

ANNUAL REPORT 2006

&

NOTICE OF MEETING



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ANNUAL REPORT - 2006

Dear Members

Your committee is pleased to report on the activities of your Association for the year ended 31 December 2006.

OVERVIEW AND FUTURE DIRECTION

The purpose of your Association is to promote the sport of ultra-running; that is events longer than a standard marathon. In this regard, your committee is desirous of attracting more runners to ultra events in the first instance; secondly, in improving the quality of performances and thirdly, of ensuring that the athletes remember the event as a satisfying experience.

Your committee is pleased to report that the number of participants in marathon and ultra events in Australia has increased significantly over the last 5 years. We have prepared a comprehensive review of the period 2002 - 2006, with accompanying statistics.

This 5 year review shows that

- (a) the numbers participating in ultras (excl Trailwalkers, Six Foot & Great Ocean Road) is bouyant at 900, up from 600 in 2002
- (b) the numbers participating in conventional marathons is bouyant at 7100, up from 5500 in 2002
- (c) the numbers participating in the two 100 km Oxfam trailwalkers is very strong at 3800 up from 400 in 2002.

This being the case, it is obvious that the sport needs proper marketing, the interest is there and the people to target are those who participate in the marathons and larger team events.

A plan for the next 5 years moving forward (2007 – 2011) has been prepared and a copy is available at www.ultraoz.com along with the 5 year review.

Of particular significance is the plan to intitate a stage race from Melbourne-Sydney-Brisbane in 2009. This is not an initiative of your Association as such, but AURA is involved in providing assistance. Obviously, should the event become a reality, the resultant publicity will put ultra running firmly back on the map.

As part and parcel of this plan, is the need for Colac 6 day race to continue or, if not, for a suitable replacement race to be established. In this regard, AURA will be doing all possible to assist. The nub of the 5 year plan is the need for proper marketing of ultras so as to attract more people to the sport, an encouragement for NSW race directors in particular to organise more races and an overall need for far better communication between AURA state reps and the race directors in their respective states.

International competition

IAU 50km trophy race

The IAU 50km trophy race was held at Winschoten Holland on 16 September 2006. We are pleased to report that Australia's representatives acquitted themselves well. Results were

Pos	Name	Time
3	Siri Terjesen	Winschoten 3:39:20, Canberra 3:35:19, aggregate 7:14:39
6	Suzanne Kelly	Winschoten 4:07:37, Canberra 3:41:38, aggregate 7:49:15
5	Jonathan Blake	Winschoten 3:22:34, Canberra 3:11:47, aggregate 6:34:21

The event in 2007 will be held at Palermo, Sicily on 14 October. The qualifying race at Canberra is on 15 April....first two to qualify....men must be sub 3:20 and women sub 3:50.

IAU 100km world challenge

Our teams to contest the World Challenge at Seoul, Korea on 8 October 2006, both acquitted themselves reasonably well, the mens finishing 6th and the womens 7th in the teams section.

Details were:- men-

Pos'n	Name	Time
13	Jonathan Blake	7:05:40 (PB)
23	Darren Benson	7:17:19 (PB)
33	Mike Wheatley	7:47:12
74	Simon Phillips (inj)	9:46:34
6th	Team aggregate (1st 3 to count)	22:10:11

women

Pos'n	Name	Time
30	Sandra Timmer-Arends	9:13:28
33	Vivienne Kartsounis	9:24:34
36	Julie Hooper-Childs	9:35:31
7th	Team aggregate (1st 3 to count)	28:13:33

The next IAU 100km World challenge will be held in Winschoten Holland on 8 September 2007.

IAU 24 hour World Cup

Australia fielded a mens team to contest the 24 hour event in Taiwan on 25 February 2006.

Results were

Pos'n	Name	Time
11	Martin Fryer	233.239
30	Mick Francis	210.213
49	Paul Every	185.015
52	Simon Phillips	177.533
8th	Team aggregate (1st 3 to count)	628.467

The next 24 hour WC will be held at Drummondville Canada on 28 - 29 July 2007. The team will be selected based on performances in 2006 and at Coburg on 21 - 22 April 2007.

Congratulations to all of our athletes who represented us in international competition.

