

# HomeRuns

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



## Finding the Joy of Running

**Phoebe leads home a girls trifecta in April**

**Train with  
The Hobos**

**The Great Train Race**

**How To Keep The Running Bug**



running club melbourne

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Fees are as follows:  
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### WEBSITE

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### NEWSLETTER CONTRIBUTIONS

Don't miss out on getting your story in, contact Mark today, [hobos.enquiries@gmail.com](mailto:hobos.enquiries@gmail.com)



## From the President

**H**i everyone I am please to say I have recovered from a crook back and running again.

Firstly for those who saw it I apologise for a rant on our Facebook page that. I have lived with a great deal of mental illness in my family and sometimes the anxiety gets too much.

Running has been a refuge and a saviour to me, without the Hobos life would be a lot tougher.

Some of you already know but I have been looking after my wife for 35 years as she has suffered from depression and anxiety. Remarkably she did an incredible job of bringing up our two very strong now grown up kids.

Back in 2005 the publisher I had worked at for 28 years brought in some new management who decided they would bully me and this went on for 6 months and I had a breakdown. For those of you who have never had one I wouldn't wish it on anyone.

Even after looking after Wendy



*Happy times at the finish of the Melbourne Marathon with fellow Hobo Ian Turnbull.*

for so many years it is not until you experience mental illness that you realise how debilitating it is.

As I mentioned I had worked for this company for nearly three decades often starting at 9am and leaving at midnight for no extra pay. I never took sick leave even when I was very sick, I took great pride in the job and the company.

Then one Monday morning after the bullying had been going on

for some time I said to Wendy I don't know what's wrong but I can't face going to work today, I was paralysed with this overwhelming feeling of I can't do it. Remarkably I didn't go back for over a week which was unheard of for me.

I sort medical help and returned to work and immediately went to management and arranged a payout to leave the company.

These days I am much better running my own company from home and being there for Wendy every day.

Without the Hobos and running life would not have a release valve. I have many amazing friends at this club and would be a different person without them for support and friendship.

Last week I learned a valuable lesson don't let your release valve burst on social media.

If any of you are struggling remember I am always prepared to listen.

*Mark Maloney*

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# The Great Train Race....

## Running with not enough "train-ing"

Lots of lean, young running machines lined up for the annual Puffing Billy event on a sunny Sunday morning 30th April. There was excitement in the air and the traditional "boo-ing" of the train driver as the seeded groups set off.

I was in the last group with my politically correct Green name badge and surrounded by fellow less fit and friendlier competitors.

A few weeks before the race I started feeling a sharp pain in my lower limb. Dr Google told me I was getting shin splints so I stopped running. A week before the event, I sought a more professional opinion from the osteopath who said it was a minor muscle injury and I would be OK to run. I had secretly hoped he would tell me not to run! So here I was at the start line, rather under-trained and not looking forward to the hills. I was hoping that my love of Mountain ash trees, fresh air and bushwalking would help me along the 13.5km course.

The first part of the course is downhill and everyone seemed to run as though being chased by a mountain lion. I tell myself that for me this is a mini-marathon (not a sprint) so I jog along, chatting to other runners, smiling at the photographers and high-fiving the spectators.

I pass Ken Smith from the Hobos at 5kms, he is going along steadily and we start the long slog up the never-ending hill. As the hill goes on and on, more of us back-markers find ourselves doing a fast walk rather than a run. I think that maybe if the train breaks down I could beat the second train. I talk to an older guy who recognises the Hobos shirt – he tells me that they had a Hobos member at their park-



run recently. I know he is talking about Russell Johnson; it's a small world. The 5kms up and down the hilly part is beautiful even though painful; other runners inspire me. There is a blind guy running with his guide from Achilles, there are a father and daughter running together, a really fit girl waiting for her friend at the top of the each hill.

Before the 10km mark, my right hip and left plantar fasciitis start playing up, the pre-race injury seems OK at this point. I make friends with another runner (Robyn) who was doing a similar pace to myself and we encourage each other to run the last 3.5kms together. It's a gentle downhill track through the forest and my favourite part of the run, especially as the end is within hearing distance.

