

HomeRuns

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

Sue Wins August Handicap

Win
A free massage

Don't Miss
The Grand Final Breakfast



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.

After the handicap this month we have a Grand final Day BBQ breakfast, please make sure you join the fun and celebrate this great Melbourne institution. Bring along your club colours and wear them with pride even if they aren't the Saints or that other mob.

I have grabbed the opportunity after a very busy period of work to take a break and go to Canberra to see my wonderful daughter Kylie.

Unfortunately this means I will be away when the handicap is on this month, I hope everyone runs well.

We also have the Spring Gift a 1.5k race around the bush tracks of Newport Lakes followed by a BBQ and I highly recommend you come along as the Easter Gift was brilliant night. This will be held on October 12th starting at 6pm.

On October 5th we will be having a committee meeting so if you have any suggestions

please make them known to a member of the committee.

We are pleased to have several new members regularly running on Tuesday, Thursday and Sunday training sessions, it would be great to see more long term members join us on these runs.

They have proven to be great nights and with daylight saving starting next week it will be even more fun training in the evening along the bay.

For those who don't know Ted Joy has moved into a retirement home in Yarraville and it would be great if you felt like giving him a call or a visit.

He can be contacted on 9689 2324 and he would love to hear from you.

Enjoy reading

Mark Maloney

Members Birthdays September

John Ayton,
Sally Bennett,
David Brownrigg,
Bruce Guy,
Sue Hennessy,

Graham Jenkins
Heather Mcinulty,
Micheal Musgrove,
Patrick Slee,
Andrea Smales



Club patron Ted Joy

Committee Meeting

October 5th 2010 at the Club Rooms 7.30 pm

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Tired of running the same old path?



Vanuatu Round Island Relay

Let us show you some
new ones!

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



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!

FIT 4 TRAVEL
FITNESS TRAVEL & ADVENTURE
www.fit4travel.com.au
FREECALL: 1300 34 84 87

Melbourne Marathon BBQ

Yes it is almost that time of year again! The Melbourne Marathon McMahon BBQ continues its tradition and usual format of BYO everything.

Date: Sunday October 10th

Time: 2.30pm till late

Venue: 80 Oxford St Newport.

Aprille and Noel's place. 0412 139 498

Format: BYO food, drinks and a chair.

All family members welcome.



Come to the Grand final Breakfast and win

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.

Massage has been found to improve circulation, joint range-of-motion and flexibility. It can reduce common ailments such as stress and muscle tightness, aches

and pains, even anxiety and depression.

Samantha has travelled the world and is now happily married and living in Williamstown and working from Newport.

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



Adelaide Marathon 15/8/2010

Ken Smith ventured over to Adelaide and completed the Adelaide Marathon in an excellent time of 4.37.19

Defence Lake Attack 29/8/10

Ken Smith completed 10 k around Albert Park Lake in 51.47.

Shepparton Marathon 29/8/10

Steve Jordan walked 42.195 k in 5.54.16

Sri Chinmoy Boulevard Run 12/9/2010

Bill Price completed the Half Marathon in 1.52.22 giving indications that a good Marathon time may be coming his way in October. Adam Jenkins did an excellent 41.20 for 10 k. Other 10 k times were:

Rachel Price	1.03.41
Steve Jordan	1.15.43
Don Hampshire	1.27.44

(2nd in his Age Group)

Spring Into Shape 12/9/10

Ken Smith completed 12.8 k in a good time of 1.07.19

Geelong Cross Country Club 12/9/10

Three members of the Keranen family competed in this event and recorded great times:

Eero Keranen	18.16
Sara Keranen	22.52
Aidan Keranen	24.16



running club melbourne

Spring 1500 Cross Country Handicap & BBQ Night

6.15pm October 12
At the Newport Lakes
Margaret Street
Newport

Be there by around 6.00pm to check in and receive your handicap time. This is a great chance to experience a short cross country handicap race.

