



# CANBERRA RUNNERS

Annual Report  
2023-2024

[canberrarunners.org.au](http://canberrarunners.org.au)



## CANBERRA RUNNERS OBJECTIVES

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.



## PRESIDENT'S WELCOME

Jo Legge-Wilkinson

It is with great pleasure that we present the Canberra Runners Annual Report for the period from 1 April 2023 to 31 March 2024. This year has been filled with remarkable achievements, growth, and resilience, and I am proud to share these highlights with you.

Our membership has grown to a diverse community of 713 individuals, spanning an impressive age range from 1 year to 87 years. This growth reflects our commitment to promoting active lifestyles and encouraging broad participation in social and competitive running activities in an inclusive and supportive manner.



I am pleased to report that Canberra Runners is in a robust financial position. Our healthy financial reserves will allow us to mature as an organisation, implement key action items from our strategic plan, and provide much-needed support and relief for our dedicated volunteers.

We have continued to innovate and adapt to the needs of our members, making significant strides in our digital transformation. The transition to RevolutioniseSport (RevSport) as our new platform for managing memberships and event registrations has enhanced the user experience with a more intuitive interface and additional features. My thanks to Iliyan Darganov and his team for the seamless introduction of RevSport.

The introduction of the rolling membership initiative ensures that new members receive a full 12-month membership regardless of when they join during the year. This simplifies the membership process and ensures continuous access to Canberra Runners' activities and benefits.

As a gesture of appreciation for renewing their Canberra Runners membership through the new registration platform, RevSport, members received a collapsible cup. These cups are designed to be used at 'cupless' events, supporting our move towards a more eco-friendly environment. Thank you to Barb McKay for this initiative.

Our new merchandise range, which arrived in October 2023, features T-shirts, singlets, long-sleeved running shirts, visors, and caps. The strong branding and popularity of these items have been fantastic for promoting Canberra Runners. We extend our thanks to Tom Parton for his wonderful design work, and to Mhairin Hilliker and Eliza Roche for promoting and organising the order.

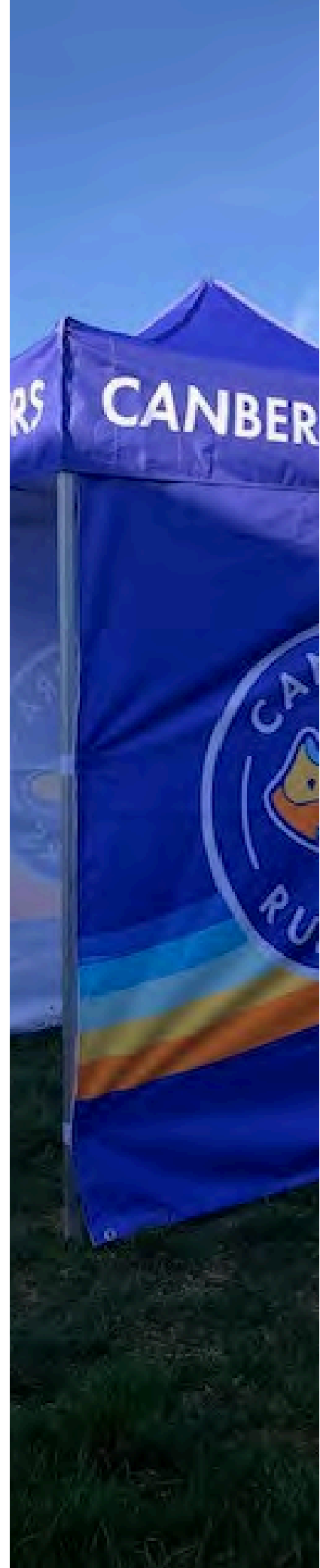
In late 2023, Canberra Runners acquired two new marquees to replace aging assets. These marquees, featuring full-colour Canberra Runners branding, were purchased with the assistance of a Canberra Southern Cross Club community grant. Many thanks to Barbara McKay, Dave Hobson and Ken Eynon OAM for managing this procurement.

For the benefit of our members, in March, we hosted a free Snake Awareness Training session led by experts from ACT Snake Removals. This informative online talk equipped our members with essential knowledge about snake encounters during their runs. A big thank you to Megan Rhind for this initiative.

Thank you to everyone who contributed to making Canberra Runners a success during 2023-2024. My special thanks go to my fellow committee members: Robyn McClelland (Vice President), Denise Cardew Hall (Treasurer), Megan Rhind (Secretary), YY Lieu (Youth Officer), Iliyan Darganov, Lucy Jones, Ben Caligari, George Masri, Barb McKay, Cinea Ryan, and Jamie Whitcombe.

Looking ahead, we remain committed to our objectives of encouraging and promoting the sport of running in the Canberra region. We will continue to conduct a range of running activities, events, and training, and promote active lifestyles by encouraging broad participation in social and competitive running activities.

Thank you for your continued support and participation. Thank you especially to all our volunteers. Together, we will continue to build a vibrant and inclusive running community in Canberra.



# MEMBERSHIP

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## Rolling Membership Initiative

Introduced in late 2023, the rolling membership initiative ensures that new members receive a full 12-month membership regardless of when they join during the year. This simplifies the membership process and ensures continuous access to Canberra Runners' activities and benefits.

By the end of 2023, Canberra Runners celebrated a total membership of 713 individuals. This inclusive community ranged from 1 year to 87 years old, with an average member age of 41 years. Female members made up 57% of our community.

To cater to different needs, Canberra Runners provided various membership options:

- Adult Membership:
  - Early Bird: \$65
  - Standard: \$85
- Junior Membership (Under 18 years):
  - Early Bird: \$30
  - Standard: \$40
- Family Membership:
  - Early Bird: \$95
  - Standard: \$125
- Volunteer Membership: Free

### Membership Benefits:

Membership at Canberra Runners provided access to a wide range of activities throughout the year, including free entry to most events, except for major activities like the Canberra Runners Half Marathon, Capital to Coast, Thredbo Fun and Fitness Week, and specialised Training Programs. Members enjoyed discounted rates for these signature events, fostering greater participation and engagement within the running community.



