

# RUNWAYS

August / September 2018

The Bi-Monthly newsletter of the Qantas Running Club (Est ~1970)

President: John Gately

Vice President: Jason Vella

Treasurer: Vacant

Secretary: Dave Taylor

Committee: Shane Batkin

Roger Moresi

Neil Campbell

WARR Captain: Roger Moresi

Details for the QRC account are:

Qudos Bank

BSB 704 865\ Account: 02166990

Name: QAN

Description: *please insert your name*

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## COMMITTEE UPDATE

John Gately has taken on the role of The Qantas Running Club President, whilst Jason Vella the Vice Presidency. However with John accepting the President role this has made the Treasurer position vacant. If anyone would like to take on the role or like to know anything about the position of Treasurer please let me know.

## NEW MEMBERS

We welcome our newest club members Stephen Papworth (SYD), Nadine Aronheim (SYD) and Jodi Bruce (WA).

## GET WELL SOON

John Burroughs added a reverse double somersault with pike, 50 metres into the Sutherland to Surf and dislocated his shoulder. We wish John a speedy recovery as he definitely wants to get back into



John Burroughs recovering after dislocating his shoulder after a fall in the Sutherland to Surf.

Photo courtesy of Susanne Burroughs

training before the World Airline Road Race in Victoria, Canada in Sept 2018.

## **TRAVEL CREDIT DRAW**

You may not be aware but a 300 dollar travel credit may be awarded to each Qantas Club each calendar year following the completion of the annual audit process and subject to ongoing compliance with the Qantas Social and Sporting Club Guidelines.

This year the committee decided to split the 300 dollar travel credit into 2 x \$150 dollar travel credits. The draw was held on Sunday the 22<sup>nd</sup> of July. All financial members' names were placed in a hat and the two lucky members chosen randomly were Leigh Cheeseman (AME Avionics MELBAC) and Trevor Sandy Collinson (Retiree) Gold Coast. Congratulations to both Leigh and Sandy on winning the 150 dollar travel vouchers from the QRC raffle drawn. The vouchers should appear in your staff travel online account for your use on any travel. Of course it would be great to see you at a QRC race sometime soon.

## **HEARD AROUND THE TRACK:**

- Robert (Bob) McNair will be flying down from Vancouver for the Sydney City to Surf again this year. This will be his 47<sup>th</sup> race. Results of City to Surf will be in the next newsletter.
- Deborah North is in training for the Hawaii marathon in December, whilst Dave Bevan is in training for the Ironman World Championship in Port Elizabeth, South Africa on the 1<sup>st</sup> September.
- Nominating Members as an Honorary Life Membership of the Qantas Running Club is now open. There is a criteria for Honorary Life Membership please email me if you would like this information.
- Jean Sanoy and Nadine Aronheim are in training for the Blackmores Sydney marathon.
- We notice Rosa Wallis (WA) has restarted parkrun and a PB at Bibra Lake, no doubt some secret training in preparation for a good time in Victoria, Canada.

## **ACROSS THE BAY 12K, SAN FRANCISCO (10 JUNE 2018)**

The 12k Across the Bay features San Francisco's most scenic course. Point to point journey starting in Sausalito, running across the Golden Gate Bridge, and finishing in Aquatic Park. Edgewood Centre for Children and families was the official charity partner and all participants received a finisher's medal and race tech t-shirt.



Shally Singh representing QF in the San Francisco, Across the Bay 12k.

The results of the Across the Bay fun run are as follows:

Shally Singh	12k	1:29:41
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### **CALOUNDRA FORESHORE FUN RUN (17 JUNE 2018)**

The Stockland Caloundra Foreshore Fun Run on Sunday, 17 June 2018 is one of the State's most scenic running events and one of the Sunshine Coast's signature annual sporting events.

The 10km Foreshore Run, which hugs the tranquil Pumicestone Passage from Golden to Bulcock beaches, takes entrants through the spectacular scenery at Kings and Shelly beaches before climbing over the Moffat Headland to the finish line.

There is also a testing 3km Fun Run for those who prefer a shorter distance. For families the 3km Family Walk over Moffat Headland is a great way to start a Sunday Morning. All funds raised from the event benefit the Our Lady of the Rosary local primary school.



