

RUNWAYS

Jan/Feb 2018

The Bi-Monthly newsletter of the Qantas Running Club (Est ~1970)

President: Susanne Burroughs

Vice President: Shally Singh

Treasurer: Jason Vella

Secretary: Shally Singh

Committee: Shane Batkin

Roger Moresi

John Gately

WARR Captain: Roger Moresi

Details for the QRC account are:

Qudos Bank

BSB 704 865 \ Account: 02166990

Name: QAN

Description: *please insert your name*

IN THIS ISSUE

- WARR Victoria update
- Parkrun Tourist news
- 2018 Calendar
- New members
- AGM
- Fees now due for non payroll members

WARR VICTORIA 26-29TH SEPT 2018 UPDATE

- WARR entry for 2018 is now open as is the hotel booking
- A discounted rail trip is available on the WARR website
- There is a marathon the following weekend.
- runvictoriamarathon.com. It is an 8km, half, full and relay marathon.

HEARD AROUND THE TRACK:

- Camille Herron has set a new women's 100-mile world record of 12:42:39. That's four full marathons in 3:20:00 each, back-to-back, non-stop.
- "To reduce the pollutants, roads will be sprayed and treated with salt water and all vehicles will be off roads 12 hours prior to the event, and hopefully improved air conditions will bring better running experience for the participants." That's the Delhi half-marathon. Think it will help?
- Leonid Tyagachev, the honorary president of Russia's Olympic Committee, has proposed that doping whistle-blower Grigory Rodchenkov should be shot "like Stalin would have done".
- Like Mark Reeves, Usain Bolt says his favourite tippie is Guinness.

Welcome to New Club members

Michelle Waters

Deborah North



Parkrun Tourists

We have asked some of our parkrunners to describe their local course or one they have visited and enjoyed. This may encourage others to become parkrun tourists.

Here are our first few

Cronulla Parkrun

Don Lucas Reserve Wanda beach by John Burroughs

Having just moved from West Pennant Hills into the shire, the obvious choice for my home parkrun was Cronulla, a kilometre down the road at Wanda beach. Well let me warn you first it starts at 7 am for those of you that are not early risers. The course starts easy enough on level grass, but it soon takes on a boot camp training exercise as you pass the Cronulla sandhills where they filmed 40 thousand horsemen (get my drift). You then do get some wonderful views of the surrounding scrub that is hiding the view of the ocean. This is followed by a steep descent down a rubble strewn hill where once you arrive you turn around and do it all the way back. This may sound one to miss but it is one to try, so I will see you all next week (at Dolls point)

Minnippi Parkrun

by Zac Rule

“For those who don’t know me my name is Zac Rule and I’m currently a Qantas Link Q400 FO based in Brisbane, however I’ve passed all my interviews and will be moving across to international later this year!!! I most commonly find myself gracing the salubrious footpaths of Minnippi Parkrun on Saturday mornings, one hour earlier than my southern counterparts it would seem, at 7am as so many do. On average 200-250 of Brisbane’s finest, yet aggressively average athletes, such as myself turn out in eager anticipation at the chance of achieving the coveted PB. Personally, mine stands at 20:35 and looms ominously as a target that some mornings seem unobtainable, but regardless I persist hoping the stars align and I shave precious seconds off that beast! The standard around me is usually quite high with regular winners posting times of 16:00 or better. But we crazy folk here in the north, fast or slow, just love the community (and a little less the humidity!) Parkrun provides hence why we’ll always be back again the following Saturday!”

Editor’s note: 7am in Brisbane is 8am DST in the Deep south, so we are running with you in spirit.



Newy parkrun

Imagine 521 runners, 26 volunteers, 48 PBS's, 57 first timers and 78 runners who forgot to bring their barcode and you have the Newy parkrun number 299 on 6th January. This is big in every way. The run around a man-made canal estate on the Harbour in Newcastle was well run and surprisingly you don't notice the huge crowd as they self-seeded and dissipate very quickly on wide gravel pathways.

Website Update

Check out the website for the latest running calendar updates

ANNUAL GENERAL MEETING

It is planned to hold the Club's Annual General Meeting in February 2018. Date to be advised - at 0930 on a Saturday after parkrun.

All members are welcome, and any financial member can nominate for any position on the committee.

A run with a difference

Here is promo for the Pyongyang marathon held in North Korea.



2018_Pyongyang
Marathon_Running

WARR DISCOUNTS

Check out the Discounts available to warriors at Warr 2018

20% off retail price on the Rocky Mountaineer train, please email our dedicated Vacation Consultant with Rocky Mountaineer:

Malou Hourston email: MHourston@rockymountaineer.com

Package A - is 2 days/1 night rail only (Vancouver to Kamloops train//overnight hotel stay included//Kamloops to Banff train//no hotel in Banff...finding their own way to Calgary) based on single in **SILVER LEAF after taxes is CDN\$1326.36 (discount applied)**

Package B - is 5 days/4 nights (hotel in Vancouver//Vancouver to Kamloops train//overnight hotel stays included//Kamloops to Banff trains//hotel night in Banff//Experience tour + Gondola + Helicopter Tour//Hotel night stay in Calgary) based on single in **SILVER LEAF after taxes is CDN\$2,687.16. (discount applied)**

Price based on min/max 50 participants.

