

## In this Issue of Runways

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## Editor's Notes

One of our long standing QRC members Lou Lombardi is not 100% at the moment. For those who know him, Lou has been a regular at fun runs like the Sutherland to Surf and City to Surf, however Lou has been forced to rest for a bit. He has a clot in his groin which is both painful and impairs his movement. Our thoughts are with Lou and hope for a speedy recovery.

Well with only 41 days to go before the World Airline Road Race in Dubai. The Qantas Running Team has built up nicely with the following people registered – Roger Moresi (Capt.), Sue Burroughs, John Burroughs, Amelia Burroughs, Jason Vella, Tim Garvey, Shane Batkin, Neil Campbell, Anne Campbell, Lynn White, Mark Ward, Rob Gibellini, Kevin Staines, Paul De Mott, Michael Stove, David Barmettler, Jean Sanoy, Glyn Sasuman, Stephanie Taylor, Mike Grehan & Laurence Rolleston.

For all the latest news on the World Airline Road race please refer to the articles on page 5 of this newsletter.

Wednesday, 8<sup>th</sup> July 2015

## **JP Morgan 5.6k Corporate Challenge at Battersea, London**

By Jonathan Acosta

On a sunny Wednesday afternoon a group from the London office run the JP Morgan 5.6k corporate challenge at Battersea Park, London. With a capacity crowd from 349 companies.

A record turnout of 11 QF runners representing all business areas except for Freight. Lawrence, Aaron and I were nose to nose until the last sprint to the line. We all had a great time and once again were the fastest team in our category (Airlines/Travel Related), maybe next year there will be some other airlines or travel companies sign up.

I'll start gauging interest amongst our UK runners to see if anyone will be able to join you guys at the Dubai WARR.

JP Morgan Corporate Challenge QF LHR Team



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JP Morgan 5.6k corporate challenge QF results:

JP Morgan 5.6K Corporate Challenge	Time	Position	Gender Cat.
Aaron Stone	25:09	3412	3275
Jonathan Acosta	25:14	3512	3370
Laurence Rolleston	25:19	3628	3470
Ashton Khun	29:07	9125	8039
Andrew Hall	30:30	10983	9295
David Blades	30:31	10999	9307
Richard Hampton	32:36	13423	10759
Jess Millen	33:56	14623	3268
Tom Hazelden	36:52	16577	12145
Simone Rosslind	54:22	19480	6400
Renee Chadwick	54:23	19481	6401

**The Sydney JP Morgan 5.6k Corporate Challenge, is on Wednesday the 11<sup>th</sup> of November. Last year we had 35 in the QF team let's try and triple our numbers! Sign up and join the QF Team!**

Date: Wednesday, 11<sup>th</sup> November 2015  
Location: Centennial Park  
Time: 6.30pm  
Website: [jpmorganchasecc.com](http://jpmorganchasecc.com)

QF Team Captain: Joe Hedges  
Please contact Joe on Ext 2-3439 or email [joeedges@qantas.com.au](mailto:joeedges@qantas.com.au) if you require more information

## Entry information:

Registration is now open via event website [jpmorganchasecc.com](http://jpmorganchasecc.com)  
Entry fee is \$55 per participant plus 10% GST  
Entries close 5.00pm Wednesday, 21 Oct 2015  
You must be at least 18 years old and an employee of Qantas to enter the race.  
No Race Day Entries!

QF returned to the JP Morgan Corporate Challenge last year after an absence of several years. QF team captain, Joe Hedges did a fantastic job organising the team last year with the support of the Indigenous Marathon Project more than 30 QF employees lined up for last year's event. Hopefully this year we can get some record numbers.

The JP Morgan Corporate Challenge Series is a world-wide series of 3.5 mile (5.6 km) running events open to groups of full-time employees from organizations within the business and public sectors. Participants may register only as part of a company team - no individual entries are accepted. After the race, each organization groups its participants into an unlimited number of four-person teams in order to determine the race's top teams. Awards are presented for individual and team performances.

Each company entered is led by a Company Captain, who recruits participants, and enters and manages the team.

