

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

The miracle isn't that I finished. The miracle is that I had the courage to start."

— **John Bingham, No Need for Speed: A Beginner's Guide to the Joy of Running**

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Details for the QRC account are:

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Name: QAN

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EDITORIAL: SPRING HAS SPRUNG:

Well it's that amazing time of year again... Spring is in full swing now and with that comes some lovely early morning weather conditions, perfect for those early morning running nutters out here 😊

We start to ramp up for our 5km, 10km, 16km, Half Marathons, Marathons or even the insane portion of us Ultra Marathons. Spring has that amazing buzz about it, we set goals (personal and professional) we "spring clean" the flowers smell a little sweeter and we start to find new challenges and goals to conquer!

What is your next goal?

Personally for me, I have entered my 12-week training block to complete my 2nd ultra marathon.

Perth hosts an amazing run in the south of our state, (North Dandalup to Dwellingup), our Six Inch Trail Marathon <http://www.6inchtrailmarathon.com/> Six Inch Trail Marathon is inspired by the famous Six Foot Track Marathon in the Blue Mountains near Sydney. This year will be my fist time entering and I'm excited to see what this amazing race has to offer.

Six Inch Trail Marathon has been in full swing since 2005, this year marking the 14th year of success.

Watch this space for updates.

PLEASE feel free to email me taraconnor@qantas.com.au with ideas of what you do and don't want to see in the newsletter.

WARR UPDATE

Well it's been another year of WARR and the results are in. Our Qantas Running club had some amazing competitors this year, see below for results and times.

A big thankyou to Anne Campbell for giving us a report and Team Captain's meeting.

WARR Report Amsterdam 5th 7th September 2019

Warr returned to Amsterdam after an absence of 13 years. This was in part, to celebrate the 100th anniversary of the founding of KLM, the oldest airline still with the same name, although Qantas holds the record for being the oldest continuously operating airline from its home base.

The city allowed for plenty of sightseeing including the iconic windmills at Zander See, just outside of Amsterdam.

The meet and greet party, as well as the t shirt swap were held at the Heineken experience once its prime brewery. The t shirt competition was won by Air Canada.



Thanks to Justin Burt from London for arriving with some specially designed Qantas Amsterdam t shirts which will be a collector's item in the future.

Unfortunately, Di Morey broke one ankle and sprained the other, prior to Warr and Rosa Wallis also injured herself enroute to WARR and was a non-starter. Anne Campbell stepped in and attended the Team Captains meeting which is in a separate report.

Race day was overcast with a short shower before the start. The course was through the Amsterdam Forest (Bos) which made for a beautifully scenic run. The surprise was KLM had 1300 runners including their CEO, which just added to the atmosphere.

This made obtaining a place a challenge and you can see individual results below. Our outstanding runner was the perennial John Burroughs who was first overall airline/nonairline in his age category for the 5km. Neil Campbell came a creditable 4th as he stepped into a new age category this year.

In a change from previous WARRs where a formal buffet dinner is held with awards present there, this year most awards were presented after the race.

The After Party started early at 1600 in a warehouse with unlimited food from Food trucks. This new concept allowed all the runners to easily mingle and not be allocated to a set table. All who attended said they enjoyed the concept though I hear some runners did miss dressing up.

Whilst no runner came home with a trophy the team picked up the participation award for the Pacific Rim.

Warr next Year read the team captains report below.

All Race results can be found at the URL below

The Final Race Results Awards for each category can be found on worldairlineroadrace.org under race results.

Below are the race results for all racers. While the website is in Dutch, you can view your race results by entering your name or bib number.

<https://www.athlinks.com/event/322038/results/Event/878993/Results>

WARR 2019 Results				
10km		5KM		
Rob Gibellini	42.59		Rob Gibellini	21.12
Justin Burt	51.43		John Burroughs	23.34
Peter Ryan	52.18		Stella Crisafi	29.42
Joseph Gubar	54.02		Kevin Staines	46.17
Yudelka Vargas	54.02		Sue Burroughs	49.00
Anne Campbell	62.01		Paul De Mott	50.38
Neil Campbell	63.00		Di Morey	injured
			Rosa Wallis	injured



TEAM CAPTAINS MEETING

The meeting in KLM headquarters building was well attended with most airline represented by a mix of experienced Warriors and New ones.

The meetings have been very professionally run for the past few years.

There was a full report on the financials where it was explained how the International Warr Committee (IWC) endeavours to have the host committee donate 10 % to charity.

The financial figures from 2018 Victoria Canada were impressive with sizeable sponsorship helping them.

Jenn stressed the need for Airlines to engage with the new Warriors to become Team captains to reinvigorate the event.

All team captains introduced themselves, stated how many WARR's they had attended and how many people were in their teams. Many had teams of 50 plus which was encouraging.

No one nominated for the position of Chairman so Jenn said she would do another year but stressed we need to renew the chairperson at least every 5 years.

