

Runways

Newsletter of the Qantas Running Club
www.qantasrunningclub.org



Volume 11: Issue – December, 2014

Editor's Notes

A big thanks, goes out to Grant Deitch & Joe Hedges for their race reports, for this newsletter. Also, congratulations to Joe for a successful JP Morgan Corporate Challenge campaign. Great work! Check out the new Qantas Running Club Facebook page & yammer page for all the latest news & photos. Please feel free to add upcoming runs, photos & results. Please note, that the committee is looking lock in a date in February for the Annual General Meeting (AGM). The committee look forward to a more active and brighter future for the club, in 2015, and wish all members and their families a very Merry Christmas and safe Festive Season. Cheers!

Tim Garvey tim.garvey@bigpond.com

Race Results & Reports

Sydney Running Festival

Date: 21st September 2014

The Sydney Running Festival celebrated Albie Thomas' life & achievements with the finisher medal to all runners & walkers, presented in his honour.



9K Results

Shane Batkin	40.35
Tim Garvey	50.45

Half Marathon

Jason Vella	1.55.17
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Marathon

Grant Deitch	4.48.00
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The following report is from Grant Deitch, who is one of a few remaining "Blue Line Legends". He has run all 16 Sydney Marathons, of the new era (great work Grant).

This year was really hard for me to get motivated as back in late December I broke my left ankle during our annual Qantas Christmas day out in the city. I only had a few months to prepare and the only race I did before hand was the city to surf. For the first time we had rain at the start but this was light and by the time the gun went off the rain stop but there was a nice cool breeze. As usual the tempo at the start is quite quick with lots of chit chatter. More people past me than I had taken over, in fact I think for the first 12km I did not take over any one. By the 20km mark I started to get my rhythm going and started to take over people who where cramping up but soon enough they where back with me. At the 30km mark and heading back into the city I felt strong but weary of my dodgy ankle and the fact that I still had 12km to go. At this stage most runners where broken and cramped up. The long run out to darling harbour and back to the rocks is the hardest part of the race as the sun beats down on you with minimal shade and too much GU and sports drink. With 2km to go you can sight the opera house. I decided to go for it, legs aching but with crowd cheering on. I finely made it in, my slowest time of 4: 48 minutes, a far cry from my PB of 3;06 minutes but just as happy to finish my 16th Sydney marathon. The massage at the recovery tent was good as you get, only ten minutes but three women working there magic for me to smooth my mussels so I could walk to train station and home for nice shower and a cold beer. Fingers crossed, hopefully I can make next year.

33rd World Airline Road Race

Date: 01-05th October 2014

Location: Dublin, Ireland

www.worldairlinerodrace.org

After 21 years it was good to return to WARR in Dublin, as I knew the Aer Lingus team would not disappoint. From the social event venues to the "race track" (in St. Anne's Park), all were perfect. It seems they prayed for fine, sunny weather, as this was what was produced. And if there was not enough happening, one could go to George's Dock and celebrate Oktoberfest,..Dublin style! Once again this year our running club supported the ongoing WARR ideals, as a sponsor to promote this great event, which attracts likeminded people to create great, long lasting, worldwide friendships. As for many years now, QF had good numbers turn out for this one. Our 10K Men's Masters Team did us proud once again, with a 3rd placing. The individual results are listed here.

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10K Results

Roger Moresi	39.50 (1 st in age)
Bill Lloyd	43.13 (3 rd in age)
Rob Gibellini	43.56
John Burroughs	44.15
Shane Batkin	44.40 (3 rd in age)
Mark Ward	49.53
Neil Campbell	55.27 (4 th in age)
Lynn White	55.40 (3 rd in age)
Anne Campbell	57.27 (5 th Non Airline)

5K Results

Roger Moresi	20.53 (2 nd in Age)
Bill Lloyd	22.21 (3 rd in Age)
John Burroughs	23.03 (5 th Non Airline)
Tim Garvey	27.13
Steve Ruston	29.41 (3 rd in Age)
Kevin Staines	29.41
Di de Mott	30.40
Neil Campbell	38.18
Paul de Mott	39.45
Yvonne Ruston	45.41
Rob Gibellini	49.39
Sue Burroughs	49.40
Lynn White	54.24
Greg Daffen	25.50

organised the whole event. We believe Dubai will do as good a job, if not better for WARR 2015. If you know anyone in your company who runs, please tell them what a great event the World Airline Road Race is. If you have a contact in another airline that may be useful in increasing participation and numbers next year, please pass this information onto the Dubai WARR committee. Also if you have any ideas in how to improve the WARR product, send your idea's to the Dubai WARR Committee or Ron Maxwell.

