

RUNWAYS

September 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:

Qudos Bank

BSB 704 865 / Account: 02166990

Name: QAN

Description: *please insert your name*



*The London team for J P Morgan
race*

Photo Courtesy of QF LON

IN THIS ISSUE

- Changes to the committee
- London Team for J P Morgan
- Race reports
- Notes from the Warr Captain
- Upcoming runs

CHANGES TO THE QRC COMMITTEE

This is to advise our President Shally Singh has resigned due to work commitments, and Sue Burroughs our immediate Past President has agreed to set back into the role until the next AGM.

JP Morgan 5.6k Corporate Challenge

Congratulations to the "fastest running team in the history of UK aviation!" *

Andrew Hall 24:09

Laurence Rolleston 25:43

Jonathan Acosta 27:21

Renee Chadwick 27:21

David Blades 27:41

Simone Rossind 34:06

Tom Hazelden 34:20

Hazel Young 36:08

Anna Valentine 39:39

Amy Seymour 45:18

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

*as per 2014, 2015 & 2016 JP Morgan London corporate challenge race results in aviation/travel category

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NOTES FROM 2016 WARR CAPTAIN (ROGER)

By now some of you will be packing for WARR in Chicago there are over 1000 runners already registered.

Don't forget to check the date on your ESTA visa for the USA

All the best to all the runners.

Thank you to John Burroughs and Peter Maynard for another great T-shirt design

HEARD AROUND THE TRACK:

The world Master games is on in Auckland next year so it would be great if we could get representation from Qantas over there in April 2017. Some events are booking out. There is a 10km road race, a half marathon and 6 & 8 km cross country races and you only need to be over 35 to enter.

More details at this Website www.worldmastersgames2017.co.nz

RACE REPORTS

45TH SUTHERLAND TO SURF 24/7/16

This was the 45th running of the 11km Wanda surf club Sutherland to Surf at Cronulla, one less than its more famous cousin the City to Surf.

It was a cold but fine morning around 6 degrees and the start was marked by new barriers which meant it was a congested start, so meeting club members proved difficult. This was solved at the finish line where most club members and friends of the QRC found each other near the boulders. This year we opted for a post-race breakfast at Menai in lieu of erecting the tent.

Results for members and friends of the club are below

Bill Lloyd	47:53:00	2nd in age group
John Burroughs	49:23:00	1st in Age group
Jean Sanoy	50:10:00	
Mark Ward	57:33:00	From QLD
Tim Garvey	57:54:00	
Anne Campbell	71:02:00	
Neil Campbell	71:03:00	
Friends of QRC		
Robert Taylor	58:31:00	
Stephanie Taylor	66:16:00	
Edwina Taylor	66:16:00	
Adon Ulloa	68:25:00	
Tony Mellville	102:33:00	

46TH CITY TO SURF 14TH AUGUST 2016

Around 80000 runners and walkers took part in the 46th running of the City to Surf.

Results spotted for Club members (sorry if we missed anyone)

Roger Moresi	58.03	
Bonnie Davies	1.01	From HBA
David Bevan	1.02	
Rob Gibellini	1.03	
Jean Sanoy	1.06	
Justin Davies	1.12	From HBA
Ghana Segaran	1:21	our SQ friend
Grant Deitch	1.24	
Tony Lord	1:25	40th C2S
Tim Garvey	1:52	
Barbara Henlon	1:52	Our DL friend
Bob McNair	2:05	45th C2S

Article "A City to Surf journey "by Tony Lord.

It is hard to believe that soon I will run my 40th consecutive City to Surf.

Participating for so long in what has become one of Sydney's premier community events has resulted in many wonderful benefits and memories. There has been a continuing sense of achievement for completing what is a challenging 14 km course from the City out to Bondi Beach. Most runners agree that the C2S is one of the hardest fun runs. It is longer than most, has lots of inclines, declines, flat bits, the 1.6kms of torture called "heartbreak hill" and a long winding

downhill run to the Beach. Finally, there is that killer stretch along Campbell Parade to the finish. Yes, a difficult run but softened by the superb scenery along the way plus lots of music and cheer squads.

It might seem crazy but I still get excited by the incredible atmosphere at the start. You see huge numbers of people of all shapes and sizes in their colourful singlets, t-shirts or fancy dress. Some do their warm up routine, others queue for that final relief at one of the many port a loos but eventually nearly everyone stands around patiently waiting for their turn to begin. Then after the gun is fired what better sight is there to behold than the sea of humanity moving up William Street, destined for Bondi.

Over the years I have derived pleasure from introducing many family, friends and workmates to the great C2S experience. Also, having have been involved in organizing corporate teams at some of my work places (Qantas, Fairfax Publications and Star City Casino), this has resulted in some fantastic BBQs and celebrations at the finish. Collectively, we have raised thousands of dollars for worthwhile charities such as Camp Quality, Shepherd Centre for Preschool Deaf Children and Guide Dogs.

My C2S journey started in 1977 which was also the year I started jogging. Some have asked why jogging? I was 30 years old, married with a baby daughter Penny and for me jogging late at night fitted in with family time and was an effective way of gaining some fitness and controlling my weight. I quickly discovered that when you run in the dark at night the hills don't seem to be so steep! At the time, I was working with Qantas and when invited to join its Joggeroos Running Club, I jumped at the chance.