National championships

To be eligible to contest the AURA national championships, the athletes must normally be a resident of Australia and must be a member of AURA. They need not be citizens of Australia for purposes of our championships. For purposes of Athletics Australia championships (50 km and 100 km road) they need to be Australian citizens (and fulfil other criteria) and to represent Australia in international competition in events conducted under the auspices of the IAAF (in our case the IAU 100km World championship,) they also need to be Australian citizens.

50 km road - held in Canberra on 16 April 2006

Women-

1	Siri Terjesen	3:35:19
2	Suzanne Kelly	3:41:38
3	Viviene Kartsounis	4:28:40

<u>Men-</u>

1	Mark Hutchinson	3:09:05
2	Jonathan Blake	3:11:47
3	Trevor Jacobs	3:20:45

100 km road - held on the Gold Coast on 11 June 2006

Women-

1	Zoe Lawrie	9:06:42
2	Viviene Kartsounis	9:28:23
2	no ard woman	

3 no 3^{rα} woman

Men-

1	Rob Ware	7:51:43
2	Tim Sloan	8:13:56
3	David Eadie	8:26:35

24 hour track - held in Adelaide on 30 September to 1 October 2006

Women -

1	Carol Baird	192.436 km
^	Ond ALIDA	

2 no 2nd AURA woman 3 no 3rd AURA woman

<u> Men –</u>

1	Mick Francis	227.928 km
2	Tony Collins	181.135 km
3	Robert Boyce	171.888 km

48 hour track - held on the Gold Coast on 11 - 13 August 2006

Women - no women finishers

Men-

1	Martin Fryer	346.116 km
2	Tony Collins	270.561 km

3 Deryck Skinner 257.877 km (walker)

6 day track - event postponed.

Trail Race Championship

The event selected for 2006 was the Six Foot Track Marathon held on 11 March 2006.

Placegetters were

Women -

1 (7)	Siri Terjesen	4:46:21
2 (9)	Sharon Harrison	4:55:07
3 (45)	Tamyka Bell	5:46:00

Men -

1 (2)	Daniel Green	3:34:57
2 (3)	Jonathan Blake	3:37:02
3 (5)	Trevor Jacobs	3:38:26

Record achievements

Several records were broken during the year under review, details as follow:-

Men's Track

12 hours M80 Was: Ken Matchett VIC 73.702km Coburg VIC 16/04/2005 Now: **Stan Miskin** VIC 74.077km Gosford NSW 7/01/2006

12 hours M70 Was: Peter Lahiff QLD 98.270km Adelaide SA 15/10/2005 Now: **Peter Lahiff** QLD 100.634km Gosford NSW 7/01/2006

100km M70 Was: Deryck Skinner SA 13:10:44 Adelaide SA 15/10/2005 Now: **Peter Lahiff** QLD 11:53:13 Gosford NSW 7/01/2006

50 miles M70 Was: Peter Lahiff QLD 9:22:10 Adelaide SA 15/10/2005 Now: Peter Lahiff QLD 9:11:38 Gosford NSW 7/01/2006

24 hours M80 Was: Ken Matchett VIC 130.517km Coburg VIC 18/04/2004 Now: **Stan Miskin** VIC 140.018km Coburg VIC 23/04/2006

100km M80 Was: Ken Matchett VIC 17:09:07 Coburg VIC 18/04/2004 Now: **Stan Miskin** VIC 16:45:07 Coburg VIC 23/04/2006

12 hours M80 Was: Stan Miskin VIC 74.077km Gosford NSW 7/01/2006 Now: **Ken Matchett** VIC 76.622km Coburg VIC 22/04/2006

50 miles M80 Was: Ken Matchett VIC 13:20:50 Coburg VIC 16/04/2005 Now: **Ken Matchett** VIC 12:39:05 Coburg VIC 22/04/2006

48 hours M70 Was: Cliff Young VIC 233.435km Colac VIC 21/11/1995 Now: **Deryck Skinner** SA 257.877km Gold Coast QLD 13/08/2006

200km M70 Was: Cliff Young VIC 42:11:47 Colac VIC 21/11/1995 Now: **Deryck Skinner** SA 35:32:15 Gold Coast QLD 12/08/2006

50km Open Was: Bruce Cook ACT 3:09:50 Parramatta NSW 05/03/1989 Now: **David Criniti** NSW 3:07:14 Moe VIC 12/11/2006

