



CANBERRA RUNNERS INC.

ANNUAL REPORT

1 APRIL 2022 - 31 MARCH 2023



PRESIDENT'S WELCOME

Welcome to Canberra Runners Incorporated's (Canberra Runners) Annual Report 2022-2023. This report covers the period from 1 April 2022 to 31 March 2023, our first full year of operation. During this period we have mercifully been blessed with no COVID-19 lockdowns and no cancelled events. Instead, we have been able to run all our planned events and activities, many for the first time, in a very successful manner. In doing so we have succeeded tremendously well in achieving our objectives to:

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



I would like to record my thanks to all those who have made Canberra Runners' events and activities happen during 2022-2023, including:

- Canberra Runners Half Marathon 2022 – Liz Young and Renee Deschamps
- Canberra Runners Half Marathon 2023 – Ed Hutchinson and Robyn McClelland
- Canberra Times Fun Run Training Program – Barb McKay and George Masri
- Capital to Coast – Doug Richards
- Get Running Training Program – Barb McKay
- Jogalong – Lucy Jones and Annemarie Calnan
- Minijog – Alan Sieper

- Step up to Half Training Program – George Masri
- Sunday Runners – Nerida Dyne
- Thredbo Fun and Fitness Week – Daryl Read
- TTS – Brian Jones
- Winter / Spring / Summer Series Races – Barb McKay

These people do not work alone, and I also thank all the people who have supported them, either as subcommittee members or as volunteers at the various events and activities. Without your commitment and support, Canberra Runners' events and activities would not succeed.

I also wish to thank and pay tribute to my my fellow committee members. The Canberra Runners Committee is made up of passionate individuals who work on behalf of members to ensure Canberra Runners is well run and achieves its objectives. My thanks to:

- Barbara McKay, Cinea Ryan, Dylan Valentine (Treasurer), George Masri, Iliyan Darganov, Jamie Whitcombe, Lucy Jones, Steve McKenzie who all served on the 2021-2022 committee and chose to continue again with the 2022-2023 committee.
- Lucy Anderson and Robyn McClelland who were members of the 2021-2022 committee and took on the additional roles of Secretary and Vice President respectively in the 2022-2023 committee.
- Joe Hujs and Nikki Hay who joined the 2022-2023 committee.

The Executive Committee met monthly and focused on strategic direction, financial stability, and continued good governance. I am very pleased we were also able to launch our new website, develop relationships with new and existing sponsors, and maintain good communications with our members and the public through our newsletters and social media channels. I am also pleased to report we are close to launching a new Canberra Runners merchandise range, are progressing well on the identification of a new IT platform, and are well underway in the development of our first strategic plan.



Finally, I also wish to record my thanks to Geoff Sims and Kerrin Whitcombe who were members of the 2021-2022 committee but did not seek re-election to the 2022-2023 committee. Geoff has been a long-term member of Canberra Runners and its precursor organisations, including a period as President of the YMCA Canberra Runners Club, and Kerrin did much of the heavy lifting in the establishment of Canberra Runners as an organisation. Thank you both for your service to Canberra Runners and the running community.

Canberra Runners is not just about running. It is also about community. It is a community we join because we enjoy becoming and staying fit and healthy with like-minded people, and it is also a community we stay with for its social connections and support networks, for motivation and accountability, and because it's fun.

Thank you to all those who make Canberra Runners the wonderful organisation that it is.

Jo Legge-Wilkinson
President



MEMBERSHIP

Membership of Canberra Runners is open to all. Membership categories comprise adult members, junior members (open to persons under 18 years), family members and volunteer members. All members must sign a waiver agreeing 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, the Thredbo Fun and Fitness Week, and training programs. Members receive discounts for these activities.

On 31 December 2022 (the end of Canberra Runners' membership year) Canberra Runners had 718 members (745 at December 2021), comprising 367 adults, 109 families consisting of 346 individuals, and 5 juniors.

During 2022 standard membership was priced at \$80 for adults, \$40 for juniors and \$125 for a family living at the same address, with early bird rates (applying to 28 February 2022) of \$60, \$30, and \$95, respectively.

Membership for 2022 was closed on 30 September and membership for 2023 opened on 1 October 2022 allowing members to buy 15 months membership for the price of 12 months. Membership for 2023 is priced at:

Membership type	Early bird (to 28 Feb 2023)	Price (from 1 Mar 2023)
Adults	\$65	\$85
Child (Under 18 years on 1 January 2022)	\$30	\$40
Family (Family members residing at the same address)	\$95	\$125
Volunteer	Free	Free

PROPERTY AND INSURANCE

The 5-year lease of the storage depot at Birch Place, Macquarie under licence with the ACT Government, continued for a second year in 2022/23. The lease extends until 2 June 2026.

Canberra Runners renewed its combined liability insurance with ATC Insurance Solutions P/L for a second year from 20 April 2022 to 20 April 2023. The policy consisted of:

Professional Indemnity	Each and every occurrence and in the aggregate	\$1 Million
Public Liability	Each and every occurrence	\$20 Million
Products Liability	Each and every occurrence and in the aggregate	\$20 Million
Management Liability	Each and every occurrence and in the aggregate	\$5 Million



Canberra Runners also renewed its general property/ trailer insurance with Zurich Australian Insurance Ltd from 18 May 2022 to 18 May 2023.

New policies were put in place for both policies before their expiry dates, with the new policies applying to 20 April 2024 and 18 May 2024, respectively.

Nathan Tremayne from Insurance Advisernet continued as Canberra Runners' insurance broker.

COMMUNICATIONS AND WEBSITE

Canberra Runners communicates to members through our website canberrarunners.org.au, through a weekly newsletter and via social media.

On 31 March 2023, Canberra Runners launched our new website. The new website replaced the temporary website, developed by Drew Baker, that had been in place since mid-2021. The website launch was a major achievement of the year. Thanks are principally due to Committee member, Iliyan Darganov, who developed the website. Committee member, Jamie Whitcombe, was a major contributor, providing a structure for the site as well as some content; President, Jo Legge-Wilkinson and Vice-President, Robyn McClelland provided photos, content, and editorial checking; and Committee member, Barb McKay provided editorial checking.

The new site was initially maintained by Iliyan, with Committee member, Cineia Ryan, learning the ropes and substantially assuming this role by year-end.

