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AUSTRALIAN ULTRA RUNNERS ASSOCIATION



ANNUAL REPORT 2020

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Cover Photo: Steph Auston, 2020 AURA Young Female Ultra Runner of the Year. Photograph by Paul Nelson Photography.

ANNUAL REPORT – 2020

Dear Members,

Your committee is pleased to report on the activities of your association for the financial year ended 31 December 2020.

OVERVIEW OF 2020

2020 was a challenging and unique year for AURA, our members and the worldwide running community.

Races were rescheduled, cancelled and the uncertainty of restrictions kept all runners and race directors replanning their year. Race directors adapted their races to put on safe events and the second half of the year sure was a busy one.

Only 1 of our National Championships was held as other races were cancelled or borders were locked.

Highlights included:

- The Association comprised 403 members in December 2020, a stable number in a year of cancelled races and international competition.
- There were 66 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.
- Australia participated in the IAU 6hr Virtual Solidarity Run that took place over the weekend of the 29- 30 August. AURA was able to field a full team of both 9 Males and 9 Females.
- Records achieved even without access to international races
- A multitude of members stories in *Ultramag* showing the heart of the association.
- The Annual Awards highlighted the amazing racing our members managed in a unique year. Western Australia had a busy calendar and it showed in the results.
- Our 2020 Members Points Competition was hotly contested with WA's Michael Hooker at the top of the ladder who finished with a total of 51 points.

Your committee is pleased to provide the following Annual Report for 2020.



INTERNATIONAL COMPETITION

2020 IAU 24-hour Asia and Oceania Championships

Were to be held in Bengaluru, India from 18-19 July.

2020 IAU 100km World Championships

Were to be held in Winschoten, Netherlands on 12 September.

2020 IAU 50km World Championships

Were to be held in Aqaba, Jordan on 27 November.

Due to the Coronavirus pandemic all international championships were cancelled by the IAU.



Andy Heyden (left) running in his 50km personal time trial.

NATIONAL CHAMPIONSHIPS

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 2020 competitors must have been AURA members and Australian citizens at the time of the event(s).

Being earlier in the year the 100km Championships were the only ones held. The rest unfortunately faced date changes, border restrictions and cancellations.

100km

SA 100km Track Championships, 25 January 2020

Women

1 Amelia Griffith	08:42:45
2 Jacqueline Cresp	11:36:06
3 Dawn Parks	11:58:24

Men

1 Ben Watt	09:18:16
2 Douglas Weatherill	09:39:06
3 Daragh O'Loughlin	09:52:50



Amelia Griffith racing at the SA 100km Track Championships on 25 January, 2020 where she secured 1st Female.

AURA AWARDS 2020

The AURA Awards for 2020 were presented as follows:

AUSTRALIAN FEMALE ULTRA RUNNER OF THE YEAR: MARGARET HADLEY

For outstanding single or collective performances by a female

Margaret Hadley from Henley Brook, WA had a great year in 2020, placing 1st overall with 116.620km in the Lighthorse Ultra 12 Hour, 1st at the Australia Day Ultra 100km with 9:08:24 (she ran the same race recently in January placing 2nd, setting a PB with 8:28:34), top female performance at Birdy's Backyard Ultra with a total distance of 201.3km and 1st in the Salming Bibra Lake RunningWorks Festival 50km. A very consistent year of top performances, congratulations Margie.

AUSTRALIAN MALE ULTRA RUNNER OF THE YEAR: MICHAEL HOOKER

For outstanding single or collective performances by a male

Michael Hooker from East Perth, WA has had some outstanding results for 2020 placing 1st in the Feral Pig Ultra 100mile in a time of 18:28:42, 1st at the Lark Hill 100km Dusk to Dawn Ultra in 7:54:27, 1st in the Australia Day Ultra 100km with 7:27:03, 1st at Yaberoo Trail Ultra in 3:47:03 and 1st with 40hrs at Birdy's Backyard Ultra. A phenomenal year, congratulations Michael.

