



# ACU Annual Report 2024



## ANNUAL REPORT – 2024

ACU is pleased to report on some of the activities of your association for the financial year ended 31 December 2024. This was our first year since re-incorporation as an association, so the financial statements cover the period from 31 May to 31 December 2024. Elsewhere in the report, we report on the full calendar year.

## OVERVIEW

The purpose of your association is to support, promote and manage ultrarunning in Canada, including trail, track and road running. Your committee and provincial representatives are volunteers that are passionate about contributing to the sport. ACU volunteers are essential to our operations. Members are welcome to reach out to ACU executive at any time to consider contributing their time and skills to the association.

We are one of 79 member federations of the International Association of Ultrarunners (IAU). We select and send athlete members to compete on the international stage in the 50km, 100km, and 24hr World Championships, as well as the World Mountain and Trail Championships.

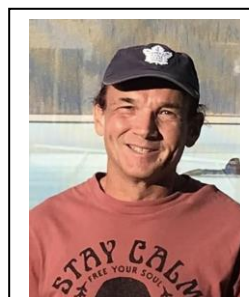
Your committee of executive and provincial representatives currently consists of:



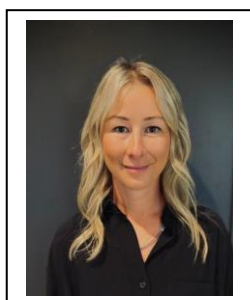
Bernadette Benson  
 President  
 Team Manager  
 Acting Secretary/Treasurer  
 Social Media, Website



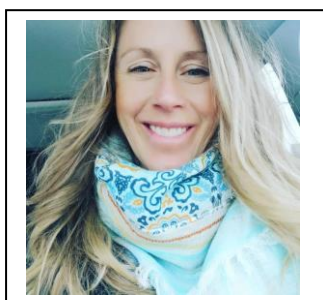
Tim Higham  
 Vice President  
 Records Officer



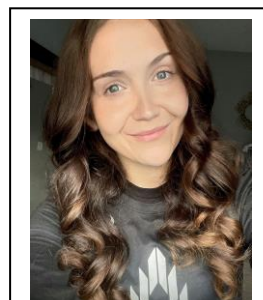
Thomas Beyer  
 Event Listings



Jen Ruland  
 Saskatchewan



Gina Tranquada  
 Manitoba



Jessica McBride  
 Alberta

## 1. Membership at a Glance

ACU has approximately 130 active memberships. Approximately 40% of members identify as female. Roughly 14% of members live overseas. Of our Canadian-based members, about 23% live in British Columbia, 23% in Quebec, 17% in Alberta, and 17% in Ontario. 57% of members are under 40 years of age.

## 2. International Competition Results: IAU 100 km World Championships

The 32<sup>nd</sup> IAU 100km World Championships, including the World Masters Athletics Championships, took place on 7 December, 2024 in Bengaluru, India. Four athletes, three men and one woman, were selected to represent Canada. ACU president Bernadette Benson joined the team as manager.

The course was a looped 5km circuit on roads near a university complex. Although the course was intended to be closed, locals often attempted to take vehicles through the route. Monkeys were also part of the potential distractions. These challenges, coupled with the hot and humid climatic conditions, made for a very demanding event. However, our athletes persevered and supported each other to ensure everyone finished. Many countries had athletes drop from the race due to the conditions. The team showed tremendous grit and ACU congratulates them for representing Canada so well on the world stage.

Mathieu Dube went out strong, pushing through the intense heat. This ultimately proved too much to sustain in the second half and he achieved a 64<sup>th</sup> place finish. Matt Tribe and Dylan Hayes faced their own challenges and finished in 39<sup>th</sup> and 54<sup>th</sup> place, respectively (of finishing men). Jessica McBride finished 45<sup>th</sup> amongst the women who finished.

## 3. National Championships

ACU seeks to hold National Championships within seven listed events each year: a 50km road/track championship, a 100km road/track championship, a 24hr championship, a 48hr championship, as well as three trail championships (short, long, XL). To be eligible for National Championships awards, competitors must be ACU members and Canadian citizens at the time of the event.

### 3.1 24 Hour

The ACU 24hr National Championships were held at Survivorfest on 8-9 June 2024. The podiums were as follows:

#### Nonbinary

1<sup>st</sup> Simone Pfleger, AB 150.000km

#### Women

1<sup>st</sup> Mallory Richard, MB, 199.682km

2<sup>nd</sup> Adela Salt, AB, 184.014km

3<sup>rd</sup> Haowei Sun, AB, 133.600km





## Men

- 1<sup>st</sup> Etienne Durocher, BC, 213.284km
- 2<sup>nd</sup> Wayne Gaudet, AB, 202.892km
- 3<sup>rd</sup> Trent Goodwin, BC, 114.800km

## 3.2 Short and Long Trail

Squamish 50 in BC hosted two Trail Championships events on 17-18 August 2024. Awards went to:

## Men

National 50km Trail

- 1<sup>st</sup> Alex Ricard
- 2<sup>nd</sup> Josh Potvin
- 3<sup>rd</sup> Sam Hendry

National 50 Mile Trail

- 1<sup>st</sup> Marcus Ribi
- 2<sup>nd</sup> Chris Balestrini
- 3<sup>rd</sup> Dany Racine



## Women

National 50km Trail

- 1<sup>st</sup> Jade Belzberg
- 2<sup>nd</sup> Elisa Morin
- 3<sup>rd</sup> Stephanie Ryall

National 50 Mile Trail

- 1<sup>st</sup> Priscilla Forgie
- 2<sup>nd</sup> Sara Bergen
- 3<sup>rd</sup> Robyn Mildren



## 4. Awards/Record Achievements

### 4.1 Awards

The ACU Ultrarunner of the Year awards seek to acknowledge an ACU member who has had standout performance(s), whilst also being an ambassador for the sport's ethos. Nominations and voting are done by current ACU members.

