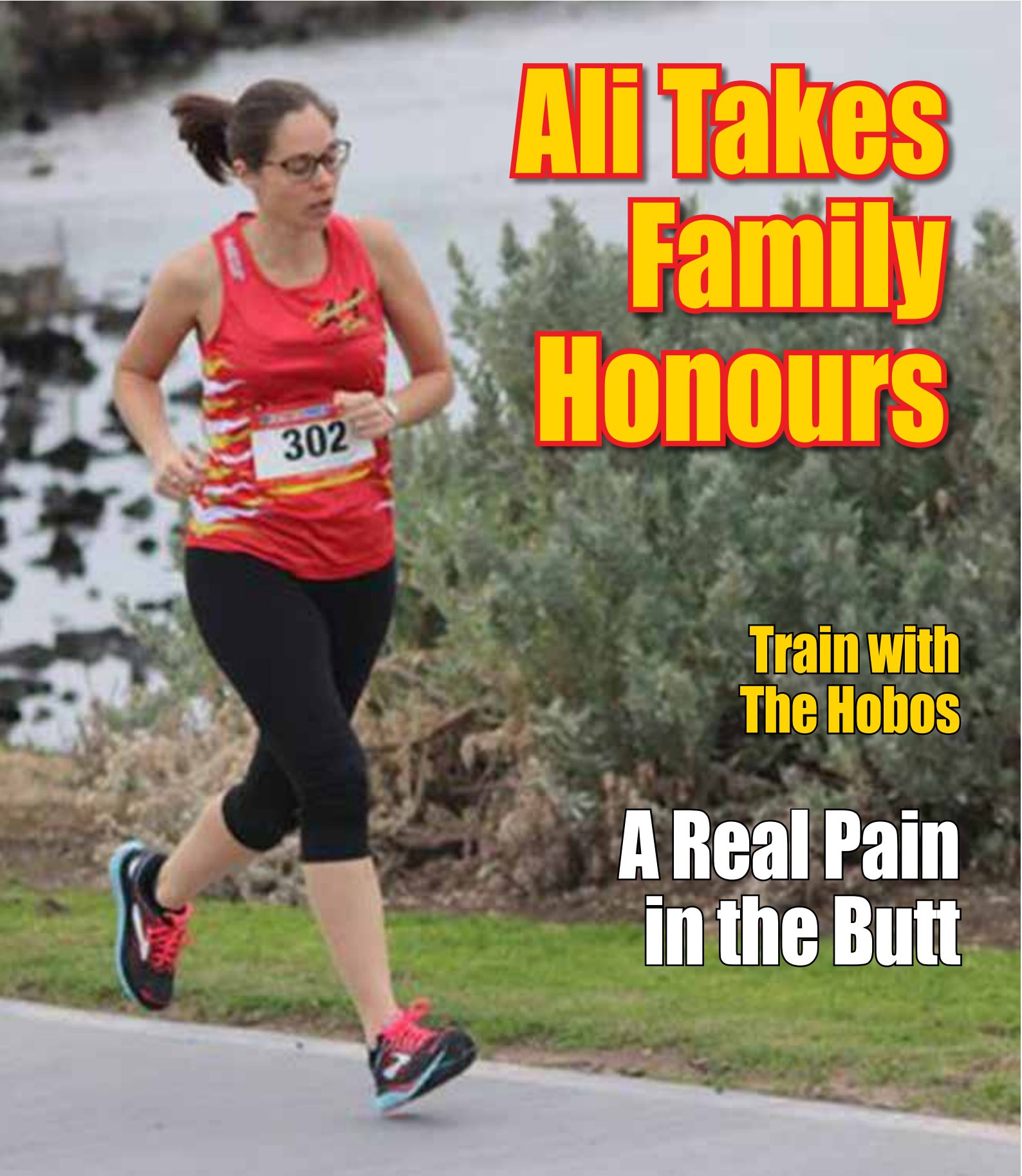


# HomeRuns

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



## Ali Takes Family Honours

**Train with  
The Hobos**

**A Real Pain  
in the Butt**





running club melbourne

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## The NEW Club Colours



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### Membership Fees

Fees are as follows:  
 Single \$45 (\$40 to renew)  
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### 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, [hobos.enquiries@gmail.com](mailto:hobos.enquiries@gmail.com)



## From the President

I am looking forward to the handicap on Saturday morning it has been strange not being around the club the last two weeks.

