

Runways

Newsletter of the Qantas Running Club
www.qantasrunningclub.org



Volume 12: Issue – May / June 2015

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Editor's Notes

Firstly I hope all the mums out there had a fantastic Mother's Day and were spoilt.

It was great to see so many Qantas running club runners at the recent Oatley fun run. Hopefully we can keep those numbers up for some of the other major events throughout the year.

Now that I've dusted off my running shoes, I'd thought I'd tell you about Parkrun. I registered and had my first Parkrun last weekend. I must admit that I really enjoyed the morning. The atmosphere is relaxed and everyone is very friendly. At the Menai Parkrun that I attended last weekend there were over 100 people of all shapes and sizes out for a Saturday jog. I've wrote an article in this newsletter of how to join and where to find more information. The great thing about Parkrun is there are no expectations and you can run whenever you feel up to it.

Good luck to the Qantas running club members lining up in the Sydney Morning Herald ½ Marathon and The City to Casino fun run in Hobart this weekend.

34th World Airline Road Race

Date: 19-23 Oct 2015

Location: Dubai, United Arab Emirates

Distance: 10km & 5km

Registration for the World Airline Road Race is **NOW OPEN** please refer to the WARR website www.worldairlineroadrace.org for the link. Please note that the Awards Dinner slots may be limited due to capacity constraints so the earlier you book your seat the better. The WARR host committee are in the process of acquiring a bigger venue and they will be advising us in due course.

The Host Headquarters Hotel venue has now been released and is the **Jumeirah Creekside Hotel**. Located in the heart of Dubai and overlooking the Dubai Creek, Jumeirah Creekside Hotel in Dubai is conveniently situated for access to Dubai's International Airport and within minutes away from some of Dubai's most important landmarks and shopping centres.

Room type: Superior room, Rate single occupancy AED 650, Rate double occupancy AED 700. All rooms are subject to 10% municipality fees, 10% service charge and tourism Dirham fee of AED 20 per room per night. Buffet breakfast in Nomad Restaurant is included in the above room rate.

Book soon as discounted rooms are limited and are on a first come first served basis. To reserve your room please fill out the form attached in this email and send to jchinhouses@jumeirah.com and also E-mail a copy to the Host Committee at warr2015@emirates.com. The reservation form does not serve as a confirmation. A written confirmation will be sent to you by Jumeirah Creekside Hotel after receipt of the reservation request form.

Check in – 3pm

Check out – 12pm

Some of the Features of this Hotel:-

Free Wi-Fi

2 Outdoor Pools / deck chairs

Laundry facilities

4 Tennis courts on site

Supervised childcare / activities (surcharge)

Free shopping centre shuttle

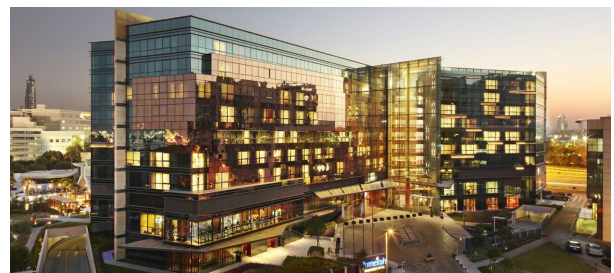
Spa tub / sauna

Health club

Poolside bar

Luggage storage

Spa treatment rooms



WARR Host Hotel - Jumeirah Creekside Hotel

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If you're not familiar with the World Airline Road Race and are thinking about going for the first time! Let me tell you what it's all about, What is WARR? The World Airline Road Race is an annual run / holiday event that enable participants, friends, and family to fully experience various worldwide destinations. This unique event attracts 5,000 plus 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 fulfil its original mandate to provide a worldwide athletic event, promote travel within the airline industry and to foster friendships among people of the world. WARR's growth has attracted many distinguished sponsors, city dignitaries and runners.

