

RUNWAYS

Dec/Jan 2018

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

President: John Gately
Vice President: Jason Vella
Treasurer: John Gately
Secretary: Dave Taylor
Committee: Shane Batkin
Roger Moresi
Neil Campbell
WARR Captain: Roger Moresi

Details for the QRC account are:

Qudos Bank

BSB 704 865\ Account: 02166990

Name: QAN

Description: *please insert your name*



Pamela Hatch looking happy as she completes her first Marathon in 4.19

Melbourne Marathon 14th Oct 2018

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FROM OUR PRESIDENT

2018 has a re-building year for the club with a new executive in place.

As we head into 2019 and 2020, our 50th year as a club, we would love to hear from our members, on what you would like from our club. We have members in all states and want to ensure we are serving all of you. Connection is vitally important for the club and we know that running with friends is so much better. So here are a few suggestions:

1. World Airline Road Race (www.worldairlineroadrace.org)
We always ensure we make our presence felt at this annual event with specially designed t-shirts, attendance at the awards dinner and t-shirt swap event. Next year, September 2019, it will be hosted by KLM in Amsterdam celebrating their 100th birthday. Be sure to check it out and if you want a great experience, I can highly recommend going. You won't be disappointed!
2. Parkrun:
Whether in Australia or around the world, Parkrun is another way for us to meet our fellow members. Keep an eye on our Facebook

page to see where fellow club members are running. By the way if anyone is up on the beautiful Central Coast on a Saturday morning let me know as you are most welcome at The Entrance parkrun. A nice flat course!

3. Qantas Running Singlet:

Our new running singlet has been well received and is a beacon whenever we attend a race wearing it. If you haven't got yours yet contact Roger -

4. Annual General Meeting:

Our AGM is targeted for next February 2019 and we want to encourage as many of you to join us either in person or via Skype (watch out for more details nearer the time). We also want to encourage anyone but especially our female runners, to join the committee and help us grow.

Finally, I would like to wish you and your families a wonderful Christmas and New Year and look forward to working to make the club even better in 2019!

Cheers John

CALL FOR INTERSTATE FUN RUNS:

At a recent committee meeting it was decided that we should incorporate more interstate fun runs into our programme and encourage a bit of standby travel so members can experience your favourite run where you live. We travelled to Hobart for a few years and in 2018 Sydney members made the journey to Caloundra and gold coast for local fun runs with resident members.

With Warr in AMS next year we will be inviting our fellow Qantas runners from the London office to join us there in September.

So please email John Gately or the editor with your suggestions.

RACE REPORTS

Melbourne Marathon 2018

By Chris Yltas

I went into the Melbourne Marathon this year physically ready but mentally, quite drained.

It had been a big 12 months starting with the New York Marathon in November 2017, 6 half Marathons and the Surfcoast Trail Marathon at the end of June 2018 – in hindsight, backing up for another Marathon 3 and a bit month later probably wasn't the wisest decision I've made!

The forecast changed mid-week from 20 degrees with cloud cover (perfect!) to 27 degrees and blue sky so the race plan was altered accordingly, especially around hydration and nutrition.

For the first 28kms I was running comfortable, setting myself in between the 4:10 and 4:20 pacers and everything went exactly to plan so of course the thoughts of a PB started becoming very enticing!

My vision went first...30kms in it went blurry out of nowhere, so I pulled over and a random couple came out of nowhere with a bag of ice they threw over my shoulders...bliss! 5 minutes later and I was off again. At 34kms what felt like a piece of wood hitting the back of my leg turned out to be my hamstring spitting the dummy and I thought I was done for the day.

Another runner stopped who happened to be a physio, helped me with a stretch and wished me luck...after a bit of a walk the pain went away so the stubbornness in me decided this wasn't how it was ending!

The next 8.1Km were spent running until I literally couldn't, stretching, walking, running again and then repeat! Into the MCG I went hobbling away, did my victory lap and collected my bling!

Marathon number 4 didn't go exactly to plan but you know what, that's the beauty of running really. Something so simple has the ability to give us so much joy, yet test us in so many ways and at the same time it gives us a true indication of who we really are...and I wouldn't have it any other way J



Sec. Note:

We found 2 club members completing their first Marathon in Melbourne this year

Congratulations to both Results were:

Pamela Hatch	4:19
Chris Lytas	4.57

PARKRUNNER OF THE MONTH

Zac Rule Minnippi Parkrun PB 20.35

25 years ago, my boyhood dream was born when I told my parents “when I grow up I want to be a pilot.” As I got older, I learnt more and more about aviation and expanded my dream to “when I grow up I want to be a Qantas pilot.”

