

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

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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

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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

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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	UPDATED Lennox Gardens ACT Race and Fitness Walking Club Championships deferred (see below) End of season party now combined with AGM on 28 November 2026. The following weekend is the start 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	No point score
Thursday 5 November	NEW ACT Race and Fitness Walking Club Championships Note: Changed distances from original program All events commence at 7pm	Woden Athletics Track (incorporated into ACT Masters Athletics meet)	<u>7pm</u> Open & Masters - 10000m Fitness Walk - 5000m U20 – 8000m U18- 5000m U16- 5000m U14- 3000m U12- 2000m U10- 1000m	Non-point score