

Runways

Newsletter of the Qantas Running Club
www.qantasrunningclub.org



Volume 14: Issue – December, 2015

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Editor's Notes

We welcome our newest club members Allan Bugay, Laurence Rolleston (UK), Robert Hood & Krishna Rubadas from Western Australia. I've noticed them pounding the pavement the last few months. Laurence in the JP Morgan corporate challenge in London and the World Airline Road race in Dubai, Allan in the City to Surf and Blackmore's Bridge run and Robert running in the Blackmores marathon. Great effort and welcome to the QRC.

Fun and success for the QF team at the World Airline Road Race in Dubai. Our team of over 30 Qantas family and friends run either the 10k or 5k world airline road race. With some outstanding results especially from David Barmettler and our WARR Captain Roger Moresi coming in the top 25 of both the 10k and 5k events. More reports about the World Airline Road race can be found on page 4 of this newsletter.

The committee looks forward to a more active and brighter future for the club in 2016, and wishes all members and their families a very Merry Christmas and safe festive season.

Sunday, 23rd August 2015

Colour run, Centennial Park Sydney

By Roger Moresi

On the 23rd of August, Rob and I ran the colour run in Centennial Park. I finished 1st overall in 18.21 for the 5 k course. This event is more of a community fundraiser for MS although we had a great day!!

The Course is approximately a 5km looped course where the AHHHHMAZING Colour Zones are located, this is your time to shine and is the area you absolutely MUST show us your dance moves, skipping technique, slow walk/fast walk, running speed or rolling abilities! (Basically – you don't need to run the full 5k if you're not up to it – it's all about having FUN!!

Colour run - Centennial Park, Sydney



Sunday, 13th September 2015

St George - Beachside Dash By Jason Vella

Back for its 8th consecutive year on a beautiful sunny morning just over 500 participates lined up for the 10km, 5km and 2km Brighton Beachside Dash which raises money for St George Medical Research Foundation. In the 5k first across the line was Jordan Anderson in a time of 16.22.

Beachside Dash	Time:	Position	Cat. Pos.
Jason Vella	23.25	21	5

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Start of the St George Beachside Dash



Sunday, 20th September 2015

Blackmore's Running Festival By Jason Vella

More than 30,000 people competed in the Sydney Running Festival. The event, which started in Bradfield Park, at Milsons Point, included four races; a half and full marathon, a family fun run and a bridge run.

Hisanori Kitajima, from Japan, won the marathon in a time of 2 hours, 12 minutes and 44 seconds, while Mirriam Wangari, from Kenya, won the women's division, in 2 hours, 24 minutes and 38 seconds.

There were some great results from the Qantas Running Club members with new member Robert Hood finishing the marathon in a time of 3.17.37. Grant Deitch is one of the Blue Line Legends having completed all marathons in the modern era (2001-2015) congratulations Grant that's an amazing effort. Also finishing the 42.2km course were David Bevan and Paul Healy that made the trip across from Perth.

Three members finished the 1/2 marathon in the times they were hoping to finish. And in the 9K Bridge Run Roger Moresi was the stand out finishing 63rd outright in a time of 36.29. The other outstanding result was from John Burroughs finishing 1st in his age category in a time of 42.17. Well done to all the QRC members that completed in the Blackmores Running Festival.

Blackmores Sydney Marathon	Time:	Position	Cat. Pos.
Robert Hood	3.17.37	216	40
David Bevan	4.04.15	1530	155
Paul Healy	4.46.37	2576	126
Grant Deitch	5.29.12	3075	273
Blackmores Sydney 1/2 Marathon	Time:	Position	Cat. Pos.
Michael Stove	2.04.10	4228	87
Jean Sanoy	2.06.21	4535	410
John Gately	2:16:16	5630	332
Blackmores Bridge Run 9km	Time:	Position	Cat. Pos.
Roger Moresi	36.29	63	9
Rob Gibellini	39.47	196	24
John Burroughs	42.17	385	1
Sean Jury	47.00	1168	292
Tim Garvey	54.58	3802	57
Shally Singh	59.45	5741	667
Julio Tamborini	1.00.03	5872	78
Gerard StoDomingo	1.07.42	8111	656
Christrina Tamborini	1.08.51	8330	58
Allan Bugay	1.15.21	9323	716

Some of the team from the Blackmore's running festival



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Sunday, 11th October 2015

Sharks10 Community Fun Run

By Jason Vella

Just over 300 competitors tackled the Sharks 10 Community Fun Run on Sunday, a new event starting and finishing at the home of the Sharks, Remondis Stadium.