Canberra Runners issued 47 weekly newsletters to members in 2022-2023. Thanks to Rosalie Butler and Jo Legge-Wilkinson for the preparation and issue of these newsletters. Thanks also to those who contributed with content and photos throughout the year.

Weekly newsletters were also issued to subscribers by TTS and Sunday Runners with less regular newsletters issued for events including Jogalong, Capital to Coast, Canberra Runners Half Marathon, and Thredbo Fun and Fitness Week.

Capital to Coast also maintained an event specific website, <https://www.capitaltocoast.com.au/>.

Canberra Runners has maintained the following social media channels:

- <https://www.facebook.com/CBRRunners> 3000+ followers
- <https://www.instagram.com/canberra.runners/> 300+ followers
- <https://www.facebook.com/C2C100> 798 followers
- <https://www.instagram.com/capital2coast100/> 200+ followers
- <https://www.facebook.com/thredboTFFW> 550+ followers
- <https://www.facebook.com/groups/crsundayrunners> 370+ members

TECHNOLOGY

The main specialist software used by Canberra Runners is Microsoft SharePoint for records management and storage; 'Register Now' for a membership database, registration for events, and distribution of a weekly newsletter to members; a Results database which was originally developed under the auspices of the ACT Cross Country Club and continued by the YMCA Canberra Runners Club and now Canberra Runners; and Xero for finances.

During the year we were advised that Register Now would be shutting down following its purchase by the ASICS Corporation and would be taken over by a product called Race Roster. Unfortunately, this new product does not provide membership database capability meaning that Canberra Runners has to find a new membership database.

At year-end a project was in place to do so. Canberra Runners was fortunate that Committee member, Iliyan Darganov, had the knowledge and skill to lead the search and procurement. Thanks also to Stu Horyna for his earlier involvement.



STRATEGIC PLANNING DAY



A successful strategic planning session was held on 18 March 2023.

Committee members, leaders/ coordinators of Canberra Runners' events and activities or their representatives, and former President, Peter Thomson, attended.

The session was facilitated by Darren Menachemson GAICD of Thinkplace, largely on a pro bono basis. Darren was an excellent facilitator, and, as a bonus, he subsequently provided the President with a draft strategic plan, after year-end.

The draft plan will be carefully considered by the Committee in the new year, before seeking the wider views of Members.

CANBERRA RUNNERS HALF MARATHON 2022

The 2022 Canberra Runners Half Marathon was held on 22 May 2022 and was the first major event hosted by Canberra Runners. The event was a success in terms of participation, club branding and finance. On the day, the sun gods were kind and the rain gods stayed away!

The subcommittee of volunteers developed the event in the spirit of earlier events but sought to ensure that Canberra Runners was seen as a distinct entity from the former YMCA Canberra Runners, including by a name change for the event.



The subcommittee focused on the aims of Canberra Runners as being central guiding principles for this event:

- 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.

It was in this spirit that we looked to acknowledge the traditional custodians throughout our promotional material and on the day of the event.

The subcommittee reached out to community running groups both locally and in the broader region to promote the event and maintain the community spirit. There were several participants from these running groups, which helped build the community atmosphere.



The volunteer coordinator did an exemplary job. It is a key role and starts relatively late in the process due to other events in the lead-up to the Canberra Runners Half Marathon.

There were multiple sponsors for the event and the prize pool, which generated interest in the lead-up to the event and on the day.

Major sponsors for the 2022 event (in alphabetical order) were:

- Capital Brewing Co
- Tender Edge
- The Canberra Physio Clinic
- The Runners Shop
- The Walking Clinic

Prizes for the barrel draw and volunteers were provided by (in alphabetical order):

- Lululemon
- Paddy Pallin

Three hundred and thirty-eight people registered for the event and there were two hundred and eighty-six participants on the day.

Canberra Runners Half Marathon 2022 - Winners and Age Group Winners

Male	Time	Female	Time
Michael Daley	1:11:05	Georgina Pembroke	1:27:22
Jack Brand	1:13:21	Elizabeth Humphries	1:27:44
Jacob Grooby	1:13:55	Tara Melhuish	1:28:00

Age Category (years)	Male	Time	Female	Time
< 20	Kieran McConville	1:22:41	-	-
20 - 29	Jack Brand	1:13:21	Tara Melhuish	1:28:00
30 - 39	Michael Daly	1:11:05	Georgina Pembroke	1:27:22
40 - 49	Alistair Rogers	1:19:08	Tegan Fenson	1:36:29
50 - 59	Ian McConville	1:23:26	Fleur Flannery	1:31:34
60 - 69	Bruce Graham	1:18:24	Jennifer Kellett	1:45:23
70 +	Peter Clarke	1:45:58	Caroline Campbell	2:27:32

Thank you to the Race Directors: Renee Deschamps and Liz Young; key volunteers from the subcommittee: Steph O'Grady, Dave Hobson, Haidee Whiteley, and Cinea Ryan; and President, Jo Legge-Wilkinson.



CANBERRA RUNNERS HALF MARATHON 2023

By 31 March 2023, preparations were well advanced for the 2023 Canberra Runners' Half Marathon.

A Race Director, Ed Hutchinson, had been appointed and a subcommittee established. The two Race Directors from 2022, Renee Deschamps and Liz Young, continued on the subcommittee together with a new member, Kasy Chambers, and two representatives from the Canberra Runners Committee, Robyn McClelland and Cinea Ryan. The subcommittee had held five meetings by year-end, beginning with two in December 2022 and then three further meetings, held monthly in January, February, and March. Ahmed Farouk had joined the subcommittee by the fifth meeting on 20 March 2023, as volunteer coordinator.

After clearing with ACT Government public lands and traffic control that there were no conflicting events and confirming the availability of Ultra Flyer

for timing services, the subcommittee decided to hold the event on 21 May 2023, consistent with the timing in previous years.

Following Canberra Runners Committee approval of the budget, registrations for the event opened on 1 February 2023. The same fee structure was adopted as last year, i.e., early bird rates (to 31 March) of \$50 for members and \$75 for non-members; and standard rates of \$65 and \$89 respectively. The previous-year participants in the event were notified, and the launch of the event was publicised in the newsletter, website, and social media.

At the expiry of early bird rates, approximately 150 people had registered for the 2023 event.