Some evil person decided to make the last 50 metres to the finish uphill! Crossing the finish line I see my partner Mick looking a bit surprised to see me finish 4 minutes faster than my time 2 years ago!

It's all over and I feel elated, yet disappointed that I didn't win any of

the lucky draw prizes (the Antarctic flight looked good!). We bump into Michael Musgrove and Ken Smith who had also finished- well done guys, you inspire me.

Luckily we get a cosy seat in the "second class" compartment of Puffing Billy for the journey back to the start. For those vegetarians I would highly recommend "The Laughing Owl" for veggie brekkie and post-race re-fuelling.

At home, I check my results and proudly print off my certificate. The next day at work I am a bit slower than usual- my colleagues ask- "Did you beat the train". My answer: "No, but I really enjoyed the event, it was a hoot"

### Puffing Billy Facts:

The race was won by Nick Earl in a time of 43.10

The first female was Gemma Maini in a time of 49.12

There were fewer runners this year, a total of 2213 with only 125 beating the first train.

Next years event is on Sunday 29th April 2018 so start training now.

Ildiko Plaganyi

## Eat Well, Live Well, Run Well

with Ali McAleese



## Strong and Healthy Teeth for Runners

For their tiny size, unhealthy teeth can cause more than their share of pain (and cost). Distance runners can be at risk of tooth decay. Teeth are very sensitive to both sugar and acid, but saliva keeps teeth well washed and at a neutral pH. Fluid losses during races and training can make saliva stickier than normal reducing its ability to wash teeth.

When we eat or drink, the sugar in the food is processed by bacteria in our saliva and makes our mouth more acidic. This is what causes tooth decay. The most important thing is to reduce the frequency of eating and drinking (sugar in particular) so the saliva has time to wash our teeth and bring the pH back up to neutral. There are a number of things runners can do to reduce their risk of tooth decay:

1. Sip water not sugary drinks. Sugary drinks including sports drinks are harmful to teeth and runners often have less saliva during a race making teeth even more susceptible. Choose water whenever possible and if you do need a sports drink chase it with water or swirl and spit some water.
2. Follow gels and food with water. During a race or training the reduced or sticky saliva leaves teeth more vulnerable. When taking nutrition supplements follow them with water or rinse your mouth. Gels or food are better for teeth than sticky lollies.
3. Use a straw. A bendy (not straight) straw helps direct drinks to the back of the mouth and bypasses teeth.
4. Avoid chronic snacking.



Snacking all day (whether running or not) reduces the pH in your mouth leaving teeth vulnerable to acid attack. Try to spread out snacks and meals rather than constantly grazing through the day.

5. Fruit veges and milk are all great for your teeth. Try to eat fruit and vegetables and have some milk or yoghurt every-day.

Article by  
Alison McAleese @eatinghealthali



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# How to hold onto the running bug

“It is an exhilarating experience to catch the running bug but greater satisfaction comes from keeping it. Sometimes the challenge is not in starting a new activity but in sustaining the routine.”

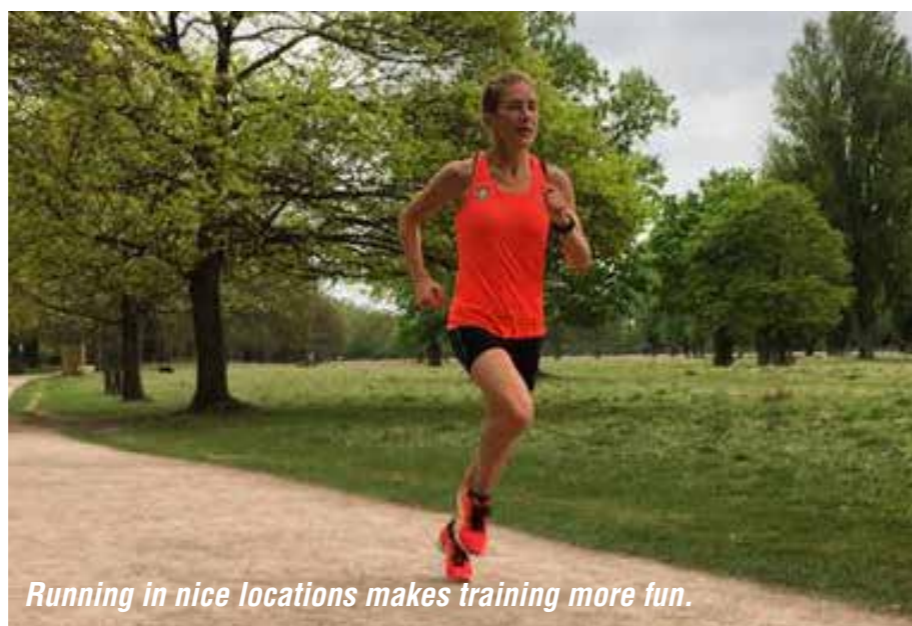
I have had the pleasure of pulling on a fresh pair of runners with a new goal, an energised body and an unstoppable attitude... it's like the “honey moon period” of running. As the weekly mileage and monotony steadily builds, as tiredness creeps in and as you find yourself optimistically committing to more activities than there are hours in a day, motivation to pull the runners on AGAIN can dip.