So with that dream in mind I set out on a journey that would provide some of the best AND worst things to ever happen to me.

I started my flying training in 2005 when I was in year 11 at school and by July 2008, I had completed my CPL, MECIR and ATPL theory.

In August 2008 I got my first job doing skydiving, scenic flights and aerobatics. My charter career began in 2009 when I moved to the Northern Territory to live in aboriginal communities and fly beaten up old single engine planes to build my hours.

2010 I moved to Darwin to gain multi engine experience and by the end of 2011 I got a job flying night freight in metros back on the east coast. The journey up till this point had been challenging. Several times I wanted to give up, and there were even a few times I thought I was going to die. But I got through all those times by saying "when you're a Qantas pilot it'll be all worth it!"

After 4.5 years with Toll Aviation I was made redundant which is when I found myself interviewing and landing a job with QantasLink in 2016. That's where I am now, and it is also what I'm announcing on here today, on the 11th December I'll be starting my ground school for Qantas flying the Boeing 787 Dreamliner!!

Ed: Good luck Zac

WARR 2018 REPORT

By Roger Moresi

Okay First if all congratulations to all the Qantas runners who made it to WARR this year, you are always such a wonderful team to be part of and we had a great time hosted by Air CA Canada. and Jazz Airlines.

Rosa Wallis, Shane Batkin and Rob Gibellini were the Stars to take line honours in their respective age groups, but as always everyone did their best and great results rolled in!

Here are a few pics of the event.

Amsterdam next year everyone, get your holidays in!

It will be KLM s 100 years celebration. They are the oldest airline in the world, so it will be a magnificent event!!

Bring all your friends too!!



Rosa missed 2nd place by a few seconds due to net time so watch out next year!

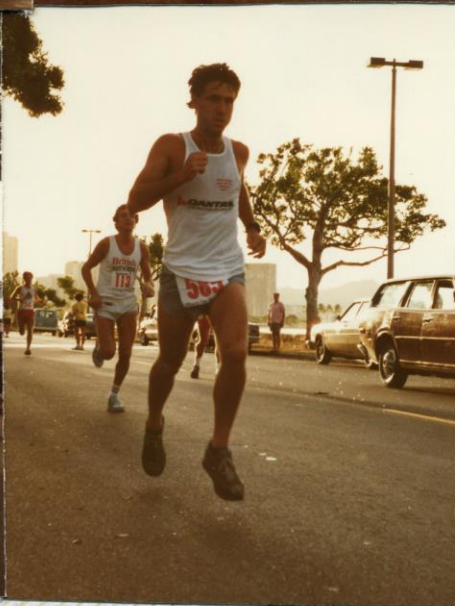


A PHOTO OF THE WARR TEAMS FROM OUR ARCHIVES

With the club's 50th anniversary due to be held in 2020 when Qantas is 100 it is time to ensure we preserve our history to that end the website will soon contain photos of all the QRC WARR teams, team members and t shirts both Warr and QRC t shirts



This picture is from 3rd Warr in HNL 1984 courtesy of Maria Foley second from the left.



Shenzhen Half-Marathon embroiled in cheating scandal, more than 250 bans handed down

Updated Fri at 8:24am Fri 30 Nov 2018, 8:24am



PHOTO: [Chinese state media has labelled the cheating scandal "deeply](#)

[shameful"](#). (iStockPhoto/Sergey Ivanov)

RELATED STORY: [Imposter cheats his way into marathon second place](#)

More than 250 runners have been caught cheating during the Shenzhen Half-Marathon in China, with organisers handing out hundreds of bans after last weekend's race.

The majority of the bans were for runners taking shortcuts — 237 people were caught on traffic cameras cutting through bushes — while several other runners were found to be wearing fake bibs.

Organisers said those who took the shortcut would have run up to three kilometres less than the full 21.1km distance.

"We deeply regret the violations that occurred during the event," Chinese news outlet Xinhua quoted organisers as saying.

