



**aura**

Australian U23 triathlon association inc.

**ANNUAL REPORT 2019**

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*Cover Photo: Kay Bretz, at 2019 World 24 Hour Championships, winner of the Bryan Smith and AURA Ultra Performance of the Year Awards*

## ANNUAL REPORT – 2019

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Dear Members,

Your committee is pleased to report on the activities of your association for the financial year ended 31 December 2019.

### OVERVIEW OF 2019

2019 was a busy and productive year for AURA, highlights included:

- The Association comprised 506 members in December 2019, an increase of 3 on 2018.
- There were 67 events listed on AURA's calendar of events, with thousands of runners participating in ultra running events on track, road and trail across the country.
- Australian teams participated in IAU World Championships, representing Australia proudly at the Trail event held in Portugal in June, the 50km event in Brasov, Romania in September and the 24 Hour event in Albi France in October. As well a team was entered in the 2019 Asian 100km Championships held in Jordan in November.
- For the first time an Australian coach / mentor was appointed to an Australian team attending Australian Championships when Martin Fryer was appointed to this role for the World 24 hour Championships.
- Significant progress was made in the development of a unique system to list and rate ultra running events in Australia, a system that potentially sees the introduction of a process where each event will need to self-rate their event using an AURA system. The rating system will help prospective runners/entrants to select an event appropriate to their level of experience, fitness and skills thereby potentially increasing runner safety in event participation.
- AURA merchandise was redesigned and successfully released to our members.
- Meetings were held with Athletics Australia to discuss the potential formalization of a relationship between the two organisations. These discussions led to the signing of a Memorandum of Understanding in relation to the alignment of Australian Championship events as a first step.
- Yiannis Kouros was inducted into the AURA Hall of Fame.

Your committee is pleased to provide the following annual report for 2019.







## INTERNATIONAL COMPETITION

### 2019 IAU WORLD TRAIL CHAMPIONSHIPS

The World Trail Championships were held in Mirandha da Corvo Portugal on 8 June 2019. The Australian women's team placed 15<sup>th</sup> in the world, there was no team placing for the men due to insufficient representation.

#### Women

19<sup>th</sup> Stephanie Austin 04:33:58  
 77<sup>th</sup> Jodie Earl 05:15:12  
 104<sup>th</sup> Sarah Ludowici 05:29:41  
 137<sup>th</sup> Jessica Collins 05:56:47  
 142<sup>n</sup>: Lauren Rooke 06:12:14

#### Men

105<sup>th</sup> Ryan Lowe 04:25:19

### 2019 IAU 24 HOUR WORLD CHAMPIONSHIPS

The Australian 24 Hour Team participated at the World Championships on 26 – 27 October in Albi, France. The men's team finished in 4<sup>th</sup> place while the women's team finished 11<sup>th</sup> in the world.

#### Women

37<sup>th</sup> Donna Urquhart, 206.861km  
 40<sup>th</sup> Nicole Barker, 204.444km  
 48<sup>th</sup> Simone Hayes, 201.463km  
 77<sup>th</sup> Nikki Wynd, 181.544km  
 121<sup>st</sup> Tia Jones, 128.329km

#### Men

11<sup>th</sup> Kay Bretz, 259.670km  
 21<sup>st</sup> Kevin Muller, 246.293km  
 27<sup>th</sup> Ewan Horsburgh, 241.813km  
 50<sup>th</sup> Stephen Redfern, 221.771km  
 58<sup>th</sup> John Yoon, 215.787km  
 104<sup>th</sup> Matthew Eckford, 194.007km



*The Australian 2019 24 Hour Team in France*

## 2019 IAU 50KM WORLD CHAMPIONSHIPS

The Australian Women's 50km Team participated at the World 50km Championships held in Brasov, Romania on 1 September 2019.

### Women

30<sup>th</sup> Clare Palmer 3:39:25  
42<sup>nd</sup> Larissa Tichon 3:50:37

## 2019 IAU 100KM ASIAN CHAMPIONSHIPS

The Australian 100km Team participated at the Asian 24 Hour Championships conducted in Aqaba, Jordan on 23 November 2019. The women's team secured the team gold medal while Brendan Davies and Amelia Griffith won individual silver medals.