CAPITAL TO COAST 2022

The Capital to Coast 100km multi-day multi-stage trail race was held on 26-28th August 2022 between Canberra and the South Coast. This was the first time the event has been held in three years following cancellation of the 2020 and 2021 events due to COVID-19.

The 2022 event was a huge success, wholeheartedly embraced by club members and the trail running community and putting Capital to Coast firmly back on the calendar.



Facebook Followers
788

Total Runners
117

Solor Runners
18

Runners per stage
56

Social Media
Engagements
6000+

Gender
Demographic (F:M)
60:40

Newsletter
Subscribers
398

Teams
(2/3/4 Runners)
38

Volunteers
20



A very special thank you to the 2022 organising sub-committee for their incredible dedication to ensuring the event succeeded – Drew Baker, Nerida Dyne, Donna Hyland, Cath Jarvis, Justin Jarvis, Doug Richards, Alison Senti, and Kerry Smith.

And acknowledgement and thanks to all the volunteers at the event itself, especially Brian and Bec Jones who performed key dedicated roles coordinating volunteers and stages.

Notable firsts:

- First time we delivered the event as Canberra Runners
- Welcome to Country delivered by Tyronne Bell an elder of the Ngunnawal Nation
- Acknowledgement of Country as we traversed Ngunnawal, Ngarigo, and Yuin Country
- Saturday night social dinner at The Smokey Horse in Braidwood
- New race stages in Kowen Forest, Tallaganda NP, Monga NP, Nelligen, and Mogo
- Professional event video captured by Nick Waygood
- Media coverage in Her Canberra and Your Coastal Life
- Capital Brewing Co coming on board as a sponsor



Podium Results:

Thank you to our sponsors The Runners Shop, Lerida Estate, and Capital Brewing Co, and to Martin Fryer of FlyerUltra Race Timing for providing live results for the event.

These were the final podium results for each category.

SOLO Female		Time Overall	TEAM of 2: Mixed		Time Overall
1	Jo Whithear	9:04:11	1	Bim Bash	8:36:02
2	Ruth Trevallion	10:28:55	2	Happy Hoffs	8:58:28
3	Lonneke Koudijs	10:46:00	3	Sole Mates	10:19:42
SOLO Male			TEAM of 3/4: Female		Time Overall
1	Jin Kato	7:25:46	1	Maverick	10:10:38
2	Tom Allen	7:54:47	2	Scrambled Legs	10:43:32
3	Jacob Taylor	8:57:55	3	Running Late	10:46:48
TEAM of 2: Female		Time Overall	TEAM of 3/4: Mixed		
1	Special Ks	8:46:09	1	The Clyde Cartel	7:34:04
2	Champagne Yaks	9:04:08	2	Heron's	8:36:05
3	LizAna Goannas	9:55:30	3	Mace, BA, G and Ben	8:50:32
TEAM of 2: Male					
1	AMKMA	8:27:41			
2	JC Speedygeese	10:33:08			

THREDBO FUN AND FITNESS WEEK 2023

The Thredbo Fun and Fitness Week incorporating the 41st National Running Week was held from 7 to 13 January 2023.

The week kicked off with the 6km Fun Run on Saturday afternoon and we had 122 participants in this event. Sam Hopper from Sydney took out the fun run in 20:41 while Elizabeth Humphries from Canberra was the first woman home in 22:55.

Sunday was the Crackenback Challenge and saw 40 starters. Dave Osmond wound back the clock to record his 17th victory in this incredibly tough event in 25:43 with Tess Aungles the first female in 29:53.

The other main timed event for the week is the Kosciuszko Classic which had 24 runners and was won by Luca Lamond in 24:25 and first female home was Elizabeth Humphries in 25:42.

We had strong participation across the week with the Quiz Night (77 people), Hour Run on the Thredbo Valley Track (135 people), Rejoov Strength and Stretching (65 participants), Mixed Pizza Relays (130 participants), Women's & Men's 4km yacht handicaps (guess your time) (120 participants), Volleyball was fully booked out (64 participants), Tennis (68 participants), Aquathon (60 participants), Vets 3km (96 people) and the Kosciuszko Classic (24 participants). Golf participation was also strong with a steady stream of TFFW participants walking around the village with clubs over their shoulders. Once again, the Armstrong Alpine Adventure was the week's most popular event with 156 participants.



Large crowds came out for the Sprint Final, Thredbo Mile and the Dave Hobson Grand Slam Tennis Final with a great atmosphere at all events.

For the week 7-13 January we had a Facebook page reach of 6,449 with a lot of engagement generated from the photos of John Harding who posted his albums to the page.

Registrations for the week were down to 208 from 250 last year. Discussions with Thredbo operators indicated that tourist numbers and mountain bike numbers were also down across the village.

Thanks to all event sponsors and organisers who generously donated their time, money, and expertise to bring enjoyment to all. Thanks also to the Canberra Runners committee for their ongoing support of this week of events. Especially thanks to Daryl Read who took on the challenging task of Race Director for a second year.



WINTER, SPRING, SUMMER SERIES

Canberra Runners hosted a series of races throughout the year. Participation was free for members. Non-members were welcome and entry was \$15 for adults and \$5 for runners aged under 18 years.

The Winter Series in 2022 was held on Saturdays from late April to mid-September and included The West Basin 10 Miler; The Runners Shop 10k, 5k and 2k; The Goorooyaroo Off Road Half Marathon; and various distance races at Stromlo Forest Park. Participation in the Winter Series was strong with 59 runners participating in the West Basin 10 miler, 71 participants taking on the Goorooyaroo Half Marathon / 14 km events, and 92 runners participating in The Runners Shop Canberra events.