With 10km and 3km races, the Sharks 10 headed out to Taren Point and back to the start-finish line, with some impressive performances handed in.

In the 10km, Harry Summers showed the field a clean pair of heels, completing the course in a time of 27 minutes, 36 seconds, finishing ahead of runner up Bradley Croker.

In the women's section of the 10km, it was Greta Truscott coming out on top, with her time also a quick one of a tick over 36 minutes.

In the 3km race Jonathan McLennan was first in 10:19, winning a sprint to the finish from Kyle McIntosh. The women's winner was Jas Fisher, who was sixth overall in a time of 12:14.

Organised in partnership with JORG (www.jorg.com.au), the Sharks 10 will grow and become a staple on the fun run calendar.

Sharks10 - Inaugural fun run begins



Sharks10 Community Fun Run	Time:	Position	Cat. Pos.
John Burroughs	44.17	44	1
Tim Garvey	53.32	105	7
Sharks Community Fun Run 3km	Time:	Position	Cat. Pos.
Jason Vella	14.03	11	1

October 19 - 23, 2015

WORLD AIRLINE ROAD RACE, DUBAI U.A.E.

Emirates and flydubai Running Clubs hosted the 34th chapter of the World Airline Road Race. The host headquarters hotel was the Jumeirah Creekside Hotel and the venue for the Gala Awards Dinner was the incredible Atlantis Hotel on Palm Island. Thanks go to John Burroughs, Peter Maynard & Jason Vella for the design of the Qantas T-Shirt and to Neil Campbell for organising the shirts to be printed & shipped from HKG saving the Qantas Running Club big dollars. Some of the QF team had the chance to visit places like Ferrari World in Abu Dhabi. The location for the world's largest indoor theme park with the fastest roller coaster in the world and Wild Wadi Waterpark, located in front of the stunning Burj Al Arab.

The Qantas Team had some outstanding results with David Barmettler finishing 16th outright in the 10km and 23rd outright in the 5km. On his heels was Roger Moresi who finished 19th in the 10km and 24th in the 5km.

World Airline Road Race 10km	Time:	Position	Cat. Pos.
David Barmettler	41.58	16	3
Roger Moresi	42.42	19	3
Rob Gibellini	44.26	33	7
John Burroughs	47.46	71	14
Shane Batkin	51.4	114	5
Michael Stove	54.41	159	6
Robert Taylor	54.44	160	5
Mark Ward	55.31	170	6
Jean Sanoy	57.06	188	14

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World Airline Road Race 5km	Time:	Position	Cat. Pos.
David Barmettler	20.51	23	4
Roger Moresi	20.57	24	4
Rob Gibellini	22.14	47	9
Jason Vella	23.27	70	8
John Burroughs	23.55	76	14
Tim Garvey	27.11	156	5
Glyn Sasuman	30.18	245	12
Michael Stove	30.19	247	13
Edwina Taylor	31.48	293	5
Anne Campbell	31.59	302	8
Jean Sanoy	33.25	348	22
Robert Taylor	35.12	380	12
Stephanie Taylor	35.49	398	27
Amelia Burroughs	37.55	435	15
Kevin Staines	38.53	450	27
Paul DeMott	42.12	502	16
Shane Whaite	42.56	513	30
Graeme Camac-Benson	43.13	517	33
Mark Ward	45.29	542	20
Neil Campbell	51.16	627	11
Sue Burroughs	51.16	628	20

Individual Awards:

5km David Barmettler 2nd 25-29 Age Group

5km Roger Moresi 2nd 45-49 Age Group

10km David Barmettler 1st 25-29 Age Group

If you haven't been to a World Airline Road Race I can tell you they are the pinnacle of the running calendar. The World Airline Road Race is more like annual holiday that enables participants, friends, and family to fully experience various worldwide destinations. This unique event attracts about 3,000 participants and guests. Most attendees are from the airline industry, but in recent years WARR has attracted a growing number of non-airline participants who are interested in holidaying in a popular tourist destination, to meet new people from around the world and to enjoy the many special social events that take place during WARR week and for the runner a chance to compete in the 5K and/or 10K WARR runs. WARR continues to fulfill its original mandate to provide a worldwide athletic

event, promote travel within the airline industry and to foster friendships among people of the world.

If you are starting to become a little interested then maybe you can start planning for the 2016 World Airline Road Race in Chicago, Illinois. The theme is yet to be advised and the date of 21st-25th September is tentative at the moment waiting for local approvals. We'll keep you posted with all the latest news on next year's WARR in future newsletters.