I'd like to thank Kieran for stepping up and helping Eero with training it is going to be important that everyone does their bit.

We have the Annual General Meeting coming up at the November Handicap and we are looking for a new President and Newsletter editor. If you feel you can fill either of these roles let me or the any member of the committee know.

I think change in the club is important the club has grown a lot over the last 8 years but it is time for new ideas and leadership.

If you wish to be editor I am more than happy to put it together if you can supply the stories, if that helps your decision. With me running Wynfit in Wyndham I won't be as up to date with what is happening at the Hobos. I will help the new editor as much as I can.



*The monthly Hobos Handicap is an important part of the club don't miss it.*

Thank you to Ali, Abby, Tammy and Laura for their input to this issue.

This month we are having the Spring Gift on Tuesday October 10 it is a great chance to test yourself over 1500 metres in a handicap.

The Handicap in August saw some very good running with Ali McAleese taking victory from her husband Aaron in a 30 second PB.

In the last month we have seen Newport Lakes Parkrun start up, we would love you to go along and help promote the Hobos but once a month remember to come back to the handicap for a fast flat course.

This Saturday September 30 is the September Handicap come along and support the club.

*Mark Maloney*

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## Proximal Hamstring Tendinopathy

# A Real Pain In The Butt!

Hey all, it's Aaron here, your friendly neighbourhood physio and newest member of the team at Running Physiotherapy. Today I'd like to share with you some information on another common injury in runners - especially those who enjoy tackling hills or doing sprint work, but not isolated to those subgroups. The injury is a proximal hamstring tendinopathy and I'm here to give you some tips to help you understand what it means, what to look out for and things that help and hinder in terms of injury management and prevention.



The what...

A proximal hamstring tendinopathy (otherwise referred to as a hamstring origin tendinopathy or high hamstring tendinopathy/tendinitis) is an injury to the hamstring tendon where it attaches to the ischial tuberosity (the lower part of the pelvis at the top of your thigh). It is characterised by pain in the back of your thigh or buttock and is usually well localised to the attachment point. The pain is usually aggravated by sitting, driving, deep squats, lunges and stretching your hamstring.

This is because these positions place a compressive load on the tendon through flexion at the hip.

The symptoms tend to act in accordance with those of other tendinopathies such as the achilles - morning stiffness, pain on warming up which settles into a run and pain after activity (sometimes up to 24-48 hours after a run!). It's important to recognise this behaviour as many people don't realise that it could be the previous day's workout which has led to their current issues.

The why...

Changes to training loads are understood to be the cause of this injury, especially when we load the hamstring in a flexed hip position, e.g. hill running, sprinting, deep lunges and deadlifts. These changes may be subtle but can often be enough to exceed the load capacity of the tendon. This can include anything from running an exhausting trail run, increasing your sprint interval training to adding in some new exercises at the gym.

Biomechanical deficits including poor lumbo-pelvic-hip control, reduced mobility and strength and deficiencies in running technique may act as contributing factors in developing this injury but a variation in load tends to be the trigger.

The what to do...

To avoid developing this injury, or to assist in management once it's developed, key things to address can include releasing tight hip flexors, strengthening weak gluteal muscles and/or hamstrings, improving trunk and lumbar mobility and ensuring any issues in running technique such as over-striding, poor pelvic control, increased hip and

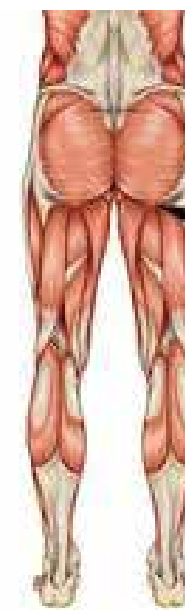
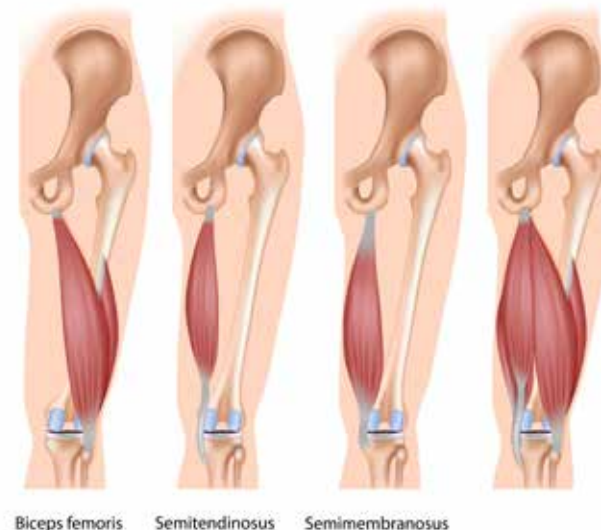
trunk flexion, etc. are identified and modified. An analysis of your running technique and assessment of joint mobility, muscle strength and control by a physiotherapist can help you identify which parts of YOUR kinetic chain are in need of some work.