HELEN STANGER AWARD: ANNABEL HEPWORTH

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

Annabel Hepworth from Sydney, NSW is well known on the Australian ultra circuit, but in 2020 she became even more known on the international ultra stage when she broke the Australian women's record back in January running 1192.156km in the 10 day Across The Years event in the USA. It was amazing to watch and follow her progress as she backed up day after day to be not only the first female, but 1st place Overall. This woman can run – and for a long time. Well done on a spectacular achievement Pam.

BRYAN SMITH AWARD: CHRIS MURPHY

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

Chris Murphy from Airlie Beach, Queensland took out Big Dog's International Last One Standing in October 2020 in a nail biting performance where he walked away with his first ever win in a running event, as the Australian

Champion, setting an Australian record of 46 hours and 308km which is also an Australian record. Fantastic effort Chris.

YOUNG FEMALE ULTRA RUNNER OF THE YEAR: STEPHANIE AUSTON

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

Stephanie Auston from Merimbula, NSW is a speedster over all distances and in 2020 she proved that once again she is a real talent to be reckoned with, placing 1st (3rd overall) at the Gold Coast 50km Road Race in a blistering 3:17:26 which was a race record and an Australian Female Record. She also placed 1st overall in the 64km Kuranda to Port Douglas. Congratulations Steph, we look forward to watching your performances in the years to come.

YOUNG MALE ULTRA RUNNER OF THE YEAR: BENJAMIN DUFFUS

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

Benjamin Duffus from Brisbane, Qld is another amazing young runner with a huge future. His 2020 was more quiet race-wise for him than usual (like most!). He did still manage to squeeze a 2nd place in the Tarawera Ultra 50km and 4th place in the Guzzler Ultra 100km. However his most outstanding performance last year that earned him the nomination for this award was his 1st place in the Brisbane Trail Ultra 60km where he also set a new course record in 5:21:18. A mountain lover and beast on the hills, I know we will see much more of him in the future. Congratulations Ben, bring on even more success.

CLIFF YOUNG AWARD: BARRY MCBRIDE

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

Barry McBride from Adelaide, SA is a very passionate runner and coach and new grandfather. He received this award for his 2020 SA Track Championships appearance where he set the National M65 Age Record for 100km in 9:58. We love his continued enthusiasm for the sport and he is a force to be reckoned with. Never quit running Barry, we know you have more to give.

SHIRLEY YOUNG AWARD: PAM MUSTON

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

Pam Muston from Canberra, ACT is a dead-set legend of the sport. At the age of 60 something she completed her 6th Coast 2 Kosci 240km (she has competed in 7 but withdrew at 183km in 2014). The 2020 running of this race

saw Pam complete the race in horrendous conditions in 35hr 55mins in 7th place. She also won her age and placed 7th in the Sri Chinmoy Trail 100km in 13:23, and placed 3rd and 1st age at the Narrabeen Allnighter 12 Hour with a total of 94.9km. Well done Pam.

ULTRA PERFORMANCE OF THE YEAR AWARD: ANNABEL HEPWORTH

Nominated by and voted on by the AURA members

Congratulations to Annabel Hepworth for her win at the 2019/2020 Across the Years 10 day race in Arizona USA. This was an amazing performance from an Australian who not only became the 1st Female finisher for the race but also was able to win the event outright with her total distance of 1192.156km

Along the way Annabel was able to achieve some amazing milestones at this event with joining the 1000km club. She also achieved during the race a 6-day split of 471.459miles (758km) which was a PR for Annabel and gave her the best distance over a 6 day distance for the year.



The 2020 AURA Award winners (clockwise from left) Chris Murphy, Michael Hooker, Pam Muston, Margie Hadley, Barry McBride, Annabel Hepworth, Steph Auston and Ben Duffus.

AUSTRALIAN RECORDS

Most years start with great promise, with some amazing results and records achieved particularly in events staged internationally early in the year.

In that regard 2020 was no different.

An Australian Record and a couple of Australian Age Bests were achieved. As the year progressed and the pandemic evolved, event after event was cancelled providing limited opportunity for ultra-distance athletes to challenge themselves.