Participating companies use the event as a platform to promote health and fitness in the workplace, foster goodwill and camaraderie among their employees, and show their commitment to the community and best environmental practices. The Corporate Challenge strives to make a difference through a donation to a not-for-profit organization in each host city, and through our operations initiatives designed to make the Corporate Challenge the world's greenest road race.

Sunday, 12<sup>th</sup> July 2015

## Sydney Harbour 10k & 5k

By Jason Vella

On a chilly 8 degree Sydney morning with a 20kph NW wind 3827 participates lined up for the Sydney Harbour 10k and 753 participates for the Sydney Harbour 5k event. Due to the overnight thunderstorms and cold conditions numbers were down on expectation. The QF running team came a respectable 26. Team members included John Burroughs, Jason Vella, Michael Flower and Shally Singh. John was the fastest member of the team finishing in a time of 45:19.

For the record Australian Marathon Gold Medallist, Michael Shelley held off 10,000 metre record holder, Ben St Lawrence to take the Real Insurance Sydney Harbour 10k in a time of 29:04.

The Sydney Harbour 10k and 5k events aren't just for elite runners but are ideal for fun runners preparing to take part in the winter and spring classic runs. It's a fairly easy course that takes in some of the best views of Sydney Harbour and you can relax afterwards in the great atmosphere of The Rocks.

John Burroughs with the finish in sight powers to the line & in the process places 2<sup>nd</sup> in his age group.



Sydney Harbour 10k & 5k QRC member's results:

Sydney Harbour 10K	Time:	Position	Cat. Pos.
John Burroughs	45:19	520	2
Jason Vella	47:43	767	162
Michael Flower	54:55	1998	480
Shally Singh	64:08	3109	377
Sydney Harbour 5K	Time:	Position	Cat. Pos.
Kylie Daw	33:46	374	78

Sunday, 19<sup>th</sup> July 2015

## Sutherland to Surf 11k

By Tim Garvey

After a week of below normal temperatures I was dreading an early morning start. I made sure I had my "tights" on as I met Shane, John, Neil & Jason to set up for our post-race breakfast, at 6.30am. The early morning drizzle cleared by the time we erected the tent, but the cold, breezy conditions remained. John, Neil & I headed for the start line, where close to 7,000 registered runners & walkers were assembling. I've run this race many times, as it is one of my favorites. It has a slight downhill feel to it, but one needs to be ready for several little uphill "kicks" towards the end. The course changed this year to a more scenic view as the last kilometre or so runs along the waterfront, from the North Cronulla Surf Club. It was the second year for a favorable finish adjacent to Don Lucas Reserve, where there is ample space to cool down & mingle. For me, this was another enjoyable run, especially pulling up injury free. Although the QRC numbers were down this year, those that were present enjoyed a beautiful breakfast prepared by Sue & John. Our thanks go to them, both.



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Canberra runner Jordan Gusman set a frantic pace early and was the first male across the line in 33 minutes .03 seconds. Gusman completed the 11 kilometre event in good time with Matthew Cox just one second behind in second place, with Bryce Coles-Sinclair, from Barden Ridge, third. Olympian Steve Moneghetti, from Ballarat, also ran in the race finishing 10th in 35 minutes and 0.2 seconds.

Eloise Wellings of Cronulla was over the moon when she crossed the line as the first female in 36 minutes and 24 seconds, with Alexandra Grant, second, and Laura James, third.

Sutherland to Surf 11km QRC member's results:

Sutherland to Surf	Time:	Position	Cat. Pos.
Bill Lloyd	46.07	245	1
Chris Grueninger	46.12	246	76
John Burroughs	50.33	509	5
Sean Jury	51.04	562	160
Tim Garvey	61.19	1837	41
Neil Campbell	62.20	1960	49
Jean Savoy	62.26	1971	348
Brett Hardy	68.06	2595	198
Gerard StoDomingo	84:44	3718	499

Some of the QF team after the Sutherland2Surf



Sunday, 9<sup>th</sup> August 2015

## City to Surf 14k

Bright, sunny skies greeted 64,000 runners and walkers for the Sydney City to Surf. Roger Moresi was the best of the Qantas runners finished 697 outright in an excellent time of 56.19. Was nice to see Shally Singh, Bonnie & Justin Davies make the trip up from Hobart for the largest fun run in Australia.