The results of the Caloundra Foreshore fun run are as follows:

John Burroughs	10k	51:32
Mark Ward	10k	52:59
Neil Campbell	10k	1:05:06
Anne Campbell	3k	23:43
Sue Burroughs	3k	35:13

### **GOLD COAST RUNNING FESTIVAL (30 JUNE / 1 JULY 2018)**

The results of the Gold Coast Running Festival weekend are as follows:

Apologies if I missed anyone, please email me if you would like your results posted, that goes for all race results.

David Bevan	½ Marathon	1:32:20
David Barmettler	½ Marathon	1:34:45
Jean Sanoy	½ Marathon	1:41:55
Shane Batkin	10km	45.22

### **SUTHERLAND TO SURF (22 JULY 2018)**

A cool crisp morning as usual for all the participants in the 47th Running of the Sutherland to surf 11 km race. This race started one year after City to surf and with the roads closed for the event it is always well attended. John Burroughs arrived early and lined up near the front as is his usual practice. Other QRC members were scattered amongst the crowd.

BANG, they are off down Flora Street which is always congested until you reach the Kingsway. As you have already read within 50 metres of the start a runner accidentally trips John and over he went. Help was quickly on the scene, including Tim Garvey and then Sue comes past and spots John. So, the race is over for both. Long story short, a dislocated shoulder (Ouch!), a trip to hospital and back home for a BBQ. We all wish John a speedy recovery.

It was good to have other QRC members during the race including Steve Janes still running good times, but unrecognizable in a beanie and gloves. Suzanne Greenacre motored pass looking very comfortable as did Tim Garvey.

Our newest member Steve Papworth was an escort for blind triathlete, Nathan Johnson, they did around 60 minutes great effort guys.

Results as follows for QRC members past and present:

Steve James	51:22
Bill Lloyd	52:57

Peter Bennett	53:03
Stephen Papworth	1:00:47
Tim Garvey	1:10:00
Suzanne Greenacre	1:10:55
Neil Campbell	1:13:26
Anne Campbell	1:23:11
Sue Burroughs	dnf
John Burroughs	dnf

### REAL INSURANCE SYDNEY HARBOUR 10K (29 JULY 2018)

Hi everyone, I completed the Sydney Harbour 10k in 62:32 with some friends for Campbelltown Joggers club. Had a good run and even had a photo bomb with one of the Sydney Striders 65 min pacers at the start line. Cheers Shane.



Sydney Harbour 10k results:

David Bevan	42:06
Nadine Aronheim	51:56
Shane Galbraith	1:02:32

### Parkrun Tourists Road trip 2-6<sup>th</sup> August 2018

In our attempt to run a PR starting with every letter of the alphabet, Neil and I decided to make the 1575km round trip from Coolumb to Yeppoon and take in some places we have not visited for 30+ years. We took the coastal route staying at Agnes Waters at the southern point of the Great Barrier Reef, two nights in Yeppoon then inland via Mundubbera. If you are ever out that way, we recommend the Billabong Motel....there is not a lot there but the more senior couple running the place were doing a grand job cooking for the guests on the cook's Sunday night off. We did not order breakfast, but the hatch was there to slip the breakfast tray through. There must be something said for the undercover, park at your door motels. I had the best steak in ages and a clean comfy room. Now for our "Y" PR. In Qld most PR's start at 7am due to the heat so we were up early and joining the around 40 locals and tourists for the out and back course along what was once the



Capricorn coast old pineapple rail trail. I enjoy out and back courses the most as you get to see all the runners as you pass and hear words of encouragement along the way. I read the course description but the 2.2km gradual incline out was not mentioned, though this made for a great run back. This is only a relatively new run with an enthusiastic team of volunteers organising the event. If you are ever up that way, give it a go.

Anne



## WHAT IS PARKRUN

The parkrun phenomenon has grown from a group of 13 runners at Bushy Park in October 2004 to an international, federation of weekly 5km time-trials all based on a common timing system with a central database which is open to interrogation by all registered runners. Parkrun is a not-for-profit limited company based in Twickenham. The first parkrun in Australia was at Main Beach on the 4 April 2011.