### Women

2<sup>nd</sup> Amelia Griffith 8:57:02  
6<sup>th</sup> Barbara Fieberg 10:20:10  
7<sup>th</sup> Corrina Black 11:04:29

### Men

2<sup>nd</sup> Brendan Davies 7:49:16



The Australian 2019 100km Team Asian Gold Medalists



## NATIONAL CHAMPIONSHIPS

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AURA holds National Championships within five of its sanctioned races each year: a 50km road championship, a 100km road championship, a 24hr championship, a 48hr championship, and long & short trail championships. To be eligible for these awards in 2019 competitors must have been AURA members and Australian citizens at the time of the event(s).

### 50km ROAD

Canberra Running Festival 14 April, 2019.

#### Women

- 1 Corrina Black 4:03:16
- 2 Alena Scurrah 4:14:48
- 3 Katherine Booy 4:31:04

#### Men

- 1 Ash Watson 2:59:40
- 2 Brendan Davies 3:08:28
- 3 Barry Keem 3:10:17

### 100km ROAD

Ned Kelly Chase 26 October 2019.

#### Women

- 1 Rhiannon Snipe 8:09:58
- 2 Michelle McAdam 8:15:15
- 3 Margie Hadley 8:43:59

#### Men

- 1 Clay Dawson 6:54:03
- 2 Dion Finocchiaro 7:03:30
- 3 Kyle Weise 7:53:04



*Rhiannon Snipe (left and Clay Dawson (right)) 2019 Australian 100km Champions*

## 24 HOUR

Coburg 24 Hour 13 April 2019.

### Women

- 1 Cheryl Symons 186.311km
- 2 Karen Mickle 174.642km
- 3 Kris Ryan 168.177 km

### Men

- 1 Kevin Muller 251.605km
- 2 John Yoon 219.245km
- 3 Daragh O'Loughlin 208.705km

## 48 HOUR

Canberra 15 March 2019.

### Women

- 1 Nikki Wynd 317.89
- 2 Kerrie Williamson 305.284
- 3 Cheryl Symonds 284.520

### Men

- Mick Thwaites 389.041km  
 Dan Symonds 362.213km  
 David Billet 275.673km





## SHORT TRAIL CHAMPIONSHIPS

Cleland 50km 9 June 2019.

