

Runways

Newsletter of the Qantas Running Club
www.qantasrunningclub.org



Volume 12: Issue – July, 2015

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Editor's Notes

We welcome our newest club member Vasudevan Anandaraman.

As in previous years all members and family are welcome to a light breakfast to be provided after the **Sutherland to Surf** on Sunday, 19 July. Look for our tent in the finishing area. For race info, <http://www.sutherland2surf.com.au/default.aspx>

We are still looking to get confirmation from the North Bondi Surf Club as a meeting point for drinks and a bite to eat, after the City to Surf, on Sunday, 9 August. My contact number on the day is 0425 240 583 (Tim). For race info, <http://www.city2surf.com.au/>

Hundreds of Dublin WARR2014 photos can be viewed online at, <http://www.la-lsv.de/warr2014/warr2014.html>

Thanks go to Joe Hedges & Jason Vella for this newsletter's race reports & articles. You will find a couple of lengthy running blogs from Joe, of which one is copied to this newsletter, and the other has a web link.

See you on the track!

Hi Everyone,

I will be running for the City2surf on the 9th of August 2015 for a worthy cause. Please help me to raise money for The Starlight Children's Foundation. Your support will make a difference for all those seriously ill kids and their families. For your kind donations, please follow the link below:

<https://city2surf2015.everydayhero.com/au/jean-sanoy>

STARLIGHT CHILDREN'S FOUNDATION - Starlight Children's Foundation brightens the lives of seriously ill children and their families, by replacing pain, fear and stress with fun, joy and laughter. Since its establishment in 1988, Starlight has expanded to become the broadest-reaching children's charity in Australia, supporting sick kids regardless of illness, injury or age.

Starlight's programs are uniquely Australian and exist nowhere else in the world. There is a Starlight Express Room in every children's hospital nationally and Starlight also supports teens through its Livewire program. Last year, Starlight supported more than 136,000 seriously ill children and teenagers.



Thank you for your support,
Best regards,
Jean Sanoy.

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Race Results & Reports

Tuesday, 24 March 2015

Melbourne Ironman - 22 March 2015 By Joe Hedges

Right, so two days later I am back in Sydney and ready to write all about the latest chapter of my change from fat to some form of athlete. I have to put a disclaimer for this one...

I am writing this mostly for fun, but also for my future use when I do the next Ironman (of course there will be another one). This means there will be some analysis, lots of pointless commentary and also some complaints. I don't like excuses. There are none. When you do a race like this you have to be prepared for anything. But there are some issues which I think impacted my peak performance. Anyway, disclaimer over... either close the webpage now, or read on at your peril.

Training... there was lots. Compared to Cairns it was much better. I did twice as much swimming (about 80km), an extra 1,000km on the bike (about 3,500km) and only 2/3 of the running (about 800km). Not much more to say... things went well. Western Sydney 70.3 in November was good (5:09:41) and Husky Long Course in February was successful too (4:51:29). I couldn't have asked for more.

Drive to Melbourne - me and Adam drove down on Thursday night and Friday morning (stopping at the wonderful town of Gundagai for the night). We had a few beers with the locals and then made it the rest of the way on Friday. We checked in to the apartment (before the girls arrived on their flight) and headed to Ironman check in. The good news continued... I had my weigh in and it was my lowest weight as an adult... 92.1kg. Check in done we went for food and chilling out.

Saturday was good. We (Chantelle, Adam and I) went down to Frankston (where the swim was - about 40km south of St Kilda). We went for a little cycle to check the bikes were all ok and then had a practice swim on the course - the water was calm and all was looking good. The only worry was the

wind which was expected to be a northerly on race day. Given the run was one way from south to north this would cause problems for everyone! I heard a lot of people suggesting they would like to be shielded from the wind by a bigger bloke like me... After the practice we went back to St Kilda and chilled out for the afternoon and evening. Gary joined me and Adam for my usual pre-race dinner of chicken pasta bake. After dinner and some ice cream (thanks Gary) it was an early night for all in preparation for the morning's events.

RACE DAY

4.30am - the alarm goes off and we get ready. All the usual stuff and then we went and met Chantelle at the bus stop at just after 5. I had forgotten the pump (left it locked in the apartment) but we all found it funny knowing there would be the Shimano guys at transition. There were 10 buses and not many people... so off we went. Transition was easy - tires pumped, bottles filled, bags dropped off and then into the wetsuit and ready for the swim. We headed to the beach and tried to relax before the race start. We joined Gary on the beach and then before we knew it off went the pros!