A physio can also help by giving you techniques to help minimise and control your pain as well as ensuring the risk of recurrence is reduced. An assessment of your current pain and the load capacity of your tendon is important in outlining what is best for you, whether that be simply modifying your training load, performing isometric hamstring exercises (the body's natural pain killer when it comes to tendinopathies!), incorporating a gradual strength and conditioning program or cross-training alternatives to maintain your cardiovascular fitness whilst you build back to your pre-injury running load.

The what NOT to do...

As I mentioned earlier, this injury and the pain it causes is aggravated by stretching the hamstring muscle. SO, with that being said, the main

The Hamstring Group



Hamstring origin tendinopathy

message of this section is to NOT STRETCH your hamstring! This is a common 'go to' for most people due to years of being told the wondrous benefits of stretching (author's note: a debatable topic in itself, but for another time). However, putting the hamstring on stretch involves flexing the hip and extending the knee which just adds to the aforementioned compression and exacerbates the problem.

The KEY to helping the tendon heal is by progressively exposing it to heavier loads as tolerable.

Which brings me to my second

thing not to do. DON'T STOP. Now, let me explain... I'm not saying to push through either. But complete rest for two weeks or even some months won't address the contributing factors and usually when injured runners try and return to running the pain simply returns due to a second episode of increased load - whereby they enter a vicious cycle of run -> pain -> rest -> run -> pain -> rest -> REPEAT. Studies have shown that once we've settled the initial pain through load modification and isometric exercises, strengthening the muscle is our best

medicine and best defence. This is where we as physios can also help by prescribing appropriate exercises for you personally and coaching you through what training you can be doing from early on and into the later stages as you improve.

Check out our Facebook page Running Physiotherapy Williamstown for further information such as infographs, links and videos.

If you have any questions or want to know more about hamstring tendinopathies email us at [info@runningphysiotherapy.com.au](mailto:info@runningphysiotherapy.com.au)



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# Know Your Fellow Hobo

**Tammy Gonzalez and Laura Smethurst our New Mums**  
**Tammy and Laura collaborate together wonderfully to tell their story of adaption to change**

## RUNNING PRE PREGNANCY

Your alarm goes off, it's time for your morning long run. You put on your shoes, head out the front door and away you run. The end.

## RUNNING DURING PREGNANCY

Your alarm goes off. Is it really that time already? The run will be good for me, just get up and go. But gee my back hurts, legs hurt, ribs hurt. I'm so tired. How many times did I have to get up and pee last night? I think it was 5. I wonder what baby is up to right now. Haven't felt baby move in a while. Best eat some ice-cream to wake him up. Mmmm ice cream is delicious. Really need to go for that run now. Three pairs of pants later and can't go for a run, nothing fits. Maybe should just embrace being a boulder belly and eat ice cream instead. No, must run. Where are my shoes? Oh my gosh, look at the size of my ankles. Now to get my socks and shoes on with this big bump in the way. Finally ready in hubby's shorts (and t-shirt), a bump poking out and unsightly kankles. What a sight it is to see a pregnant woman out running! But on a serious note, what a sight it is! Despite the discomfort, excess weight, raised heart rate and difficulty to breathe we both agree that there is something so beautiful and empowering about being strong and fit through pregnancy. The second glances you get when you cross the finish line at parkrun or standing at the start line at Melbourne Marathon. The stranger that yells at you across the park,



*Laura Smethurst and Tammy Gonzales head off on their first handicap with the babies.*

"What are you doing to yourself? Stop!!!" The look of wonder and amazement in men's eyes and the look of encouragement and gender-pride in woman's eyes. It's the runners' high at its prime!

## RUNNING POST-PREGNANCY

No need to set an alarm. Day and night blend into one and baby is the new alarm. When on



*Tammy Gonzales racing hard with Cruz leading the way.*

earth will I ever have time to run again? Not that I could even if I had time to. Stomach muscles are non-existent and there is a good chance I'll pee my pants before the first kilometer. Forget running. I just want to sleep!