### Women

- 1 Hannah McRae 5:27:10
- 2 Ina Schapiro 5:39:53
- 3 Vicky Rounding 5:57:29

### Men

- 1 John Csongei 4:53:38
- 2 Graham Tottey 6:32:05

## LONG TRAIL CHAMPIONSHIPS

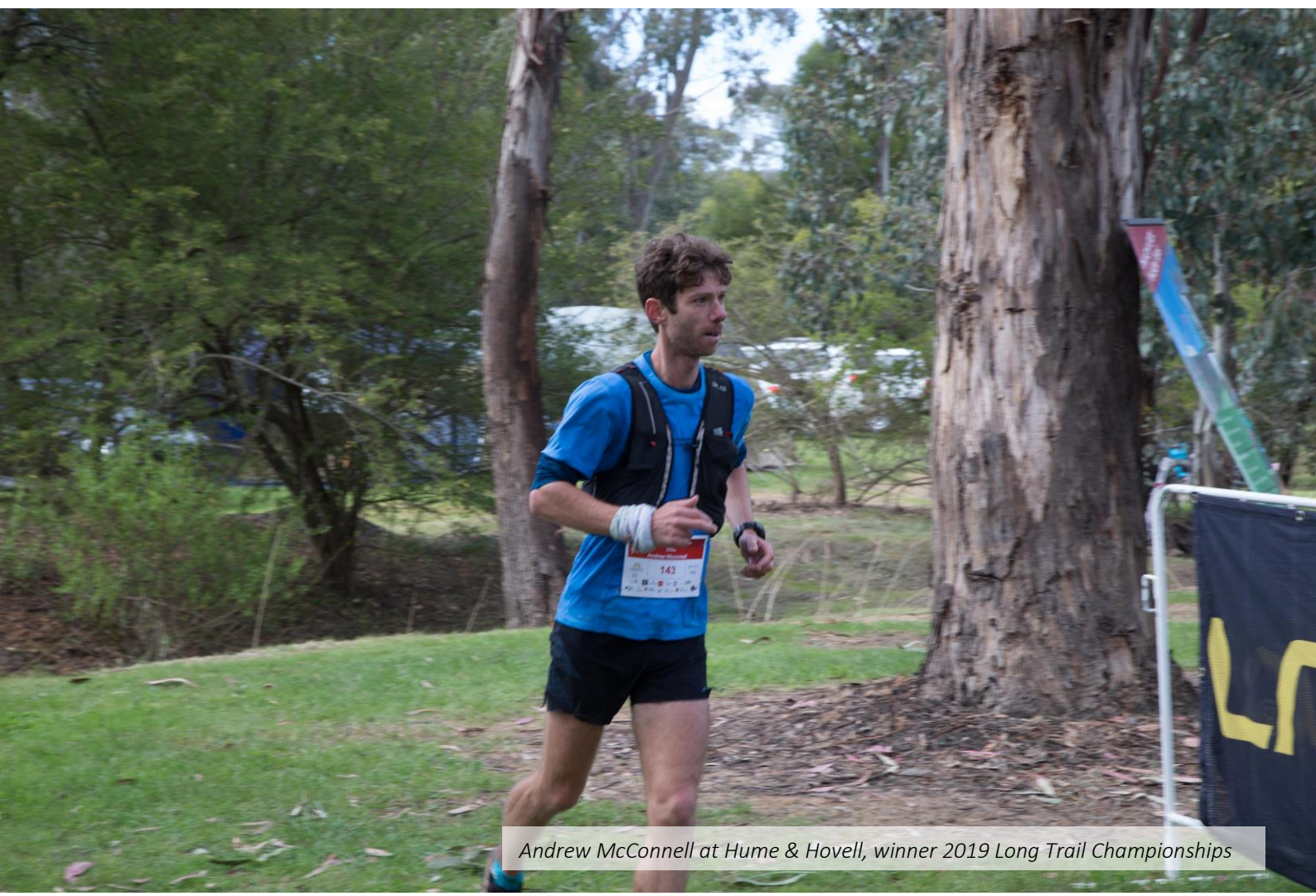
Hume & Hovell 100km 12 October 2019

### Women

- 1 Karen Mickle 14:24:33
- 2 Jodie Osborne 14:44:53
- 3 Leah Weeden 19:29:07

### Men

- 1 Andrew McConnell 10:11:28
- 2 Scott Richmond 10:43:01
- 3 Richard Storrer 10:47:14



Andrew McConnell at Hume & Hovell, winner 2019 Long Trail Championships

## AURA AWARDS 2019

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The AURA Awards for 2019 were presented as follows:

### AUSTRALIAN FEMALE ULTRA RUNNER OF THE YEAR: AMY LAMPRECHT

*For outstanding single or collective performances by a female.*

Amy Lamprecht was selected as the Australian Female Ultra Runner of the Year for 2019. Amy returned consistently high ranking performances in all the events she participated including first place at Ultra Trail Australia, first place at Bruny Island, first place at Convicts & Wenches, and second place at Cradle Mountain. Without doubt a spectacular year of running by Amy.

### AUSTRALIAN MALE ULTRA RUNNER OF THE YEAR: ASH WATSON

*For outstanding single or collective performances by a male.*

This award went to Ash Watson, who had an fantastic year with multiple top finishes on trail and road. His performances included winning the Surf Coast Century, Great Ocean Road, Two Bays events as well as first place at the 50km Australian Championships on road at Canberra in a very smart time of 2:59:40.

### HELEN STANGER AWARD: BERNADETTE BENSON

*For the greatest single best ultra running achievement by a female under the age of 60.*

Bernadette Benson was the winner for her Australian open women's record for 100 miles (15:24:44) set at the Sri Chinmoy 24 Hour race at Campbelltown in June.

### BRYAN SMITH AWARD: KAY BRETZ

*For the greatest single best ultra running achievement by a male under the age of 60.*

Kay Bretz ran a massive 259.670 km total at the 2019 World Championships in Albi, France. This was the largest Australian total ever in a World Championships. The distance is the fourth best ever achieved by an Australian, and the furthest ever run on foreign soil. A worthy recipient of the Bryan Smith Award.



Ash Watson Australian Male Ultra Runner of the Year



## YOUNG FEMALE ULTRA RUNNER OF THE YEAR: NICOLE VAUGHAN & STEPHANIE AUSTON

*For outstanding single or collective performances by a female under the age of 30.*

Nicole Vaughan had a great year in 2019 including a very impressive first place at the Coburg 24 Hour race where she ran 191km. Other results includes sixth at the Australian 100km Championships, and 6th at Great Ocean Walk.

