

HomeRuns

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



Graeme Take June Victory

**Target Sub 3
Marathon**

**Memories Of
Peter Norman**

Train with The Hobos



running club melbourne

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The NEW Club Colours



Committee Meetings (Tuesdays after track)

8th May
3rd July
28th August
23rd October
AGM 24th November

Forthcoming Events

Cross Country Gift (3km), 5th August, Newport Lakes
Bunnings BBQ, 25th August, Millers Rd, Altona
Spring Gift (1500m), 9th October, Track
Phar Lap (2 mile), 5th November, Altona
Christmas Gift (1500m), 18th December, Track

Fees are as follows:
Single \$40
Family \$80
Concession \$20

Fees were due from January 1 2018

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 Michael today

From the Editor's Desk

with Michael Slee



Keeping fit on a container ship was much harder than I thought it would be. Therese and I ate in the officer's mess and being a French ship the officers were French. The rest of the crew were Filipino and Indians. As it was a working ship we fitted in to their routines and we were well fed. 4 course lunches and dinners of an entrée, main course, cheese platter and desserts (fresh fruits at lunch and a baked dessert at dinner) and of course baguettes with every meal. The two cadets, Quentin and Erwan, who ate with the officers had a typical breakfast of baguette sliced length ways, spread with Nutella and then dipped in hot chocolate. Sundays were special. Croissants for breakfast and a pre-lunch cocktail party with the officers all in their dress uniforms followed by an even more lavish lunch.

On the exercise front it was not possible to run any great length on the ship, as it is a worksite first

and running in a hard hat (a requirement when on deck) appeared problematic. There was a gym with weights, running machines and table tennis. Therese and I played a lot of table tennis, which became quite creative given the roll of the ship and its affect on the movement of the table, the ball and your own ability to be sure footed when moving from side to side. Playing conditions were at their worst crossing the Great Australian Bight (we gave up) but were perfect up the coast of WA and through Indonesia with many a tight match. Therese also instructed me in the basics of Tai Chi during the two weeks at sea and I could be a convert (we finished the first 18 moves). It too becomes a little more challenging with the movement of a ship on the open ocean.

Singapore was hot and humid –



great conditions for running: not! However, I did venture out early one morning, caught the MRT down town and joined all the other joggers around the sites of the Singapore waterfront. I waved to the Merlion and jogged through Gardens By The Bay on a very popular running loop with plenty of others no doubt getting in shape for the Singapore Marathon in December. I snapped a photo whilst on the move – 'Running: Cheaper than therapy'. Despite the aches and the humidity, I felt fantastic after a run but we all know that feeling. See you at the handicap.



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Snapped at the Handicap



Kjetil Wormnes



Ann Girvin



Aaron McAleese



Ildiko Plaganyi



Brian Armstrong

BUNNINGS warehouse

HOBOS Sausage Sizzle Saturday August 25th 2018

Hobo's Bunnings Sausage Sizzle at the Altona North, Millers Road. We Need plenty of volunteers for the day, the more we have the shorter the shift. 3 - 4 people per shift is desirable, so if you can spare some time that would be fantastic. If you can reply back with your availability and any preference you may have for morning, middle of the day or afternoon (if you have one) and I'll come up with proposed roster. This event has always been a great fund raiser for the club. Email: robfallon@gmail.com

President's Monthly Musings

with Rob Falloon



I'm going into hibernation this month and keeping my mutterings very short, to allow space for the much more interesting articles provided. Thanks very much to all who have contributed.

I'm sure there are many more budding writers out there with some interesting stories to tell, or facts and figures to share, so start tapping the keys for next month's newsletter, Michael's mailbox is always open.

I expect we will see another pram pusher appearing at our handicap's very soon with Ali and Aaron's daughter Hannah arriving on planet earth early Thursday morning 19th July. Congrats to you both.



Tammy and Cruze may be facing new opposition in the pram race

That's it for me. Hope you enjoy this month's read.

FOUR LAPS FOUR MINUTES PART 2 FROM GAMBLING TO GLORY

By Rob Falloon

From the 1700's till the 1860's the "professional" pedestrians (as runners were known back then) reigned supreme in contests over the mile and much longer distances with many published reports of their exploits in English newspapers and magazines of the day.

Whilst most of these performances have now been written out of history, as I've explained further below, it's worth mentioning a few extracts from British reports in newspapers and magazines of the day (there are many more) that typify these events, which almost always involved wagers of some kind.