# COMMUNICATIONS AND WEBSITE

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Canberra Runners communicates to members through a weekly newsletter, via social media, our website, [canberrarunners.org.au](http://canberrarunners.org.au). Thanks to Iliyan Darganov and Cinea Ryan for their work on the website.

Canberra Runners issued 51 weekly newsletters to members in 2023-2024. Thanks to Sarah Gibbons 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, [capitaltocoast.com.au](http://capitaltocoast.com.au).



Canberra Runners has maintained the following social media channels:

<https://www.facebook.com/CBRRunners> 4000+ followers  
<https://www.instagram.com/canberra.runners/> 523 followers  
<https://www.facebook.com/C2C100> 915 followers  
<https://www.instagram.com/capital2coast100/> 277 followers  
<https://www.facebook.com/thredboTFFW> 596 followers  
<https://www.facebook.com/groups/crsundayrunners> 600+ members



# SPECIAL PROJECT

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## Introduction of RevSport

Canberra Runners underwent a significant transition in its membership and event registration platform during late 2023.

Following the closure of Register Now at the end of 2023, Canberra Runners selected RevolutioniseSport (RevSport) as its new platform for managing memberships and event registrations. Led by Iliyan Darganov, the transition aimed to enhance user experience with a more intuitive interface and additional features.

Effective 24 November, 2023, Canberra Runners ceased registrations on Register Now to facilitate system changes for the RevSport launch. The new platform, live shortly after, offers improved functionalities for membership and event sign-ups.

Special discounted rates were offered until 31 December, 2023: \$65 for adults, \$30 for juniors, and \$95 for families. From 1 January, 2024, standard rates of \$85 for adults, \$40 for juniors, and \$125 for families apply for the 2024 membership year.

Members were advised to provide accurate details matching their Register Now records. Family memberships required a primary member to register first, followed by separate registrations for each family member.

The successful implementation of RevSport was a major milestone for Canberra Runners. A big thank you to Iliyan Darganov, YY Liu, Anna Johnstone, Robyn McClelland, and others for ensuring a successful transition to the new platform.

Canberra Runners looks forward to leveraging RevSport to provide an enhanced experience for members. We remain committed to supporting our running community through technological advancements and service improvements.



# CANBERRA RUNNERS HALF MARATHON 2023

The 2023 Canberra Runners Half Marathon was held on 21 May 2023 and built on the success of the 2022 event, the first under the banner of Canberra Runners. The race was run around Lake Burley Griffin on Ngunnawal land through cork, pine and eucalypt forests and offered views of national landmarks including Government House, and the National Museum of Australia.

Claire Ashworth	1:19:57
Penny Slater	1:24:09
Tara Melhuish	1:26:13

## Winners

Michael Daley	1:11:56
Alex Dreyer	1:12:51
Zac Rosser	1:14:16





The race was a successful community event organised and conducted by runners for runners. The event provided a supportive and welcoming environment for Canberra Runners members and visitors alike. It was especially significant as the culmination of the half marathon training group.

Of 353 runners who registered for the event, 309 started and all but two finished. This was an increase on the previous year.

Although not the primary goal, the event was also a financial success, achieving a profit of over \$9,000, ensuring it was a viable activity for Canberra Runners.

The event was heavily reliant on volunteers with more than 60 people giving up their time so that the event could run smoothly. The volunteer coordinator did an exemplary job, introducing a new e-form for registrations and balancing volunteer fatigue due to other events in the lead-up to the Canberra Runners Half Marathon.

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.

A successful children's fun run was held on the day, with 23 starters and an age range from 3 to 13 years. Congratulations to the winners

Male	Time	Female	Time
Evan Minto	5:22	Saleena Ramboer	6:09
Callum Minto	6:03	Banjo Bluett-Jones	6:48
Peter Kay	6:47	Rui Ramboer	6:50







Age Group	Males	Time	Female	Time
U20	Ethan Oziemski	1:50:54	Francesca Clarke	1:37:33
20-29	Zac Rosser	1:14:16	Penny Slater	1:24:09
30-39	Michael Daly	1:11:56	Claire Ashworth	1:19:57
40-49	Jamie Hogg	1:19:34	Michelle Fletcher	1:33:57
50-59	Luke Grattan	1:15:40	Anita Scherrer	1:52:55
60-69	Bruce Graham	1:20:42	Clare Wall	1:50:22
70+	Paul McKeich	1:46:09	Caroline Campbell	2:41:41

Thank you to Race Directors Ed Hutchinson and Robyn McClelland and sub-committee members Kasy Chambers, Renee Deschamps, Ahmed Farouk, Cinea Ryan and Liz Young and to the many volunteers who did a magnificent job at the event. The logistics team was superb with key members: Ken Eynon, Dave Hobson, Justin Jarvis, and Tim Ryan.





# CAPITAL TO COAST 2023

The Capital to Coast Multistage Trail Running Event, held over the last weekend of August 2023, enjoyed a strong return to 'near capacity' participation. A total of 157 participants embarked on the trails, comprising 19 solo runners, 24 teams of two, 6 teams of three, and a remarkable 18 teams of four. The substantial number of four-person teams contributed to increased spectatorship during various stages, fostering an electrifying event atmosphere.

## Event Highlights:

- Braidwood Parkrun Collaboration: Our collaboration with Braidwood Parkrun resulted in a stage that brought spectators closer to the action.
- New South Coast Murramarang Trail Stage: This new stage, featuring an iconic beach finish, capitalised on the scenic beauty of the South Coast Murramarang Trail.

## Geographical Reach:

- While the majority of participants hailed from Canberra, the event attracted runners from diverse locations, including the South Coast, Sydney, Brisbane, and Perth.

