

RUNWAYS



SEASONS GREETINGS

Nov/Dec 2016

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 last newsletter for 2016

I would like to thank Roger for his great design and organisational skills in getting our club a new running singlet. I am sure that you will agree with me that the new colours (the same ones found in our corporate uniform) makes a nice change from the red, black and white we have always had. If you don't have one yet, please contact Roger. They are a great price at \$30 for members, \$50 for non-members, which the club has subsidised.

For those that made it to WARR CHICAGO I am sure you would agree what a wonderful WARR it was this year.

Singapore on 5th - 8th October 2017 will be a great event, so save the dates and let Roger know you are intending to attend, so we can ensure you get the latest information.

John and I have been doing Parkrun. Hope you are all enjoying Parkrun, I certainly am.

Congratulations to all Qantas runners in the JP Morgan Run in November.

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

Look forward to seeing you all on the road in 2017.

Sue

President QRC



Paul Demott looking comfortable in Chicago.

Photo Courtesy of Anne Campbell

WELCOME TO OUR NEWEST MEMBERS

Liz Zorzi

Peter Magee

Maddy De Guara

Robert Gibellini

Editor's Note: ward this newsletter to 3 of your Qantas buddies that run and encourage them to sign up to the QRC

REPORT FROM 2016 WARR CAPTAIN (ROGER)

For those who made the long journey on standby to Chicago, they were well rewarded. What a great city.

All the events were within walking distance of the Hard Rock Hotel. The city was abuzz with people all talking about the upcoming Presidential election and the Cubs chances in the Baseball. The tribute hotel to all the famous rock stars was a fabulous introduction to the musical city with such a great history.

It was well attended with large teams from United, Westjet, KLM and Jetblue.

Race day weather was moderate and overcast, perfect for running. The course was flat and ran along scenic Lake Michigan.

Many entrants got tickets to the Cubs match for some pre-race entertainment and local sports culture.

The t-shirt swap party was a night not to be missed with a beautiful outdoor area on the famous Navy pier for drinks and meeting new and old friends from around the world.

You can see all the photos on our facebook page.

Race day was a cool and calm morning and saw many runners achieving some fast times.

Several our Masters runners finished top 5 in their age category and yours truly picked up first in the 45 + age group and 3 rd. in the masters in each race.

We have a golden opportunity to have a larger team attend WARR 2017 as it is Singapore and an easy hop from Australia.

The run on the O'Hare runway was a further highlight with the entire runway being closed for the race.

We finished and were presented with a business class pack, medal, t-shirt and the famous caramel and cheese popcorn that Chicago is famous for. The event had music, a BBQ and a great social environment for airline enthusiasts to have a photo inside the engine of an airbus 320 on the day. A further report and photos are below.

Cannot wait for next year's race in Singapore with a super hotel and sky bar for the events. there will be substantial discounts for hotels and flights and Singapore will showcase its city to us in a 5-star way

Get training and see you in Singapore Roger



Bib	Name	Time	Overall Rank	Rank in Age Category
10km				
742	Moresi, Roger	00:39:35.200	16	2
743	Gibellini, Robert	00:45:18.300	51	8
800	Burroughs, John	00:46:06.000	61	9
959	Uren, Gareth	00:52:29.000	115	12
781	Campbell, Neil	01:01:50.400	226	4
782	Campbell, Anne	01:03:48.600	238	5

5KM				
742	Moresi, Roger	00:19:56.100	20	2
743	Gibellini, Robert	00:22:41.500	67	9
756	Batkin, Shane	00:23:23.400	87	7
800	Burroughs, John	00:23:32.700	93	10
753	Garvey, Tim	00:25:26.600	138	5
959	Uren, Gareth	00:28:16.700	218	18
884	Bulatao , Cecilio	00:28:17.600	219	25
991	Staines, Kevin	00:28:54.900	240	16
801	Burroughs, Amelia	00:30:49.300	297	11
1164	Demott, Paul	00:43:02.200	547	17
781	Campbell, Neil	00:50:38.900	636	13
799	Burroughs, Susanne	00:50:41.200	638	32

JP MORGAN 5.6K CORPORATE CHALLENGE SYDNEY 9TH

Congratulations to the Qantas Team in the JP Morgan Corporate Challenge at Centennial Park. Unfortunately, like last year the conditions weren't great with rain from start to finish. At one stage, there was the possibility of the event being cancelled due to lightening however the event went ahead. QF had a team of over 50 registered with some outstanding results - The top 3 Qantas male runners - David Barmettler, James Cose & Roger Moresi and the top 3 Qantas female runners - Lisa Wynan, Maddy DeGuara & Kylie Brown. Well done to Jonathan Acosta who not only completed in yesterday's event in Sydney, Jonathan run the JP Morgan event in London earlier in the year. The beneficiary of the event was the Indigenous Marathon Foundation, which was a great cause. Thanks to everyone who took part in the race and hopefully see you next year with a bigger team.

