

# RUNWAYS

July / Aug 2017

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

Vacant

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## STOP PRESS

Results just in from the Gold Coast Running festival

Half Marathon	
David Barmettler	1:29.49
Robert Taylor	1:57:27
Shally Singh	2:38:41
10Km	
Shane Batkin	46:21
Tim Garvey	58:43
Marathon	
Rob Bonora	3.55.42
Jean Sanoy	DQ



Michael Stove at recent Mt Penang Parkrun

## WARR SINGAPORE 5<sup>TH</sup> - 8<sup>TH</sup> OCTOBER

We already have a team of 25 entered including family members for WARR in Singapore. Many have found innovative ways to get there via various Australian ports including DRW and PER. Host chairman Ghana will be in Sydney for City to Surf so we will get an update then.

## NOTE REGARDING CORRECT CATEGORY FOR WARR (FROM WARR WEBSITE)

If you are registered as an airline employee, airline ID will be required at registration, no exceptions. Please ensure you register under the correct age, airline or non-airline. If it is found to be incorrect at time of results tabulation, you will be removed from the award opportunities. Please note that if you enter an incorrect age at time of registration, you directly affect the race results. Any individual who violates this rule will be removed from all race results.

Friends, family and runners working outside of a specific airline (excluding retirees) please register as a **Non-Airline Member**. *(Quote from WARR website.)*

If you have inadvertently registered a family member or partner as Airline, you can correct it online by going to your registration page. The good news is that at Singapore there are new Awards for Masters Non-airline runners.



**SUTHERLAND 2 SURF 23 JULY 2017**

Wow! What a great run. The Sutho 2 Surf must rank as one of my most favourite fun runs. With an overall distance of 11 kilometres one gets the impression you start the race on high ground, for an easy run down to the water's edge. The fact is the elevation at the start is only 103 metres above sea level, making the run fairly flat. Nevertheless, the back half of the course is undulating with some dips & hills which test your fitness. The day started with a cool, 7 degrees Celsius, so I had no hesitation in running in my "tights". Nearing the finish line at Wanda Beach, I sensed a heaviness and thought my "leggings" were to blame. Next year I will run without them. In the last couple of years the course was changed to run along the beachfront, above "the wall" section, up from North Cronulla Beach. It's a great scene as it showcases today's big surf all the way to the finish line, which also has been redirected to finish in a better space, adjacent to the Wanda parklands. A space, big enough to accommodate the 5,343 finishes, who soaked up the brilliant sunshine, listening to the beats pumping from Nova FM. I managed to "photo bomb" some pictures with John & Sue Burroughs, and Mike Stove & Stewart Wilkinson, shown below. Hope to see you there next year.

Tim Garvey.



## Results

Stewart Wilkinson	0.49.30
John Burroughs	0.51.40
Bill Lloyd	0.51.43
Tim Garvey	1.00.46
Michael Stove	1.03.06

Shane Galbraith	1.07.00
Sue Burroughs	2.10.51
Amelia Burroughs	2.10.52
1st Male Liam Adams	0.32.03
1st Female Bridey Delaney	0.37.18

## **PRE WARR GET TOGETHER 10TH SEPTEMBER PETER DEPENA PARK, SANS SOUCI**

As usual we will be holding a pre WARR get together where we can pick up the Qantas WARR t shirts, as well as purchase any running singlets or some bargains from our Classic run out sale.

We especially invite those families who may not have attended WARR to come and meet your fellow Warriors.

It will be a picnic in the park after the bayside dash which will allow everyone a good training run one month before WARR.

Details of the Beachside dash can be found here <http://www.stgeorgemrf.com.au/beachside-dash/>

If you do not wish to run, please join us for a picnic after the event around 1000. You can get take away coffee/drinks etc. from Kiss the barista Café nearby. More details later

## **HEARD AROUND THE TRACK:**

Winners at the London World Championships this summer will get a second medal to give to their coach.

