

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

“SEEING RUNNERS TRADE SHIRTS, JOKES, AND MEMORIES FROM ALL OVER THE WORLD REALLY EMBODIED THE GLOBAL SPIRIT OF WARR”

- **RUDI MUKUMBA – FIRST TIME WARR ATTENDEE AND OUR FASTEST RUNNER AT WARR THIS YEAR (SEE BELOW FOR HIS ARTICLE)**
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Details for the QRC account are:

Qudos Bank

BSB: 704 865 **Account:** 02166990

Name: QAN

Description: *please insert your name*

FROM THE CLUB CAPTAIN

Hi everyone

The end of the year is unfortunately upon us. I trust that everyone has had a great running year. Unfortunately, JP Morgan was cancelled this year due to the weather but hopefully it will be back next year.

WARR 2025 has been done and WARR 2026 has been announced. All the details are below.

There is also two great articles from Bonnie Davies who ran the Athens Marathon and Neil Campbell who managed 5 x 5 x 5 (see below) 😊

We have increased our membership this year (including Rudi Mukumba who you can read about below) but as a final reminder if you haven't paid your fees can you do so by the end of the year. Still the best value \$10 you will ever spend. 😊

Finally, I would like to wish you all a lovely Christmas with your families and a New Year which includes lots of running. See you all in Dallas in 2026!!

Happy running, John

WARR KLOTEN (Switzerland) 2025



WARR 2025 is over 🙄

By all accounts a great time was had by all who attended. A big thanks to the Swiss team for organising a great WARR. Thanks to Claire Edwards in her role as WARR captain and her organisation of the WARR t-shirts and thanks to Paul De Mott who continues to serve on the WARR organising committee and looks after Qantas' interests. Finally, congrats to Rudi Mukumba who was our fastest runner at WARR this year. He finished 5th overall in the 10KM and 7th overall in the 5KM. Given it was 28 degrees on race day a huge effort to the whole team for competing.

Next year WARR will be in Dallas from 2 -4 October 2026. Let's try and get as many runners as possible to next years event! We will share all the details as they come to hand. In the meantime, enjoy the results and photos from Kloten, Zurich.

WARR website: [World Airline Road Race - September 20, 2025](#)

10KM Results:

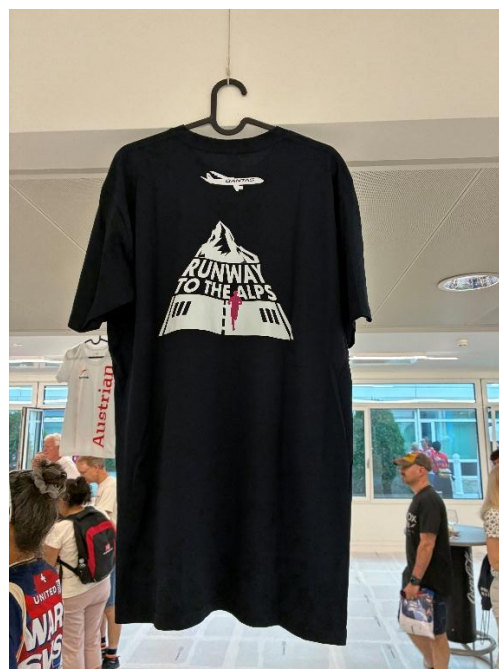
Name	Net Time
Rudi Mukumba	36:49
Claire Edwards	1:14:05
Warrick Heron	1:05:31

5KM Results:

Name	Net Time
Rudi Mukumba	18:27
Rob Gibellini	22:27
Roger Moresi	24:29
Christopher Keane	33:32
Suzie Barnes	38:58
Russell Barnes	42:12
Natalie Phan	44:55
Warrick Heron	45:20
Neil Campbell	46:20
Kevin Staines	48:56
Anne Campbell	49:36
Paul De Mott	55:01

Race Results Website: [World Airline Road Race 2025, 2025-09-20 :: my.race|result](#)

WARR KLOTEN 2025 IN PICTURES





MY FIRST WORLD AIRLINE ROAD RACE ZURICH, 2025

An article by Rudi Mukumba (Qantas Freight, MEL)

My first World Airline Road Race (WARR) in Switzerland was an unforgettable experience one that perfectly captured the spirit of travel, connection, and community that running brings out in people.

