Figure 1:

\[ a-b-c-d-e-f-g-h-i-j \] is a 1-f. path.
$2 - 7 - 8 - 3$ is a 4-cycle
Adding any of the dashed edges adds a 3-cycle or 4-cycle.
Figure 4:

Figure 5:

and

Each have $n = 8$
$q = 9$
$r = 3$

but are not isomorphic