

# Canberra Runners Incorporated Annual Report



1 June 2021 - 31 March 2022



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## PRESIDENT'S WELCOME

Welcome to Canberra Runners Incorporated's (Canberra Runners) first Annual Report. This report covers the period from 1 June 2021 when Canberra Runners first commenced operations through to 31 March 2022, the final day of Canberra Runners' financial year.

Canberra Runners' objectives are:

- To encourage and promote the sport of running in the Canberra region.
- To conduct a range of running activities, events and training.
- To promote active lifestyles by encouraging broad participation in social and competitive running activities in an inclusive and supportive manner.

During our first period of operation, despite a significant period of COVID-19 lockdowns and restrictions, Canberra Runners has achieved these objectives tremendously well. As you will read in this report, we have held major and minor events, group runs, and training programs. All of these events and activities have been made possible by the enormous efforts of our volunteers, by the enthusiastic participation of our members and supporters, and by the generous support of our sponsors. Thank you to all those who have made Canberra Runners happen throughout our first year.

My thanks especially to my fellow committee members:

Lucy Anderson (formerly Nicklas)

Lucy Jones

Iliyan Darganov

Steve Mackenzie

George Masri

Robyn McClelland (Public Officer)

Amanda McCormack (resigned 4 May 2022)

Barbara McKay

Cinea Ryan

Geoff Sims (Youth Officer)

Steve Swinsburg (resigned 2 Nov 2021)

Dylan Valentine (Treasurer)

Jamie Whitcombe (Vice President)

Kerrin Whitcombe (Secretary)



The committee met monthly and worked hard to define Canberra Runners' strategic direction, establish strong governance and culture, and ensure the efficient and continued operation of the organisation. As a new committee this hasn't always been easy, especially with the added complications of COVID-19 lockdowns and restrictions. I thank all members of the Canberra Runners committee for their dedication, hard work, and tenacity.

My thanks also to Activity Convenors and Chairs of the various sub-committees who have worked tirelessly to make Canberra Runners' events and activities happen during 2021/22. These people include:

Kylie Bullas	Minijog (to July 2021)
Paul Bullas	Minijog (to July 2021)
Annemarie Calnan	Jogalong
Renee Deschamps	Canberra Runners' Half Marathon
Nerida Dyne	Sunday Runners
Carol Ey	Summer/Winter/Spring Series
Brian Jones	TTS
Lucy Jones	Jogalong
George Masri	Step up to Half 2022 Training Program
Barbara McKay	Get Running 2022 Training Program
Dave Osmond	Summer/Winter/Spring Series
Daryl Read	Thredbo Fun and Fitness Week
Doug Richards	Capital to Coast
Allan Sieper	Minijog
Liz Young	Canberra Runners' Half Marathon

These people haven't worked alone, and I also acknowledge and thank the committees and volunteers behind them who have supported them and ensured we have been able to continue to offer all the great events and activities of our predecessor club.

Finally, thank you to those people who have quietly gone about essential roles within Canberra Runners, often without fanfare. My particular thanks to Peter Thomson for his support to establish Canberra Runners, to Rosalie Butler for bringing to you the weekly Canberra Runners newsletter, to Ken Eynon for maintaining our storage facility and property, to Dave Hobson for his general advice and corporate knowledge, and to Drew Baker for the development of Canberra Runners' initial website.

The danger of thanking particular people is always that you will miss someone, and I apologise to the many people that I have no doubt forgotten to mention. Canberra Runners is about community, and it is without doubt a community of people who make Canberra Runners happen. Thank you all.

Jo Legge-Wilkinson  
President, 13 June 2021



## HISTORY

In 1957 a small group of Canberrans began meeting for cross country races. Out of this group developed, in 1962, the ACT Cross Country Club. This club became a significant community organisation of around 1000 members and even more participants. It went on to promote and organise distance running in the ACT for 48 years and 37,000 names are recorded as having participated in at least one event with the ACT Cross Country Club. Unfortunately, following a legal dispute, the ACT Cross Country Club was formally dissolved in 2010.

YMCA Canberra then established the YMCA Canberra Runners Club (YCRC) in 2010. The club, under the wing of the YMCA, once again began to flourish, offering a variety of races, group runs, and training programs to its members and to the wider Canberra community.

