



Runways

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Editor's Notes

Welcome to a new running year. This year's challenge remains to strengthen the club's memberships. Which the committee have a couple of innovation's in the pipeline.

Already this year I've seen members out and about completing in events around the country, especially in Tassie! Whether they are Saturday morning Parkruns, sprint triathlon or marathons.

Our next club event will be the Oatley Park 5km fun run on the 17th of April. If you are thinking about entering, please enter as part of the Qantas Running Team. After this fun run we will be having a team BBQ, please email Jason or Neil at nortona@iinet.net.au for more information.

The Qantas running club would like to thank Rob Bonona for auditing the Qantas Running Club income & expenses for the year 2015. Even with Rob's hectic schedule he was willing & able to do this for us! Thanks Rob it's very much appreciated.

I would also like to welcome our newest member Lindsay Hawkins from Perth.

COMMITTEE 2016

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

Other Honorary positions were confirmed as follows

WARR Captain:	Roger Moresi
Newsletter Editor:	Neil Campbell
Merchandise:	Shane Batkin
WARR T-shirt Committee	John Burroughs Neil Campbell
Run Co-ordinator	Tim Garvey
Webmaster:	Jason Vella
Social Director	Sue Burroughs

The details for the QRC account are:
Qantas Credit Union
BSB 704 865
Account: 02166990
Name: QAN
Description: *please insert your name*



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Newsletter of the Qantas Running Club Established 1975

March, 2016

The AGM was held on Sunday the 13th March at Peter Depena Reserve, Dolls Point.

Election of Office Bearers and Committee 2016:

There being only one nomination for each of the formal positions the following club members were deemed elected unopposed. Please refer to the sidebar for the office bearer names and positions. Retiring President Sue Burroughs presented the Presidents report and volunteered for the new position of Social Director. Treasurer Jason Vella presented the audited Treasurers report for year ending 2015. Both reports were accepted by the meeting and are available to members upon request.

Sunday, 10th February 2016

Cadbury Marathon, Hobart Tasmania

By Jason Vella

Bonnie Davies completed her 4th Cadbury marathon and this time she was the 4-hour pacer. According to Bonnie she tried hard to pace well but came in 7 mins ahead in 3:53. She said it was great helping everyone and motivating others.

Cadbury Marathon	Time:	Position	Cat. Pos.
Bonnie Davies	3.53.23	118	26

Bonnie as the 4 hour pacer and with her finisher's medal



Sunday, 17th January 2016

Kurnell Sprint Triathlon

By Jason Vella

Perfect conditions greeted participants for round 2 of the Kurnell Sprint Series. Two members from the running club completed in the event with David Barmettler completing the 750 metre swim, 20km cycle and 5km run in a time of 1hr 14min & 44 sec, whilst David Bevan finishing in a time of 1hr 24min & 23secs which was a great effort considering this was David's first swim outside of a swimming pool.

Kurnell Sprint Triathlon	Overall Position	750m Swim	20km Bike	5km Run	Finish Time
David Barmettler	114 th	15.44	39.11	19.48	1.14.44
David Bevan	243 th	20.26	40.19	23.37	1.24.23

Sunday, 14th February 2016

Hobart B&E Bridge Run

By Jason Vella

In last year's December newsletter Shally Singh posted an invitation to all members of the running club to come down for the Hobart B&E Bridge fun run. A small group from Sydney accepted Shally invitation and flew down for the event. Most of the Sydney members arrived in Hobart on Thursday, giving us the chance to visit the many wonderful attractions of Hobart.

Race Day: The weather was perfect for the locals but a little chilly for the Sydney folk. The good news was the sun was out and there was no wind to content with. The course is quite undulating with a major hill at around the 3 ½ km mark and once you navigate that one it's not too far before you have to take in the gradual incline of the Tasman Bridge.



