



World Mountain & Trail Running Championships, Canfranc, Spain, September 2025 (Short & Long Trail Teams together with Mountain Running teams)



IAU & WMA 24 Hour World Championships, Albi, France, October 2025

ACU Annual Report 2025



ANNUAL REPORT – 2025

ACU is pleased to report on some of the activities of your association for the financial year ended 31 December 2025.

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 about 80 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.

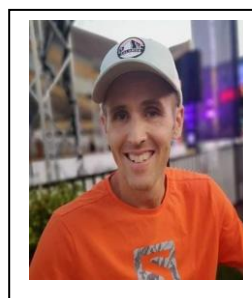
Your committee of executive and provincial representatives currently consists of:



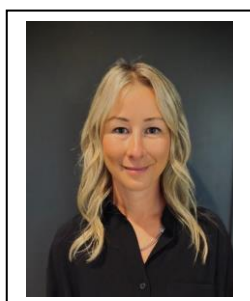
Bernadette Benson
President
Team Manager
Acting Secretary/Treasurer
Social Media, Website



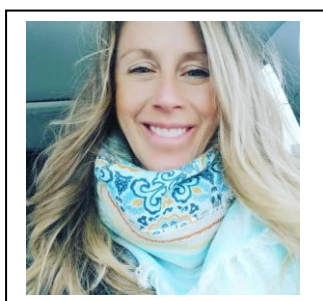
Tim Higham
Vice President
Records Officer
Event Listings



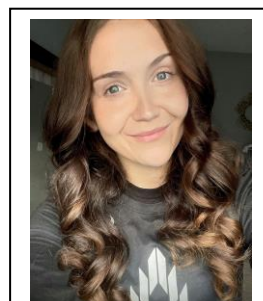
Mathieu Dubé
Québec



Jen Ruland
Saskatchewan



Gina Tranquada
Manitoba



Jessica McBride
Alberta

1. Membership at a Glance

Consistent with last year, ACU has approximately 130 active memberships. Approximately 41% of members identify as female, which is also similar to last year. Roughly 11% of members live overseas. Of our Canadian-based members, about 17% live in British Columbia, 25% in Quebec, 14% in Alberta, and 22% in Ontario. 60% of members are under 40 years of age, which is up from 57% last year.

2. International Competition Results

2.1 World Mountain & Trail Running Championships: Canfranc, Spain

Whilst IAU World Trails have been held since 2007, the combined (biennial) Trail and Mountain Running Championships created in 2021 have helped to raise the profile of World Championships trail running in Canada. 73 federations participated at this 3rd combined championship. The competition is getting deeper and our Canadians are getting stronger at the same time. This year saw Team Canada achieve 7th in the Overall Federation standings, which is a combined score including mountain+trail running disciplines.

The World Championships Short Trail was a 45 km +/- 3655m loop race from Canfranc-Estacion, Spain held on 26 September 2025. The Long Trail was a 82km +/- 5415 loop race held on 27 September.

Our Short Course Teams raced to a 15th place for the men's team and 9th place for the women's team in the 45k +/- 3600m course. The women's team included Kalie McCrystal, Jade Belzberg, Laurie Proulx, Carol-Ann Rolle, Nicole Lacis, and Stephanie Ryall. Men's team included Joshua Potvin, Sam Hendry, Alexandre Ricard, Mark Fawcett-Atkinson, and Dany Racine.

Our two Long Course teams finished 14th for the men and 7th for the women, with a spectacular 4th place finish for Jazmine Lowther. The women's team also included Sara Bergen, Geneviève Asselin-Demers, Caitlin Schindel, Mylène Sansoucy, and Robyn Mildren. The men's team comprised Jean-Philippe Thibodeau, Marcus Ribi, Brandon Gardiner, Elliot Cardin, Brandon Miller, and Jean-François Cauchon.

2.2 IAU & WMA 24 Hour World Championships: Albi, France

The six man team and five woman team, along with six crew and team manager arrived in Albi, France in mid-October 2025 to take on the 15th edition of the IAU World Championships 24 Hour race. In 2023, Canada fielded only one woman at the Championships, but this year we saw a team of five (Laura Sheridan, Viktoria Brown, Lydia Ouellette, Del Salt, Amélie Desmarais) reach the start line, with the team scoring 16th of 29 women's teams (top 3 distances comprise the team score). In 2023, Canada had a team of just three men, but this year we had six starters (Thomas Beyer, Nathan Currie, François Decelles, Wayne Gaudet, Tim Higham, Matt Tribe).