City to Surf 14km QRC member's results:

City 2 Surf	Time:	Position	Cat. Pos.
Roger Moresi	56.19	697	133
Bonnie Davies	63.15	2964	105
Sean Jury	68:18	6335	2119
Justin Davies	72.43	9853	3063
Allan Bugay	76.25	13230	2219
Jean Sanoy	80.34	17188	2718
Tony Lord	86.48	23397	377
Brett Hardy	89.14	25772	1637
Shane Galbraith	94.43	30308	1876
Kirsty Smith	95.29	30871	3774
Shally Singh	97.33	32444	6630
Vas Anandaraman	107.4	38528	4562
Gerard StoDomingo	112.21	40777	4742
Bob McNair	129.04	46894	169
Rachna Verma	163.19	57862	7938

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## 34<sup>th</sup> World Airline Road Race



**Only 41 Days until**

The 34<sup>th</sup> World Airline Road Race  
Date: 19<sup>th</sup>-23<sup>rd</sup> October 2015  
Dubai, United Arab Emirates  
Distance: 10k & 5k

It's not too late to register for the World Airline Road Race please refer to the WARR website [www.worldairlineroadrace.org](http://www.worldairlineroadrace.org) for the link & how to register.

The **Host Headquarters Hotel** is the Jumeirah Creekside Hotel has SOLD OUT at the discounted WARR rate. Please review the new overflow hotels which have been released on the WARR website [worldairlineroadrace.org](http://worldairlineroadrace.org) please note prices are in USD.

The **Venue** for the **Gala Awards Dinner** is the incredible **Atlantis Hotel** on Palm Island!



**The Qantas WARR T-shirts are NOW ready!**

The Qantas Running Club has ordered 120 T-Shirts. The T-shirt is standard cotton dry fabric. They come in XS, S, M, L, XL & XXL.

**Members Price - \$12.00**

To **order**, please send [jvella@qantas.com.au](mailto:jvella@qantas.com.au) an email with your sizes and quantities.

WARR T-Shirt (Front)



WARR T-Shirt (Back)



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## PRE-WARR Get together (03-Oct-2015)

Kevin & Rebecca Staines have kindly offered to have the pre-WARR get together at their home on Saturday the 3<sup>rd</sup> of October. If you are interested in attending please rsvp Kevin & Rebecca on the following email - [kevinstaines@optusnet.com.au](mailto:kevinstaines@optusnet.com.au) and they will confirm address and time! If you do intend to go please bring your own meat and drinks. WARR T-shirts will be distributed and team activities in Dubai discussed.

## WARR 2015 – Dubai Calendar of Events

#	Day	Date	Time	Events	Venue
1	Sunday	18-Oct-15	1700-2000	WARRtering Hole	To be advised
2	Monday	19-Oct-15	1700-200	WARRtering Hole	To be advised
3	Tuesday	20-Oct-15	1700-2000	WARRtering Hole	To be advised
4	Wednesday	21-Oct-15	1700-200	WARRtering Hole	To be advised
5	Thursday	22-Oct-15	1300-1500 ..... 1700-0100 .....	Team Capt's meeting ..... T-Shirt Swap Party	Emirates Group HQ ..... Jumeirah Creekside Hotel
6	Friday	23-Oct-15	0600-0730 ..... ..... 0800-0930 ..... ..... 1800-0200	10km Run ..... ..... 5km Run ..... Gala Awards Dinner	Venues for runs tba ..... ..... Atlantis Hotel The Palm Dubai

- WARRtering hole venues to be announced shortly.
- T-shirt Swap Party to be held at the WARR HQ hotel - Jumeirah Creekside Hotel.
- Team Captains' meeting takes place on Thursday 22nd October at the Emirates Group Headquarters.
- Dubai weekends are Friday & Saturday therefore, both races take place on the early morning of FRIDAY 23rd October.

## Qantas Running Team – Schedule of Events

- I endeavour to place messages on the notice board in the foyer of the WARR HQ hotel, The Jumeirah Creekside Hotel of the Qantas Running Team's activities. However the following 2 trips will be organised.
- The Qantas Running Team intent to organise a day trip to Abu Dhabi to visit Ferrari World – The world's largest indoor theme park with the fastest roller coaster in the world. Proposed date is Tuesday the 20<sup>th</sup> of October.



