



## INFORMATION PACK

6th & 7th June 2026 • Stromlo Forest Park, Canberra

*Hosted by ACT Race & Fitness Walking Club Inc.*

The ACT Race & Fitness Walking Club Inc. (ACT Walkers), on behalf of Race Walking Australia, invites race walkers, fitness walkers, coaches, judges and other officials to participate in this year's Annual LBG Walking Carnival to be held on the 6th and 7th June 2026. All athletes are welcome – from elite to novice, and everyone in between!

This year, the organising committee has shifted the emphasis from being a single day event to a two-day walking carnival where athletes, judges and coaches can refine their craft on the Saturday and then compete or officiate on the Sunday. The Saturday expert run activities will be conducted at the Australian Institute of Sport track (AIS).

All races will be conducted on a certified 1 kilometre circuit on the cycling criterium track at Stromlo Forest Park, affording walkers a smooth surface with a minimal rise at one end and spectators a view of the walkers for most of the course. All race walking events of 5km or longer are World Rankings Competition events.

While all race and fitness walkers are invited to participate, only participants representing Race Walking Federation affiliated clubs are eligible to win Race Walking Federation or ACT Walkers Club trophies, Handicap trophies or participate in teams competitions. They will also not earn any state points – they will instead be eligible for ACT Walkers Club medals.

★ This year's event will incorporate the **Australian Marathon Race Walking Championships** and the winners will be crowned National Champions. Athletes will compete for both Athletics Australia and Race Walking Federation medals.

It will also incorporate the **Capital Athletics Roadwalking Championships**, meaning that athletes from the ACT will also compete for Capital Athletics medals.

### Venue

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

P Parking: maximum charge of \$3.90 (by credit card). All parking funds are reinvested back into the facility.



## Events

This is the first year that Marathon and Half Marathon distances will be raced, taking the place of the former 35km and 15km events. All race walking events of 5km or more will be World Rankings Competition events.

### Day 1 – Saturday 6th June 2026 (Australian Institute of Sport track)

| No. | Activity                      | Time            |
|-----|-------------------------------|-----------------|
| 1   | Race walking coaching clinic  | 9:00am – 1:00pm |
| 2   | Race walking judging seminar  | 2:00pm – 3:00pm |
| 3   | Race walking masterclass (×2) | 2:00pm – 4:00pm |

### Day 2 – Sunday 7th June 2026 (Stromlo Forest Park)

#### Morning Session

| Time    | Event                                                                                                                                                                                                   |
|---------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 7:30am  | Events 1 & 2 – Open Men's & Women's Marathon ( <b>Australian Marathon Race Walking Championships</b> )<br>Events 3 & 4 – Open Men's & Women's Half Marathon<br><b>Note: 5-hour time cut-off applies</b> |
| 11:30am | Events 5 & 6 – Under 20 Men's & Women's 10km<br>Events 7 & 8 – Masters/Fitness Men's & Women's 10km                                                                                                     |
| 12:30pm | <b>Presentations – Morning Events</b>                                                                                                                                                                   |

#### Afternoon Session

| Time   | Event                                         |
|--------|-----------------------------------------------|
| 1:00pm | Events 9 & 10 – Under 10 Boys & Girls 1km     |
| 1:15pm | Events 11 & 12 – Under 12 Boys & Girls 2km    |
| 1:40pm | Events 13 & 14 – Under 14 Boys & Girls 2km    |
| 1:45pm | <b>Presentations – Under 10 (1km)</b>         |
| 2:00pm | Events 15 & 16 – Under 16 Men's & Women's 3km |
| 2:10pm | <b>Presentations – Under 12 (2km)</b>         |
| 2:30pm | Events 17 & 18 – Under 18 Men's & Women's 5km |

# LBG WALKING CARNIVAL 2026

6th & 7th June 2026 • Canberra



| Time   | Event                                                                                                                                     |
|--------|-------------------------------------------------------------------------------------------------------------------------------------------|
|        | Events 19 & 20 – Masters/Fitness Men's & Women's 5km                                                                                      |
| 2:40pm | <b>Presentations – Under 14 (2km)</b>                                                                                                     |
| 3:00pm | <b>Presentations – Under 16 (3km)</b>                                                                                                     |
| 3:20pm | Events 21 & 22 – Open Men's & Women's 5km<br>Events 23 & 24 – Under 20 Men's & Women's 5km<br><b>Note: 40-minute time cut-off applies</b> |
| 4:00pm | <b>Presentations – Under 18 (5km) &amp; Masters/Fitness (5km)</b>                                                                         |
| 4:10pm | <b>Presentations – Open 5km &amp; Under 20 5km</b>                                                                                        |

## NOTES:

- (a) All race walking events are Race Walking Australia events.
- (b) Events 1 and 2 also include the Australian Marathon Race Walking Championships (Athletics Australia). All athletes will be entered into both events.
- (c) All race walking events except for Events 1 and 2 incorporate teams and handicap events.
- (d) Events 1-4 incorporate a Race Walking Australia Master's individual and teams competition.
- (e) All race walking events incorporate an optional Capital Athletics Road Walking Championship for Athletics Australia registered athletes.
- (f) Minimum age for participants in events exceeding 10km is 16 years.
- (g) Age for all events is age at 31 December this year.
- (h) **If events are held concurrently, walkers may only participate in ONE of the events on offer. E.g. Athletes can only enter the Marathon or the Half Marathon.**

## Entries

**Entries close at 6pm on Friday 29 May 2026.** Late entries will not be accepted.

Capital Athletics athletes will enter via the CA online entry portal (available in mid-March 2025).  
<https://www.capitalathletics.au/events/list/>

All other competitors must complete an online entry via the VRWC online entry portal.  
<https://www.revolutionise.com.au/vrwc/events/342804>. This applies to both race walks and fitness walks.