The men's team finished in 24th of 41 men's teams. The team event was more competitive than 2023, with more federations represented and an increasing depth of competitiveness. The Canadian men's total scoring kilometres was higher than in 2023.

A cool morning gave way to summer-like temperatures by mid-afternoon. A few athletes unfortunately toed the start line with head colds and two other athletes had to withdraw from the race for medical reasons. The challenges of ultrarunning are always present, and crew, athletes, and friends and family worked together for the best results for Canada.

Two athletes surpassed age group records (Thomas, M55 24 Hour 222.685km; Viktoria, W50 24 Hour 195.372km) and four athletes ran personal bests (Lydia, Thomas, Nathan, François). Canada had two men on the podium in the concurrent World Masters Athletics championships (Wayne, M60+ Bronze; Thomas, M55 Silver).

In 2023, Canada had one male and one female athlete in the top half of the field. This year we had two males and two females in the top half of the field, which was the largest field ever assembled for the World 24 Hour. ACU seeks to continue developing our elite talent, with the goal of improving our team standings to be in the top half of the field of teams.

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 (or permanent residents) at the time of the event.

3.1 100km

Dream Nation Apparel Vancouver Island 24 Hour hosted the 100km National Championships on 20 September in Duncan, BC. The National Champions were Dylan Hayes of Ontario (7:32:59) and Catrin Jones of BC (8:05:40). Alberta's Jessica McBride finished in 9:54:25.



3.2 Short and Long Trail

Québec Mega Trail (QMT) hosted two Trail Championships events on 4 July 2025. Awards went to:

National 50km Trail

Men

- 1st Dany Racine, QC
- 2nd Christopher Levesque-Savard, QC
- 3rd Sebastian Brochu, QC

Women

- 1st Élisabeth Morin, QC
- 2nd Sarah Bergeron-Larouche, QC
- 3rd Stephanie Ryall, ON



National 80km Trail

Women

- 1st Claudine Soucie, QC
- 2nd Kelsey Hogan, NL
- 3rd Alex Castonguay, QC

Men

- 1st Jean-Philippe Thibodeau, QC
- 2nd Rémi Hogue, QC
- 3rd Dylan Pust, ON



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: Jade Belzberg (BC)

Jade had first place finishes at the JFK 50 Mile (6:07:53), Squamish 50k (including course record), and Chuckanut 50k, as well as 1st place at the Tillamook Burn Trail Run 50 Mile (including course record) and 2nd place at Gorge Waterfalls 100k. Jade was part of Team Canada at the World Mountain Trail Running Championships Short Course (38th place).

4.12 Male Ultrarunner of the Year: Hans Maier (ON)

Hans broke two 30 year old M85 records and set two new M85 benchmarks at That Dam Hill event in London, ON, in September. These M85 records are:

- 50km in 11:48:04, surpassing Charles Benovoy's 1995 time of 14:50:01
- 50 miles in 20:27:13, a new benchmark
- 12hr distance - 51.167km, a new benchmark
- 24hr distance - 93.031km, surpassing Charles Benovoy's 1995 distance of 64.745km



4.2 Canadian Records Broken

The following chart lists new records that were ratified during 2025. These could include performances completed in 2024, but ratified in 2025. Additional records may have been broken during 2025 that were not ratified until 2026. Those are not listed here.

Distance	Age Group	Record Holder	Time
50 km	W60	Beverley Anderson-Abbs	4:04:32
50 km	M85	Hans Maier	11:48:04
50 km	W85 (new)	Erlinda Biondic	13:16:26
50 mile	M35 (new)	Matt Tribe	5:57:43
50 mile	M65	Wayne Gaudet	8:28:23
50 mile	M65	Keith Wakelin	8:04:20
50 mile	M85 (new)	Hans Maier	20:27:13
50 mile	W85 (new) & World Age Best	Erlinda Biondic	26:14:20
100 km	M35 (new)	Matt Tribe	7:27:08
100 km	W45	Catrin Jones	8:08:26
100 km	W45	Catrin Jones	8:05:40
100 km	M65	Wayne Gaudet	10:35:57
100 km	W85 (new)	Erlinda Biondic	32:02:50
100 mile	M35 (new)	Matt Tribe	16:27:05

