

# 58th ANNUAL LAKE BURLEY GRIFFIN WALKING CARNIVAL

SUNDAY 8TH JUNE 2025 – STROMLO FOREST PARK CANBERRA



The ACT Race & Fitness Walking Club Inc. (ACT Walkers), on behalf of Race Walking Australia, invite members of affiliated race walking clubs and race walkers affiliated with a National Athletics Association to participate in this year's Annual Lake Burley Griffin Walking Carnival to be held on Sunday 8<sup>th</sup> June 2024.

All events will be conducted on a certified 1 kilometre circuit on the cycling criterium track affording the walkers a smooth surface with a minimal rise at one end, and spectators a view of the walkers for most of the course. The 5km, 10km, 15km and 35km race walking events are all World Rankings Competition events.

Race walking event participants must be members of

- a club affiliated with Race Walking Australia (State or territory race walking club) OR
- an overseas World Athletics affiliated athletic club OR
- a Capital Athletics affiliated club (U10-18 events only) OR
- the ACT Masters Athletics club (all fitness walking events, 5km & 10km race walk events only)

Only event participants representing Race Walking Federation affiliated clubs are eligible to win Race Walking Federation medals, Handicap medals or participate in teams competitions. They will also not earn any state points.

Entry procedures and details relating to volunteers and the general conduct of the Carnival follow.

## **Venue**

The venue for all events is [Stromlo Forest Park](#), Opperman Avenue / Dave McInness Road. There are women's and men's toilets & showers located in the centre of the building near the track, and ample car parking.

Please note there is now a charge for parking which is a maximum of \$3.90. All parking funds are reinvested back into the facility.

Note that our headline events, the Robin Whyte Classic and Val Chesterton Classic are continuing to race over 35km to reflect the race distance World Athletics has announced for the World Championships in Japan for 2025. These events will be recognised as qualifying events under World Athletics Bronze requirements.

## Events

Events marked with an \* are recognised as World Athletics Bronze Level events, and may be used for World Athletics points/ qualifying purposes.

No.	Event	Start Time	Handicap Base Time
1*	Robin Whyte Classic Men 35 km	7:30 AM	127mins
2*	Val Chesterton Classic Women 35km	7:30 AM	127mins
3	ACT Fitness 35 km	7:30 AM	Non Hcp/Judged contact only
4*	RWA Open Women's 15 km	8:00 AM	69 mins-Includes RWA Masters 15km
5*	RWA Open Men's 15 km	8:00 AM	65 mins-Includes RWA Masters 15km
6	ACT Fitness 15 km	8:00 AM	Non Hcp/Judged contact only
7	ACT Fitness 8 km	9:15 AM	Non Hcp/Judged contact only
8*	Athletics ACT/ RWA Men's U20 10 km	9:45 AM	42 mins
9*	ACT Open (Over 19 years) 10 km	9:45 AM	Non Handicap Event
10*	Athletics ACT/RWA Women's U20 10 km	9:45 AM	47 mins
	<b>Morning presentations - 8/10/15km races</b>	<b>11:30 AM</b>	
11	RWA Boys Under 10 1 km	12:00 PM	4 mins 30 secs
12	RWA Girls Under 10 1km	12:00 PM	4 mins 30 secs
13	RWA Boys Under 12 2km	12:30 PM	9 mins 20 secs
14	RWA Girls Under 12 2km	12:30 PM	9 mins 20 secs
15	RWA Boys Under 14 2km	1:00 PM	9 mins 20 secs
16	RWA Girls Under 14 2km	1:00 PM	9 mins 20 secs
	<b>Presentations - 35km races, U10 &amp; U12</b>	<b>1:20 PM</b>	
17	RWA Boys Under 16 3km	1:50 PM	13 mins
18	RWA Girls Under 16 3km	1:50 PM	13 mins
19*	RWA Boys Under 18 5km	2:20 PM	22 mins
20*	RWA Girls Under 18 5km	2:20 PM	23 mins
	<b>Presentations - U14 &amp; U16</b>	<b>3:00 PM</b>	
21*	RWA Women's Open 5km	3:20 PM	20 mins
22*	RWA Men's Open 5km	3:20 PM	20 mins
	<b>Presentations - U18 and Open 5km</b>	<b>4:10 PM</b>	

## NOTES:

- Events 1, 2, 4, 5, 8, 10 and 11 to 22 inclusive are Race Walking Australia (Federation) individual and team events.
- Events 4, 5, 21 & 22 incorporate a Race Walking Australia Master's individual competition.
- Minimum age for participants in the 15 & 35 kilometres events is 16 years.
- Age for all events is age at 31 December 2025. Please note this requirement replaces the previous "age on the day" and has been endorsed by Race Walking Australia to ensure consistency with other athletics competitions.
- If events are held concurrently, walkers may only participate in ONE of the events on offer.**

## Entries

Entries will close at 6pm Friday 23rd May 2025. Late entries will not be accepted.

All Competitors must complete an online entry via the [entry portal](#). This applies to both race walks and fitness walks.

## Entry Fees

\$25 per event, capped at \$50. Entry fees are non-refundable.

We are using chip timing again this year to ensure the event runs as smoothly as possible.

### **Coaching Clinics with David Beacroft**

David Beacroft, the highly experienced coach from NSW, will be conducting two race walking clinics on the **7th June 2025** (the day before the LBG Carnival) at the Stromlo Forest Park Criterion Track. We are expecting the masterclass to sell out, so get in quickly.