In November 1796 as reported in the Sporting Magazine a man called Weller, who hailed from a famous running family of the day, undertook a wager to run a measured mile

against the clock in 4 minutes or less for a purse of 3 guineas. When he sank to his knees it was reported he had covered the measured mile in 2 seconds under 4 minutes. So a century before the first modern Olympics we can surmise that the distance had already been covered in less than 4 minutes. Another report in the same magazine on 9th May 1770 reported that a costermonger (a hand cart fruit and vegetable seller) named James Parrott, had for a 15guinea bet, run a measured mile along London's Old Street in exactly 4 minutes, whilst yet another instance recorded in 1863 stated that William Lang ran a measured mile in Newmarket in 4:02, which seemed highly possible as the course was slightly downhill. Records show William Lang did record a time of

4:17 on a cinder track in 1865 which perhaps adds some credibility to the afore mentioned time.

By the 1850's the professional runners were moving off the roads and onto accurately measured running tracks with the driving force being a commercial one. Promoters could enclose the tracks and make people pay and soon track running became a full-time business.

A famous series of middle and long-distance races were held between September 1861 and May 1863 between a full blood Seneca Indian American who promoters christened Deerfoot (his real names were Hutgohsodoneh (he who peeks through the door) and Louis Bennett) and British and European all comers. Deerfoot was made to dress up in Indian regalia for the benefit of

the crowd. He was rarely beaten during that time except towards the end of his tour in part due to over racing and that he had also become "rather to fond" of the British way of life including beer. His time in the UK proved very profitable for the promoters and created wide public appeal for running. His last race in Britain in 1863 illustrates his fine credentials when he ran 11 miles, 970 yards in one hour, on no doubt a rough track in use those days, a mark which was not beaten by another British athlete until 1953, 90 years later.

But a new era was dawning, growth of a new middle class in England with time and money to spare. Dedicated to amateurism, they would create a backlash against the evils of professionalism

and betting and extoll the physical and moral benefits of sport with the emphasis on competing for glory and not for gold. Once the amateur code gained control, it's protagonists ridiculed and airbrushed out of history many fine performances due to their tainted professionalism, where it was claimed conditions weren't standardised and the scope for cheating and skulduggery were a mile wide.

And to finish this part 2, 'Every now and then,' says Sir Roger Bannister with a smile, half a century after his own four-minute mile, 'I hear from someone who finds an old cutting suggesting that someone ran it in the far-off past. But an authentic four-minute mile does presuppose that a man can measure a mile properly and has an accurate watch'.



My memories of Peter Norman

Recently Australian Olympian Peter Norman was posthumously honoured with the Australian Olympic Committee's highest accolade, the Order of Merit. It was long over due.

Peter Norman, or as we called him, Mr Norman, was my Phys Ed teacher at Williamstown Tech (now Bayside) during the late 60's early 70's, but I don't think he was my Phys Ed teacher in 1968 as I can't recall to much fan fair or the school making a big fuss about his silver medal. This was possibly because of the fallout from the Black Power Salute. I think I heard that that photo of the salute is still one of the most recognized photos of all time.

Peter was a fairly strict teacher, no mucking about in his class or any of the female teachers classes, if he saw you. And he was a bit cocky, so for some of the students, he wasn't their favourite. But most of us got on well with him, especially if you were a Carlton supporter or good at sport.

Most student versus teacher games were quite interesting. At lunch times a bunch of us year 11 (form 5 in my day) students would start up a volley ball match on the quadrangle, just outside the staff room. Eventually, Peter and a few other male teachers would wander out and the game was on. He was the only one who could serve over hand and he was bloody good at it as well, picking off students at will. And when he was set up for a spike at the net, there was absolute carnage on the other side of the court. The once a year football match was basically students versus Peter Norman, as most of the other teachers ran out of puff fairly quickly. I thought I was quite handy on a football field but when you pick up a ball on the run and Peter was 20 to 30 metres away,



Peter Norman with John Carlos and Tommie Smith

before you could even start thinking what you were going to do with the ball you were hit and wrapped up in a massive bear hug and having every last breath squeezed out of you. But he never hurt you.

Unfortunately, it was Peter's love of playing football and a football injury that ruined his running career prematurely.

Sometimes when you look back at life and think about regrets that you have, there are two that happened in my school years at Willi Tech and one in later life that all involved Peter. The first, and one I have mentioned before, is when Peter talked me into running in spikes for the first and only time in my life (he didn't think my old Dunlop Volley's would cut it) in the final of a Vic school 1500m at Olympic Park. The shame of coming dead last, well behind the rest of the field because of severe cramping in my calves, still haunts me.

The second was a phone call from Peter one night at home, when he asked me to come along and join his athletic club (I think it was East Melb Harriers from

memory). I went in to Olympic Park once to watch them run, but never followed it up any further because of the distance and travel time. If you have seen the film 'Salute' there is a story Peter tells about when he asked his father to drive him to a track meet and his father said no. But later, when Peter had run at that meet, he saw his father smiling in the crowd. It was his father's way of seeing if Peter was really keen about running. Maybe I was just not keen enough when he asked me to join his club.