## Event Entry Fees

Marathon \$50, All CA championship events \$30 (Via CA portal), RWA events \$25  
Competitors may enter up to 3 events | Entry fees are non-refundable.

## Further information on the Saturday Sessions – 6th June 2026

Please sign up for Saturday sessions via the VRWC online entry portal.

<https://www.revolutionise.com.au/vrwc/events/345945>

### Session 1 – Racewalking: A Practical Coaching Course for Coaches

**For:** All race walking coaches with a current Level 1 or Level 2 coaching qualification.

**Why attend:** This is the first course designed to show qualified coaches how to coach race walking. It focuses on both technical and practical aspects, including:

- Mastering correct technique
- Implementing drills to refine mechanics
- Addressing common technical faults
- Understanding biomechanics to improve performance and prevent injury
- Planning training programs tailored to athletes' needs and goals

*Completion is a lead-in to the Level 3 coaching course and contributes credits to the Level 3 Performance Coaching Accreditation.*

**Facilitator:** Mark Donahoo (AFTCA level 5 Racewalking Coach)

**Time:** 9:00am – 1:00pm | **Cost:** \$50 | **Location:** AIS

### Session 2 – Race Walking Judging Seminar

**For:** New or existing judges. No pre-assumed knowledge required.

**Why attend:** Learn the rules of race walking and what is expected of a race walking judge.

**Facilitators:** Zoe Eastwood-Bryson & Kirsten Crocker (WA Gold Race Walking Judges)

**Time:** 2:00pm – 3:00pm | **Cost:** \$5 | **Location:** AIS

### Session 3 – Coaching Masterclass

David Beacroft, a highly experienced and internationally successful coach from NSW, will conduct two race walking clinics on 6th June 2026. These sessions are expected to be very popular – register early!

#### Clinic A – Master the Basics

**For:** Athletes aged 9+ who are new to race walking or want help with basic technique.

**Time:** 2:00pm – 2:45pm | **Cost:** \$5

#### Clinic B – Race Walking Masterclass

**For:** Experienced race walkers looking to refine their technique for high performance.

**Time:** 3:00pm – 3:45pm | **Cost:** \$15 | **Location:** AIS

📢 The organising committee is finalising plans for an after-event dinner and securing a preferred accommodation provider. Details will be provided closer to the event.



## Volunteers

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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. 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.*

👤 Walk Judges – WE NEED YOU! Fitness walkers will wear a YELLOW race number and are to be judged for loss of contact only. Judges are encouraged to bring their own paddles (not mandatory).

## Handicap Times

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

## Competition Status

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Only athletes who are members of a Race Walking Australia club will be eligible for:

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

Members of an Athletics Australia club are eligible for the Australian Marathon Race Walking Championships medals. Members of a Race Walking Australia club are also eligible for the Race Walking Australia trophies, results and points listed above.

Athletes registered via the Capital Athletics portal are eligible for Capital Athletics medals. Members of a Race Walking Australia club are also eligible for the Race Walking Australia trophies, results and points listed above.

All other athletes (e.g. international, Master Athletics, unaffiliated) are eligible for ACT Walking Club medals.

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

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



## Racewalking Australia – Team Events

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Team events will be conducted in conjunction with all Race Walking Australia events, except for the Fitness Walk events (10km and 5km).

Please refer to Race Walking Australia teams events rules.

## Protests

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Protests must be lodged in writing with the event manager within 20 minutes of the completion of the event in dispute, accompanied by a fee of **\$20.00 (cash or EFTPOS)**. The 20-minute timeframe allows for disputes to be resolved prior to the presentation ceremony.

## Race Numbers and Judging

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Race numbers will be supplied and given to state Team Managers together with the program of events on the Saturday afternoon or Sunday morning. Athletes will only be given one set of bibs (front and back) for all events.

All events 5km or longer are judged against World Athletics standards. Please note no protests can be entered 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

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First Aid will be provided by a qualified practitioner (Above First Aid) from 8:00am until the completion of the race program. Should anyone require an ambulance or ongoing medical attention, the cost is borne by that individual, not the event organisers.

## Refreshment Station

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A Refreshment Station for the Marathon and Half Marathon events 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. Accepting food or drink at other places on the course could result in disqualification.

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

## Canteen

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A canteen will be operated throughout the day, offering a BBQ and drinks. Coffee will be available from the Handlebar Café located adjacent to the car park.



## Uniforms

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

## Event Check-In

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All athletes must check in 15 minutes prior to their race. Where an athlete plans to compete in two back-to-back events, they must check in for both events prior to the first race. Athletes will be allowed to withdraw from the second event prior to the race.

## Presentation of Awards

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Medal presentations are scheduled throughout the day. Please see the program schedule for presentation times.

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*All questions and queries: [lbqcarnival@gmail.com](mailto:lbqcarnival@gmail.com)*