7.40am - race start... kind of. This year it was a rolling start. 6 athletes were released every few seconds to try and ease congestion for the bike leg after the swim. Chantelle, Gary, Adam and I all moved forward slowly and by about 8am we were off on the swim. I started badly as usual. We ran about the first 50m and then I started swimming and I panicked straight away. What an idiot. By about 200m I had managed to calm my breathing down and got into a bit of a rhythm. I started drafting off other people and I went along nicely until about 2km. Then my first issue of the day - cramp. I had woken at 2am with a bit of cramp in my right calf, but didn't think anything of it... until now. I kept swimming and just eased off with the kicking. It was ok, slow and steady but still moving forward. Then second issue - coming round one of the buoy turns I accidentally hit someone and they didn't take it well... I think he was

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trying to fight with me in the water, but I laughed it off and kept going - he wasn't going to ruin my race right now (bearing in mind I had already been hit, by accident I am sure, a few times). Anyway, at some point I could see the end of the swim and in an official time of 1:14:01 I was out of the water. Right there I could see Bex, Nic, Evie and Tilly - what a great sight after my least favourite leg of the race. Time was almost 12 minutes quicker than Cairns. Very happy at this point.

Transition 1 - nothing to report. Easy run up to the change tent and then into bike shoes and helmet and straight out to my lovely bike:-) 4:12 for transition. Quick enough, but of no real difference in the grand scheme of things!

Bike leg - off I went and happy as I could be. I was expecting fun - everyone said the course was flat and a great road surface. Overall opinion - not particularly flat and the road surface was fine, but nothing to write home about. Plus the wind had much more of an impact than any of us expected. The first out and back was 32.71kph on the way out and 37.51kph on the way back in. Average of 35.11kph. Very happy at this point. Section 3 - the wind had really picked up by now. The way out was at an average of 28.15kph - this compared favourably to those around me who all seemed to be really slowing down - I was working my way up through the field. Then the fourth section was wind behind again and my average was 34.17kph. Pretty happy with this, but with 30km to go my back gears decided to stop working. It was stuck in top gear! So I was working harder than I should have done, but the course was more downhill on the way back so it was not too bad. I managed to move down gears if I held the gears in place, but this was hard work on the hands. Anyway, I made it back and total ride time of 5:29:27 (average speed of 32.78kph). This was the slower end of what I was hoping for, but given the wind I was pretty happy really.

Transition 2 - this was 2:00. Bike goes to a volunteer "catcher" and then straight in for running shoes, sunnies, visor, race belt and fuel belt and off out again into the afternoon sun. Sun cream slapped on by another wonderful volunteer and on the run in a total time of 6:49:40. I could not have hoped for much more (maybe a quicker bike...) but all in all very happy at this point.

Run leg - things started so well. I knew the goal and so off I went. No news on anyone else so far, but I had seen Adam and Chantelle on the bike and they both seemed to be going well. Hopefully I couldn't see them on the run (being one way) but I had faith they were going well.

I split this run into three sections. Good, bad and ugly. Let's start with the good...

There was a short out and back on the boardwalk and then off on a bit of bush track until about 5km before the road running started. 28:28 for this section and all looking good. Next 10km was on the road and took me 1:02:39. Slightly slower, but still on target for a decent run. In this section I saw Bex and Nic at the side of the road with their awesome signs - great to see the cheer squad and this was a real pick me up in the heat (I understand it topped out at 31 degrees on the run...) Then I carried on and they drove past me... only for me to catch them when they got stuck in traffic. This section was immense and I loved the support and energy they gave me.

Bad... something then changed for me and this is where excuses are no good and I need to train harder and better next time. But I will explain what I mean. It was 31 degrees (but the same for Adam and Chantelle and they ran AMAZING times for the marathon). I had a sore throat developing throughout the week. No excuse, but I think I might not have felt 100%. Also, on the bike I think there was a point when I wanted to have a little nap. I have never felt this before, but I wonder if I should have known I wasn't feeling great when I wanted to nap on the bike. Interesting anyway. Too fast on the bike into the wind - not sure, but maybe I should have slowed it down more into the wind (although it felt fine at the time). Anyway, excuses are not for me. Or so I thought. At 15km you realise there are 27km to go. That is a lot when you feel awful. The next 5km were at 6:59/km - bad but liveable. The following 5km were at 8:28/km. Not good. Lots of walking and shuffling. Each km was painful and I was just waiting for Adam and Chantelle to come past. Crowd was trying to help, but

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hard to do when you are quite as miserable as I was. Plus the hills started. Who knew there were hills on the Ironman run course?! This was sold to me as flat... The next 5km was at 7:57/km. A toilet break gave me a little more confidence in myself... but not much.