A special thanks to our new members Colin Mackenzie , Wesley Chiu and the crowds of supporters that came out to cheer the team!

Name		Time	Position		Name		Time	Position
David	Barmettler,	20.25,	121		Natalie	Roach (Sauter)	29.26,	2723
James	Cose,	21.39,	238		Ken	Quach,	30.19,	3057
Roger	Moresi,	21.52,	272		Amy	Taggart,	30.32,	3115
David	Bevan,	22.03,	303		Robert	Kerridge,	30.50,	3026
Marc	Anderson,	22.42,	444		Nina	Maffei,	31.12,	3319
Michael	Janov,	22.45,	459		Simon	Atherton-Ranson,	31.15,	3334
Joe	Hedges,	23.15,	578		Amanda	Bolger,	31.26,	3398
Lisa	Wynan,	23.31,	644		Rebecca	Baart,	31.51,	3516
Jean	Sanoy,	23.43,	685		Karina	Mccloud,	32.04,	3573
Mike	Phelan,	24.48,	1026		Narelle	Leong,	32.05,	3581
Alexander	Lam,	24.49,	1029		Yani	Lehman,	32.30,	3704
Kristen	Myers,	24.49,	1032		Derrin	Stent,	32.53,	3810
Jason	Vella,	25:21,	1218		Alina	Hunter,	33.47,	4036
Oliver	Johnson,	25.21,	1220		Shally	Singh,	33.58,	4084
Jonathan	Acosta,	25.31,	1283		Domenic	Fedele,	34.19,	4166
Maddy	DeGuara,	26.53,	1781		Lawrence	Sher,	35.01,	4324
Guido	Fluegel,	27.18,	1931		Jacqui	Mckendrick,	35.37,	4423
Sebastien	Vallerie,	27.53,	2159		Michelle	Xu,	36.58,	4640
Luke	Rehbein,	27.55,	2166		Luke	Godden,	37.13,	4671
Kylie	Brown,	28.10,	2255		Kate	Badham,	37.16,	4682
Andrea	Lynch,	28.17,	2292		Matthew	Richey,	38.32,	4835
Elodie	Blanc,	28.49,	2505		Chelsea	Vance,	44.20,	5270
					Jenny	Smith,	51.55,	5624



HEARD AROUND THE TRACK:

- There has been a lot of discussion about the subject of **washing running socks**. There is a theory that you can take off your running socks and leave them inside out and when you wash them they will turn themselves back the right way. The editor sought advice from a former washing machine service technician who confirmed this was true! Do our readers have an opinion, if so, please email the editor.
- A few of the Qantas runners who attended WARR in Chicago went to a Cubs Baseball match at Wrigley field. They became instant Cubs supporters and were heard to sing the club anthem after the match. After the Cubs World Series win in November they were heard around Sydney still singing and telling everyone did you see MY TEAM. For those who don't know the song view here on YouTube <https://www.youtube.com/watch?v=A9XtDyDUjIU>
- NTT Docomo is testing 5G Cellphones on Hi speed trains and in massed stadiums in preparation for the Tokyo 2020 Olympics.
- QRC members now hold 4 age category records in local Parkruns.
- Sylvania Track in the Shire is to undergo a one million dollar resurfacing in a bid to attract major running events.

RACE REPORTS

Race: Run for the Furies 2016

Location: Eltham North, Victoria.

Distance 10/6/4km Run/Walk

Date: 6th November 2016

I can't remember the last time I have submitted a report but as I have started running again I thought it was time. 10 weeks ago, we started a Wednesday running club as part of the Qantas Health and Wellbeing Campaign at the Melbourne Maintenance Facility. I joined up and since then I have discovered my love for running again. Fast forward 10 weeks and I decided to enter my local fun run. Choosing the shortest of the 3 distances offered the run took me through local parklands on an undulating course with a few tight turns. I took off and little kids everywhere left me for dead, was I really that slow, 1km in and most of the kids were spent so I passed them one by one. At the 2km turn around point there was only one "old guy" in front of me plus a few speedy little kids. I chased the "old guy" down over the next km and then on the way down the last hill around a tight turn something went pop in my Achilles. With 1km to go it was decision time, go for the age group win or stop running all together. My 2 children and wife were at the finish line so I pushed on in pain but made sure I'd up and smiled as I high fived them across the line. I won the 38-54 age group by 10 seconds. I won a nice little trophy and some products from Swisse. I finished 11th out of 160 and ran a time of 19:13. A bit slower than I wanted to be honest but I underestimated the course and the injury did slow me down. I'm off to the physio today but can't wait to get back out there running and improving my times.