I love running and I believe I always will but it is only natural that training can seem like the last thing your body wants at times. On some occasions a rest day may be the best prescription but on other occasions the outlet that running provides can be the ultimate cure. Here are some pearls that I have picked up along the way to help maintain a positive and sustainable relationship with running.

## LOCATION, LOCATION: FIND ONE THAT APPEALS TO YOU:

Training location is a major consideration for not only training effect and injury prevention/management but also motivation.

When reflecting on my most



enjoyable Marathon preparations it became evident that the highest volume and most consistent blocks I have achieved were when living near running routes that I enjoy.

I love exercising outdoors and amongst nature with plenty of fresh air, foliage and wildlife (the non-threatening variety). Running along Adelaide's river Torrens, the Grange to Glenelg coastal stretch, Westerfolds Park in Melbourne, the beautiful Belair National Park, Ferntree Gully, the trails of Flagstaff (US) and the famous Falls Creek runs in Victoria are some examples.

During heavy sessions I like familiarity and draw confidence from knowing what to expect in terms of surface, wind, traffic, turns, camber and lighting as well



**Jess Trengove**  
Olympic Marathoner

as having comparable measures from previous sessions.

On relaxed runs I like to explore. My sense of direction is terrible but as long as I plan to return to my starting point early to allow for getting lost, I'm usually okay. So in summary I believe that for a solid prep, location is the key.

## THE TEAMWORK PERKS:

I do enjoy and embrace the odd solo run throughout the week as it provides an opportunity to soak up my surroundings and let my mind wander.

Sometimes talking or feeling awkward that you're not talking is an effort but on most occasions I thrive on having people to chat with on a run. Team work has played a very powerful and positive role in my career so far

and I believe it is the key to getting the most out of one's self as an athlete.

There is incredible value in having: - reliable people to meet up with for training and to keep you accountable - building a working relationship with health practitioners whom you trust and can learn from - sharing the process with family, friends, coach and others you meet along the way - having a mentor who inspires you to set meaningful dreams, to work towards them positively and to be the best version of yourself.

For me, being able to share the challenges, the successes and the special moments with your team is one of sport's greatest appeals.

## RUN WITH PURPOSE:

Having a goal in the near future is the key to maintaining my running mojo. It doesn't necessarily have to be a lofty goal but one that gives every training session purpose and keeps me consistently in check.

I love the satisfaction drawn from accomplishing something that I had set out to achieve, reflecting on the processes and celebrating with the people involved. Having a tangible checkpoint also allows me to measure my progress and shift the bar as necessary.

A goal may involve a particular placing in an upcoming race, a specific time for a session or distance, a fundraising amount, a distance you would like to complete or a target perceived rate of exertion for a given run. Whatever it is, put it in your memory bank and chase it with confidence.

## PUT IT IN THE DIARY:

In late 2014 I found the ultimate training diary; Believe Training Journals. US runner Lauren Fleshman and her “Believe I am”



colleagues are not only highly experienced athletes but also very successful women outside of sport. They have crafted a journal that provides regular and refreshing inspiration, insights and guidance for female athletes.