Results from the 2022 Winter Series events:

	1 st male	2 nd male	3 rd male	1 st female	2 nd female	3 rd female
West Basin 10 miler	Kane Fillingham 59:49	Alistair Rogers	Simeon Hearnshaw	Tegan Fenson 1:12:29	Kate Vandenberg	Hayley Thomson
Goorooyaroo Half	Sean Smee 1:21:12	Simeon Hearnshaw	Mark Brookes	Sarah King 1:45:00	Jana Novotna	Victoria Ims
Goorooyaroo 14 km	Alexander Bowyer 1:06:37	Michael Halling	Derek Gillett	Emily Stacey 1:04:01	Julia Ison	Bronwyn Adams
Runners Shop 10 km	Jarrold Osborne 32:07	Charlie Doherty	Tim Barnett	Paige Campbell 35:44	Katie Porra	Thandi Murada
Runners Shop 5 km	Cameron Myers 14:41	Alex Green	Ethan Watt- Smith	Paige Campbell 16:21	Claire Solomon	Katherine Maudrell
Runners Shop 2 km	Satyendra Kam Yogeswaran 6:33	Surendra Kam Yogeswaran	Matthew Maudrell	Olivia Galang 7:43	Gretchen Creighton	Banjo Bluett- Jones
Stromlo Forest Park 5 km	Daniel Dreher 15:58	Grant Bluett	John Maguire	Capella Maguire 20:07	Therese de Salis	Vanessa Towler
Stromlo Forest Park 2.5 km	Lachlan French 9:15	Jim White	Brian Wenn	Hannah Williams 9:55	-	-
Stromlo Forest Park 1.5 km	Jim White 8:23	-	-	Pinipa Liyanage 6:33	Mia Keating	Banjo Bluett- Jones



The Spring Series 2022 events were held on Tuesday evenings for 5 weeks commencing on the first Tuesday in November. Each event included a short and a longer event. In 2022 the Spring Series events attracted an average of 37 runners per event.

The final event in the Spring Series was the Christmas Relays, a low-key, fun event where teams of runners competed over 12 kms. Canberra Runners hosts the Christmas Relays as a goodwill event and free entry was available to all members of the Canberra running community. In 2022 there were more than 120 runners in 26 teams in the Christmas Relays.



Summer Series 2023 consisted of eight events, each including a 2 km race and a 5 km race. Summer series events were held on Tuesday evenings at 6:15 pm between January and March. Each race attracted an average of 34 runners, and with locations including Black Mountain Peninsula, Barrenjoey Drive, Weston Park and Stromlo Forest Park, races were held on both path and cross country. Unfortunately storm activity resulted in the cancellation of one event.

The Summers Series was a point score competition with runners collecting points across the series of runs. In 2023 point score winners were:

Susan Hobson Trophy

Clare Lonergan
Hannah McCluskey (Runner up)

Dave Hobson Trophy

Kane Fillingham
Simeon Hearnshaw (Runner up)

Junior Competition

Alex Fillingham
Jasmine Durant (Runner up)



Thank you to the Race Director for the Series events, Barbara McKay, without whom the races would not have happened. Many thanks also to our volunteers who consistently helped the races happen: Ken Eynon, Dave Hobson, Charlie Modrak, Carol Ey, Pete Thomson, Dave Osmond, Elizabeth Humphries, Steve MacKenzie, Alison Reeves and Rory O’Sullivan, and thanks also to those who volunteered at an event.



JOGALONG AND MINIJOG

Jogalong and Minijog were held on the first Sunday of every month in Weston Park, Yarralumla, during 2022-2023, except for November 2022. The event was cancelled that month due to a clash with the Canberra Times Fun Run. The events started at 9:00 am in June to September, then 8:00 am from October to April, returning to 9:00 am in May and June. Participation was free for members, \$15 for non-members, and \$5 for competitors under 18.

As in previous years, Jogalong consisted of a 3km race and a 6km handicapped event for women, girls, and those identifying as non-binary. The 3km event was open for boys under the age of 12. The events started at the park next to the Yarralumla mini train, headed down the dirt track and then out and back on the bike path next to the lake. Minijog followed the same course and this year increased from 1.6km to 2km, as new place-getting ribbons were printed with the distance shown as 2kms instead of 1.6kms. The Minijog runners have taken the extra 400 metres easily in their stride!

Jogalong was formed in 1978 to encourage the participation of women in running, since it was a far more male-dominated sport back then. In its heyday Jogalong was attended by hundreds of competitors. Numbers have dwindled in recent years as other events are now available for women, and many more women are running in mainstream events. Minijog numbers remained strong over the year, and while Jogalong numbers have decreased, those who attend Jogalong can still challenge themselves in a supportive environment to better their handicap time. In fact, that is where Jogalong differentiates itself from other running events. It is one of the few remaining events where there is a handicapping system, encouraging friendly competition. Ivan Neville, who has supervised the handicapping system since its start, and despite attempts over the years, has not succumbed to bribery attempts, or complaints, from runners claiming their handicap time is unreasonable. The same runners often beat their handicap time after complaining, and then win an event!

Congratulations to Alice Heikkonen, the 2022 Jogalong winner, along with Josie Kulesz, second, and Rosemary Parker, third.

Minijog was off to a good start to 2023 with lots of smiling faces at the race each month. Florence Crane was a standout performer winning the last four events (Feb-May), rapidly moving up through the handicap groups and scoring maximum points towards the series.

The overall placegetters for the 2022 Minijog series were sister and brother Isla and Owen Hughes. Both put in impressive results throughout the entire year to win the series and have their names placed on the perpetual trophies. In the girls' event, Nina Sullivan came second, and Ruth Sullivan was third. For the boys, Thomas Sieper was second and Callum Minto third.

Without volunteers, Jogalong and Minijog would not be possible. Much gratitude for Jogalong goes to Annemarie Calnan and Lucy Jones for their organising efforts, with continued help from Ken Eynon (who brings the equipment and is always first to arrive), Ray Bramwell (set up duties and Minijog and 3km turn supervisor); Josie Kulesz (set up and coordination assistance); Warren Butler and Alan Burdon (water and sassy comments at the turnaround point on the 6km run); Ivan Neville, handicapping; Dave Hobson, Graeme Small, Bob Parker and Bryan McCarthy, may he rest in peace (timing and place cards); and support when needed from Allison Duncan and Emma Burns. Much gratitude also to Allan Sieper, Kerry Smith and Lisa Welsch for their management of Minijog, and to the children and parents, and runners, who came along each month in 2022-2023 to take part.



SUNDAY RUNNERS

Sunday Runners (SunRun) 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.

Communication for each run is via a weekly email and Facebook post. This includes a link to the starting point, a GPS link of the route, and the suggested café.

- 248 subscribers to weekly email and 361 members of private email group.
- 52 runs (both trail and path) between July 2022 and July 2023 rotating around north, central, and south Canberra locations.
- Nine new routes have been introduced since July 2022.
- The group attracts a wide range of runners and attendance varies between 15 – 25 runners, a mix of regular, intermittent, and new runners.