I left Willi Tech at the end of 1971. Forward about 30 years and I was standing at a checkout at Woolworth's in Kororoit Crk Rd one day when I heard a man's voice at the next checkout. " I know that voice " I thought. I turned around, he looked up, and with a big broad smile he said " Pearcey ". Not bad for not having seen one of your students for 30 years.

We spoke for a while about life in general and then went our separate ways. Occasionally we would see each other at Woolworths over the following years but it never went

further than a quick chat.

In 2006 the Commonwealth games came to Melbourne. I took my son Nathan into the MCG one night to watch the athletics and the final of the 200m happened to be on. They announced over the sound system that Peter was there to present the medals. I explained to Nathan, who was 10 at the time, who Peter was and how I knew him. Later that night, when we were exiting Newport Railway Station (I had parked my car there), we came across Peter who was waiting on the platform for the Williamstown train and I offered him a lift. During the short drive, Peter was asking Nathan heaps of questions but I think Nathan was a bit too awestruck to answer most. As we arrived and were dropping Peter off he turned and handed Nathan a box. Inside was a signed relay baton, which he had presented to someone at a Games dinner that night and who had inadvertently forgot to pick it up on leaving, so Peter kept it. It has pride of place in Nathan's trophy cabinet.

On the 3rd of October 2006 came the sad news that Peter had passed away.

I, like many, attended Peter's funeral at Williamstown Town Hall. There were some familiar faces of past students and many great stories celebrating Peter's life. This was where I had my third regret. I should have made it a point to go up and shake the hands of Tommie Smith and John Carlos and thank them for attending. Big regret.

If you haven't seen the film ' Salute ', you need to see it. Peter died two weeks before the film about his life, written and directed by his nephew Matt, was released. The replay of the 200m final in Mexico still makes the hair on the back of my neck stand up.

There was a saying that Peter had and one that I have never forgotten.

" Winning isn't everything, it's the only thing! "

I was very privileged to have known the man.

Terry Pearce

Eat Well, Live Well, Run Well



with Ali McAleese

Can you outrun a bad diet?

This is a question I've been asked a lot over the years. While it's pretty clear that it's going to be hard to run a PB soon after scoffing a pizza, the science on food as a fuel is far more interesting.

It starts with energy. The amount of energy (kilojoules) your body needs each day depends on how physically active you are as well as other things such as age, weight, gender and height.

People who run frequently or for long distances also need additional nutrients like vitamins, minerals and fibre. This is because salts can be lost in sweat or respiration and minerals like zinc are used in higher quantities to make fuel for your muscles. You need more fibre because you're taking in more water and water and fibre work together to keep your gut healthy.

Interestingly, red blood cells can be damaged through the action of pounding the pavement and need to be replaced – leading to higher iron requirements.

To make sure your body is getting the nutrients and energy it needs to stay healthy and perform during exercise, eating more servings from the five core food groups for energy is recommended, rather than consuming your extra energy requirements from junk food.



Running won't save you if you eat badly.

Junk foods and sugary drinks are very energy dense (meaning they contain a lot of kilojoules per gram), and you often cannot fit enough exercise in the day to burn off the extra energy in large volumes of junk food. Also it's harder to get those essential nutrients mentioned above if you're not eating more from the five core food groups.

Long distance runners (ie duration of more than 90 minutes) may need to refuel in the form of sports drinks, energy gels and sports bars. These are very specific foods for the specific purpose of providing fuel and replacing lost salts (electrolytes) and can be used at or shortly after the time of running.

In short, you cannot outrun a poor diet.

Know Your Fellow Hobo

John Gray #250

Born: Hobart, 1963. Height 175cm, weight 63kg

Profession: Electronics Engineer

Married: To Leita; 3 children, Phoebe, Claudia and Oliver, plus Tiger the cat & Essie the dog.

Hobbies & interests outside running include:

When not working, watching TV, reading, listening to music or avoiding tax returns, I am designing the ultimate deck (got my owner-builder certificate ready to go this summer)

Footy? The Cats (Started following the Cats when we lived in Geelong and Gary senior still played)

Favourite Movies: (that I will watch every time they are on TV) Terminator2, Groundhog Day, The Truman Show, Star Trek (2009 reboot), Westworld (1973)

Favourite TV: Westworld, Orphan Black, Fargo, 30 Rock, Great British Railway Journeys
Which "The Office"? US version
Which Doctor Who? Tom Baker

Favourite Books: (that I have read multiple times) - Ok, they're all Science Fiction/Fantasy
The Riverworld Series (Philip Jose Farmer); The Many Coloured Land & Intervention (Julian May);
The Chronicles of Thomas Covenant (Stephen Donaldson)
Favourite Authors: Philip Jose Farmer, Tolkien, John Irving, James Michener (see, not all SFF!)

