



## ABOUT HANNY ALLSTON & FIND YOUR FEET

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### ABOUT HANNY:

Hanny is Tasmanian born and has achieved at the elite level in a range of running sports including orienteering, marathon, mountain, road and distance track running. Hanny is the only athlete outside of Europe to have won a World Orienteering Title, completing a double Junior World Championship and Senior World Championship in the same year.

Hanny Allston is the founding director of Find Your Feet (est. 2009), an award winning outdoor retail, adventure tourism & performance consulting business. Her Find Your Feet's Trail Running Tours, the first of their kind, have traversed to the corners of the globe, and their retail operation assists trail running athletes and outdoor enthusiasts around Australia.

In 2015, Hanny was awarded the Telstra Young Businesswoman of the Year. In 2017, Hanny also launched her podcast, the Find Your Feet Podcast, her Find Your Feet Trail Running Guidebook, and a plethora of training planners & resources to assist athletes to *'find their feet'*.

Hanny is also a board representative of the Tasmanian National Parks & Wildlife Advisory Council representing recreation, tourism & business management; a contracted keynote speaker and freelance writer; and performance coach & consultant. She has a varied work history that includes: Tasmanian Wilderness Guiding; primary and tertiary school education; an Athlete Welfare Supervisor at the Australian Institute of Sport (AIS) in the lead up to the London Olympics & Paralympics; and project and event management for Canberra's major cycling body.

Hanny has had a long, positive elite athletic career. Originally an elite sprint freestyler, Hanny progressed into orienteering and in just 5 years, became the only non-European athlete to win a World Orienteering Championships (Denmark, 2006). She later progressed into marathon and distance track running, winning the Melbourne Marathon in 2007 in only her second ever marathon in 2hrs40mins, and then the New Zealand Marathon Championships in 2008. At one stage she was ranked in the top 10 athletes nationally in every distance, from the 3000m to the marathon.

More recently Hanny has enjoyed ultra and trail running, with two top 10 finishes on the World Skyrunning Series and still holds multiple records in Australia, including the illustrious 45km 6 Foot Track Race in NSW. However, Hanny's love affair lies in personal 'missions', such as her 95km & 12hour traverse of Tasmania's South-Coast Track in February 2017. In 2017 Hanny finished 2nd at the Ultra Trail Australia 100km.

## CONTACT

Personal website: <http://www.hannyallston.com.au>

Find Your Feet Podcast: <http://www.hannyallston.com.au/podcast.html>

Find Your Feet Tours: <http://www.findyourfeettours.com.au>

Find Your Feet: <http://www.findyourfeet.com.au>



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