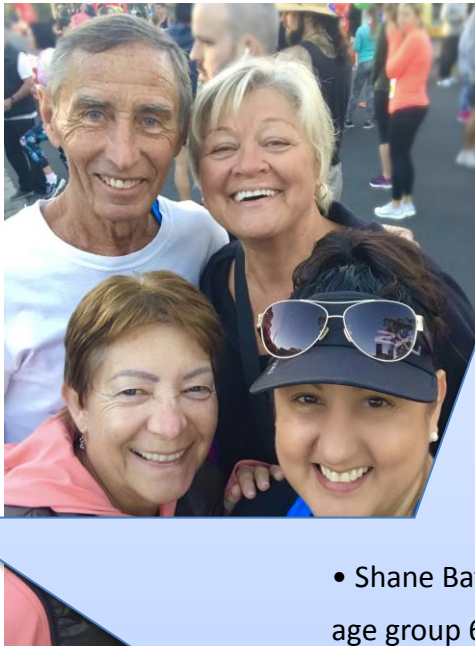
As usual everyone wanted to know where WARR would be held next year.

Jenn indicated since no airline had nominated, then the IWC would endeavour to host the event by leveraging off an existing run somewhere in the world, likely in October 2020. This would mean warriors registering for that Race, with side events such as T shirt swap etc. held at some locality nearby. This is similar to what KLM did by combining Warr with a KLM staff members run.

Jenn indicated her preference was for Hawaii or Australia (note QRC had previously declined to host) so we will all get behind the IWC to host WARR wherever they decide. Rumour has it that 2021 will be in either Europe or America.

MEMBER SPOTLIGHT COURTESY OF SHALLY SINGH

SUTHERLAND 2 SURF 11KM RUN HELD ON 21ST JULY 2019. AMAZING DAY WITH PERFECT WEATHER CONDITIONS AS YOU CAN SEE BY THE BLUE SKIES WITH NOT A CLOUD IN SIGHT IN THE BELOW PHOTOS. JOHN BURROUGHS GOT 2ND IN HIS AGE GROUP AND SHANE BATKIN GOT 3RD IN HIS AGE GROUP SO THAT WAS AN AWESOME EFFORT. MYSELF RAN BUT NOT A VERY GOOD TIME, SUE BURROUGHS AND KAREN GREGG WERE THE WALKERS.



- Shane Batkin 00:50:24 (4th of 197 in his age group 60-69) ❁❁❁
- John Burroughs 00:56:28 (2nd of 48 in his age group 70-79) ❁❁❁
- Shally Singh 01:27:11
- Karen Gregg 00:2:06:27
- Sue Burroughs 00:2:06:28



Father's Day Warrior Run held at Centennial Park on Sunday 1st September 2019

Qantas is one of the major sponsors for this Indigenous Marathon Foundation Event which is directed by Robert De Castella. John was so excited to get his cap signed by the world known Marathon Champion.

The weather was perfect, the friendly and fun atmosphere makes it an amazing event for all families. The comradery with everyone makes the day so special. A must do next year !!



WELCOME TO OUR NEWEST MEMBERS

- Lucy Starrat
- Lachlan Rogers
- Estelle Berton
- Darryl Depares
- Lilibeth Olavres
- James Robb
- Trish Bell

SYDNEY CITY TO SURF

Sunday 11 August 2019 – Lucy Staratt with a smashing time of 49:38mins and the 4th lady across the line! WELL DONE LUCY!



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. 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



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UPCOMING RUNS

Let us know if you have a favourite run that you would like to share with our community?

THERE ARE SOME AMAZING RUNS COMING UP OVER THE NEXT FEW MONTHS, JUST A SMALL SAMPLE IS BELOW! PLEASE LET US KNOW IF YOU RUN ONE OF THESE.

RACE	DATE	LOCATION	WEBLINK
Melbourne Trail Running Series	5 Oct 2019	MEL	https://trailrunningseries.rapidascent.com.au/
5K Colour Frenzy	6 Oct 2019	TAS	https://hobartcolourfrenzy.com.au/
Harrietville Half Marathon	6 Oct 2019	VIC	https://www.harrietvillehalfmarathon.com/
Collie Adventure Race	12 Oct 2019	WA	http://www.collieadventurerace.com/

RACE	DATE	LOCATION	WEBLINK
Operation Flinders Challenge	12 Oct 2019	SA	https://www.operationflinderschallenge.com.au/
Busselton Marathon	13 Oct 2019	WA	http://www.r2rsports.com.au/events/
Cairns Colour Frenzy	13 Oct 2019	QLD	https://www.cairnscolourfrenzy.com.au/
Sydney Corporate Cup	16 Oct 2019	NSW	http://www.sydneycorporatecup.org.au/
International Beer Mile	19 Oct 2019	MEL	https://www.facebook.com/events/246286599647264/
A Walk in the Park	20 Oct 2019	CBR	https://www.parkinsonsact.org.au/
The Heritage Burnie Ten	20 OCT 2019	TAS	http://www.burnieten.com.au/
The Devil's Nose	20 Oct 2019	SA	http://trailrunningsa.com/activities-events/
Zombie Walk	26 Oct 2019	QLD	https://www.toowoombahospitalfoundation.org.au/event/zombie-walk-2019
Cairns Half Marathon	27 Oct 2019	QLD	https://www.roadrunners.org.au/events-calendar/cairns-half-marathon-3/
Central Coast Half Marathon & 10km Fun Run	24 Nov 2019	NSW	http://centralcoasthalfmarathon.com/

Contact Us

Qantas Running Club

John.gately@qantas.com.au

News items to the Social media Leader Tara Connor

Taraconnor@qantas.com.au

Web address: www.qantasrunningclub.org

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