Music Interests: Pink Floyd, Radiohead, The Flaming Lips, Joy Division, New Order

Favourite Albums: Abbey Road, Rust Never Sleeps, Animals, Amnesiac, Low Life



Favourite music year: 1979

Seen in concert in recent years:

Neil Young, Fleetwood Mac (original line-up), Elton John, Portishead, Peter Hook (ex Joy Division/New Order) - 2 times, The Flaming Lips - 3 times

What got you started in running? I had hit 40 and decided to lose weight and get fit.

I started with walking (too boring) and then running local streets. Ran Albert Park for a few years, before graduating to The Tan. Ran on my own for a few more years, before I joined the Hobo's and discovered the camaraderie and competition of running with friends.

Best Running Times:

400m: 66.75 (AV Shield 2015)
800m: 2:31.8 (AV Shield 2016)
1500m: 4:59 (AV Shield 2015)

5k: 19:09 (Hobos handicap - June 2018)
10k: 40:47 (AV XCR Albert Park July 2018)
15k: 1:05:57 (Geelong half, first 15k - April 2018)
21.1k: 1:32:36 (Geelong half - April 2018)
42.2k: We'll find out when I run my first Marathon in October!

Club History:

Started running with the Hobo's in early 2012 (thanks Mark)

Gift wins: Spring 2012, Xmas 2012, X-country 2013, Spring 2014, Xmas 2015

Greenwich Cup winner 2013 Handicaps/Kenyan EggsKenyan Eggs: 3 so far - April 2015, June 2015, and September 2017.

Greenwich Cup: 2013: 1st, 2014: 8th, 2015: 3rd, 2016: 5th, 2017: 3rd

Ted Joy Cup: 2016: 3rd, 2017: 2nd

Club Secretary: 2016, 2017, 2018

Methods of Motivation:

I have never lost motivation since I started running, and get more inspired to train harder and run faster after every pb, especially over this last year. Tracking yourself and your running buddies on Strava, chasing distance challenges and hitting new pb's continually motivates me.

Typical training week in full training mode (like right now):

Monday: Rest
Tuesday: Track
Wednesday: 8-15k night run
Thursday: Hill Repeats (morning) and Timeball or 8-15k night run
Friday: 5-10k night run
Saturday: Handicap, parkrun or AV
Sunday: Long run (longest so far 28km)
+ 20mins waist deep cold water torture at Williamstown beach

Running Career highlights:

3rd in the Grade 2, Montagu Bay Primary School 3-legged race with Ewan Harwood - 1971

Centrepin Bowling League Most Improved – 1985 (obviously from a very low starting point)

Ok, so 10-pin bowling isn't running, but it was the only trophy I won for a few decades.

Did I mention Greenwich Cup winner – 2013?

Breakthrough handicap win - April 2015 (Hobo's 250th Handicap) S. Conas Trophy – 2015 & L.P. Northage Trophy – 2017 (Williamstown Athletic Club)

50th Hobo's handicap – June 2017 AV XCR Half marathon – 2min 50s pb – September 2017

11th consecutive Burnie 10 – October 2017

100th parkrun (& Phoebe's 50th parkrun) – December 2017

Geelong Half Marathon – a further 3min 40s pb – April 2018

Running Career biggest disappointments:

Achilles injury in 2014, just when I fancied myself for back to back Greenwich cups

Not improving my times, then being stuck on 20:20 last year, until I realised that 25k/week training isn't enough to improve at my age, so I got serious!

Aims for the (near) future:

Sub 19 minute 5k – now only 10 seconds away!

Sub 40 minute 10k – my longest held running ambition which was receding, but now within reach!

Sub 90 minute Half – Burnley, September – watch this space!

First ever marathon – Melbourne, October - target 4 hours, stretch target 3 ½ hours

Burnie 10 Sub 40min but depends on whether I can run (or walk) 1 week after the marathon

Final thought: How many roads must a man walk run down? ("the ultimate question")



Physio Talk

with Abby Speakman

Strengthening The Foot

When we think about strengthening exercises for running we typically think about the larger power generating muscles such as the gluteals, hamstrings, quadriceps and calves. But what about the little intrinsic foot muscles? There are many muscles within the foot that play an important part in providing us with a stable platform to transfer the force, generated by the larger muscles, to the ground so we can propel forward. Weakness of any of these muscles could contribute to injuries and may impact on your running performance.

Muscles of the foot

We ask a lot of our feet when it comes to running – we need them to ABSORB load when we contact the ground, to transfer force for PROPULSION and we need a combination of both STIFFNESS and FLEXIBILITY for them to function properly. In order for all of this to occur we need to ensure that all the muscles, joints and ligaments are working in sync.

Deficits in strength have been found to contribute to plantar heel pain, ankle instability and hallux

valgus (when the big toe starts to head towards the midline of the foot).

So what strengthening exercises can you do to help?