This was a dark point. One of those moments I think some people must have had in an event - what the hell am I doing here?! How on earth am I going to get to the finish line? How long will 12km take if I keep feeling like this (I do math's in my head so I knew a LONG time).

At this point came the ugly. It was not pretty, but it was better and I sucked it up and something happened. I credit it mostly to Bex and our unborn baby (always a good source of motivation when feeling rubbish) and also to Adam. Unknown to him I had fallen apart. I decided I couldn't have him catch me before the finish. The motivation of seeing Bex and not seeing Adam worked to get me to pull myself together, at least a bit. My pace increased for the next 10km to 6:53/km. This may seem slow, but to me it was so fast. I started catching people again and I had something to give. All of a sudden 37km were done (and then 38, 39 and 40) - anyone can finish a 5km run right?! Forget the last 221km... only 5 left. I got to 40km and was watching the sunset over the bay at St Kilda. Lovely stuff. I try and enjoy myself even at these depths of rubbishness (this sounds like it should be a word).

The next 1km - massive pace increase. 6:03/km. Boom! What a pace. Oh... but I cramped and struggled. Then there was 1km to go. This was the bit I kind of regret from Cairns - I rushed it and didn't really soak up the atmosphere, which is amazing. I took my time to get down the finish chute (I was also looking for Bex and Nic). I was walking and high-fiving everyone:-) Then I saw Bex and Nic. I had to confirm where Adam was - if he had been close to me then I would have waited to cross the line with him, but I got told 15-20 mins was the gap, so off I went. I managed to run the last 20m and it was done! Another wonderful volunteer gave me my medal, wrapped a towel round me and sent me off to the recovery area.

Time for the run was 4:51:23 giving a total time for the Ironman of 11:41:03. This was a PB of 1:14:40. Happy enough, but I have more to give.

Overall conclusions - happy with the overall performance. Over the coming weeks (before Mount Solitary and possibly TNF100) I will overanalyse my failure on the run, but for now I should accept that it was a great PB and I should be happy (and I am really).

This last bit is mostly a note to myself. My wife is amazing. It is so great to have the support of friends and family throughout the build up to a big event like this and having Adam and Chantelle (as well as Raki, Gary and pretty much the whole of NRG) supporting the build up makes things easier. My wife is amazing. There are so many other people - my family on the other side of the world who I know are spending a sleepless night refreshing the website to find out how I am going. My wife is amazing. Then there is the family in Australia. Nic, Evie and Tilly have supported me and Adam the whole way through - you are all awesome Darwins!

I think there is one more person... Bex is crazy. She married me knowing I had issues with these stupid events. She lives through everything that I do and she listens to me go on about this stuff the whole time. Then at 5 months pregnant she comes to Melbourne for 4 days to watch me do this event. She worries while I struggle through the run and then hugs me when I stink after nearly 12 hours of exercise. So... if she makes it this far through the blog - thanks Bex - you are the greatest supporter and wife I could ever have hoped for.

Melbourne Ironman QRC member's results:

Melbourne Ironman	Finish Time	Overall
Joe Hedges	11:41:03	820
Paul Healy	14:58:33	1625

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The North Face 100 – Australia 16 May 2015 By Joe Hedges

<http://joedownunderrunningblog.blogspot.com.au/2015/05/the-north-face-100-australia-16-may-2015.html>

Sunday, 17th May 2015

The Sydney Morning Herald Half Marathon - By Jason Vella

The 21-kilometre route snakes past Saint Mary's Cathedral and under the Sydney Harbour Bridge, before finishing in Hyde Park. Event organisers said just under 10,000 people participated. The event raised over \$775,000 for charity. The Qantas Running Club was represented by Roger Moresi, David Bevan, Jason Vella and Svetlana Cavlovic. Roger ran a fantastic race finishing 267 outright in a time of 1:27:20 after coming back from injury.

The SMH half-marathon winner set his sights on Rio Olympics. Lacing up for the Sydney Morning Herald Half-Marathon was a last-minute decision for Liam Adams, but you wouldn't know it from his result. The 28-year-old Melburnian, who is gearing up for a tilt at qualifying for the 2016 Rio de Janeiro Olympics, completed the half-marathon in an impressive 64 minutes, 25 seconds to cross the finish line in first place. "It was a tough course, but I felt controlled and felt quite good," he said. "I wanted to get the body out there, and racing." "I found myself out front early on, so I thought I'd capitalise on that and get away from the pack early."

