

57th ANNUAL LAKE BURLEY GRIFFIN WALKING CARNIVAL



RACE WALKING
AUSTRALIA
AUSTRALIAN FEDERATION
OF RACE WALKING CLUBS

SUNDAY 9TH JUNE 2024 – 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 9th 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 fitness walks are open to all, but participants in the race walking events must be members of a club affiliated with Race Walking Australia or an overseas World Athletics affiliated athletic club.

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 have been increased to 35km to reflect the longer race distance World Athletics have announced for the World Championships in Japan for 2025. These events will be recognised as qualifying events under World Athletics Bronze requirements.

Events

Note that the 35km race walking and u20 10km events will be 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 | 8.00am | 127mins |
| 2 | Val Chesterton Classic Women 35km | 8.00am | 127mins |
| 3 | ACT Fitness 35 km | 8.00am | Non Hcp/Judged contact only |
| 4 | RWA Open Women's 15 km | 8.00am | 69 mins-Includes RWA Masters 15km |
| 5 | RWA Open Men's 15 km | 8.00am | 65 mins-Includes RWA Masters 15km |
| 6 | ACT Fitness 15 km | 8.00am | Non Hcp/Judged contact only |
| 7 | ACT Fitness 8 km | 9.00am | Non Hcp/Judged contact only |
| 8 | Athletics ACT/ RWA Men's U20 10 km | 10.30am | 42 mins |
| 9 | ACT Open (Over 19 years) 10 km | 10.30am | Non Handicap Event |
| 10 | Athletics ACT/RWA Women's U20 10 km | 10.30am | 47 mins |
| | PRESENTATIONS EVENTS 1 -10 & SPECIAL AWARDS | | 11.45am- 12.15pm |
| 11 | RWA Boys Under 10 1 km | 12.15pm | 4 mins 30 secs |
| 12 | RWA Girls Under 10 1km | 12.15pm | 4 mins 30 secs |
| 13 | RWA Boys Under 12 2km | 12.25 pm | 9 mins 20 secs |
| 14 | RWA Girls Under 12 2km | 12.45 pm | 9 mins 20 secs |
| 15 | RWA Boys Under 14 2km | 1.05 pm | 9 mins 20 secs |
| 16 | RWA Girls Under 14 2km | 1.25 pm | 9 mins 20 secs |
| 17 | RWA Boys Under 16 3km | 1.45 pm | 13 mins |
| 18 | RWA Girls Under 16 3km | 2.10 pm | 13 mins |
| 19 | RWA Boys Under 18 5km | 2.40 pm | 22 mins |
| 20 | RWA Girls Under 18 5km | 2.40 pm | 23 mins |
| 21 | RWA Women's Open 5km | 3.10pm | 20 mins |
| 22 | RWA Men's Open 5km | 3.10pm | 20 mins |
| | PRESENTATIONS EVENTS 11 - 22 | 4.00 pm | |

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 on the day but to be eligible for World Athletics recognition u20 walkers must be born in 2005 or later.
- If events are held concurrently, walkers may only enter ONE of the events on offer.**

Entries

Entries will close at 5pm Wednesday 22nd May 2024.

Late Entries will close at 5pm Wednesday 29th May 2024. Late Entries will be charged an additional \$20 per event.

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

Entry Fees

Entries by 5pm Wednesday 22nd May 2024

\$35 per event

Entries by 5pm Wednesday 29th May 2024

\$55 per event

This year we have moved to chip timing to ensure the event runs as smoothly as possible.

Coaching Clinic with Jared Tallent

Jared Tallent, is Australia's most successful male track and field Olympic athlete, will be conducting a coaching clinic on Saturday 8th June at Stromlo Forest Park from 2:30pm. Jared will be showing some of his favourite drills and tips, and will bring his Olympic medals for us to see. I'm sure he would sign an autograph or two if ask!

Dinner Sunday Night

ACT Race and Fitness Club invite you to join us for dinner on Sunday 9th June at the [Statesman Hotel](#), Corner Strangway and Theodore St Curtin ACT from 6pm . It will be on a pay on the night basis, with a limited main menu, \$25 per main with a vegan and gluten free option available. Additionally, there will be a children's menu. To ensure we have enough tables and chairs for everyone please indicate in the entry system the number of people you intend to bring. Please only do this against 1 competitor if you have multiple competitors from the 1 family.

If you are not associated with a competitor but wish to attend dinner (volunteers, coaches, friends etc) please email names to lbgcarnival@gmail.com.

The hotel have also provided a discount for walkers who choose to stay there, as follows:

Booking Code: ACTWalk10 – will entitle guests to 10% off the Best Available Rate for the room type booked. Is only valid by booking directly with the hotel on either email or phone as provided below.

Email for booking: reception@statesmanhotel.com.au

Phone for booking: 02-6281 1777

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.

Handicap Times

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

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 30 minutes of the completion of the event in dispute and accompanied by a fee of \$20.00 (cash or eftpos).

Race Numbers and Judging

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

Due to chip timing an athlete will have a **separate bib number for each event**. The event will be listed on the bib. Please ensure you have the correct number on before heading to marshalling.

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 (Advance 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 by 7.45am. 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. There will be a BBQ and drinks available. Coffee will be available from the Handlebar Café located adjacent to car park.

Uniforms

All Race Walking Australia event competitors **MUST** wear the uniform of their Club, as registered with Race Walking Australia. Failure to do so may result in disqualification. Competitors not competing in a Race Walking Australia event are also encouraged to wear their Walking Club uniform.

Presentation of Awards

Presentation of awards will take place at the Stromlo at the following times:

- Event No. 1 to 10 at 11.45am; and
- Event No. 11 to 22 at 4.00pm

Note that perpetual trophies for individual events have been replaced by special commemorative certificates in addition medals/ trophies.

Accommodation

Please consider [Statesman Hotel](#) but book directly with the hotel to get a discount.

Booking Code: ACTWalk10 – will entitle guests to 10% off the Best Available Rate for the room type booked. Is only valid by booking directly with the hotel on either email or phone as provided below.

Email for booking: reception@statesmanhotel.com.au

Phone for booking: 02-6281 1777

Alternative accommodation options can be found on this website:

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

With thanks to Glen Taylor and Capital Athletics for facilitating the entry portal and World Athletics permit requirements.

All questions/ queries to lbgcarnival@gmail.com