#### **Session 1 - Learn to race walk**

For: Athletes from 9-11 and older children/adults who are new to race walking

Time: 2pm-2:40pm

Number of spaces available: Unlimited

Cost: \$5

#### **Session 2 - Race walking masterclass**

For: Experienced race walkers (12 and older) (LBG athletes will receive first preference)

Time: 2:45pm-3:30pm

Number of spaces available: ~20

Cost: \$15

### **Dinner Sunday Night**

The LBG Carnival dinner will again be held after the event at the [Statesman Hotel](#), Corner Strangway and Theodore St Curtin ACT. Diners are welcome to arrive between 6pm-7:30pm and it will be on a pay on the night basis, with almost the entire standard menu available.

Vegan and gluten free options are available as well as a \$16 children's menu. Main meals range from \$24-\$42 with most items under \$30.

We will reach out to all registered participants, officials and volunteers prior to the event to confirm dinner attendance.

Anyone else wishing to attend the dinner can register their interest by emailing [lbgcarnival@gmail.com](mailto:lbgcarnival@gmail.com).

### **Accommodation**

The Statesman Hotel has also provided a discount for walkers who choose to stay there, as follows:

**Booking Code:** LBGRW – will entitle guests to 10% off the Best Available Rate for the room type booked between 6-8 June 2025. Only valid for booking made directly with the hotel by either email or phone as provided below.

**Booking contact details:** [reception@statesmanhotel.com.au](mailto:reception@statesmanhotel.com.au) or 02-6281 1777

Alternative accommodation options can be found on this website:

<https://visitcanberra.com.au/accommodation>

### **Volunteers**

To ensure we can conduct the carnival we will need lots of help from volunteers. Your club will be in touch to see how you can assist. Some of the roles we will need include:

Announcer, start line coordinator/assistant, starter, finish line marshals, finish line recorders, red card collectors, results assistant, water table assistant, officials & volunteers welfare, presentation assistants.

Race Walking Judges - WE NEED YOU. Please note, Fitness Walkers will be wearing a **YELLOW** race number and that they are to be judged for loss of contact only. Walk Judges are encouraged to bring their own paddles but this is not a requirement.

### **Handicap Times**

Clubs should refer to the RWA policy regarding determining expected finishing times.

### **Competition status**

Non-member athletes will compete as individuals and will not be eligible for:

- Federation or ACT Walking Club trophies
- Handicap trophies
- Team results
- State points

If a non-member places in the top 3, they will receive an ACT walkers medal. However, non-members will be excluded from calculations for individual race results, team results, and points scoring.

Example: If a non-member wins a race, they will receive an ACT walkers gold medal. The first federation member across the line is considered the race winner and will receive a Race Walking Australia gold medal.

### **Team Events**

Team events will be conducted in conjunction with all Racewalking Australia events except for the Masters Women's & Masters Men's 15 kilometres.

The first three (3) competitors of each Club to finish without disqualification will constitute TEAM 1, the next three (3) to finish TEAM 2 and so on.

An exception will be to the Open 35 kilometres and the 15 kilometres for Women. This may be scored differently in that two (2) finishers can make a team, providing that there are three (3) or more starters.

The Brennen Trophy is contested for by the number one team of each club.

### **Protests**

Protests must be lodged in writing with the event manager within 20 minutes of the completion of the event in dispute and accompanied by a fee of \$20.00 (cash or eftpos). The 20 minute timeframe will allow for any disputes to be resolved prior to the presentation ceremony.

### **Race Numbers and Judging**

Race numbers will be supplied by ACT Walkers and will be given to the state Team Managers together with the program of events on the Saturday afternoon or Sunday morning.

This year athletes will only be given one set of bibs (front and back) for all events. All racewalking events including junior events are judged against world athletics standards. Please note no protests can be entered into on the basis of judging decisions.

A **YELLOW** race number will be issued to Fitness Walkers to enable clear identification of non-race walking participants.

### **First Aid**

First Aid will be provided by a qualified practitioner (Above First Aid) from 8am until the completion of the race program. Please note that should anyone attending the carnival require an ambulance or ongoing medical attention this is at the cost of the person, not the ACT Race Walk and Fitness Club.

### **Refreshment Station**

A Refreshment Station for the 15 and 35 kilometres will be located on the far side of the track. Team Managers are responsible for their competitors for the duration of the event. Special drinks must be given to the official at the Feed Station 15 minutes prior to each race. The acceptance of food or drink at other places on the course could result in disqualification.

A Water Drink Station ONLY will also be set up nearby for the 10 kilometres event.

### **Canteen**

A canteen will be operated by ACT Race and Fitness Walking Club throughout the day. There will be a BBQ and drinks available. Coffee will be available from the Handlebar Café located adjacent to car park.

### **Uniforms**

All competitors MUST wear the uniform of their Club. Failure to do so may result in disqualification.

### **Event check in**

All athletes will need to check in 15 minutes prior to their race. Where an athlete is planning on competing in two back to back events, they must check in for both events prior to the first race. They will be allowed to withdraw from the second event prior to the race.

### **Presentation of Awards**

In response to feedback from the 2024 carnival, there are now four presentation ceremonies held throughout the day. Please see the schedule for presentation times.

Special commemorative certificates will be presented in addition to medals/ trophies to first place finishers only.

### **Acknowledgements**

The ACT Race and Fitness Walking Club would like to thank Terry Swan and the VRWC for establishing and hosting the entry portal, and for facilitating the World Athletics permits. Special thanks also to Shane Pearson, Walking Federation President for his tireless assistance throughout event preparations.

All questions/ queries to [lbgcarnival@gmail.com](mailto:lbgcarnival@gmail.com)