50km M25 **David Criniti** NSW 3:07:14 Moe VIC 12/11/2006

Men's Road

6 hours M70 Was: Peter Lahiff QLD 53.270km Perth WA 21/08/2005 Now: **Peter Lahiff** QLD 54.193km Gold Coast QLD 11/06/2006

Women's Track

12 hours W55 Was: Carol Baird ACT 108.800km Gold Coast QLD 12/08/2005 Now: Carol Baird ACT 111.304km Adelaide SA 30/09/2006

100 miles W55 Was: Carol Baird ACT 18:50:19 Gold Coast QLD 12/08/2005 Now: **Carol Baird** ACT 18:36:45 Adelaide SA 1/10/2006

Women's Road

50km W75 Was: Unclaimed Now: Norma Wallett NSW 6:32:28 Canberra ACT 9/04/2006

50km W40 Was: Pip Thorn 3:56:36 Canberra ACT 13/4/2003 Now: **Suzanne Kelly** NSW 3:41:38 Canberra ACT 9/04/2006

50km W60 Was: Caroline Campbell NSW 5:47:28 Canberra ACT 13/04/2003 Now: **Tina Torpy** VIC 4:21:31 Canberra ACT 9/04/2006

OPERATIONS

Records. David Billett has the unenviable and painstaking task of seeking out race results from race directors, sifting through the results to determine who are AURA members, allocating the appropriate number of points, checking for records, scrutinising lapsheets etc. Thanks to David for a job well done. Full details appear or records awarded and points gained appear in each issue of Utramag.

100, 200 & 250 Club. This award is made to those who have achieved 100 mile, 200 km and 250 km in 24 hours track. To qualify it is essential that the feat be achieved on a standard athletic track or, if on a road course, then one that has been properly measured by AURA. It will also need to be performed in a race (not a solo run) and verified by the Race Director. Those who achieve this feat will be included in the 100, 200 or 250 Club listing which will appear from time to time in AURA's official publication, Ultramag and on the website. A commemorative polo shirt is available for purchase. Runners who have achieved this feat in the past will be automatically recognised.

Ultramag. Kevin Cassidy does a superb job in producing Ultramag, AURA's official publication. The magazine, produced quarterly, contains details of forthcoming races, race results, race reports, various stories, pictures and details of records. The publication has been upgraded to include more pics and a colour cover. There will be some advertising content, the purpose of which is to defray costs of publication. The magazine is far more attractive with the colour content. We commend Kevin for his untiring efforts in publishing Ultramag and we thank Bruce and Sue Cook for their skills in assisting with the transformation to part and, hopefully eventually, full colour.

Website. Thanks to Kevin Tiller of http://www.coolrunning.com.au/ who provides the link through www.ultraoz.com. There is a wealth of information on the website, including race calendar, race results, records and stories.

Ultra Hosts Network. This initiative, introduced by David Criniti, is essentially an exchange program for AURA members. Anybody who is willing to host a runner, coming to compete at a local race, in turn is provided with a list of other hosts, and will thus have the opportunity to be hosted by a fellow ultra runner, free of charge, whilst competing away from home.

UHN has already attracted members from 6 states across Australia, and will hopefully continue to enjoy a healthy growth throughout its first year. As well as making travelling cheaper for AURA members, and promoting networking amongst members, it is also hoped that the initiative will help boost participation rates for some of Australia's smaller ultramarathons.

Running apparel. A new range of apparel is available including polo shirts, AURA 100 club shirts, tee shirts, running singlets and caps. Please support AURA by wearing this apparel at the events you contest. For further information contact the clothing officer, Sandra Howorth on 0407 301 058.

New Logo. As you may see from the report, a new logo has been adopted. Sincere thanks to David Waugh for his assistance in this regard.

AWARDS AND PRIZES

Australian Male Ultra Runner of the Year. Kelvin Marshall (42) from Elsternwick, Victoria. Kelvin placed 5th in Bogong to Hotham, won Mansfield to Buller, 2nd in Caboolture 12 hour, won Maroondah 50km, 12 at Six Foot, won Walhalla 50km in May, 2nd AURA member at Great Ocean Road, first AURA at Tamborine Trek, 4th in Gold Coast 100, won the Warrumbungle 50km, 6th at Brindabella, won Mt Feathertop and 2nd at Kurrawa 50km. In between this hectic schedule he found time to run the 1100 km Trans Gaule stage 18-day stage race in France. He ran his 300th marathon or greater at Kurrawa in December, is a great ambassador for AURA and for the sport of ultrarunning.