The week began with the WARR Meet and Greet at Restaurant Felsenegg, perched high above Zurich. It offered incredible views of the city of Zurich and a warm, welcoming atmosphere as runners from across the globe gathered to share stories, laughter, and the excitement of the days ahead. It was inspiring to meet people from so many different airlines, of all ages and fitness levels each bringing their own passion and energy to the event.

In the lead up to race day, I took some time to explore Switzerland on my own. A standout moment was visiting Rheinfall, Europe's largest waterfall a truly breathtaking sight that reminded me why travel and adventure pair so well with running. That same evening, the T-shirt Swap Contest took place a lively, friendly tradition that turned out to be one of the highlights of the entire trip. Seeing runners trade shirts, jokes, and memories from all over the world really embodied the global spirit of WARR.

Race day itself was something special. I took part in both the 5 km and 10 km events, each challenging in its own way particularly with the scorching spring heat in Kloten. The scenic course, set against the stunning Swiss Airport, made every kilometre memorable. The atmosphere was electric runners of all levels cheering each other on, united by a shared love of movement and community.

The weekend wrapped up with the Awards Night, a celebration filled with laughter, storytelling, and well-earned pride. It was more than just a closing event it was a moment of reflection on what makes WARR so unique. It's not just about racing it's about connecting with people who share a sense of purpose, teamwork, and resilience, regardless of the airline they come from.

Looking back, attending WARR Switzerland was more than a race trip it was a reminder of the universal language of running. I can truthfully say this event has given me the opportunity to forge lifelong friendships and connections, It showed me that no matter where we come from or what uniforms we wear, the values of community, discipline, and joy in the journey unite us all.

Cheers

Figure 1 L to R – Natalie, Rudi, Warrick, & Claire



MEMBERSHIP UPDATE

It is pleasing to announce the following new members who have recently joined the Club. Welcome aboard!

NAME	LOCATION
Amin Atighpour	SYD
Christopher Swan	BNE

If we have missed anyone, please let us know.

RECENT RACE RESULTS

Congratulations to the following members who completed a recent event. Remember let us know if you have competed in a recent run, especially if you have been missed from the below, so we can congratulate you and hopefully inspire others to try that run next time. *(Apologises if we have missed anyone)*

Sutherland to Surf – 20July 2025

11KM

John Burroughs	1:00:20
Tim Garvey	1:04:02
Stephen Papworth	1:08:44

City to Surf Sydney – 10 August 2025

14KM

Thomas Underwood	58:07
Justin Davies	1:11:26
Rowan Lilley	1:00:12
Nadia Barbov	1:06:51
Clair Edwards	1:36:31