Also if you have any photo's of our WARR Dublin Cars, please could you send these photo's to myself, dave.oconnor@aerlingus.com.

Lastly, we hope to issue a balance sheet outlining all costs and expenditure associated with this year's WARR in Dublin. We believe it is important for warriors to know and understand where their entry fee goes (this is no different than what you would ask if you're buying any service or product, you want to know what you are actually paying for). I wish you health and happiness for coming year and I hope we see everyone in Dubai in Oct 2015.

Kind Rgds

Dave, Jim, Rory, Declan, Karl and Chris, Dublin WARR Committee

N.B. The 34th World Airline Road Race is set to be held from Monday through to Friday (19-23, Oct., 2015) in Dubai, United Arab Emirates.

Melbourne 1/2 Marathon

12th October 2014

John Gately, Time: 2:17:42

St George Beachside Dash 10km

12th October 2014

Richard Koloski, Time: 54:01, Position: 89

Brighton Baths Athletics Club 2km Dash

12th October 2014

Ryan Vella (the treasurer's toddler) 21:38, Position: 130



A note from the WARR2014 Host Chairman, Dave O'Conner;

Good Day Warriors,

To our visitors, I hope you had a safe trip home and you had little difficulty getting out of Dublin, to our locals, thanks for your support.

The committee of myself, Jim, Rory, Declan, Karl and Chris would like to thank you for coming to WARR Dublin and I hope we exceeded your expectation in how we

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JP Morgan Corporate Challenge 5.6km Centennial Park

12th November 2014

QF returns to the JPM Corporate Challenge after an absence of several years. Thanks to QF team captain, Joe Hedges and the support of the Indigenous Marathon Project more than 30 QF employees lined up for this year's event. Here's Joe's report with some pictures below;

It all started when I checked the JP Morgan website to see if a Qantas team had been set up... it hadn't. I had two choices - set up the team or forget about the race...fortunately I decided to set up the team. Soon we had a lot of interest - the charity partner of the race is the Indigenous Marathon Project, which is an important charity partner to Qantas, and this meant we got great singlet designed and produced by an indigenous run company (see pictures).

Come race day, we had 40 people signed up and over 30 of those made it to the start line (work commitments prevented the others from making it). The big day was here - we had some ready to run and others who were just looking to cross the finish line by whatever means necessary. Qantas put on a bus to run us over to the venue and we reached the start line ready to go.

The race then went as smoothly as we could have hoped for, with all team members settling nicely into their pace and when it came to the finish line those who had finished were there to cheer everyone else over the line. There were even some sprint finishes which suggested people may have taken it a bit easy on the way round...

Afterwards we gathered, analysed our results and made our way back to the bus to take the team back to the Mascot campus. All in all a very successful event and I look forward to captaining the team again next year - there has even been talk of looking to win the competition for best represented company - this year the winner had 205 team members - surely we can beat that in 2015???

Qantas Airways Limited Team

James Robb, Time: 21:20
Bill Lloyd, Time: 22:56
Joe Hedges, Time: 23:11
Michael Doherty, Time: 24:41
Kevin Brady, Time: 25:25
Sam MacPherson, Time: 27:29
Daniel Papallo, Time: 28:02
Rob Tuwera, Time: 28:27

Jason Timor, Time: 30:45
Nico Balagtas, Time: 31:29
Carolina De La Piedra, Time: 32:06
Nick Bresovski, Time: 32:07
Robert Martin, Time: 32:45
Daniel Kennedy, Time: 32:46
Sandra Maric, Time: 34:07
Joy Libardo, Time: 34:52
Melissa Waldron, Time: 35:29
Alexandra Turkington, Time: 35:42
Elodie Beaujean, Time: 37:11
Sophie Dover, Time: 37:45
Chris Ioannou, Time: 38:27
Michelle Xu, Time: 39:37
Kirsty Smith, Time: 39:38
John Papapostolou, Time: 40:10
Lindsay Brown, Time: 41:48
Diane Boissett, Time: 56:14
Carolyn Shields, Time: 56:16
Felicia Robinson, Time: 58:35
Sophie Rowland-North, Time: 58:35
Charlotte Abbott, Time: 58:37
Christine Carter, Time: 58:41
Karen Moloney, Time: 58:45