Whilst global strengthening exercises such as calf raises and balance work can assist with foot strength and control it might also be worthwhile taking the time to focus on the smaller muscles of the foot. Examples of exercises include;

Toe curling

Short foot exercise (trying to lift the arch of the foot without scrunching up the toes)

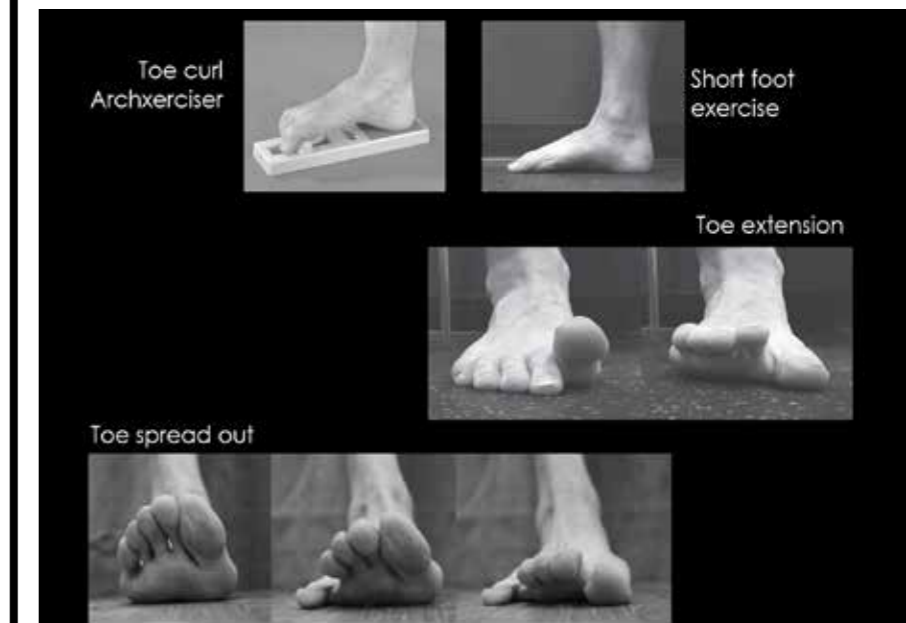
Isolated big toe lifting

Isolated lifting of 2nd-5th toes

Spreading out the toes

These exercises are much trickier than they look and, for many, will require a bit of practice and concentration. Initially try these exercises whilst sitting but as you get better at them then progress to standing and then to single leg stance. 3-4 sets of 10-15 repetitions per day will help to keep your foot strong! Goodluck

– From the Team at Running Physiotherapy





Target Sub 3 Marathon

Most runners at some stage of their life will consider running a marathon.

A marathon is a slightly different race, in that many hours of dedication and training is required to succeed. Planning is paramount when you consider all this effort is for a single race that is normally months away. Training normally goes over multiple seasons, meaning that you are guaranteed to hit some nasty weather conditions along the way.

For most, the marathon is a test on what they believe they can achieve versus what their body will allow them to achieve. This makes for one great running challenge. It is also a race against yourself, rather than others.

The first marathon is mostly run with no time in mind, in that the challenge is actually finishing the distance. The next marathon will normally be a race against the clock for perhaps sub 4:00 hours. This target will then get down over more marathons to sub 3:30, and eventually the target where most club runners will be happy, a respectable sub 3:00

Any marathon attempt must be run with respect, planning, and full training.

Anyone that neglects this, will find out very quickly around the 30k mark how hard it can get, 'Its a long slow walk back, if you breakdown' after hitting the wall.

Having the fitness and a quite

a few marathons under my belt, I decided in 2016 to attempt a Sub 3:00.

I was doing a lot of distance running, XCR, Hobbos training, almost 100km each week.

My 5k PB was 18:04, and half marathon 83:50 . Most calculated estimates indicated that I could finish well under 3:00 hours. That year, with some spectacular club support, three of us attempted it.

Nic Strybosch managed to get his sub 3:00, while two of us missed it. I was so happy that one of us got over the line, but disappointed that we all didn't. I remember it was a very gusty and fairly warm day, that some mentioned cost us the sub 3:00 attempt. However, planning for a marathon, means planning for 'anything that can happen on the day'. While running 3:04 was close, it was still a fair way out.

As I have had heat related issues over the years, and pushing myself can be dangerous, I decided to let it go and really had no idea if I would ever attempt it again.

The following year I enjoyed running the Melbourne Marathon slightly slower with Chris Lang for sub 3:30. Running at this pace was more enjoyable in that it allowed us to take in the atmosphere.

This year, Martin Mankowski asked if I would join him on his long run training, as he was planning on running the Gold Coast marathon. I decided that would be great way to get my fitness back, explaining to Martin that I will keep him

company during long run training, but not run GC with him.

He would often mention that GC is normally not that hot, with the temperature and humidity at known tolerable levels.

