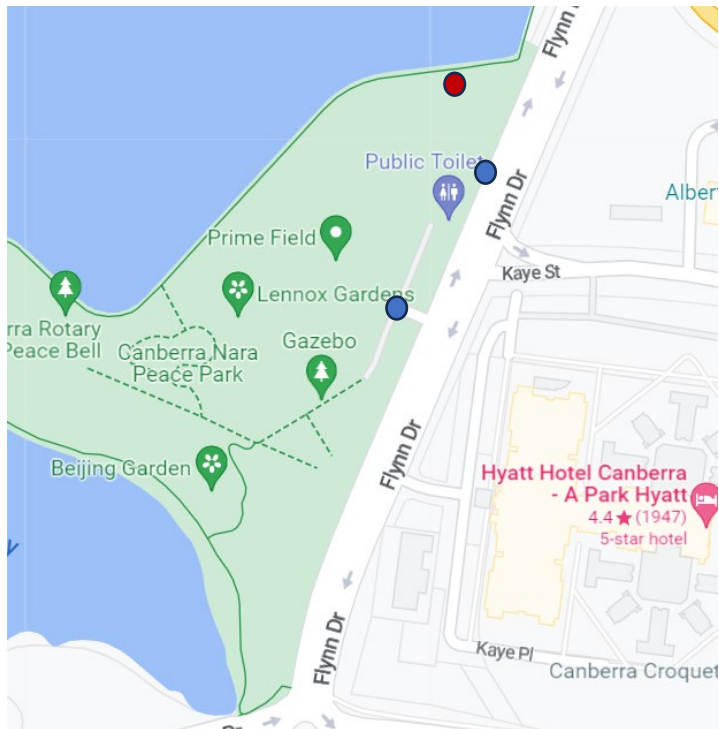


Information for Winter walks (last updated April 2026)

● = Parking ● = Race Start

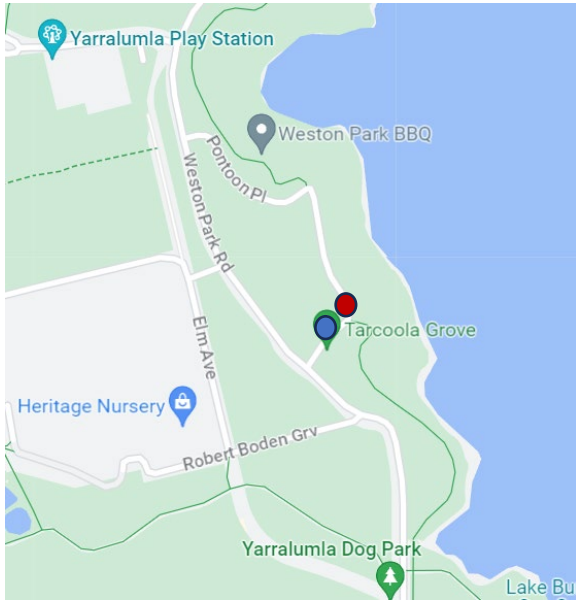
Locations

Lennox Gardens – Flynn Drive Lake Burley Griffin, near toilet block on the water front footpath. 2.5 km course is a loop starting towards Commonwealth avenue, 1.5km course heads the other way to a 750m turn around cone.



