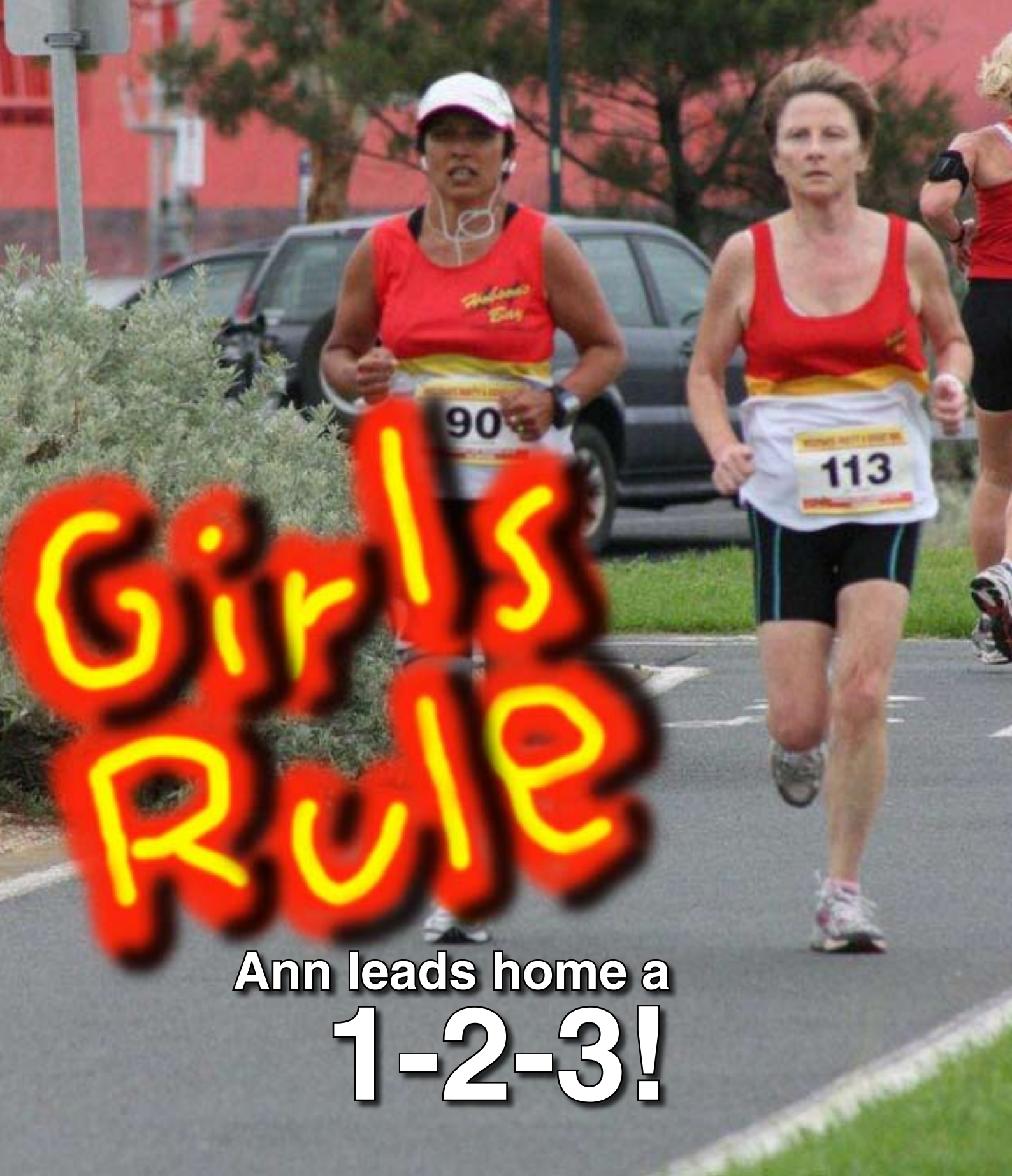


# HomeRuns

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



Ann leads home a  
**1-2-3!**



running club melbourne

# In this Issue

From the President	3
Fun Run Reports	4
Fit 4 Travel	5
Halls Gap Weekend	6
April Handicap Report	7
April Results	8-9
Greenwich Cup	10
Funrun Calendar	11
Hobo Training	12
Calendar of Events	13

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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](http://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.