In the women's event, winner Eloise Wellings completed the track in 73:20 minutes, in what was only her second half marathon. "I'm happy with my time over the course. I was just trying to soak it all in," said the 32-year-old Sydneysider. Like Adams, Wellings is also using the half-marathon as a springboard for big upcoming events. With the World Championships in Beijing in August on the horizon, and Rio looming, Wellings said the half-marathon would be an invaluable part of her training looking ahead. "I knew if I ran a good race, given my training in recent weeks, I'd be ready to

do well," she said. "My focus now is the World Championships, as a stepping stone for Rio."

Sydney Morning Herald 1/2 Marathon QRC members results:

Sydney 1/2 Marathon - Results	Time:	Position	Cat. Pos.
Roger Moresi	87:20	267	58
David Bevan	105:23	2389	543
Jason Vella	109:04	3038	656
Svetlana Cavlovic	119:39	5139	344

Sunday, 17th May 2015

The City to Casino Fun Run – Hobart, Tasmania

The City to Casino 11km – Results	Time:	Position	Cat. Pos.
Bonnie Davies	48:03	163	20
Shally Singh	71:06	658	248

Sunday, 24th May 2015

The Albie Thomas Rockdale Fun Run - By Jason Vella

A beautiful but fresh morning greeted runners for the Annual fun run named in honour of athlete Albie Thomas. Albie broke world records, completed at three Olympic Games and was a dual Commonwealth Games medallist.

Albie was also a proud QF retiree & QF running club member. Amongst Albie's many achievements he competed in the QF team at WARR in both Dublin & Kuala Lumpur, back in the 90's. Even then, in his late 50's he ran the 5K event in 19.23, and that was with minimal training. In 2007 when the Qantas Running Club hosted WARR in Sydney when we asked Albie to officially start the race he didn't hesitate to say yes? Able was that kind of man working tirelessly for his beloved St George Athletic Club.

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The scenic course that begins along the foreshore of Botany Bay was the venue for the Albie Thomas Rockdale Fun Run. Just under 200 runners and walkers lined the starts line for the annually event. The event was won by Nathan Breen in a time of 16 minutes, 32 seconds.

Money raised went to the Knights of St George Heart Association for St George Hospital Cardiac Surgery Unit. A big thank you goes to The Scots for the free sausage sizzle after the race.

Start of the Albie Thomas Rockdale Fun Run



The Albie Thomas Rockdale Fun Run QRC member's results:

Albie Thomas Rockdale Fun Run – 5km Results	Time:	Position
Jason Vella	21:22	21
Wayne Williams	23:32	31
Tim Garvey	27:02	52
Anne Campbell	28:34	58
Christina Tamborini	33:52	79
Carman Guevarra	34:09	82
Neil Campbell	Dnf	

Sunday, 14th June 2015

Launceston Ten, Tasmania

Launceston Ten	Time:	Position
Shally Singh	64:58	804

Sunday, 4-5th July 2015

Gold Coast Running Festival

By Tim Garvey

ASICS Half Marathon	Time:	Position	Cat. Pos.
Greg Bingham	1:45:13		
Southern Cross University 10km	Time:	Position	Cat. Pos.
Shane Batkin	47:42	660	17
Tim Garvey	58.51	2357	35

It's away good to travel north to the Gold Coast for the marathon weekend. This year was no exception as temperatures were consistently six and seven degrees over those of the southern states. I've ran the marathon in the past, but through ongoing injuries it's all about competing in the shorter events these days. After decades of dealing with knee soreness I was finally diagnosed with osteoarthritis in my left knee. Initially, I took the news badly, thinking my running days were over. But, after stretch and strength building exercises targeting both legs I find myself lined up on the Gold Coast for the 10k event. It's 6.30am on Saturday morning. Shane Batkin and I have just run from our hotel, on Main Beach, and I'm thinking I should have saved any running for the actual race. There were 5,693 people take to the picturesque Gold Coast course. It was a beautiful, fresh morning and the pace for me was perfect. The course is flat, but there is a slight rise over the bridge, that takes you south, over the Nerang River. Once across, there is an immediate "about face", and we are back over the river heading north, towards Runaway Bay.