City to Surf Perth – 31 August 2025

12KM

Suzie Barnes 1:09:16

Claire Edwards 1:18:27

Tiffany Datto 1:24:53



Suzie on the left. Tiffany in the middle



Claire



Nike Melbourne Marathon – 12 October 2025

5KM

Natalie Phan 39:54

21KM

Rowan Lilley 1:28:42



Rudi & Natalie

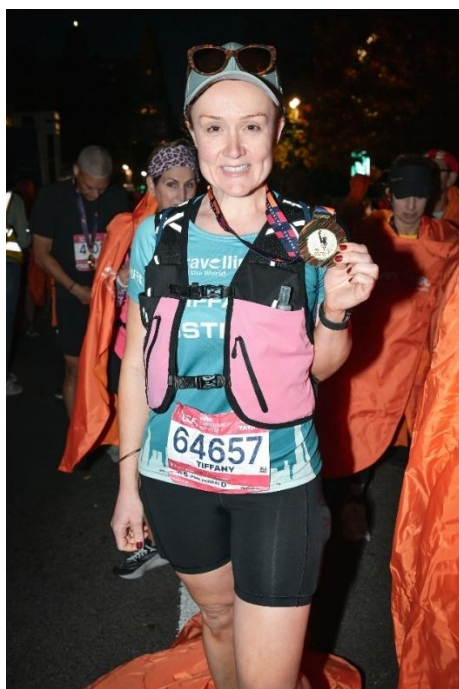


New York Marathon – 5 November 2025

42.2KM

Tiffany Datto 5:25:13

(Tiffany's first marathon. What a huge achievement!! And finished with a Qantaslink colleague Emma Dunstan)



Athens Marathon – 9 November 2025

42.2KM

Bonnie Davies 3:26:33

10KM

Justin Davies 55:09



ATHENS THE AUTHENTIC MARATHON

An article by Bonnie Davies

Probably one of the most historic marathons in the world if not the most historic.

Athens the Authentic is held in early November and runs from the town of Marathon where the Battle of Marathon was won by the Athenians over the Persians in 490BC; all the way to Athens following the footsteps Pheidippides who fought at the Battle of Marathon. After victory and after fighting he ran approximately 40 kilometres to Athens to deliver the news. He died immediately after announcing the Athenian victory. Indicative of his lack of performance shoes, gels, electrolytes and moisture wicking garments. The Marathon has become a “thing” with people like me (less than 1% globally) running marathons for a personal challenge, charity, fun or simply for something to do. But whatever the reason, it all started with Pheidippides and today 25000 people toed the line to run the course that he ran, albeit with a slight distance change. The distance run by Pheidippides was 40km and was only changed to

42.195km to suit Queen Alexandra in the London Olympics in 1908!!!! Yeah thanks Queen Alexandra for the extra 2.195km!!!!

The event has something to suit the entire family with 5km events on the Saturday, a 1.2km event and 10km event on the Sunday morning and the full marathon which is also on the Sunday. The marathon starts quite a bit later than others with a start time of 0900; not only giving competitors a chance to make the drive of approximately 60-70 minutes to Marathon but also time for the 1.2 and 10km events to be run and done well before the first marathon finishers come in. Entries can be made online through the Athens the Authentic website or via specialised travel companies like Travellingfit or Marathon Tours who put together a package which includes accommodation, airport transfers, welcome meal, optional extras and specific marathon support and transfers. The latter making the whole process easier in a largely disorganised country where at times, limited English is spoken and understood.

It was a very early start for myself as I headed to the town of Marathon at 0600 via a 70 mins drive. I mooched about in my poncho with some other Australians, almost having a code brown waiting for the toilet at the drop off point. As with all marathons, there never seem to be enough toilets. I was out there in Marathon for a bit and organisers corral you pretty early with the starting gun sounding at 0900 and then every wave block thereafter. One thing I noticed was the absence of the National Anthem. All events of all distances finish in the Panathenaic Stadium in Athens. Unlike others before me in history, I was very much clothed when I ran in and of course female! But to run into the stadium that hosted the first modern Olympic Games in 1896 to the cheers and support of so many meant the world to me.

The course was brutal though. Up, up, up and up, only coming down into Athens in the last 12km. Thankfully I like hills and I'm strong on them. It was overcast and raining in Marathon and at the 4km mark there was a huge crash of thunder and an even bigger one at 6km. I do not like thunderstorms! My HR immediately spiked. Yeah, I really don't like them. But we were running away from it thankfully; however, the humidity and heat when the sun came out was intense.

I stuck to my plan and was incredibly busy. Endurance sport isn't a case of just "doing". Gel timing, salt timing, hydration timing, body scanning and dog counting. I put tools down in my busyness in the last 2km. I was home then. I can report that there were 53 dogs across that entire course!!! 53!!! Evidently the Greeks aren't as super keen on dogs as other countries.