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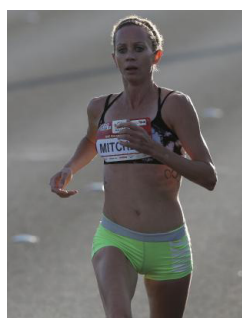
March, 2016

The Qantas Team consisted of the local contingent from Hobart - Shally Singh, Justin & Bonnie Davies, Joel Richardson & Jess Martin and from Sydney – Jason Vella, John & Sue Burroughs, Neil & Anne Campbell & Tim Garvey.

Bonnie was the best of the Qantas Running club members finishing in 209th position outright and 4th in her age group in a time of 45.13. Fantastic effort Bonnie, some other outstanding results came in the form of John Burroughs finishing 1st in his age group. Anne Campbell also had a podium finish placing 3rd in her age group, great effort from all of you.

Hobart B&E 10km Bridge Run	Time:	Position	Cat. Pos.
Bonnie Davies	45.13	209	4
John Burroughs	47.44	312	1
Jason Vella	48.46	364	37
Justin Davies	48.49	367	39
Joel Richardson	49.15	382	29
Tim Garvey	54.50	635	14
Anne Campbell	1.04.25	949	3
Neil Campbell	1.04.32	950	9
Shally Singh	1.05.34	975	63
Hobart Jeep 5k Run	Time:	Position	Cat. Pos.
Jess Martin	34.58	650	24
Susanne Burroughs	49.53	1102	24

Hobart Mercury newspaper article - Liam Adams claimed his third men's title and the overall honours, but it was fellow Victorian Victoria Mitchell who stole the show in the Hobart Run the Bridge. Despite competing in the 5000m at the Briggs Athletics Classic on Saturday night, in which she finished second, Mitchell made her move just after coming off the Tasman Bridge yesterday to take the female 10km title and was nearly the first runner over the line in Salamanca.



Victoria Mitchell, winner of the 10km.

The 2008 Olympic representative in the 3000m steeplechase finished the course from Bellerive to Salamanca in 33:33 ahead of Tasmanian-born NSW-based Milly Clark and Jess Trengove. "It was really unexpected, I just felt great so I just decided to go with it," Mitchell said. "I was just sitting in the pack ... when we went up the big hill Eloise [Wellings] and I broke away. I got ahead but she injected some speed and got away from me but I just rolled down the hill and caught up to her, went past and ran strong."

At the Briggs meet, Mitchell ran in the 5km at 8.10pm, but having less than 12 hours of recovery time did not slow her down one bit. "I also had doping control so I didn't get back to my apartment until 11pm, bed at midnight but it doesn't really faze you," she said. "It was fine in the end." Mitchell's fine run was nearly enough for her to take out the extra \$1000 offered for the first runner regardless of gender to reach the finish line. However, that honour went to Adams, who pipped 2014 Commonwealth Games Marathon gold medallist Michael Shelley in a meet record equalling 29:03.5 with four-time Olympian Craig Mottram in third.



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"It was a quality field there and I thought the way it panned out it was a bit slow at the start but it's about the pace I've been training at," said Adams, who equalled his own record for the run. "Right at the end Michael Shelly just really pushed me and put me in a bit of a hurt zone, I hadn't been running that quick for a while so I was very surprised that I got him in the end."



Some of the Qantas Team before the start of the 10km.



The Qantas Team group photo after the event.



Justin & Bonnie Davies made it on the front page of the Hobart Mercury.

19th-21st February 2016

Huskisson Triathlon Festival

By Jason Vella

Chris Grueninger had a fantastic weekend at the Husky Triathlon Festival. Firstly, on Friday evening Chris won outright the 1000m Ocean swim event in a time of 15 minutes & 09 seconds. Backing up the next day Chris finished 36th outright in the Sprint Triathlon in a time of 1hr 10mins & 17 seconds. In the Long course triathlon, the ever consistent Joe Hedges completed the 2km swim, 83km cycle & 20km run in an excellent time of 4hrs 58mins & 36 seconds. Whilst David Bevan completed in the Brats Team event for the Long Course.