Sunday Runners was cancelled twice in 2022-2023 to support the organisation's participation in, and volunteering at, the Canberra Marathon Festival and the Canberra Runners Half Marathon.

Thank you to Nerida Dyne for her splendid work in coordinating Sunday Runners.



TTS - TUESDAY, THURSDAY, SATURDAY

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. Post run coffees are now held regularly on Tuesdays and Thursdays for the retired folk and aspiring retirees.

The group has continued to have strong numbers with many new runners joining throughout the year. The group strives to be inclusive and welcoming of all running abilities, running experience, ages and genders.

TTS highlights include:

- 30+ routes for the Saturday runs across Canberra from north to south and east to west and a visit to Bungendore
- Interval running every Tuesday
- November 2022 charity run which saw over \$4,500 raised for the Cancer Council, a fabulous effort. A big thank you to Drew Baker and his team for manning the BBQs.
- Winter Solstice run (evening) and dinner held in late June 2022.
- The Annual Christmas day run was popular. Drinks and Christmas fare were enjoyed by 20 folk after the run.
- 158 runs held over the year (three times a week plus the Winter Solstice and Christmas runs)
- TTS continues to be a rich source of volunteers for Canberra Runner 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 and some entertaining material. The email newsletter is now in its 14th year (over 650 editions) 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 865 recipients, including former club members around the world, who like to keep in touch. Recipients live in the UK, Japan, New Zealand, Mexico and Germany and all states of Australia.

Thank you to Brian Jones for his tireless TTS efforts. As any new TTS runner will attest, Brian always provides a warm welcome. Brian is supported by Dave Hobson, Viv Thom and others when he is away.



TRAINING PROGRAMS

Canberra Runners offers training programs that cater for the beginner runners through to those looking to step up to the half marathon distance. Following COVID, Canberra Runners continues to build on the success of the training programs it has delivered in past years.

Canberra Runners Training Programs provide runners with a structure that allows the building of running ability and confidence, with the support of accredited coaches and supporters, in a friendly and supportive atmosphere.

In 2022-2023 Canberra Runners delivered three training programs: Canberra Times Fun Run Training Program 2022, Get Running 2023, and Step Up to Half Training Program 2023. The programs are developed with three sessions per week of an interval/hill set, tempo run and long slow run. A social coffee follows the weekend run, providing a time to get together and discuss all things running.



The Canberra Times Fun Run Training Program began on 10 September 2022 with three sessions per week on Tuesday, Thursday, and Sunday mornings. It was an 8-week training program designed for beginner, returning, and continuing runners.

The cost of the program was \$80 for members of Canberra Runners and \$140 for non-members. Twenty-one runners enrolled, with a dropout rate of 19 per cent (4 participants). Participants competed in the 5 km or 10 km distance in the Canberra Times Fun Run on 6 November 2022, with all runners successfully meeting their goal. A strong cohort of this group transitioned to TTS, with a subset of those runners stepping up to the Step up to Half training group in February 2023.

The Get Running Training Program began on 19 February 2023. It was an 8-week program designed to help runners reach their running goals and finish the 5.4 km or 10 km fun runs at the Canberra Times Marathon Festival on 16 April 2023.

The cost of this program was \$80 for members of Canberra Runners and \$145 for non-members. Twenty-nine runners registered for the program. Unfortunately this training program saw a higher than usual drop-out rate with only approximately 50 percent of registered participants completing the program.

The Step Up to Half Training Program began on 25 February 2023 and was designed to prepare participants for the Canberra Runners Half Marathon on 21 May 2023. This program started with participants having at least a solid 5km running base and developed the runners' long-distance legs and mental fortitude to run a half marathon.

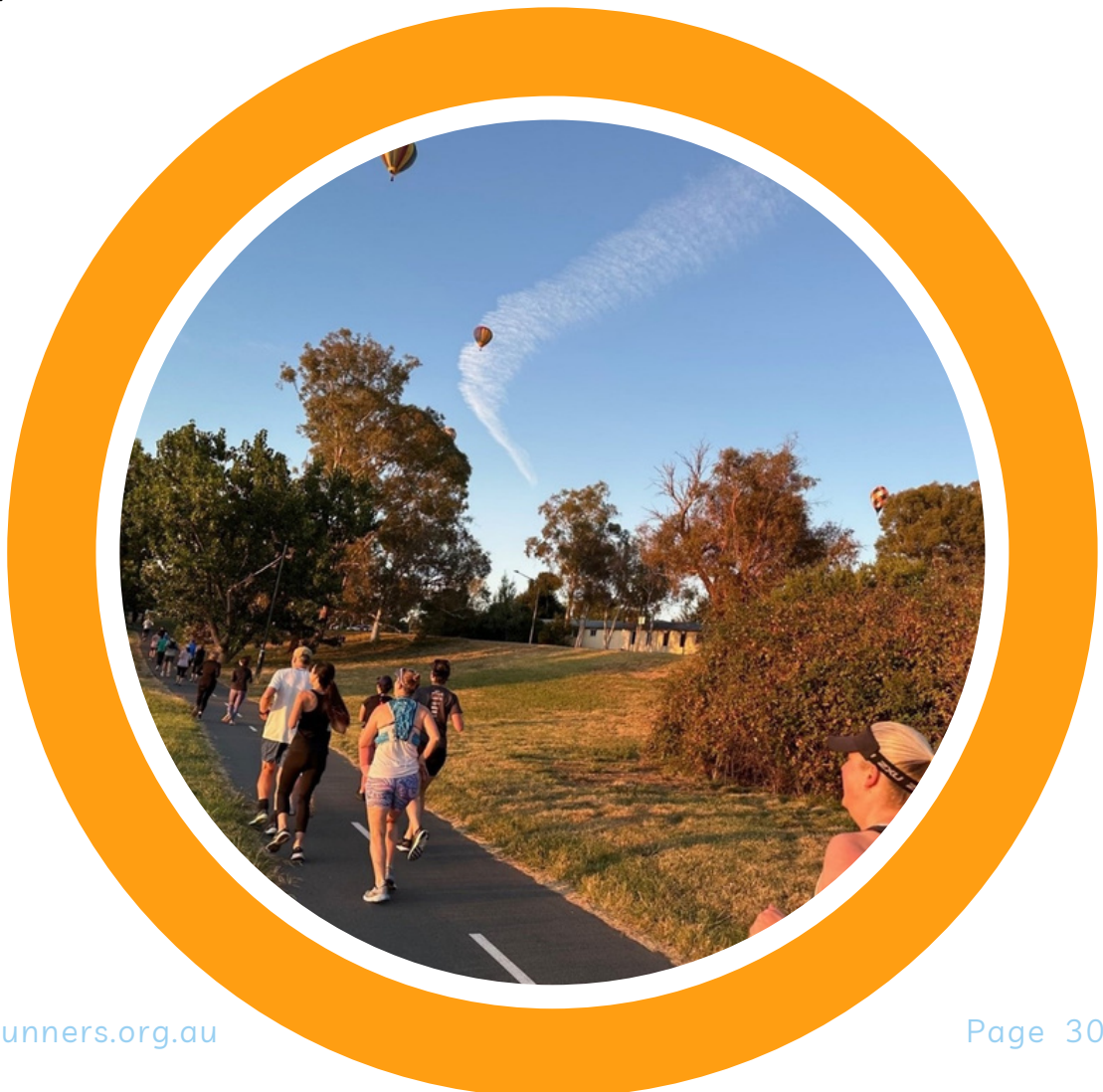
The program was conducted at the new foreshore area of Acton and comprised 13 weeks of three sessions per week: a long slow run, an interval session and a tempo run.