Unfortunately, during a meeting with the YMCA in September 2020, it became obvious that it was no longer practical for Canberra Runners to remain part of YMCA Canberra. This was due to the significant compliance burden that would be imposed on the YCRC if it was to meet the YMCA's Safeguarding Children and Young Persons policy.

In October 2020, the YCRC Committee appointed a sub committee led by Jo Legge-Wilkinson to look at options for the evolution of Canberra Runners. YCRC Committee members, Geoff Sims and Dylan Valentine joined Jo on this sub committee which was supplemented by Rosalie Butler, Stef O'Grady, Kerrin Whitcombe and Jamie Whitcombe.

On 11 February 2021 Canberra Runners Incorporated was registered as an incorporated association. In March 2021 YMCA Canberra wrote to all YCRC members informing them of the dissolution of the YCRC and offering membership with Canberra Runners. Approximately 99% of YCRC members took up this offer and transferred to Canberra Runners.

On 1 June 2021 Canberra Runners commenced providing activities and events, indeed the first activity occurred at 6:30 that morning with a TTS group run. Within a few days Canberra Runners had conducted its first Winter Series event, first Jogalong and Minijog, as well as Sunday Runners.



# FINANCIAL STATEMENTS

The Financial Statements for Canberra Runners Inc. for the year ended 31 March 2022 are separately reported.

These statements comprise the balance sheet as at 31 March 2022, the income statement for the year ended on that date, a summary of significant accounting policies and other explanatory notes, and the statement by members of the committee.

The Financial Statements for Canberra Runners Inc. for the year ended 31 March 2022 show the surplus for the financial year amounted to \$69,087.

FINANCIAL STATEMENTS



# MEMBERSHIP

Membership of Canberra Runners is open to all. Membership categories include adult members, junior members (open to persons under 18 years of age), family members and volunteer members. All members must agree to uphold the objects of Canberra Runners and comply with the requirements of the Canberra Runners' Constitution and By-Laws.

The membership year is from 1 January to 31 December and membership provides free entry to all Canberra Runners activities except the Canberra Runners Half Marathon, Capital to Coast, Thredbo Fun and Fitness Week, and training programs. Members receive discounts for these activities.

Canberra Runners Inc. was incorporated on 11 February 2021. At the time membership was limited to the inaugural committee of Peter Thomson (President), Jo Legge-Wilkinson (Vice President and Public Officer), Kerrin Whitcombe (Secretary), Dylan Valentine (Treasurer), Geoff Sims (Youth Officer), and Robyn McClelland, Rosalie Butler, and Stef O'Grady (Ordinary Committee Members).

On 1 June 2021 Canberra Runners Inc. commenced operations and 666 members of YMCA Canberra Runners Club transferred their membership to Canberra Runners Inc.





By 31 December 2021 (the end of Canberra Runners' membership year) Canberra Runners had 745 members of whom approximately 56% identified as female and 43% as male. The average age of members was 41 years, with the oldest member being 89 years and the youngest less than 1 year old.

During 2021 membership was priced at \$55 for adults, \$30 for those aged 17 years or under, and \$85 for a family living in the same house. On 1 July 2021 the fees for the remainder of the membership year were set at \$25 for adults, \$10 for 17 years and under, and \$40 per family. Volunteer membership was free.

Membership for 2021 was closed on 30 September and membership for 2022 opened on 1 October 2021 allowing members to purchase 15 months membership for the price of 12 months. Membership for 2022 is priced at:

Membership Type	Early Bird Price	Standard Price
Adults	\$60	\$80
Junior	\$30	\$40
Family	\$95	\$125
Volunteer	Free	Free





## PROPERTY

On 2 June 2021 Canberra Runners signed a 5-year Licence with ACT Government to use 60m<sup>2</sup> of the depot at Birch Place, Macquarie as our storage facility.

## INSURANCE

During 2021/22 Canberra Runners held combined liability insurance issued by ATC Insurance Solutions Pty Ltd from 20 April 2021 to 20 April 2022.

This policy consisted of:

Professional Indemnity	\$1,000,000	Each and every occurrence and in the aggregate
Public liability	\$20,000,000	Each and every occurrence
Products liability	\$20,000,000	Each and every occurrence and in the aggregate
Management liability	\$5,000,000	Each and every occurrence and in the aggregate

Canberra Runners also held general property / trailer insurance with Zurich Australian Insurance Ltd from 18 May 2021 to 18 May 2022.