Midway through the training, I realised that with my current base and fitness I could try another sub 3:00 (even though it was against my family wishes due to the previous overheating events). At this stage I also decided that I would need to lose a couple of kilos in weight, to make it more achievable, so I started a 2/5 diet that John Gray past on (Thanks John as I managed to drop 2kg more before race day)

At the time, I looked up the Gold Coast Marathon and while the weather looked great, the runner's comments about the glaring radiant heat during the last half turn me off.

I then searched for another marathon that I could run, where the weather would be more favourable.

As luck would have it, I found that Bravehearts had the Melbourne portion of their 7 marathons in 7 days, on the Thursday before the Gold Coast Marathon.

Here I could run a flat course, in the Melbourne winter, that also fit my training plan. It was also a course that I have run with Mark the previous year, so I knew the paths.

This was like having all the ticks in a box, with the only negative in that I would need to do laps, which



Brian Armstrong supports the Bravehearts Kids while breaking 3 hours for the marathon

involved a lot of sharp turns, so risks injury. I immediately signed up and started raising money along the way for a great charity.. (Thanks for the Hobbos support, we raised close to \$400 in a short time).

I continued training and met the perfect day, having made it through training with no injuries I was 90% there.. On race day, It was 9 C, 60% humidity, low wind, and I was down to 66kg (2kg less than my 2016 attempt), which all meant very low risk of overheating.

I had fully planned my hydration and nutrition requirements, fully carb loaded the previous days, fully hydrated, and felt strong. I even convinced my wife come along and

watch and support me. (A huge achievement due to my heat issue).

My pacing plan would be to start slower, and then get faster to the 30k mark, then back down again, all based on my HR.

When we started, it was dark and I remember being at the front with only a guide bike in front of me. It was before daylight with low visibility, and I felt as though I was doing my pace, but at the first km mark, I was 10 seconds faster than I wanted to be. I then slowed a little and managed to get my pace locked in. The pace required constant adjustments, due to the many sharp turns required. Around the 8K mark, I hear "Hi, how are

you going ?". Kieren Leonard had decided to come by and ride his bike alongside me (another show of the great support we have with Hobbos). It was such a relief to have Kieran beside me, trying to chat most of the way during breaths. Around the 28K mark, I remember telling him that I was struggling and very unlikely to make it. My HR was way above where it should have been, and I was starting to struggle. At this stage, Kieran had to leave for work. I struggled for another km or so, almost ready to admit defeat, until I managed to get a second breath and started to feel good again.

I pushed this pace most of the way and slowed a little to get to the finish line at 2:56. However, my watch distance was 41.Xkm, and with a sub 3:00 attempt I wanted to make sure that I finished a complete marathon distance thinking that they may have measured the course incorrectly, so I kept running through the finish line, up until I got my full distance.. My watch time was 2:59:07 at that stage, so I was very happy.

After getting back to the start, they were surprised I never stopped to get my medal. I explained why, when I was informed that the GPS watches have issues with the constant turns and the course is measured exact.. Either case, I had run a sub 3:00, which is all I wanted to achieve..

It is not everytime that you can get the perfect training in, the perfect running day, and the perfect plan execution all correct.

As with all races, it is the Hobbos training and support along the way that makes this such a great club.

There were so many running with us to thank, making them Sunday long runs a lot easier.