Almost without exception Parkruns are held on Saturday mornings at 8 a.m. occasionally there are additional runs organised at Christmas and New Year. There is no entry fee for any of the runs thanks to generous sponsorship. Locally the events are all arranged by a group of unpaid volunteers headed by a race director. Once you have adopted a particular venue as your home run there is a plea that you will volunteer three times a year to help with race organisation. The events are all held in traffic free areas such as urban parks and seaside promenades and always with the blessing of the appropriate local authority. Always bear in mind that runners do not have priority over other park users. Most of the courses have been measured very carefully, some with 5000m certificates. Courses vary from a single loop to two, three or even more laps. Surfaces vary from all grass, through rough tracks to paved or tarmac paths. On the whole the courses are neither dead flat nor extremely hilly but some are undoubtedly more challenging than others. Most parkruns have identified a café to which some runners will migrate after the run for a cup of tea and a chance to socialise. The availability of toilets, showers or changing rooms should never be assumed. Remember these events are free!

The parkrun website has a full list of all the events, course maps, etc. To be involved with parkrun it is essential to have access to the internet and to register with parkrun by 6 p.m. on the Friday prior to entering your first run. You will need to register an email address to which your personal barcode is sent and you may also benefit from supplying a mobile phone number. You will need to print your barcode and it is best then to enclose it in a plastic folder or laminate it. You may run with a dog and/or a baby in a buggy as long as you don't impede other runners. Children under 11 should always be accompanied by an adult and should never be pressurised to run faster or even all the way round. Armed with your barcode you can join in any parkrun anywhere in the world and be recognized when you reach the finish line. A position token, associated with a finishing time, will be scanned (and surrendered for re-use the following week) along with your personal barcode which you retain to present the next time you complete a 5km parkrun. Usually by lunchtime the same day you will receive a text message giving your time and position and an email providing the same plus some further statistical information. A complete set of results appears on the parkrun website at about the same time. Leaving your barcode at home is the equivalent of arriving at SIT without a passport or an employee's ID card. The website is a wonderful treasure trove of information and every runner's completed parkrun performances are retained for ever and available for all to analyse. There is nowhere to hide. A feature of every result is the WAVA %. This scores your time against the world record holder of your age group (year by year) and gender. The sponsors, Adidas, present commemorative T-shirts for those completing 50 runs (red), 100 runs (black) and 250 runs (gold), children also receive a T-shirt after 10 runs.

Every couple of months the **Qantas Running Club** selects one parkrun as the club run for a specific Saturday. In the past we have visited Kamay, Menai, Parramatta, Dolls Point, Town of Seaside, Golden Beach, Rhodes and Cronulla.

The following QF members have completed 100 runs or more:  
Jason Vella, Neil Campbell and Anne Campbell.

The following QF members have completed 50 runs or more:  
John Burroughs, Llew Jones, Mark Ward, Dave Taylor and Janine Reid.

103 different Parkruns have been completed by QF members, 51 different parkruns in NSW, QLD 18, VIC 15, WA 7, TAS 3, SA 2, ACT 1, NT 1, NZ 2, USA 1, UK 1 and SIN 1.

Shane Galbraith has run faithfully at Campbelltown, 49 times in a row. Shane was also the first member to do a parkrun event back on the 15-Mar-2014. Whilst Neil Campbell has run at 32 different parkruns. Mathew Dwyer, Janine Reid, Jason Vella, Mark Ward, Llew Jones & Dave Taylor have all run a parkrun overseas.

The fastest club members to date have been:  
Roger Moresi 19:56 at St Peters (06/08/2016), Zac Rule 20:35 at Minnippi (13/05/2017)  
Madeline Deguara 24:06 at St Peters (21/07/2017), Nadine Aronheim 24:21 also at St Peters (12/05/2018)

WAVA scores in excess of 80% are rarely achieved.  
John Burroughs scored 82.45% for his 21:39 at Parramatta on 24/12/2016.  
Roger Moresi scored 73:41% for 19:56 at St Peters 06/08/2016.  
Shane Batkin scored 72.52% for 22:19 at Dolls Point on 24/02/2018.

Volunteer Summary – probably the most important stat, way out in front is Neil Campbell, volunteering 14 times, Anne Campbell 10 and Dave Taylor and Llew Jones with 5.

