

Runways

Newsletter of the Qantas Running Club
www.qantasrunningclub.org



Volume 11: Issue – May, 2014

Editor's Notes

We welcome new club members, Penny Mewing, Heather Ford, Kieran Connolly & Kai Chung.

It has been a juggling act to finalise eligible members to run the club. Thanks goes out to the elected committee (listed below) for their ongoing commitment.

Check out our new QRC Facebook page. Jason Vella kicked it off last week, as the "Qantas Running Club". It will keep you up to date with all the latest news & photos.

Also, thanks to Jason, and Jonathan Acosta for their race reports. If anyone would like to contribute to future newsletter issues they should forward articles to my home email address tim.garvey@bigpond.com as I have now retired from QF.

Tim Garvey
Ph (02) 9520 5945

Annual General Meeting

Peter Depena Reserve, Dolls Point

The meeting kicked off at 9.45am with 6 members present. The elected committee is as follows;

President	Susanne Burroughs
Vice President	Stella Crisafi
Secretary	Bill Lloyd
Treasurer	Jason Vella
Public Officer	Jason Vella
Committee	Kevin Staines, Tim Garvey & Shane Batkin
2014 WARR Captain	Roger Moresi
WARR T Shirt Comm.	John Burroughs, Jason & Julie Vella
Merchandise Officer	Shane Batkin
Newsletter Editor	Tim Garvey
Webmaster	Jason Vella & Fiona Kakakios

The Passing of Andy Doldissen (Aged 66) 20th April 2014

I have had the very sad news from Ros Doldissen that Andy Doldissen has died suddenly from a heart attack. Although, like me, he left Qantas over 20 years ago, he was an integral member of the running club for many years and was my 2 I/C when we had our first Sydney WARR, in 1987.

Steve Ruston

City 2 Surf – Discount Offer

The City2Surf is fast approaching. We wanted to offer you and your QF members \$10 off their entry (if they are yet to enter). All they have to do is enter using the promo code **SURF10**. The offer is valid until May 31.

If you could please pass this on to your members that would be great.

city2surf.com.au

Better Being

The club would like to gauge interest on a presentation by Better Being, as described here.

One of our university qualified trainers would be happy to come out and present to your running group members one evening or during lunch on the "4 Pillars of Improving Performance". The presentation includes; injury prevention, V02 Max, Lactate Threshold & Fuel.

You can visit our website www.betterbeing.com.au for an understanding of our business.

If interested please contact Jason Vella

jvella@qantas.com.au

33rd World Airline Road Race

Date: 01-05th October 2014

Location: Dublin, Ireland

www.worldairlinerodrace.org

If you are looking to venture over to the Emerald Isle later this year, now is the time to register. Dave O' Conner and his host committee team are keen to get numbers finalized, to cater for the event. Also our WARR chief has passed on the following message regarding hotel reservations.

"Use it or lose it" or "price increase is on the horizon". The hotel group Roomex has told us the rooms need to be booked soon. The hotels are getting antsy and want to release them to the general public as they feel the rooms will sell with or without the offered discounts.

All runners, if you are delaying booking your rooms and plan to attend WARR in Dublin PLEASE book your rooms now! There are a number of hotels available with the WARR discounts. Offered by Roomex. Take advantage of this offer while you can.

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From this date forward we can't say how long Roomex will offer our runners the discounts. Don't get left out in the cold, book today.

Visit <http://warr.roomex.com> and click on the WARR logo to receive your WARR rates.

Race Results & Reports

Manchester Marathon

Date: 6th April

Jonathan Acosta 3.44.00

Jon did the Manchester Marathon in 3:44 wearing the Roo vest, bib number 1013 on the 6th of April. Nice flat course with a surprising number of supporters along the way. Sadly it didn't go through the centre of Manchester, but did end at Old Trafford (home of MAN United)

Boston – B.A.A. 5K

Date: 19th April 2014

This was a great, little prelude to the marathon. The field limited to 10,000 runners experienced a tight, flat course. Although the weather was fine, it was bloody cold. This was the first time I raced in tights! It was good to catch up with Julie (ex Delta) & Judy (Air Canada).

Tim Garvey 25.50
Julie Duggan (DL) 29.37
Judy Byrne (AC) 36.28

B.A.A. Boston Marathon

Date: 21st April 2014

Shane Batkin 3.38.00

At the 24 mile mark Shane has time to greet his supporters and drink their beer!



Oatley Park Fun Run

Date: Sunday 27th April 2014

Distances: 1km, 2km & 5km

The Oatley fun run was hosted by JORG – Jim Owens Running Group. Set around the beautiful bush surrounds of Oatley Park. Incorporating a 1km kids run, 2km & 5km fun run. The atmosphere was fantastic and great weather & conditions. The race began on the cricket oval at Oatley Park before completing 2 laps of the cycle track. In the 5km 662 participants finished the event with all monies raised going to local charities.

For the record the race was won by Harry Summers (15:08) from Chadi Elashkar (15:16) and Liam Ridings (15:24). The first female was Victoria Mitchell in a time of 16:12.

Qantas Running Club runners had some great results with 2 members medaling.

Kevin Staines – Bronze medal (3rd) in age group
John Burroughs – Bronze medal (3rd) in age group
We all had an enjoyable time and hopefully we can get a bigger team together next year.