- The Qantas Running Team also intent to organise a day trip to Wild Wadi Waterpark. Located in front of the stunning Burj Al Arab, Wild Wadi offers 30 rides and attractions for all the family. Wild Wadi is themed around the tale of Juha, a known character from the Arabian folklore. Proposed date is Wednesday the 21<sup>st</sup> of October.



- Also on Thursday the 22<sup>nd</sup> of October the Qantas Team will have a meeting before the T-Shirt party to discuss last minute updates from the Host Committee, meeting points, buses to venue etc. Also a group photo of the Qantas Team will be taken for the QRC newsletter.



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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 Staff 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 2015 Running Calendar**

#### **Blackmore's Running Festival Sydney**

Date: 20<sup>th</sup> September 2015

Location: Sydney

Distances: Marathon, 1/2 marathon, 9k & 3.5k

Qantas Team Name: Qantas Running Team

Password: Qantas

For start times & entry fees refer website:  
[sydneyrunningfestival.com.au](http://sydneyrunningfestival.com.au)

#### **Sharks 10 Community Fun Run**

Date: 11<sup>th</sup> October 2015

Location: Woolooware Bay, Sydney (starts and finishes @ Remondis Stadium (Shark Park).

Distances: 10k & 3k

Qantas Team Name: Qantas Running Team

Password: No password

For start times & entry fees refer website:  
[sharks10.com.au](http://sharks10.com.au)

## **2015 - YEARLY EVENT CALENDAR**

please email me if you would like to add your event

Date	Event	Venue	Contact
Sunday - 13th Sept	Beachside Dash	Dolls Point	<a href="http://stgeorgebeachsidedash">stgeorgebeachsidedash</a>
Sunday - 20th Sept	Blackmores Festival	Sydney	<a href="http://sydneyrunningfestival.com.au">sydneyrunningfestival.com.au</a>
Sunday 11th Oct	Sharks10	Cronulla	<a href="http://sharks10.com.au">sharks10.com.au</a>
Sunday 11th Oct	Melbourne Festival	Melbourne	<a href="http://melbournemarathon.com.au">melbournemarathon.com.au</a>
19-23rd October	<b>WARR</b>	Dubai, UAE	<a href="http://worldairlinerodrace.com">worldairlinerodrace.com</a>
Wednesday 11th Nov	JP Morgan Corporate	6.30pm Sydney	<a href="http://jpmorganshasecc.com">jpmorganshasecc.com</a>
Sunday - 15th Nov	Point to Pinnacle	Hobart, Tasmania	<a href="http://pointtopinnacle.com.au">pointtopinnacle.com.au</a>

Found the following article quite interesting!  
(Reproduced with thanks from AVOHK Newsletter)

[www.runnersworld.co.uk/health/moderate-beer-intake-has-no-ill-effects-on-post-running-recovery/13676.html](http://www.runnersworld.co.uk/health/moderate-beer-intake-has-no-ill-effects-on-post-running-recovery/13676.html)

### **Moderate beer intake “has no ill effects” on post-running recovery!**

Drinking a moderate amount of beer in addition to water after running had no adverse effects on rehydration, according to the findings of a new study. That post-run pint isn't anything to be ashamed of – a recent study published in the Journal of the International Society of Sports Nutrition found that moderate beer intake after running in hot conditions had no adverse effects on rehydration. The research, carried out at the University of Cadiz in Spain, had 16 active men run for around one hour at 60% of their VO<sub>2</sub> max in a lab at 35°C. In the two hours following the run, participants either consumed mineral water or up to 660ml of beer as well as water. In both groups, body mass decreased following exercise and increased in the rehydration

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period, with negligible differences between the water-drinking and beer-drinking groups. No adverse effects were found on other measured perimeters such as fluid balance and body composition. The researchers concluded "We could advise those who regularly consume beer after sport or are physically active in the heat that a moderate intake would not alter the recuperation process."

If that's not a sign that you should start ending your runs at the pub, we don't know what is.

## Next Issue

Race results & reports

☺ **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](mailto:tim.garvey@bigpond.com)

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