Stephanie Auston had an outstanding year of racing in 2019, including 19th place at the Trail World Championships in June, 1st place at the Brisbane Trail Ultra (60km), Australian Alpine Ascent (50km), Six Foot Track (45km), Snowies Trail Run Festival (50km) and Two Bays (56km), and 2nd place at Tarawera 100km (NZL).

## YOUNG MALE ULTRA RUNNER OF THE YEAR: DAN SYMONDS

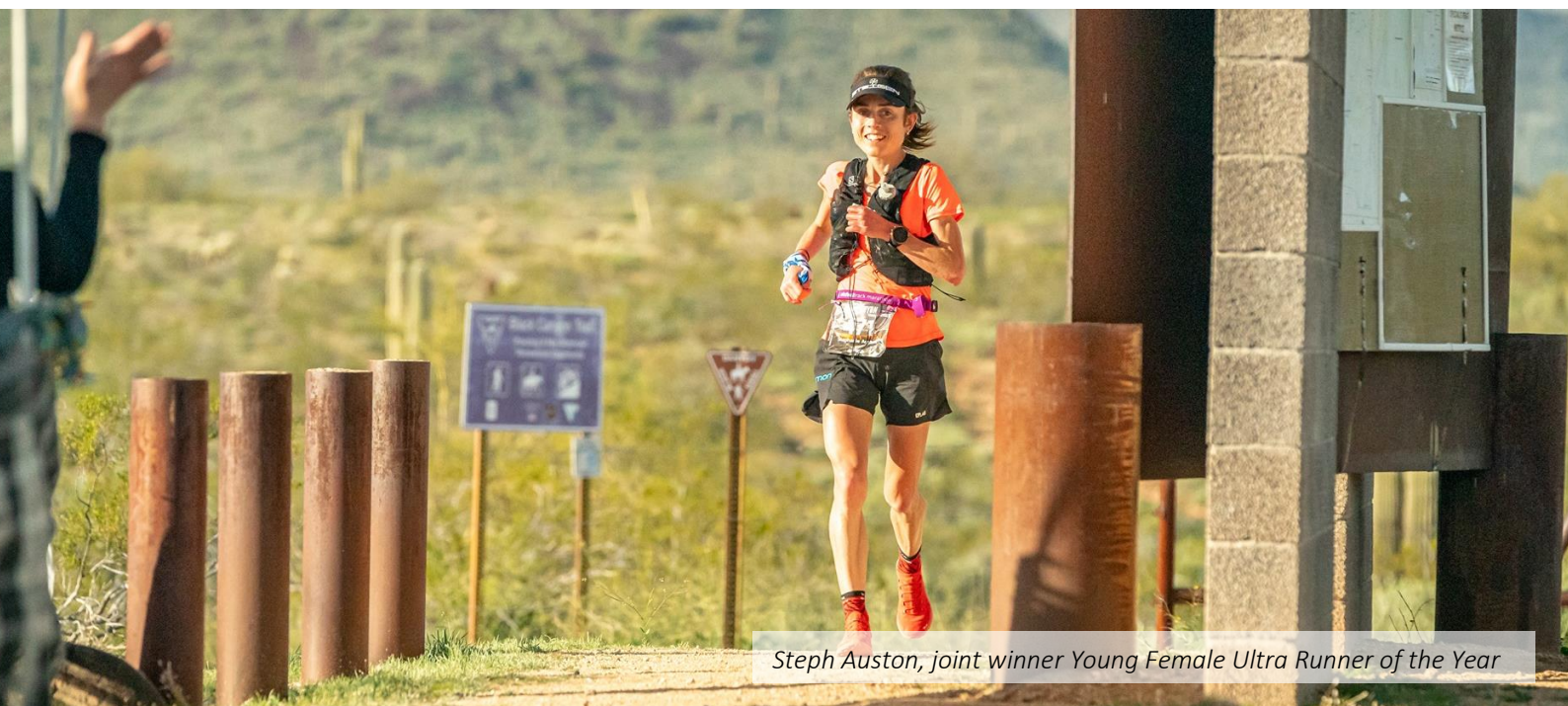
*For outstanding single or collective performances by a male under the age of 30.*

This is the second year in a row Dan has won this award. In 2019 it was his second place and impressive 362km set at the Canberra 48 Hour event as well as his participation at the World 24 Hour Championships in France that saw him deservedly selected a second time.