I love my Garmin GPS watch and use this technology to monitor my training online but still always look forward to opening my diary throughout the week with a pen in one hand a cappuccino in the other. It is the perfect opportunity to form, reflect and record goals as well as plans to achieve them.

## ENERGY ON THE GO:

A busy person needs regular energy. A busy person in training needs more! It is important to fuel your body prior to exercise and it is equally important to provide your body with the necessary nutrients to facilitate recovery after training.

When juggling multiple commitments and travelling between work and training you may miss the opportunity to grab a snack for pre or post exercise.

I recommend carrying some good quality snacks on you at all times. A few that feature regularly in my handbag / training bag include roasted almonds, dried fruit and nut mix, Carman's muesli bars, rice crackers and good

quality protein bars.

Hydration is also essential and filling up your water bottle at every opportunity can be a saviour. I have never been one to drink a lot of water and therefore have to make a conscious effort to hydrate. Last year I discovered Mojo Kombucha (a refreshing probiotic drink) and have found that adding this to soda water has encouraged me to drink more throughout the day and particularly after key sessions.

## PRIORITISE COMFORT:

Chafing, blisters, bouncing and restricted breathing are hassles that we best avoid to facilitate a longstanding relationship with running.

Everyone's needs are slightly different which means there is no 'best' product for all runners. Ask friends with similar needs to your own, pick up a few running-related magazines or jump online to find appropriate undergarments to support you in training.

Bras, crop tops, singlets, shorts, underwear and socks are the key players here and you want them to aid comfort rather than be your biggest distraction.

Whilst on the topic of comfort; post-run sunburn, sore eyes and cracked lips are unpleasant and unhealthy experiences. Along with snacks and a full water bottle, it is worth adding sun-protective lip gloss, sunscreen or a sun-protective moisturiser and a comfortable pair of UV protection sunnies to your training bag or handbag.

We know the health benefits of physical activity and whilst running adds a lot of satisfaction to many lives, mental and physical challenges are also part of the game (run). There is a lot we can do to minimise these to make the perks perkier and the relationship sturdier. Let's enjoy this sport at its full capacity and carry that running bug well into the future.

## Hobos Handicap April 2017 - 287th Running

Pos	Name	Finish	Time	Start	PB	AGPB	Split 1	Split 2	Points
<b>Greenwich Cup</b>									
1	Phoebe Gray	38:55	30:55	8:00	32:22	32:22	15:36	15:19	20
2	Sue Walker	39:34	24:14	15:20	22:44	25:59	12:03	12:11	19
3	Ann Girvin	40:19	25:19	15:00	23:56	25:10	12:28	12:50	18
4	Aaron Mcaleese	40:33	19:53	20:40	19:46	19:46	9:50	10:02	17
5	Andy Grant	40:35	18:10	22:25	17:54	17:54	9:00	9:10	16
6	John Gray	40:38	20:18	20:20	19:29	19:47	10:04	10:14	15
7	Ray Barnard	40:44	25:34	15:10	22:12	25:41	12:41	12:52	14
8	Daniel Rees	40:51	19:11	21:40	18:37	18:37	9:27	9:44	13
9	Alison Mcaleese	40:52	22:57	17:55	22:34	22:34	11:10	11:47	12
10	Rob Falloon	41:05	24:35	16:30	21:24	23:20	12:26	12:08	11
11	Diana Watson	41:27	32:27	9:00	29:33	29:33	15:58	16:28	10
12	Jason Rees	41:34	23:49	17:45	22:28	22:28	11:36	12:13	9
13	David Walker	41:42	25:22	16:20	20:15	22:56	12:16	13:06	8
14	Patrick Slee	41:58	29:48	12:10	25:28	25:28	14:26	15:21	7
15	Michael Slee	41:59	24:09	17:50	21:46	22:41	11:46	12:22	6
16	David Wells	42:58	25:38	17:20	21:54	22:13	12:44	12:54	5
17	Brian Armstrong	43:12	20:57	22:15	18:09	18:09	10:37	10:20	5
18	Mark Maloney	43:15	24:35	18:40	20:03	20:54	12:08	12:27	5
19	Graham Edwards	45:21	47:21	-2:00	43:38	37:34	23:13	24:08	5
20	Carlo Sgro	45:51	25:11	20:40	19:47	19:47	12:49	12:21	5
21	John Becroft	49:28	43:48	5:40	24:12	30:11	21:52	21:56	5