Enjoy the after race BBQ
\$4 per person or \$10 per family

The August Handicap

Sue's hot run continues

In what is proving to be a fantastic season for her, Sue Walker again ran well to take out the August Handicap.

Sue has been running very strongly for several months now and she managed to turn her second in July into a win this month.

Starting 30 seconds ahead of Bill Price, she was able to maintain her lead and win by only 8 seconds.

It was a great run by Greenwich Cup leader Bill Price who took 14 seconds off his PB to almost snatch victory

Last month winner Terry Pearce again came close finishing only 13 seconds behind Price in the best time of the day 19.35.

The Greenwich Cup again is proving to be incredibly close Bill Price and Ann Girvin are currently battling it out for the lead with Bill just ahead.

Who will take the Cup home on 2010?

Mark Maloney



Above: Sue Walker continues to run well and took out the August Handicap.

Left: Second placed Bill Price has moved to outright lead in the Greenwich Cup.



Last Months Results

August, 2010

NAME	MEMBER NO:	GUEST/INELIGIBLE Y/N	2.5km Y/N	PB	AGPB	Current Start (mm:ss)	GROSS							Total Points	
							LAP 1 (mm:ss)	SPLIT 1 (mm:ss)	SPLIT 2 (mm:ss)	NET TIME (mm:ss)	PLACE	PB/AGPB	AGPB Proximity		Race Bonus Points
Sue Walker	3			22.44	23.10	11.30	23.16	11.46	11.38	23.24	1	0.14	20	9	29
Bill Price	146			23.16	23.16	12.00	23.29	11.29	11.33	23.02	2	-0.14	19	12	31
Tery Pearce	144			17.34	18.34	15.40	25.26	9.46	9.49	19.35	3	1.01	18	1	19
John Ayton	159			19.04	20.35	14.30	25.03	10.33	10.21	20.54	4	0.19	17	8	25
Anne Girvin	113			23.56	23.56	11.20	23.27	12.07	12.14	24.21	5	0.25	16	7	23
John Pannifex	154			23.05	23.41	11.00	23.27	12.27	12.14	24.41	6	0.60	15	2	17
Mark Maloney	141			20.03	21.06	13.20	24.22	11.02	11.27	22.29	7	1.23	14	0	14
Rachell Price	213			29.28	29.28	6.50	21.36	14.46	14.41	29.27	8	-0.01	13	12	25
Ian Turnbull	223			20.54	20.54	14.30	25.27	10.57	11.02	21.59	9	1.05	12	1	13
Shayne Dean	177			30.49	31.05	0.00	18.07	18.07	18.29	36.36	10	5.31	11	0	11
Ken Smith	155			22.28	22.28	12.40	25.05	12.25	12.24	24.49	11	2.21	10	0	10
Don Hampshire	81			28.29	34.08	0.00	18.31	18.31	19.02	37.33	12	3.25	9	0	9
Steve Jordan	96			35.16	35.16	1.00	19.20	18.20	18.28	36.48	13	1.32	8	0	8
Michael Musgrove	59			36.54	36.54	0.00	18.55	18.55	18.56	37.51	14	0.57	7	2	9
David Brownrigg	214			28.18	28.18	7.40	22.45	15.05	15.17	30.22	15	2.04	6	0	6
Les Cations	186			38.22	38.22	0.00	20.35	20.35	21.06	41.41	16	3.19	5	0	5
Ken Carter	208			37.12	37.12	0.00	22.47	22.47	23.31	46.18	17	9.06	5	0	5
Ineligible members															
Noel Mc Mahon (1)	68	Y		19.52	20.36	14.30	25.49	11.19	10.43	22.02					10
Kevin McMahon (1)	468	Y		23.23	23.23	11.00	22.12	11.12	11.08	22.20					10
Russell Johnson (3)	77	Y		16.42	19.00	12.00	24.18	12.18	10.51	23.09					10
David Walker (3)	4	Y		20.15	20.30	14.00	26.03	12.03	12.54	24.57					10
Graham Jenkins (2)	152	Y		22.32	23.30	0.00	15.07	15.07	14.54	30.01					10