## CLIFF YOUNG AWARD: MICK FRANCIS

*For the greatest single best ultra running achievement by a male over the age of 60.*

The Cliff Young Award went to Mick Francis for his second place at the Gold Coast 100km road race, running an impressive time of 9:23. Mick also recorded numerous top results at events in his home state of Western Australia, finishing first in his age category for every event he entered in 2019.



Steph Auston, joint winner Young Female Ultra Runner of the Year



### SHIRLEY YOUNG AWARD: MARIE BOYD

*For the greatest single best ultra running achievement by a female over the age of 60.*

Marie Boyd won the Shirley Young Award for her new Womens W70 age group record for the 6 Day event when she recorded 385.019km at the Adelaide 6 Day race, averaging 64km per day.

### AURA ULTRA PERFORMANCE OF THE YEAR: KAY BRETZ

*Nominated by and voted on by the AURA members*

Kay Bretz was the winner of the AURA Ultra Performance of the Year Award for 2019 for his 259km run at the 24 hour World Championships. This award was voted by AURA members, so true recognition for Kay by his peers.



Marie Boyd, Shirley Young Award winner



## AUSTRALIAN RECORDS

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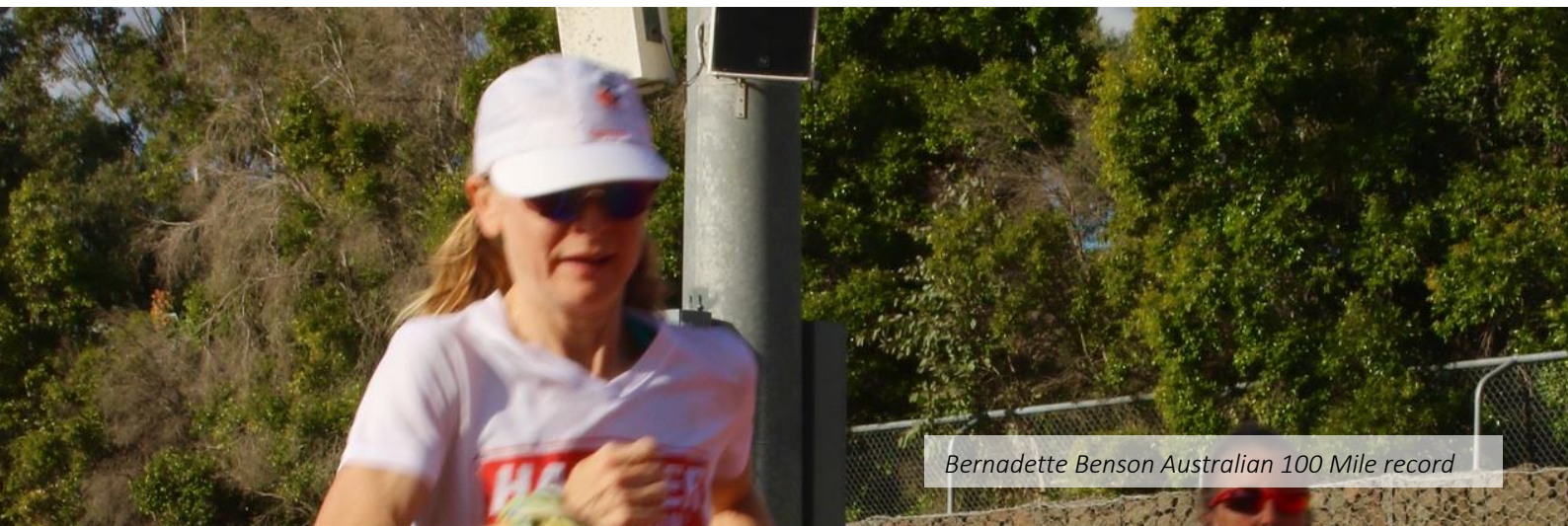
The women dominated records in 2017 the men dominated in 2018 and the women were back in force in 2019. Australian Age Records were achieved right across the board the youngest Kyle Weise in the M20 age category and Marie Boyd continues to set a high bar for those of us striving to run for the rest of our lives in the W70 age category.

Marie Boyd kicked things off in 2019 in the United States of America setting records for 48hours, 200km and 6 days in the W70-74 category and went on later in the year to improve on those records at the Adelaide 6 Day event.