2km

Name:	Time	Position
Kevin Staines	15:42	112

5km

Name:	Time	Position
John Burroughs	22:09	76
Jason Vella	22:33	83
Julio Tamborini	29:42	298
Christina Tamborini	34:31	444
Sue Burroughs	50:25	613

The Sydney Morning Herald ½ Marathon

Date: Sunday 18th May 2014

Roger Moresi 1.25.49
Penny Mewing 1.40.02
David Bevan 1.42.04
Jason Vella 1.53.57

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“Albie Thomas” Rockdale Fun Run

Date: Sunday, 25th May 2014

John Burroughs	21.02
Jason Vella	21.38
Tim Garvey	26.04
Kevin Staines	29.53



Upcoming Events

Heart of the Lake 2014 Fun Run

Sunday, Jun 1, 2014

Time: 8am (10K) – 8.15am (3K)

Where: Lake Gillawarna, Lansvale.

Westies Joggers invites you to the absolute best 10km and 3km Fun Run in the Sydney area, if not the World.

Best course- Bush, Parkland, traffic free, lakes and river setting. Most friendly marshals that you will ever come across. A long establish run with a good reputation.

Come down on the 1st June and judge for yourself to see if is what we say is true, one of the best runs around. Without trying the run how can you make a judgement - take the challenge? If you don't think it is the best then NO you will not get your entry fee back (as small as it is) but you will have had a satisfying run and a great time.

There are cash prizes, medals and a Team category for Males, Females and mixed.

Online registration –

Individuals-

<https://www.onlineentry.com.au/Heart2014.aspx> .

Family -

https://www.onlineentry.com.au/Heart2014_Family.aspx

If you have need for any information or advice ring the wonderful Terrie on 0405419450, email us at westiesjoggers@gmail.com or see our website :- www.westiesjoggers.com

Cooks River Fun Run

Distance: 5km and 10km, 5km walk, 2km kids run

Date: Sunday 22 June 2014

Time: 8:30 am

The Cooks River Fun Run will be held on Sunday 22 June at Freshwater Park, Strathfield. The Fun Run is Strathfield Council's annual fitness event and promotes healthy and active lifestyles with an event open to all ages and abilities. The Running Australia certified course takes in the Bay to Bay Cycleway with a 5km, 10km, 2km Kids Run and a 5km walk

A free return shuttle bus will operate from Strathfield Station to Freshwater Park on the day of the race, starting at 7am.

\$5 from each entry in the run will be donated to the 2014 charity partner to be announced shortly.

Website: www.cooksriverfunrun.com.au

Twitter: twitter.com/CooksRivrFunRun

Facebook: facebook.com/CooksRiverFunRun

Sutherland 2 Surf Fun Run & Walk (11K)

Date: Sunday 20th July 2014

Time: 8am

Online entry is now open, and team registration can be made by entering “Qantas Running Club”. As in past years the club will provide a light breakfast, with fruits, juices & muesli bars etc. Just look for our red, roofed tent on the hill, at the finish line.

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City to Surf - Sydney

Date: 10th August 2014

<http://www.city2surf.com.au/>

Registration for the City to Surf is now open. If you want to be a part of the team, the online "Qantas Running Club" has been created. There is no need to enter a password.

It is great to see that the new North Bondi SLSC clubhouse is finally built after an absence of two years. As in previous years, it will be a great meeting place to cool off and savor the experience. Check it out.

<http://www.northbondisurfclub.com/>

City2Surf Expo Details (for race bib pickup)

Location: Royal Hall of Industries, Moore Park.

Thursday, August 7: 8am - 8pm

Friday, August 8: 8am - 8pm

Saturday, August 9: 8am - 5pm

QRC 2013 RUNNING CALENDAR

(Please check individual websites for last minutes changes)

Gold Coast Marathon festival weekend

Date: 5-6th July 2014

Race Schedule (subject to change)

Saturday 5th July

10km Run

5.7km Challenge

4km Junior Dash

2km Junior Dash

Sunday 6th July

½ Marathon

Marathon

Team Name: Qantas Running Club

Team Pin: 123456789

Website: www.goldcoastmarathon.com.au

Sutherland 2 Surf Fun Run & Walk

Date: Sunday 20th July 2014.

Location: Eton Street, Sutherland. Sydney

Distance: 11km

Start Time: 8am

Website: www.sutherland2surf.com.au

Team Name: Qantas Running Club

Sydney - City to Surf

Date: 10th August 2014

Distance: 14km

Start Time: 8am

Team Name: Qantas Running Club

Website: www.city2surf.com.au

Sydney Running Festival

Date: 21st September 2014

Race Schedule

Marathon

½ Marathon

Bridge Run 9km

Family Fun Run 3.5km

Team Name: Qantas Running Club.

Team password: qantas100

Website: www.sydneyrunningfestival.com.au

Melbourne Running Festival

Date: 12th October 2014

www.melbournemarathon.com.au

***** 33rd World Airline Road Race *****

Date: 01-05th October 2014

Location: Dublin, Ireland

Distance: 10km & 5km

www.worldairlineroadrace.org

CLUB RUNS

There are a number of Sydney QRC members that meet every Thursday at Sylvania Athletics Track. "Southside Masters" caters for all ages and abilities, with "short track" distances alternating between 400m, 800m, 1500m & 1600m each week. The "long track" alternates between 3km & 5km each week also, and the "road race" alternates between 7.5km and 10km.

Short track starts at 6.10pm, long track and road race starts at 6.20pm.

Venue: Sylvania Athletics track

228 Belgrave Esplanade, Sylvania Waters.

For more info visit Southside Masters Athletics Club @ <http://www.southsidemasters.org/>

Membership Fee Reminder

Membership fees are due 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**