Samantha Cronk(1)	441	Y		28.33	28.33	7.00	20.44	34.49	13.44	14.05	27.49
Richard Burton(1)	442	Y		30.40	30.40	5.00	19.21	35.45	14.21	16.24	30.45
Hannah Walker(3) 2.5 km	205	Y	Y	12.12	12.12	20.00		30.25			10.25
Olivia Walker (3) 2.5 km	204	Y	Y	12.52	12.52	19.00		30.46			11.46
Kieran McMahon (3) 2.5 Km	228	Y	Y	15.26	15.26	18.00		32.44			14.44

Visitors											
Dennis Neal	500	Y		19.08		15.00	24.16	33.47	9.16	9.31	18.47
John O Conner	450	Y				11.00	22.24	34.07	11.24	11.43	23.07
Robyn Dols-Ringleben	499	Y	Y	27.31		7.00	20.00	32.49	13.00	12.49	25.49
Julie Wray	467	Y		33.40		2.00	15.10	29.48	13.10	14.38	27.48
Loree Brearley	499	Y	Y	31.18		2.00	17.11	31.59	15.11	14.48	29.59
Juliette Rowe	457	Y				2.00	18.29	34.22	16.29	15.53	32.22
Yolanda Whelan	444	Y	Y			2.00	17.32	34.53	15.32	17.21	32.53
Mia Raunik	487	Y				2.00	18.28	35.21	16.28	16.53	33.21
Claire Rowe	440	Y				2.00	18.59	36.47	16.59	17.48	34.47
Stephanie O'Halloren	495	Y				2.00	18.46	37.12	16.46	18.26	35.12
Dierdre Cooney	460	Y	Y			2.00	18.45	37.12	16.45	18.27	35.12
Kim Owens	469	Y	Y			0.00	19.19	38.34	19.19	19.15	38.34
Abbey Neal	485	Y	Y			10.00		28.57			28.57

Helpers

Michael Slee
Tyrone Patterson
Sue Brownrigg
Peter Buissink
plus Noel McMahon pre race