It was quite an emotional experience running into the stadium. So much history, so much atmosphere. So very old. It's a privilege to still be able to use the stadium in modern times for what it was intended and where it all started.

This history is something I have always cherished and admired hence I'm not personally interested in ultra events. For me, I'm a traditionalist and at every marathon I have always thought of Pheidippides.

I did however look like a dishevelled mess upon finishing. My bib was half hanging off, my necklace knotted in my hair and my top drenched. I wore my Tasmanian National top. Having earned the right to wear it I decided to fly the flag for the state. A couple of people recognised "Tasmania" and the state logo and said "Go Aussie" and another "you've come a long way".

The Marathon has become a "thing" with people like me travelling the world to run them, but still less than 1% of the global population have run one. But whether it is running marathons for a personal challenge, charity, fun or simply something to do, whatever the reason, it all started with Pheidippides and 25,000 people toed the line to run the course that he ran along with the extra 2.195 km.

A little entertaining occurrence which could only happen to myself. Upon finishing, I looked for Justin, couldn't see him. Looked again, no sign.

I walked slowly through the funnel out of the stadium. Still no sign, so I wandered down to the hotel. The cleaner let me in which was very trusting as I could have been anyone. I showered, washed my clothes and then Justin came in and said "oh thank god!!! I thought something had happened to you as your bib is still going" You aren't showing as finished. Sure enough, an hour after I finished, I was apparently still running. This didn't surprise me given my bib was half hanging off. So back up to the finish line walking in the opposite direction to the flow of athletes and explaining my predicament with all officials enroute that I'd been told to go to the timing tent. Get there. Show all the relevant data and they fix it.

A little about Athens. It's a noisy city with lots of honking and pedestrian crossings quickly become a place of intimidation with motorcycle, edging closer and closer pushing you to move faster. Motorcycles are plentiful and police use whistles at intersections but don't actually stop the lights which seems to complicate issues. It's all rather odd.

If you don't like cigarette smoke, wear a mask as smoking is a very big part of Greek culture. Runners were finishing the marathon and then lighting up a cigarette while talking with family at the finish.

The population within the city alone is around 3 million and 5 million including the suburbs. Athens is a very historic city with many Athenian ruins.

The obvious is the Acropolis which looks over the city and of course the stadium. But so much more is on offer to visit and with many museums there is something for everyone. Mount Lycabettus is the highest point in Athens and overlooks both the city and the Acropolis. This can be accessed by an underground funicular or by walking. So a novelty in itself to use the funicular at least one way.

The currency is the Euro with 1 euro equating to about 2 Australian dollars as an easy ballpark. Tipping is appreciated but not a requirement which removed the pressure of the need to tip and knowing when and how much to tip.

Shopping in Athens has both older narrow streets with quaint little shops selling porcelain and traditional Greek fabric clothing. This area is located closer to the Acropolis while more modern shops are located further away. There is also a large "Metro" shopping centre accessible via the train. Most shops are closed on a Sunday. Restaurants are insanely plentiful with many options catering for all tastes and dietary requirements. Chinese, Japanese, Italian, Turkish, Greek and more are available.

Within the city precinct is the National Gardens which provide respite from all the hustle and bustle. With a canopy similar to a rain forest, much of the traffic noise around the park is largely blocked out and it's enjoyable to just follow your nose. If you don't like cats then Greece isn't for you as they are everywhere. But they are well looked after and cared for by the community. They want for nothing. They are also very friendly for the most part. Islands are accessible by boat and some larger ones by light aircraft. If pushed for time, there are day tours that permit travel to three different island and include lunch. So certainly, something worth considering.

For those with more time, a trip down onto the peninsula to see Olympia where the first Olympics ever started is incredible.

All in all, a great event and an interesting country. Would highly recommend with an event to suit everyone.

Bonnie Davies, BN, PGCert (Perioperative Nursing).



5 BY 5KM, 5 DIFFERENT RUNS IN 5 DIFFERENT LOCATIONS OVER 5 WEEKS

An article by Neil Campbell

With Warr on the horizon and a catch up with our kids, we came up with this idea that we would run 5 different parkruns (WARR included) in 5 different locations over 5 weeks.