Huskisson Sprint Triathlon	Overall	Cat pos	750m Swim	20km Bike	5km Run	Finish Time
Chris Grueninger	36	10	11.44	34.31	21.02	1:10:17

Huskisson Long Course Triathlon	Overall	Cat pos	2km Swim	83km Bike	20km Run	Finish Time
Joe Hedges	253	26	37.49	2.30.51	1.45.48	4.58.36
Team Brats	-	-	36.23	2.37.56	1.54.43	5.12.12

Husky 1000m Ocean Swim	Overall	Cat pos	Finish Time
Chris Grueninger	1	1	15.09



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Saturday, 20th February 2016

The Colour Night Run - Sydney

By Roger Moresi

The Colour Night Run was held at The Domain, in Sydney! Participants danced, skipped, walked & run around the 5k course, while they are doused in glow powder! You'll just need to make sure your head lamp is shining bright so you can catch all the glow in the dark surprises along the course too. Your dance moves will be essential at the epic finish festival, which kicks off after the run and involves even more colour and party tunes.

Okay all runners looking for something a bit different to train for, the Color runs are a great way to round up your friends to do a non-competitive run, raise some money for charity and above all really have fun?

The color run night was on the 20/2/16 and was run from Mrs Macquarie's Point around the Harbour finishing in a park near the Sydney Museum. It was a warm night and starts on dusk. The km Markers are a dedicated colour that is all lit up and you are welcomed through the markers getting sprayed with colored powder each time. You get a t-shirt for the event that highlights the colors and fun. Also after you finish there is a mini concert, food and drinks for the family. It is a great event for kids as it is not too grueling. People line up for the event for an hour after it starts but they don't seem to mind the slow start. I like getting the best start possible and along with my cousin took out the lead pack for the most part of the race.

The run was a bit short as my finishing time was 15 mins 18 sec and I managed 2nd place across the line with my cousin coming 6th. One Other retired Flight Attendant Shane Cooke ran the course also and was placed about 30th position in a time of 30 mins. The finish was one big neon party and you get finisher bags of color to throw around and celebrate the night. Overall a great alternative event if anyone wants to try it!

Roger Moresi

Colour night run – Sydney



Sunday, 28th February 2016

Orange Running Festival

By Jason Vella

The Orange Colour City Running Festival was run over the 27th & 28th of February, with a marathon, ½ marathon, 10k, 5k & 2k events. Jean Sanoy made the trek out to orange for the ½ marathon in the build-up for his first marathon in Canberra next month. The course consists of gently undulating countryside with a combination of bitumen roads and paths and well graded gravel roads. The event started and finished at the Leisure Centre, Bloomfield Campus, Forest Road, Orange, NSW. Jean did the half marathon and run a PB of 1hr 45min 13sec. Jean said, "It was a tough course, but very good place to run."

Orange Colour City 1/2 Marathon	Time:	Position	Cat. Pos.
Jean Sanoy	1.45.13	75	16



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"NEW" – Club member of the Bi-Month

The committee has introduced the Club member of the bi-month. This will coincide with the bi-monthly newsletter. The club member of the month will be chosen by 3 committee members after you send in your race reports or photos. You don't have to win the Boston Marathon, can be for anything! An exotic race location, an interesting story or an unusual race like the tough mudder. So send in your race reports and photos (nortona@iinet.net.au) to be in the running! By the way there is a small prize for the winner, a \$25 Myer/Coles gift voucher.

This month's winner is John Burroughs. John continually wins or podium finishers in his age group. Just recently placing 1st in his age group for the Hobart B& E Bridge Run. John also currently has the fastest Parkrun time by a Qantas running club member of 22.26 at Parramatta, just pipping me by 3 seconds. Congratulation John in being the inaugural winner of the club member of the month!