Australian Female Ultra Runner of the Year. Siri Terjesen (30) from Brisbane, Qld. Siri won the Caboolture 6 hour in February, Six Foot track in March, Canberra 50km and Mt Mee 50 km in April, Glasshouse 50 and Tamborine Trek in May, placed 3rd in the IAU50km trophy race in September in

Holland and then was first AURA female in the Kurrawa 50km in December. Siri is also a great ambassador for AURA and for the sport and is a regular contributor to running magazines and to *ultrarunning* in Wikipedia.

Rising Star Awards. This award is to the 25's and under who showed outstanding potential. The male award this year goes to Chris Hills (21) of Launceston, who was also a joint winner of this award last year. Chris came 12th at Six Foot Track, just behind Don Wallace and Tim Sloan, winning the 20 to 30 agre group section. He entered the Gold Coast 100 but was forced to withdraw at 62.5 km because of illness, after running well early on. Then in October, Chris ran the 8th South African Kalahari Augrabies Extreme marathon of 250km where he placed second in 28:48:00! This is a self-sufficient 7 day stage race.

Cliff Young Gumboot award. This award is to the best-performed, male or female, O60 AURA member at 24-hrs track. This award goes to Deryck Skinner (73) who walked 163.806 km at Adelaide in October and 162.8 km in the first 24 hours at the Gold Coast 48 hour race in August.

Bryan Smith Award. This award is to the AURA member who, in the opinion of the committee, has made a major contribution to the sport of ultrarunning, especially in the year under review. This year the award goes to Anubha Baird and the Sri Chinmoy Marathon Team, organisers of the Adelaide 24 hour track race.

AURA points award. This award is determined by a complex points system where the AURA member receives two points for starting, two points for each 100 km run, bonus points for placing in races, bonus points for breaking Australian or world records and bonus points for attaining IAU benchmarks. For 2006, the award goes to Siri Terjesen (74 points), followed by Kelvin Marshall (71), Robert Boyce (67), Garry Wise (53) and Rodney Ladyman (50). Full details appear in the March issue of Ultramag.

FINANCIAL & LEGAL

Results and position. The accompanying statements of account reveal an excess of income over expenditure of \$2,954 (2005, \$1,072). Donations were higher, thanks to a bequest of \$5,000 from the Estate of the Late Nigel Aylott and a donation of \$2,000 from his mother Mrs Jan Aylott. Expenditure on clothing was abnormally high at \$5,846. Accounting policy dictates that expenditure on clothing be expensed in the year in which it's incurred. Stock of clothing at year end is not brought to account.

Travel costs for sending teams overseas amounted to \$5600. Your committee is very proud of the fact that, at long last, we have been able to make a meaningful contribution to the cost of sending representative teams overseas.

Net assets at year end amounted to \$12,073 compared with \$9,119 at the end of the previous year. Overall, your Association's financial position, when considered in conjunction with planned initiatives, is considered to be quite sound.

Memberships. Memberships at year end remained steady at approximately 260. It is hoped that with more and more publicity for events that event numbers will continue to increase, as well as the number of AURA members. Members are asked to encourage others to join. It is considered that AURA offers a considerable amount for its members with the new colour magazine, championship races, rankings, records, 100 club, points race and the Ultra Hosts Network, various awards etc.

AUSTRALIAN ATHLETIC FEDERATION

Your Association became a member of the Australian Athletic Federation (AAF) in November 2002. Other members comprise Athletics Australia (AA), Australian Track & Field Coaches Association, Australian Masters Athletics Inc., Australian Athletic Confederation (pro runners), School Sport Australia, Australian Federation of Race Walking Clubs and Australian Mountain Runners Association Inc. The objective is to have one unified body to advance the interests of the

various members of the athletic family. We acknowledge the assistance and support of Athletics Australia, the principal and dominant member, for which we are most grateful.

