

RUNWAYS

July 2016

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

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The Worldwide Virtual 5km Race

Qantas Running Club announces the running of the Worldwide Virtual 5km run.

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.



The 5km runners before the race
Photo Courtesy of i Phone

NOTES FROM 2016 WARR CAPTAIN (ROGER)

Don't Forget you will need a ESTA visa for the USA these are good for 2 years and can be found at this web site <https://esta.cbp.dhs.gov/esta/>

The venue for the Gala Awards dinner has been announced as Navy Pier check it out

HEARD AROUND THE TRACK:

One of our fast runners was spotted sporting a new iphone in a hot pink cover

We call out a thank you to Roderick Hoffman for introducing some of our runners to Park run . This has now become a regular training run for many of us .

Gaylene Donner from Alaska Airlines, a perennial winner at WARR will be missing the Awards dinner this year and has 2 tickets for sale.

We heard there were a couple pb's at parkrun last weekend as well as the club member still chasing the elusive 21minutes mark

RACE REPORTS

XTERRA RUN STAR KUALOA TRAIL RUN 19TH JUNE IN HAWAII

By now you know how much Sue, Amelia and I love going to Hawaii. We try and organize it so we can do a fun run while we are there. Last year it was the Aloha games, but this year that event was not on so I signed up for the Xterra Star Kualo Rach run. This is a rough 10km trail run on the ranch you may have seen in some of the 30 movies that have been filmed there including Jurassic Park.

Since it was out of town I arranged a lift with the team over from Japan for the event. We left Honolulu in the dark for the trip in a yellow school

bus to the venue. The weather was warm but not too steamy.

There were 5 different events run around the same course using different coloured arrows, i.e. blue for 30km green for 20 km and red for 10km.the course followed cow tracks which were narrow and made passing difficult.

All was going to race plan and I was in sight of the leading bunch when rounding a corner, the red arrows disappeared. This resulted in a few runners including me running an extra few Kilometers.

Eventually we tagged onto the 5km run and made it back to the finish line. What was planned to be a 47minute run turned into a 70-minute survival course.

Nevertheless, it was enjoyable and I would love to come back to defend my title next year

John Burroughs

There are not too many fun runs where you are given an envelope with money in it as a prize. I was one of the lucky recipients. My \$50 prize money was a pleasant surprise!!

This was a great event and one I will always remember because of the fantastic relaxed community spirit.

COOKTOWN DISCOVERY FESTIVAL FUN RUN.

Neil and I were recently up in Cooktown catching up with some friends and there just happened to be a fun run on that weekend.

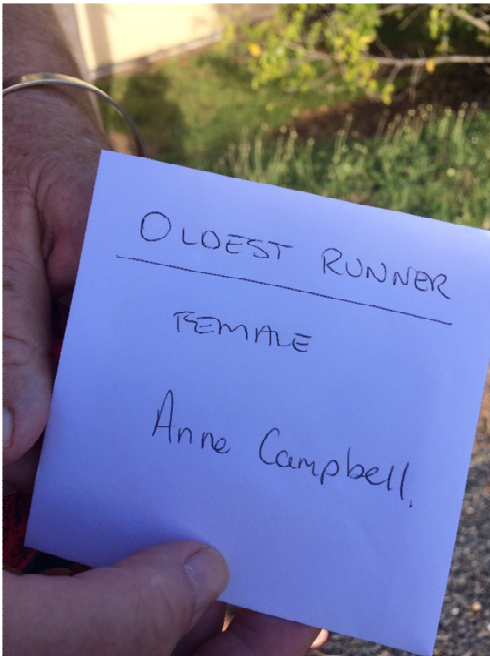
I found very little information on the course or distance but I decided to give the event a go.

I fronted up at 6.45am for a 7.15 start. Registration was easy. Pay your \$5, add your name and age to the list and pin a number on. Most of the competitors were local school kids and the rest were in their 20's. I was relieved when a few more senior competitors finally turned up.

The course started out with a 1km. reasonably flat run then the real fun started - there was bend after bend after bend for the next 1.4km, till we reached the historic lighthouse at the top of Grassy Hill.

There was no time to take in the magnificent 360 degree views before the equally challenging downhill.

The fun did not stop there either. Competitors could enter a male and female pushup competition following the run and there were lots of other activities to enjoy over the weekend.



GOLD COAST HALF MARATHON 02/07/16

It was a brisk morning for the run as I walked over to the start from my accommodation in Main Beach.

The race started at 0600 with 9889 participants and 8783 finishing the run.

It took 6 minutes to cross the start line but everyone around me was enjoying the experience.

The course is mainly flat with only a few small hills as we leave Southport running north to the halfway turn at Paradise Point.

I was running around 5 minutes per kilometer, passing and being passed by a variety of runners.

Younger, older, some in fancy dress and a few who I thought were running an ultra-event with the amount of supplements they were carrying.

The winner Duer Yoa ran 1:03:49 while Cassie Fien ran 1:11:21 won the women's event.

[Click here to add a caption]

Contact Us

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I was happy with my run finishing in 1:43:03.

Over the weekend we saw more than 26,400 runners over the 2 day's.

If you have not run the event, it is worthwhile thinking about.

Enjoying the warmer temperature (if your from the southern state's).

Cheers Shane.

UPCOMING RUNS JULY/AUG

Gold Coast Marathon festival weekend

Sutherland to Surf fun run & Walk

Date: 24th July 2016

Location: Eton Street, Sutherland

Distance: 11km

Start Time: 8am

Team name: Qantas Running Team

Refer website: www.sutherland2surf.com.au

Online entries are now open

Sydney - City to Surf

Date: 14th August 2016

Distance: 14km

Start Time: From 7.50am

Team name: Qantas Running Team

Refer website: www.city2surf.com.au

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