Both policies were renewed before their expiry dates, with the new policies applying to 20 April 2023 and 18 May 2023 respectively.

Nathan Tremayne from Insurance Advisernet was Canberra Runners' insurance broker.



# COMMUNICATIONS

Canberra Runners communicates to its members through our website [canberrarunners.org.au](http://canberrarunners.org.au), through a weekly newsletter, and via social media.

Separate newsletters are also issued by TTS, Sunday Runners, and Jogalong convenors. Results for Canberra Runners' races are recorded at [canberrarunner.org.au](http://canberrarunner.org.au).

Many thanks to all those who facilitate these communications.

## NEW LOGO



On 31 March 2022 Canberra Runners officially launched our new logo.

The logo, designed by Canberra Runners' member and graphic designer Tom Parton, is of a simple and clean design which allows it to be adaptable and scalable depending on its application and intent. The circle shape is a nod to the previous club logo, and the skyline indicative of one we often see when running around Canberra.

Tom chose a bright and vibrant colour palette for the logo, intended to reflect both the warm, welcoming nature of the Canberra Runners community, and the bright rich colours of the Canberran skies. As another nod to the previous club, Tom chose to use blue, however elected to use a brighter shade rather than the same colour, in an effort to convey “rejuvenation” or “rebirth”, while still acknowledging Canberra Runners' roots.

We thank Tom for his work to develop this very clever and thoughtful design.



# CAPITAL TO COAST 2021

Capital to Coast is a unique 100km trail running event held in August over three days and incorporating nine stages at various locations between Canberra and the South Coast. Participants complete the event solo or as part of a team of up to four runners.

The event, which has a friendly festival atmosphere and an enjoyable and inclusive social dimension, celebrates the special connection between Canberra and the South Coast and supports our regional communities.

The event takes extensive planning. Eight months of planning by the organising sub-committee went into preparing for the 2021 event. Unfortunately, the 2021 event was cancelled at the last moment (two weeks before commencement in August), due to the ACT COVID-19 outbreak and resulting lockdown initiated by the Territory Government.

Post cancellation, we delivered the maximum refund possible (50% of entry fee) to all entrants (180) after calculating sunk costs. We also delivered event t-shirts to all entrants, either via local pickup for ACT residents at The Runners Shop, or via post to all others. The final budget outcome was a few hundred dollars in the red.

Support for the event from the running community was tremendous throughout 2021. Both leading up to the event with record registration numbers, and post cancellation with extensive messages of support, thanks, and understanding. We did not receive a single complaint resulting from the cancellation.

All the planning from 2021 has not been wasted. Awareness of the event is increasing, registrations are growing year on year, and excitement is building for 2022. Successive organising sub-committees are evolving and improving the overall event model, planning materials, and digital assets to ensure the event is even better in 2022 and beyond.

Year	Entrants	YoY Growth	Notes
2019	124	-	First year under club ownership
2020	-	-	Cancelled due to COVID-19 Pandemic
2021	180	45%	Cancelled due to COVID-19 Pandemic
2022	Budgeted - 170 Projected - 190+		Rego Opening - 27 May 2022 Event Weekend - 26 to 28 Au 2022

Our thanks go to the Capital to Coast 2021 organising sub-committee: Drew Baker, Nerida Dyne, Nikki Hay, Cath Jarvis, Justin Jarvis, Doug Richards (Chair), Kerry Smith, Rachel Slatyer, Paul Trumble, and Lisa Walsch.



Thanks also to the Capital to Coast 2022 organising sub-committee who have planning for the 2022 well underway: Drew Baker, Nerida Dyne, Cath Jarvis, Justin Jarvis, Doug Richards (Chair), Kerry Smith, Alison Senti, and Donna Hyland.





# THREDBO FUN AND FITNESS WEEK 2021

Thredbo Fun and Fitness Week was held from 7-15th January 2022 at Thredbo, NSW. This was the first time this event was held in three years after cancellation of the 2020 and 2021 events due to bushfires and COVID-19.

