

Runways

Newsletter of the Qantas Running Club
www.qantasrunningclub.org



Volume 8, Issue - October 2011

Editorial

A glance at the results below highlight that we are at the business end of the year. Thanks to new members Natalie (from MEL), and Bonnie (from HBA) for sending info for this newsletter. The invitation is there for all to send me any running articles of interest. The redundancies at QF are taking their toll, with member numbers diminishing. The latest casualty is our club treasurer, Ben Tax, who left QF after a quick European vacation, in August. This follows past president, Neil Campbell, leaving QF early last year. Neil was been working in Hong Kong, for Cathay, for the last six months. The club thanks Ben & Neil for time and effort put into the club over recent years, especially in their official capacities.

New Members

Welcome to Natalie Phan and Nicol Vella, from MEL. Natalie has been kind enough to jot a few words of her trip to SYD, for the Sydney Running Festival. Thanks for the photo girls.

"The weather was perfect (25C) but it was too hot and a bit humid for running - especially for Melbournian :-)
Nicol & I were so tired, but as soon as we ran up over the bridge, we felt extremely excited. I was thinking to myself, OMG! I'm running in a middle of the Harbour Bridge! Nothing could compare to the feeling of seeing the Opera House on my way to the finish line! It was a fantastic experience, I am glad that I did it and I will do it again!"



Upcoming Events

Run4Fun (10k) – Sydney Olympic Park (6 Nov)

This November, Sydney's Olympic Park in Homebush will be home to The Rebel Sport Run4Fun presented by *The Sun-Herald*. The 10km course is designed to suit everyone from beginners to experienced runners.

Partnering with The Sydney Children's Hospitals Network (Randwick and Westmead) and the John Hunter children's hospital in Newcastle, the event aims to raise much needed funds for these as well as over 600 other charities across the country.

Evoking memories of the Sydney Olympics, participants will experience the spectacular journey through the tunnel of champions on to the turf of ANZ Stadium with a 100m finish straight. Elite wheelchairs, runners, walkers, pushers and joggers are all encouraged to join in the fun of a healthy family friendly event and raise funds for a great cause.

<http://www.run4fun.com.au/>



**Point to
Pinnacle 2011
Sunday November 20th
Let's run together to the top of
the mountain as a team!
Join us and walk or run from
Wrest Point Casino to the
Summit of Mount Wellington and
complete one of the most unique
half marathons in the world.**

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Enter at

www.pointtopinnacle.com.au

Early bird entries \$50.00 until 01/11/11,
and \$60.00 thereafter, spaces limited.

Team Name: Qantas Running & Walking
Roos

**Please contact Bonnie Davies for
more information
bonniedavies@qantas.com.au**

WARR2011 – Grapevine, Texas (11 Sept)

Trophy recipients

Roger Moresi - 00:38:41.000 – 1ST Masters 10K
- 00:20:02.000 - 2nd 5K (40 – 44 years)

Bill Lloyd - 00:40:06.000 – 1st 10K (55 – 59 years)
00:21:01.000 - 4th 5K (55 – 59 years)

Stella, Crisafi - 00:28:08.000 – 2nd 5K (40 -44 years)

Qantas – 3rd Team in 10K (Men's Masters)
Qantas - 5th Team in 5K (Men's Masters)

Individual – 5K

Roger, Moresi	5K	00:20:02.000
Bill, Lloyd	5K	00:21:01.000
John, Burroughs	5K	00:21:43.000
Shane, Batkin	5K	00:22:43.000
Walter, Veliz	5K	00:24:23.000
Tim, Garvey	5K	00:27:25.000
Stella, Crisafi	5K	00:28:08.000
Jason, Vella	5K	00:28:10.000
Gary, Colton	5K	00:34:51.000
Annette, Tasker	5K	00:36:07.000
Paul, Demott	5K	00:37:46.000
Stephen, Frith	5K	00:38:41.000
Geoff, Elms	5K	00:38:43.000
Trevor (Sandy), Collinson	5K	00:46:24.000
Stephen, De Mott	5K	00:47:18.000
Susanne, Burroughs	5K	00:53:13.000
Kevin, Staines	5K	00:53:14.000
Sharon, Morley	5K	00:53:28.000
Phillip, Lauro	5K	00:53:29.000

Race Results:

Budget 5K – Hobart (7 Aug)

Bonnie Davies – 21:35

City 2 Surf – City to Bondi (14 Aug)

Qantas Jets

Graeme King – 1:07:49
Grant Deitch – 1:12:11
Gerard Sto Domingo - 1:16:49
Radhika Reddy – 1:16:55

Qantas Running Roos

Bonnie Davies – 1:09:44
Justin Davies – 1:16:41
Scott Mc Mahon – 1:17:16
Ben Tax – 1:17:25
Joe Blando – 1:27:12
Tim Garvey - DNS

Qantas Jogaroos

Greg North – 1:23:24
Julio Tamborini – 1:49:14
Christina Tamborini – 1:49:15
Lou Lombardi – 2:01:03

Chris Tobin – 1:19:44
Olivia Coco – 1:23:08
Ross Kaladelfos – 1:30:09

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Individual – 10K

Roger, Moresi	10K	00:38:41.000
Bill, Lloyd	10K	00:40:06.000
John, Burroughs	10K	00:42:33.000
Jason, Vella	10K	00:50:39.000
Jesus, Esparza	10K	00:54:06.000
Kevin, Staines	10K	00:54:11.000



Qantas WARR2011 Team

Sydney Running Festival – 18 September

Grant Deitch (42.2K) – 4:27:06
Karen Moy (42.2K) – 4:38:55

Bill Lloyd (9K) – 35:16
Dave Bevan (9K) – 41:57
Radhika Reddy (9K) – 50:07
Christina Tamborini (9K) – 1:01:15

Nicol Vella (4K) – 31:26
Natalie Phan (4K) – 33:19

Payments to the Club for membership or new running singlets

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**

Please forward articles and comments to the editor, tgarvey@qantas.com.au