The cost of this program was \$100 for members of Canberra Runners and \$165 for non-members. Entry into the Half Marathon was included in the training program cost. This year's group of 36 participants was the largest for several years and all but a couple of runners completed the program. This included 26 runners who successfully completed the Canberra Runners Half Marathon. The success and jubilation of the new half marathoners is testament to the success of this program which is now a feature of the annual training program. Most of the participants will now continue their running journey by joining the TTS and Sunday Runners groups.

The 'Step Up to Half' Training Program also gave newly accredited coaches the opportunity to practise their training and leadership under the watchful eye of experienced coach, George Masri.

Thank you to the training program leaders, Barbara McKay and George Masri, who have done a wonderful job, together with their teams, in delivering these programs.



WOMEN'S SPORT AND RECREATION PARTICIPATION AND LEADERSHIP PROGRAM

Canberra Runners won a 2022 ACT Government grant focussed on women's participation and leadership in sport and recreation. The purpose of the grant, valued at \$3,800, was to identify and train women in roles to support Canberra Runners, and to provide guidance and mentoring to further their experience and develop their skills in delivering support to Canberra Runners and the broader Canberra running community.

The grant was fully subscribed, and acquitted in May 2023. Eight women registered for Recreational Running Level One accreditation, with two going on to Level Two accreditation. Five women attended ACT Government Sport and Recreation sponsored workshops, one accredited coach undertook training in strength and conditioning, and one committee member enrolled to receive training to enhance her role in managing the Canberra Runners website.

All participants who received training under the grant have added value to Canberra Runners by managing and sustaining group runs, including Sunday Runners, Jogalong and Minijog; and delivering training and supporting our runners to take part in the Canberra Runners flagship 'half marathon' event and major Canberra running festivals. Those still completing training courses will be positioned to deliver more training opportunities to Canberra Runners in 2023-2024.

Thanks to Barb McKay who was the successful author of the grant proposal and who cheerfully undertook the challenging tasks of managing and acquitting the grant. Thanks also to Treasurer, Dylan Valentine, and Vice-President, Robyn McClelland for oversight and help in processing supporting documentation. Thank you also to the women who have stepped up and committed to supplying support through training and administration to Canberra Runners.

SPONSORS



Thank you to our sponsors for the year ended 31 March 2023 who have supported Canberra Runners and our members.



Financial Statements

Canberra Runners Incorporated

ABN 38 900 275 937

For the year ended 31 March 2023

Prepared by Dylan Valentine

Contents

3	Committee's Report
5	Auditor's Report
7	Statement by Members of the Committee
8	Income Statement
10	Balance Sheet
11	Notes to the Financial Statements
13	Profit and Loss - Capital to Coast
14	Profit and Loss - Half Marathon
15	Profit and Loss - Jogalong
16	Profit and Loss - Minijog
17	Profit and Loss - Sunday Runners
18	Profit and Loss - Thredbo Fun & Fitness Week
19	Profit and Loss - Training Programs
20	Profit and Loss - TTS
21	Profit and Loss - Winter / Spring / Summer Series

Committee's Report

Canberra Runners Incorporated For the year ended 31 March 2023

Committee's Report

Your committee members submit the financial report of Canberra Runners Incorporated for the financial year ended 31 March 2023.

Committee Members

The names of committee members throughout the year and at the date of this report are:

Committee Member	Position	Date Started
Joanne Legge-Wilkinson	President	27 June 2022
Robyn McClelland	Vice-President & Public Officer	27 June 2022
Lucy Anderson	Secretary	27 June 2022
Dylan Valentine	Treasurer	27 June 2022
Iliyan Darganov	Member	27 June 2022
Lucy Jones	Member	27 June 2022
Barbara McKay	Member	27 June 2022
Steve Mackenzie	Member	27 June 2022
George Masri	Member	27 June 2022
Cinea Ryan	Member	27 June 2022
John Whitcombe	Member	27 June 2022

The following committee members resigned before the date of this report:

Committee Member	Position	Date Resigned
Nikki Hay	Member	19 January 2023
Joe Hujs	Member	30 January 2023

Principal Activities

The principal activities of Canberra Runners Incorporated during the financial year were group runs, running events and training programs.

Auditor's Report

Canberra Runners Incorporated For the year ended 31 March 2023

Independent Auditors Report to the members of the Canberra Runners Incorporated

I have audited the accompanying financial report of Canberra Runners Incorporated (the association) which comprises the balance sheet as at 31 March 2023, 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.

Committee's Responsibility for the Financial Report

The committee of the association is responsible for the preparation and fair presentation of the financial report in accordance with Australian Accounting Standards (including the Australian Accounting Interpretations) and the *Associations Incorporation Act (ACT) 1991*. This responsibility includes establishing and maintaining internal control relevant to the preparation and fair presentation of the financial report that is free from material misstatement, whether due to fraud or error; selecting and applying appropriate accounting policies; and making accounting estimates that are reasonable in the circumstances.

