

RUNWAYS

May 2016 - The Bi-Monthly newsletter of the Qantas Running Club
(Est ~1970).

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

Details for the QRC account are:

Qantas Credit Union

BSB 704 865 \ Account: 02166990

Name: QAN

Description: *please insert your name*



*The 5km runners before the race
Photo Courtesy Rob Gibellini*

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Race report Oatley Fun Run 17th April 2016

An overcast sky but no rain made for ideal conditions for the running of the Oatley Park fun run 5km/2.5km. The Qantas running Club was well represented with Kevin Staines tackling the 2.5 km only to be hampered by a leg injury. We were joined for the race by Deb Fisher WARR captain for Jetblue from New York. The Mobile coffee van was again there this year with a past Qantas runner in Alan Dawlings as barista. It was great to see Tim Garvey improve almost 3 minutes as he has been coming back from a knee injury. Especially pleasing to see Jean Savoy running very fast after his debut marathon in Canberra the weekend before. Everyone retired to the Campbell's for a late breakfast with Sandy and Rose Collinson joining us for a fiercely contested Bocce completion.

Congratulations to all with times listed below

5km		
Roger Moresi	20.04	
Jean Sanoy	21.50	PB
John Burroughs	22.59	2nd in his age category
Deb Fisher	25.01	Jetblue Warr Captain
Tim Garvey	26.02	3 rd in his age category
Anne Campbell	30.26	3 rd in her age category
Neil Campbell	31.10	
Sue Burroughs	55.55	

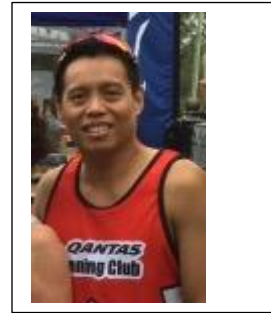
CANBERRA MARATHON 10TH APRIL

Congratulations to

Bonnie Davies 3 hours 39 (one of our Hobart members)

Jean Sanoy 3 hours 50 first Marathon

Here is Jean's report



“The Journey towards my first marathon”

I have never run my whole life and I always hated physical education back in my school days. Who would have thought I'll start running at the age of 41. **In 2012**, I met somebody (who became a good friend) who runs a half marathon every single year. It really amazed me how a person can run 21Km. I said to myself, “there is no way I can do that”.

Three years later, I was more inspired and running was becoming a personal challenge, but not to run a half marathon though! January 2015, running was my New Year's resolution. I went out for my first run, it was tough! I did not even last 200 meters. Phew, I don't think running is for me, but I received good support from my friend. He said to me, “everything can be achieved by practice, just run walk, run walk until you build up your kilometres”. I did more running walking strategy and it seemed to be working.

In April 2015, I did my first fun run at Oatley Park with the Qantas Running Club. Although I walked and jogged the last 800 meters I was so proud to reach the finish line in Sub30. I became a running addict and did more fun runs. I did Sutherland to Surf, City2Surf, WARR in Dubai and finally did my first Blackmores half marathon in September, which my friend always joined every year. I finished the half marathon race in 2 Hours and 7 minutes with a left knee injury (I kept my Physio busy).

After a year of running, I thought of doing a full Marathon. A few people told me that Canberra Marathon is good for my first because the course is flat. Four month away from Canberra Marathon, I decided to join the race. A running coach told me, “it might be too soon to do a marathon, considering you only have a year of running experience”, but I insisted on doing it, my argument was “ I am not getting younger and this might be my only chance to run a Marathon “.

I signed up for a 12-week marathon training program and I followed it religiously. I never missed any training days and followed the kilometres I needed to run. Mind you, I lost a lot of kilos during this period.

Now comes the race day, I had 4 and half hours sleep due to anxiety, but I felt really good. I had a light breakfast 2 hours before the race and I took 3 bars of Cherry ripe chocolate with me during the race. It's 7 degrees in Canberra, perfect day for a long run! Along the course, I thought, I have been conned, the course is not flat at all, but with my good preparation for the race I was fine. At the 37th km mark I felt pain on my quad, a pain that I have never experienced during my training. My mind is playing up, do I stop and walk? But then I said to myself, If I start walking I will never get back. I tried to divert my mind to the scenery and keep going. A few minutes later, I heard my friends screaming “Go Nixon Go”. I did not realize I was only a few meters away from the finish line. What a relief! I finished the race in 3hours 50minutes and 11seconds.

Perseverance is the Key to everything! And Thank you to David Barmettler!