Wednesday, 11th November 2015

JP Morgan 5.6k Corporate Challenge, Sydney

A big thank you goes out to Joe Hedges for once again organising the QF team for the JP Morgan Corporate challenge. Thank you for the support you gave the team with keeping us updated with all activities. The charity partner of the race is the Indigenous Marathon Project, which again provided the team with great running singlets. Showers & overcast conditions greeted teams for the 6.30pm start at Centennial Park. QF had a team of over 40 registered with some outstanding results as per below.

Mixed team:

Roger Moresi 21:20

Craig Hall 22:37

Christine Maybur 23:17

Pippa Lyon 23:44

Total time: 1:30:58

Men's team:

Rob Hood 22:44

Joe Hedges 23:08

Jason Vella 25:56

Matt Simpson 27:21

Total time: 1:39:09

Women's team:

Maddy De Guara 24:48

Rebel Bissaker 26:29

Lisa Burke 26:55

Amy Taggart 28:07

Total time: 1:46:19

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JP Morgan 5.6K Corporate Challenge	Time	Position	Gender Cat.
Roger Moresi	21.20	-	-
Craig Hall	22.37	405	379
Rod Hood	22.44	430	403
Joe Hedges	23.08	521	484
Christine Maybury	23.17	563	42
Pippa Lyon	23.44	680	56
Maddy Deguara	24.48	1057	100
Kathy Elek	25.54	1436	161
Jason Vella	25.56	1452	1290
Rebel Bissaker	26.29	1680	202
Lisa Burke	26.55	1851	237
Jannes Wagner	27.14	1982	1719
Matt Simpson	27.21	2042	1767
Alan Bugay	27.43	2189	1872
Amy Taggart	28.07	2356	362
Stuart Rose	29.06	2753	2270
Domenic Fedele	29.09	2775	2281
Nina Maffei	30.50	3431	749
Nick Bresovski	31.31	3664	2819
Andrew Plunkett	31.57	3807	2885
Rebecca Baart	32.12	3888	963
Jason Timor	32.17	3930	2947
Michael Young	32.22	3958	2962
Nicole Shepherd	32.23	3969	1002
Shally Singh	33.09	4191	1113
Nathalie Hayward	34.16	4479	1276
Derrin Stent	35.13	4696	1396
John Gately	35.22	4721	3312
Abby Becroft	35.33	4764	1441
Basia Kwiatkowska	36.28	4932	1544
Kate Badham	36.37	4962	1563
Lisa McCallum	37.42	5135	1656
Clarissa Farrell	38.32	5248	1728
Christine Dinh	39.52	5391	1819
Abbey Hill	41.17	5499	1889
Fiona Constantinides	41.18	5500	1890
Peter Buckingham	54.17	6241	3837
Angela Venkateshwar	54.18	6243	2406

Some of the QF team from the JP Morgan 5.6Km Corporate Challenge @ Centennial Park, Sydney.



Running Warehouse Au

My name is Stuart Caulfield and I work at a new specialist online running shop called Running Warehouse. Our goal is provide the most comprehensive range of running products to all levels of runners. From Brooks, Asics and Pearl Izumi, to hydration packs, headlights and nutrition products. We stock a large range of neutral and support shoes, trail shoes and racing flats. Please check us out at www.runningwarehouse.com.au

We would love to be involved in your Running Club/Series by offering your members/participants a VIP shopping coupon. Below is a 15% discount coupon ready to be used immediately. If there are other ways of being involved by offering prizes or by being involved in a bigger partnership, please let us know.

15% VIP Coupon Code (not case sensitive):

RunQantas

If you are interested in discussing ways we can of work together further please give me call on (08)6160 9073.

Happy Running!
 Stuart Caulfield
 B.Sc (Hons) Exercise & Health
 Running Warehouse
www.runningwarehouse.com.au

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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 below. 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.

Many thanks,

The details for the QRC account are:

Qantas Staff Credit Union

BSB 704 865

Account: 02166990

Name: QAN

Description: your name

Upcoming Events

QRC 2016 Running Calendar

Hobart B&E Bridge Run

By Shally Singh

I'm touching base to spread the word if anyone is interested in running the Hobart B&E Bridge Run on Sunday 14th February 2016? I have started up a corporate team (only me in it at this stage, lol) and can register with the following details as below;

Date: 14th February 2016

Location: Hobart, Tasmania.

Distances: 1km, 5km & 10km

Start times: 10k 7.30am, 5k 8.30am & 1k 9.45am

Team name: Qantas Running Team

Password: Qantas

Website: www.hobartrunthebridge.com.au

I have put my name down as the contact if anyone needs any info, Shally 0405 747 315. Would be nice to have a few of the interstate guys come down, it's a really good run and very picturesque!