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It's about 5k's up along Marine Parade before we turn for home. Okay, it's a simple, flat course but as we run south, along the foreshore of the waterways the skyline of picturesque Gold Coast gives a thrill. Furthermore, for me, I've ticked another Gold Coast event from my bucket list,... without injury. See you at the Sutho to Surf .

The following is a 10k race summary from the Gold Coast Marathon site.

The ACT's Martin Dent produced an age-defying sprint to the line to win the Southern Cross University 10km Run at the Gold Coast Airport Marathon in windless, crisp and cloudless conditions on the Gold Coast. The 36-year-old London 2012 Olympic Games marathoner and two-time ASICS Half Marathon winner showed fine adaptation to the shorter distance to take the win in 29:26. After a two-man breakaway at the seven kilometre mark, Dent needed to produce something special over the final 300 metres to defeat New Zealander Malcolm Hicks, who finished just two seconds behind in 29:28. New South Wales runner Jordan Gusman (29:59) was third.

The women's race was won by Sydneysider Victoria Mitchell, who was a late entry into the event. The 33-year-old Beijing Olympic and Melbourne Commonwealth Games 3000m steeplechase representative tamed the flat Gold Coast course in a time of 32:59, relegating Victorian 2014 Commonwealth Games marathoner Sarah Klein (33:15) and last year's Southern Cross University 10km Run winner NSW's Bridey Delaney (33:49) to the minor places.



Only 105 Days until

The 34th World Airline Road Race

Date: 19th-23rd October 2015

Dubai, United Arab Emirates

Distance: 10k & 5k

Registrations for the World Airline Road

Race is open please refer to the WARR website www.worldairlineroadrace.org for the link.

The Qantas Running Team so far that has registered for the World Airline Road Race – Sue Burroughs (Capt.), John Burroughs, Amelia Burroughs, Jason Vella, Julie Vella, Tim Garvey, Neil Campbell, Anne Campbell, Lynn White, Mark Ward, Roger Moresi, Rob Gibellini, Paul De Mott, David Bevan, Michael Stove, David Barmettler & Jean Sanoy. Please let me jvella@qantas.com.au know if you intend on going to Dubai for the World Airline Road Race.

The **Venue** for the **Gala Awards Dinner** has been announced as the incredible **Atlantis Hotel** on Palm Island!

New overflow hotels have been released on the WARR website please check for details. Just make note that they are priced in USD.

The Host Headquarters Hotel is the **Jumeirah Creekside Hotel**. Located in the heart of Dubai and overlooking the Dubai Creek, Jumeirah Creekside Hotel in Dubai is conveniently situated for access to Dubai's International Airport and within minutes away from some of Dubai's most important landmarks and shopping centres. Room type: Superior room, Rate single occupancy AED 650, Rate double occupancy AED 700. All rooms are subject to 10% municipality fees, 10% service charge and tourism Dirham fee of AED 20 per room per night. Buffet breakfast in Nomad Restaurant is included in the above room rate.

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Discounted rooms are limited and are on a first come first served basis. To reserve your room please fill out the form attached in this email and send to jchinhoueres@jumeirah.com and also E-mail a copy to the Host Committee at warr2015@emirates.com.

The reservation form does not serve as a confirmation. A written confirmation will be sent to you by Jumeirah Creekside Hotel after receipt of the reservation request form.

Check in – 3pm

Check out – 12pm

Some of the Features of this Hotel:-

Free Wi-Fi

2 Outdoor Pools / deck chairs

Laundry facilities

4 Tennis courts on site

Supervised childcare / activities (surcharge)

Free shopping centre shuttle

Spa tub / sauna

Health club

Poolside bar

Luggage storage

Spa treatment rooms

WARR Host Hotel - Jumeirah Creekside Hotel



WARR 2015 – Dubai Calendar of Events

#	Day	Date	Time	Events	Venue
1	Sunday	18- Oct-15	1700- 2000	WARRtering Hole	To be advised
2	Monday	19- Oct-15	1700- 200	WARRtering Hole	To be advised
3	Tuesday	20- Oct-15	1700- 2000	WARRtering Hole	To be advised
4	Wednesday	21- Oct-15	1700- 200	WARRtering Hole	To be advised
5	Thursday	22- Oct-15	1300- 1500 1700- 0100	Team Capt's meeting T-Shirt Swap Party	Emirates Group HQ Jumeirah Creekside Hotel
6	Friday	23- Oct-15	0600- 0730 0800- 0930 1800- 0200	10km Run 5km Run Gala Awards Dinner	Venues for runs tba Atlantis Hotel The Palm Dubai

- WARRtering hole venues to be announced later.
- T-shirt Swap Party to be held at the WARR HQ hotel - Jumeirah Creekside Hotel.
- Team Captains' meeting takes place on Thursday 22nd October at the Emirates Group Headquarters.
- Dubai weekends are Friday & Saturday therefore, both races take place on the early morning of FRIDAY 23rd October.