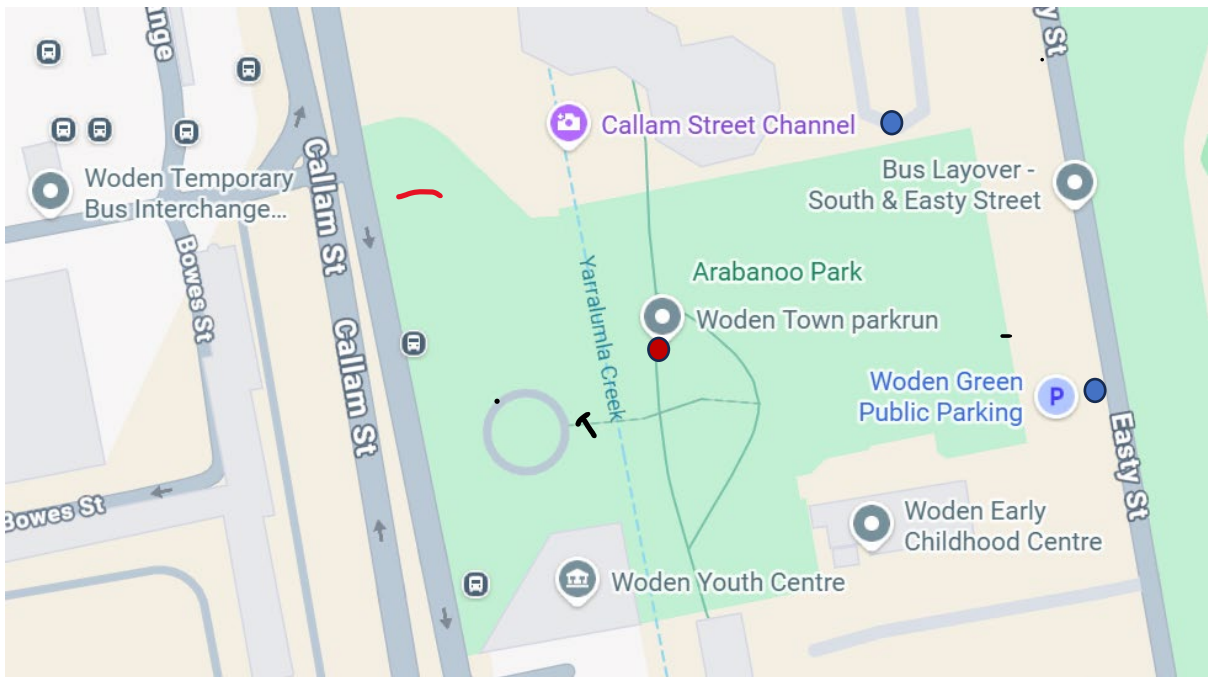
Weston Park, Yarralumla

First turn off on right from Weston Park Road, Tarcoola Grove. Note that toilets are not located at our carpark, but are near the first turnaround point, or if driving are at Pontoon Place. Google maps makes it look like a loop you can drive on but it is not, so take the first right turn!



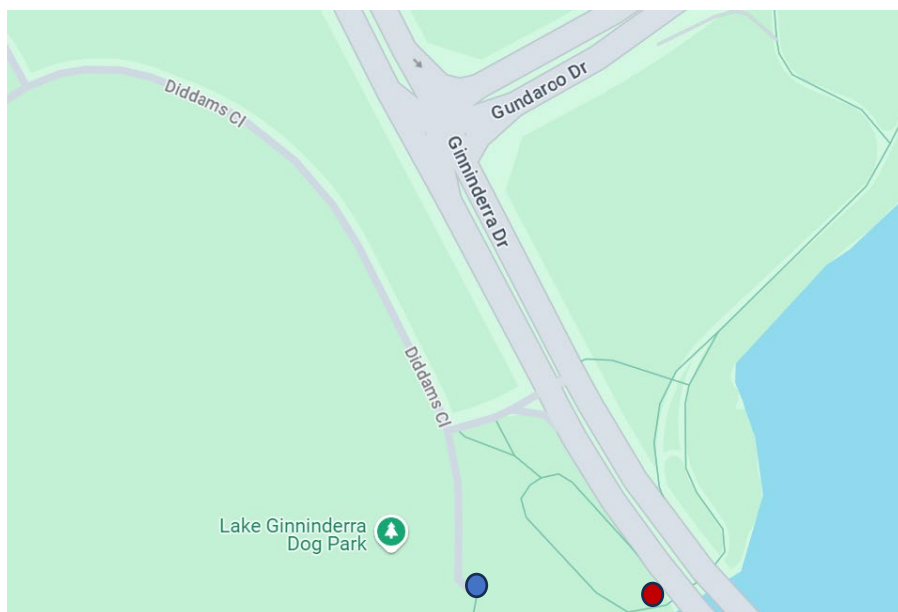
Woden, Gungahlin

Easty St, Woden. Start line is between the buildings, close to parkrun assembly area. Course heads towards Curtin for a 1.5km or 5km Parkrun course. Facilities are at Westfield Woden (Bowes St – 200m away)



Diddams Close, Lake Ginninderra

Start is under bridge to the left of the dog park. Turn left after entering Diddam's close and park as far in to the left lowest level as you can. Course starts under the bridge on the cycle path and heads towards Gungahlin. There is a 1km loop (500m turn) and a 2 km loop (1km turn). Toilets are located near the dog park.