#### 4.11 Female Ultrarunner of the Year: Bernadette Benson (Overseas)

Bernadette broke five W55 age group records in 2024 at overseas events. Bernadette's 100 mile performance in April, with a time of 16:54:18, at the Australian 24 Hour Track Invitational was later ratified as a World Age Best Performance. Bernadette currently serves as ACU president.

## 4.12 Male Ultrarunner of the Year: Wayne Gaudet (AB)

Wayne has been ultrarunning for at least 20 years and is well known in the Alberta ultrarunning community. In 2024, Wayne broke five M65 records at Alberta's Survivorfest event, including the M65 50 mile, 100km, 12hr, 100 mile, and 24hr records. Wayne reached 50 Miles in 8:28:23 and 100km at 10:35:57. Wayne went on to pass the 12 Hour mark with 111.458km. After passing 100 miles with 17:48:11 on the clock, Wayne finished 24 Hours with 202.892km (besting Rolly Portelance's 2008 mark of 168.941km).



## 4.2 Canadian Records Broken

The following chart lists new records that were ratified during 2024. These could include performances completed in 2023, but ratified in 2024. Additional records may have been broken during 2024 that were not ratified until 2025. Those are not listed here.

50 km	W45	Catrin Jones	3:42:27
50 km	W55	Bernadette Benson	4:11:09
50 miles	Open and W40	Catrin Jones	6:08:16
100 mile	Open and W40	Julie Hamulecki	13:32:07
100 mile	W55 (and World Age Best)	Bernadette Benson	16:54:18
6 hour	Open and W40	Catrin Jones	78.571km
6 hour	W55	Bernadette Benson	62.632km
6 Hour	W55	Bernadette Benson	70.899km
12 hour	Open and W40	Julie Hamulecki	141.526km
12 hour	W55	Bernadette Benson	118.596km
48 hour	M70	George Biondic	217.261km
48 hour	Open and W45	Viktoria Brown	405.025km
72 hour	M70	George Biondic	294.510km
6 Day	M70	George Biondic	550.396km

## **5. Event Listings**

Several exciting events were officially listed by the ACU during 2024, and we continue to seek additional races to officially list through the ACU. To be listed, race directors need to submit an application and agree to abide by the ACU Event Listing Policy. Being listed through the ACU comes with a series of benefits, including promotion on social media (Facebook and Instagram) and advertising on the ACU website. Race directors will typically provide a discounted (e.g. 10%) registration cost to active ACU members.

The events that were listed include the national championships listed above, and also included the Klondike Ultra (50km/100km and shorter) in Alberta (IAU Trail Label) and the Dream Nation Apparel Vancouver Island 24hr (with 1hr, 3hr, 6hr, and 12hr options) in British Columbia (IAU Bronze Label). We very much look forward to adding more races for 2025, which already include the Quebec Mega Trail as host of the 2025 National Short and Long Trail Championships.

## **6. Financial & Legal**

See following page.



**ASSOCIATION OF CANADIAN ULTRAMARATHONERS (ACU)  
FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2024**



## Association of Canadian Ultramarathoners

### Balance Sheet Report

To: December, 31, 2024

ASSETS			
Current Assets			
1050 - Chequing	5,609.78		
	Total Current Assets		\$5,609.78
Fixed Assets			
	Total Fixed Assets		\$0.00
	TOTAL ASSETS		\$5,609.78
LIABILITIES			
Current Liabilities			
2000 - Accounts Payable	4,000.00		
	Total Current Liabilities		\$4,000.00
Future Liabilities			
	Total Future Liabilities		\$0.00
	TOTAL LIABILITIES		\$4,000.00
EQUITY			
Net Profit / Loss	1,609.78		
Net Profit / Loss (current year)	1,609.78		
	TOTAL EQUITY		\$1,609.78

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TOTAL LIABILITIES & EQUITY	\$5,609.78
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## Association of Canadian Ultramarathoners

### Profit and Loss Report

May, 31, 2024 - December, 31, 2024

Sales		
4800 - Membership fees	1,144.97	
4900 - Other Income	3,401.91	
	Total Sales	\$4,546.88
Direct Expenses		
	Total Direct Expenses	\$0.00
	GROSS PROFIT / LOSS	\$4,546.88
Expenses		
6000 - Accounting and Legal	1,713.86	
6200 - Bank Fees and Interest	16.65	
6400 - General Expenses	1,206.59	
	Total Expenses	\$2,937.10
	NET PROFIT / LOSS	\$1,609.78