Those registering for the first time should be sure to enter "**Qantas Running Club**" as there club. Even if you have registered and not entered a club you can go back and update your club details.

## WORLD AIRLINE ROAD RACE, VICTORIA CANADA 26<sup>TH</sup> – 29<sup>TH</sup> SEPTEMBER 2018

WARR in Canada is fast approaching. The Host Hotel is sold out but there is still room at the Hotel Grand Pacific or Days Inn Victoria. You can still register for the race as well, check out the WARR website ([www.worldairlineroadrace.org](http://www.worldairlineroadrace.org)) for all the latest on registration, accommodation and events. You can also send Roger Moresi ([rogedoge007@hotmail.com](mailto:rogedoge007@hotmail.com)) our Qantas WARR team Captain an email to find out more about the event and the Qantas team heading to Canada.

Our Qantas T-Shirts for the “T-Shirt Party” have been finalized. The committee have subsidised the cost for members and are selling the T-Shirts for \$15, priority will be given to members travelling to Canada. If interested please email Roger or Sue Burroughs ([jasburroughs@optusnet.com.au](mailto:jasburroughs@optusnet.com.au)) with quantities and sizes.



WARR T-Shirt above front and back.

### REGISTRATION FOR VICTORIA, CANADA

**Race Fee** for the 5K, 10K is \$60 USD. If you wish to run both races, the cost is the same.

**Awards Banquet** is \$60 USD, spaces are limited event is expected to sell out.

If you are registered as an airline employee, airline id will be required at registration, no exceptions. Please ensure you register under the correct age, airline or non-airline. If it is found to be incorrect at time of results tabulation, you will be removed from the award opportunities. Please note that if you enter an incorrect age at time of registration, you directly affect the race results. Any individual who violates this rule will be removed from all race results.

Friends, family and runners working outside of a specific airline (excluding retirees) please register as a **Non-Airline Member**, but you may select which Team you are associated with under the team drop-down.

**Race Packet pick-up** will be at the Host Hotel - Double Tree by Hilton during the following dates and times:  
Olympic View Penthouse Suite



Wednesday, Sept. 26: 1200 - 1700

Thursday, Sept. 27: 0900 - 1800

Friday, Sept. 28: 0900 - 1800

Please bring a copy of your registration and photo id to race packet pick-up. Registration confirmation may be a hard copy or emailed copy on your phone. If you need another copy of your registration, please log back into the Registration Website at: [Race Registration](#) and click "Confirm Registration". When receiving your bib, please look at the name on the bib and ensure it is yours. Bibs will not be available for pick-up on race day.

### **Registration Policy**

Entry fees for the WARR events are non-refundable. WARR reserves the right to refuse the entry into, and/or revoke any registration for, any race for any reason in its sole discretion with refund of any applicable registration fees being the sole remedy of any such refusal and/or revocation. You do not need to run in the race to attend WARR.

### **Registration Transfers**

Registrations may be transferred within the same race year, to a different race distance by using the online registration system. Just log back in to your registration to make the change for a small fee of \$4. Race bibs are not transferrable from one participant to another participant without updating the new details in the WARR registration system. Please use the "TRANSFER" button on the main registration page.

If you are registered in the 5k or 10K and wish to switch, please ensure you make the change online prior to registration. If you are not registered in the category you run, you will not qualify for the awards. Changes may be made up until Sept 21st.

### **WORLD AIRLINE ROAD RACE SCHEDULE OF EVENTS:**

- Wednesday Sept 26<sup>th</sup> @ 1800hrs – Meet & Greet, Bartholomew's English Style Pub
- Thursday Sept 27<sup>th</sup> @ 1700hrs - T-Shirt SWAP Party, Distrikt Club
- Friday Sept 28<sup>th</sup> @ 0930hrs – Team Captain's meeting, Hotel Grand Pacific
- Saturday Sept 29<sup>th</sup> @ 0630hrs - 10K Start, Oak Bay Marina, 1327 Beach Dr, Victoria
- Saturday Sept 29<sup>th</sup> @ 0800hrs - 5K Start, Oak Bay Marina, 1327 Beach Dr, Victoria
- Saturday Sept 29<sup>th</sup> @ 1800hrs - Awards Dinner and Dance, Crystal Gardens

If anyone is interested Shally Singh has an awards dinner ticket for Sale and entry for the 10k & 5k, please contact Shally for more info.