The World Marathon Majors are considering adding Shanghai and Cape Town to bring the number of races to 8. How will that work? Most serious marathoners race only a couple of times a year.

Kipchoge's time in Dubai was actually 2:00:23, not 2:00:25. Nike Photo shopped the finish photo for some reason. Graham Smith used to dog the last 200m of the Golden Mile in hopes of winning the record bonus year after year.

Oscar Pistorius has trademarked his name and also "Blade Runner" in connection with running gear and prosthetics among various other uses.

There will be at least 500 marathons and halves held in China this year. In the US, participation has dropped by 11% since 2013.

Joan (Benoit) Samuelson has just turned 60 and aims to run a sub-3 marathon in Chicago. The W60 world record is 3:01:30. Samuelson holds the W55 record at 2:50:33.

Durban has pulled out as host of the 2022 Commonwealth Games, but Canada, Australia, Malaysia and Britain (Liverpool or Birmingham) are considering bidding.

## CALOUNDRA FORESHORE RUN 18<sup>TH</sup> JUNE

The Editor had great intentions to join QRC member Mark Ward in the Caloundra Foreshore run on the 18<sup>th</sup> June.

This is a pleasant run along the foreshore from Golden beach then proceeds along Coastal pathway passing most of Caloundra's beaches including Bulcock, Kings, Shelly and ends at Moffat.

There were perfect conditions with a cool clear day and no wind.

Due to other circumstances, the editor ended up there a week too early so instead joined Mark for his 50<sup>th</sup> parkrun at Golden beach see picture, one worth trying if you are in the area.

Back to the foreshore run, Mark ran a creditable time of 55.20 which just shows how much training he needs for WARR this year. He puts it down to all those shorter Park Runs.



## Race report Barossa Marathon

It was my 14th marathon and my 4th best time.

The race started at 0700 with the weather close to perfect at 7 degrees with a light cloud cover. It remained good for the duration of the race ranging from 8-13 degrees with a light breeze. This said, the breeze picked up and a very heavy but short rain downfall hit the course at the 41km mark so the last few minutes of the race were extra painful.

The course was particularly beautiful as it followed roads in the town of Tanunda which ran between vineyards. An enjoyable and picturesque course.

I won't be able to come to Singapore this year as I'm off to France to run the Marathon Du Medoc in September but I hope to come along next year.

Cheers,

Jon Ireland

### Editor's note

Jonathon Ireland ran an impressive Marathon at Barossa coming in 10<sup>th</sup>. This was his 4<sup>th</sup> fastest Marathon breaking the 3 hours barrier. Check out the times of the runners before and after him. He just pipped Matt by 2 seconds after 42.195 kms. Well done.

POSITION	Result	Given name	Surname
1	2:36:46	MOHD SYAHIDAN	BIN ALIAS
2	2:46:28	SHANE ADAM	FARLEY
3	2:47:19	FRASER	DARCY
4	2:48:26	ANDREW	CARRACHER
5	2:49:44	JAMES	HAMMOND
6	2:53:20	MARK	HOLLINGSWORTH
7	2:55:12	SCOTT	BUFTON
8	2:55:33	BRETT	GEAPPEN
9	2:57:28	MARK	BLOOMFIELD
10	2:58:16	JONATHAN	IRELAND
11	2:58:18	MATT	GEAPPEN
12	2:58:47	RYAN BENJAMIN	KEOGH

### Welcome to New Club members

Pamela Hatch and Peter Ryan from Melbourne who are starters at the World Airline Road Race in Singapore.

Christine Maybury who you may catch at Kamay Parkrun on Saturday.

And Claire Edwards, Rene Bulian and Kash Goshalia.

### SURF AND TURF 5 KM RUN HAWAII JUNE 23, 2017

It was good to see John Burroughs continuing his fine form on his recent trip to Hawaii. The weather was balmy and in a strong field John took out first in the 55 to 99-year-old age group in a time of 26.42. The time was a tad slower than we are used to seeing from John B., but he was recovering from a torn Calf, which is a cow of an injury, but it has responded well to physio as he ran 22.33 at Parramatta three weeks later.