Qantas WARR team captain is Sue Burroughs and this year we plan to make it a WARR to remember. Designs and artwork for our Qantas T-shirt have already begun. This is for the annual T-Shirt swap party the night before the race. This is where all the participants from airlines from all over the world swap their airline merchandise and T-Shirts.

Most of the Qantas team book the host hotel about four nights before the race. So we can endeavour to see some of the attractions of the city we are visiting this year being Dubai. Apart from all the attractions in Dubai I know of a group already planning to go to Abu Dhabi to visit Ferrari World where they have the fastest roller coaster in the world.

About a month out from the event we usually have a pre WARR get-together to discuss and talk about our plans for the event. I know that we plan to have some interstate and overseas employees planning to go this year which makes it hard to come to this get-together. However I will definitely let you know any information coming out of this get-together.

In the last newsletter before WARR I'll make a list of all the Qantas team that have registered & supporting family members that intend in going to Dubai. Once in Dubai we can catch up with new Qantas WARRriors,

have a team meeting, catch-up and distribute T-Shirts. If you're interested please email me jvella@qantas.com.au and I will let you know the latest regarding WARR 2015. Also kept an eye open on the World Airline Road Race website www.worldairlineroadrace.org as they are the first to publish the latest news updates from the host committee.



Parkrun

Looking at another training option? Why don't you have a look at Parkrun?

What is Parkrun?

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

When is it?

Every Saturday at 8.00am

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.

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



Menai Parkrun – Saturday's 8am

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New Qantas Running Club Apparel

The Qantas Running Club has made an initial order with Champion systems Australia who are a custom apparel specialist in Tri, Cycle and Running gear.

That consists of men's and women's cuts in classic run shorts, long run shorts, apex link tri running top and apex aquathon speedsuit. Below is a description of the apparel that the QRC has order. Photos of each item are attached at the end of this email.

- (1) **Classic Run Short** – Classic loose fitting running short design. Features a privacy liner, key pocket, and drawstring waist. Available in both men's and women's cuts. Fully sublimated with our Qantas Running Roo team logo and design. Made from champion systems exclusive CS Wind guard fabric.
- (2) **Long Run Short** – Design featuring full split sides. Features a privacy liner, key pocket, and drawstring waist. Longer length with our Qantas Running Roo team logo and design. Made from champion systems exclusive CS Wind guard fabric.
- (3) **Apex Link Tri Top** - A well designed simple premium tri top that can be used for all triathlon disciplines. Constructed entirely from Champion systems exclusive CS Hydrodry fabric allowing a precision fit and increased compression. Features: CS Hydrodry fabric, 81% polyester, 19% spandex, 155g/m2 weight. Quick dry, water repellent. Anatomic panels. Available in Men's and Women's cuts. Flat lock, long length, pocket with our Qantas Running Roo team logo and design.
- (4) **Apex Aquathon speedsuit** - An aerodynamically styled garment designed specifically for aquathons and triathletes. Features an extended sleeve and shoulder cut, designed to reduce chaffing whilst running and swimming. Flatlock exposed seams reduce chaffing and improve the fit of the suit ensuring a snug tight contact with your skin. Front zip entry, YKK zip used the market leader in technical

performance garments. Two covered rear pockets to place your nutrition needs. The cover helps to reduce drag in the water and keep your nutrition safely in place. Hydrodry Triathlon specific fabric. Design exclusively to enhance the aerodynamic nature of this suit. Champion system exclusive injection grippers hold the garment in place by gripping directly to your skin without the need for elastic. More comfortable whilst enhancing the fit and performance of the suit. Full sublimation on all panels of the suit with the Qantas Running Roo team logo and design.

If you would like to order any of the above items can you please email me jvella@qantas.com.au with your size and quantities? Please send your orders in before 29th May 2015 as this is when I'm going to place our second order.

Now the important piece of information the Price! Below you'll find the price for each item. The Qantas Running Club has generously subsidised each of the below items.