### Ineligible

1	Thomas Glover	38:56	18:56	20:00	20:08	20:08	9:34	9:22	10
2	Jackson Glover	41:28	18:58	22:30	17:51	17:51	8:57	10:00	10
3	Martin Mankowski	40:24	20:24	20:00	18:53	19:18	10:05	10:18	10
4	Kjetil Wormnes	40:18	23:18	17:00	23:39	23:39	11:48	11:30	18
5	Nic Castle	40:46	23:46	17:00			12:33	11:13	10

6	Niall McMahon	41:22	24:12	17:10	23:09	23:09	11:56	12:16	10
7	Laura Smethurst	43:16	24:46	18:30	22:03	22:03	12:25	12:20	5
8	Steve McDonald-Johnson	41:45	24:55	16:50	23:03	23:25	12:46	12:08	7
9	Ian Milne	40:48	25:38	15:10	25:12	25:12	12:33	13:04	13
10	Brooke Milne	40:11	26:41	13:30			13:11	13:30	10
11	Helen Peins	41:46	29:16	12:30			14:25	14:51	10
12	Una Manicle	43:19	31:29	11:50	28:56	28:56	15:07	16:21	5
13	Michael Musgrove	47:21	47:21	1:20	35:15	38:38	23:13	24:08	10

### Guests

1	Janet Keily	39:09	24:09	15:00			11:57	12:11	-
2	Jane Whitmore	39:49	24:59	14:50	25:40	25:40	12:32	12:27	-



I was really pleased when I was out on the course during the April Handicap and I saw that Phoebe Gray was in the lead and if she kept going unlikely to get caught.

Phoebe was not a runner a couple of years ago and she started coming to track with her dad John. She started walking lap after lap while we did our running intervals. Gradually she started to run a little for short distances inbetween walking.

Not long after John told me Phoebe had started doing Altona Parkrun which was a huge step forward for her and you could see her confidence growing.

She has continued to go to Parkrun and her 5k times have improved dramatically seeing her go from a Parkrun of 46:16 a couple of years ago to

fantastic 30:55 in the handicap.

Phoebe was very pleased to win the Kenyan Egg and it has come with a great amount of determination and effort.

The April race was dominated by the girls with Sue Walker again running brilliantly to come in second and Ann Girvin returning to her best running for a while to take third.

We had good numbers in April I hope you can make the Handicap your priority and run it ahead of Parkrun once a month. The Handicap is a great part of the club and a very enjoyable and competitive morning.

Come along this Saturday and have a go at chasing down the runners ahead of you or holding out those trying to catch you.

**Mark Maloney**

# The Greenwich Cup

Place	Name	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Best Eight
1.	Ray Barnard	32	32	26	26									116
2.	Sue Walker	15	29	32	31									107
3.	Aaron Mcaleese	20	12	30	27									89
3.	John Gray	23	25	(20)	21									89
5.	Alison Mcaleese	16	18	31	20									85
6.	Phoebe Gray	19	12	(20)	32									83
7.	Ann Girvin	15	16	18	28									77
8.	Andy Grant		17	24	25									66
9.	Carlo Sgro	26	24	5	5									60
10.	Adrian Boyle	21	21	13										55
11.	Kieran Leonard	25	24											49
12.	Dolores Mc Laughlin		27	(20)										47
13.	Ian Milne		17	16	13									46
14.	Ken Smith	8	5	10	(20)									43
14.	Mick Beasley	(20)	5	8	(10)									43
14.	Rob Falloon	12	9	11	11									43
17.	Mark Maloney	7	10	(20)	5									42
17.	Michael Slee	(20)	7	9	6									42
19.	Michael Musgrove	(20)	5	5	10									40
20.	Ildiko Plaganyi	9	5	5	(20)									39
21.	Brian Armstrong	(20)	8	5	5									38
21.	Diana Watson		18	10	10									38
21.	Robyn Dols-Ringleben	13	5		(20)									38
24.	Jason Rees	10	6	12	9									37
25.	Daniel Rees			17	19									36
26.	Graham Edwards	5	(20)	5	5									35
26.	Peter Buissink	5	(20)		(10)									35
28.	David Walker	9	10	7	8									34
28.	Rose McVicar	14	(20)											34
30.	Niall McMahon		12	11	10									33
31.	Kate Milnes	18		13										31
32.	Kjetil Wormnes		10		18									28
33.	John Ayton	(20)		6										26
33.	Natasha Wells	6			(20)									26
35.	Laura Smethurst	10		10	5									25
35.	Nathan Crowley	15	10											25
37.	Una Manicle		18		5									23
38.	Aidan Keranen	10	10											20
38.	Eero Keranan	10	10											20
38.	Terry Pearce	(20)												20
38.	Thomas Glover	10			10									20
42.	Steve McDonald-Johnson			10	7									17