The processes and procedures in place to ensure records claims were legitimate were challenged with a number of attempts at age records and later in the year the Australian 50km record at events staged either in isolation or a COVIDSafe environment specifically for the purpose of challenging an Australian Record.

As eluded to earlier 2020 started out with a bang and an outstanding performance by a regular at multi-day events, Annabel Hepworth. Annabel was in Phoenix, Arizona USA for the Across the Years 10 day event. There was great interest from the ultra running community in Australia following her progress and she broke a long standing 1000km Australian Record held by Cynthia Cameron since 1987.

This achievement was followed by an Australian Age Best. And no stranger to claiming age records was Barry McBride, our more experienced ultra distance athletes continuing to prove age is just a number.

One of those attempting a record in isolation was Andrew Heyden. Andy missed out on attending the London Marathon and ran a personal best at that distance virtually and finding himself in great shape, setting out to challenge the M45 50km age record soon after.

Some of the credit goes to Gary Mullins and the crew at TRT Running who set-up an event and ensured everything was in place to allow Andy to achieve a personal best for 50km and the Australian Age Record, running 50km in 3:05:33 and breaking a record that had stood for 30 years.

Tia Jones, now in the W55 age category, achieved the 24-hour Record in challenging conditions on the Nudgee College Track in the BUTTER24, an event that was scheduled to hold the Australian 24-hour Championships which has now been deferred to 2021.

To close out the year two amazing results were achieved over 50km.

The Australian Male and Female 50km records fell at two separate events – one staged specifically for the purpose of challenging the Male 50km Record, it was conducted on the track in Melbourne.

The other at the Gold Coast 50km just one week later.

Dion Finocchiaro's results were achieved despite the strict lockdown in Melbourne that allowed only 1 hour of exercise outdoors per day. He was disciplined achieving great workouts in the limited time available, all of which can be reviewed on Strava.

On the day there were ideal conditions and some great comradery on the track, resulting in a number of athletes coming within the record time previously 2:53:47 set by Mark Tucker in Canberra in 2008. Dion's time of 2:50:49 will be sure to stand for some time.

As usual the Gold Coast 50km proves to be a great venue for some fast times, even in conditions that could be considered far from ideal for fast times. The new course officially measured and certified by former Australian ultra-running great Don Wallace proved to be fast. Steph Auston, who as a result of COVID-19 restrictions cancelling the Western State Endurance Run, an event for which she holds a Golden Ticket, found herself in good form and sought to challenge the women's 50km record previously held by Jackie Fairweather since 2008.

