

RUNWAYS

Nov/Dec 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

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*

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WARR SINGAPORE

It has been run and won. The World airline road race in Singapore was a magnificent event.

From start to finish Ghana, Sita and all the crew from SQ put on an event to remember, from the meet and greet to the T shirt swap party where British airways broke through for a win to the race day itself.

We expected hot and humid conditions and that is what we got. This meant the times were all a bit slower than normal, but everyone enjoyed the course that ran past some iconic landmarks including Gardens by the bay and the Merlion.

It was great to see many new faces attending their first Warr including the Hatch /Stan family from Melbourne.

Congratulations to all. Full results are below





WARR SINGAPORE SNIPPETS

- On the second lap of the 10km a lady runner was so hot she was seen filling her water bottle from the fish pond.
- Did you hear about the person who was in a hurry to throw some water over his head to cool down, but picked up the Pocari sweat (isotonic drink) instead. It turned out to be a very sticky experience.
- Pamela Hatch needs to be congratulated for coming to the assistance of a runner in trouble when that runner took a wrong turn and ended up in heavy traffic.
- The Host Hotel had the best buffet breakfast, many said the best they have ever had, and you could even get a Café latte.
- Lattes by the pool on the other hand were a trifle expensive so the ladies opted for cocktails instead.
- A group headed off early one morning to have breakfast with the orangutans, luckily, they did not bring any back.

HEARD AROUND THE TRACK:

- While sitting at your desk lift your right foot off the floor and make clockwise circles. Now, while doing this, draw the number 6 in the air with your right hand. Your foot will change direction and there is nothing you can do about it.
- Congratulations to Bonnie Davies who has qualified for Boston Marathon 2018.
- Tim, Debbie and Shane went swimming in Wangi Falls, Litchfield National park in NT a few days before a man was bitten by a crocodile.

Name	Gender	Age Group	Airline	Time	Overall Rank	Rank by Gender	Rank in Age Category Airline	Rank Non-Airline by Gender
Moresi, Roger	M	50-59	QF	00:21:57	33	31	6	
Flower, Michael	M	40-49	VA	00:22:36	42	39	13	
Burroughs, John	M	40 and above	NN	00:24:14	69	57		2
Gibellini, Rob	M	40 and above	NN	00:24:16	71	59		3
Stan, Jackson	M	39 & Below	NN	00:24:29	75	62		3
Daffen, Gregory	M	40-49	VA	00:27:21	129	97	19	
McNally, Brendan	M	40-49	VA	00:27:22	130	98	20	
Hatch, Caden	M	39 & Below	NN	00:27:25	133	100		9
Keane, Chris	M	39 & Below	NN	00:28:00	147	109		8
Hatch, Pamela	F	30-39	QF	00:29:00	171	47	15	
Taylor, Robert	M	60-69	QF	00:29:03	173	126	6	
Garvey, Tim	M	60-69	QF	00:29:08	178	131	8	
Crisafi, Stella	F	40-49	QF	00:30:08	199	57	12	
Morey, Diana	F	50-59	QF	00:31:34	230	75	14	
Singh, Shally	F	40-49	QF	00:31:57	240	80	17	
Hartley Jay	M	40 and above	NN	00:32:18				
White, Louisa	F	40-49	QF	00:33:39	275	101	20	
Stan, Indiana	F	39 & Below	NN	00:33:46	278	103		7
Staines, Kevin	M	50-59	VA	00:35:28	309	189	41	
Gately, John	M	50-59	QF	00:38:42	384	225	51	
Solomon, Tricia	F	40 & Above	NN	00:42:09	442	199		17
Wallis, Rosa	F	70 & Over	QF	00:42:50	450	206	4	
Collinson, Trevor (Sandy)	M	70 & Over	QF	00:47:14	522	266	7	
Burroughs, Susanne	F	50-59	QF	00:51:06	573	289	58	
Campbell, Neil	M	60-69	QF	00:51:07	576	286	29	
Demott, Paul	M	60-69	QF	00:54:31	606	296	30	

10km

Moresi, Roger	M	50-59	QF	00:44:17	19	19	4	
Gibellini, Rob	M	40-49	NN	00:47:13	38	35		4
Burroughs, John	M	70 & Over	NN	00:49:09	53	48		5
Batkin, Shane	M	60-69	QF	00:49:43	59	53	4	