An important request for help next Sunday June 6 we have been granted a space at Bunnings Altona to hold a sausage sizzle. If at all possible please spare us a couple of hours of selling, cooking or serving sausages. We require people at Bunnings from 8am to 4pm and need a minimum of 3 at any one time. We also would like donations of tomato sauce given to Bill at the handicap if possible.

This is an important event for the club and hopefully the funds could result in a timing clock for the handicap or a trailer for our growing amount of gear.

The girls dominated in the April handicap with Ann Girvin, April McMahon and Sue Walker making it an impressive trifecta. Well done to the three of you who are all showing great form.

Like a number of members Ann will line up this Sunday for the Sri Chinmoy Running Festival here in Williamstown.

I will be running the half



**Join us at Bunnings Altona for our sausage sizzle fundraiser on June 6.**

marathon and to everyone else who is running in an event good luck.

Also former Hobo's Member Venetia Joscelyne (nee Hazlewood) and her husband Will are the proud parents of a beautiful baby girl born on

## Members Birthdays May

Steve Wright	Hannah Walker
John Becroft	Richard Lange
Noel McMahon	Peter McNulty
Ian Turnbull	Sue Walker
Russell Johnson	Callum Girvin

the 6th of May 2010. Leila Audrey Rose Joscelyne was 6 weeks premature and weighed in at a tiny 2 kilograms. Leila will need to remain in hospital for approx a month or until she reaches an acceptable weight. Last time we spoke, late May, Leila was doing all the right things and mum and dad are looking forward to getting her home.

Venetia has been living back in her home town of Hobart for the past couple of years.

Enjoy reading

**Mark Maloney**

## Committee Meeting

June 8th 2010 at the Club Rooms 7.30 pm

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# Around the Funruns with Steve Jordan

## Lots of Hobos participated in the Geelong Half Marathon on 11/4/10

The monthly VRR Time Trials continue to attract many Hobos and it is good to see results shows times are trending down for most of the regulars. Here are the results for the first four months of 2010. These events are always the Saturday after our handicap which gives you a great chance to race twice a month.

## Great Ocean Road International Marathon 16/5/10

Last years Greenwich Cup winner Ken Smith continues to clock up the kms. Ken completed the marathon distance in a great time of 4.32.34 and went on to complete the 45k event in 4.54.42. New Hobo Damien Arnold also ran a fantastic run covering the 45km in a very impressive 4.05 and I believe he went through the marathon in around 3.50, Well done both.

## Great Train Race 2/5/10

Several Hobos competed in the 13.2k Great Train Race. Congratulations to Adam Jenkins on his sensational time

VRR 8k Tan	Jan 2010	Feb 2010	Mar 2010	Apr 2010
John Becroft			52.52	
Shayne Dean	70.01	63.16	63.04	62.34
Graham Edwards	73.00	67.20	74.40	71.50
Don Hampshire				66.33
Adam Jenkins	36.12	34.38	34.43	33.53
Graham Jenkins	43.23	42.49		
Steve Jordan	61.18	60.58	73.43	61.48
Dennis Mountford	54.00	54.06	57.08	52.04
Sue Nixon				43.12
Michael Musgrove	52.02	57.17	47.14	47.31
Bill Price	40.33	40.28	40.52	39.55
Michael Slee	40.16	39.58	40.07	42.14
Ken Smith	41.21	40.21	40.10	39.36
Merv Woodgate	61.02	59.15	55.01	56.55
<b>VRR 4k Tan</b>				
David Brownrigg	25.53	24.20	24.59	24.35
Susan Brownrigg	31.37	31.39	32.11	32.00
Ken Carter	45.00	44.38	45.35	42.51
Les Cations	39.12		40.49	
Don Hampshire	30.07	31.17	30.58	
Rod Healey	25.14			
Graham Jenkins				46.37
Mark Maloney		17.45	18.07	17.50
Luke Price	19.28		22.11	19.00
Aaron Price	31.14	28.19	34.37	32.35
Rachel Price	25.02	25.29		23.35

of 57.39 and to Ken Smith (1.11) and Don Hampshire (1.58)

## Coburg King and Queen of the North 16/5/10

Results from this event were:

6K Run Don Hampshire	45.22
6 k Walk Steve Jordan	45.19
6k Walk Graham Jenkins	68.31

*Steve Jordan*



*Damien Arnold ran a very strong performance in the Great Ocean Road Marathon*

## Reminder

**Don't Miss the Altona Bunnings Sausage Sizzle**  
**Sunday June 6 Helpers Required**  
**See Bill Price or phone 0400154933**



# FIT TRAVEL

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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



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!