Auditor's Responsibility

My responsibility is to express an opinion on the financial report based on my audit. I conducted my audit in accordance with Australian Auditing Standards. These Auditing Standards require that I comply with relevant ethical requirements relating to audit engagements and plan and perform the audit to obtain reasonable assurance whether the financial report is free from material misstatement.

An audit involves performing procedures to obtain audit evidence about the amounts and disclosures in the financial report. The procedures selected depend on the auditor's judgment, including the assessment of the risks of material misstatement of the financial report, whether due to fraud or error. In making those risk assessments, the auditor considers internal control relevant to the entity's preparation and fair presentation of the financial report in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the entity's internal control. An audit also includes evaluating the appropriateness of accounting policies used and the reasonableness of accounting estimates made by the committee, as well as evaluating the overall presentation of the financial report.

Independence

In conducting my audit, I followed applicable independence requirements of Australian professional ethical pronouncements.

Significant Changes

A number of organised activities were cancelled in the prior year due to the ongoing COVID-19 pandemic. The 2023 financial year has seen a return to more regular activities.

Operating Result

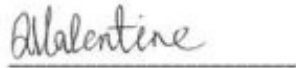
The surplus for the financial year amounted to \$53,532.

Signed in accordance with a resolution of the Members of the Committee on:



Joanne Legge-Wilkinson (President)

Date:



Dylan Valentine (Treasurer)

Date: 19/05/2023

Opinion

In my opinion:

- a) The financial statements of Canberra Runners Association are properly drawn up:
 - i. so as to give a true and fair view of its state of affairs at 31 March 2023 and the results of its operations for the financial year then ended and the other matters required by the *Associations Incorporation Act (ACT) 1991*;
 - ii. in accordance with the provisions of the *Associations Incorporation Act (ACT) 1991*; and
 - iii. in accordance with applicable Accounting Standards and other mandatory professional reporting requirements.
- b) I have obtained all the information and explanations required; and
- c) Proper accounting records and other records have been kept by Canberra Runners Incorporated as required by the *Associations Incorporation Act (ACT) 1991*.



Sart Spinks

Auditor

Date: 19 May 2023

Statement by Members of the Committee

Canberra Runners Incorporated For the year ended 31 March 2023

In the opinion of the Committee the financial statements as set out on pages 8 to 12:

1. Present a true and fair view of the financial position of Canberra Runners Incorporated as at 31 March 2023 and its performance for the year ended on that date in accordance with the accounting policies described in Note 1.
2. At the date of this statement, there are reasonable grounds to believe that Canberra Runners Incorporated will be able to pay its debts as and when they fall due.

This statement is made in accordance with a resolution of the Committee and is signed for and on behalf of the Committee by:

President:  _____
Joanne Legge-Wilkinson

Date: 19/05/2023

Income Statement

Canberra Runners Incorporated For the year ended 31 March 2023

	2023	2022
Income		
Contributions Public	74	-
Entry Fees	58,297	36,475
Membership Fees	35,250	45,647
Merchandise	1,845	195
Sponsorship	2,000	10,120
Total Income	97,466	92,437
Gross Profit		
	97,466	92,437
Other Income		
Profit/(Loss) on Sale of Non-Current Asset	4,000	-
Grants	4,800	-
Other Revenue	5,285	5,584
Total Other Income	14,085	5,584
Total Income		
	111,551	98,021
Expenses		
Advertising & Marketing	1,040	598
Awards	4,867	3,735
Coaching Costs	1,983	-
Course Hire	1,334	817
DJ / PA Costs	325	-
Electricity	165	-
Fees	4,343	3,650
Food & Drink	1,233	-
Garden Maintenance	1,122	-
General Expenses	1,070	554
Health & Safety	5,508	-
Hire of Plant & Equipment	5,458	-
Insurance	5,537	4,259
Membership Fees	2,685	1,440
Merchandise	4,924	9,985
Minor Equipment	1,077	634
Motor Vehicle Expenses	142	178
Photography/Videography	2,480	-
Postage, Freight & Courier	62	446
Printing & Stationery	978	-
Race Bibs	667	-
Race Fees	2,015	1,150
Repairs & Maintenance	193	130
Security	949	-

This statement should be read in conjunction with the notes to the financial statements.

	2023	2022
Subscriptions	127	379
Timing Services	3,381	370
Traffic Management	3,218	-
Website	1,136	608
Total Expenses	58,018	28,934
Net Profit/(Loss)	53,532	69,087

This statement should be read in conjunction with the notes to the financial statements.

Balance Sheet

Canberra Runners Incorporated

As at 31 March 2023

	NOTES	31 MAR 2023	31 MAR 2022
Assets			
Current Assets			
Cash & Cash Equivalents	2	121,400	71,757
Trade & Other Receivables	3	1,220	-
Total Current Assets		122,620	71,757
Total Assets		122,620	71,757
Liabilities			
Current Liabilities			
Trade & Other Payables	4	-	2,670
Total Current Liabilities		-	2,670
Total Liabilities		-	2,670
Net Assets		122,620	69,087
Equity			
Retained Earnings	5	122,620	69,087
Total Equity		122,620	69,087

This statement should be read in conjunction with the notes to the financial statements.

Notes to the Financial Statements

Canberra Runners Incorporated For the year ended 31 March 2023

1. Statement of Significant Accounting Policies

The financial statements are prepared in accordance with section 72 of the Associations Incorporation Act 1991 of the Australian Capital Territory. They are required to be presented to members at the association's annual general meeting. The financial statements have been prepared in accordance with the significant accounting policies disclosed below, which the directors have determined are appropriate to meet the purposes of preparation. Such accounting policies are consistent with the previous period unless stated otherwise. The financial statements have been prepared on an accruals basis and are based on historical costs unless otherwise stated in the notes.

Property, Plant and Equipment

Property, plant and equipment is recorded at the cost of acquisition less, if applicable, any accumulated depreciation and impairment losses. Plant and equipment that has been contributed at no cost has not been capitalised on the balance sheet. Such plant and equipment was transferred from the YMCA to the Canberra Runners Incorporated under the Deed of Transfer between the two organisations.

Trade and Other Receivables

Trade receivables and other receivables, including distributions receivable, are recognised at the nominal transaction value without taking into account the time value of money. If required a provision for doubtful debt has been created.

