

# HomeRuns

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

**Michael  
leads  
home  
dominant  
group**

**Don't Miss  
The  
Christmas  
Party**



See our new website  
[www.hobos.org.au](http://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](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.

Well where has this year gone? I can't believe we are almost at Christmas again and another Greenwich cup is coming to a dramatic climax.

Also we have the Christmas Party at Altona Bowls Club on December 11 please let Aprille McMahon know you are attending. This will be a fantastic night with good food and drink and the chance to have a go at bowling.

Also on December 7th is scheduled to be the Christmas Gift 1500, however we are still waiting for the athletics track to be finished. We most likely hold the event at Newport Lakes again and it will be held at 6.15pm and be followed by a bbq. Due to the fact that it won't be a track 1500 we won't be presenting the Christmas Gift Shield. There is a possibility we may hold a race for the Shield after the track reopens stay tuned to the website for further details.

Congratulations to Michael Slee for his win in the October handicap

The time has come again for the Annual General Meeting, this year we have decided to hold it after the November Handicap morning tea.

This has been a fantastic year and as president I would like to thank the current committee for all their hard work.

I personally would be very happy to continue as president and editor if that is what people would like me to. Now is the time to nominate if you wish to join the committee and help this great club.

**REMEMBER**  
**The Annual General Meeting after morning tea on Saturday November 27**

Enjoy reading

**Mark Maloney**

## Members Birthdays November

Angela Altair

Paul Connolly

Eero Kerenen

Tyrone Patterson

Katrina Lange

Finn Turnbull

Mark Maloney



*Remember to let Aprille know you are coming to the Christmas party.*

## Annual General Meeting

November 27th 2010 at the Club Rooms 9.30 am

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# Christmas Party



## **Altona Bowls Club Saturday Dec 11th 7.30pm**

dinner – from the menu board – cost (approx' \$25-\$30 – includes a bowling lesson on the green and a game)/first drink free/kriskringle (if you want to participate in the KK, bring along a non gender specific present to the value of around \$15. Santa will be there)

**Please RSVP to Aprille asap via text, phone or email on: 0412 139 498/ 9391 2114 or [aprille.mcmahon@vu.edu.au](mailto:aprille.mcmahon@vu.edu.au)**

## **Win a massage**

By attending our BBQ breakfast at the handicap on Saturday you are in the draw to win a massage with new member Samantha Ansley thanks to her kind sponsorship offer.

Samantha is a massage therapist and has offered the

club a free massage as a prize every month as well as discounts to club members who need a massage to help relieve those sore muscles.

If you would like to make an appointment to see Samantha at Newport Hypnotherapy Centre in 102a North Road,

Newport. You can contact her on 0412 655 166

Working hours:  
Tuesday - Friday 10 a.m until 6 p.m

Saturday – 9am – 1pm  
Gift Certificates available.  
Health fund rebates available

# Around the Funruns with Steve Jordan

**Port of Portland 3Bays Marathon 31.10.10**  
Steve Jordan 5 hours 35 min

**Portland Half Marathon 31.10.10**  
Ken Carter 3 hours 31 min

**Coburg 5 k Track Run 31.10.10**  
Ken Smith 26.45  
Graham Jenkins 28.09

**Coburg Run for Tanzania 7.11.10**  
**6k**  
Don Hampshire 47.57  
Steve Jordan 44.48  
Wendy Beckhouse 57.01

**12k**  
Ken Smith 64.04  
Graham Jenkins 77.54

**Spring Into Shape 14.11.10**  
**12.8 k**  
Ken Smith 67.46

**VRR TanTwilite 11.11.10**  
**4k**  
Ken Smith 20.02  
Don Hampshire 30.27

**Traralgon 6 hour event 23.11.10**  
Steve Jordan 42.97 k

**Run Geelong Fun Run 20.11.10**  
The Keranen's were all outstanding.  
**12k**  
Eero Keranen 48.04  
Sara Keranen 58.59  
**6k**  
Aiden Keranen 26.54

## The October Handicap



*Michael Slee Takes out the October Handicap*

## Training group dominates October results

**M**ichael Slee took out the October Handicap in fine style. I am proud to say he is yet another of our club training group and has shown the benefit of getting out with others. Michael has been joining the sessions every week including our hilly Newport Lakes run on Sunday mornings.

Speaking of others who train in these groups were 2nd Terry Pearce, 3rd Michael Doull and 4th Ann Girvin. The results show why you should be coming along to our Tuesday, Thursday and Sunday runs.