## Participant Demographics:

- Gender Distribution: The 100km solo division saw more male participants (14) than female (5). However, the team categories showed a reverse trend, with 90 females and 48 males competing across the three team divisions.
- New vs. Returning Participants: Of the 157 participants, 59 had participated previously, while a significant 88 were first-time participants.

## Membership Representation:

- Canberra Runners (CR) Membership: Five solo runners and at least the team captain of 23 out of the 48 teams confirmed their CR membership status.



## Support and Sponsorships:

- Get First Aid: Provided crucial first aid services.
- FlyerUltra Timing: Long-time supporter Martin Flyer delivered expert timekeeping services.
- Capital Brewery Partnership: Enhanced event exposure through social media promotion and provided product placement and merchandise at the finish line.



## Financial Overview:

The event concluded with a positive financial outcome, netting over \$1,000. Total revenue amounted to over \$20,000 from event fees, while expenses were about \$19,000.

A big thank you to the C2C 2023 Committee, Doug Richards (Race Director), Justin Jarvis, Nerida Dyne, Drew Baker, Alison Senti, Donna Hyland, Jin Kato, and Kerry Smith. The success of the C2C 2023 Capital underscores the enthusiasm and dedication of our participants, volunteers, and sponsors. We look forward to building on this momentum for an even more spectacular event in 2024.



# THREDBO FUN AND FITNESS WEEK 2024

Thredbo Fun and Fitness Week, incorporating the 42nd National Running Week, was held from January 6th to 13th, 2024.

This year saw a significant increase in participation, with registrations rising from approximately 210 in 2023 to 268 in 2024, marking a 28% increase. Notably, the demographic seemed to include more families with young children, promising a bright future for the event.

## Event Highlights

- **Brian Lenton Thredbo Fun Run / Walk**

The week opened with glorious mountain weather. Approximately 160 participants completed two laps of the course along Friday Drive and around the Village Green. James Minto was the first to finish the 6km event in 20:55, followed by Elsie Hamilton, the first female, in 22:42.

- **Crackenback Challenge**

Held on a perfect Sunday morning, this “first to the top” challenge had participants cover approximately 2km with a 600m elevation gain. Julian Dent, a former Australian Orienteering representative, finished first in 24:05, and Heather Vrachliotis was the first female in 31:47.

## Week's Events

- **Quiz Night:** Record attendance with 100 participants.
- **Thredbo River Run / Walk:** Rescheduled to Thursday due to bad weather, it still saw 145 participants.
- **Strength & Stretching:** Moved indoors due to weather, with a maximum room capacity of 120.
- **Mixed Pizza Relays:** 170 participants enjoyed this fun event.
- **Armstrong Alpine Adventure:** The biggest participation event with 104 teams and 234 participants. Martin Dent and Mike Rajadewski were the winning team, finding all checkpoints in 26 minutes.



- **Dave Hobson Grand Slam Tennis:** Well-attended, with finals drawing 80 spectators. Rowan Lowry and Kate Haynes won the finals.
- **Desie Dazzler Kids / Teenagers Fun Run:** Organised in memory of Desie Joannides, with sponsorship from Valour Sports.
- **Invitational Mile:** Featured Olympians and National Champions. Ryan Armstrong finished first, with Philo Saunders recording the fastest time at 4:10.
- **Canberra Runners Shop Fun Run Mile:** Attracted 190 participants.
- **Women and Men from Snowy River Events:** Approximately 140 participants across both events.
- **Sprint Gift:** Expertly handicapped by Gerard Ryan, won by Jack Read.
- **Aquathon:** 93 participants. Olivia Yates and Steve Arentz won the open water swimming titles, and Julian Dent and Lara Dawson won the open men's and women's Aquathon titles.
- **Vets Fun Run:** 71 participants with significant volunteer support from teenagers.
- **Basketball Relays:** Low turnout with about 20 participants.
- **Thredbo Olympics:** Approximately 50 participants.
- **Kosciuszko Classic:** 23 participants. Martin Dent finished first in 22:21, and Elizabeth Humphreys was the first female in 28:37. The course was adjusted due to construction at the summit, possibly making it longer than previous years.

### Communication and Engagement

Facebook was the primary communication platform, reaching a total of 6,255 people and receiving 7,258 visits during the week.

### Financial Summary

The event received \$4,266 in registration fees and incurred approximately \$2,147 in cash expenses, resulting in a cash profit of about \$2,119 for 2024.

### Acknowledgements

Thank you to all event sponsors and organisers who generously donate their time, money, and expertise. A special thanks to Daryl Read and family for making Thredbo Fun and Fitness Week happen each year.



# WINTER, SPRING AND SUMMER SERIES



Canberra Runners successfully organised three series of races throughout the year: the Winter Series, the Spring Series, and the Summer Series. These races, held at central locations on paths and cross-country courses, were free for members, while non-members could participate for \$15 (adults) and \$5 (juniors under 18).

## Organisers and Volunteers

The 2023/24 Series Events were orchestrated by Barbara McKay and Peter Thomson, with invaluable support from Ken Eynon OAM, Dave Hobson, Charlie Modrak, Michele McDonald, Jillian Mitchell, and Bob Harlow. Canberra Runners extends thanks to all volunteers, whose dedication was essential to the success of the races.

## Race Results

For detailed race results, please visit [www.canberrarunner.com.au](http://www.canberrarunner.com.au).

## Winter Series

The Winter Series 2023 included five events on paths, cross-country, and trails, attracting strong participation:

- The Runners Shop Event: Offered three distances with 41 participants in the 10km, 45 in the 5km, and 9 in the 2km.
- West Basin 10 Miler: Drew 67 runners.
- Gorooyarroo Half Marathon and 14km Events: Attracted 60 and 46 runners respectively.
- Stromlo Forest Park Events: In collaboration with Capital Athletics, these events featured distances from 1.5 to 8km, with 66 and 62 participants respectively.



