

RUNWAYS

SEPT/OCT 2019 PART 2

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

RUN MELBOURNE

HALF MARATHON - 28 JULY 2019

G'day All,

Run Melbourne Half Marathon on the 28 July 19 - Half Marathon Number 32 and my sixth straight Run Melbourne and what a day it was! 1:49:44 - that's a 4 minute PB. 2 Minute negative split - 56 minutes out and 54 minutes on the way back! 10km PB as well while I was at it. Hands down one of the most amazing running days I've ever had - I was in complete control from the start, felt strong the entire course and literally just ran to feel. Four weeks ago I completed the Surf coast Trail Marathon and I've not run a lot since, so whilst I knew I had the conditioning, yesterday was not what I expected!

Cheers,

Christopher Lytas



SUTHERLAND 2 SURF - 21 JULY 2019

Over 5,500 runners and walkers finished this year's 11km 2019, Sutherland 2 Surf fun and walk, the Shire's biggest community event and one of Australia's longest running fun runs. It was a crisp start to the race, but a beautiful sunny day.

Thousands of spectators and officials watched with excitement as the first place male and female runners crossed the finish line. Kevin Batt from Ryde, held his 2018 title and was again first place male, with Leanne Pompeani from Canberra being the first female place getter.

Sutherland to Surf QRC Results

Bill Lloyd	52.01
Stephen Papworth	55.30
John Burroughs	56.28
Shally Singh	1.27.11
Karen Gregg	2.06.27
Sue Burroughs	2.06.28



JP MORGAN CORPORATE CHALLENGE (SYDNEY)

The JP Morgan Corporate Challenge is a worldwide series of 5.6km running events open to groups of full-time employees from organisations within the business and public sectors. Participants may register only as part of a company team – no individual entries are accepted. Each company entered is led by a Company Captain (QF Captain is Shally Singh), who creates the company team, recruits participants, and manages the team. Teams of competitive runners have a chance to qualify for the series championship, where they will compete against the champions from all the series events for top honors in the corporate running community. Date: Wednesday, 30th October 2019, Time: 6.30pm @ Centennial Park, distance 5.6km. Please contact Shally for more information or refer to JP Morgan website www.jpmorganchasecc.com/series/corporate-challenge



Some of the QF team from last year's JP Morgan Corporate Challenge

CITY TO SURF - 11 AUGUST 2019

City to Surf QRC Results

David Barmettler	56:53
David Bevan	1:08:28
Jean Sanoy	1:09:38
Nadine Aronheim	1:09:46
Claire Edwards	1:14:16
Steven Papworth	1:21:34
Dave Taylor	1:39:34
Shally Singh	dnf
Damien Chambers	dnf



Parkrun

Looking at another training option? Why don't you have a look at Parkrun?

What is Parkrun? It is a 5km – it's you against the clock.

When is it? Events take place every Saturday morning. In general, events in Australia start at these times:

- 7am – Queensland & Cronulla
- 8am – NSW, Victoria, SA, WA & ACT
- 9am – Tasmania

Where is it? All over the world! Check out the parkrun website below for your closest location. However there is a group of us that do Dolls Point most Saturdays (8am start).

What does it cost to join in? Nothing – it's free! All you have to do is register before your first run. And don't forget to bring a printed copy of your barcode. When you register there is a dropdown field to add your running club – please enter **Qantas Running Club**. For more information please visit the parkrun website www.parkrun.com.au

PARKRUN STATS & FACTS: (AS OF 11 SEPT 2019)

The parkrun phenomenon began with 13 runners at Bushy Park in October 2004. We have one member that has run Bushy Park and that is Llew Jones in fact Llew has run Bushy Park 30 times. The first parkrun in Australia was at Main Beach on the 4 April 2011. We have 2 members that have run Main Beach, once again Llew Jones & Thomas Davy.