The Greenwich Cup appears top be a battle between Ann Girvin and Bill Price with Bill still holding a 16 point lead with 2 races to go.

**Mark Maloney**

# Last Months Results

October, 2010

NAME	MEMBER NO:	INELIGIBLE		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
		Y/N	2.5km Y/N														
Michael Slee	140			21.46	23.05	11:20	23.18	35.29	11.58	12.11	24.09	1		1.04	20	1	21
Terry Pearce	144			17.34	18.34	16:00	25.48	35.46	9.48	9.58	19.46	2		1.12	19	0	19
Michael Doull	101			31.08	31.08	4:10	19.40	35.50	15.30	16.10	31.40	3		0.32	18	6	24
Anne Girvin	113			23.56	23.56	11:20	23.26	35.52	12.06	12.26	24.32	4		0.36	17	6	23
Sue Hennessy	130			24.07	25.37	9:10	22.44	35.59	13.34	13.15	26.49	5		1.12	16	0	16
Sue Walker	3			22.44	23.10	12:00	23.59	36.03	11.59	12.04	24.03	6		0.53	15	3	18
Bruce Guy	138			21.12	22.20	11:30	23.45	36.04	12.15	12.19	24.34	7		2.14	14	0	14
Ken Smith	155			22.28	22.28	12:40	24.47	36.36	12.07	11.49	23.56	8		1.28	13	0	13
Mark Maloney	141			20.03	21.06	13:20	24.43	36.40	11.23	11.57	23.20	9		2.14	12	0	12
Aprille McMahon	90			24.11	24.11	10:50	23.48	36.41	12.58	12.53	25.51	10		1.4	11	0	11
David Walker	4			20.15	20.30	14:00	25.25	36.51	11.25	11.26	22.51	11		2.21	10	0	10
Steve Jordan	96			35.16	35.16	1:00	19.05	37.10	18.05	18.05	36.10	12		0.54	9	3	12
Graham Edwards	161			36.44	36.44	0:00	18.40	37.11	18.40	18.31	37.11	13		0.27	8	7	15
Michael Musgrove	59			36.54	36.54	0:00	18.41	37.23	18.41	18.42	37.23	14		0.29	7	7	14
Russell Johnson	77			16.42	19.00	14:30	26.17	37.47	11.47	11.30	23.17	15		4.17	6	0	6
John Becroft	45			24.12	27.07	8:00	22.54	37.58	14.54	15.04	29.58	16		2.51	5	0	5
Shayne Dean	177			30.49	31.05	0:00	18.42	38.36	18.42	19.54	38.36	17		7.31	5	0	5
David Brownrigg	214			28.18	28.18	7:40	23.06	38.46	15.26	15.40	31.06	18		2.48	5	0	5
Tyrone Patterson	216			23.32	23.32	12:00	25.51	39.07	13.51	13.16	27.07	19		3.35	5	0	5

Les Cations	186			38.22	38.22	0.00	19.27	40.31	19.27	21.04	40.31	20	2.09	5	0	5
Don Hampshire	81			28.29	34.08	0.00	20.10	40.57	20.10	20.47	40.57	21	6.49	5	0	5
Ken Carter	208			37.12	37.12	0.00	23.04	46.11	23.04	23.07	46.11	22	8.59	5	0	5
<b>Ineligible members</b>																
Noel Mc Mahon (3)	68	Y		19.52	20.36	14.30	25.09	35.55	10.39	10.46	21.25					10
Jerome Keegan (2)	234	Y		23.20	23.20	11.00	21.43	33.03	10.43	11.20	<b>22.03</b>					10
Katrina Lange (1)	134	Y		20.03	20.03	13.40	25.17	37.26	11.37	12.09	23.46					10
Graham Jenkins (3)	152	Y		22.32	23.30	7.00	20.12	33.41	13.12	13.29	26.41					10
Samantha Cronk(3)	441	Y		28.33	28.33	7.00	21.03	35.41	14.03	14.38	28.41					10
Richard Burton(3)	442	Y		30.40	30.40	5.00	19.16	33.52	14.16	14.36	<b>28.52</b>					10
Aaron Price(3) 2.5 km	202	Y	Y	14.23	14.23	19.00		32.34			13.34					10
Hannah Walker(3) 2.5 km	205	Y	Y	10.25	10.25	20.00		31.07			11.07					10