100 mile	M65	Wayne Gaudet	17:48:11
100 mile	W85 (new) & World Age Best	Erlinda Biondic	55:51:48
6 Hour	M35 (new)	Matt Tribe	81.152km
6 Hour	W45	Catrin Jones	76.000km
6 Hour	W45	Catrin Jones	76.400km
6 Hour	M55	Oleg Tabelev	72.114km
6 Hour	M60	Danny Keyes	70.000km
6 Hour	M65	Wayne Gaudet	61.709km
12 Hour	M65	Wayne Gaudet	111.458km
12 Hour	M85 (new)	Hans Maier	51.167km
12 Hour	W85 (new) & World Age Best	Erlinda Biondic	45.062km
24 Hour	M35 (new)	Matt Tribe	220.783km
24 Hour	M65	Wayne Gaudet	202.892km
24 Hour	M85	Hans Maier	93.031km
24 Hour	W85 (new)	Erlinda Biondic	74.030km
48 Hour	W85 (new) & World Age Best	Erlinda Biondic	135.185km
72 Hour	W85 (new)	Erlinda Biondic	193.121km
6 Day	W85 (new) & World Age Best	Erlinda Biondic	386.243km

5. Event Listings

Several events were officially listed by the ACU during 2025, and we continue to seek additional races to list through the ACU. To be listed, race directors need to submit an application and agree to abide by the ACU Event Listing Policy. Listed events appear on our website and are promoted on our social media channels. Race directors will typically provide a discounted (e.g. 10%) registration cost to active ACU members. Listing events is one of the ways that Canadian ultrarunning can build community, cohesion and support across our vast country.

The events that were listed include the national championships listed above, as well as Survivorfest Running Event (6/12/24hr) in Alberta (IAU Bronze Labels), That Dam Hill Marathon and Ultra Races (6/12/24hr and shorter options) in Ontario (IAU Bronze Label), and Bush Babes & Bros Trail Running Events' Slay the Dragon, Brokenagan Backyard Ultra and Freaky Creeky in British Columbia. We very much look forward to adding more races for 2026, which already include the Québec Mega Trail as host of the 2026 National Short and Long Trail Championships, Survivorfest Running Event as host of the 2026 National 24 Hour Championships, Dream Nation Apparel Vancouver Island Ultra as host of the 100km National Championships again, and That Dam Hill.

6. Financial & Legal

See following page.



**ASSOCIATION OF CANADIAN ULTRAMARATHONERS (ACU)
FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2025**



Association of Canadian Ultramarathoners

Balance Sheet Report

To: December, 31, 2025

ASSETS			
Current Assets			
1050 - Chequing	5,431.76		
	Total Current Assets		\$5,431.76
Fixed Assets			
	Total Fixed Assets		\$0.00
	TOTAL ASSETS		\$5,431.76
LIABILITIES			
Current Liabilities			
2000 - Accounts Payable	3,216.00		
	Total Current Liabilities		\$3,216.00
Future Liabilities			
	Total Future Liabilities		\$0.00
	TOTAL LIABILITIES		\$3,216.00
EQUITY			
Net Profit / Loss	2,215.76		
Net Profit / Loss (prior year(s))	1,809.78		
Net Profit / Loss (current year)	805.98		
	TOTAL EQUITY		\$2,215.76
TOTAL LIABILITIES & EQUITY			
			\$5,431.76



ASSOCIATION OF CANADIAN ULTRAMARATHONERS
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Association of Canadian Ultramarathoners

Profit and Loss Report

January, 01, 2025 - December, 31, 2025

Sales		
4800 - Membership fees	5,447.59	
	Total Sales	\$5,447.59
Direct Expenses		
	Total Direct Expenses	\$0.00
	GROSS PROFIT / LOSS	\$5,447.59
Expenses		
6000 - Accounting and Legal	214.51	
6200 - Bank Fees and Interest	80.45	
6250 - Business Fees & Licenses	286.73	
6400 - Postage and Membership Cards	353.28	
6700 - Office Supplies	351.49	
6960 - World Championship Costs	3,555.17	
	Total Expenses	\$4,841.61
	NET PROFIT / LOSS	\$605.98