

RUNWAYS

Feb/Mar 2019

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*

IN THIS ISSUE

- From our President
- AGM
- Parkrun badges
- Race reports
- Warr 2019 news
- From the Archives
- Upcoming runs

FROM OUR PRESIDENT

Hello fellow runners and welcome to our first newsletter for 2019.

I trust you have all had a lovely festive season and some time away from the office as well as plenty of running!

Firstly, due to the change in Qantas corporate procedures we recently had the third lucky draw for the \$100 staff travel voucher and the winner was Bob McNair. Bob now resides in lovely Canada but still manages to run the City to Surf each year. Congratulations Bob.

This month newsletter contains a great article on the phenomenon that is Parkrun. If you haven't already caught the bug maybe this article will encourage you to give it a go. I highly recommend it along with the opportunity to volunteer. Keep an eye on our Facebook page for the previous weeks photos and times. Not always a flattering photo though!

Remember to let us know if you have completed any recent events. We would love to share your achievements with the rest of our community.



The Campbells enjoying a Parkrun on New Year's day

Mark your calendars as WARR 2019 should be a cracker. Read below for more details but if you are free on September 7 then I would encourage you to make your way to Amsterdam for a historic event celebrating KLM's 100 birthday. We would love to see some of our faster runners there including Zac, Dave and Jon. Don't forget to visit our website where we have uploaded t-shirts and photos from all the WARR events that our runners have competed in. Many thanks to Neil Campbell for keeping such an excellent archive.

Finally, the Qantas Running Club AGM will be held on Tuesday the 19th of March. We have decided to hold the AGM on a workday to allow more of our members to attend either onsite or via skype. Formal notification will be sent shortly including voting process. All positions will be vacated prior to the meeting with current committee member eligible to offer their services again. We would encourage all financial members who are interested in moving the club forward to nominate for a position as we can only function with your input and support.

Enjoy this month's newsletter and look forward to a great year ahead.

John Gately

AGM DATE

The AGM this year will be held on the Tuesday 19th March, you will already have received a notice in your in-box. Those on campus can attend in person and we are also catering for interstate and retired members to join us via skype.

RACE REPORTS

V for Victory

What better way to kick off the NY than with a Park Run and to be able to tick off one more of those Alphabet places. With only three to go, we chose the very new course up at Gympie called Victory Heights trail which should have given me a clue as to the course, which is mostly for mountain biking with lots of jumps. A very motivated group of around 80 people turned up at 7am. NY's day to complete the course. Of the 37 different PR's I have done, this was by far the hardest but great signage and all in natural bush. Half the course was in single file and due to the terrain, no dogs or prams are allowed.

We would give the coffee van at the end a 10/10 as well, to round up another well organised park run event.

Everyone talks about Nambour being the hard one up this way so I may need to toughen up a bit before tackling that one.

Anne Campbell



RUNNING BADGES YOU CAN ASPIRE TO AS A PARKRUNNER



Tourist - Run at 20+ different parkrun locations anywhere in the world

We have 4 members in this club which you can see online



Cowell Club - Run at 100+ different parkrun locations anywhere in the world. Named after the first parkrunners to complete it. A quarter cowell is available at 25, half at 50, and three-quarter at 75.

4 members have quarter Cowells and Dave Taylor and Jason Vella are in a race to complete 50 different Parkruns before Easter.



Alphabeteer - Run at parkrun locations starting with each letter of the English alphabet (except X).

This is a close race at time of printing between Jason Vella needing an I, and Q with Dave Taylor needing OVZ with the Campbells needing an E .



Single-Ton - Run 100+ parkruns at the same location.

No one yet near this one



Double-Ton - Run 200+ parkruns at the same location.



Stopwatch Bingo - Collect all the seconds from 00 to 59 in your finishing times.

Check out your times statistically you need 218 parkruns to achieve this. The Editor is missing seven from 140 parkruns



Pirates! - Run seven Cs and an R (say it out loud). Jason Vella has this ARRRR



Stayin' Alive - Run three Bees and three Gees.



Compass Club - Run at a parkrun named after each of the four compass points.