## J.P. MORGAN CORPORATE CHALLENGE 5.6KM

Are you up for the challenge of being the Qantas Team Captain for the J.P. Morgan Corporate Challenge 5.6km at Centennial Park? Joe Hedges did a fantastic job organising the event in previous years but Joe has moved to South Australia. Please let me know if you are interested as we can then contact [sydney@jpmorganchasecc.com](mailto:sydney@jpmorganchasecc.com) and have the team captain changed.

J.P Morgan Corporate Challenge Sydney Date: Wednesday 31 October 2018

Official start time: 6.30pm.

Registration opens: 15 August 2018.

Please check the J.P Morgan website for registration fee.



Some of the Qantas J.P Morgan team

## UPCOMING RUNS

G'day All, I've set up a team page for **The Blackmores Festival** in September as part of my role as the Group Lead for the Sales & Distribution Our Minds Matter working Group. My aim is to have as many QF staff running whatever distance they want and I'm also working on getting running singlets with the Our Minds Matter logo on them to promote Mental Health.

For those interesting in joining, here's the link and details you need to join -

1. Pick your distance
2. Select Join a Team
3. In the search box, enter The Flying Kangaroo
4. PASSWORD is Qantas2018

<https://secure.tiktok.biz/register/default.aspx?EventID=srf&Edition=2018&Team=TheFlyingKangaroo>

Regards, Christopher Lytas

### **The Blackmores Sydney Running Festival**

Date: Sunday 16<sup>th</sup> September 2018

Location: Alfred Street South Milsons Point NSW 2061

Website: [www.sydneyrunningfestival.com.au/](http://www.sydneyrunningfestival.com.au/)

## Father's Day Warrior run

On 2 September, Qantas partner, the Indigenous Marathon Foundation will be hosting its fourth annual WARRIOR RUN, this time as part of a whole-day Father's Day Festival. This year, IMF is proud to link up with the well-known Blak Markets for everyone to spend the day enjoying bushfood fresh from the BBQ, the opportunity to buy art directly from Indigenous artists, plus see tradition dance and so much more. Qantas have worked closely with IMF to build a 4-week, 5km and 10km training guide (which you view if you have access to QF yammer) for our Qantas community. Whether you are looking to kick-start your running journey, or you are comfortable running 5 – 10km, this guide will help you build endurance, fitness and keep you on track during the lead up to the Warrior Run.

When: Sunday 2 September

Where: Sydney's Centennial Park

Run Distance: 2km kids' dash, 5km and 10kms

Registration: <http://www.warriorrun.com.au/>

**Qantas Discount Code (20% Off):** CORP2018



IMF Fathers Day Warrior

## Qantas Running Club Merchandise

The second order of 2XU Custom Qantas Running race singlets arrived earlier this year. So we have ample stock available in the following sizes S, M, L, and XL & XXL. Financial members \$30, non-financial members \$50. Join or Renew your QRC membership as it's cheaper. (\$10 yearly membership + \$30 member price = \$40 then paying the non-financial price of \$50.00. To order please email Roger Moresi rogedoge007@hotmail.com



Front



Back

We also have our classic merchandise stock available at highly reduced prices which includes polos, old style running singlet and shorts please contact Roger Moresi again for prices and sizes.

## Contact Us

### **Qantas Running Club**

[John.gately@qantas.com.au](mailto:John.gately@qantas.com.au)

News items to the editor

[Nortona@outlook.com](mailto:Nortona@outlook.com)

Web address: [www.qantasrunningclub.org](http://www.qantasrunningclub.org)

Please join the QRC Facebook and yammer page

**If you are not a member or would like to round up some new members I've attached our Non-Payroll form for associates and retirees and our payroll deduction form below. Take your pick!**

**APPLICATION FOR MEMBERSHIP OF Qantas Running Club Incorporated.**  
*Form for non-payroll deduction (i.e. interstate, associate and retirees)*

I,.....  
(Print full name in block letters)

of.....  
(address)

Staff No.....Date of Appointment ...../...../.....OCS address.....

Phone: Work ( ) .....Mobile ( ).....

Email..... Date of Birth ...../...../.....