The National 48-hour Championships in Canberra was again the venue for a number of records with Gemma Worland, Dan Symonds and Nikki Wynd all breaking age category records for 48 hours over the weekend. Nikki set a new W45 Record of 317.894km which was previously held by Sabina Hamaty who was on the track on the day to congratulate Nikki. I love the mutual support and admiration ultra-runners have for each other on all levels.

The performance of the year is undoubtedly an Australian Record achieved on the track at Campbelltown, Sydney. Bernadette Benson entered the 24 hour with the intention of achieving the Australian 100 mile record and a World Age Best for W50. While Bernadette fell a little short of the World Age Best, she made sure of the Australian Record knocking 9 minutes off the previous record held by Jodie Osborne in fact reclaimed it with the Australian Record for 100 miles now 15 hours 24 minutes and 44 seconds.

Most of us don't like to get older but for those of use striving to achieve records moving into a new age category is something to look forward to or as was the case for Kyle Weise and Dan Symonds the opportunity to set a high bar in their current category before moving into the next was their motivation for setting out to achieve a record. Kyle put in a determined effort on the Griffith University Athletics Track on



*Bernadette Benson Australian 100 Mile record*

the Gold Coast to achieve a 50km record and followed this up 4 weeks later with a podium place in the National 100km Championships at the Ned Kelly Chase 100km taking 10 minutes off the previous M20 100km record held by David Bailey.

The most popular record of the year was the 50km with 4 of the 17 records achieved this year over this distance. Jeff Gray was the first 50km record of the year in Canberra in April and the final ultra-event of the year the Gold Coast 50km was again a fast event despite the challenging conditions it routinely presents. Tamara Carvolth has achieved some great results Nationally in Cross Country and despite never have run a marathon set a cracking pace leading for much of the even succumbing to a stitch late in the race she finished strong to achieve a Qualifier for the 50km World Championships on this occasion and a W25 Australian Age Record finishing the 50km in 3:30:18. David Scroope backed up his 6-hour M60 record achieved on the track at the BUTTER 24 Hour on the Sunshine Coast in September with a fast 50km in December, improving John Shaw's record set in 2016.

<b>Distance/ Time</b>	<b>Record Type</b>	<b>Athlete</b>	<b>Venue</b>	<b>New Record</b>	<b>Date</b>
100 miles	Australian	Bernadette Benson	Campbelltown NSW	15:24:44	16-Jun-19
50km	Australian M20	Kyle Weise	Gold Coast QLD	3:29:21	29-Sep-19
100km	Australian M20	Kyle Weise	Wangaratta VIC	7:53:04	27-Oct-19
48 hour	Australian M25	Dan Symonds	Bruce ACT	362.213km	17-Mar-19
50km	Australian M55	Jeff Gray	Canberra ACT	3:35:36	14-Apr-19
6 Hours	Australian M60	David Scroope	Sippy Downs QLD	72.287km	28-Sep-19
50km	Australian M60	David Scroope	Gold Coast QLD	3:34:20	8-Dec-19
48 hour	Australian W25	Gemma Worland	Bruce ACT	146.063km	17-Mar-19
50km	Australian W25	Tamara Carvolth	Gold Coast QLD	3:30:18	8-Dec-19
48 hour	Australian W45	Nikki Wynd	Bruce ACT	317.894km	17-Mar-19
100 miles	Australian W50	Bernadette Benson	Campbelltown NSW	15:24:44	16-Jun-19
48 hour	Australian W70	Marie Boyd	Glendale USA	151.760km	30-Dec-18
6 days	Australian W70	Marie Boyd	Glendale USA	360.851km	3-Jan-19
200km	Australian W70	Marie Boyd	Glendale USA	2D:15:22:23	31-Dec-18
48 hour	Australian W70	Marie Boyd	Adelaide SA	171.060km	1-Oct-19
200km	Australian W70	Marie Boyd	Adelaide SA	2D:11:30:45	1-Oct-19
6 days	Australian W70	Marie Boyd	Adelaide SA	385.019km	5-Oct-19



## VOLUNTEERS

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AURA would be unable to function without the work put in by our magnificent volunteers.

As well as trying to find time to get in their own training runs and events, many spend a significant number of hours assisting your Association. We thank them for their contribution to our sport.

