

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

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**EXERCISE IS THE SINGLE BIGGEST ELIXIR FOR BRAIN HEALTH. As important as sleep and nutrition are, exercise takes the cake.**

- PETER ATTIA, MD

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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:

Unfortunately, it has been a long time between newsletters, but we have a good one for you all below.

The World Airline Road Race was finally back this year in sunny Hawaii and Qantas was represented. An article from our WARR captain is below and congrats to John & Rob for their placings and to everyone who was lucky enough to attend. Stay tuned for details on WARR 2023. We should know by the end of the year where it will be held.

We have some new running gear that is available to members so jump on the Club store and check it out. Pick up some classy gear and show off our Club at your next run or just out and about on the weekend!

Our membership was hit hard back in 2020 with Covid and all the layoffs however I am pleased to report that we have approximately 18 new members so far this year which is excellent. So spread the word and see if we can continue to increase our numbers. Remember, the Club is open to all current and former staff as well family members and friends. And if anyone is interested in helping with the Club please let me know.

Finally, I would like to wish you and your families a wonderful Christmas and look forward to being able to organise some Club get togethers in the New Year. Thank you for your continued support.

All the best and stay safe

John

## WARR 2022 UPDATE

Thanks to our former President Sue Burroughs for this report

Waikiki, Hawaii: October 13-16 2022

Your choice of 5K or 10K (or both) run/walks for charity.

### Meet and Greet 13 Oct

This year's meet and greet was at the Queen Kapiolani host hotel bar area. It was a beautiful balmy night and many of us sat outside enjoying the company of our fellow WARRIOR's old and new.

Everyone was so excited to be there, and the atmosphere was great. We enjoyed a few drinks and then a group of us headed inside to the restaurant for dinner.

### T-shirt Swap 14 Oct

This was held at the Bandstand at the QKP late afternoon. There was lots of seating and fresh air. As usual everyone ran around madly swapping, trading and gifting their airlines memorabilia.

Paul DeMott designed our QF t-shirt in quick time and though we didn't win a prize we thank Paul very much for his effort, personal expense and hard work getting a t-shirt together for us.

1<sup>st</sup> Aeromexico

2<sup>nd</sup> Singapore Airlines

3<sup>rd</sup> Emirates



Figure 1: Qantas Shirt - Front



Figure 2: Qantas Shirt - Back

## **Captains Meeting 15 Oct**

This year I was fortunate enough to be QF WARR Captain. This meant that I attended my first captains meeting which I found to be very interesting and informative. Airlines all over the world are shrinking

with actual airline employees. It was interesting speaking with different people that I had met over the years and the story is the same with many airlines now employing contractors as opposed to employees directly with the airline.

There were many discussions centred around ways to keep WARR going in the future with less support from the airlines. One of the many ideas is to seek support from sponsorships, in the way of donating goods, services, money etc. I am sure that the IWC (International WARR Committee) would love any suggestions or ideas you may have????? It was certainly evident with approximately 30 captains being there that everyone very much wants WARR to continue.

This year also saw a new Chairperson sworn in. I am sure you all know Colleen Devlin ex-Westjet. Colleen has attended many WARR's and will make a wonderful chairperson and I reiterated to her that she will receive all the support from the QRC in the future.

Jen Zimmerman is looking forward to her retirement from the IWC after 7 years and on behalf of Qantas I thanked her for a job well done.

## **Race Day 16 Oct**

We awoke to a beautiful warm Hawaiian morning. A few of us headed over to QKP early to cheer on our 10km starters. Fun was had doing our dancing warm ups and of course the obligatory YMCA dance hosted by NZ Dave.

Our 10km runners were Roger Moresi, Rob Gibellini and John Burroughs. The 10km runners headed towards Diamond Head with an incline to the residential area where they said the ocean views were spectacular.

Our boys said the heat was comparable to SIN but with a later 7.30am start.

It was then time for the 5km race at 9am. The boys backed up for the 5km and were then joined by Stella, Tim, Karen, Paul, Shane, Kevin and myself.

