

# RUNWAYS

Mar/Apr 2017

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

President: Susanne Burroughs

Vice President: Shally Singh

Treasurer: Jason Vella

Secretary: David Bevan

Committee: Shane Batkin

Roger Moresi

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***

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## ANNUAL GENERAL MEETING

The 2017 AGM was held at Kamay Park run site in La Perouse on the 11<sup>th</sup> March 2017. The following members were elected to the listed positions detailed on the right.

Minutes of the meeting will be forwarded to financial members upon request.

Susanne Burroughs remains as President, Roger Moresi has taken over the Merchandise officer's role and Neil Campbell remains the Newsletter editor. Shally Singh has taken over the Vice President role and John Gately has joined the committee.

Changes to our Club Constitution.

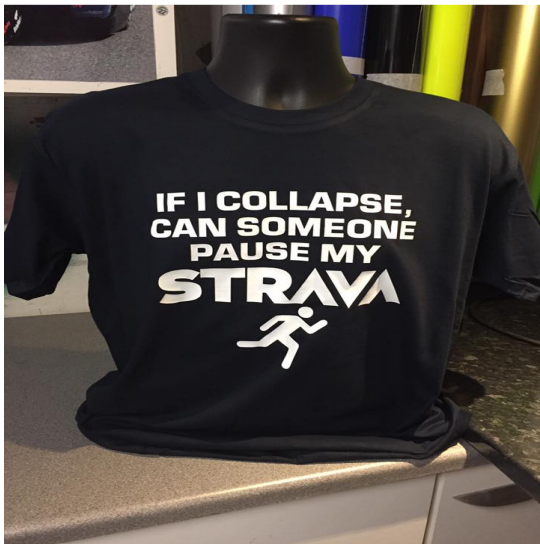
The Department of Fair trading has introduced a revised Model Constitution for those associations that are incorporated, like QRC. The Committee has reviewed the changes which are mostly updated to reflect the modern way of electronic communications. The AGM passed a special resolution to make the recommended changes and these have been submitted to the Department of Fair Trading and Qantas.

Any Member wishing to see the changes can view the following at the Department of Fair Trading or request a copy from Jason Vella.



President Susanne Burroughs near the finish of the Hobart bridge run.

Photo Courtesy of Anne Campbell



### HEARD AROUND THE TRACK:

- What do you do before heading off to Uganda to represent your country at the World Cross Country Championship? If you're Australia's Liam Adams it's breaking the Australian parkrun record. His time of 14.22 eclipsed Scott Westcott's record by 1 second.
- Alibaba has signed up as an Olympics sponsor, but Hilton, TD Ameritrade and AT&T have all failed to renew after Rio.
- The new haggis hurling world record is 193'6 $\frac{7}{8}$ " by some Scots guy (of course).
- Ron Hill's streak of daily running, began December 20, 1964, has ended at 19,032 days. John Myatt now has his target.
- The IAAF has frozen all changes of nationality until the end of 2017 while they rewrite the rules. Fourteen of the 22 individual running events at the 2014 Asian Games were won by African athletes who had switched nationality to Qatar, Bahrain or the UAE.
- So far, only one of the 23 Russians required to return their Olympic medals has done so. Many have retired, making them difficult to sanction.
- If you have trouble getting yourself out for morning runs, Dave Bedford suggests wearing your running gear to bed.
- The motto of the Paris Olympics bid is "Made for Sharing". French purists object to having a slogan in English for an Olympics in France. The Académie Française says it sounds like a pizza ad.

## HOBART BRIDGE RUN 19<sup>TH</sup> FEB 2017

It was good weather for running on Feb 19<sup>th</sup> where club members from Sydney joined local Hobart members in the B&E Bridge run from Bellerive Oval on Hobart's north shore to Salamanca markets near Constitution Dock.

Bonnie Davies fresh from her latest overseas marathon was the nominated 50 minute pacer so had to run with a flag on a pole strapped to her.

"Much better than a balloon" she suggested. Bonnie ended up doing exactly 50.02.

A large field headed off after the elite runners were flagged away just before the Tasman Bridge the 5km run and walk join the main route for the run home. A new course record was run by David McNicol in a time of 38.20 while Makda Harum Haji ran 33.14 for the women's title. Congratulations to John and Anne who achieved 2<sup>nd</sup> position in their age category similar to last year.

Results for club members spotted on the course were

John Burroughs	47.05
Bonnie Davies	50.02
Justin Davies	50.51
Anne Campbell	66.52
Neil Campbell	67.57
Susanne Burroughs (5km)	56.23



## PARKRUN CHALLENGE

This is a challenge suggested by our Treasurer Jason Vella. It comprises 2 challenges

### Challenge 1

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/](http://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!** Results will posted on the Qantas Running Club website.