# 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 10)	Total runs
146	Bill Price	8	31	28	23	18	20	23	31	30				20	9		10	232	206	30	39
113	Ann Girvin	19	10	26	32		18	26	23	21	23			20	9		10	218	190	73	82
3	Sue Walker		18	20	22	21	21	26	29		18				8		8	175	175	52	60
223	Ian Turnbull	16	29		20	32	32		13	11				20	7		8	173	173	8	15
101	Michael Doull		23	30	27	23	26				24			20	6	5	8	173	#NUM!	88	94
213	Rachell Price	13	19	27	14	18	7	14	25	26				20	9		10	183	163	12	21
144	Terry Pearce		19	13	13		19	25	19	19	19			20	8		9	166	153	40	48
2	Eero Keranen	17	25		19		28			27				20	5	5	7	136	#NUM!	67	72
159	John Ayton	16		31	5	19		14	25					20	6		7	130	#NUM!	26	32
59	Michael Musgrove		7	17	13	14		17	9	22	14			20	8		9	133	126	136	144
140	Michael Slee	17	20	23	6	7		5			21			20	7		8	119	119	52	59
180	Sue Hennessy	17	6	8	20	13	12			18	16				8		8	110	110	56	64
77	Russell Johnson	17	14		17	17	10	10	10	8	6				9		9	109	103	120	129
141	Mark Maloney	23	12		9		10	9	14		12			20	7		8	109	109	62	69
216	Tyrone Patterson	25	12	14	20						5			20	5	15	9	96	#NUM!	5	10
152	Graham Jenkins	13		5	10	10		10	10	10	10			20	8		9	98	93	61	69
96	Steve Jordan	5	5	5		5	10	13	8	17	12			20	9		10	100	90	110	119
155	Ken Smith	11		9	5	12	8	12	10	13	13				9		9	93	88	64	73
177	Shayne Dean	5	5	5		9	19	8	11	6	5			20	9		10	93	83	44	53
227	Damian Arnold		10	10	10		9	24						20	5		6	83	#NUM!	0	5
194	Aiden Keranen	10	10	10	10	10	10	10		10					8		8	80	80	65	73
214	David Brownrigg	10	32		5	5		17	6		5				7		7	80	#NUM!	12	19
161	Graham Edwards			7	5	8	7	16			15			20	6		7	78	#NUM!	37	43
1	Sara Keranen	19	10	12				13		15					5		5	69	#NUM!	91	96
90	Aprille McMahon				27					10	11			20	3		4	68	#NUM!	47	50
138	Bruce Guy				5	10		5		10	14			20	5	5	7	64	#NUM!	48	53
204	Olivia Walker			10	10	10	10	10	10						6		6	60	#NUM!	14	20
68	Noel McMahon						10	10	10		10			20	4		5	60	#NUM!	65	69
215	Sue Brownrigg	5	10		7	17								20	4	5	6	59	#NUM!	8	12
81	Don Hampshire	5	5	5			5	5	9		5			20	7	5	9	59	59	93	100
15	Angela Altair	18	5	11	10			14							5		5	58	#NUM!	68	73
225	Adam Jenkins				10	10	10	28							4		4	58	#NUM!	0	4
4	David Walker					5		10	10		10			20	4		5	55	#NUM!	55	59
205	Hanna Walker		10	10	10				10		10				5		5	50	#NUM!	15	20
154	John Pannifex		5			14	11		17						4		4	47	#NUM!	35	39
45	John Becroft	6	5	6		8	5	5		7	5				8		8	47	47	116	124
208	Ken Carter	5	5	5	5	5	5	5	5	5	5				10		10	50	40	18	28
219	Patrick Slee	10	10		10			10							4		4	40	#NUM!	32	36
200	Ian Morgan	5			5			6						20	3		4	36	#NUM!	13	16
186	Les Cations	5		5		5		5	5	5	5				7		7	35	#NUM!	36	43
123	Ann Drohan					29				5					2		2	34	#NUM!	47	49
133	Ron Moloney	5	5	9	5					10					5		5	34	#NUM!	38	43
190	Paul Connelly	10	10		10										3		3	30	#NUM!	9	12
189	Rod Healey				10												2	30	#NUM!	32	33
116	Peter Buissink													20	0	40	9	20	#NUM!	56	56
143	Luke Price													20	0	5	2	20	#NUM!	31	31
91	Chris Salmond													20	0	5	2	20	#NUM!	57	57
	Fin 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
	Kieren McMahon	10							10						2		2	20	#NUM!	3	5
	Ray Barnard													20	0		1	20	#NUM!	34	34
	Nathan Pearce		10							10					2		2	20	#NUM!	0	2
220	Taylor Price				10					10					2		2	20	#NUM!	17	19
	Kevin McMahon								10	10					2		2	20	#NUM!	0	2
234	Jerome Keegan						10				10				2		2	20	#NUM!	0	2