	QRC Members Price
(1). Classic Run Short	
Men's	\$33.00
Women's	\$33.00
(2). Long Run Short	
Men's	\$37.50
Women's	\$37.50
(3). Apex Link Tri Top	
Men's	\$98.10
Women's	\$98.10
(4). Aquathon / Tri Suit	
Men's	\$246.05
Women's	\$246.05
(5). QRC Polo Shirt	\$15.00

Thanks & regards,
Jason Vella.
Qantas Running Club Treasurer.

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Race results & reports

Oatley Park Fun Run

Date: 26th April 2015

Location: Oatley Park, Sydney

Unfortunately the weather wasn't great for this event. The days leading up to this race the heavens had opened up which flooded many parts of Sydney. Because of this numbers were down on previous years with a field in the 5km event a little under 600 competitor's. However that didn't dampen the spirits of the brave runners that swished through the boggy Oatley Park to line up for the start. The 5km is a challenging run, with a couple of hills that definitely gets your heart pumping.

The 2 lap course of the upper end of Oatley Park finishes with a lap around the cricket oval just for good measures. The Qantas Running Club had a team of 14 however only 11 made it on the day. Best result from the Qantas running club was from John Burroughs in a time of 22:33. In posting that time John took out his age group category. Anne Campbell excelled as well placing 3rd in her age group. For the record the event was won by Harry Summers in a time of 14:36. The fastest female was Olympian Victoria Mitchell in a time of 16:37.

I'd also like to thank Anne & Neil Campbell for hosting a BBQ after the event everyone shared some stories and had a fantastic time.



Oatley Park fun run (Standing Anne & Neil Campbell, Sue Burroughs, Wayne Williams, Kevin Staines, Jason Vella & Christina Tamborini. Kneeling Jean Savoy, John Burroughs and Tim Garvey).

Oatley Park Fun Run QRC members results:

Oatley - 5km Results	Time:	Position	Cat. Pos.
John Burroughs	22.33	93rd	1st
Jason Vella	22.49	104th	40th
Wayne Williams	25.40	169th	13th
Jean Savoy	27.32	237th	74th
Neil Campbell	28.24	268th	7th
Anne Campbell	29.42	310th	3rd
Tim Garvey	30.51	331st	9th
Julio Tamborini	31.18	344th	11th
Christina Tamborini	34.48	429th	26th
Sue Burroughs	50.35	528th	37th
Oatley - 2km Results	Time:	Position	Cat. Pos.
Kevin Staines	15.49	124th	4th

Ironman Asia-Pacific Championship Melbourne

Congratulations to Paul Healy from Perth in finishing the Melbourne Ironman in a fantastic time earlier in the year. Amazing effort after completed the 3.8km swim, 180km cycle and 42.2km run in a time of 14hrs58min33sec.

Melbourne Ironman	Div Rank	Gender	Overall
Paul Healy	25	1379	1625
Finish Time	Swim	Bike	Run
14:58:33	1:32:55	7:28:46	5:36:12

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Below - Paul in the Melbourne Ironman



Penny Mewing has entered the RIVER RUN 100km team event. Location is at South Bank, Brisbane on Sunday the 16th of August. Good luck with your training and we'd love to hear a race report.

Upcoming Events

The Sydney Morning Herald ½ Marathon

Date: Sunday 17th May 2015

Location: Sydney

Refer website smhhalfmarathon.com.au for more information.

The City to Casino Fun Run & Walk

Date: 17th May 2015

Location: Hobart, Tasmania

Distances: 11km, 7km & 2.7km run

Start Times: 9am

Refer website citytocasino.com.au for more information

The Albie Thomas Rockdale Fun Run

Date: 24th May 2015

Location: Peter Depena Reserve, Dolls Point, Sydney.

Distances: 5km run & 1km walk

Start Times: 8.30am

There is a free sausage sizzle after the event for all competitors. Please refer to the website for more details

www.rockdalefunrun.com.au

Gold Coast Marathon festival weekend

Date: 4-5th July 2015

Race Schedule (subject to change)

Saturday 4th July

10km Run, 5.7km Challenge, 4km Junior Dash, 2km Junior Dash

Sunday 5th July

½ Marathon, Marathon

Refer website: www.goldcoastmarathon.com.au

Membership Fee Reminder

Thank you to those of you that have renewed your membership this year!