Jason Vella has this covered



Bushy Pilgrimage - Run at Bushy parkrun, where it all began in the UK.



Christmas Day - Run a parkrun on the 25th of December.

John Gately and Trish Cadden nailed this one in 2018



NYD Double - Run two parkruns on one New Year's Day.

Jason Albury /Wodonga and the Willows and Dave with Westerfolds and Mullum Mullum also took this one in 2019



Groundhog Day - Finish with the same time at the same parkrun location on two consecutive parkruns. John Gately managed this on 10 and 17 November 2018 at The Entrance in a time of 30:51



Regionnaire - Run all the parkrun locations in a geographical region.



All Weather Runner - Run in each month of the year.
Shane Gailbraith and John Burroughs have nailed this one



Bronze Level Obsessive - Run 30+ parkruns in one calendar year.

Too easy



Silver Level Obsessive - Run 40+ parkruns in one calendar year.



Gold Level Obsessive - Run 50+ parkruns in one calendar year.

I am sure there are others which you can see mentioned on the Aussie parkrun tourism (unofficial) Facebook page such as:

Statesman: run all parkruns in one state (there are new ones commencing so this one keeps on giving)

Nenby: Run nearby parkruns to your home this gradually gets more difficult as you must travel further as well as pick up new start up parkruns REALLY!

Brisvegas: Do all the parkruns in Brisbane

The Tawny: Complete all the park runs with "Port" in them

?????? Complete a parkrun in every state and territory

Behind the scenes in Amsterdam as they prepare for WARR 2019!

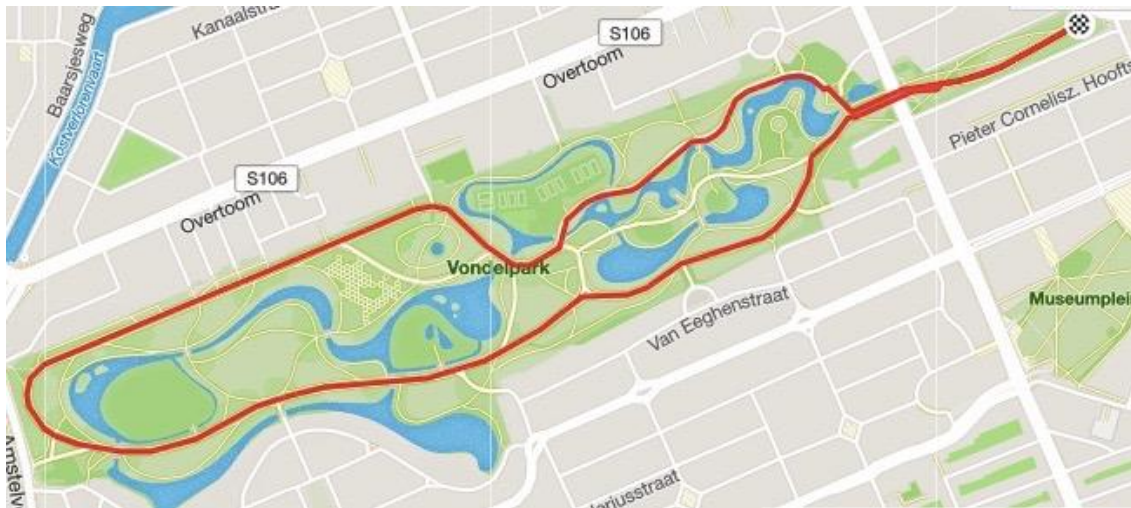
WARR KLM CENTENNIAL RUN September 5-7. 2019.

Meet the team: Yesterday, during a relatively cold, rainy and windy day the boys (with Kitty as their guard) checked out the route near 'The International' Golf Course. The KLM Open Golf Tournament will be held on this same Golf Course from September 12-15-2019.