Also forgot to mention the Cadburys Marathon on Sunday 10th January 2016 if anyone is interested? Cadburys Marathon also has a half, 10km and 5km run also.

Next Issue

More info on the QRC AGM
2016 running calendar

☺ Happy Running ☺

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If you have any race reports or any other news you would like to share please forward to
tim.garvey@bigpond.com

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

Qantas Running Club Annual General Meeting

Everyone is Welcome to attend the AGM.
Date: To be advised, however will probably be late January of early February 2016. To be confirmed in next newsletter.

You do not have to be based in Sydney to hold any of the committee positions. Please check the below table for the 2016 committee positions and descriptions and check the QRC website www.qantasrunningclub.org for more information.

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2016 COMMITTEE POSITIONS & DESCRIPTION

Title	Name	Location	Contact Tel.No.	Position Description
President	Vacant			Chair meetings, Signatory to Club's Bank account Controls & manages the affairs of the association with the committee.
Vice President	Vacant			Chair meetings when the President is unavailable All other duties of a committee member
Secretary	Vacant			Maintain Membership register Keep minutes Initiates correspondence among members Publishes notices of meeting dates.
Treasurer	Vacant			Ensure all money due to the Association is collected & all payments authorised Maintains the Club's banking account Submit audited accounts to (AGM) copy to QF HR & Public Officer for submission to Dept of Fair Trading.
Committee Members	3 x Vacant positions			Attend committee meetings, Support the elected officers.
Public Officer	Vacant			Should be an elected member Ensure the submission of annual or ad hoc returns to the Dept of Fair Trading Must keep a copy of all records, books and other documents relating to the association.
Other Club Positions				
Position	Name	Location	Contact Tel.No.	Description
WARR Captain	Vacant			Liaison between International WARR Committee, Host WARR Committee, QRC Committee and WARR Participants Arranges production of QRC WARR T-shirt. Promote WARR to QRC members and QF Staff.
Honorary Auditor				Not a member of the running club. Is a registered Accountant Certifies the books of the club prior to the AGM
Newsletter Editor	Vacant			Prepares bimonthly newsletter for club members
Merchandise Officer	Vacant			Holds stock of various merchandise, ie. running singlets for sale to members. Receipts monies and passes details to treasurer for reconciliation.
WARR T-Shirt Committee	Vacant Vacant Vacant			Co-ordinates the WARR T-shirt Design and Production
Run Co-ordinators	Vacant			Co-ordinates any team entries prior to race
External Web Master	Vacant			Design and Manage external QF Running Club website
Administrator of Facebook & Yammer	Vacant			Manages & updates Qantas Running Club social media

QRC Thursday Lunch Time Social Run

A few of us go out for a run every Thursday @ lunchtime. I think it is a good opportunity for QRC members (and aspiring members) to hang out. We typically go for the run showed below and soak in some jet fuel fumes, with a short grasp of fresh air in the Tempe Reserve.

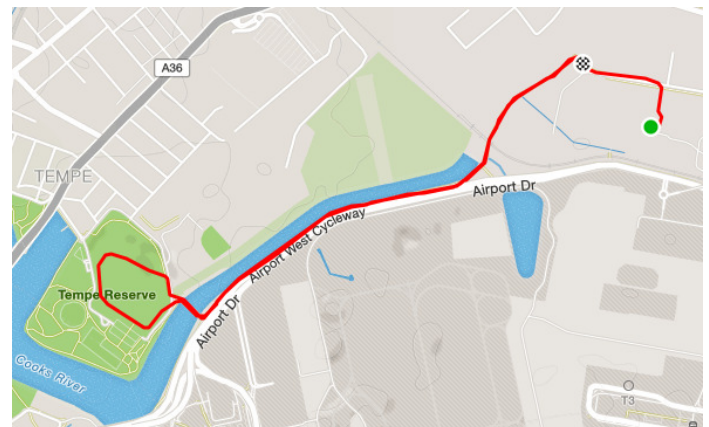
If you are concerned about personal hygiene, speak to David Bevan about showers and lockers availability/access down in stores.

The run is about 4 and a half k's and we usually take just under 30 minutes. We all stick together and use it as a training run.

Location: SDC – Sydney Distribution Centre
 (263-271 Coward Street)

Time: 12 noon weather permitting

Contact: David Barmettler or Jason Vella



Some photos from the World Airline Road Race, Dubai UAE.