Thredbo Fun and Fitness Week 2022 had 255 registered participants, 228 of whom registered online via Register Now and 27 of whom registered manually at Thredbo. This was the first time using the online registration process and it proved to be a success making the process at Thredbo much easier. Interestingly only 163 of the 255 participants purchased the 8-day Thredbo Lift Pass, indicating not all participants stay for the entire week. As the age breakdown table below shows, the 2022 event attracted many families with young children including several three generational families.

Age	<12	13-18	19-30	31-40	41-50	51-60	61-70	70+
No.	51	33	15	18	47	22	30	12





Activities at the Thredbo Fun and Fitness Week 2022 included:

- Brian Lenton Thredbo Fun Run/Walk (~150 participants)
- Crackenback Challenge (55 participants)
- TFFW Quiz Night (61 participants)
- Thredbo River Hour Run/Walk ( ~100 participants)
- Reejoov Runners Strength and Stretching (~ 30 participants)
- Dave Hobson Grand Slam Tennis (63 pairs)
- Pizza Relays 35 (30 teams of 5 each)
- Armstrong Alpine Adventure (63 teams of 2-3)
- Desie Dazzler – Kids/Teenagers Fun Run (70 participants)
- Mile Fun Run (~100 participants)
- Women’s Run (60 participants)
- Men’s Run (90 participants)
- Dorey Alpine Volleyball (75 participants)
- TFFW Dinner (25 participants)
- Sprint Gift Prelim Rounds (~ 50 participants)
- Thredbo Aquathon (65 participants)
- Eric and May Fazackerley 3km Fun Run for Veterans (~50 participants)
- Golf (38 participants)
- Thredbo Basketball Relays (30 participants)
- Kosciuszko Classic (20 participants)

Unfortunately wet weather saw the cancellation of the tennis on the Tuesday and Thursday evening, however, all other events were able to continue as planned.

Numbers were generally similar to previous years, with more than usual in the volleyball, tennis and the Pizza Relays, and less in the golf (possibly reflecting the changing age profile).

Many thanks to Daryl Read for his leadership as the Event Director for the Thredbo Fun and Fitness Week after a two-year hiatus. Also thank you to the event and activity organisers who do such a great job organising the events. Thanks also to the Thredbo Fun and Fitness Week sponsors who provided an abundance of barrel draw prizes which for many were the highlight of each event. Finally, thanks to Carol Ey, Dave Hobson and Phil Aungles for supporting Daryl in organising the event.



# MAJOR EVENTS REPORT





# HALF MARATHON

The 2021 Half Marathon, held in May 2021, was the final major event of the YMCA of Canberra Runners Club.

Reporting on the 2022 Canberra Runners' Half Marathon, which was held very successfully on 22 May 2022, will be included in next year's Annual Report.







# WINTER / SPRING / SUMMER SERIES

Series races are held throughout the year and participation was free for members or \$15 for non-members (\$5 for under 18s).

Winter Series races were held at 1:00 pm on Saturdays and the first to be held under the auspices of Canberra Runners was the Winter Series 'Smithy' event held at Stromlo Forest Park on 5 June 2021. A further six events were scheduled as part of the Winter Series, however, the last two had to be cancelled due to the COVID-19 lockdown. The number of participants in the five events that were held ranged from 26 at the Red Hill event to 184 at The Runners Shop event. The latter event was conducted jointly with Athletics ACT. Barb McKay and Alistair Rogers took out the Distance Runner of the Year pointscores held over the series.

The Winter Series races in 2021 struggled with numbers attending and volunteers, resulting in the decision to reduce the number of events in 2022, and focus on the higher participation events.

Spring and Summer Series runs were held on Tuesday evenings. All runs offer a 2k and 5k option and were held at various locations around Canberra, predominantly the Central Basin. There were five events held in the 2021 Spring Series, and eight in the 2022 Summer Series. Events in both series typically attracted 60-80 participants.



In the Summer Series pointscore award Elizabeth Humphries took out the Susan Hobson trophy for the best six runs out of eight in the series. Anca Raut was the runner up, with Tara Melhuish third.

Andrew Gatenby had six wins to take out the David Hobson trophy comfortably ahead of Kane Fillingham and Nelson Towler.

Zaf Bluett-Jones was the winner of the junior barrel draw for those who had participated in at least six events across the series.



The Christmas relays were held on a new course at Weston Park, which proved very popular with participants. Twenty-one teams took part, with around 120 participants.