The first C2S was truly memorable. Back then, all participants started together at 10am and just over 11,000 completed the 14 km journey to Bondi. Rob (Deek) de Castella blitzed the field winning in 41 mins 12 secs. I ran with Tom, a Senior Captain from Delta Airlines and we talked our way to Bondi, finishing in just over 77 mins. Qantas was victorious in winning the Airlines Trophy beating teams from many domestic and international airlines. One thing I will never forget occurred the day after the C2S at a BBQ my wife and I hosted for members of the Delta Airlines team. This was such a happy occasion until news arrived that the iconic entertainer Elvis Presley had died of a drug overdose. Suddenly our party descended into sadness and tears as a few of our guests became inconsolable.

There have been many changes in the C2S with the most obvious being the huge growth in participants and the massive increase in female participation. When the C2S commenced in 1971, there were 2000 entrants, now it's close to 80,000. In the beginning, I understand only 2% were females but in recent years they have outnumbered the males - both in numbers starting and finishing! There have also been important improvements introduced by the organisers such as staggered starts for different groups, electronic timing and medals for those who finished. These changes have streamlined the event, given the participants more accurate finishing times and rewarded them for their efforts.

Since my first run, I have just kept turning up on the second Sunday in August. To some extent this was made possible by the extraordinary weather this event has experienced. I cannot remember a single C2S when it has rained at the start. In the initial years, many of my times were reasonable including a PB in 1982 of 63 mins 22 secs. Then in the years from the mid-80s I particularly enjoyed running and walking with friends and our children. During this period it became apparent to me that the main aim for most entrants is simply to take part and have fun. In recent times, I am back to running the best I can but with the realization that as the body ages one has to temper their expectations! I have to confess, however, that while ever my health holds up and I get that incredible sense of satisfaction when crossing the finish line there is every chance that my participation will continue.

A **big thank you** must go to the Fairfax C2S management team at The Sun newspaper, successive organizing committees, the various sponsors and volunteers. All have contributed magnificently and this has allowed more people to participate with safety and enjoyment. I have always appreciated the support of my family and friends and the

camaraderie at the different running groups to which I have belonged including the Qantas Running Club, Turramurra Trotters, Sydney Striders and Terrigal Trotters.

To mark the occasion of my 40th C2S, **I will be raising money for Central Coast Kids In Need Inc.** This **local charity** provides help with accommodation and travel expenses to Central Coast families of children with cancer and other prolonged illnesses while in Sydney or Newcastle hospitals. You are invited to **donate by electronic funds transfer** to Greater Bank, Account Name – A C Lord, BSB: 637-000 Acc No 721500632 (please ref C2S / your name). Tax receipts are available on request via 0412416330.

All the best, A. C. (Tony) Lord, City2Surf chest bib #10264.



“ IT COULD HAVE BEEN ALASKA” BUT IT WAS MUDGE!

It was minus 1 degree which for Sydney Runners is considered cold.

Let's go to Mudgee for the Running festival, an annual event with a Marathon, Half, 10 and 5 km so there is a race for everyone.

The extra enticement is you can sample some local produce and wines the day or so beforehand.

Everyone seemed to have other activities so Sue and Jonnie Burroughs joined Anne and Neil Campbell for the 10km event

A 2 lapper with many locals and a swing bridge that danced as you ran over it. Running past the drink stall someone was heard to ask

“which was the shiraz” while another runner asked if the drinks were frozen.

A great run with all runners being welcomed across the line with the announcer broadcasting their name and their category position.

Results were displayed on a TV monitor and constantly updated. The 10km completed in time for the runners to cheer on the Marathoners.

Results for QRC members who are now planning for next year are as follows.

Contact Us

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News items to the editor

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www.qantasrunningclub.org

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John Burroughs	46.23	1st. in Age
Neil Campbell	64.16	
Anne Campbell	66.40	2nd in Age
Susan Burroughs	107.48	

The Worldwide Virtual 5km Race

Qantas Running Club announced the running of the Worldwide Virtual 5km run last Runways. We have had a few entries, so this is your last chance before winner is decided at the pre WARR get together on the 3rd Sept.

It is simple, all you need to do is participate in a 5km Park Run from now to the end of August and post your results including run and date on the QRC facebook page at www.facebook.com/qantarunningclub or else email your results to the Club Treasurer at jvella@qantas.com.au Family members are also encouraged to enter .

Park runs are all over the world and are free to enter, just google the nearest one to you at www.parkrun.com.au and follow the prompts to enter. If there are no Park Runs near you, just enter a recognized 5km run near you and send us the link for us to verify your result and calculate your Age graded result.

The winning male and female will be the ones who get the highest % against their age 5km World record refer to World Masters athletics website. So no matter what your age or gender all participants stand an equal chance.

The winners will receive a merchandise item from the Qantas Running Club Range.

UPCOMING RUNS SEPT./OCT

St George Beachside Dash

Date: 11th September 2016

Location: Peter Depena Reserve, Dolls Point Distances: 10km & 5km run/walk, plus the Brighton Baths Athletics Club

2km Dash

Start Times: **10.30am** - 2km Brighton Baths Athletics Club Kids Dash

9.20am - 5km Dash

7.50am - 10km Dash

Refer website: www.everydayhero.com.au/event/stgeorgebankbeachsidedash

Blackmores Sydney Running Festival

Date: 18th September 2016

Race Schedule

Marathon, Half Marathon, Bridge Run 9km, Family Fun Run 3.5km

Team Name: Qantas Running Team

Refer website: www.sydneyrunningfestival.com.au

Melbourne Running Festival

Date: 18th October 2016

Refer website: www.melbournemarathon.com.au

JP Morgan Corporate Challenge Sydney

Date: Wednesday 9th November 2016

Start time: 6.30pm

QF Team Captain: Joe Hedges

For more information you can visit the website: www.jpmorganchasecc.com