President	Rob Donkersloot
Vice President	Alexis Oosterhoff
Secretary	Pam Muston
Treasurer	Ness Hartge
Results Publishing	Alexis Oosterhoff
Event Compliance	Rob Donkersloot
IAU Labelling	Kerrie Bremner
Records & Rankings	Jodie Osborne
Points Competition	Alexis Oosterhoff
Website	Alexis Oosterhoff
Teams Manager	Gary Mullins
Merchandise	Dan Symonds

Team Selector	Robert Boyce (Chairman)
Team Selector	Kerrie Bremner
Team Selector	Martin Fryer
Team Selector	John Pearson
Team Selector	Brendan Davies

### State Representatives

QLD	Susannah Harvey-Jamieson
NSW	Lou Clifton
Vic	Nikki Wynd
WA	David Kennedy Zora Harvie
SA	Chris Glacken



# FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2019

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## **AUSTRALIAN ULTRA RUNNERS ASSOCIATION INC**

Financial Statements  
For the year ended 31 December 2019

Prepared by  
NESS HARTGE  
Treasurer  
Australian Ultra Runner's Association  
27<sup>h</sup> March 2019



# AUSTRALIAN ULTRA RUNNERS ASSOCIATION INC

## Detailed Profit and Loss Statement For the year ended 31 December 2019

	2019 \$	2018 \$
<b>Income</b>		
Subscriptions & Clothing - Members		
Membership 2018		20,914
Membership 2019	18,988	16,961
Membership 2020	17,719	
Merchandise	2,817	710
<i>Sub total</i>	39,523	38,586
Subscriptions - Events Listing & Insurance		
Event listing	8,231	6,640
Insurance	10,190	9,799
<i>Sub total</i>	18,421	16,438
Donations		580
IAU Funding		5,641
Interest received	2,046	960
Total income	59,990	62,205
<b>Expenses</b>		
AURA Point Score Prizes	5,125	4,265
Bad Debts		1,867
Bank Fees And Charges, Meetings & Accounting Fees	651	737
Clothing Purchases	5,845	3,213
Computer, Internet expenses & Advertising	6,233	1,606
Insurance	10,920	9,210
Postage	889	700
Overseas competition expenses		
Trail championships	2,516	2,090
Asian championships	2,264	3,500
50km team	2,031	
100km team	66	9,680
24HR championships	12,987	
	19,864	15,270
Trophies and Certificates	1,067	708
Ultramag & Marketing Coordinator	8,210	10,300
Total expenses	58,805	47,877
<b>Profit from Ordinary Activities before income tax</b>	<b>1,185</b>	<b>14,328</b>
<b>Westpac - Cheque Account</b>		
<b>Balance as at 1 January</b>	<b>55,847</b>	<b>41,518</b>
<i>Plus income</i>	59,990	62,205
<i>Less expenses</i>	58,805	47,877
<b>Balance as at 31 December</b>	<b>57,031</b>	<b>55,847</b>

# AUSTRALIAN ULTRA RUNNERS ASSOCIATION INC

## Detailed Balance Sheet as at 31 December 2019

	2019 \$	2018 \$
<b>Current Assets</b>		
<b>Cash Assets</b>		
Westpac - Cheque Account	57,031	55,847
Westpac - Term Deposit	70,000	70,000
	<b>127,031</b>	<b>125,847</b>
<b>Receivables</b>		
Trade debtors	10,063	5,096
<b>Total Assets</b>	<b>137,094</b>	<b>130,943</b>
<b>Current liabilities</b>		
Accounts payable	0	820
	<b>0</b>	<b>820</b>
<b>Total Liabilities</b>	<b>0</b>	<b>820</b>
<b>Net Assets</b>	<b>137,094</b>	<b>130,123</b>
<b>Equity</b>		
Current year earnings	1,185	14,328
Retained earnings	14,328	-8,765
Opening balance equity	126,791	126,791
	<b>142,304</b>	<b>132,354</b>

The accompanying notes form part of these financial statements.



**Schedule 1**  
**Regulation 15**  
**Form 1**

*Associations Incorporation Reform Act 2012*

Sections 94 (2)(b), 97 (2)(b) and 100 (2)(b)

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**Annual statements give a true and fair view of financial performance and position  
of incorporated association**

We ~~VANESSA HARTOG~~ and Rob Donkersloot being members of the  
committee of the **Australian Ultra Runners Association** certify that:

The statements attached to this certificate give a true and fair view of the financial  
performance and position of the above named association during and at the end of  
the financial year of the association ending **31 December 2019**.

Signed: 

Date: 19.4.2020

Signed: 

Date: 20 April 2020