Hereby apply to become a member of, the abovenamed incorporated association. In the event of my admission as a member, I agree to be bound by the rules of the association for the time being in force. In consideration of the acceptance of my application for club membership, I myself, my executors, administrators and assignees do hereby release and discharge the **Qantas Running Club Incorporated** and **Qantas Airways Limited** and other sponsors from all claims of damages, demands and action whatsoever in any manner arising or growing out of my participation in the **Qantas Running Club Incorporated** sponsored events.

I will deposit 10 per annum in the Clubs nominated Qudos Bank Account

**BSB 704 865**  
**Account No. 02166990**  
**Name QAN**  
**Reference: my name**

..... Date.....  
*Signature of applicant*

I..... a committee member for the association,  
(full name)

approve the applicant, for membership of the association.

..... Date.....  
*Signature of committee member*

<b>Please email or return to:</b>	<b>Qantas Running Club</b>	<b>FEES</b>	<b>Qudos Bank</b>
	<b>Treasurer: John Gately</b>	<b>\$10 per annum</b>	<b>Account: 02166990</b>
	<b>Email: <a href="mailto:john.gately@qantas.com.au">john.gately@qantas.com.au</a></b>		<b>Ref: Membership</b>
			<b>Desc: "your name"</b>

**APPLICATION FOR MEMBERSHIP OF Qantas Running Club Incorporated.**

*Payroll deduction*

I,.....  
(Print full name in block letters)

of.....  
(address)

Staff No.....Date of Appointment ...../...../.....OCS address.....

Phone: Work ( ) ..... Mobile ( ).....

Email..... Date of Birth ...../...../.....

Hereby apply to become a member of, the abovenamed incorporated association. In the event of my admission as a member, I agree to be bound by the rules of the association for the time being in force. In consideration of the acceptance of my application for club membership, I myself, my executors, administrators and assignees do hereby release and discharge the **Qantas Running Club Incorporated** and **Qantas Airways Limited** and other sponsors from all claims of damages, demands and action whatsoever in any manner arising or growing out of my participation in the **Qantas Running Club Incorporated** sponsored events.

Please circle applicable deduction

Please deduct (40c per fortnight) (42c bi monthly) or (85c monthly). Per pay period from my salary until advised by myself, for single deductions.

Attached is a separate nomination form. (Until advised by myself).

..... Date.....  
*Signature of applicant*

..... a committee member for the association,  
(full name)

approve the applicant, for membership of the association.

..... Date.....  
*Signature of committee member*

**Please email or return to: Qantas Running Club**  
**Treasurer: John Gately**  
**Email: [john.gately@qantas.com.au](mailto:john.gately@qantas.com.au)**

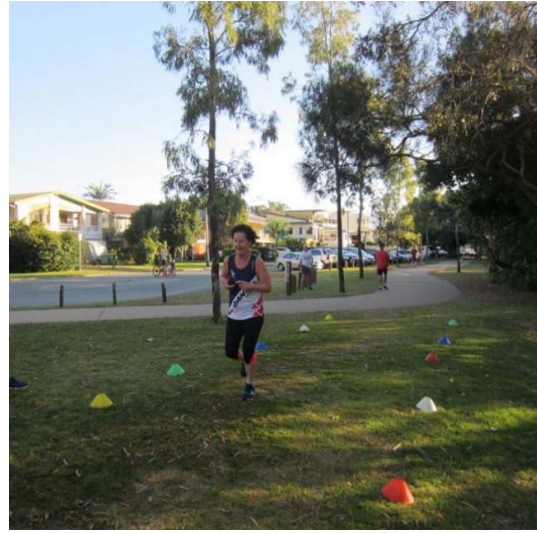
**FEES**  
**40c dollars per annum**  
**42c bi monthly**  
**85c bi monthly**



Some more pics of QF folk around the grounds. If you have pics or a race report to share please email them to me for the next issue.



John Gately (our new president) @ The Entrance Parkrun



Anne Campbell @ Golden Beach Parkrun



Jason Vella @ North Wollongong Parkrun



Dave Taylor (Secretary QRC) @ Tamworth Parkrun



Nadine Aronheim @ St Peters Parkrun



Mark Ward @ Golden Beach Parkrun