Trade and Other Payables

Trade and other payables represent the liabilities for goods and services received by the association that remain unpaid at 31 March 2023. Trade payables are recognised at their transaction price. They are subject to normal credit terms and do not bear interest.

Cash and Cash Equivalents

Cash and cash equivalents include cash on hand and deposits held on call with banks.

Revenue Recognition

Revenue from the sale of goods and services is recognised upon the time of receipt or invoicing.

	2023	2022
2. Cash & Cash Equivalents		
Bank Accounts		
Business Transaction Account	121,260	71,617
Total Bank Accounts	121,260	71,617
Other Cash Items		
Cash Floats	140	140
Total Other Cash Items	140	140
Total Cash & Cash Equivalents	121,400	71,757

	2023	2022
3. Receivables		
Current		
Accounts Receivable	1,000	-
Total Current	1,000	-
Total Receivables	1,000	-

	2023	2022
4. Payables		
Current		
Accounts Payable	-	2,670
Total Current	-	2,670
Total Payables	-	2,670

	2023	2022
5. Retained Earnings		
Current Year Earnings	53,532	69,087
Retained Earnings	69,087	-
Total Retained Earnings	122,620	69,087

Profit and Loss - Capital to Coast

Canberra Runners Incorporated For the year ended 31 March 2023

Events is Capital to Coast.

	2023	2022
Income		
Trading Profit		
Revenue	16,818	11,330
Total Trading Profit	16,818	11,330
Total Income	16,818	11,330
Total Income	16,818	11,330
Expenses		
Awards	-	1,662
Course Hire	496	157
Fees - Register Now	727	904
Fees & Permits	-	87
General Expenses	579	-
Health & Safety	4,518	-
Hire of Plant & Equipment	371	-
Merchandise	4,415	7,765
Motor Vehicle	2,480	-
Postage, Freight & Courier	-	446
Race Bibs	227	-
Subscriptions	127	-
Timing Services	2,040	170
Website	423	268
Total Expenses	16,403	11,459
Profit/(Loss)	415	(129)

Profit and Loss - Jogalong

Canberra Runners Incorporated For the year ended 31 March 2023

Events is Jogalong.

	2023	2022
Income		
Trading Profit		
Revenue	111	245
Total Trading Profit	111	245
Total Income	111	245
Total Income	111	245
Expenses		
Merchandise	333	147
Total Expenses	333	147
Profit/(Loss)	(222)	98

Profit and Loss - Half Marathon

Canberra Runners Incorporated For the year ended 31 March 2023

Events is Half Marathon.

	2023	2022
Income		
Trading Profit		
Revenue	30,787	14,425
Total Trading Profit	30,787	14,425
Total Income	30,787	14,425
Other Income		
Other Revenue	1,242	-
Total Other Income	1,242	-
Total Income	32,029	14,425
Expenses		
Advertising & Marketing	866	-
Awards	2,764	-
Course Hire	166	-
DJ / PA Costs	325	-
Electricity	165	-
Fees - Register Now	1,047	197
Food & Drink	826	-
General Expenses	20	-
Health & Safety	990	-
Hire of Plant & Equipment	5,087	-
Merchandise	176	2,072
Motor Vehicle	50	-
Postage, Freight & Courier	62	-
Printing & Stationery	559	-
Security	949	-
Square Fees	21	-
Timing Services	1,341	200
Traffic Management	3,218	-
Race Bibs	440	-
Total Expenses	19,072	2,469
Profit/(Loss)	12,957	11,956

As negotiated in the deed of transfer with YMCA Canberra the profit from the 2021 Half Marathon was transferred to Canberra Runners Incorporated. The profit for the 2021 YMCA Canberra Runner's Club Half Marathon was \$7,309 and this has been coded to revenue. It is important to note that the Half Marathon revenue includes the overall profit from 2021 and the entry fees taken up to and including 31 March 2022 for the 2022 Half Marathon.

Profit and Loss - Minijog

Canberra Runners Incorporated For the year ended 31 March 2023

Events is Minijog.

	2023	2022
Total Income	-	-
Expenses		
Awards	531	843
Total Expenses	531	843
Profit/(Loss)	(531)	(843)

Profit and Loss - Sunday Runners

Canberra Runners Incorporated
For the year ended 31 March 2023

Events is Sunday Runners.

	2023	2022
Total Income	-	-
Profit/(Loss)	-	-

Profit and Loss - Training Programs

Canberra Runners Incorporated For the year ended 31 March 2023

Events is Training Programs.

	2023	2022
Income		
Trading Profit		
Revenue	10,078	5,340
Total Trading Profit	10,078	5,340
Total Income	10,078	5,340
Total Income	10,078	5,340
Expenses		
Advertising & Marketing	174	-
Awards	282	-
Coaching Costs	96	-
Fees - Register Now	525	227
Food & Drink	147	-
Membership Fees	2,685	1,440
Race Fees	2,015	1,150
Total Expenses	5,924	2,817
Profit/(Loss)	4,154	2,523

Profit and Loss - Thredbo Fun & Fitness Week

Canberra Runners Incorporated For the year ended 31 March 2023

Events is Thredbo Fun & Fitness Week.

	2023	2022
Income		
Trading Profit		
Revenue	3,330	4,239
Total Trading Profit	3,330	4,239
Total Income	3,330	4,239
Total Income	3,330	4,239
Expenses		
Advertising & Marketing	-	598
Awards	1,230	800
Course Hire	100	100
Fees - Register Now	184	69
General Expenses	335	250
Total Expenses	1,849	1,817
Profit/(Loss)	1,481	2,421

Profit and Loss - Winter / Spring / Summer Series

Canberra Runners Incorporated For the year ended 31 March 2023

Events is Winter / Spring / Summer Series.

	2023	2022
Income		
Trading Profit		
Revenue	1,110	1,016
Total Trading Profit	1,110	1,016
Total Income	1,110	1,016
Total Income	1,110	1,016
Expenses		
Awards	60	430
Course Hire	572	560
Fees - Register Now	31	64
General Expenses	137	144
Square Fees	2	2
Total Expenses	801	1,199
Profit/(Loss)	309	(183)

Profit and Loss - TTS

Canberra Runners Incorporated For the year ended 31 March 2023

Events is TTS.

	2023	2022
Total Income	-	-
Expenses		
Food & Drink	260	-
General Expenses	-	160
Total Expenses	260	160
Profit/(Loss)	(260)	(160)