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
146	Bill Price	8	31	28	23	18	20	23	31						8		8	182	182	30	38
113	Ann Girvin	19	10	26	32		18	26	23					20	7		8	174	174	73	80
223	Ian Turnbull	16	29		20	32	32		13					20	6		7	162	#NUM!	8	14
3	Sue Walker		18	20	22	21	21	26	29						7		7	157	#NUM!	52	59
101	Michael Doull		23	30	27	23	26							20	5	5	7	154	#NUM!	88	93
213	Rachell Price	13	19	27	14	18	7	14	25						8		8	137	137	12	20
159	John Ayton	16		31	5	19		14	25					20	6		7	130	#NUM!	26	32
144	Terry Pearce		19	13	13		19	25	19					20	6		7	128	#NUM!	40	46
2	Eero Keranen	17	25		19		28							20	4	5	6	114	#NUM!	67	71
216	Tyrone Patterson	25	12	14	20									20	4	10	7	101	#NUM!	5	9
140	Michael Slee	17	20	23	6	7		5						20	6		7	98	#NUM!	52	58
59	Michael Musgrove		7	17	13	14		17	9					20	6		7	97	#NUM!	136	142
141	Mark Maloney	23	12		9		10	9	14					20	6		7	97	#NUM!	62	68
77	Russell Johnson	17	14		17	17	10	10	10						7		7	95	#NUM!	120	127
227	Damian Arnold		10	10	10		9	24						20	5		6	83	#NUM!	0	5
177	Shayne Dean	5	5	5		9	19	8	11					20	7		8	82	82	44	51
152	Graham Jenkins	13		5	10	10		10	10					20	6		7	78	#NUM!	61	67
180	Sue Hennessy	17	6	8	20	13	12								6		6	76	#NUM!	56	62
214	David Brownrigg	10	32		5	5		17	6						6		6	75	#NUM!	12	18
96	Steve Jordan	5	5	5		5	10	13	8					20	7		8	71	71	110	117
194	Aidan Keranen	10	10	10	10	10	10	10							7		7	70	#NUM!	65	72
155	Ken Smith	11		9	5	12	8	12	10						7		7	67	#NUM!	64	71
161	Graham Edwards			7	5	8	7	16						20	5		6	63	#NUM!	37	42
204	Olivia Walker			10	10	10	10	10	10						6		6	60	#NUM!	14	20
215	Sue Brownrigg	5	10		7	17								20	4		5	59	#NUM!	8	12
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
116	Peter Buissink													20	0	35	8	55	#NUM!	56	56
1	Sara Keranen	19	10	12				13							4		4	54	#NUM!	91	95
81	Don Hampshire	5	5	5			5	5	9					20	6		7	54	#NUM!	93	99
68	Noel McMahon						10	10	10					20	3		4	50	#NUM!	65	68
90	Aprille McMahon				27									20	1		2	47	#NUM!	47	48
154	John Pannifex		5			14	11		17					4		4	47	#NUM!	35	39	
138	Bruce Guy				5	10		5						20	3	5	5	45	#NUM!	48	51
4	David Walker					5		10	10					20	3		4	45	#NUM!	55	58
219	Patrick Slee	10	10		10			10							4		4	40	#NUM!	32	36
208	Ken Carter	5	5	5	5	5	5	5	5						8		8	40	40	18	26
205	Hanna Walker		10	10	10				10						4		4	40	#NUM!	15	19
45	John Becroft	6	5	6		8	5	5							6		6	35	#NUM!	116	122
190	Paul Connelly	10	10		10										3		3	30	#NUM!	9	12
189	Rod Healey				10									20	1		2	30	#NUM!	32	33
123	Ann Drohan					29									1		1	29	#NUM!	47	48
143	Luke Price													20	0	5	2	25	#NUM!	31	31
91	Chris Salmond													20	0	5	2	25	#NUM!	57	57
186	Les Cations	5		5		5		5	5						5		5	25	#NUM!	36	41
133	Ron Moloney	5	5	9	5										4		4	24	#NUM!	38	42
	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
	Kieren McMahon	10						10							2		2	20	#NUM!	3	5
200	Ian Morgan	5			5			6							3		3	16	#NUM!	13	16
	Peter McNulty			15											1		1	15	#NUM!	0	1
	Bronwyn Massie			15											1		1	15	#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
	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	
	Nathan Pearce		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	
220	Taylor Price				10										1	1	10	#NUM!	17	18	
	Kevin Monk							10							1	1	10	#NUM!	0	1	
	Kevin McMahon								10						1	1	10	#NUM!	0	1	
	Jerome Keegan							10							1	1	10	#NUM!	0	1	
	Samantha Cronk								10						1	1	10	#NUM!	0	1	
	Richard Burton								10						1	1	10	#NUM!	0	1	
57	Steve Wright				8										1	1	8	#NUM!	52	53	
16	Ron Coleman		5												1	1	5	#NUM!	123	124	