When ready to book, please email Malou the following:

- Names
- Mailing Address
- Email Address
- Mobile contact
- Any dietary or mobility concerns.

20% deposit, full payment 60 days prior departure date.

TERMS & CONDITIONS

Payment

The non-refundable deposit amount is 20% and final payment due 60 days prior to travel.

Changes

A change fee will not be administered for an addition or upgrade of service. If changed 61 or more days prior to departure the cost is \$25 CDN per person. If changed 60-31 days prior to departure the cost is \$50 CDN per person. If changed 30-15 days prior to departure the cost is \$100 CDN per person. No changes are permitted less than 15 days prior to departure. This will only apply if the guests do not have applicable insurance.

Cancellation

If cancelled 61 or more days prior to departure the 20% deposit is non-refundable. If cancelled within 60 days, 50% of the package price is non-refundable and within 45 days, 100% of the package is non-refundable. This will only apply if the guests do not have applicable insurance.

Insurance

We offer a comprehensive insurance package through Travel Guard This insurance would protect you against losing any non-refundable amounts should you have to cancel due to sickness, injury, or death of yourself, your travelling companion, or anyone in your immediate family. If your purchase this insurance within 14 days of deposit pre-existing medical conditions will be covered! This insurance would also cover you for any medical costs you may incur while travelling in Canada. We also feature two upgraded insurance options which would include partial coverage for cancelling for any reason. Please note that this insurance includes a pre-existing condition waiver if added within 14 days of deposit. Insurance must be added before final payment.



If you want to see some bears then try Tofino, a four-hour drive north of Victoria on Vancouver Island for more details goggle <https://www.tofino.com>

QRC RUNNING CALENDAR 2018

Oatley Park Fun Run

Date: 29th April TBC

Location: Oatley Park, Oatley

Start time

Refer website: www.oatleyparkfunrun.com.au

The Sydney Morning Herald ½ Marathon

Date: Sunday 20th May, 2018

Location: College Street, adjacent to St Mary's Cathedral

Start Time: 6.45am,

Refer website: smhhalfmarathon.com.au

"Albie Thomas" Bayside Fun Run

Date: 27th May 2018

Location: Sydney – Peter Deepna Reserve, Dolls Point

Distances: 5km run & 2km run focusing on younger athletes

Start Times: 8.30am

Refer website: www.rockdalefunrun.com.au

Caloundra Foreshore fun run

Date :17th June 2018

Distance 10km and 3 km

Start time 0715 am

Refer Website: www.caloundrafunrun.com

Gold Coast Marathon festival weekend

Date: 1 & 2 July 2018 TBC

Race Schedule Saturday 1st July

Southern Cross Uni 10km Run, Suncorp Bank 5.7km Challenge, 4km Junior Dash, 2km Junior Dash

Sunday 2nd July: Gold Coast Airport Marathon, ASICS Half Marathon

Refer website: www.goldcoastmarathon.com.au

Sydney Harbour 10

Date: Sunday 8th July 2018

Distance: 10km & 5km

Start Time: 8am

Location: The Rocks, Sydney

Team name: Qantas Running Team

Refer website: www.city2surf.com.au

Sutherland to Surf fun run & Walk

Date: Sunday 22nd July 2018

Location: Eton Street, Sutherland

Distance: 11km

Start Time: 8am

Team name: Qantas Running Team

Refer website: www.sutherland2surf.com.au

Sydney - City to Surf

Date: Sunday 12th Aug 2018

Distance: 14km

Start Time: From 7.50am

Refer website: www.city2surf.com.au

St George Beachside Dash

Date: Sunday 9th Sept 2018

Location: Peter Deepna 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/stgeorgebankbeachsidedash

Blackmores Sydney Running Festival

Date: Sunday 16th Sept 2018

Race Schedule

Marathon, Half Marathon, Bridge Run 9km, Family Fun Run 3.5km

Refer website: www.sydneyrunningfestival.com.au

***** 37th WORLD AIRLINE ROAD RACE *****

Date: 26 to 29th Sept. 2018

Location: Victoria, British Columbia, Canada

Distance: 10km & 5km

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

Sharks10 Community Fun Run

Date: 7th Oct 2018 to be confirmed

Location: Woolooware Bay, Sydney (Starts & finish @ Remondis Stadium (Shark Park))

Refer website: www.sharks10.com.au

Melbourne Running Festival

Date: Sunday 14th Oct 2018

Refer website: www.melbournemarathon.com.au

JP Morgan Corporate Challenge

Date: Nov 2018 TBC

Start time: 6.30pm

QF Team Captain: Joe Hedges

For more information you can contact Joe on ext. 2-3439 or email joehedges@qantas.com.au or visit the website: www.jporganchasecc.com

Contact Us

Qantas Running Club

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News items to the editor

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Web address:

www.qantasrunningclub.org

Facebook:

FEES FOR 2018 NOW DUE FOR THOSE NOT ON PAYROLL DEDUCTION

NEXT CLUB RUN

Your local Parkrun watch facebook for which one.

Classic Merchandise run out sale is still on, please contact Roger Moresi

Please Contact Roger Moresi for the innovative Design Club running singlet at
rogedoge007@hotmail.com