The 5km race was a 2 lap around QKP which was nice and flat. Our fast runners were at the end to cheer us slow runners on and our team spirit was certainly evident. Paul and I, as many of you know have for years

Always tried to beat each other. I was nearing the end when I felt a tap on my shoulder, it was Paul. I said "great we can run through together at the end" by which he laughed and took off. I couldn't believe it and let

Out a few swear words. It was so hot and when I looked up about 20m from the end he was standing there with his hand outstretched so that we could finish together which we did.

This simply epitomises WARR. It's the getting together of mates, friends and running rivals from all over the world who want to have fun in what is a unique race.

## 10KM

Rob Gibellini 46.44 **2<sup>nd</sup> in 50-59**

Roger Moresi 49.06

John Burroughs 55.58 **1<sup>st</sup> in over 70's**

## 5KM

Roger Moresi 24.05

Rob Gibellini 24.06

Shane Batkin 25.24

Stella Crisafi 26.57

John Burroughs 28.52 **1<sup>st</sup> in over 70's**

Tim Garvey 32.31

Kevin Staines 38.38

Karen Gregg 40.43

Paul DeMott 50.05

Sue Burroughs 50.13



Figure 3: John Burroughs



Figure 4: John and Rob Gibellini



This year's WARR dinner was a LUAU which no one from the QRC attended. We all caught up with our own friends for drinks and dinner.

So, Warriors this concludes WARR 2022. For those of you that went I hope you had fun. For those of you that are contemplating 2023 (destination to be announced by the end of this year) I highly recommend it. For those of you that missed this year's WARR we look forward to seeing you next year, until then happy running and walking.

**Susanne Burroughs**

**IWC International Warr Committee**

**QKP Queen Kapiolani Park**



*Figure 5: Qantas Team*



*Figure 6: WARR 2022 Attendees*

**Postscript:** WARR website <https://www.worldairlineroadrace.org/>

Sign up via email to keep up to date with WARR 2023.

## MEMBERSHIP UPDATE

Unfortunately, COVID has had a big impact on our membership however it is pleasing to announce the following new members or previous members who have joined the Club:

NAME	LOCATION
Judy Wei	Mascot
Stella Crisafi	Mascot
Rachel Brescia	Brisbane
Diana Morey	Sydney
Nicola Brown	Mascot
Brooke Dwyer	Mascot
Karen Gregg	Sydney
Justin Davies	TAS
Bonnie Davies	TAS
Liam Steve	Melbourne
Chloe Krumins	Melbourne
Suzie Barnes	WA
Alexandra Cole	Mascot
Hannah Lipmann	Mascot
Georgia Kenny	Mascot
Simon Pascoe	SA
Evan Sezenias	WA
Paul DeMott	TAS

If we have missed anyone, please let us know.

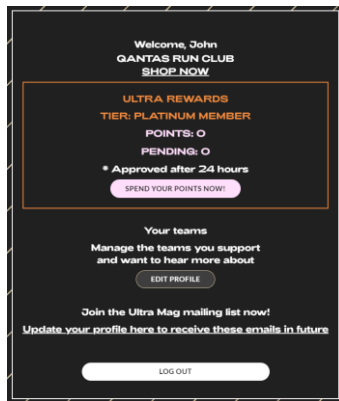
## QANTAS RUNNING CLUB MERCHANDISE

This year we were finally able to produce some new running singlets. Unfortunately, Qantas branding prohibited us from using the Qantas logo.

All current financial members should have received one. If you haven't and are financial and would like one, please reach.