Recruitment of volunteers is an issue for the ongoing viability of these races. While generally there are enough volunteers available, there is a very heavy reliance on a few individuals, particularly for key roles such as Race Manager and Race Administrator.

Results from series races are available at [canberrarunner.com.au](http://canberrarunner.com.au).

Thank you to Carol Ey, Dave Osmond, and Ken Eynon for their ongoing efforts to deliver these races, and to regular volunteers Steve Mackenzie, Rory O'Sullivan, Fiona Horan, Charlie Modrak, Dave Hobson, and Barb McKay.



# JOGALONG / MINIJOG

Jogalong and Minijog were held on the first Sunday of every month in Weston Park during 2021/22, except for September and October when all events were cancelled due to COVID-19 restrictions.

Participation was free for members or \$15 for non-members (\$5 for under 18s).

Jogalong consisted of a 6 km event for women and girls, a 3 km event for women, girls, and boys aged 12 years and under, and a 1.6 km Minijog for boys and girls aged 12 years and under. Jogalong also welcomed nonbinary and gender diverse people who normally include themselves in women's events.

Congratulations to the 2021 Jogalong annual pointscore winners: Linda Richardson (1st), Sue Rymer (2nd), and Josie Kulesz (3rd). Congratulations also to the 2021 Minijog pointscore winners: Isla Hughes (girls) and Callum Minto (boys). Well done to all winners.

All events were run on dirt tracks and bike paths, with a handicap system encouraging friendly competition.

Jogalong and Minijog is all about participation and enjoyment, and the goal of encouraging women and girls to get active outdoors in a friendly and social environment, was certainly met.

Thanks go to Lucy Jones and Annemarie Calnan for organising Jogalong, to Allan Sieper, Kerry Smith and Lisa Welsch for organising Minijog, to Ivan Neville for providing handicapping, and to all the volunteers who regularly make Jogalong and Minijog happen. Thank you also to Paul and Kylie Bullas who managed Minijog for many years before handing the reins to Paul, Kerry and Lisa in July 2021.



# SUNDAY RUNNERS

Sunday Runners meets every Sunday at 7.30am at various locations around Canberra for a 60 minute out and back (30 minutes each way at runner's own pace) social run with a coffee and/or breakfast afterwards.

There was a 9 week break over 2021 due to Covid restrictions, and the run was cancelled twice in 2022 to support the organisation's attendance at the Canberra Marathon Festival and the Canberra Runners' Half Marathon.

Communication for each run is via a weekly email and Facebook post. This includes a link to the start point, a GPS link of the route and the suggested café. Some further statistics of the group:

- 211 subscribers to weekly email and 227 members of private email group.
- 35 routes (both trail and path) since July 2021 rotating around north, central and south Canberra locations.
- Six new routes introduced since July 2021.
- The group attracts a wide range of runners and attendance varies between 15 – 25 runners. This number is ideal as it means most cafes can accommodate us.
- There is a mix of regular, intermittent, and new runners.

Thank you to Nerida Dyne for her superb efforts to make Sunday Runners happen throughout 2021/22.





# GROUP RUNS REPORT



PIC COLLAGE



# TTS

Tuesday, Thursday Saturday (TTS) social running group met from 6:30 am to 7:30 am on Tuesday and Thursday mornings at Lennox Gardens, Flynn Drive in Yarralumla and from 7:00 am to ~ 8:30 am on Saturdays at varying locations around Canberra. Generally, there was a group breakfast at a local coffee shop after the Saturday run.

TTS continued seamlessly as the YCRC transitioned to Canberra Runners, highlighting with the first Canberra Runners' activity, being a TTS run on Tuesday 1 June.

The group has continued to have strong numbers with many new runners joining throughout the year, but more particularly post-Christmas.

TTS highlights include:

- November 2021 charity run which saw over \$4,000 raised for The Cancer Council despite the miserable weather in the leadup and during the run.
- Winter Solstice run (evening) and dinner held in late June 2021.
- Annual Christmas day run was popular.
- Approximately 130 runs held through the period of June 2021 to Mar 2022. Runs were suspended during the COVID lockdown of August and September.
- TTS continues to be a rich source of volunteers for Canberra Runners' events..
- TTS weekly email sent was sent every Thursday morning with regular reminders of Canberra Runners' events, Saturday run details, and race reports from members. The email newsletter is now in its 13th year and spans Canberra Runners and its two predecessor clubs (the YMCA Canberra Runners Club and the ACT Cross Country Club)! The email now has over 850 recipients, including former club members around the world, who like to keep in touch.