Fast forward 4 months and many sessions with the physio and we are ready to do the laces back up. Running pants are a tad tight but it's amazing what you can squish into a pair of high waist compressions. Right, pants are on, shoes are on, baby is fed and settled and hubby is briefed. Baby won't need me for at least an hour. One whole hour of me time! But hang on, what if baby wakes up? What if they need to be fed? What if they need me? What if I get lost running and can't make it home? What if they think I have abandoned them and this leads to long term psychological trauma? Maybe I'll just pop in to give one last goodbye kiss. Oh crap, I woke the baby. Baby won't stop crying! What is that warm sensation? What is that smell? Oh my gosh it's everywhere! There goes my run! Maybe tomorrow...

Tomorrow comes but hubby is not around so pram running it is! Pram running aka the new form of strength training. Using one hand to push and steer a 10-12kg baby and the other hand to move and try to keep some sort of running form... but first, feed baby, dress baby, dress self, pack the pram (nappies, snacks, toys, wipes, a beanie, mittens, sippy cup), grab the keys, open the door, wait, it's raining, get the rain cover, change baby's nappy again, go to the toilet again, take a few minutes settling baby back in the pram, quick go before baby's morning nap time. Spend the run, trying to keep



*Laura Smethurst is working to get her times back down.*

baby awake and happy through the means of singing, pointing out dogs, people, airplanes, offering treats and toys throughout the run, encouraging them to wave and say hello to strangers that pass us. The amount of times baby has been steered off path and into the bushes, someone should really make you earn a license to drive these things. A word of advice, make sure the pram is all assembled firmly and baby is harnessed in before doing the bumpy Newport Lakes parkrun. Oh and make sure the tyres are pumped or the pram will feel like it weighs an extra 10kg!

Running is now about being creative with the time and



*Two wonderful mums.*

resources that we have and just getting out there whenever we can. Whether it be some wonderful and much needed time to ourselves or some fun time with baby. What used to be about getting quicker and fitter is now about being healthy, staying active and being a positive role model for our little ones.

## Eat Well, Live Well, Run Well



with Ali McAleese

## What to eat for mountain hiking (or running)

This month I traded my running shoes for hiking boots and headed to the Alps. Days of walking up goat tracks with a loaded backpack made me think about the best foods to get me up those hills. I was surprised about the amount of cheese the Swiss eat during or after hiking and the number of ways you can fry a potato for post-hike sustenance. Both cheese and fried potato are high fat foods which we would generally avoid for performance in the Australian diet. But it's certainly working for the Swiss who seem to zoom up the hills (even those aged significantly more than me!). Perhaps the Swiss just have 2



meals a day and therefore need the calories. The cuisine might also be beneficial in cold weather.

If you decide to take some time tramping up and down hills or distance running in the mountains here are a few tips on what to eat.

Eat protein before you head out. There are few rich protein foods that are light weight to carry and quality protein. Have a protein

containing meal (eggs, meat, low fat yoghurt) at the start to keep those muscles pumping.

Carbs that don't squish. A flattened sandwich will get you through but isn't very appetising. I like crunchy bread rolls as they don't squash flat or a wrap that can lie flat in your pack and be rolled up when time to eat. I choose simple fillings like peanut butter or cherry tomatoes + ham. I generally wouldn't recommend eating muesli bars day to day, but they too are perfect for occasions of hiking.

Make your fluids count. If you have to carry your fluids you can make these count as a meal by including some meal replacement liquids in them.

Snacks are key. There are reasons scroggin is known as the perfect hiking snack. It's high in energy (not ideal on a 'rest day' but great for long distance), easy to pack and quick to eat. Include some dried fruit for carbohydrates, nuts for energy and chocolate - because it's delicious.