Fun Run Race Calendar

- 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, Pillars of Wisdom on Tan on Alexandra Ave, (Melway 2G A9) 7.30 AM, 9744 1072.**
- 3 Oct Run the 'Maine, 10/5km, Castlemaine, www.centralvic.net.au/runthemaine
- 3 Oct Sri Chinmoy Maribymong River Run, 12/8/4km, Riverside Park, The Boulevard, Moonee Ponds, (Mw 28 B6) 8AM.9853 4731, www.srichinmoyraces.org.au
- 10 Oct St George Melbourne Marathon Festival, 9864 1137, www.melbournemarathon.com.au
- 14 Oct **VRR Twilight Tan Time Trial, 8km & 4km, Pillars of Wisdom on Tan on Alexandra Ave, (Melway 2G A9) 7.30 AM, 9744 1072.**
- 17 Oct Sri Chinmoy Geelong Foreshore Run, 10/5km, Ripplside Park, Geelong North, (Mw 442 A10) 9853 4731, www.srichinmoyraces.org.au
- 24 Oct Spring into Shape Series Run 2. Birrarung Marr. 4km 8.30AM, 8/12km 9.10AM, 4km walk 9.15AM, 9645 1333 www.starttofinish.com.au
- 30 Oct Run the 'Maine, 10/5km, Castlemaine, www.centralvic.net/runthemaine
- 30 Oct- 2 Nov Bright 4 Peaks. Bright to: Mystic Hill, Mt Feathertop, Mt Hotham, Mt Buffalo. www.brightvic.com/alpineclimb, 5755 1507
- 31 Oct Coastal Real Estate Portland 3 Bays Marathon, 5523 2811, www.portland3baysmarathon.org.au
- 31 Oct Coburg Charity Fun Run & Walk, 12/6km, 9AM, Harold Stephens Athletics Track, (Mw 18 A10) www.coburgharriers.org.au, 0417012682
- 6 Nov **VRR Tan Time Trial, 8km & 4km, Pillars of Wisdom on Tan on Alexandra Ave, (Melway 2G A9) 7.30 AM, 9744 1072.**
- 7 Nov Marysville Marathon Festival, www.marysvillemarathon.com.au
- 7 Nov Sweat v Steam 13km, Echuca, www.sweatvsteam.com.au
- 11 Nov VRR Twilight Tan Time Trial, 8km & 4km, Pillars of Wisdom on Tan on Alexandra Ave, (Melway 2G A9) 7.30 AM, 9744 1072.
- 13 Nov Upstream Challenge, 50km, Docklands to Donvale, 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 Spring into Shape Series Run 3. Birrarung Marr. 4km 8.30AM, 8/12km 9.10AM, 4km walk 9.15AM, 9645 1333 www.starttofinish.com.au
- 14 Nov Sri Chinmoy Maribymong River Run, 12/8/4km, Riverside Park, The Boulevard, Moonee Ponds (Mw 28 B7) 8AM, 9853 4731, www.srichinmoyraces.org.au
- 21 Nov Run Geelong, 12/6km, Kardinia Park, Geelong, www.rungeelong.com.au



2010 Handicap Month Helpers

MONTH	HELPER 1	HELPER 2	HELPER 3	HELPER 4
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



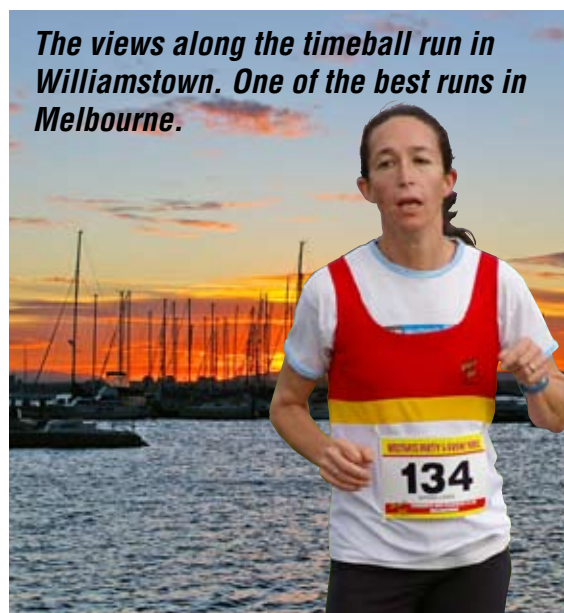
running club melbourne



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