# The Ted Joy Cup

Place	Name	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Best Eight
43.	David Wells	5	5		5									15
43.	Don Hampshire	5	5	5										15
43.	Ken Carter	5	10											15
46.	Patrick Slee		5		7									12
47.	Steve Glover	11												11
48.	Brooke Milne				10									10
48.	Chloe Ringleben		10											10
48.	Helen Pelns				10									10
48.	Jackson Glover				10									10
48.	John Becroft	5			5									10
48.	Martin Mankowski				10									10
48.	Nic Castle				10									10



## 2017 Handicap Month Helpers

MONTH	HELPER 1	HELPER 2	HELPER 3	HELPER 4
Jan	Michael Slee	Michael Musgrove	John Ayton	Terry Pearce
Feb	Rose McVicar	Graeme Edwards		
Mar	Mark Maloney	Ildiko Plaganyi	John Gray	Phoebe Gray
April	Natasha Wells	David Wells	Ken Smith	
May	Ann Girvin	Ray Barnard		
June				
July	Rob Falloon	Kate Milnes		
August				
September				
October				
November				
December	Kenneth Carter			

\*\* 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 Gear At Special Prices



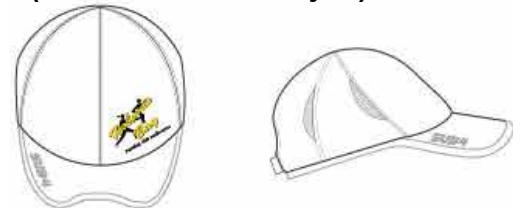
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(mens and womens styles)



**Cap Special Price \$20 or Visor \$17**

## Train With The Hobos

**W**e have three groups training during the week and all training sessions are free. We ask is that you are a paid up member for just \$40 a year which helps the club pay rent and insurance and for this you also get to run the handicap 12 times free which costs guests \$5 each time.

**Tuesday Nights** from 6:15pm Join a track interval session where you learn to improve your pace and stamina. Putting you through sessions such as 5x 800 metres or maybe 3x 1600 metres certainly allow you to discover a new side to running. We run two groups for advanced and less advanced runners.

**Thursday Nights** from 6.05pm we have another track session for those who cannot make the Tuesday session or those who wis to do shorter intervals. These sessions are proving very popular with people and gives the new

*If you have never run our Timeball Run at night it has the best views of Melbourne anywhere.*



comer to track a bit of experience in running intervals.

There is also a group Pack Run to the Time Ball Tower leaving the Clubrooms at soon after 6:15 this run is a brilliant run when we get good numbers.

**Sunday Mornings** a group meets at 7.30am at Newport Lakes for a bush run on a lap course starting at lookout point 1. If you arrive late no problem just wait at the lookout and runners will come back passed in a short while. We

run multiple laps so you can run any distance you wish with some running up to 15k or further.

There is also a group that leaves from the Old Gatehouse on the Strand lead by Brian Armstrong, this group tends to run long runs along the bike paths around the bay offering a very scenic flat run.

There are some Sundays when a group will also decide to take on the big hills of the You Yangs Park.

All these runs will be put on our Facebook Page just prior to the day and everyone's welcome to join in.

**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**