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.

Payments to the Club for membership, singlet's and new Qantas running club apparel

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**

Can you please also send an email to jvella@qantas.com.au once you have completed your transfer so he can update the books?

Next Issue

World Airline Road Race update

Sydney ½, City to Casino & Albie Thomas race results and reports

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☺ Happy Running ☺
Hope to See you at
WARR Dubai
19th - 23rd October

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Photos of the New Qantas Running Apparel

Please refer to the above article on how to order?

(1). **Classic Run Short** (Men's & women's cuts)
Members Price: \$33.00
Non-member: \$44.00



(2). **Long Run Short** (Men's & women's cuts)
Members Price: \$37.50
Non-member: \$50.00



(3). **Apex Link Tri Top** (Men's & women's designs)
Members Price: \$98.10
Non-member: \$109.00

Front - Tri Running Top



Back – Tri Running Top

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(4). Apex Aquathon/Triathlon Speedsuit (Men's & women's designs)
 Members Price: \$246.05
 Non-member: \$259.00

Front - Aquathon/Triathlon Speedsuit



Back - Aquathon/triathlon Speedsuit



YEARLY EVENT CALENDAR

please email me if you would like to add your event

Date	Event	Venue	Contact
Sunday - 17th May	Sydney 1/2 Marathon	Sydney	smhhalfmarathon.com.au
Sunday - 17th May	The City to Casino	Hobart, Tasmania	citytocasino.com.au
Sunday - 24th May	The Albie Thomas	Dolls Point, Sydney	rockdalefunrun.com.au
Sunday - 4-5th July	Gold Coast Festival	Gold Coast	goldcoastmarathon.com.au
Sunday - 12th July	Sydney Harbour 10km	Sydney	sydneyharbour10k.com.au
Sunday - 19th July	Sutherland to Surf	Sutherland	sutherland2surf.com.au
Sunday - T.B.C. Aug	Armidale 5k, SportUNE	Madgwick, Armidale	to be confirmed
Sunday - 20th Sept	Blackmore's Festival	Sydney	sydneyrunningfestival.com.au
Sunday - 11th Oct	Beachside Dash	Dolls Point, Sydney	stgeorgebeachsidedash
Sunday 11th Oct	Melbourne Festival	Melbourne	melbournemarathon.com.au
19-23rd October	WARR	Dubai, UAE	worldairlineroadrace.com
Sunday - T.B.C. Nov	JP Morgan Corporate	Sydney	jpmorganshasecc.com
Sunday - 15th Nov	Point to Pinnacle	Hobart, Tasmania	pointtopinnacle.com.au

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Still running Half marathons but elsewhere.!!

We were having a quiet Xmas drink in a laneway on Hong Kong Island, when Jeya Shanthikumar mentioned she had a photo of the four of us after the 1997 SMH half Marathon. (Reproduced below.) This started me think where are they and are they still running half Marathons From the top left Jeya lives in HKG and completed 60km in Nepal last year Ken Cousins lives in London , David Painter still lives in Sydney and last heard is still running well, Guy Bader lives in Paris and recently completed the Paris half in 1:33, still a competitive time. Bob McNair lives in Canada and still journeys down to run City to Surf every year where he has completed all bar one Steve Jane is the only one still working at Qantas and he is still running and paying football with gusto. Lynn White lives in HKG ,ran in Angkor Wat Cambodia last year and is in training to run/walk 60km in Mongolia in April. Lastly Anne and Neil Campbell have left HKG after 4 years. QRC Runway readers will remember they are quite competitive in their running, y completing the Standard Chartered Half Marathon in January this year running together the whole way.



Most of our team after the SMH Half Marathon, from left, seated - Neil Campbell, Steve Janes and Lynn White; standing - Jeya Shanthikumar, Ann Campbell, Ken Cousins, Guy Bader, David Painter and Bob McNair.