28	23	18									5		5	108	#NUM!	30	35
113	Ann Girvin	19	10	26	32									20	4		5	107	#NUM!	73	77
213	Rachell Price	13	19	27	14	18									5		5	91	#NUM!	12	17
216	Tyrone Patterson	25	12	14	20									20	4		5	91	#NUM!	5	9
2	Eero Keranen	17	25		19									20	3		4	81	#NUM!	67	70
3	Sue Walker		18	20	22	21									4		4	81	#NUM!	52	56
140	Michael Slee	17	20	23	6	7									5		5	73	#NUM!	52	57
159	John Ayton	16		31	5	19									4		4	71	#NUM!	26	30
144	Terry Pearce		19	13	13									20	3		4	65	#NUM!	40	43
77	Russell Johnson	17	14		17	17									4		4	65	#NUM!	120	124
180	Sue Hennessy	17	6	8	20	13									5		5	64	#NUM!	56	61
141	Mark Maloney	23	12		9									20	3		4	64	#NUM!	62	65
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
59	Michael Musgrove		7	17	13	14									4		4	51	#NUM!	136	140
194	Aidan Keranen	10	10	10	10	10									5		5	50	#NUM!	65	70
	Damian Arnold		10	10	10									20	3		4	50	#NUM!	0	3
15	Angela Altair	18	5	11	10										4		4	44	#NUM!	68	72
177	Shayne Dean	5	5	5		9								20	4		5	44	#NUM!	44	48
1	Sara Keranen	19	10	12											3		3	41	#NUM!	91	94
116	Peter Buissink													20	0	20	5	40	#NUM!	56	56
96	Steve Jordan	5	5	5		5								20	4		5	40	#NUM!	110	114
161	Graham Edwards			7	5	8								20	3		4	40	#NUM!	37	40
215	Sue Brownrigg	5	10		7	17									4		4	39	#NUM!	8	12
155	Ken Smith	11		9	5	12									4		4	37	#NUM!	64	68
81	Don Hampshire	5	5	5										20	3		4	35	#NUM!	93	96
138	Bruce Guy				5	10								20	2		3	35	#NUM!	48	50
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
204	Olivia Walker			10	10	10									3		3	30	#NUM!	14	17
189	Rod Healey				10									20	1		2	30	#NUM!	32	33
123	Ann Drohan					29									1		1	29	#NUM!	47	48
90	Aprille McMahon				27										1		1	27	#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
208	Ken Carter	5	5	5	5	5									5		5	25	#NUM!	18	23
45	John Becroft	6	5	6		8									4		4	25	#NUM!	116	120
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
	Adam Jenkins				10	10									2		2	20	#NUM!	0	2
154	John Pannifex		5			14									2		2	19	#NUM!	35	37
	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
27	James Black	10													1		1	10	#NUM!	33	34
218	Thomas Patterson	10													1		1	10	#NUM!	7	8
	Kieren McMahon	10													1		1	10	#NUM!	3	4

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
	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	
	Cory Prout	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	
57	Steve Wright				8										1	1	8	#NUM!	52	53	
16	Ron Coleman		5												1	1	5	#NUM!	123	124	

Fun Run Race Calendar

- 3 Jul VRR Tan Time Trial, 8km & 4km, Birdwood Ave opposite Shrine forecourt, (Melway 2F K12) 7.30AM, 9744 1072
- 4 Jul Sri Chinmoy Como Landing Half Marathon, 14/7km Run, Williams Rd x Alexandra Ave, South Yarra (Mw 58 G1) 8AM, 9853 4731, www.srichinmoyraces.org/au
- 11 Jul VRR Maribyrnong River Fun Run, 10/5 km, Footscray Boat Club (Melway 2s G3), 9744 1072, 8.30AM
- 17 Jul AV Bundoora Cross Country. (Melway 19 F4) - Women 8km 1:50pm, Men 12km 2:30pm www.athsvic.org.au
- 18 Jul Coburg Half Marathon, 21.1/10km, 9AM, Harold Stephens Athletics Track, (Mw 18 A10) www.coburgharriers.org.au, 0417012682
- 18 Jul Run Melbourne, presented by The Age, 5km run/walk, 10km run, half marathon, Federation Square, www.runmelbourne.com.au, (03) 9645 1333
- 25 Jul Run Against Bowel Cancer. 4km/8km run and 4km walk around the Lilydale Lake, Lilydale. www.runagainstbowelcancer.com.au Louise – 0433 376 298
- 25 Jul You Yangs 50-50, You Yangs Regional Park, Little River, www.aura.asn.au/youyangs5050
- 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

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 Slee
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 Slee	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



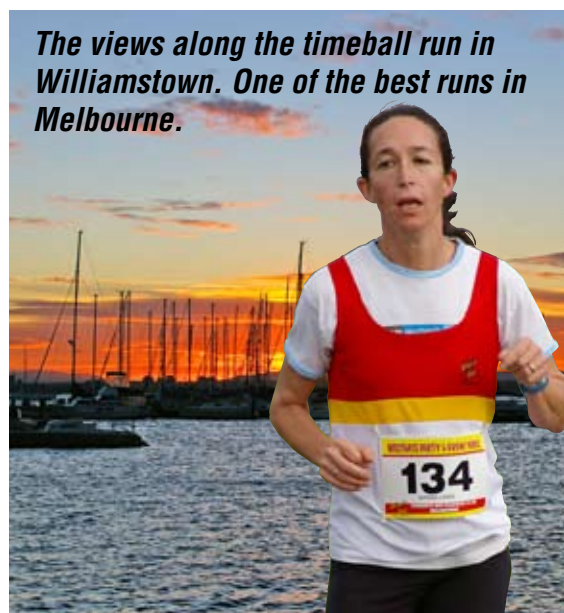
running club melbourne



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