We have also been able to produce some 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](mailto:john.gately@qantas.com.au)



## 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.

### **2022 City2Surf**

Bonnie Davies 58:07

Justin Davies 1:10:06

### **2022 Sutherland 2 Surf**

Shane Batkin 2:15:43

Tim Garvey 2:15:44

### **2022 Melbourne Nike Half Marathon**

James Robb 1:37:41

### **2022 JP Morgan Challenge**

John Atkin 31:04

## **2022 Yeppoon Running Festival**

### **Race report from our Life Member – Neil Campbell**

As Covid restrictions eased we all started looking for some fun runs anything but parkrun. Bridge Run Hobart, Coffs Harbour Running Festival with bagpipes at the start and Sri Chinmoy at Wynnum were all tried, but the winner this year was Yeppoon running festival. [Yeppoon Running Festival \(yrf.com.au\)](http://YeppoonRunningFestival(yrf.com.au))

Held in late July with the event next year on 29<sup>th</sup> & 30<sup>th</sup> July 2023. It has something for everyone - 5km, 10 km, Half and Full marathon. The start finish is on the esplanade overlooking the sea to Great Keppel Island which was once owned by Australian Airlines (a place to get Wrecked)

The course runs along a flat road which is barricaded off and runs into Iwasaki Resort (read about its chequered past). You may spot a large Male Red kangaroo grazing alongside the road (keep your distance!).

The run home is shady and pleasant with large crowds to cheer you on and it always great to run 10km under your age. There is plenty to do around Yeppoon many hotels opposite the starting line and it is a short distance from Rockhampton Airport. See you there next year?

Neil Campbell 69:03



Figure 7: Yeppoon



Figure 8: Neil Campbell



## UPCOMING RUNS 2023

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 AT THE BEGINNING OF 2023. A SMALL SAMPLE IS BELOW! PLEASE LET US KNOW IF YOU RUN ONE OF THESE.

RACE	DATE	LOCATION	WEBLINK
Cadbury Marathon	8 January 2023	Claremont, TAS	<a href="#">Cadbury Marathon</a>
Fun Run Pink – Syd & Mel	15 January 2023	Olympic Park, Sydney, NSW	<a href="#">Triathlon Pink   Triathlon Pink Series (theeventcrew.com.au)</a>
(Woman Only & Boys and Girls 7to13)	22 January 2023	Albert Park, Melbourne, VIC	
World Marathon Challenge	2 February 2023	Perth, WA	<a href="#">Australia - World Marathon Challenge</a>
Sun Run	4 February 2023	Dee Why, NSW	<a href="#">Home - Sun Run 2023   Manly Beach &amp; Dee Why Beach</a>
City Run	5 February 2023	Adelaide, SA	<a href="#">City Run – GoodRunnings</a>
Friendship Run	5 February 2023	Perth, WA	<a href="#">Friendship Run - 10/5k 7am - Masters Athletics Western Australia (mastersathleticswa.org)</a>
Port Fairy Running Festival	19 February 2023	Port Fairy, VIC	<a href="#">Port Fairy Marathon   Community Running Festival</a>
Husky Festival Fun Runs	25 February 2023	Huskisson, NSW	<a href="#">Fun Runs   Elite Energy</a>
Wildhorse at Night	25 February 2023	Beerburrum, QLD	<a href="#">WH@N   AAA Racing &amp; Coaching</a>
Orange Running Festival	4 March 2023	Orange, NSW	<a href="#">Orange Running Festival - Enjoy the journey</a>
Port Macquarie Running Festival	4 March 2023	Port Macquarie, NSW	<a href="#">Port Macquarie Running Festival - 4th and 5th March 2023</a>
Run the Bridge	5 March 2023	Hobart, TAS	<a href="https://www.hobartrunthebridge.com.au/">https://www.hobartrunthebridge.com.au/</a>
River Run Geelong	5 March 2023	Geelong, VIC	<a href="#">PB Events - Event Calendar : River Run Geelong</a>
Six Foot Track Marathon	11 March 2023	Katoomba, NSW	<a href="#">home   Sixfoot</a>

Visit our website for a more detailed yearly calendar or for an extensive list try [Running Calendar Australia - 2023](#)

**We have been asked about any lunch time runs at Mascot. If there any regular runs please let us know so we can pass it on to other interested runners.**

## **STAY CONNECTED**

Qantas Running Club and any new items

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Web address: [www.qantasrunningclub.org](http://www.qantasrunningclub.org)

Please join the QRC Facebook [\(3\) Qantas Running Club | Facebook](#) and Yammer page