

Runways

Aug/Sep 2021

The bi-Monthly newsletter of the Qantas Running Club (est.1970)

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From the President:

Welcome back to those who are still around and to those who have moved on but want to remain part of the club.

We held our AGM earlier in the year, and I would like to welcome the current committee below, some old faces and some new.

Membership fees can be paid as usual either via payroll or direct debit. This year your dues will enable us to produce a new running singlet.

Club Captain (President) /Treasurer	John Gately
Membership & Fundraising Leader (Secretary)	Dave Taylor
Social Media Leader	Facebook – Dave Taylor Newsletter – Neil Campbell
Committee Members	Christine Maybury, Shally Singh (Merchandise officer)

New Members

Whilst the last 18 months has been very challenging for us all individually it has also been hard on the club that's why we are extremely pleased to announce the following people who have become new members of the club:

- John Atkin
- Alexandra Cole
- Sam Cooling
- Cameron Naylor



St Peter's Parkrun – 3rd April 2021

Pictured below from left: Nic Applin (left) 19:51, Cameron Naylor (middle) 24:07, Antony Leigh (right) 27:57



St Peter's Parkrun – 3rd April 2021

Pictured below from left: Nic Applin, Cameron Nayler, Shally Singh, Antony Leigh and Sam Brien

New Singlet

The current stock of running singlets is getting low.

It was produced with the kangaroo with Paws on. Now that we have had a pause (pun intended) in running it is time to design a new one. If any members would like to contribute in any way, please reach out to the Chair (John Gately) or Shally Singh (Current Merchandise Officer).

Race report:

With many iconic races cancelled it is nice to be able to report on 2 events. Please send your report of any run you have competed in recently. Tasmania and Regional Areas are still holding events at the time of writing.

Bridge Run Hobart February 2021

This event is held annually in February and is run on a very scenic course. You start at Bellerive Oval and run along the western foreshore with views across to Hobart city. Then there is a one-kilometre hill that takes you up to the start of the Tasman bridge. It is a steady climb up then down, and you have completed 6km so the run into town is downhill and easy. You amble around constitution docks (where the Sydney to Hobart Race finishes). You can now see the finish line, but a surprise is in store. Don't sprint here as you run past the finish line and do another 1 kilometre around the docks before returning to the finishing line. A pleasant run and the Salamanca markets are just across the road. We noticed former QRC member Bonnie Davies was the 50 minute pacer, an awesome effort, she ran it 49:54. The race has a challenge where they allow the elite female runners to start by a margin which is equal to the difference between the male and female record for the race. This means the first to cross the finish line could be either male or female.

This year the 2021 winners were:

1st Female: Andrea Seccofien 33:05

1st Male: Brett Robinson 28:32



Wondai Running Festival 26th / 27th June.

With lockdowns in most places it was refreshing to get out into regional Queensland to experience some local hospitality at the Wondai Running Festival. [Wondai Country Running Festival \(wondaicountryfestival.com.au\)](http://wondaicountryfestival.com.au)

This event is run over 2 days at Wondai just north of Kingaroy in the South Burnett region. There is a race for everyone. On the Saturday there is a 10km and half marathon along local trails. On the Sunday there is 10km, half and full marathon along a bitumen rail trail. This means any hill is a gentle rise although often long. When we picked up our race bibs, they had a lucky number draw for either a bag of peanuts or a bottle of local wine.

We made it a long weekend and found a hillside cabin with a log fire as the temperatures were brisk. At the start line there were pit fires burning to keep you warm until the start. For a couple of parkrunners we had to pull out some extra energy to complete the 10km.

It was a great time and one you could consider for your bucket list.

Results:

10km

Russell Bishop 64:15

Anne Campbell 68:06

Neil Campbell 69:46

Half marathon

Tony Burns 2:20:27

Mandy Bishop: 2:20:27



WARR update

At the time of writing WARR is still on track to hold the event in Hawaii on the 22-24th October 2021.

At this stage it is very unlikely any Qantas runners resident in Australia will be permitted to attend.

If you know any Qantas folk in the UK or Canada, please let them know and perhaps we can get someone to represent us there.

The A-Z of Parkrun /Fun Run Etiquette continued

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G Goo is for marathons so forget it, unless you are doing one. Try them on your long runs and when you finish with the packet, please take it with you as they are very sticky if you happen to get one on your shoes etc

G.... Gatorade or other sports drinks are often handed out at drink stops. Go ahead and have one but don't tip them over your head thinking they are water, or you will spend the rest of the run very sticky indeed, Try Pocari Sweat instead.