### Spring Series

The Spring Series 2023 began on the last Tuesday of October and included five races, although one event at Telopea Park was cancelled. Each race offered 2km and 5km courses, with an average of 34 participants per event.

The series concluded with the Christmas Relays at Weston Park, a 12km fun event where teams of 2 to 12 runners completed 1km circuits. This historic event, free to enter, attracted a large number of runners from Canberra and regional clubs.

### Summer Series

The Summer Series, established in 1985, celebrated its 40th anniversary in 2024 with eight races held at various locations, including Barrenjoey, Weston Park, Stromlo Forest Park, Black Mountain Peninsula, and Telopea Park.

The pointscore series recognised the top male and female runners based on their best six of eight race results. Winners received the Dave Hobson and Susan Hobson Trophies and a \$50 voucher from the Runners Shop. A junior award was given to those participating in at least five out of seven races, with the winner receiving a \$30 voucher from the Runners Shop.



In the 2023/24 series:

- Susan Hobson Trophy: Clare Lonergan (Winner), Fiona Horan (Runner-up)
- David Hobson Trophy: Griffin Robinson (Winner), Bernardo Palma (Runner-up)
- Junior Participation Award: Arya Lewis

## THANK YOU!

Thank you to everyone who made the 2023/24 race series a resounding success! A particular thanks to Race Directors, Barb McKay and Peter Thomson.





# JOGALONG AND MINI JOG



## EVENTS AND SCHEDULING

Jogalong and Mini Jog were held on the first Sunday of every month in Weston Park, Yarralumla, during 2023-24, with two exceptions:

- November 2023: Event delayed to the following weekend (12 Nov) due to a clash with the Canberra Times Fun Run (5 Nov).
- April 2024: Event delayed to 14 April due to a clash with the Canberra Running Festival (7 April).



## START TIMES WERE ADJUSTED SEASONALLY

- May to September: 9:00am
- October to April: 8:00am



## PARTICIPATION AND FEES

- Members: Free
- Non-members: \$15
- Competitors under 18: \$5
- Mini Jog: Entry fee reduced from \$5 to \$2 in 2024 to attract more runners.



## EVENT FORMAT

- Jogalong: Features a 3km race and a 6km handicapped event for women, girls, and non-binary individuals. The 3km event is also open to boys under 12.
- Handicapping System: Supervised by Ivan Neville, ensuring fair competition.

## PARTICIPATION TRENDS

Jogalong numbers have slightly decreased over the year, while Mini Jog numbers have varied significantly, ranging from 6 participants in January 2024 to 21 in August 2023. Efforts to distribute Mini Jog flyers to local primary schools have shown some success in attracting new runners.





## NOTABLE ACHIEVEMENTS

- Linda Richardson: 2023 Jogalong winner, her second win in three years. Linda also celebrated her 300th Jogalong in March 2024, the first competitor to reach this milestone.
- Julia Murphy: Second place in the 2023 series, just two points behind Linda.
- Paulene McCalman: Third place in the 2023 series.
- 2023 Mini Jog Winners: Daisy Crane and Thomas Sieper. Daisy excelled with a string of wins, while Thomas consistently improved his times.
- Mini Jog Place Getters: Molly Morrison (second) and Samantha Ramboer (third) for the girls; Darcy Morrison (second) and Owen Hughes (third) for the boys.
- Milestone Achievements: Molly Morrison and Darcy Morrison reached their 50-run milestones.

## VOLUNTEERS AND ACKNOWLEDGEMENTS

The success of Jogalong and Mini Jog relies heavily on the dedication of volunteers. Special thanks to:

- Lucy Jones and Annemarie Calnan: Annemarie retired in March 2024.
- Ken Eynon: Always first to arrive and brings the equipment.
- Ray Bramwell: Set-up duties and Mini Jog and 3km turn supervisor.
- Josie Kulesz: Set-up and coordination assistance.
- Dave Hobson, Graeme Small, and Bob Parker: Timing and place cards.
- YY Liu, Allison Duncan, Emma Burns, Kate and Mark Murphy: Extra support when needed.
- Warren Butler, Alan and Lorna Burdon: Provided water and encouragement at the 6km turnaround point for the past 10 years, retiring this financial year.
- Allan Sieper, Kerry Smith, and Lisa Welsch for their management of Mini Jog.

Thanks also to the children, parents, and runners who participated each month in 2023-24.

Volunteers are always welcome to support the continuation and success of these events.





# SUNDAY RUNNERS

Sunday Runners continues to grow in popularity. The group meets every Sunday at 7:30 am at various locations around Canberra for a 60-minute out-and-back social run, followed by coffee and/or breakfast. Highlights for 2023-24 included:

- **Earlier Start Time:** Over summer 2023–24, the group successfully trialled a 30-minute earlier start time (7:00 am) to avoid the heat. This change will be implemented every summer.
- **Communication Channels:** Communication for each run occurs via a weekly email and Facebook post. Participants receive a link to the start point, a GPS route link, and the suggested café.
- **Membership:** Sunday Runners has 270 subscribers to the weekly email and over 600 members in a private Facebook group.
- **Run Routes:** The group organised 52 runs (both trail and path) across north, central, and south Canberra locations.
- **New Routes:** Approximately nine new routes were introduced since July 2023.
- **Diverse Attendance:** The group attracts a wide range of runners, with attendance varying between 15 and 30 participants—comprising regulars, intermittent runners, and newcomers.
- **Event Exception:** Sunday Runners was cancelled once in 2023–24 to support the Canberra Runners Half Marathon.

Many thanks to Nerida Dyne for her excellent organisation, dedication in finding new routes, and fostering the SunRun community. Thank you also to all those who support Nerida.





# TUESDAY THURSDAY SATURDAY (TTS)

The TTS group continues to thrive with strong participation and a steady influx of new runners. The three-run-per-week format remains popular, catering to midweek runners, Saturday-only runners, and various other preferences.