APPRECIATION

Finally, I wish to thank my Vice president Paul Every, Secretary Sandra Howorth, Treasurer Warren Holst, Registrar Secretary David Criniti, webmaster Kevin Tiller, Ultramag editor Kevin Cassidy, Records Officer David Billett and various other committee members and state representatives, numerous Race Directors and many members of AURA for their assistance and support.

On behalf of the committee

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President

3 March 2007

AUSTRALIAN ULTRA RUNNERS ASSOCIATION INC

BALANCE SHEET AT 31 DECEMBER 2006

1072	PROFIT FOR YEAR (see notes)		\$	2,954
21561	DROFIT FOR VEAR (and mater)		<u>_</u>	25332
878	Trophies & certificates	316		05000
763	Bank fees, athletics levies and sundries	470		
623	Travel expenses - President (Note 3)	506		
482	Postage	790		
6380	Travel expenses - Australian teams	5600		
1829	Clothing purchases	5846		
10606	Ultramag	11804		
	EXPENDITURE			
22633				28286
	Magazine sales	47		
412	Interest	285		
1552	Clothing sales	1210		
1875	Advertising	2035		
2465	Insurance premium recoveries	3363		
607	Donations	7725		
15722	Subscriptions	13621		
	INCOME			
	PROFIT & LOSS STATEMENT - YEAR ENDED 31 DECEMBER 2005			
9119	NET ASSETS		\$	12,073
2813	Creditors (December Ultramag \$2800, travel expenses 100km team \$4600)			7400
2042	LIABILITIES Craditions (December I litrogram #2000 travel our cases 400km toom #4000)			7400
11932				19473
675	Debtor (advertising)	0		
4101	Credit card proceeeds awaiting transfer	0		
2827	Bank account	14923		
4329	Fixed term investment	4550		
	ASSETS			
====	balance at 31 December 2000		Φ	12,073
<u>1072</u> 9119	Profit/loss for year Balance at 31 December 2006	2954	\$	12.072
8047	Balance at 1 January 2006	9119		
00.47	MEMBERS' FUNDS	0440		
2005				

Notes:

- 1. In accordance with standard accounting practice, all clothing purchased has been expensed in full in the year of purchase. Sales proceeds are brought to account at the time of sale. The value of stock of clothing on hand at end December 2006 (cost approx. \$4800) has not been brought to account.
- 2. The cost of the December 2006 Ultramag has been brought to account in the 2006 year (\$2800).
- 3. Travel subsidies for the Australian 100km team totaling \$4600, paid in January 2007 have been brought to account in the 2006 year.

AUDITOR'S REPORT

I have audited the accompanying statements of Income and Expenditure for the year ended 31st December 2006

In my opinion the statements are correct and disclose a true and fair view of the transactions upon the accounts of Australian Ultra Runners Association Inc for the year ended 31 December 2006.

Lindsay W Hay F.N.I.A.

NOTICE OF ANNUAL GENERAL MEETING & PRIZEGIVING

NOTICE is hereby given that the 21st Annual General Meeting of the Australian Ultra Runners Association Inc will be held in the Boardroom of the Australian Athletic Federation at Suite 22, Fawkner Towers, 431 St Kilda Road, Melbourne Vic 3004 at 5:00 pm on Thursday 19 April 2007 to consider the following business

- 1. to confirm the minutes of the last Annual General Meeting, held on 27 April 2006.
- 2. to consider and, if thought fit, to approve the Report of the Committee for the year ended 31 December 2006.
- to consider and, if thought, fit to approve the Financial Statements of Account for the year ended 31 December 2006.
- 4. to elect office bearers and committee members. In this regard, the following positions become vacant and nominations are sought

President
Vice President
Secretary
Assistant secretary
Treasurer
State representatives
ACT
NSW
QId
SA
Tas
Vic
WA

<u>Nominations</u>. Financial members are entitled to nominate for any of the above positions. Such nominations should be in writing, signed by two members of the Association and accompanied by the written consent of the candidate. In accordance with our Rules, such nominations should be sent to the above address not less than 21 days before the date of the meeting. Members are encouraged to become involved in the running of your Association.

5. To appoint an auditor. Mr Lindsay Hay kindly offers himself for re-appointment.

PROXIES

Members are entitled to appoint a proxy who may attend and vote in their stead. The form of proxy needs to be as is set out on the following page and needs to be lodged not later than 24 hours before the holding of the meeting. A form of proxy is attached hereto. Members are encouraged to complete and send their proxies.

