

# RUNWAYS

Jan/Feb 2017

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

President: Sue Burroughs  
Vice President: Roger Moresi  
Treasurer: Jason Vella  
Secretary: David Bevan  
Committee: Shane Batkin  
Tim Garvey

WARR Captain: Roger Moresi

Details for the QRC account are:

Qantas Credit

BSB 704 865\ Account: 02166990

Name: QAN

Description: *please insert your name*

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## MESSAGE FROM THE PRESIDENT

Welcome to the first newsletter for 2017

2017 is shaping up as an exciting year for the club.

With Warr in Singapore on 5-8<sup>th</sup> October we are expecting a large contingent to attend. We will be encouraging our colleagues from Jetstar and Jetstar Asia to enter a team each

Last year we had great numbers of staff at the JP Morgan runs both in Sydney and in London so we would encourage those not already a member to join the club and enjoy the benefits.

These include subsidised running Gear and after fun run get togethers

The 2017 AGM is being planned around a proposed Parkrun at Dolls Point followed by brunch at Kiss the Barista, convenient and great food.

We are particularly looking for some current or potential members to set up and nominate for the committee. Many of the existing committee are retirees so we need new ideas and new blood on the committee. it is not an onerous task as most activities are coordinated by one committee member or volunteer and meetings are via electronic means or in conjunction with a run.

Sue

President QRC



The new club running singlet being modelled at a recent parkrun.

Photo Courtesy of Tim Garvey

## HISTORY PAGE ON THE WEBSITE

We have added a copy of the club's early history to our website. Have a look it is a good read and, in particular we would like to name the runners in the first photograph other than Dave Humphreys.

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

## NOTICE OF ANNUAL GENERAL METTING

The 2017 AGM will be held shortly (date to be advised) at Dolls Point where we meet at the 16 foot sailing club at 0900

It is planned around a proposed Parkrun at Dolls Point at 0800 followed by the AGM and then brunch at " Kiss the Barista " café

The agenda for the AGM will be sent to all financial members.

## 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 committee is proposing to make the recommended changes and resubmit it to department of Fair trading and Qantas. To do this we will be proposing a resolution be passed at the AGM to allow this to occur.

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

## HEARD AROUND THE TRACK:

- The IOC has given two new sports provisional recognition: muaythai and cheerleading?
- Women chair only 5 of 70 major international sports federations (and only if you consider curling and dogsled racing major sports).
- Turkey won both the men's and women's European cross country championship races. Both winners were born in Kenya
- "Masters are more than mere athletes. They are the coaches, trainers, doctors, parents, officials, fans, financial supporters and volunteers for our sport. The fact that masters are essential for the continued good health of our sport is obvious to us, but not necessarily to some upper managers who see us as old farts, fooling around."  
Rex Harvey, US veterans' chairman

## CLASSIC MERCHANDISE RUN OUT SALE (PUN INTENDED)

The committee has decided with the introduction of the new club running singlet to clear out the stock, of early versions Running singlets and t shirts, we currently have in stock. First in gets the pick

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 nonmembers. You can see it modelled on page 1 of this newsletter

## SANDY'S SINGAPORE HINTS

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

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



Meanwhile QRC stalwart Sandy has found some other local hotels at different price points.

South East Asia Hotel  
190 Waterloo Street  
Singapore 187965  
Tel: (65) 63382394  
Fax: (65) 6338 3480  
URL: [www.seahotel.com.sg](http://www.seahotel.com.sg)

The current rate for a Standard Single Room is S\$100nett; a Superior Single Room is S\$120nett and a Triple Room is S\$130nett per night . Superior room is bigger with sofa, fridge and hairdryer. The rate is inclusive of a 7% government tax.

- Each Single Room can accommodate up to two adults whilst a Triple Room will comfortably take three adults.
- We also have a limited number of Family Rooms (each with one double and two single beds) at the special rate of S\$160nett per night. Our Family Rooms accommodate up to four adults.
- The room rate is inclusive of breakfast.** Food & drinks are readily available at the neighbourhood food centre & fast food outlets. Our hotel also operates a popular Chinese Vegetarian restaurant.