## Weekly Schedule

- Tuesday: The group's interval day, generally following a Do-It-Yourself (DIY) format. However, Barb McKay conducted several well-received eight-week interval programs throughout the year. Thank you, Barb!
- Thursday & Saturday: These days continue to feature varied running routes and sessions, attracting consistent attendance.





### **New Routes and Highlights**

Several new routes were explored this year, including Shepherds Lookout and a Bungendore run, which was exceptionally well-organised by the dedicated Bungendore faction. Post-run coffee and breakfast continue to be a highlight for the group.

### **Special Events**

- Winter Solstice Run: Held in late June, this evening run followed by a dinner at the Kingston Hotel was very popular once again.
- Christmas Day Run: The group maintained the tradition with a special run on Christmas Day.
- Melbourne Marathon Excursion: About 12 runners participated in the marathon and half marathon. The event included pre-race and post-race dinners, making for a memorable weekend. Unfortunately, the 2024 event sold out months in advance, marking the first time in 20 years the group will miss the Melbourne excursion. A replacement trip to northeast Victoria is planned.

### **Charity Run**

The annual Charity Run in November, supporting the Cancer Council, raised over \$5,000 for the second consecutive year. This impressive result was made possible by the group's generosity. With kinder weather this year, over 70 runners enjoyed the Murrumbidgee trail run followed by an egg and bacon breakfast. Thanks to the club for covering breakfast costs and to Drew Baker and his hardworking team for breakfast preparation. Amy from the Cancer Council joined the run and shared information about their programs and fund allocation.

### **Communication and Engagement**

The TTS email newsletter, featuring club news, jokes, cat photos, and other entertaining material, now has over 900 subscribers. The newsletter is popular among former overseas and interstate runners and many non-members, potentially leading to future club memberships. The subscriber base grew by approximately 100 in the past year, with an average open rate of 45%.

### **Acknowledgements**

TTS group management extends thanks to Dave, Viv, Ed, Kerry, and Kerry for stepping up to shout "go" in the absence of the Benevolent Dictator. Canberra Runners extends a heartfelt thank you to our much-loved Benevolent Dictator, Brian Jones.





## REGISTRATION AND SPONSORSHIP

The registration costs for the programs were as follows:

- Canberra Times Fun Run 2023 and Get Running 2024: \$100 for members, \$165 for non-members.
- Step Up to Half 2024: \$150 for members, \$215 for non-members.

The cost for non-members included a one-year membership to Canberra Runners.

Additionally, our sponsors provided each participant with a Runners Shop voucher, a running and shoe assessment from the Walking Clinic, and an injury screening assessment from the Canberra Physio Clinic. These sponsors also collaborated to deliver an informative session.



## TRAINING PROGRAMS

Canberra Runners conducted three training programs over the 2023-2024 year:

- the Canberra Times Fun Run 2023,
- Get Running 2024, and
- Step Up to Half 2024.

These programs attracted 23, 32, and 29 participants, respectively.





## Program Overview

The Canberra Runners training programs offer a robust foundation of skills, knowledge, and practical experience for individuals starting their running journey or aiming to tackle greater distances. Each program culminated in a race, allowing participants to apply their training in a fun and friendly Canberra event. Participants successfully completed the following races:

- Canberra Times Fun Run 2023: 5km and 10km races.
- Canberra Times Marathon Festival 2024: 5.4km and 10km races.
- Canberra Runners Half Marathon 2023.

## Acknowledgements

Congratulations to all our training program participants!

Thank you to our sponsors:

- The Canberra Physio Clinic
- The Runners Shop
- The Walking Clinic

Thank you to our Training Coordinator Barbara McKay and Canberra Runners coaches Barb McKay, George Masri, Ahmed Farouk, and Sian Keys.

Canberra Runners also extends its gratitude to those who supported the training groups: Paul Mahoney, Tom Wodzinski, Claire Krause, Leanne Ring, Mhairin Hill, Laura Giles, and Anne-Maree O'Mara.



# SPONSORS

Thank you to our sponsors for the year ended 31 March 2024 who have supported Canberra Runners and our members.

Thank you to all our photographers who have contributed to this year's annual report. Special thanks to Alan Howe, photographer extraordinaire, whose photos are prominently featured throughout the report.



# Canberra Runners Incorporated

ABN 38 900 275 937

## Financial Statements for the year ended 31 March 2024

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# Canberra Runners Incorporated

ABN 38 900 275 937

## Financial report for the year ended 31 March 2024

### COMMITTEE'S REPORT AND DECLARATION

Your Committee members submit the financial report for the year ended 31 March 2024.

#### Committee

The names of Committee are/were:

Joanne Legge-Wilkinson	President	Appointed 26 June 2023
Robyn McClelland	Vice-President & Public Officer	Appointed 26 June 2023
Megan Rhind	Secretary	Appointed 26 June 2023 Resigned 31 May 2024
Denise Cardew-Hall	Treasurer	Appointed 26 June 2023
Iliyan Darganov	Committee Member	Appointed 26 June 2023
Lucy Jones	Committee Member	Appointed 26 June 2023
Ben Caligari	Committee Member	Appointed 26 June 2023
Yuan Liu	Committee Member	Appointed 26 June 2023
Barbara McKay	Committee Member	Appointed 26 June 2023
George Masri	Committee Member	Appointed 26 June 2023
Cinea Ryan	Committee Member	Appointed 26 June 2023
John Whitcombe	Committee Member	Appointed 26 June 2023

#### Principal activities

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

#### Results of operations

The net operating surplus of the Association for the year ended 31 March 2024 was \$39,983 (2023: \$53,532 surplus).

#### Declaration

1. The financial statements and notes:
  - a. Comply with Australian Accounting Standards – Simplified Disclosures; and
  - b. Give a true and fair view of the financial position of the Association as at 31 March 2024 and its performance for the year ending on that date.
2. In the Committee's opinion there are reasonable grounds to believe that Canberra Runners Incorporated will be able to pay all of its debts as and when they become due and payable.