Bert Boesten (Manager Start-Finish) Cornelius van der Pol (Manager Timing)
Paul de Boer (Race Director) Paul Jansen (Photographer and
Trackmanager) Kitty Meijburg (Volunteer Coordinator) Frank Jegers

(Chairman) Not on the picture Peter van der Veldt (Race Track Coordinator)
and Wim Roozendaal (Secretary) , last person was taking this picture



Possible race course





Information regarding hotels and locations will be announced as soon as possible. Since many of you already visited The Netherlands during the 2006 WARR, we are creating new idea's to see more of our country. But of course we are also gathering great suggestions what to do in Amsterdam during your stay.

We are pleased to share the following program with you:

Sep 5 & 6 - Registration & Packet Pick-up

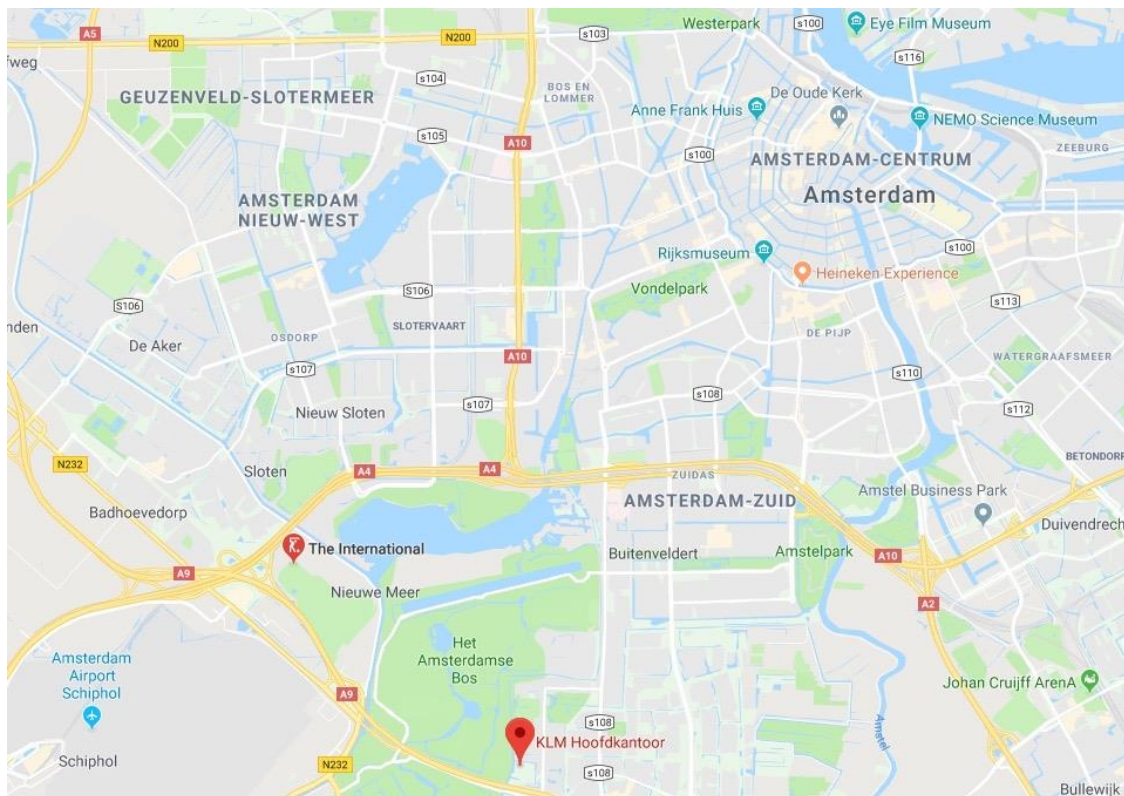
Sep 5 - Meet and Greet

Sep 6 - Team Captain's Meeting

Sep 6 - T-Shirt Swap Party

Sep 7 - 5K & 10K RUN

Sep 7 - PARTY



Checkout worldairlineroadrace.org for the latest information!

WARR 2006 AMSTERDAM MEMORIES

WARR 2006 in Amsterdam will be remembered, by those who attended, for several highlights:

- Winning the T shirt competition with a t shirt designed by Janine Taylor.
- Crossing the finishing line in the 1928 Olympic stadium to be presented with a cold Heineken beer.
- Roger Moresi 2nd male in the 10km in 34.57 and backing up with first in his age category for the 5km.
- Our Non-Airline Team of “The Running Roos” coming second in both the 10 and 5 km races.
- Trying to dance in wooden clogs at the awards dinner/dance.
- Discovering the non-smoking section of the cafes was actually outside on the footpath.
- Riding bicycles around the dykes north of the IJ Meer.