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**PLACES LIMITED**

**Don't miss the  
HALLS GAP WEEKEND**

**18th, 19<sup>th</sup> & 20th June  
(2 nights 3 days)**

**Only \$80 per head  
Fully inclusive to be paid  
in full by 4th June**

**Booking Ted Joy 9314 6561 or  
John Condon 9391 3069 for details**

# Girls Rule In April

The girls dominated the placings in the April handicap.

Ann Girvin continued her recent form with yet another great time, in fact it was the only PB of the day to take out the win.

This shows Ann is in great shape for the Sri Chinmoy Half Marathon this Sunday.

Close behind was Aprille McMahon and last months winner Sue Walker.

The Hobo's are getting together a strong group women who really taking their running seriously and the results are showing.

Coming in 4th and a clear leader in the Greenwich Cup is the ever improving Michael Doull as he just managed to hold out Sue Hennessey from making it a womens quadrella.

Bill Price came in sixth in another good run to see him in second place for the Cup with Ann now in third on the points tally.

**Mark Maloney**

***Ann Girvin (right)  
passes Aprille  
McMahon on her  
way to victory***



# Last Months Results

April, 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	Proximity	Race Points	Bonus Points	Total Points
Ann Girvin	113			24.12	24.20	11.10	23.08	35.06	11.58	11.58	<b>23.56</b>	1	<b>PB</b>	-0.16	20	12	32
Aprille McMahon	90			24.11	24.11	10.50	23.08	35.22	12.18	<b>12.14</b>	24.32	2		0.21	19	8	27
Sue Walker	3			22.44	23.10	11.30	23.35	35.25	12.05	<b>11.50</b>	23.55	3		0.45	18	4	22
Michael Doull	101			31.08	31.08	4.10	19.41	35.29	15.31	15.48	31.19	4		0.11	17	10	27
Sue Hennessy	130			24.07	25.37	9.10	22.15	35.31	13.05	13.16	26.21	5		0.44	16	4	20
Bill Price	146			23.16	23.16	12.00	23.37	35.35	11.37	11.58	23.35	6		0.19	15	8	23
Ian Turnbull	223			20.54	20.54	14.10	24.51	35.38	10.41	10.47	21.28	7		0.34	14	6	20
Terry Pearce	144			17.34	18.34	16.00	25.48	35.41	9.48	9.53	19.41	8		1.07	13	0	13
Tyrone Patterson	216			23.32	23.32	12.00	23.54	35.51	11.54	11.57	23.51	9		0.19	12	8	20
Eero Keranen	2			16.13	18.02	17.30	26.35	35.53	9.05	9.18	18.23	10		0.21	11	8	19
Angela Altair	45			28.17	31.25	3.00	19.36	36.17	16.36	16.41	33.17	11		1.52	10	0	10
Mark Maloney	141			20.03	21.06	13.20	24.45	36.26	11.25	11.41	23.06	12		2.00	9	0	9
Steve Wright	57			21.12	23.12	11.20	23.45	36.38	12.25	12.53	25.18	13		2.06	8	0	8
Rachell Price	213			29.28	29.28	6.50	21.45	36.45	14.55	15.00	29.55	14		0.27	7	7	14
Michael Slee	140			21.46	23.05	11.20	23.20	36.59	12.00	13.39	25.39	15		2.34	6	0	6
John Aytton	159			19.04	20.35	14.30	25.17	37.03	10.47	11.46	22.33	16		1.58	5	0	5
Ken Smith	155			22.28	22.28	12.40	24.52	37.05	12.12	12.13	24.25	17		1.57	5	0	5
Ron Moloney	133			20.50	21.30	14.20	25.49	37.15	11.29	<b>11.26</b>	22.55	18		1.25	5	0	5
Bruce Guy	138			21.12	22.20	12.20	24.55	37.49	12.35	12.54	25.29	19		3.09	5	0	5
Graham Edwards	161			36.44	36.44	0.00	19.10	37.59	19.10	<b>18.49</b>	37.59	20		1.15	5	0	5
Michael Musgrove walk	59			37.40	37.40	0.00	19.10	<b>37.59</b>	19.10	<b>18.49</b>	37.59	21		0.19	5	8	13