Ward, Mark	M	60-69	QF	00:55:28	109	86	8	
Ryan, Peter	M	50-59	QF	00:55:33	113	89	18	
Hatch, Pamela	F	30-39	QF	00:56:57	130	30	8	
Taylor, Robert	M	60-69	QF	00:58:23	146	111	11	
Singh, Shally	F	40-49	QF	01:03:19	182	54	16	
Campbell, Neil	M	60-69	QF	01:09:47	236	153	16	
Cheyne, Leigh	M	40-49	NN	01:12:22	254	162		18
Campbell, Anne	F	60-69	NN	01:14:32	265	99		8

Welcome to New Club members

Chris Keane

Jay Hartley

We keep trying and going further

It was good to catch up with Rosa in Singapore and see that she is “Still trying” with a creditable speed walk in the 5km.

Below is Rosa in 1993



‘Port-to-Court’ run improves

Qantas Perth’s relay team of Colin Anderson, Jenny Taylor, Rosa Davis and John Lawrence, which knocked 13 minutes off the previous year’s time in the “Port-to Court” Relay in December.

For Colin and Rosa, it was their third consecutive run and, with the assistance of Jenny and John, they lowered their time to 2hrs 6mins.

As Rosa said: “We keep trying — and going further!”.

Website Update

We will be adding all the Qantas Warr t shirt pictures to the website as a permanent exhibition shortly.

Any other ideas on improvements to John Gately please.

Ross Marathon - 3 September 2017

Set in the picturesque and historical town of Ross, the Ross marathon has been traditionally held on the first weekend in September coinciding with Father's Day.

Ross is a country township in the Tasmanian midlands approximately 1-5-2 hours' drive north of Hobart along the midlands highway.

The event offers a range of distances for the whole family from the more challenging marathon, half marathon, 10km, marathon teams, and shorter events for the children. The marathon course is a set of four 10.5km loops. With each loop finishing at the starting point. This makes it a brilliant marathon for spectators and the support given to runners as they pass through is incredibly valuable with each lap becoming mentally and physically more challenging.

Commencing outside the Ross town hall the course heads out of Ross on a mostly flat road towards Tooms lake. It turns at approximately 4 km, returning along the same road before diverting up and over a steep pinch behind the cemetery. Runners then recover on the other side of the hill running through the flat back streets of Ross; before turning to head back up the Main Street to cheers of support to the start/finish precinct. Three drink stations offering water and one with additional electrolyte were spaced appropriately apart.

The Tasmanian midlands are notoriously windy and this year's Ross Marathon was no exception. Runners battled a strengthening headwind throughout the morning for more than half of each 10.5km loop. Upon reflection, the wind is not a negative attribute to the course for a well-prepared runner, it simply adds another challenge no different to a hill, sand or trail.

The big marathons of London, New York and Tokyo have all the hype, glitz and glamor to match the city in which they are held, but I urge everyone to not discount the small country marathons. They have so much to offer. From competitor camaraderie, to friendly and supportive volunteers.

Each runner receives a finisher's medallion and plenty of fruit and refreshments are on offer upon completion.

Personal account of this year's event. I do not like wind, but knowing the location and the trend for wind to occur I prepared and ensured my ears were covered and ran with my gloves. I loathe cold extremities. The wind was a challenge and altering body position to accommodate head winds can cause strains which it did in my case so try to relax and settle as best you can. Despite the challenges of one of the strongest and most relentless head winds I have ever had to run into I came away with a second place and although not a PB time I am happy with the performance on the day.

In true country style I did have to giggle when a farmer herded his cows across the road in between runners just in front of me. Nicely timed though so no runners had to alter their paces in any way.

By Bonnie Davies

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PARKRUN HIGHLIGHTS FOR THE LAST 2 MONTHS

Jason Vella achieved his 100 Parkrun at Menai on the 28th October.

Zac Rule continues to rack up fast times at Minnippi Parkrun with a 20.49 closing in on his PB of 20.35.

SAVE THE DATE

Warr 2018 will be in Victoria BC Canada from 25 to 28th September.

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



A







Nice small numbers folks



“This will be the only time you will see me in a pink T shirt!”