Probably the most important stat, is the volunteer summary. Without volunteers parkrun would not exist and leading the way in the fluoro orange or white vests are: Trish Bell (New member) - 92 times (including 61 as run director), John Gately - 41 times, Neil Campbell - 17 times, Anne Campbell - 16 times, Chris Lytas - 14 times (including 6 as run director), Jason Vella - 12 times (including 2 as run director) & Dave Taylor - 11 times.

The following 3 parkruns have the highest elevation with members that have completed them. Armidale (983.81m) – Dave Taylor, Lithgow (948.93m) – no member, Orange (917.72m) – Jason Vella, Neil Campbell & Anne Campbell

Peel Club – This is a parkrunner that has completed a parkrun in all 8 States & Territories in Australia. Leading the way is Neil & Anne Campbell with 6 out of 8.

Fastest times:

Male: Cameron Stuart, time: 18.47 at South Bank. Female: Nadine Aronheim, time 24:21 at St Peters.

The following members have completed 100 parkruns: Jason Vella (183), Neil Campbell (161), Anne Campbell (146), John Burroughs (132), Llew Jones (114), Dave Taylor (108), & Mark Ward (107).

The following members have completed 50 parkruns, Melinda Grant (92), John Gately (72), Janine Reid (70), Karen Gregg (70), Shane Galbraith (67) & Cameron Stuart (67).

Mark Ward has run the most at a single parkrun, 93 at Golden Beach, whilst Melinda Grant has run 90 consecutive parkruns at St Peters, whilst Shane Galbraith has run 66 times at Campbelltown.

Parkrun Tourist is someone that has completed 20 plus different parkrun locations anywhere in the world. Dave Taylor is leading the way with 54 different parkruns, followed by Jason Vella 48 & Neil Campbell 44.

Alphabeteer is a parkrunner who has completed at least one parkrun for each letter of the alphabet. Jason Vella was able to complete this back in April. Neil & Anne Campbell have 1 letter to complete which is the letter E.

Qantas running club members have run at 139 different parkruns across the globe.
Australian parkruns: NSW 60, VIC 31, QLD 24, WA 9, TAS 3, SA 2, ACT 2 & NT 1.
Global International parkruns: USA 3, New Zealand 2, Singapore 1, Canada 1, United Kingdom 1.

Cheers, from your QF parkrun coordinator.

QRC Tuesday Lunch time – social run

Every Tuesday at 12pm a group of us head out for a lunchtime jog. I think it is a good opportunity for QRC members (and aspiring members) to hang out. We typically go for the run showed below and soak in some jet fuel fumes, with a short grasp of fresh air as we run around Tempe Reserve.

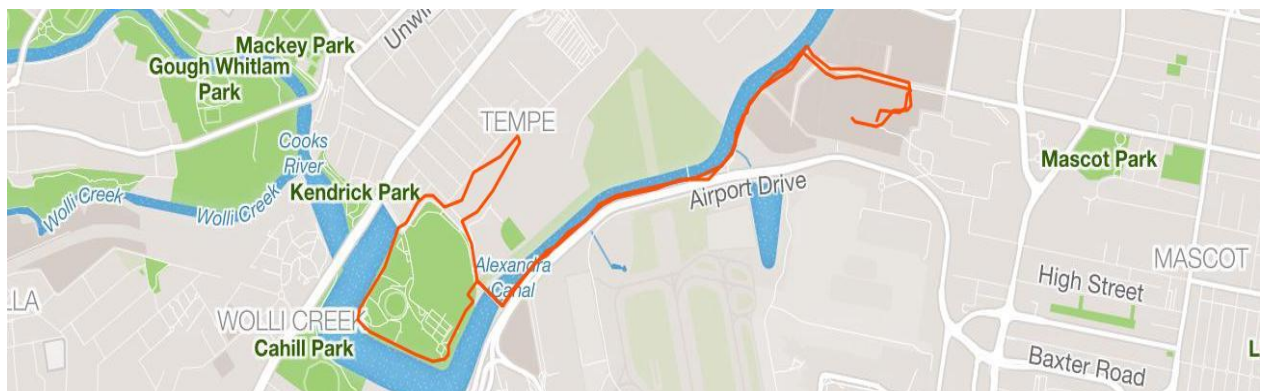
If you are concerned about personal hygiene, speak to David Bevan about showers and lockers availability/access down in SDC stores.