A PHOTO OF THE WARR TEAMS FROM OUR ARCHIVES 1985



This picture is from 4th WARR in 1985 held in London courtesy of Maria Foley

How many members/ex members can you pick?

Harris	Carol	QF
Edouard	Louis	QF
Howe	Ian	QF
Lloyd	Bill /William	QF
Ruston	Steve	QF 82
Lundrum	James	TN/QF
Frampton	Steve	QF
Costello	Tony	QF
Foley	Marea	QF
Foster	John	QF
Hine	David	QF
Smith	Leslie	QF
Burns	Tony /Anthony	QF
Hoar	Julie	QF
Johnson	Phil	QF
McNair	Bob	QF

Robinson	Carl	QF
Fuentes	George	QF
McDonagh	Rhoda	QF
Owen	Jim	QF
Smith	Clive	QF
Attwood	Greg	QF
Fisk	Alan	QF
Hall	Lynda	QF
Hayes	Warren	QF
Hickey	John	QF
Jones	Jeff/Jeffery	
Kusabs	Willie	QF
Murphy	Tom	QF
Tilbury	Dave	QF
Turner	Lawrie	QF/VA
Fulal	Abullah	QF
Mc Lennon	Ian	Qf
McCallister	Rick	QF
Ockens	K.	QF
Perks	Warwick	QF
Richardson	Brian	?
Rogers	Peter	?
Vish	Hans	Qf
Welch	Mike	QF

UPCOMING RUNS

Takayna Ultra 5th April 2019

Message:

Hi there

My name is Simon, I know I am emailing you out of the blue and I hope you don't mind.

I along with a small volunteer team created an ultra marathon called 'takayna Ultra' on behalf of the Bob Brown Foundation. As trail runners we wanted to do something to protect this wild place.

The inaugural takayna Ultra is a 70km ultramarathon fundraising event in North West Tassie to help the Bob Brown Foundation save takayna/Tarkine from logging and mining and to gain global support in nominating takayna/Tarkine as a World Heritage area.

The takayna Ultra takes place on April 5th 2019 will traverse grass plains, amazing sands tracks along rugged, wild coastlines and bush tracks. The race entries open on 17 December at 9am and are strictly limited to the first 100 runners.

I am writing to ask if you'd be happy to share with your runners?

Any help you could give to get the word out there would be really appreciated. I have attached the link below:

https://urldefense.proofpoint.com/v2/url?u=https-3A_takaynaultra.raisely.com_&d=DwlFaQ&c=8bHjhIT00F85Cmi91C_4TA&r=1GUcxpKw3zito536_vwK-Okm-X5dmPWvFe6AdaMvjIA&m=Gv5otqGWMH1d7W0Orn0oc-1lywgFpl9y823jN8MNsew&s=fp9N4d1OcH26e8qq0fUCEeLp4gyLkX7xOTy_ny1-viw&e=

Feel free to contact me on the number below if you I can provide you with more info.

Thanks so much for your time and consideration.

Simon

Run2 Cure Neuroblastoma 2nd June 2019

Want to run an iconic Sydney route and make sure you're in shape for *City2Surf* or the *Blackmore's half marathon*? Add Run2Cure Neuroblastoma, held on Sunday June 2, to your 2019 running calendar. You'll be running to support children with cancer.

The race starts in The Domain and follows an AIMS-certified route through the Royal Botanic Gardens. A **timed 10km** starts at 8:00am and a **timed 5km** starts at 9.30 am – so you can even run both.

The course is one to tick off your run bucket list and it's a great opportunity to run a PB. There are some amazing prizes for the fastest runners, as well as a medal for every participant. This is the only fun run supporting neuroblastoma childhood cancer – so help us raise awareness and funds for better treatments for this aggressive toddler cancer.

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

Contact Us

Qantas Running Club

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News items to the editor

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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