Signed in accordance with the resolution of the committee by:



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President - Joanne Legge-Wilkinson



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Treasurer – Denise Cardew-Hall

Dated: 18<sup>th</sup> July 2024

# Canberra Runners Incorporated

ABN 38 900 275 937

Financial report for the year ended 31 March 2024

## STATEMENT OF PROFIT OR LOSS AND OTHER COMPREHENSIVE INCOME FOR THE YEAR ENDED 31 MARCH 2024

	Note	2024	2023
		\$	\$
Revenue	2	102,127	97,466
Other income	2	2,427	14,085
Minor equipment		(5,099)	(1,077)
Prize money expenses		(5,297)	(4,866)
Supplier expenses	3	(54,175)	(52,075)
<b>Operating surplus</b>		<b>39,983</b>	<b>53,532</b>
Other comprehensive income		-	-
<b>Total other comprehensive income for the year</b>		<b>-</b>	<b>-</b>
<b>Total comprehensive income for the year</b>		<b>39,983</b>	<b>53,532</b>
Total comprehensive income attributable to members of the association		<b>39,983</b>	<b>53,532</b>

The accompanying notes form part of these financial statements.

Canberra Runners Incorporated ABN - 38 900 275 937

STATEMENT OF FINANCIAL POSITION  
AS AT 31 MARCH 2024

	Note	2024	2023
		\$	\$
<b>ASSETS</b>			
CURRENT ASSETS			
Cash and cash equivalents	4	162,699	121,400
Trade and other receivable		-	1,220
TOTAL CURRENT ASSETS		<u>162,699</u>	<u>122,620</u>
TOTAL ASSETS		<u>162,699</u>	<u>122,620</u>
<b>LIABILITIES</b>			
CURRENT LIABILITIES			
Accounts payable and other payables		<u>96</u>	-
TOTAL CURRENT LIABILITIES		<u>96</u>	-
TOTAL LIABILITIES		<u>96</u>	-
NET ASSETS		<u>162,603</u>	-
<b>EQUITY</b>			
Retained surplus	5	<u>162,603</u>	<u>122,620</u>
TOTAL EQUITY		<u>162,603</u>	<u>122,620</u>

The accompanying notes form part of these financial statements.

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2024

NOTE 1: SUMMARY OF SIGNIFICANT ACCOUNTING POLICIES

The financial statements were authorised for issue on the date of signing the Committee Report and Declaration.

**Basis of Preparation**

The financial statements are general purpose financial statements that have been prepared in accordance with Australian Accounting Standards – Simplified Disclosures of the Australian Accounting Standards Board (AASB) and the *Associations Incorporation Act (ACT) 1991*. The Association is a not-for-profit entity for financial reporting purposes under Australian Accounting Standards.

Australian Accounting Standards set out accounting policies that the AASB has concluded would result in financial statements containing relevant and reliable information about transactions, events and conditions. Material accounting policies adopted in the preparation of the financial statements are presented below and have been consistently applied unless stated otherwise.

The financial statements, except for the cash flow information, have been prepared on an accrual basis and are based on historical costs, modified, where applicable, by the measurement at fair value of selected non-current assets, financial assets and financial liabilities. The amounts presented in the financial statements have been rounded to the nearest dollar.

**Accounting Policies**

**(a) Property, Plant and Equipment**

Property, plant and equipment items with a minimum value of \$5,000 are capitalised.

**(b) Cash and Cash Equivalents**

Cash and cash equivalents include deposits held at-call with banks.

**(c) Revenue and Other Income**

**Revenue recognition**

*Donations and Bequests*

The Association recognises donations or bequests when received.

*Interest Income*

Interest income is recognised using the effective interest method.

*Income from sale of goods*

The Association sells small value items such as clothing, e.g. hoodies, marathon event shirts.

Revenue is recognised when control of the products has transferred to the customer. For such transactions, this is when the products are delivered to the customers.

## Canberra Runners Incorporated ABN - 38 900 275 937

### NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2024

	2024	2023
	\$	\$
<b>NOTE 2: INCOME</b>		
Revenue:		
Contributions (members)	-	74
Entry fees	60,557	58,297
Member Fees	36,145	35,250
Merchandise	5,084	1,845
Sponsorship	341	2,000
<b>Total revenue</b>	<b>102,127</b>	<b>97,466</b>
Other income:		
Profit/(Loss) on Sale of Non-Current Assets	-	4,000
Grants	-	4,800
Other income	2,427	5,285
<b>Total other income</b>	<b>2,427</b>	<b>14,085</b>
	<b>2024</b>	<b>2023</b>
	<b>\$</b>	<b>\$</b>
<b>NOTE 3: SURPLUS FOR THE YEAR</b>		
<b>Supplier Expenses</b>		
Advertising & Marketing	165	1,040
Bank fees	84	-
Board and governance expenses	47	-
Branded items	1,655	-
Coaching Costs	1,696	1,983
Computer expenses	458	-
Course Hire	1,035	1,334
DJ / PA Costs	-	325
Electricity	-	165
Fees	1,825	4,343
Food & Drink	1,144	1,233
Garden Maintenance	968	1,122
General Expenses	1,093	1,070
Health & Safety	6,083	5,508
Hire of Plant & Equipment	2,054	5,458
Insurance	7,736	5,537
Membership Fees	-	2,685
Merchandise	13,131	4,924
Motor Vehicle Expenses	443	142
Photography/Videography	-	2,480
Postage, Freight & Courier	65	62

Canberra Runners Incorporated ABN - 38 900 275 937

	<b>2024</b>	<b>2023</b>
NOTE 3: SURPLUS FOR THE YEAR	<b>\$</b>	<b>\$</b>
Printing & Stationery	392	978
Race Bibs	792	667
Race Fees	1,850	2,015
Repairs & Maintenance	628	193
Security	1,044	949
Subscriptions	361	127
Timing Services	3,030	3,381
Traffic Management	4,408	3,218
Training	990	-
Website	998	1,136
<b>Total supplier expenses</b>	<b>54,175</b>	<b>52,075</b>