Brian Armstrong

Hobos Handicap June 2018 - 288th Running

Pos	Name	Finish	Time	Start	PB	AGPB	Split 1	Split 2	Points	Bonus	Total
Greenwich Cup											
1	Graeme Dewerson	39:56	23:06	16:50	23:39	23:39	11:33	11:32	20	12	32
2	John Gray	39:59	19:09	20:50	19:17	19:17	9:31	9:38	19	12	31
3	Kieran Leonard	40:00	18:45	21:15	18:50	18:50	9:20	9:25	18	12	30
4	Diana Watson	40:09	32:09	8:00	29:33	29:43	16:14	15:55	17	0	17
5	Rob Falloon	40:11	23:16	16:55	21:24	23:21	11:25	11:50	16	12	28
6	Steve Glover	40:27	22:17	18:10	18:53	20:41	11:12	11:05	15	0	15
7	Terry Pearce	40:31	19:11	21:20	17:34	18:38	9:30	9:40	14	6	20
8	Aaron Mcaleese	40:35	20:00	20:35	19:37	19:37	9:58	10:02	13	8	21
9	John Ayton	40:37	25:17	15:20	19:04	23:23	12:49	12:27	12	0	12
10	Ann Girvin	40:46	26:16	14:30	23:56	25:29	13:26	12:50	11	4	15
11	Steven Turnbull	40:59	26:09	14:50	22:27	24:24	12:45	13:24	10	0	10
12	Sue Walker	41:07	25:02	16:05	22:44	24:00	12:39	12:22	9	1	10
13	Kjetil Wormnes	41:11	22:36	18:35	21:23	21:36	11:14	11:21	8	2	10
14	David Walker	41:12	25:42	15:30	20:15	24:19	13:05	12:36	7	0	7
15	Graham Edwards	41:37	45:37	-4:00	37:34	44:52	22:38	22:59	6	4	10
16	Carlo Sgro	41:44	21:44	20:00	19:47	20:02	10:28	11:16	5	0	5
17	Robyn Dols-Ringleben	42:00	30:35	11:25	27:31	28:54	14:39	15:57	5	0	5
18	Ildiko Plaganyi	42:56	33:26	9:30	30:02	30:38	16:29	16:56	5	0	5
19	Don Hampshire	43:31	58:31	-15:00	28:29	53:29	28:48	29:43	5	0	5
20	Eero Keranan	43:45	23:55	19:50	16:13	19:52	10:23	13:31	5	0	5
21	Michael Musgrove	45:37	45:37	0:00	35:15	39:06	22:37	22:59	5	0	5
Ineligible											
1	Jackson Glover	39:45	17:05	22:40	17:32	17:32	8:30	8:34	20	0	20
2	Lachlan Welsh	40:45	18:10	22:35	17:54	17:54	8:50	9:19	11	0	11
3	Thomas Glover	39:34	18:34	21:00	18:56	18:56	9:06	9:28	10	0	10
4	Dominique Tanner	41:36	26:46	14:50	27:21	27:21	13:36	13:09	6	0	6
5	Ken Carter	41:51	52:21	-10:30	37:01	43:04	25:51	26:30	5	0	5
Ineligible 2.5km											
1	Chloe Ringleben	16:45	16:45	0:00			16:45		10	0	10



Graeme takes June prize

Graeme Dewerson and club president Rob Falloon battle it out along the waterfront.

The 288th running of the handicap on the last Saturday in June saw 27 people battle it out for the Kenyan Egg along the Newport foreshore.

The run was taken out for the first time by Graeme Dewerson who took an impressive 33 seconds off his pb running 23.06. In doing so he held out the flying John Gray who ran a pb 19.06, by a mere 3 seconds, which gave John enough points to take the lead in the Greenwich Cup.

Finishing in third just 1 second behind John with a brilliant pb of 18:45 was Kieran Leonard ahead of Diana Watson and club president Rob Falloon.

We must congratulate the hadicapper MickBeasley who saw the first 3 finish a mere 4 seconds apart.

Fastest time of the day was a brilliant run by 17 year old runner Jackson Glover who scorched his way around the course in a blistering 17:05 to be 65 seconds faster than anyone els on the course, unfortunately he has not qualified to win the Kenyan Egg.

Other notable runs were Lachlan Welsh 18:10,

Tommy Glover 18:34 and Terry Pearce 19:11.

Yet again the handicap has had some very impressive performances, this week sees the 289th running and a new battle for the Prized Kenyan Egg.

Mark Maloney



Kieran Leonard finished third only 4 seconds behind the winner.

The Greenwich Cup

Place	Name	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Best Eight
1.	John Gray	20	19	28	(20)	27	31							145
2.	Rob Falloon	18	20	31	11	20	28							128
3.	Phoebe Gray	32	(20)	30	21	16								119
4.	Terry Pearce	22	23	23	10	(20)	20							118
5.	Kieran Leonard	30			30	17	30							107
6.	Sue Walker	26	(20)		23	24	10							103
7.	Brian Armstrong	6	(20)	26	23	8	(10)							93
8.	Graeme Dewerson	10	10	19		9	32							80
9.	Aaron Mcaleese	11	18			29	21							79
10.	Kjetil Wormnes	22			(20)	21	10							73
11.	Jason Rees		26		(20)	25								71
12.	Gareth Coakley	10	10	32	12	5								69
13.	Ann Girvin	7		15	26	5	15							68
13.	Martin Mankowski	31	32			5								68
15.	Robyn Dols-Ringleben		5	6	29	(20)	5							65
16.	Peter Buissink		9	14	10	(20)	(10)							63
17.	Carlo Sgro	22	10	(20)		5	5							62
17.	Ken Smith	5	7	11	(20)	19								62
19.	Michael Slee	5	8	5	22	21								61
20.	Russell Johnson	19	17	17		5								58
21.	Graham Edwards	5	5	5	5	24	10							54
22.	Tammy Gonzalez	(20)		5	17	10								52
23.	Mick Beasley			(20)	(10)	(10)	(10)							50
24.	David Walker		11		14	17	7							49
25.	Peter Parks		10	16	5	17								48
26.	Laura Smethurst		13		8	26								47
27.	Michael Musgrove	(20)	5	5	5		5							40
27.	Vanessa Coutts	10	10	(20)										40
29.	Lachlan Welsh		10	18			11							39
30.	Natasha Wells		10		18	10								38
30.	Rose McVicar		10	18		10								38
32.	Eero Keranan	(20)		10			5							35
33.	David Wells		10		10	14								34
33.	Ian Milne	5	5	8	16									34
35.	Adrian Boyle	19			12									31
36.	Chloe Ringleben				10	10	10							30
36.	Chris Lang	5	12		13									30
36.	Diane Donaghue		10		20									30
36.	Dolores Mc Laughlin		10			(20)								30
36.	Don Hampshire	5	5		10	5	5							30
36.	Tameka Day	10			20									30
42.	Diana Watson	5		5			17							27