Date	Parkrun	time	comments
1-Apr-17	Menai	8am	
6-May-17	St Peters	8am	
3-Jun-17	Rhodes	8am	
1-Jul-17	Cronulla	7am	
5-Aug-17	Panania	8am	City to Surf 13/8
9-Sep-17	Sandon point	8am	Pre WARR get together or 23/9

**Challenge 2** for those unable to get to those venues or are interstate/overseas your challenge is to compete in your local Parkrun and take a photo of yourself or download the photos taken by Parkrun photographer in your Qantas running club singlet and send it to [jvella@qantas.com.au](mailto:jvella@qantas.com.au) for posting on Facebook and/or in the next newsletter.

## NEXT CLUB RUN

Oatley Fun Run 5 km 30<sup>th</sup> April the 5k at 9am followed by a BBQ at the Campbell's in Bangor after 11am. Here are some of the photos from Oatley Park 2016.



## **WARR Singapore 5-8<sup>th</sup> October 2017 (Save the Date)**

The Host Hotel is the Pan Pacific and Bookings will commence in March/April 2017 via the WARR website.

[www.panpacific.com.sg](http://www.panpacific.com.sg)

### **Altitude Sickness**

At some stage you'll want to have a drink at a place with a fabulous city view. Head to [1-Altitude](#) at the top of One Raffles Place. There's a bar, café and alfresco viewing gallery split over three floors. Weather permitting, enjoy a beverage on the rooftop but time your visit for sunset; the bar typically doesn't open until 6pm, as it's too hot before then.



### **SANDY'S SINGAPORE HINTS**

Raffles hotel is still operational and a visit to the bar to eat peanuts and throw the shells on the floor, whilst sipping on a Singapore sling is a long tradition.

The night Zoo where you travel in a tram cart in near darkness and can spot various animals in the Zoo is an interesting way to visit a zoo.



## Parkrunner of the Month

We acknowledge Zac Rule from BNE who ran his first Park run in a time of 23.19 on the 25/2/17

“See you in SIN Zac

## UPCOMING RUNS

Parkrun Every Saturday refer to [www.parkrun.com.au/](http://www.parkrun.com.au/) for nearest venue.

### Oatley Park Fun Run

Date: 30<sup>th</sup> April 2017

Location: Sydney – Oatley Park Ave (Cnr Dame Mary Gilmore Rd), Oatley West

Team name: Qantas Running Team

Distances: 5km & 2.5km run/walk, plus the 1km Bupa Kids Dash

Start Times: **8.00am** - [1km Bupa Kids Dash](#)

**8.30am** - 2.5km run/walk

**9.00am** - 5km run/walk

Refer website: [www.oatleyfunrun.com](http://www.oatleyfunrun.com)

Electronic timing, coffee, food, kid's playground and a spectacular riverside location make this an event not to be missed. Entries for the 2017 event are open now. Entries are limited to 1200 places

Note After run BBQ at the Campbell's ,Bangor with Bocce Championship and 10 year WARR 2007 reunion

### The Sydney Morning Herald ½ Marathon

Date: Sunday 21st May 2017

Location: College Street, adjacent to St Mary's Cathedral

Start Time: 6.45am,

Refer website: [smhhalfmarathon.com.au](http://smhhalfmarathon.com.au)

[100 free entries available to Qantas employees](#)

### 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](http://www.rockdalefunrun.com.au)

**Caloundra Foreshore Run** Date: 18th June 2017

Distance :10 km & 3 website: <https://www.eventsponsors.com.au/event/view/93>

Host: Mark Ward QRC member

**\*\*\* 36th WORLD AIRLINE ROAD RACE \*\*\***

Date: 5-8 October 2017

Location: Singapore race day is Saturday 7th

Distance: 10km at 0600 & 5km at 07.30 with a cut off at 07.20 for 10km runners

For all the latest news on Registration, Host I, T-Shirt party and Gala Dinner from the WARR committee please refer WARR website [www.worldairlineroadrace.org](http://www.worldairlineroadrace.org)

If you are attending WARR in Singapore let the team captain know Roger Moresi at [rogedoge007@hotmail.com](mailto:rogedoge007@hotmail.com)

## CLASSIC MERCHANDISE RUN OUT SALE

The committee has decided with the introduction of the new club running singlet, we will clear out the old stock of early versions of Running singlets and t shirts etc.

The current list is

type	number in stock	original price	Run out price
dry fit t-shirt	10	10	5
Polo shirts	19	15	8
old singlet (last model)	24	20	10
spirit of Australia singlet	11	20	FOC to new members
classic run shorts	12	33	15
long run shorts	2	38	15

If you are interested, please email Jason Vella and he can advise sizes available

**Don't forget what a bargain the new Club running singlet is with the price being \$30 for members and \$50 for non-members. You can see it modelled on QRC Facebook pages.**

## Contact Us

### **Qantas Running Club**

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