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Qantas Running Team – Schedule of Events

- The Qantas Running Team intend to organise a day trip to Abu Dhabi to visit Ferrari World where they have the fastest roller coaster in the world. Proposed date is Tuesday the 20th of October.
- The Qantas Running Team also intend to organise a day trip to Wild Wadi Waterpark. Located in front of the stunning Burj Al Arab, Wild Wadi offers 30 rides and attractions for all the family. Wild Wadi is themed around the tale of Juha, a known character from the Arabian folklore. Proposed date is Wednesday the 21st of October.
- On Thursday the 22nd of October the Qantas Team Captain (Sue Burroughs) will have a team meeting before the T-Shirt party to discuss last minute updates from the Host Committee, meeting points, buses to venue etc. Also a group photo of the Qantas Team will be taken for the Qantas news.

If interested in attending any of the Qantas Activities in Dubai could you please email jvella@qantas.com.au

Below – The Venue for the Gala Awards dinner is the Atlantis Hotel on Palm Island?



New Qantas Running Shorts

The new Qantas running club shorts are selling fast so if you would like to order either the Classic run shorts or the Long run shorts in both men's and women's cuts please email me jvella@qantas.com.au with your size and quantities.

	QRC Members Price
(1). Classic Run Short	
men's & women's	\$33.00
(2). Long Run Short	
men's & women's	\$37.50



(1) Classic Run Shorts



(2). Long run shorts

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Membership Fee Reminder

Thank you to those of you that have renewed your membership this year!

Membership fees, for members who **do not** pay through payroll deduction. The \$10.00 fee can be paid through the Qantas Staff Credit Union. The account details are listed below.

Payments to the Club for membership, singlet's and new Qantas running club apparel

When making payments to the club, the Treasurer does appreciate you using the direct debit facility straight into the Club's Credit Union account. Please ensure you add a description so he can mark off your payment when he comes to balancing the books.

Many thanks,

The details for the QRC account are:

Qantas Staff Credit Union

BSB 704 865

Account: 02166990

Name: QAN

Description: your name

Can you please also send an email to jvella@qantas.com.au once you have completed your transfer?

Upcoming Events **QRC 2015 Running Calendar**

Sydney Harbour 10k & 5k

Sunday, 12th July 2015

It's not too late to join the Qantas Team. Refer website sydneyharbour10k.com.au

Sutherland to Surf 11km

Sunday, 19th July 2015

Please join us after the Sutherland to Surf in the Qantas Running Club tent for a free breakfast and refreshments.

Start location: Eton Street, Sutherland

Finish location: Wanda Beach, Cronulla

Distance: 11km

Start time: 8am

You can still enter the morning of the event at the Sutherland entertainment centre for more info refer website www.sutherland2surf.com.au

2015 - YEARLY EVENT CALENDAR

please email me if you would like to add your event

Date	Event	Venue	Contact
Sunday - 19th July	Sutherland to Surf	Sutherland	sutherland2surf.com.au
Sunday - 9th Aug	City to Surf	Sydney	city2surf.com.au
Sunday - 29th Aug	Armidale 5k, SportUNE	Madgwick, Armidale	t.b.a.
Sunday - 20th Sept	Blackmores Festival	Sydney	sydneyrunningfestival.com.au
Sunday - 11th Oct	Beachside Dash	Dolls Point	stgeorgebeachsidedash
Sunday 11th Oct	Melbourne Festival	Melbourne	melbournemarathon.com.au
19-23rd October	WARR	Dubai, UAE	worldairlinerodrace.com
Sunday - T.B.C. Nov	JP Morgan Corporate	Sydney	jpmorganshasecc.com
Sunday - 15th Nov	Point to Pinnacle	Hobart, Tasmania	pointtopinnacle.com.au

Next Issue

World Airline Road Race update
Race results and reports

☺ **Happy Running** ☺

Hope to see you at
WARR Dubai

19th - 23rd October

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Please join the Qantas Running Club Facebook and yammer page for all the latest QRC information.