The Ted Joy Cup

Place	Name	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Best Eight
1.	John Gray	20	19	28	(20)	27	31							145
2.	Rob Falloon	18	20	31	11	20	28							128
3.	Terry Pearce	22	23	23	10	(20)	20							118
4.	Kieran Leonard	30			30	17	30							107
5.	Sue Walker	26	(20)		23	24	10							103
6.	Ann Girvin	7		15	26	5	15							68
6.	Martin Mankowski	31	32			5								68
8.	Peter Buissink		9	14	10	(20)	(10)							63
9.	Ken Smith	5	7	11	(20)	19								62
10.	Michael Slee	5	8	5	22	21								61
11.	Graham Edwards	5	5	5	5	24	10							54
12.	David Walker		11		14	17	7							49
13.	Michael Musgrove	(20)	5	5	5		5							40
14. (p)	Rose McVicar		10	18		10								38
15.	Eero Keranan	(20)		10			5							35
16.	David Wells		10		10	14								34
17.	Don Hampshire	5	5		10	5	5							30
18.	Aidan Keranen	5	10	10										25
19.	Steve Glover	9					15							24
20.	John Ayton	5			5		12							22
20.	John Becroft	5		17										22
22.	Patrick Slee	5	6	5	5									21
23.	Mark Maloney	5				5								10
23.	Ray Barnard	10												10

2018 Handicap Month Helpers

MONTH	HELPER 1	HELPER 2	HELPER 3	HELPER 4
July	Ildiko Plaganyi	Kieran Leonard	Peter Park	
August	Michael Slee	Martin Mankowski	Robert Falloon (Bunnings)	Peter Buissink (Bunnings)
September	Ray Barnard	Laura Smethurst	Don Hampshire	
October	Diana Watson	Gareth Coakley	David Walker	
November	Michael Beasley	Michael Slee	Russell Johnson	
December	Kenneth Carter	Graeme Dewerson	Adrian Boyle	

** 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



T Shirt Special Price \$48
(mens and womens styles)



Singlet Special Price \$42
(mens and womens styles)



Long Sleeve T Shirt Special Price \$53
(mens and womens styles)

Train With The Hobos

Our club trains as a group on three occasions during the week. Tuesday and Thursday evenings mid-week and also Sunday mornings. You are welcome to all or you can choose the session that best suits. All we ask is that you are a paid up member (just \$40 per year), which helps the club pay rent and insurance. It also makes you eligible for our monthly 5km handicap, run on the last Saturday of each month.

Tuesday Night Track: from 6:15pm (warm up) at the athletics track next to the Newport Power Station. Join in a variety of track interval sessions where the focus is on improving pace and stamina. Typical sessions are 8 x 400m, 5 x 800m or 3 x 1600m. Participation in these training sessions allows you to discover a new side to running and certainly provides a challenge. We run in two groups for advanced and less advanced runners and there is a wealth of advice available from some very experienced and approachable people.

Thursday Night Timeball Run: we meet at the Newport Athletics track and head off as a group at 6:30pm (note the slightly later time!) running along the shared path to the Timeball Tower and back



(7km). The group usually settles into smaller groups of similarly paced runners and some stretch the distance to 10km by turning at the Willy Football Ground. A great run with fantastic views of the bay and the city skyline and of course the occasional container ship coming up the river. Not to be missed! The track is also open for those who would prefer to do their own track work. Let us know, as there may be others interested in this option as well.

Sunday Mornings: a group meets at 8:00am at Newport Lakes for a bush run on a lap course starting at lookout point 1. If you arrive late just wait at the lookout and runners will regularly pass the starting point and you can simply join in. We run multiple laps so you can run any distance you wish, with some folk running 15km or more.

There is also a group that leaves the Old Gatehouse, at the rear of

the Newport Athletics track. Brian Armstrong leads this group, which tends to do long runs along the bike paths around the bay offering a very scenic flat run.

Sometimes on a Sunday a group will head to the You Yangs Park to do some training on the big hills.

All of these runs will be put on the Club's Facebook Page prior to the day so that people can plan their running. Everyone is welcome to join in.

Hopefully we have something for runners of ALL abilities when it comes to training. Any of these sessions will dramatically assist your running. The social aspect of training with others and its impact on wellbeing is well known.

So, make 'Training with the Hobos' part of your weekly running routine.

Michael Slee