David Brownrigg	214		28.18	28.18	7.40	23.05	38.52	15.25	15.47	31.12	23	2.54	5	0	5
Sue Brownrigg	215		39.13	39.13	0.00	19.58	40.08	19.58	20.10	40.08	24	0.55	5	2	7
Ian Morgan	200		24.38	28.39	7.20	24.35	43.48	17.15	19.13	36.28	25	7.49	5	0	5
Ken Carter	208		37.12	37.12	0.00	24.48	49.20	24.48	<b>24.32</b>	49.20	26	12.08	5	0	5
<b>Ineligible members</b>															
Damien Arnold (3)	227	Y	19.50	19.50	14.00	23.46	33.39	9.46	9.53	<b>19.39</b>		<b>PB</b>			10
Adam Jenkins(1)	467	Y	19.52	19.52	14.00	23.47	33.41	9.47	9.54	<b>19.41</b>		<b>PB</b>			10
Paul Connolly (3)	190	Y	22.47	22.47	10.30	22.57	35.23	12.27	<b>12.26</b>	24.53					10
Aidan Keranen (3)	194	Y	27.29	27.29	6.30	21.05	34.16	14.35	13.11	27.46					10
Graham Jenkins	152	Y			6.30		33.57			27.27					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									20	3		4	100	#NUM!	88	91
146	Bill Price	8	31	28	23										4		4	90	#NUM!	30	34
113	Ann Girvin	19	10	26	32										4		4	87	#NUM!	73	77
223	Ian Turnbull	16	29		20									20	3		4	85	#NUM!	8	11
213	Rachell Price	13	19	27	14										4		4	73	#NUM!	12	16
216	Tyrone Patterson	25	12	14	20										4		4	71	#NUM!	5	9
140	Michael Slee	17	20	23	6										4		4	66	#NUM!	52	56
144	Terry Pearce		19	13	13									20	3		4	65	#NUM!	40	43
2	Eero Keranen	17	25		19										3		3	61	#NUM!	67	70
3	Sue Walker		18	20	22										3		3	60	#NUM!	52	55
159	John Ayton	16		31	5										3		3	52	#NUM!	26	29
180	Sue Hennessy	17	6	8	20										4		4	51	#NUM!	56	60
152	Graham Jenkins	13		5	10									20	3		4	48	#NUM!	61	64
77	Russell Johnson	17	14		17										3		3	48	#NUM!	120	123
214	David Brownrigg	10	32		5										3		3	47	#NUM!	12	15
141	Mark Maloney	23	12		9										3		3	44	#NUM!	62	65
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
194	Aidan Keranen	10	10	10	10										4		4	40	#NUM!	65	69
59	Michael Musgrove		7	17	13										3		3	37	#NUM!	136	139
116	Peter Buissink													20	0	15	4	35	#NUM!	56	56
81	Don Hampshire	5	5	5										20	3		4	35	#NUM!	93	96
96	Steve Jordan	5	5	5										20	3		4	35	#NUM!	110	113
177	Shayne Dean	5	5	5										20	3		4	35	#NUM!	44	47
161	Graham Edwards			7	5									20	2		3	32	#NUM!	37	39
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
	Damian Arnold		10	10	10										3		3	30	#NUM!	0	3
90	Aprille McMahon				27										1		1	27	#NUM!	47	48
143	Luke Price													20	0	5	2	25	#NUM!	31	31
155	Ken Smith	11		9	5										3		3	25	#NUM!	64	67
138	Bruce Guy				5									20	1		2	25	#NUM!	48	49
133	Ron Moloney	5	5	9	5										4		4	24	#NUM!	38	42
215	Sue Brownrigg	5	10		7										3		3	22	#NUM!	8	11
91	Chris Salmond													20	0		1	20	#NUM!	57	57
4	David Walker													20	0		1	20	#NUM!	55	55
208	Ken Carter	5	5	5	5										4		4	20	#NUM!	18	22
204	Olivia Walker			10	10										2		2	20	#NUM!	14	16
	Finn Turnbull			10	10										2		2	20	#NUM!	4	6
45	John Becroft	6	5	6											3		3	17	#NUM!	116	119
	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
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
	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