## Hobos Handicap August 2017- 291 Running

Pos	Name	Finish	Time	Start	PB	AGPB	Split 1	Split 2	Points	Bonus	Total
<b>Greenwich Cup</b>											
1	Alison McAleese	39:50	21:59	17:45	22:30	22:30	10:58	11:00	20	12	32
2	Aaron McAleese	40:07	19:41	20:20	19:49	19:49	9:52	9:49	19	12	31
3	Jason Rees	40:10	22:19	17:45	22:25	22:25	11:03	11:15	18	12	30
4	Sue Walker	40:13	24:07	16:00	22:44	24:14	11:53	12:14	17	12	29
5	John Gray	40:21	20:10	20:05	19:29	19:47	10:00	10:09	16	8	24
6	Daniel Rees	40:39	18:23	22:10	18:16	18:16	9:17	9:06	15	10	25
7	Michael Slee	40:41	23:15	17:20	21:46	22:41	11:30	11:44	14	6	20
8	Adrian Boyle	40:43	17:47	22:50	17:47	17:47	8:50	8:57	13	11	24
9	Andy Grant	40:45	18:19	22:20	17:54	17:54	9:07	9:11	12	7	19
10	Brian Armstrong	40:48	18:47	21:55	18:09	18:09	9:14	9:33	11	5	16
11	Mark Maloney	40:49	22:33	18:10	20:03	20:54	11:10	11:23	10	0	10
12	Phoebe Gray	40:56	30:30	10:20	30:16	30:16	14:58	15:32	9	9	18
13	Rob Falloon	41:19	25:03	16:10	21:24	23:20	12:38	12:24	8	0	8
14	Dolores Mc Laughlin	41:24	20:48	20:30	19:39	19:39	10:26	10:22	7	0	7
15	Carlo Sgro	41:35	21:09	20:20	19:47	19:47	10:36	10:33	6	0	6
16	Laura Smethurst	42:05	24:19	17:40	22:03	22:03	12:07	12:12	5	0	5
17	Ray Barnard	42:07	26:51	15:10	22:12	25:31	12:36	14:15	5	0	5
18	Steve Glover	42:10	22:44	19:20	18:53	20:32	11:13	11:30	5	0	5
19	Graham Edwards	44:27	46:51	-2:30	37:34	43:38	24:14	22:37	5	0	5
20	John Becroft	47:27	41:41	5:40	24:12	30:11	19:49	21:51	5	0	5
21	Tammy Gonzalez	50:12	28:11	21:55	21:59	21:59	13:41	14:30	5	0	5
22	Don Hampshire	54:47	63:43	-10:00	28:29	52:00	33:47	29:56	5	0	5
<b>Ineligible</b>											
1	Jackson Glover	41:42	18:26	23:10	17:32	17:32	8:52	9:34	10	0	10
2	Thomas Glover	40:50	18:59	21:45	18:56	18:56	9:22	9:36	10	0	10
3	Patrick Slee	39:13	27:27	11:40	25:28	25:28	13:17	14:09	10	0	10
<b>Ineligible 2.5km</b>											
1	Peter Buissink	27:21	13:35	13:40	23:19	26:27	13:35	13:31	10	0	10
<b>Guests</b>											
1	Graham Dewerton	37:08	27:02	10:00			13:31	13:31	-	0	-

## Ali leads home close field

The August handicap was run in very good conditions and saw some quite fast times.

The first 4 runners all broke their PBs while positions 6 to 12 finished in a stampede.

The race was won by Ali McAleese who ran a 30 second PB to beat her husband Aaron by 17 seconds.

Aaron also took 8 seconds off his PB and in his deperate chase he passed Sue Walker and then Jason Rees but it was not enough to catch his flying better half.

Both Ali and Aaron have been training hard together and recently each beat their Half Marathon pbs.

Jason also took 6 seconds off his best time, while Sue also broke her AGPB.

Sue Walker has had a great year and with this performance moved to the points lead in the Greenwich Cup.

Second place in the Greenwich Cup is now Ray Barnard who had his first below par race for the year I am sure he will bounce back.

John Gray is now in third place on the points table after a very strong run in August to finish 5th.

I hope to see a great turn up at the September Handicap this Saturday.

**Mark Maloney**



Ali McAleese



Aaron McAleese (left) chases down Sue Walker and Jason Rees.

