ACT Race and Fitness Walking Club: Winter Walks Program (Last updated 28 August 2026)

Date	Event	Location	Time / Distance	Point Score Event #
Saturday 2 May	**Season Opener, Lennox Gardens** **Note**: 2km, 5km & 10km distances also available for LBG preparation	Lennox Gardens	Long: 12.00 pm 5k on 1k course Middle: 12.30 pm 3k on 1k course Short: 12.30 pm 1k on 1k course	1
Saturday 9 May	**Weston Park, hills practice for LBG** **Note**: 1km, 2km & 5km distances also available for LBG preparation	Weston Park	Long: 12.00pm 6k on 2 k course Middle: 12.30pm 4k on 2k course Short: 12.30pm 2k on 1k course	2
Saturday 16 May	**Kaleen** **Note**: 2km & 5km distances also available for LBG preparation	Kaleen	Long: 12.00pm 10k on 2k course Middle: 12.30pm 3k on 1k course Short: 12.30pm 1k on 1k course	3
Saturday 23 May	**Weston Park, hills practice for LBG** **Note**: 1km, 3km & 5km distances also available for LBG preparation	Weston Park	Long: 12.00pm 6k on 2 k course Middle: 12.30pm 4k on 2k course Short: 12.30pm 2k on 1k course	4
Saturday 30 May	**Woden** **Note**: 1km & 2km distances also available for LBG preparation. 90 minute time cutoff for the 5/10k	Woden Town Centre (Woden parkrun start)	Long: 2.30pm 5k or 10k on parkrun course (first 5k to contribute to point score) Middle: 3.00pm 3k on 1.5k course Short: 3.00pm 1.5k on 1.5k course **NOTE – CHANGE OF TIME**	5
Saturday 6 and Sunday 7 June	**LBG Carnival** including: - Coaching, Judging and Coach education seminars - Australian Marathon Race Walking Championships - Capital Athletics Roadwalking Championships	AIS Athletics Track (Saturday) Stromlo Forest Park (Sunday)	As per LBG Carnival program, distances range from 1km (Under 10 Boys and Girls) to marathon (open)	
Saturday 13 June	**NO WALK** LBG recovery			
Saturday 20 June	**Ginninderra**	Diddams Close, Lake Ginninderra	Long: 12.00 pm 6k on 2k course Middle: 12.30pm 4k on 2k course Short: 12.30 pm 2k on 1k course	6

Saturday 4 July	**Lennox Gardens** Note: first weekend of school holidays	Lennox Gardens	Long: 12.00 pm 5k on 1k course Middle: 12.30 pm 3k on 1k course Short: 12.30 pm 1k on 1k course	7
Saturday 11 July	**NO WALK** School holidays			
Saturday 18 July	**Weston Park** Note: last weekend of school holidays	Weston Park	Long: 12.00pm 6k on 2 k course Middle: 12.30pm 4k on 2k course Short: 12.30pm 2k on 1k course	8
Saturday 1 August	"Postal" Challenge - all states do same distances for a virtual interstate competition. (Also contributes towards point score) (Alternative if Postal Challenge not held) Guess your time Lennox Gardens	Kaleen Or Lennox Gardens	12 pm 10km- Open Men and Women, Masters 35+, U20 Men and Women, 12 pm 8km- U18 Men and Women 12.30 pm 5km- U16 Men and Women 12.30 pm 3km- U14 Men and Women 12.30 pm 2km- U12 Men and Women 12.30 pm 1.5km U10 Men and Women Or 1km all ages	9 Or Non Point Score
Sunday 9 August	**NO WALK**		Capital Athletics High Noon Series – for interested Capital Athletics members	
Saturday 15 August	**Weston Park**	Weston Park	Long: 12.00pm 6k on 2k course Middle: 12.30pm 4k on 2k course Short: 12.30pm 1k on 1k course	10
Sunday 23 August	**NO WALK**		Australian Athletics Junior Racewalking Championships, Ballarat **AND** Capital Athletics High Noon Series – for interested Capital Athletics members, Woden	
Saturday 29 August	**Lennox Gardens** (Athletes can also do 2km if they choose – no points score)	Lennox Gardens	Long: 12.00 pm 5k on 1k course Middle: 12.30 pm 3k on 1k course Short: 12.30 pm 1k on 1k course	11

Sunday 6 September	**NO WALK**		Capital Athletics High Noon Series – for interested Capital Athletics members, Woden	
Saturday 12 September	**Ginninderra** (Athletes can also do 2km or 3km if they choose – no points score)	Diddams Close, Lake Ginninderra	Long: 12.00 pm 10k on 1k course Middle: 12.30pm 4k on 1k course Short: 12.30 pm 2k on 1k course	12
Sunday 13 September	**NO WALK** but same weekend as Ginninderra		Capital Athletics High Noon Series – for interested Capital Athletics members, Woden	
Saturday 19 September	**End of season party and point score winners announced** ACT Race and Fitness Walking Club Championships The following weekend is the start of school holidays End of season party commences after the races conclude	Lennox Gardens	12pm Open- 10km on 1km course 12pm Masters- 10km (includes ACT Masters Club Championship) on 1km course 12pm Fitness Walker- 5km on 1km course 12:00pm U20- 8km on 1km course 12pm U18- 6km on 1km course 12pm U16- 5km on 1km course 12.30pm U14- 4km on 1km course 12.30pm U12- 3km on 1km course 12.30pm U10- 2km on 1km course	Non-point score