Our home parkrun is Mudjimba Beach on the Sunny Coast, and we ran it on the 23rd August.

1. A week later we were in Broome to catch up with our kids and grandkids. Leaving them in bed, we booked a taxi to take us to the Broome parkrun which is a couple of laps out onto the jetty at Town Beach. Getting a taxi at 6 am was a challenge but eventually one got out of bed and picked us up.

“Town Jetty for the parkrun” I said, talking like a tourist. 10 minutes later, we were dropped in town at a jetty. I quickly realised we were at the wrong place as it was deserted. A hurried phone call to our cab driver asking to get re-located. No, he replied, you are in the right place.

As our goggle maps relayed, we were about 2km from the start and not going to make it, so it was off for coffee. We did go to the right place the next day.

2. Johnny Burroughs had a special birthday the following week, so it was Dolls Point parkrun in Sydney for week 2. It was great to catch up with our Qantas running buddies. The outstanding part was seeing Johnny run 26m 48s, closely followed by Tim Garvey at 27m 05s.

3. Back to the Sunny Coast in time to attend the first Coolum Eco Parkrun. This is a new one, run on trails out the back of Coolum. It was a special time as the folk organising and setting up the event have been long time parkrunners. The trail was a tad wet, but fun to be part of.

4. Next day it was off to WARR in Kloten/Zurich and whilst not a parkrun, we were there to run 5 km on the Saturday. I will let Rudi tell you all about WARR.

5. We left Zurich and had a great time in Tromso, chasing the amazing Northern Lights, then back to Helsinki in time to get to the Tokoinranta Parkrun. This was a pleasant though undulating run along the inlet with plenty of tourists in attendance.

We were then back home, and a PB for the year at Mudjimba beach for me on 4th October.

UPCOMING RUNS 2025

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. A SMALL SAMPLE IS BELOW! PLEASE LET US KNOW IF YOU RUN ONE OF THESE.

RACE	DATE	LOCATION	WEBLINK
WARR 2026	2-4 Oct 2026	Fort Worth, Dallas, USA	World Airline Road Race - 2025
2XU Wellness Run	30 Nov 2025	St Kilda, Melbourne, VIC	Home - 2XU Wellness Run Proudly Supporting Beyond Blue
Cadbury Marathon	11 Jan 2026	Claremont, TAS	Cadbury Marathon
Sun Run	31 Jan 2026	Dee Why, NSW	Sun Run - Saturday 31 January 2026
Hobart Run The Bridge	15 Feb 2026	Salamanca, Hobart, TAS	Let's Run The Bridge, Hobart - St Lukes Run the Bridge

Visit our website [QRC - Running Calendar](#) for a more detailed yearly calendar or for an extensive list try [Running Calendar Australia - Running Events & Fun Runs](#)

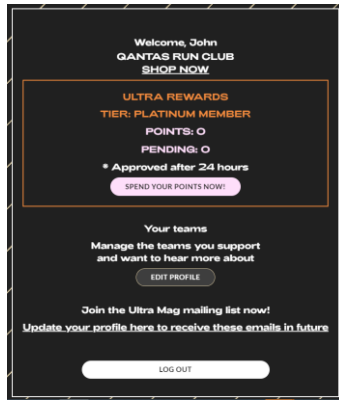
QANTAS RUNNING CLUB MERCHANDISE

Good news our new running caps are now in. They are one size fits all and will cost \$20 for financial members or \$35 for non-financial members. Please email john.gately@qantas.com.au if you would like to purchase one.



Remember we also have additional merchandise that members may also like to try out via Run Club Store <https://www.ultrafootball.com/collections/qantas-run-club>

You will need to create a login after you have clicked on the link and select Qantas Running Club as your club. The Club will also receive a commission on all sales. Any issues please reach out to john.gately@qantas.com.au



STAY CONNECTED

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