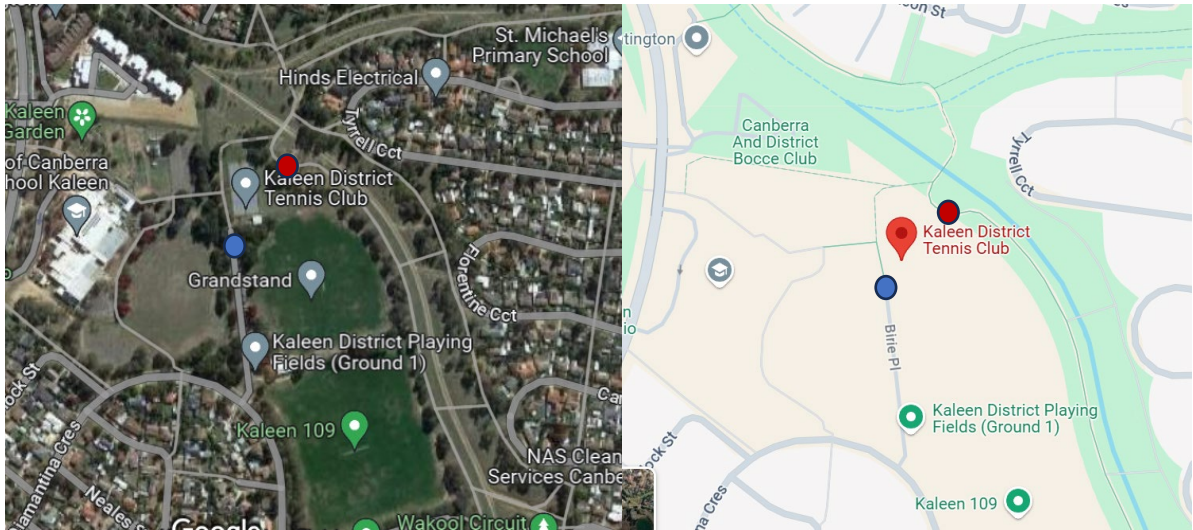
Kaleen

The course runs the length of the playing fields between the playing fields and the stormwater drain along the cycle path, starting near the tennis courts. The best parking is at the tennis courts at Birie Place, off Diamantina crescent, but at times there will be soccer on the playing fields which may make this difficult. So, there are several alternatives:

1. Kaleen high school carpark, follow path down left side of the high school as you look at it with your back to Baldwin drive.
2. Kaleen Community Hall (Labelled "dance northside" on google), walk past the playground cross Rubicon street and down the footpath, left at the fork, veer over the drain bridges to the tennis courts.
3. Park on Tyrrell Circuit and take the footpath to the tennis courts.

The course is a 1km loop and a 2km loop.

Toilets are located at the playing fields (if open) or at the Coles supermarket complex near the community hall.



Volunteer Roles:

RACE DIRECTOR

- Collect equipment and bag from previous week's race or make other arrangements.
- Arrive early for course check and set up
- Locate and check defibrillator
- Check course markings and remove any hazardous debris
- Place witches hat at turns for long and short/mini distances, on the side of path
- Set up 2 tables, one for race director/ timekeeper and one for drinks if required
- Put out flags and banner
- Set up table and 1 sheet each for long and short/mini entries
- Allocate bib number for competitors who don't have one (white for race walkers, yellow for fitness walkers). Record name and number and note if fitness walker.
- Do 5min, 3min and 1min call for race start
- Explain course to competitors, brief re. any hazards
- Start race, use at least 2 stop watches
- Assist with recording split and finish times
- Monitor safety of competitors, officials and spectators
- Collect and pack up equipment when finished. Arrange hand over to race director for the following week
- Send results via text/ email to Troy Clarkson troy.d.clarkson@gmail.com or 0417680416 or if unavailable to Helen Toyne helen.toyne@gmail.com 0402976888. Leave hardcopy of results in folder in winter bag if Helen/ Troy not available to collect physical record

TIME KEEPERS

- Arrive early for the allocated race time
- Start watch and call split times
- Give bell to each competitor commencing their final lap
- Record split and finish times
- Return watch to Race Director

JUDGES

- Arrive early for start of program to be briefed by Chief Judge
- Collect pack of paddles and check all required equipment
- Take up assigned position on the course
- Judge according to World Athletics rules and procedures. Use verbal communication for competitors 12 years and under
- Note all infringements on judges' white record sheet and complete red cards as required
- When finished hand paperwork to Chief for collating.
- Chief Judge will advise competitors of any infringements and will advise Race Director of any DQs