AWARDS

Awards will be made at the conclusion of the meeting for the following

Ultra athlete of the year, Rising Star Awards, the Bryan Smith medal, the Cliff Young Gumboot Award and AURA points champions, male and female

Dated this 3rd day of March 2007

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On behalf of the Committee

President

AURA – ROLL OF HONOUR

President	
1987 – 2000	Geoff Hook
2000 - 2001	Paul Ashton
2001 - 2002	Gary Parsons
2001 - 2002	lan Cornelius
Vice President	Tan Comelius
	Toma Defferts
1987 - 2000 2000 - 2004	Tony Rafferty
	Nigel Aylott
2004 - 2005	Phil Essam
2006 -	Paul Every
Secretary	D 1 D
1987 - 2000	Dot Browne
2000 - 2002	Phil Essam
2002 - 2004	lan Clarke
2005 - 2005	Fred Brooks
2005 -	Sandra Howorth
Treasurer	
1987 - 2000	Colin Browne
2000 - 2001	Sheila Hunter
2001 - 2003	Graham Ives
2004 -	Warren Holst
Ultra Athlete of the Year – (introduced 2002)	
2002	Yiannis Kouros, no female award
2003	Yiannis Kouros, no female award
2004	David Criniti, no female award
2005	Jonathan Blake, Emma Murray
2006	Kelvin Marshall, Siri Terjesen
Rising star award – (introduced 2004)	
2004	Felicity Joyce, (no award for opposite sex)
2005	Chris Hills/James Turner, Tamyka Bell
2006	Chris Hills
Cliff Young award (best performance O60 24 hrs)	
Cliff Young award (best performance O60 24 hrs) 2003	Brian Evans
Cliff Young award (best performance O60 24 hrs) 2003 2004	Brian Evans David Jones
Cliff Young award (best performance O60 24 hrs) 2003 2004 2005	Brian Evans David Jones Vlastik Skvaril
2003 2004 2006	Brian Evans David Jones
Cliff Young award (best performance O60 24 hrs) 2003 2004 2005 2006 AURA aggregate points competition	Brian Evans David Jones Vlastik Skvaril
Cliff Young award (best performance O60 24 hrs) 2003 2004 2005 2006 AURA aggregate points competition 2002	Brian Evans David Jones Vlastik Skvaril Deryck Skinner Stan Miskin, Shirley Young
Cliff Young award (best performance O60 24 hrs) 2003 2004 2005 2006 AURA aggregate points competition 2002 2003	Brian Evans David Jones Vlastik Skvaril Deryck Skinner Stan Miskin, Shirley Young Kelvin Marshall, Carol Baird
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NOMINATION FOR ELECTION TO THE COMMITTEE

I hereby nominate for election to the Committee for the position of

To be determined at the Annual General Meeting to be held in Melbourne on Thursday 19 April 2007. Name Signature Address Proposer Signature Seconder Signature Send to Box 282 Runaway Bay Qld 4216 by 30 March 2007 FORM OF APPOINTMENT OF PROXY I, of being a member of AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INC hereby appoint of being a member of that Incorporated Association, as my proxy to vote for me on my behalf at the general meeting of the Association (annual general meeting or special general meeting, as the case may be) to meeting. If my proxy fails to attend the meeting, I appoint the Chairman of the meeting to be my proxy. My proxy is authorised to vote for the resolution(s) as follows. (Tick one box) At discretion For **Against** of proxy Motion 1- approve minutes 2006 Motion 2 – accept report of committee Motion 3 - accept statements of account Motion 4 - election of office-bearers Motion 5 – appointment of auditor/20...... Signed: This form must be sent to the Australian Ultra Runners' Association Inc. at PO Box 282 Runaway Bay Qld

4216, to arrive no later than 48 hours before the scheduled time of the meeting.

- **NOTES**: 1. If you do not know of a person who will be attending the meeting, you may appoint the "Chairman of the Meeting" in which case an address is not required.
 - 2. If you fail to specify your intentions clearly, the proxy vote will be informal.
 - 3. Only members who are not unfinancial are entitled to vote. (A member becomes unfinancial if his annual subscription is unpaid after a period of 3 months has elapsed from its due date.)