## Check out this wine bar

<https://www.youtube.com/watch?v=75UWIVU4a6E>

**Divine**, an opulent wine bar in Singapore's Gotham City (aka art-deco business complex Parkview Square), boasts an angel who 'flies' up to retrieve your bottle from a 12m-high rack. All silver tutu and fairy wings, the angel/waitress hooks herself into a pulley system, pushes a button and is effectively cranked up and away, floating in a somewhat whimsical search for your pinot noir. (Just ignore the squeak of the machinery – it kills the illusion.) Once she delivers your wine, you can settle into a plush couch or chair and enjoy the live jazz music that serves as the bar's soundtrack Monday through Friday. Tips: come dressed to impress Wines prices:\$\$\$\$

## A BLAST FROM THE PAST 1997

Cleaning out the memorabilia the other day, I came across this photo which was reproduced in the Qantas Staff magazine in 1997 after Warr in Kuala Lumpur. What is interesting is all those in the photo are still in the club or are in contact and still running, although all except Scott have retired or moved on from Qantas.

Perhaps we can see these club members running in Singapore later this year



# Race against the world

**T**he Qantas Running Club competed in the *Annual World Airline Road Race (WARR)* in Kuala Lumpur, the world's largest sporting event for airline employees and families. The event attracted more than 1200 runners from 70 airlines. Despite hot and humid conditions, the team of 14 competed for the international championship of 5k and 10k races with some participants running in both events. Qantas retiree and veteran Olympian, Albie Thomas, once again demonstrated his talent by winning his age category in the 5k race with a time of 20 minutes and 50 seconds. The 1998 event will be held in Brussels on 26 September. Enquiries about club membership or future events can be directed to Tim Garvey, on (02) 9691 5919 or 28919 or OCS CC46 M147/G.

*The team from left : Anne Campbell, Dave Humphreys, Sandy Collinson, John Burroughs, Scott Parsons, Greg Bingham, Adam Campbell, Neil Campbell, Bill Lloyd, Tim Garvey, Wayne Williams, Paul De Mott, Shane Batkin (kneeling) and Kevin Staines (kneeling).*



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

### Parkrunner of the Month

Whilst not yet a member, his run at Parramatta (really Ermington ) on the 21/1/2017 was worthy of a mention

**Peter Dean** ran 19.28 not his PB which is 19.02 but a good run in crowded field where you need to dodge the kamikaze bike riders. Peter was telling us the Crissy Field park run in SFO is the one to do as it runs towards the Golden gate bridge with views to Alcatraz. Check it out.

### UPCOMING RUNS IN THE NEW YEAR

#### \*\*\*Qantas Running Club Annual General Meeting\*\*\*

Date: To be Confirmed - Early 2017

Location: Peter Depena Reserve, Dolls Point

Time: Meeting for Dolls Point 5km Parkrun at 8.00am then AGM to start at 9.15am

If you would like to nominate for a position, please attend the AGM or let me know. You do not have to be based in Sydney to hold any of the committee positions.

#### B&E Hobart Run the Bridge Date: 19th February

Location: Bellerive Oval to Princess Wharf Constitution Dock

Distances: 5km 10km and 5km walk

Team Name :Qantas Host Justin Davies

Refer website <http://www.hobartrunthebridge.com.au/>

#### 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 will open in February. Entries are limited to 1200 places

Note After run BBQ at the Campbells ,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)

#### **The Albie Thomas Rockdale Fun Run**

Date: 21<sup>st</sup> May 2017 (To be confirmed )

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 (TBC)

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)

## Contact Us

### **Qantas Running Club**

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Facebook:

Wishing all our readers a Happy Chinese Lunar New Year on the 27<sup>th</sup> Jan and introducing the year of the Rooster



“ Kung Hei Fat Choi”