PS. you must be a current member to be eligible.



Parkrun

Looking at another training option? Why don't you have a look at Parkrun? These are some of the QF folk that have been to at least one Parkrun, Jean Sanoy, Mark Ward, Neil Campbell, Anne Campbell, Jason Vella, John Burroughs, Shally Singh and Gerard StoDomingo.

What is Parkrun?

It is a 5km – it's you against the clock.

When is it?

Events take place every Saturday morning. In general, events in Australia start at these times:

- 7am – Queensland & Cronulla
- 8am – NSW, Victoria, SA, WA & ACT
- 9am - Tasmania

Where is it?

All over the world! Check out the parkrun website below for your closest location. However there is a group of us that do the Menai Parkrun (8am start).

What does it cost to join in?

Nothing – it's free! All you have to do is register before your first run. And don't forget to bring a printed copy of your barcode. **When you register there is a dropdown field to add your running club – please enter Qantas Running Club.**

For more information please visit the parkrun website www.parkrun.com.au

p.s. The time to beat for the fastest Qantas running club member is 22.26, run @ Parramatta, NSW. We may have a prize for the fastest time for the year!

Messages from Members!

- On the 10th of April 2016, I will be running, jogging, walking or maybe CRAWLING a full marathon (42km) in Canberra for a good cause and to raise awareness and understanding of Crohns' and Colitis disease. Please help support my cause Crohn's and Colitis Australia. Your little donation will make a big difference and improve the quality of life of an IBD sufferer. To make a pledge please follow the link below. Thank you for your support, Jean Sanoy.
<https://runningfestival2016.everydayhero.com/au/jeanicko>
- Are you guys coming to the Gold Coast Marathon? Regards, Chris Kane. If you intent on participating in the Gold Coast festival this year can you please let me know or post on the Qantas Facebook or yammer page. This way members can organise to meet up before or after the event. Date: 2-3rd of July 2016 Gold Coast Marathon, ½ marathon, 10km, 5.7km, 4km and 2km junior dash.
- Just wanted to send a quick email as I see a lot of your running updates on Yammer and wanted to say hi. I've signed up for the Sydney Marathon in September and as I'll be running it on my own, I'll be keeping a look out for anyone running in a Qantas vest! I'm one of us who actively run here



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in the UK! Hope to see you soon, Andrew Hall.

Closer to the event I will post Qantas running club members that will be participating in the Blackmores Sydney Running Festival. Date: 18th September 2016.

- Just received notification of the World Master Games in Auckland, for April 2017. I note that along with the 10k & half, the cross country event has 3 distances (i.e. 4k, 6k & 8k). It looks good to me. Cheers, Tim.
- **WARR news 2016**
- The IWC (International WARR committee) would like members to join the WARR (World airline road race) Facebook page so you can view all the latest communications. Regards Roger.

Upcoming Events

Oatley Park Fun Run

Date: Sunday 17th April 2016

Location: Sydney – Oatley Park Ave (Cnr Dame Mary Gilmore Rd), Oatley West

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

Website: www.oatleyfunrun.com

Membership Fee Reminder

Thank you to those of you that have renewed your membership this year! Please check the Qantas Running Club website under **Members** to see if your membership is still current. Membership fees, for members who **do not** pay through payroll deduction, the \$10.00 fee can be paid through the Qantas Credit Union. The account details are listed on page 1.

When making payments to the club, the Treasurer does appreciate you using the direct debit facility straight into the Club's Credit Union account. Please ensure you add a description so he can mark off your payment when he comes to balancing the books.

Next Issue

Race reports

2016 running calendar

Virtual 5km

☺ Happy Running ☺

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Qantas Running Club

If you have any race reports or any other news you would like to share please forward to

nortona@iinet.net.au

Please join the Qantas Running Club Facebook and yammer page for all the latest QRC information.

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