Thank you to Brian Jones for his tireless TTS efforts. As any new TTS runner will attest, Brian always provides a warm welcome and the continued good numbers at TTS over many years is a testament to the inclusive nature of this group.



# GROUP RUNS REPORT



# TRAINING PROGRAMS



Canberra Runners offers structured training programs which cater for beginner runners through to more experienced runners wanting to increase their distance or pace. Each program is designed to allow participants to develop fitness and running strength in a fun and supportive environment. Programs are priced individually with a discount offered to current members.

During 2021/22 Canberra Runners conducted two training programs, 'Get Running 2022' and 'Step Up to Half 2022'. (Unfortunately, other training programs did not go ahead in 2021 due to COVID-19 lockdowns and restrictions).







# GET RUNNING 2022

This training program is aimed at new runners and those returning to running following injury or a break. The sessions were conducted at Weston Park for eight weeks from mid-February 2022, with three sessions per week comprising an interval/hill repeats session, a threshold run session, and a long slow run. The program culminated in participants competing in the Canberra Marathon Festival on 10 April 2022 in the 5.4 km and 10 km races.

'Get Running 2022' attracted 22 participants, with a dropout rate of 12.5% this year. COVID-19 impacted a few participants, however, most of those runners returned to the program and continued through to completion.

The program met its goals with several participants transitioning to the TTS group, however, indications are an intermediate interval session would help to transition a greater proportion of runners from this training group to TTS and Canberra Runners' events.

Our thanks to Barb McKay and her assistants for conducting this very successful training program.





# STEP UP TO HALF 2022

This half marathon training program has been a regular offering of Canberra Runners' predecessor clubs for many years, and Canberra Runners was pleased to continue this tradition.

'Step Up to Half 2022' aimed to get both relatively new and experienced runners ready for the Canberra Runners Half Marathon in May 2022. For the first time in a number of years we conducted the training program separately from the TTS group. This provided a greater opportunity for the group to bond and for the volunteer coaches and mentors to support the runners during the program.

The 13-week 'Step Up to Half 2022' training program, which commenced in late February 2022, culminated in most participants successfully competing in the Canberra Runners Half Marathon in May.

The training sessions were conducted from Regatta Point with three sessions per week comprising interval/hill repeats, a threshold run, and a long slower run.

The training group attracted 23 participants, with a dropout rate of about 20-25% by the time the program concluded. A few participants were impacted by COVID, two moved interstate, and the participation of a number was curtailed by injury.

The general feedback from participants was positive with runners achieving their personal running goals and making social connections. The program also met its goal of transitioning runners to the TTS group.

Many thanks to George Masri and his team for their hard work and dedication to this training program and its participants. It is very much appreciated.



# RAISE, TRAIN AND SUSTAIN - WOMEN RUN LEADERS PROGRAM GRANT

Canberra Runners aims to have all our training programs conducted by coaches with Level 1 Run Leader (or above) accreditation through Athletics Australia.

To assist Canberra Runners to build our team of accredited coaches, in late March 2022 Canberra Runners was awarded funding as part of the ACT Government's 2022 Women's Sport and Recreation Participation and Leadership Program to build our Raise, Train and Sustain - Women Run Leaders Program.

This grant, to the value of \$3,800, will allow Canberra Runners to support women's participation in sport through coaching and mentoring, providing opportunities to obtain coaching qualifications, and to give back to Canberra Runners through assisting and leading training programs and activities.

Thank you to Barb McKay for her work in securing this funding, and to those women who have volunteered to be part of the program.

While this funding is to support women in coaching, Canberra Runners is committed to encouraging any member interested in coaching a Canberra Runners' training program to achieve the required accreditation.

As Canberra Runners enters its second year of operation the training program team is keen explore scope and interest to add additional training programs with different foci and target audiences.



# SPONSORS

Thank you to our sponsors (to year ended 31 March 2022) who have provided support to Canberra Runners and our members.



SPONSORS