"Marathon running is not simply exercise, it is a metaphor for life, and every runner is responsible for him or herself."

Chinese media has come down harshly on the scandal, with the People's Daily calling on runners to "respect the marathon and respect sporting spirit", while Xinhua labelled it "deeply shameful".

"Don't run and forget why you run. Don't let the marathon turn sour," it said.

A sharp rise in the number of events in recent years and mass participation has also been blamed for the problem.

China has held 1,072 marathons and road races this year, up from 22 in 2011, according to the Xinhua report, quoting figures from the Chinese Athletics Association.

Courtesy ABC News

UPCOMING RUNS

Dolls point parkrun followed by the AGM FEB 2019

Date TBA

Qantas Running Club Merchandise

The second order of 2XU Custom Qantas Running race singlets arrived earlier this year. So we have ample stock available in the following sizes S, M, L, and XL & XXL. Financial members \$30, non-financial members \$50. Join or Renew your QRC membership as it's cheaper. (\$10 yearly membership + \$30 member price = \$40 then paying the non-financial price of \$50.00. To order please email Roger Moresi rogedoge007@hotmail.com



Front



Back

We also have our classic merchandise stock available at highly reduced prices which includes polos, old style running singlet and shorts please contact Roger Moresi again for prices and sizes.

Contact Us

Qantas Running Club

John.gately@qantas.com.au

News items to the editor

Nortona@outlook.com

Web address: www.qantasrunningclub.org

Please join the QRC Facebook and yammer page

If you are not a member or would like to round up some new members I've attached our Non-Payroll form for associates and retirees and our payroll deduction form below. Take your pick!

APPLICATION FOR MEMBERSHIP OF Qantas Running Club Incorporated.

Form for non-payroll deduction (i.e. interstate, associate and retirees)

I,
(Print full name in block letters)

of
(address)

Staff No. Date of Appointment/...../..... OCS address.....

Phone: Work () Mobile ()

Email..... Date of Birth/...../.....

Hereby apply to become a member of,
the abovenamed incorporated association. In the event of my admission as a member, I agree to be bound by the rules of the association for the time being in force. In consideration of the acceptance of my application for club membership, I myself, my executors, administrators and assignees do hereby release and discharge the **Qantas Running Club Incorporated** and **Qantas Airways Limited** and other sponsors from all claims of damages, demands and action whatsoever in any manner arising or growing out of my participation in the **Qantas Running Club Incorporated** sponsored events.

I will deposit 10 per annum in the Clubs nominated Qudos Bank Account

BSB 704 865
Account No. 02166990
Name QAN
Reference: my name

..... Date.....
Signature of applicant

I..... a committee member for the association,
(full name)

approve the applicant, for membership of the association.

..... Date.....
Signature of committee member

Please email or return to:	Qantas Running Club	FEES	Qudos Bank
	Treasurer: John Gately	\$10 per annum	Account: 02166990
	Email: john.gately@qantas.com.au		Ref: Membership

Desc: "your name"

APPLICATION FOR MEMBERSHIP OF Qantas Running
Club Incorporated.

Payroll deduction

I,
(Print full name in block letters)

of
(address)

Staff No. Date of Appointment/...../..... OCS address.....

Phone: Work () Mobile ()

Email..... Date of Birth/...../.....

Hereby apply to become a member of,
the abovenamed incorporated association. In the event of my admission as a member, I agree to be bound by the rules of the association for the time being in force. In consideration of the acceptance of my application for club membership, I myself, my executors, administrators and assignees do hereby release and discharge the **Qantas Running Club Incorporated** and **Qantas Airways Limited** and other sponsors from all claims of damages, demands and action whatsoever in any manner arising or growing out of my participation in the **Qantas Running Club Incorporated** sponsored events.

Please circle applicable deduction

Please deduct (40c per fortnight) (42c bi monthly) or (85c monthly). Per pay period from my salary until advised by myself, for single deductions.

Attached is a separate nomination form. (Until advised by myself).

..... Date.....
Signature of applicant

I, a committee member for the association,
(full name)

approve the applicant, for membership of the association.

..... Date.....
Signature of committee member

Please email or return to: **Qantas Running Club**
Treasurer: John Gately
Email: john.gately@qantas.com.au

FEES
40c dollars per annum
42c bi monthly
85c bi monthly