## **CITY TO SURF 13<sup>TH</sup> AUGUST**

Please refer to the Instructions on the Club Facebook page for instruction on where to meet up post-race

## **PARKRUN HIGHLIGHTS FOR THE LAST 2 MONTHS**

Well we had our first overseas parkrun (or have we had others, please let us know) the other Saturday when Jason Vella ran the San Francisco parkrun. Titled the Crissy field run it has views over Alcatraz.

Congratulations to Mark Ward for completing 50 Parkruns, and to Anne Campbell who set 3 new age category record at Quinn's Rocks W.A, Darwin N.T. and Cooks River NSW during a recent round Australia flying trip.



It looks a tad cool at Mt Penang recently with Michael Stove.

## CITY TO SURF UPDATE

Hi All,

Hope everyone's been training and is fit and ready to go!! 🏃‍♀️🏃‍♂️

It's going to be difficult to meet before the race for photos due to different seeded times but we all want to meet after the race so we decided it's going to be in the WESTPAC REDZONE.

To get your wristband collect one at the race Expo. Simply put the Westpac app on your phone to collect. Also Qudos and Westpac customers can collect bands as you are all Westpac customers. Westpac Zone is on the beach with refreshments and music provided. Also wear your Qantas singlet so we can get team photos!

If you would like to be a member of the Qantas Running Club (QRC) and join us in other runs throughout the year and the World Airline Road Race (WARR) each year, please don't hesitate to contact Shally Singh or Roger Moresi to get you joined up. It only cost \$10 membership fee per year and merchandise at a lower cost.

If you would like one of our QRC 2XU singlets please email [rogermoresi@qantas.com.au](mailto:rogermoresi@qantas.com.au)  
Members @ \$30.. Non members @ \$50

All the best for a good run & hope you beat your PB. See you at the Westpac tent!!

Cheers,  
Shally Singh, QRC Vice-President

### Running for a cause -

Twelve members of our Qantas London office recently took part in the JP Morgan Challenge, tearing up the 5.6km running track in Battersea Park while the British summer sun beamed down. The team broke all sorts of (unofficial) records – including the quickest post-race transfer from a running course to a watering hole – with JP Morgan donating proceeds from the challenge to cancer research. A great effort from our London team!



## Hello Qantas Runners,

I know its short notice but anyone interested in the annual Mizuno Auckland Half Marathon Series, bringing together five spectacular running events into a season-long goal for runners and walkers alike.

From September 2017 to April 2018, finishers will accumulate series points at events in Devonport, Omaha, Coatesville and Orewa Beach. And it's not just for the half marathoners, running alongside the Half Marathon Series is the Classic Series for those in our "classic" 8-10kms distance races.

Are you ready to take on the challenge?

