

RUNWAYS

May/June 2017

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

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STOP PRESS: SMH HALF MARATHON

The results of the SMH Half marathon run on Sunday 21st May are just in and are as follows:

Apologies if I missed anyone.

David Bevan	1.32.20
Roger Moresi	1.33.59
Joe Hedges	1.41.39
Rob Gibellini	1.42.43
Jean Sanoy	1.46.36
Liz Zorzi	1.53.46
Grant Deitch	2.12.24
Anne Campbell	2.28.21
Shally Singh	2.38.22



The Club runners at the recent Oatley Fun run.

Photo courtesy of Susanne Burroughs

President: Susanne Burroughs

Vice President: Shally Singh

Treasurer: Jason Vella

Secretary: David Bevan

Committee: Shane Batkin

Vacant

John Gately

WARR Captain: Roger Moresi

Details for the QRC account are:

Qudos Bank

BSB 704 865\ Account: 02166990

Name: QAN

Description: *please insert your name*



WARR SINGAPORE 5TH - 8TH OCTOBER

You can now register for the race as well book the Host Hotel.

Qantas running club is looking for a large contingent this year, Susanne Burroughs, QRC President commented at the recent fun run. With the proximity and plenty of standby, and inexpensive full fare opportunities, as well as Ghana organising the race, we are expecting a fantastic event. The fun starts on

- October 5 – 1800 - Meet and Greet
- October 6 - 10:00 - Team Captain's Meeting
- October 6 – 1900 - T-Shirt SWAP
- October 7 - 06:00 - 10K Starts
- October 7 - 07:30 - 5K Starts
- October 7 – 1730 - Awards Dinner and Dance
- October 8 - 06:00 am - Singapore Airlines 70th Anniversary Charity Run



SIA CHARITY RUN 10KM AND 5KM 8TH OCTOBER (SINGAPORE)

For those that do not have too big a night at the Warr awards Dinner at the Pan Pacific on the 7th October, may like to back up on the Sunday for the Singapore Airlines 5 or 10km charity run.

Details are available here at <http://siacharityrun.com.sg/>

Early bird entries go into a prize draw for 2 Business class seats to any Silk Air destination with other lucky draw prizes on the day.

HEARD AROUND THE TRACK:

- Our WARR Friends from Alaska Airlines were in Melbourne competing in the Great Ocean Road Half Marathon on the 21st May.
- Budapest has abandoned its bid for the 2024 Olympics, leaving only Paris and LA. The IOC is likely to award 2024 to one, and 2028 to the other at its Lima meeting in September.
- The IOC has cut off funds to the Kenya Olympic Committee in protest about the Kenyan government's interference in the Olympic Committee's affairs.
- The WADA is mulling a blanket ban on corticosteroids, often the subject of therapeutic use exemptions.
- A proposal to drop the 50K walk from the Olympics and World Championships was unanimously rejected at the recent IAAF Congress.
- Russia claims to have perfected a substitute for meldonium which they say is far more effective.

DOLLS POINT INAUGURAL PARKRUN 17TH JUNE 2017

June 17th will see the inaugural Parkrun at Peter Depena reserve Dolls Point. If you haven't tried park run, why not try this one, so come and join us for the inaugural Parkrun and see if we can get the most age related category records in one day. We can all show off our new running club singlets, then join us for coffee after the event.

RACE REPORT OATLEY 5KM RUN 30TH APRIL

An overcast day meant ideal running weather.

A larger than previous year's crowd gathered for the 1km kids dash followed by the 2.5 km, and lastly the 5 km race. The new Club running singlets were a hit with many complimentary comments

A few of the QRC runners were missing. John Gately decided it was his birthday so went partying instead.

Sandy Collinson was saving himself for the Bangor Bocce championships held later that day. Jason Vella was recovering from injury and the Virgin Warr captain was at work.

Gart Kenny an Ex QF runner did a great time of 18.42.

Roger Moresi 3 rd in age	20.10
Rob Gibellini	21.58
John Burroughs 3 rd in age	22.40
Anne Campbell	30.53
Neil Campbell	32.08
Karen Gregg	34.19

This was followed by a bar b que get together at the Campbell's where Sandy and Rose, Jason and Julie, Rebecca and Kevin as well as Tim Garvey joined the runners for an afternoon of Bocce. After some hard-fought rounds on a heavy pitch affected by rain and with Sandy having gone to an early lead, we saw Rob came out



the winner of the Bangor Bocce challenge for 2017

CITY TO SURF TEAM 2017 13 AUGUST

(Note from the club vice president)

Just to let you know I've entered a Corporate team in this year's City2surf. Can you please put the details in the newsletter so everyone can enter under the team? I also want to organize a meeting place once everyone has finished the race to have drinks and photos together, what do you think? Or should we get the tent out this year?

I'm going to put these details on Yammer to cabin crew departments and all company.

Regards

Shally

Team Name: Qantas Running Club

Password: Qantas

Where is the club website?

At the AGM it was decided to review the usage of the club website, therefore the current hosting contract was not renewed. The committee is looking at other hosting options. Any suggestions for FOC hosting to the editor or Jason Vella please.

PARKRUN CHALLENGE

Get as many QRC members family and friends to try as many park runs around Australia and around the world. You can register for free at www.parkrun.com.au/ and add Qantas running club as your team.

To this end, we will nominate a different parkrun each month around Sydney for members to participate in. This is a good way to meet up with members between Club events such as WARR or Sutho to Surf. The current calendar looks like this with **other suggestions welcome!**

Date	Parkrun	time	comments
1-Apr-17	Menai	8:00	John B did the age record
6-May-17	St Peters	8am	
3-Jun-17	Rhodes	8am	
17June	Dolls Point	tba	
5-Aug-17	Panania	8am	City to surf 13/8
9-Sep-17	Sandon point	8am	pre Warr get together or 23/9

SANDY'S SINGAPORE HINTS

It's a secret but if you are looking for a hotel other than the Host hotel here is where Sandy and Rose are staying

<http://www.seahotel.com.sg/>

Contact Us

Qantas Running Club

Jvella@qantas.com.au

News items to the editor

Nortona@outlook.com

Web address:

www.qantasrunningclub.org

Facebook:



Parkrun of the Month “Town of Seaside”

Town of Seaside is a spot just south of Coolumb beach on the Sunshine coast in Queensland.

We joined a friendly group of runners, where the 5km is one lap, mainly on a shaded pathway beside the beach. Whilst you don't see the beach the run is fast with no hills and a wide path.

NEXT CLUB RUN

The Albie Thomas Rockdale Fun Run

Date: 28th May 2017

Location: Sydney – Peter Depena Reserve, Dolls Point

Distances: 5km run & 1km walk

Start Times: 8.30am

Refer website: www.rockdalefunrun.com.au

UPCOMING RUNS

Dolls point parkrun 17 th June
Sutho to Surf July 23rd
City to Surf August 13th
Blackmores Running Festival September 17th
Warr Singapore 5-8 th Oct
JP Morgan Corporate challenge 1 November 1830

Classic Merchandise run out sale is still on.