The run is about 5-6km and we usually take around 40 minutes. We all stick together and use it as a training run. However if you wish you can turn early or start earlier.

Location: SDC – Sydney Distribution Centre (263-271 Coward Street)

Time: 12 noon weather permitting

More information can be found on the QWELLBEING running team STRAVA page. You are welcome to join the group and the Qantas Running Club STRAVA group. Or you can contact Jean Sanoy.



World Airline Road Race 2019, Amsterdam

START

[Amsterdam Forest, Amstelveen, Noord-Holland 1182 AA](#)

FINISH

[KLM HEAD QUARTERS, Amstelveen, Noord-Holland 1182 GP](#)

The World Airline Road Race (WARR) is a not-for-profit society, run by volunteers, who put on an event each year for airline industry professionals from all corners of the world. Our goal is to provide a worldwide athletic event, promote travel within the airline industry and foster friendships and co-ordination between airlines. The highlights of this four-day event from September 5-7, 2019, are 5K and 10K run/walks for charity. All airline associates, their family and friends are welcome.

Results:

10km

Name	Time
Robert Gibellini	42.59
Peter Ryan	52.18
Anne Campbell	1.02.01
Neil Campbell	1.03.07

5km

Name	Time
Robert Gibellini	21.12
John Burroughs	23.34
Stella Crisafi	29.42
Kevin Staines	46.17
Susanne Burroughs	49.00
Paul DeMott	50.38
Joseph Gubar	54.02

WARR photos 2019





WELLING FESTIVAL STALL (Qantas campus)

The Qantas Running Club will have a stall in the 2019 Qantas Wellbeing Festival on October 10. The Festival is shaping up to be our biggest, and our best. We have over 20 Festival Stall Holders, 12 different seminar presentations and 8 different activities for our people to participate in on the day. The 3000 strong Campus community will be in their athleisure wear, eager to learn and connect with our Wellbeing partners.

If you would like to help us out on the day spreading the word about the Qantas Running Club, please contact John Gately for more information.

A few important details for the day:

- The Wellbeing Festival is being held at our Mascot Campus - located at 10 Bourke Road, Mascot
- The Wellbeing Festival Market will be its busiest during 11am-2pm, this is when we would recommend having your stall ready and open for activity
- We will be bumping in from 830am. If you think you will need to start earlier than this, please let us know as soon as possible
- We will provide you with a 1.8m x 0.8m trestle table for your stall – you will need to bring table coverings as required
- If you require loading dock access, the map is attached above. Please bring your own trolley to assist you with moving goods from the loading dock if necessary
- If bringing a car, there is limited street parking around our office. Paid parking is available at The Holiday Inn (directly across the road from Campus) or there is a Wilson Carpark 600m from the office.

What happens next?

- In the weeks leading up to the Festival, we will connect you with your Qantas Wellbeing Festival volunteer who will be your point of contact for anything in the days leading up to, and on the day of the Festival
- We are going to be heavily promoting the Festival, and our Wellbeing partners, over the next four weeks coming in to the event. If you have any assets (images, videos, branding etc) that you would like us to use when promoting your program, please send through as soon as possible
- If you are hosting a seminar or workshop, we need the copy for the Eventbrite as soon as possible (if you haven't already confirmed this!) We will be opening bookings for all workshops and seminars on 16 September via our Campus newsletter which goes out to our Campus community once a month
- If you have any sort of offer or promotion that will be available to our people during the Wellbeing Festival, please send details of this through to us by 16 September. This will allow us to create the content and share around Campus
- If you haven't already, please confirm for us who will be attending the Festival from your organisation. All guests to the Qantas Campus will need to be pre-registered in our system, and will need to bring photo ID on the day.

WARRIORS RUN