	<b>2024</b>	<b>2023</b>
NOTE 4: CASH AND CASH EQUIVALENTS	<b>\$</b>	<b>\$</b>
Business Trans Acct (Debit Card)	782	0
Business Transaction Account	161,917	121,260
<b>Total cash and cash equivalents</b>	<b>162,699</b>	<b>121,260</b>

	<b>2024</b>	<b>2023</b>
NOTE 5: RETAINED EARNINGS	<b>\$</b>	<b>\$</b>
Opening balance	122,620	53,532
Current year earnings	39,983	69,087
<b>Closing balance</b>	<b>162,603</b>	<b>122,620</b>

NOTE 6: EVENTS AFTER THE REPORTING PERIOD

No matter or circumstance has arisen since 31 March 2024 that has significantly affected, or may significantly affect the incorporated association's operations, the results of those operations, or the incorporated association's situation in future financial years.

NOTE 7: RELATED PARTY TRANSACTIONS

*Transactions with related parties*

There were no transactions with related parties during the current and previous financial year.

*Receivable from and payable to related parties*

There were no trade receivables from or trade payables to related parties at the current and previous reporting date.

*Loans to/from related parties*

There were no loans to or from related parties at the current and previous reporting date.

**INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF  
CANBERRA RUNNERS INCORPORATED FOR THE  
YEAR ENDED 31 MARCH 2024**

We have audited the accompanying financial report, being a general purpose financial report, of Canberra Runners Incorporated (the Association), which comprises the Statement of Financial Position as at 31 March 2024 and the Statement of Comprehensive Income for the year then ended, notes to the financial statements, including a summary of significant accounting policies and other explanatory information.

In our opinion, the accompanying financial report of Canberra Runners Incorporated, as set out on pages 3 to 7, is in accordance with the requirements of the *Associations Incorporations Act 1991*, including:

- (i) giving a true and fair view of the Association's financial position as at 31 December 2023 and its financial performance for the year then ended; and
- (ii) complying with Australian Accounting Standards – Simplified.

*Basis for Opinion*

We conducted our audit in accordance with Australian Auditing Standards. Our responsibilities under those standards are further described in the *Auditor's Responsibilities for the Audit of the Financial Report* section of our report. We are independent of the Association in accordance with the ethical requirements of the Accounting Professional and Ethical Standards Board's APES 110: Code of Ethics for Professional Accountants (the Code) that are relevant to our audit of the financial report in Australia. We have also fulfilled our other ethical responsibilities in accordance with the Code.

We believe that the audit evidence we obtained is sufficient and appropriate to provide a basis for our opinion.

*Responsibilities of the Committee for the Financial Report*

The Committee of the Association is responsible for the preparation and fair presentation of the financial report in accordance with the financial reporting requirements of the *Associations Incorporation Act 1991* and for such internal controls as the Committee determines is necessary to enable the preparation and fair presentation of a financial report that is free from material misstatement, whether due to fraud or error.

In preparing the financial report, the Committee is responsible for assessing the Association's ability to continue as a going concern, disclosing, as applicable matters relating to going concern and using the going concern basis of accounting unless the Committee either intends to liquidate the Association or cease the operations or has no realistic alternative but to do so.



*Auditor's Responsibilities for the Audit of the Financial Report*

Our objectives are to obtain reasonable assurance about whether the financial report as a whole is free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a

guarantee that an audit conducted in accordance with the Australian Auditing Standards will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate they could reasonably be expected to influence the economic decisions of users taken on the basis of this financial report.

As part of an audit in accordance with Australia Auditing Standards, we exercise professional judgement and maintain professional scepticism throughout the audit. We also

- Identify and assess the risks of material misstatement of the financial report, whether due to fraud or error design and perform audit procedures responsive to those risks and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.
- Obtain an understanding of internal control relevant to the audit 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 association's internal control.
- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by the Committee.
- Conclude on the appropriateness of the Committee's use of the going concern basis of accounting and based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the Association's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our auditor's report to the related disclosures in the financial report or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our auditor's report. However, future events or conditions may cause the association to cease to continue as a going concern.
- Evaluate the overall presentation, structure and content of the financial report, including the disclosures, and whether the financial report represents the underlying transactions and events in a manner that achieves fair presentation.

We communicate with the Committee regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that we identify during our audit.



Adrian Kelly  
Registered Company Auditor  
18 July 2024

## Canberra Runners Incorporated ABN - 38 900 275 937

### DETAILED INCOME AND EXPENDITURE STATEMENT FOR THE YEAR ENDED 31 MARCH 2024

	2024	2023
	\$	\$
<b>INCOME</b>		
Contributions Public	-	74
Entry Fees	60,557	58,297
Grants	-	4,800
Membership Fees	36,145	35,250
Merchandise (Revenue)	5,084	1,845
Sponsorship	341	2,000
Other Revenue	2,427	5,285
Profit/(Loss) on Sale of Non-Current Asset	-	4,000
<b>Total Income</b>	<b>104,554</b>	<b>111,551</b>
<b>EXPENDITURE</b>		
Advertising & Marketing	165	1,040
Awards & Prizes	5,297	4,867
Bank Fees	81	58
Board and Governance Expenses	47	-
Branded items	1,656	-
Coaching Costs	1,696	1,983
Computer Expenses	459	-
Course Hire	1,035	1,334
DJ / PA Costs	-	325
Electricity	-	165
Fees - Register Now	1,825	4,259
Food & Drink	1,144	1,233
Garden Maintenance	968	1,122
General Expenses	1,091	1,070
Health & Safety	6,083	5,508
Hire of Plant & Equipment	2,054	5,458
Insurance	7,736	5,537
Membership Fees (expense)	-	2,685
Merchandise (Expense)	13,131	4,924
Minor Equipment	670	1,077
Fuel & Oil	348	50
Registration & Insurance	95	92
Plant & Equipment – not capitalised	4,429	-
Photography/Videography	-	2,480
Postage, Freight & Courier	65	62
Printing & Stationery	392	978
Race Bibs	792	667
Race Fees	-	2,015
Registration system expenses	1,850	-
Repairs & Maintenance	628	193
Security	1,044	949
Square Fees	3	26
Subscriptions	361	127
Timing Services	3,030	3,381
Traffic Management	4,408	3,218