H..... Halitosis people with bad breath need to read Body odour

I..... Injuries. don't ignore them. It is your bodies way of telling you there is something wrong.

J..... Jubilation. This is the feeling when you complete your first big race be it 5, 10, 21 or 42 km. Stop and smile to yourself and inwardly say I did it. Remember if you run a marathon no one can take that achievement away it will be with you always.

K..... Kilometres for Americans this is what the rest of the world measure their runs in.

L..... Lap of honour

A lap of honour is taken in the same direction as the race.

Okay so you won the race or finished well up in the placing. Do not turn around and run back on the course in the reverse direction passing all those poor devils that are struggling along towards the finish (including Norton).

You never saw Monna or Deeks finish a marathon and run back towards the later finishing runners.

If you must go back and find your partner WALK.

If you were that concerned about their ability to finish you should have run with them. So, remember run in the same direction and that includes warm downs.

MMusic on a run is not Cool

Listen to the sounds around you maybe birds maybe a semi-trailer trying to avoid running you over.

N Nose blowing is not a nice subject, and it requires a degree of sensitivity, one should determine which nostril is stuffed and then move 2 paces back from any running companions and to the same side of the road/track. This means to the left-hand side if that is the blocked nostril. Now placing your right index finger on the right nostril close off the airway. This allows for a full lung full of air to be exhaled through the left nostril thus expelling neatly anything that was impeding the airflow in the left nostril. You are now right to resume alongside your companions (do not attempt this when Covid 19 restrictions are in place.

O Old runners Called elderly in Hong Kong. Please give them some due respect. They may have been an elite runner once upon a time. They may have won the school cross country and never won a race again, but they are still running and one day you will hope you can to.

More to follow.....

Parkrun update

Just when parkrun was returning in most states the delta variant hit. This has meant are lockdown.

Many parkrunners are still getting out for a run as part of the permissible exercise routine.

It is noted that Dave Taylor and Thomas Davy are still running around regional NSW, so if you ever get up to Tamworth, please look them up.

Our British Airways friend Roderick Hoffman is now back park running in the UK and recently completed his 393 parkrun at 303 different parkrun locations.



From the Archive

Warr in Dublin 2014

It was run around St Annes Park, Dublin in cool conditions followed by the odd pint of Guinness.



2021 Running Calendar

[Note please check with your local running website to see which of these races below are still happening](#)

Listed below are some of the local fun runs you often catch up with other club members

Parkrun (Free entry)

Every Saturday morning at various locations

You will need to register, once you have your barcode you are ready to go.

Please check the parkrun website to register and find your nearest parkrun

Distance: 5km

website: www.parkrun.com.au

Qantas Running clubs' members run at The Entrance, Dolls Point, Mudjimba, St Peters, Eastern Gardens, Tamworth and Golden Beach, Bibra lakes and Minnipi to name a few

NSW

Beachside Dash: 21 November 2021 TBA

Distances – 10km, 5km

Website: <http://www.stgeorgemrf.com.au/beachside-dash/>

VIC

Melbourne Marathon Festival: 10 October 2021

Distances – 42km, 21km, 10km, 5km

Website: <http://melbournemarathon.com.au/>

SA

City to Bay fun run September 2021

Distances 21km, 12km, 6km

Website: [Westpac City-Bay Fun Run \(city-bay.org.au\)](http://Westpac-City-Bay-Fun-Run/city-bay.org.au)

WA

Perth Running Festival: October 2021

Distances – 42km, 21km, 14km, 4km

Website: <https://www.wamc.org.au/>

World Airline Road Race September /October TBC

Subject to international travel being viable

Watch for announcements on the website www.worldairlineroadrace.org

(Please check individual websites for last minute changes especially after our COVID year 2020/21)

Stay connected:

Website: www.qantasrunningclub.org

Facebook: [\(3\) Qantas Running Club | Facebook](#)

Contact: john.gately@qantas.com.au

Membership fees

If you are not on payroll deduction you can pay your \$10 annual subscription to the clubs bank account listed below.

Thank you in advance.

QRC bank details

Qudos Bank

BSB: 704 865

Account: 02166990

Name: QAN

Description: please insert your name