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 10)	Total runs
	Samantha Cronk								10		10				2		2	20	#NUM!	0	2
	Richard Burton								10		10				2		2	20	#NUM!	0	2
57	Steve Wright				8					9					2		2	17	#NUM!	52	54
	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
218	Thomas Patterson	10													1		1	10	#NUM!	7	8
	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
	Callum Girvin			10											1		1	10	#NUM!	0	1
	Miya Turnbull				10										1		1	10	#NUM!	0	1
	Kevin Monk							10							1		1	10	#NUM!	0	1
134	Katrina Lange										10				1		1	10	#NUM!	39	40
202	Aaron Price										10				1		1	10	#NUM!	20	21
16	Ron Coleman		5												1		1	5	#NUM!	123	124

## Fun Run Race Calendar

- 11 Nov VRR Twilite Tan Time Trial, 8km & 4km, Pillars of Wisdom on Tan on Alexandra Ave, (Melway 2G A9) 6.30PM, 9744 1072.
- 13 Nov Upstream Challenge, 50/30km, Docklands to Donvale, [www.upstreamfoundation.org](http://www.upstreamfoundation.org)
- 14 Nov VRR Jells Park (South) Fun Run, 15km (start 8AM), 10km & 5km, (start 8.30AM) Ferntree Gully Road Entrance (Melway 72 B10) 9744 1072
- 14 Nov Eureka Climb, [www.eurekaclimb.com.au](http://www.eurekaclimb.com.au)
- 14 Nov Spring into Shape Series Run 3. Birrarung Marr. 4km 8.30AM, 8/12km 9.10AM, 4km walk 9.15AM, 9285 0600 [www.starttofinish.com.au](http://www.starttofinish.com.au)
- 14 Nov Tip of Metung Fun Run/Walk, 10/5km run (9am), 5km walk (9.15AM), Town Centre Metung Rd, 5156 2462, [www.tipofmetung.com.au](http://www.tipofmetung.com.au), [info@5knots.com.au](mailto:info@5knots.com.au)
- 14 Nov Walk for Prems, 10/5 km Run/Walk, Albert Park Lake, [www.lifeslittletreasurers.org.au](http://www.lifeslittletreasurers.org.au)
- 21 Nov Cool Country Classic Fun Run 10km run, 5km walk/run Register by 10.15am Trentham Rec. Reserve  
Contacts: [www.coolcountryclassic.com](http://www.coolcountryclassic.com), Jeff 0418 555 606, [info@stchads.com.au](mailto:info@stchads.com.au)
- 21 Nov Run Geelong, 12/6km, Kardinia Park, Geelong, [www.rungeelong.com.au](http://www.rungeelong.com.au)
- 25 Nov The Movember Run, 10/5km. [www.morunning.com.au](http://www.morunning.com.au)
- 28 Nov Coburg Lake Classic, 12/6km, 9AM, Harold Stephens Athletics Track, (Mw 18 A10) [www.coburgharriers.org.au](http://www.coburgharriers.org.au), 0417012682
- 1 Dec Tan Team Challenge Relay, 4 x 1 lap, 6PM, Pillars of Wisdom on Tan on Alexandra Ave, (Melway 2G A9) [mcs@ymca.oeg.au](mailto:mcs@ymca.oeg.au)
- 4 Dec 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
- 5 Dec Sussan Women's Fun Run, 10km (7.30AM start), 5km (9AM start) Catani Gardens, St Kilda, (Mw 57 K9) [www.supersprint.com.au](http://www.supersprint.com.au)
- 5 Dec Variety Santa Fun Run, 10/5km, Waterfront City, Docklands, (Mw 2E D4) 9AM, [www.varietysantafunrun.com.au](http://www.varietysantafunrun.com.au)
- 8 Dec Emma & Tom's Christmas Run, 10/5km, Albert Park, 9285 0600 [www.starttofinish.com.au](http://www.starttofinish.com.au)
- 9 Dec VRR Twilite Tan Time Trial, 8km & 4km, Pillars of Wisdom on Tan on Alexandra Ave, (Melway 2G A9) 6.30PM, 9744 1072.
- 12 Dec Sri Chinmoy Williamstown Foreshore Run, 10/5km, Sadler Reserve, The Esplanade, Williamstown (Mw 55 B11) 9853 4731, [www.srichinmoyraces.org.au](http://www.srichinmoyraces.org.au)
- 26 Dec Watersun Homes Beach Run, Pt. Leo, 4 km, [gibsonaj@bigpond.net.au](mailto:gibsonaj@bigpond.net.au)
- 27 Dec Rip to River, 10km, TBA AM (Ripper Nippers 1.4/5km) Point Lonsdale SLSC (Mw 235 E11) [www.riporiver.oceangroveslsc.asn.au](http://www.riporiver.oceangroveslsc.asn.au)
- 31 Dec VRR New Years Eve Run & Champagne Breakfast, 8km & 4km. Pillars of Wisdom near Swan St Bridge, (Mw 2G A9), (9744 1072) 7.30 AM
- 31 Dec United Way Geelong Dawn Buster 5km, Carousel Building, Moorabool St. 7.30AM, [www.gccc.asn.au](http://www.gccc.asn.au)
- 2011 Next year!**
- 1 Jan VRR Tan Time Trial, 8km & 4km, Location TBA 7.30AM, 9744 1072, [www.vrr.org.au](http://www.vrr.org.au) (Theme: Run Run into One One)
- 2 Jan Infolio Portsea Twilight Run, 6.7/2.7km, 6.30PM, Gunner's Cottage, Pt Nepean National Park, (Mw 166 H7) 9285 0600 [www.starttofinish.com.au](http://www.starttofinish.com.au) 6PM Undies Run.
- 8 Jan Inverloch Surf Life Saving Club 10/5km run, 5km Walk, 9.30AM, [www.islsc.org.au](http://www.islsc.org.au)