Leigh



CHICAGO RUNWAY RUN 25TH SEPTEMBER 2016

It was the day after WARR 2016 in Chicago when a few of the QANTAS Running Club members managed to find another fun run. It was Sunday 25 September, 2016 when a handful of us registered for the O'Hare 5K on the runway of Chicago airport. It was a once in a lifetime experience so we dusted ourselves off from the WARR Gala Dinner the night before and caught the train to Chicago O'Hare Airport. We didn't really know what to expect but we were excited to get up close and personal with some of the United Airline planes strategically placed on the runway and taxi way. Getting to the event felt a bit like "The Amazing Race" and getting back into Chicago City was a bit like "The Greatest Ever Amazing Race" but that's a story for another time.

Some of us were sore from racing the 10km and 5km WARR event the day before but by the time we crossed the START line our competitive juices started flowing, so walking was not an option. It was practically 2.5km down the runway straight, a loop behind a parked United Airlines plane (parked in a taxi way), before making our way back to the Start/Finish line. It seemed to go for miles and it was a great experience running over the rubber previously left behind from planes landing on the tarmac. There were heaps of airline giveaways with close to 4,000 participants.

Rob

QANTAS Running Club results were as follows

Roger MORESI		20:08
John Burroughs		23:55
Rob GIBELLINI		25:05:00
Gareth UREN		25:32:00



Photos courtesy of Rob Gibellini

LADIES PINK TRI PARRAMATTA PARK 30TH OCTOBER

The Qantas running club was represented in the ladies' Pink Tri at Parramatta park in November.

Sue Burroughs completed the swim leg in fine style and then handed over to Amelia Burroughs who did great job in the bike leg on a borrowed racing bike that did not get out of low gear until the last lap. This was followed by Anne Campbell in the run leg cheered on by the 2 bagmen.

The girls competed in the Ultra event and came 3rd in their category. There is now discussion of entering as individuals next year.



Sharkies 10 Community run 9th October

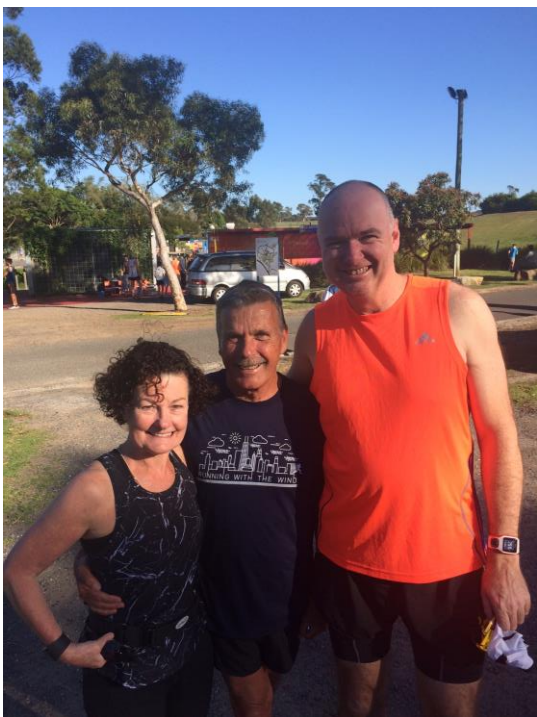
A pleasant run from Shark Park the week after the grand final win with Olympian Eloise Wellings and City to Surf winner Harry Summers leading the field off. Neil and Anne Campbell represented the club and both ran 2 minutes better than in Chicago (it must be the water in the Shire)

WARR Singapore 5-8th October 2017 (Save the Date)

Host hotel announced as Pan-Pacific (pictured below) with the race start likely to be the left of the big wheel near the F1 pit stop



Parkrunner of the month



John Gately at Mt Penang with the hobbits from the Shire. Reminiscing about the great running in Hong Kong that lead to John's first marathon in Melbourne last year

The Worldwide Virtual 5km Race

This competition mentioned in the August newsletter was postponed as more QRC members discovered park run. We will run this event next year. Those 2 runners who were in the lead have agreed to the deferral.

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

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

Oatley Park Fun Run

Date: To be confirmed

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

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

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

Contact Us

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Wishing all our readers a happy festive season and look forward to receiving your running stories or “Heard around the track” snippets in 2017

Editor