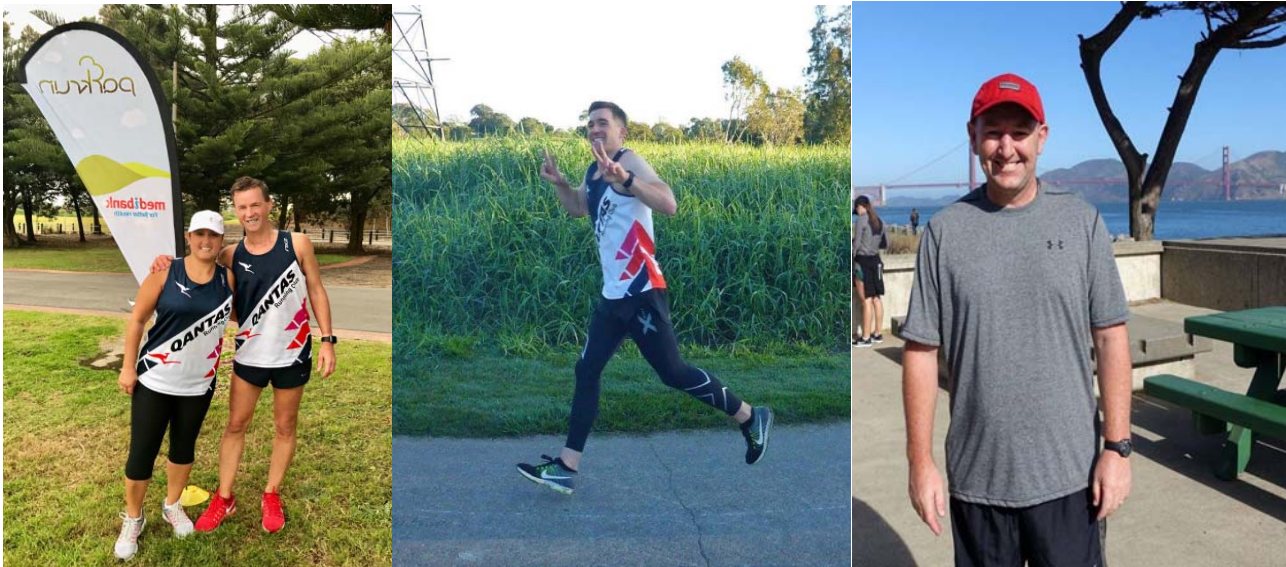
If you are interested please do not hesitate to contact me on [shally.singh@qantas.com.au](mailto:shally.singh@qantas.com.au) and let's bring home a Grand Slam Medal along with some great running memories! 🏃🏃♀️☐

For more information check out the website:

<http://halfmarathonseries.co.nz/the-series/>

## MORE PARKRUN PHOTOS

Great morning with Roger Moresi at Kamay Parkrun, Zach Rule at Minnippi, QLD and Jason Vella at Crissy Field USA.



My first Trail Run.. 14km Kiama Coastal Classic!

Sand, grass, road, pebbles, water, lots of hills, stairs, bushland, it was all there!! Extremely tough but so amazing and picturesque!! I totally recommend QRC members to do this next year!! 🏃🏃♀️☐ Cheers Shally!

## Kiama Coastal Classic



### *Only a month left to take advantage of Host Hotel discount - expires September 12*

***Only a little more than a month left to take advantage of the WARR discounted rate at the Singapore Pan Pacific Hotel for this year's race. This is a significant discount at the 5 star Pan Pacific Hotel and do not forget that the Meet & Greet, the Team Captain's Meeting, and the Awards Dinner are all being held at the Host Hotel. The races themselves are also close walking distance to the Pan Pacific.***



The WARR discount is 260 SGD (\$190.67 US or €162.21) for a single room with breakfast and 280 SGD (\$205.43 US or €174.73) per night. If you check the hotel website you will see that single rooms at the hotel for that period start at 264 SGD (\$254.17 US or €227.09) per night! As a reminder, you need to register for the race **first** in order to qualify for the discounted rate.

## Contact Us

### **Qantas Running Club**

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## **SANDY'S SINGAPORE HINTS**

Qantas is currently offering full fare ECY for 599 returns to Singapore.

Qantas Travel Insider recently had a feature on what to do in SIN

## **WARR 2018**

A bit of early warning

Warr 2018 in Victoria Canada will be from 26 to 29<sup>th</sup> Sept 2018

## **NEXT CLUB RUN**

City To Surf 13 <sup>th</sup> August refer to Facebook
Bayside dash 10 <sup>th</sup> September(see above)
Blackmores Running Festival September 17th
Warr Singapore 5-8 <sup>th</sup> Oct
JP Morgan Corporate Challenge 1 November

Classic Merchandise run out sale is still on, please contact Jason Vella

Please Contact Roger Moresi for the new Club running singlet at [rogedoge007@hotmail.com](mailto:rogedoge007@hotmail.com)