## 2010 Handicap Month Helpers

MONTH	HELPER 1	HELPER 2	HELPER 3	HELPER 4
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**



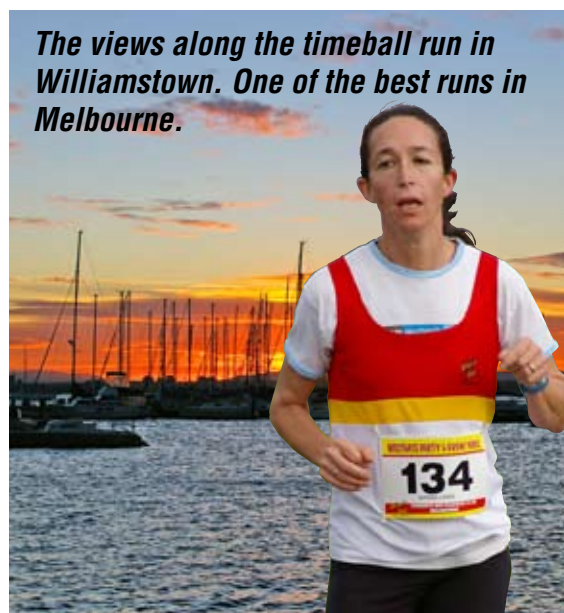
running club melbourne



*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.*



# Tired of running the same old path?



Vanuatu Round  
Island Relay

Let us show you some  
new ones!



**TOKYO MARATHON... 27th Feb 2011  
CONFIRMED ENTRIES AVAILABLE!**

Full Marathon Package from \$894 per person, twin share  
10 Km Package from \$790 per person, twin share

Includes:

- 4 nights accommodation
- Marathon or 10km Registration
- Return Limousine Bus transfers to/from Narita International Airport

**\* HURRY - MUST BOOK BEFORE 15TH NOVEMBER 2010!**

Vanuatu's Round Island Relay is one of the world's truly unique running experiences. The 138km Relay comprises teams of 10 runners, racing relay style, around Vanuatu's main island of Efate. Passing through traditional villages, coconut plantations, mountain rainforests & white sandy beaches, this is one event not to be missed!

**Start planning for 2011!**

21/01/2011	Dubai Marathon, UAE
27/02/2011	Tokyo Marathon, Japan
05/05/2011	Rarotonga Triathlon, Cook Islands
23/07/2011	Round Island Relay, Vanuatu
30/07/2011	Vanuatu Half Marathon & 10km
24/09/2011	Round Rarotonga Road Race

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