# 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	
186	Les Cations	5		5											2		2	10	#NUM!	36	38
	Callum Girvin			10											1		1	10	#NUM!	0	1
200	Ian Morgan	5			5										2		2	10	#NUM!	13	15
	Adam Jenkins				10										1		1	10	#NUM!	0	1
	Miya Turnbull				10										1		1	10	#NUM!	0	1
189	Rod Healey				10										1		1	10	#NUM!	32	33
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
154	John Pannifex		5												1		1	5	#NUM!	35	36

## Fun Run Race Calendar

- 30 May Sri Chinmoy Running & Fitness Festival, Marathon, Half, 10/4km, Williamstown Athletics Track, North Rd x The Strand, Newport (Mw 56 B4) 7.15AM, 9853 4731, [www.srichinmoyraces.org/au](http://www.srichinmoyraces.org/au)
- 5 Jun 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
- 6 Jun MS Fun Run & Walk, 10/5km Run or Walk, split start times, Albert Park Lake, [www.mswalk.org.au](http://www.mswalk.org.au)
- 6 Jun Traralgon Marathon, 0410 450 092, [www.traralgonharriers.org](http://www.traralgonharriers.org)
- 6 Jun Victorian Mountain Challenge, 4.2km, 1,2,3 laps, Dandenong Ranges National Park, [vincep@ekit.com](mailto:vincep@ekit.com)
- 12 Jun Coburg Bluestone Classic, 15/7km, 2PM, Harold Stephens Athletics Track, (Mw 18 A10) [www.coburgharriers.org.au](http://www.coburgharriers.org.au), 0417012682 Note change of date.
- 13 Jun Mallee 12 Fun Run, 12/4km, Mildura waterfront, (+ M4 Rat Race for kids), [m.wilgar@bom.gov.au](mailto:m.wilgar@bom.gov.au) [www.runningwatersadventures.com.au](http://www.runningwatersadventures.com.au)
- 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](http://www.srichinmoyraces.org/au)
- 11 Jul VRR Maribyrnong River Fun Run, 10/5 km, Footscray Boat Club (Melway 2s G3), 9744 1072, 8.30AM
- 18 Jul Coburg Half Marathon, 21.1/10km, 9AM, Harold Stephens Athletics Track, (Mw 18 A10) [www.coburgharriers.org.au](http://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](http://www.runmelbourne.com.au), (03) 9645 1333
- 25 Jul You Yangs 50-50, You Yangs Regional Park, Little River, [www.aura.asn.au/youyangs5050](http://www.aura.asn.au/youyangs5050)
- 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](http://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](http://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

## 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

**T**raining 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**



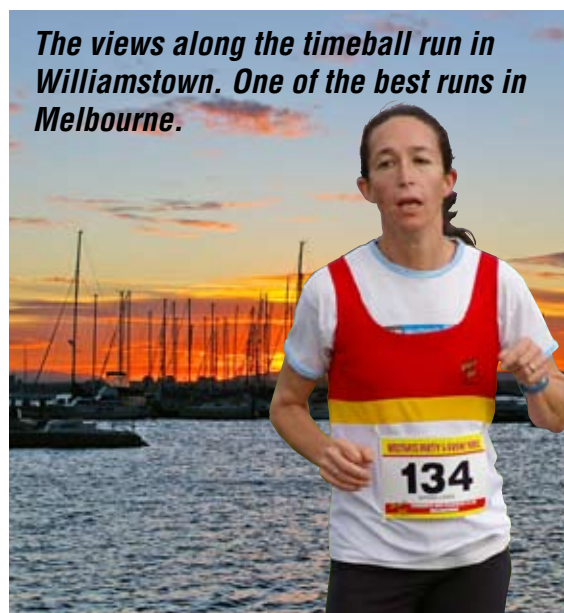
running club melbourne



*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  
TBA Spring Gift

## October

5th Committee  
Meeting  
30th Handicap

## November

27th handicap  
TBA AGM

## December

7th Christmas Gift  
11th Christmas  
Function  
18th Handicap