WELCOME TO OUR NEWEST MEMBERS

Joel Richardson, Sam Atwell and Joey Page all from Hobart.

BRIEF RACE REPORTS

- Ironman Australia, Port Macquarie (1st May)

Paul Healy, Time 15.41.38 (3.86km swim 1.28.53, 180.25km bike 7.02.19, 42.2km run 6.58.18)

Paul finished in 1241st position and 20th in his division. I could only dream of doing an event that long.

- Nowra triathlon festival (17th April)

David Barmettler, Time: 2.24.00, (1.5km swim 24.34, 40km cycle 1.13.27 & 10km run 42.57)

David finished in 34th position and 8th in his age category, great effort Dave.

WARR TRAVEL STORIES

Can anyone beat this story on getting to Warr somewhere in the world. We all find odd ways when we travel on standby but this one seems extraordinary from Sandy (Formerly known as Trevor).

I have LOT'S of fond memories over the years BUT one in particular still stands out. It was our first year in OTTAWA CA. 1994 I believe that I still hold the record for the longest a warrior had taken to travel to a WARR Run.

I finished a full day's work in SYD then caught a freighter to MEL Then onto HKG-Xavourous in Russia –ANC-ORD-NYC-TOR- OWA over 24,000 Kms

Approximately 5 full days of travel with one o/n stop in NYC. (A pretty mean feat if you think about it..... Just too have a run & catch up with OLD MATES.)

Cheers Sandy San

NOTES FROM 2016 WARR CAPTAIN (ROGER)

You will all be receiving updates from our WARR captain.

Roger is looking to bring our Running singlet into the new century with a revised style and dri-fit material.

If any member/reader has a good running singlet maker contact, then please advise Roger as we will source these locally and have a separate male and female cut.

You'll find Roger's contact details in the Qantas running clubs website in the committee section.

HEARD AROUND THE TRACK:

Over at Virgin Australia there has been a change of WARR captain with Greg Daffen handing over the baton to Ex QF stalwart Kevin Staines. We look forward to welcoming more of our VA cousins to Warr this year.

Ghana and the SQ team will be flying down to Sydney for the City to Surf in August if anyone is thinking of signing up for that small event with 80,000 runners.

Rosa Wallis from Perth has joined the Park run brigade which has led the committee to consider running a virtual 5km worldwide (more on that in later newsletters)

At the Qing yuan marathon, they handed out fruit-scented soap at the finish line. The was in English only, and some of the runners took a tasty bite.

Meldonium sales in Russia have increased 50% since Maria Sharapova admitted using it



[Click here to add a caption]

Contact Us

Qantas Running Club

Jvella@qantas.com.au

News items to the editor

Nortona@outlook.com

Dash, 2km Junior Dash

Sunday 3rd July

Gold Coast Airport Marathon, ASICS Half Marathon

Team name: Qantas Running Team

Refer website: www.goldcoastmarathon.com.au

INTRODUCING OUR NEW PRESIDENT

Shally Singh has recently relocated from Hobart to Sydney with Qantas, and she has agreed to take on the Honorary position of President. She will tell us about the incoming committees plans in the next newsletter.

UPCOMING RUNS MAY/JUNE /JULY

The Sydney Morning Herald ½ Marathon

Date: Sunday 15th May 2016

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

Start Time: 6.45am,

Refer website: smhhalfmarathon.com.au

The Albie Thomas Rockdale Fun Run

Date: 22/5/16

Location: Sydney – Peter Depena Reserve, Dolls Point

Distances: 5km run & 2km walk/run

Start Times: 8.00am

Refer website: www.rockdalefunrun.com.au

Join us for breakfast after at “Kiss the Barista” café which is at the 16ft sailing club nearby.

Gold Coast Marathon festival weekend

Date: 2-3rd July 2016

Race Schedule

Saturday 2th July

Southern Cross Uni 10km Run, Suncorp Bank 5.7km Challenge, 4km Junior

The follow unsolicited emails are reproduced below and do not constitute a request I

EMAIL RECEIVED FROM MCGRATH FOUNDATION

Hi QRC

I wanted to touch base to let you know over the next 12 months the McGrath Foundation will be participating in some of the nation's biggest running events including the SMH Half Marathon and we'd love the Qantas Running Club to pound the pavement to help us raise money to place more McGrath Breast Care Nurses in communities across Australia. I know the Qantas Running Club will be participating in the SMH Half Marathon and it would be fantastic if your members would like to team up with us for this event.