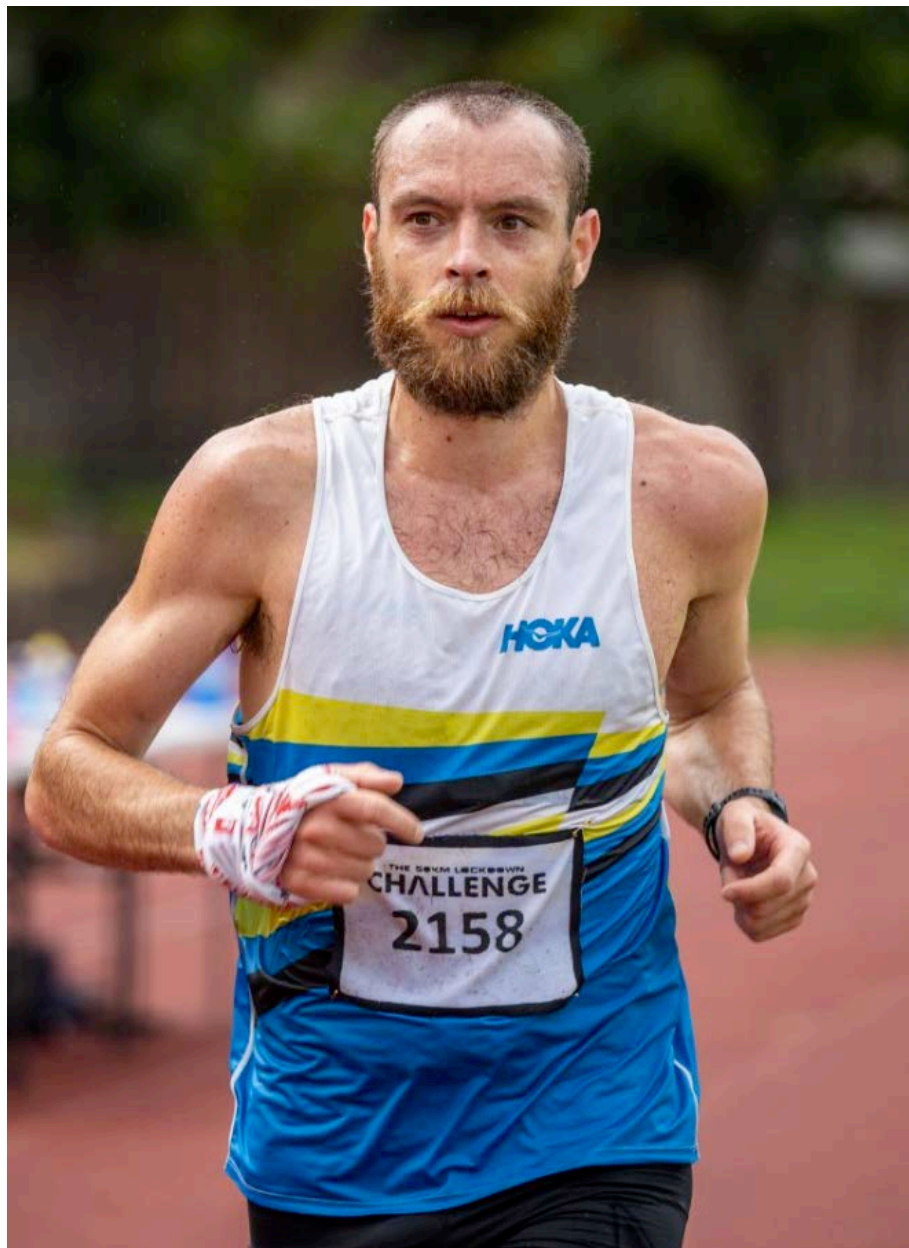
Steph took almost 2 minutes off Jackie's time, completing the 50km in a new Australian record of 3:17:28. It's interesting to note that the men's and women's record swere achieved at the Canberra 50km in 2008 and both broken within a week of each other just over 22 years later.

While the records achieved this year were limited, achieved in the first month of the year before the COVID-19 virus took hold and then in the last quarter of the year when most of Australia had managed to control community spread, they were still true testament to the dedication and determination Australian ultra-runners possess.

As the records keep improving and are passed from one runner to the next, it means the sport is alive and well. If records can be achieved in a year of such upheaval, we can take comfort in knowing that the future of our sport is indeed bright. There is interest in challenging the boundaries of what is humanly possible at any age and that is a great thing.

Distance/Time	Record Type	Athlete	Venue	New Record	Date
1000km	Australian	Annabel Hepworth	Phoenix, USA	8D:03:46:53	Jan 2020
50km	Australian	Dion Finocchiaro	Box Hill North, Vic	2:50:49	Nov 2020
50km	Australian	Steph Auston	Gold Coast, Qld	3:17:28	Dec 2020

50km	Australian M45	Andrew Heyden	Richmond, NSW	3:05:53	Oct 2020
100km	Australian M65	Barry McBride	Adelaide, SA	9:58:11	Jan 2020
12 Hours	Australian M65	Barry McBride	Adelaide, SA	12.532km	Jan 2020
24 Hours	Australian W55	Tia Jones	Boondall, Qld	97.150km	Sep 2020



*Dion Finocchiaro in the 2020 50km Lockdown Challenge. Photograph – Tim Bowman.
Overleaf: Annabel Hepworth in the 2020 Across The Years 10 Day Race. Photograph – Jubilee Paige*



VOLUNTEERS

AURA would be unable to function without the work put in by its 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.