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Start Times: 8.30am

Refer website: www.rockdalefunrun.com.au

Hobart - Point to Pinnacle 21.4km

16th November 2015

Bonnie Davies, Time: 2:15:19

Shane Batkin, Time: 3:20:45 (walk)

Upcoming Events

QRC 2014 RUNNING CALENDAR

(Please check individual websites for last minutes changes)

*****Qantas Running Club Annual General Meeting*****

Date: T.B.C. February 2015

Location: T.B.C.

Time: T.B.C.

If you would like to nominate for a position please attend the AGM. You do not have to be based in Sydney to hold any of the committee positions.

Singapore - 2XU Compression Run

Date: 29th March 2015

Start Time: 21.1km start 5.30am, 10km start 6.30am & 5km start 7.30am

Refer website: www.2XUCompressionrun.sg

Oatley Park Fun Run

Date: 26th April 2015

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

Refer website: www.oatleyfunrun.com

Electronic timing, coffee, food, kid's playground and a spectacular riverside location make this an event not to be missed. Entries for the 2015 event will open in February. Entries are limited to 1200 places.

The Sydney Morning Herald ½ Marathon

Date: Sunday 17th May 2015

Start Time: 6.45am,

Refer website: smhhalfmarathon.com.au

The Albie Thomas Rockdale Fun Run

Date: T.B.C. May 2015

Location: Sydney – Peter Depena Reserve, Dolls Point

Distances: 5km run & 1km walk

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

Qantas Team for Gold Coast - T.B.C.

Refer website: www.goldcoastmarathon.com.au

Sutherland to Surf fun run & Walk

Date: T.B.C. July 2015

Location: Eton Street, Sutherland

Distance: 11km

Start Time: 8am

Qantas Team name for Sutho to Surf: Qantas Running Club

Refer website: www.sutherland2surf.com.au

Online entries are open as of T.B.C.

Sydney - City to Surf

Date: 9th August 2015

Distance: 14km

Start Time: 8am

Qantas Team name for City to Surf: Qantas Running Club

Refer website: www.city2surf.com.au

Blackmores Sydney Running Festival

Date: 20th September 2015

Race Schedule

Marathon ½ Marathon

Bridge Run 9km, Family Fun Run 3.5km

QANTAS Team Name: T.B.C.

Refer website: www.sydneyrunningfestival.com.au

***** 34th World Airline Road Race *****

Date: 19-23 Oct 2015

Location: Dubai, United Arab Emirates

Distance: 10km & 5km

For all the latest news on Registration, Host Hotel, T-Shirt party and Gala Dinner from the WARR committee please refer WARR website

www.worldairlineroadrace.org

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St George Beachside Dash

Date: 11th October 2015

Location: Peter Depena Reserve, Dolls Point Distances:
10km & 5km run/walk, plus the Brighton Baths Athletics
Club 2km Dash

Start Times: **10.30am** - 2km Brighton Baths Athletics

Club Kids Dash

9.20am - 5km Dash

7.50am - 10km Dash

Refer website:

www.everydayhero.com.au/event/stgeorgebankbeachside

Melbourne Running Festival

Date: 11th October 2015

Refer website: www.melbournemarathon.com.au

JP Morgan Corporate Challenge

Date: T.B.C. November 2015

Refer website: www.jpmorganchasecc.com

Qantas Running Club Polo Shirts

We still have a small supply of QRC polo shirts available for sale. We have both male and female polo shirts available. Description of the polo shirts: PS54 Ladies Short Sleeve true dry & PS53 Men's Short Sleeve true dry mesh knitted polo with 60% cotton 40% cool dry blend. Breathable mesh panels under arms and sides. Sizes: S, M, L, XL

All enquires to Jason Vella please;

jvella@qantas.com.au



Membership Fee Reminder

Membership fees are due, early in the New Year, 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 or new running singlets

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**