To give you some background information, the McGrath Runners community is simply a group of people who love to run and raise funds to families experiencing breast cancer just that little bit easier.

When you join the McGrath Runners you'll receive regular training, nutrition advice and motivational tips from our official Running Ambassador, Shannan Ponton, personal trainer from The Biggest Loser Australia. To register go to:

<http://mcgrathfoundationportal.gofundraise.com.au/cms/SMHHalfMarathon>

Our McGrath Breast Care Nurses have helped over 5,150 families in Sydney region and the money raised through McGrath Runners will go towards realising Jane McGrath's vision for every family experiencing breast cancer to have access to the support of a breast care nurse, no matter where they live or financial situation.

We have organised a McGrath Foundation staff team to run in the SMH Half Marathon to help rally the McGrath Runners community on race day and we'd be thrilled if the Qantas Running Club was part of the team!

If you have any questions or would like further information please feel free to call me on (02) 8962 6153 or 0435 582 454. I look forward to hearing from you soon.

Kind regards,

Kathleen

#McGrathRunners

EMAIL RECEIVED FROM AUSTRALIAN CHILDRENS MUSIC FOUNDATION

Hi QRC,

Calling all runners!

The annual Sun-Herald City2Surf is back! The 14km course will be being run on Sunday, August 14, 2016, and I'm sure some of your running club will be participating. **The Australian Children's Music Foundation** would love your help in **raising funds** for disadvantaged children through this event.

The Australian Children's Music Foundation provides free, long term music programs and instruments to disadvantaged and Indigenous children across Australia, inspiring creativity and imagination while nurturing self-esteem and confidence.

Worldwide research has proven that participation in music has significant educational, emotional and social benefits, particularly for those children who have been abused, traumatised or ill treated and for children who are in need of solace and hope. The ACMF uses music as the means by which we connect with children, re-engage them with education, and strengthen their resilience and sense of self worth so that they are better able to navigate the world.

You can help support this vital and often overlooked work through participation in the City2Surf. Whether as individual runners or as a team, it's fun, easy, and motivational to source sponsors to support you and raise money.

To set up a fundraising page, support another runner, or simply donate, go to <http://city2surf.com.au/raising-money>. When you register, select the Australian Children's Music Foundation (ACMF) as your supported charity. There are links on that page to more information about registering for the event, and other details about the run.

If you want more information about the ACMF, check out our web site at <http://acmf.com.au/> or give us a call on 02 9929 0008.

There may also be other events on your running calendar that may be an opportunity for fundraising – such the Sydney Half-Marathon, the Colour Run and the Bay Run. If you already have a chosen charity for one event, please consider us for another!

Fun facts:

- ? *Listening to music whilst running can boost your performance by up to 15%.*
- ? *Athletes dressed in red (the ACMF colour!) are more likely to win events than athletes dressed in any other colour.*
- ? *Music is a legal drug for athletes.*

Happy to chat on the phone or via email if you require any assistance.

Thank you for your time,

Emma

Emma Borley

EMAIL RECEIVED FROM ATHLETICS NSW ABOUT AFFILIATION

If you believe QRC should investigate this further please email shally.singh@qantas.com.au

Qantas Running Club

Hi Susanne,

My Name is Amelia Hansen and I am currently the Membership Analyst at Athletics NSW. I was just reaching out to you and your club in regards to a possible Affiliation with us.

As a sporting organisation, Athletics NSW is always seeking to grow and develop athletics within New South Wales. With this, Athletics NSW is currently seeking to expand our affiliations in the hopes of the making Athletics available to all communities across NSW. With this, we are offering clubs an opportunity to affiliate with us, providing numerous advantageous benefits to your club as an organisation, and your members as athletes.

As a governing body which strives to make Athletics a ‘strong, vibrant and growing sport’, we are always seeking to provide better access to facilities and competitions for community members. As an affiliated organisation with Athletics NSW, you will still possess the ability to keep all your club run membership packages, but with the added benefits of offering you athletes the opportunities to compete within Athletics NSW and Athletics Australia run events through the numerous membership options we provide.

Along with this, an affiliation provides numerous benefits for both your club and members. Some of these benefits include

- Automatic Public Liability Insurance for all your events
- Ability to handle all aspects of club and event management on a user friendly database
- Each club member gains access to the Athlete Advantage Program which hosts discounts and specials
- Access to Coaching Clinics

Please do not hesitate to contact myself for more information or any queries surrounding an affiliation.

Kind Regards,

Amelia Hansen

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