Committee

President	Ewan Horsburgh
Vice President	Matthew Eckford
Secretary	Julia Mackay
Treasurer	Simone Hayes
Results Publishing	Alexis Oosterhoff
IAU Labelling	Kerrie Bremner
Records & Rankings	Jodie Osborne
Points Competition	Alexis Oosterhoff
Website	Alexis Oosterhoff
Merchandise	Dan Symonds
Memberships	John Yoon
Team Selector	Robert Boyce (Chairman)
Team Selector	Kerrie Bremner
Team Selector	Martin Fryer
Team Selector	John Pearson
Team Selector	Brendan Davies

State Representatives

NSW	Stephen Redfern
Qld	Dan Symonds & Susannah Harvey-Jamieson
Vic	Karen Mickle
SA	Chris Glacken
WA	Doug Bartlett
ACT	Martin Fryer

FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2020

AUSTRALIAN ULTRA RUNNERS ASSOCIATION INC

Financial Statements
For the year ended 31 December 2020

Prepared by

SIMONE HAYES
Treasurer
Australian Ultra Runners Association

23 May 2021

AUSTRALIAN ULTRA RUNNERS ASSOCIATION INC

Detailed Profit and Loss Statement For the year ended 31 December 2020

	2020 \$	2019 \$
Income		
Subscriptions & Clothing - Members		
Membership 2019		18,988
Membership	28,316	17,719
Merchandise	19	2,817
<i>Sub total</i>	<i>28,335</i>	<i>39,523</i>
Subscriptions - Events Listing & Insurance		
Event listing	7,039	8,231
Insurance	17,307	10,190
<i>Sub total</i>	<i>24,345</i>	<i>18,421</i>
Donations	320	
Interest received	422	2,046
Total income	<u>53,423</u>	<u>59,990</u>

Expenses

Accounting fees/MYOB subscription	403	417
Merchandise Purchases	1,583	5,845
IAU Membership	259	252
Advertising	-	694
Trail champs expenses	-	2,516
24hr champs expenses	-1,218	12,987
50km champs expenses	-419	2,031
Asian champs expenses	-492	2,264
100km champs expenses	-	66
National Championships Trophies	1,097	1,067
Annual points comp payments	4,475	5,125
Bank charges	10	90
Insurance	10,570	10,920
Internet	1,828	-
UltraMag Publication	2,450	-
Marketing Coordinator	2,914	8,210
Office expenses	25	1,930
Postage & courier	683	889
Sundry expenses	-	3,357
AGM Expenses	23	144
Total expenses	<u>24,190</u>	<u>58,805</u>
Profit from Ordinary Activities before income tax	<u>29,232</u>	<u>1,185</u>

Westpac - Cheque Account

Balance as at 1 January	57,031	55,847
<i>Plus income</i>	<i>53,423</i>	<i>59,990</i>
<i>Less expenses</i>	<i>24,190</i>	<i>58,805</i>
Balance as at 31 December	<u>86,264</u>	<u>57,031</u>

AUSTRALIAN ULTRA RUNNERS ASSOCIATION INC

Detailed Balance Sheet as at 31 December 2020

	2020 \$	2019 \$
Current Assets		
Cash Assets		
Westpac - Cheque Account	86,264	57,031
Westpac - Term Deposit	70,791	70,000
	157,054	127,031
Receivables		
Trade debtors	4,792	10,063
Total Assets	161,846	137,094
Current liabilities		
Accounts payable	0	0
	0	0
Total Liabilities	0	0
Net Assets	161,846	137,094
Equity		
Current year earnings	29,232	1,185
Retained earnings	1,185	14,328
Opening balance equity	126,791	126,791
	157,208	142,304

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)


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

We SIMONE HAYES and Ewan Horsburgh 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 2020**

Signed: 

Date: 23/5/21

Signed: 

Date: 23 May 2021