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Training	990	-
Website	998	1,136
<b>Total Expenditure</b>	<b>64,571</b>	<b>58,018</b>
<b>Current year surplus</b>	<b>39,983</b>	<b>53,533</b>

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DETAILED INCOME AND EXPENDITURE STATEMENT – CAPITAL TO COAST  
FOR THE YEAR ENDED 31 MARCH 2024

	2024	2023
	\$	\$
<b>INCOME</b>		
Entry Fees - Capital to Coast	20,136	16,818
<b>Total Income</b>	<u>20,136</u>	<u>16,818</u>
<b>EXPENDITURE</b>		
Awards & Prizes	583	-
Course Hire	625	496
Food & Drink	78	-
Fees - Register Now	-	727
General Expenses	63	579
Health & Safety	4,843	4,518
Hire of Plant & Equipment	1,753	371
Merchandise (Expense)	7,868	4,415
Photography/Videography	-	2,480
MV - Fuel & Oil	276	-
Postage, Freight & Courier	65	-
Race Bibs	311	227
Registration system expenses	39	-
Subscriptions	137	127
Timing Services	1,800	2,040
Website	556	423
<b>Total Expenditure</b>	<u>18,997</u>	<u>16,403</u>
<b>Net Profit</b>	<u>1,139</u>	<u>415</u>

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DETAILED INCOME AND EXPENDITURE STATEMENT – HALF MARATHON  
FOR THE YEAR ENDED 31 MARCH 2024

	2024	2023
	\$	\$
<b>INCOME</b>		
Entry Fees – Half Marathon	22,770	26,942
Merchandise (Revenue)	-	1,845
Sponsorship	341	2,000
Other Revenue	-	1,242
<b>Total Income</b>	<b>23,111</b>	<b>32,029</b>
<b>EXPENDITURE</b>		
Advertising & Marketing	-	866
Awards & Prizes	2,728	2,764
Course Hire	36	166
DJ / PA Costs	-	325
Electricity	-	165
Fees - Register Now	1,010	1,047
Food & Drink	366	826
General Expenses	-	20
Health & Safety	990	990
Hire of Plant & Equipment	301	5,087
Merchandise (Expense)	-	176
MV - Fuel & Oil	71	50
Postage, Freight & Courier	-	62
Printing & Stationery	392	559
Race Bibs	481	440
Security	1,044	949
Square Fees	-	21
Timing Services	1,230	1,341
Traffic Management	4,408	3,218
<b>Total Expenditure</b>	<b>13,057</b>	<b>19,072</b>
<b>Net Profit</b>	<b>10,054</b>	<b>12,957</b>

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DETAILED INCOME AND EXPENDITURE STATEMENT – JOGALONG  
FOR THE YEAR ENDED 31 MARCH 2024

	2024	2023
	\$	\$
<b>INCOME</b>		
Entry Fees - Jogalong	130	111
<b>Total Income</b>	<b>130</b>	<b>111</b>
<b>EXPENDITURE</b>		
Awards & Prizes	128	-
Merchandise (Expense)	130	333
<b>Total Expenditure</b>	<b>258</b>	<b>333</b>
<b>Net Profit</b>	<b>(129)</b>	<b>(222)</b>

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DETAILED INCOME AND EXPENDITURE STATEMENT – THREDBO FUN & FITNESS WEEK  
FOR THE YEAR ENDED 31 MARCH 2024

	2024	2023
	\$	\$
<b>INCOME</b>		
Entry Fees – Thredbo Fun and Fitness Week	4,266	3,330
<b>Total Income</b>	<b>4,266</b>	<b>3,330</b>
<b>EXPENDITURE</b>		
Awards & Prizes	1,200	1,230
Course Hire	100	100
General Expenses	694	184
Registration system expenses	153	335
<b>Total Expenditure</b>	<b>2,147</b>	<b>1,849</b>
<b>Net Profit</b>	<b>2,119</b>	<b>1,481</b>

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DETAILED INCOME AND EXPENDITURE STATEMENT – TRAINING PROGRAMS  
FOR THE YEAR ENDED 31 MARCH 2024

	<b>2024</b>	<b>2023</b>
	<b>\$</b>	<b>\$</b>
<b>INCOME</b>		
Entry Fees - Training programs	8,338	10,078
<b>Total Income</b>	<b>8,338</b>	<b>10,078</b>
<b>EXPENDITURE</b>		
Advertising & Marketing	165	174
Awards & Prizes	62	282
Coaching Costs	-	96
Fees - Register Now	-	525
Food & Drink	348	147
Membership Fees	-	2,685
Race fees	-	2,015
<b>Total Expenditure</b>	<b>574</b>	<b>5,924</b>
<b>Net Profit</b>	<b>7,764</b>	<b>4,154</b>



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DETAILED INCOME AND EXPENDITURE STATEMENT – WINTER / SPRING / SUMMER SERIES  
FOR THE YEAR ENDED 31 MARCH 2024

	2024	2023
	\$	\$
<b>INCOME</b>		
Entry Fees – Winter/Spring/Summer Series	1,277	1,110
<b>Total Income</b>	<b>1,277</b>	<b>1,110</b>
<b>EXPENDITURE</b>		
Awards & Prizes	50	60
Course Hire	274	572
Fees - Register Now	-	31
General Expenses	-	137
Square Fees	-	2
<b>Total Expenditure</b>	<b>324</b>	<b>801</b>
<b>Net Profit</b>	<b>953</b>	<b>309</b>