# The Greenwich Cup

Place	Name	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Best Eight
1.	Sue Walker	15	29	32	31	29	(20)	22	29					207
2.	Ray Barnard	32	32	26	26	(20)	26	29	5					196
3.	John Gray	23	25	(20)	21	23	23	17	24					176
4.	Alison McAleese	16	18	31	20	32		(20)	32					169
5.	Aaron McAleese	20	12	30	27	23		(20)	31					163
6.	Jason Rees	10	6	12	9	23	31	(20)	30					141
7.	Phoebe Gray	19	12	(20)	32	30	5		18					136
8.	Adrian Boyle	21	21	13			23	29	24					131
9.	Ann Girvin	15	16	18	28	(20)	5							102
10.	Carlo Sgro	26	24	5	5	15	(20)		6					101
11.	Michael Slee	(20)	7	9	6	6	13	14	20					95
12.	Daniel Rees			17	19		32		25					93
13.	Brian Armstrong	(20)	8	5	5	(10)	(10)	16	16					90
14.	Kjetil Wormnes		10		18	10	30	(20)						88
15.	Andy Grant		17	24	25				19					85
16.	Kieran Leonard	25	24			16	18							83
16.	Rob Falloon	12	9	11	11	12		(20)	8					83
18.	David Walker	9	10	7	8	11	16		(20)					81
19.	Mark Maloney	7	10	(20)	5	(10)	5	7	10					74
20.	Mick Beasley	(20)	5	8	(10)	(10)	(10)	(10)						73
21.	Dolores Mc Laughlin		27	(20)		5		13	7					72
22.	Diana Watson		18	10	10		11		(20)					69
23.	Ken Smith	8	5	10	(20)	5	5	11						64
23.	Peter Buissink	5	(20)		(10)	9		10	10					64
25.	Graham Edwards	5	(20)	5	5	17			5					57
26.	Michael Musgrove	(20)	5	5	10	8		6						54
27.	Ildiko Plaganyi	9	5	5	(20)	5		9						53
28.	John Ayton	(20)		6		10	7	8						51
28.	Kate Milnes	18		13					(20)					51
30.	Eero Keranen	10	10				10		(20)					50
30.	Robyn Dols-Ringleben	13	5		(20)		12							50
32.	Ian Milne		17	16	13									46
33.	Niall McMahon		12	11	10			12						45
34.	Aidan Keranen	10	10			10	10							40
34.	Katrina Lange					10	(20)	10						40
34.	Laura Smethurst	10		10	5		10		5					40
34.	Thomas Glover	10			10		10		10					40
38.	Nathan Crowley	15	10				10							35
38.	Steve McDonald-Johnson			10	7	10	8							35
40.	Rose McVicar	14	(20)											34
41.	Patrick Slee		5		7	5	6		10					33
41.	Una Manicle		18		5			10						33

# The Ted Joy Cup

Place	Name	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Best Eight
1.	Ray Barnard	32	32	26	26	(20)	26	29	5					196
2.	John Gray	23	25	(20)	21	23	23	17	24					176
3.	Ann Girvin	15	16	18	28	(20)	5							102
4.	Michael Slee	(20)	7	9	6	6	13	14	20					95
5.	Kieran Leonard	25	24			16	18							83
5. (p)	Rob Falloon	12	9	11	11	12		(20)	8					83
7.	Mark Maloney	7	10	(20)	5	(10)	5	7	10					74
8.	Ken Smith	8	5	10	(20)	5	5	11						64
8.	Peter Buissink	5	(20)		(10)	9		10	10					64
10.	Graham Edwards	5	(20)	5	5	17			5					57
11.	Michael Musgrove	(20)	5	5	10	8		6						54
12.	John Ayton	(20)		6		10	7	8						51
13.	Aidan Keranen	10	10			10	10							40
14.	Terry Pearce	(20)				(10)								30
15. (p)	David Wells	5	5		5	10								25
15.	Don Hampshire	5	5	5			5		5					25
17.	Steve Glover	11					5		5					21
18.	John Becroft	5			5				5					15
18.	Ken Carter	5	10											15



## 2017 Handicap Month Helpers

MONTH	HELPER 1	HELPER 2	HELPER 3	HELPER 4
July	Rob Falloon	Allison McAleese	Jason Rees	Aaron McAleese
August	Kate Milnes	Sue Walker	Diana Watson	Eero Keranen
September	Kieran Leonard	Laura Smethurst	Adrian Boyle	Ian Milne
October	Andy Grant	Niall McMahon	Una Manicle	John Becroft
November	Daniel Rees	Don Hampshire	Patrick Slee	TBA
December	Kenneth Carter	Kjetil Wormnes	TBA	TBA

\*\* 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



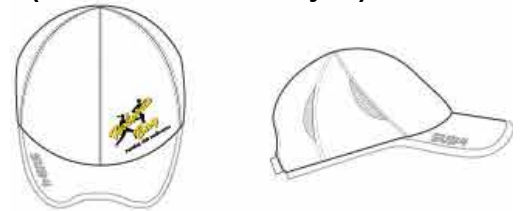
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(mens and womens styles)



**Singlet Special Price \$42**  
(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

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



with people and gives the new 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.

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**