

55th ANNUAL LAKE BURLEY GRIFFIN WALKING CARNIVAL



RACE WALKING
AUSTRALIA
AUSTRALIAN FEDERATION
OF RACE WALKING CLUBS

Sunday 12 JUNE 2022 – STROMLO FOREST PARK CANBERRA

The ACT Race & Fitness Walking Club Inc. (ACT Walkers), on behalf of Race Walking Australia, invite your members 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 12 June 2022.

All events will be conducted on a 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.

Events

No.	Event	Start Time	Handicap Base Time
1	RWA Open 30 km	8.00am	127mins
2	ACT Fitness 30 km	8.00am	Non Hcp/Judged contact only
3	AACT W&M 30 km Champ	8.00am	Non Handicap event
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 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	RWA Men's U20 10 km	10.30am	42 mins
9	ACT Open (Over 19 years) 10 km	10.30am	Non Handicap Event
10	RWA Women's U20 10 km	10.30am	47 mins
	PRESENTATIONS EVENTS 1 -10 & SPECIAL AWARDS		11.45am – 12.15 noon
11	RWA Boys Under 10 1 km	12.15 noon	4 mins 30 secs
12	RWA Girls Under 10 1km	12.15 noon	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	13.05 pm	9 mins 20 secs

16	RWA Girls Under 14 2km	13.25 pm	9 mins 20 secs
17	RWA Boys Under 16 3km	13.45 pm	13 mins
18	RWA Girls Under 16 3km	14.10 pm	13 mins
19	RWA Boys Under 18 5km	14.40 pm	22 mins
20	RWA Girls Under 18 5km	14.40 pm	23 mins
21	RWA Women's Open 5km	15.10pm	20 mins
	PRESENTATIONS EVENTS 11 - 21	16.00 pm	

NOTES:

- (a) Events 1, 4, 5, 8, and 11 to 22 inclusive are Race Walking Australian (Federation) individual and team events. Events 4 & 5 incorporate a Race Walking Australia Master's individual competition.
- (b) Minimum age for participants in the 15 & 30 kilometers events is 16 years.
- (c) AGE for all Race Walking Australia events is age on the day, and for Athletics ACT Championships age is as at 31 December 2022.

Entries

Entries will close 5 pm Monday 23rd May 2022. Competitors must complete an **ON-LINE ENTRY**. **NO MANUAL ENTRIES WILL BE ALLOWED** and **LATE ENTRIES CANNOT BE ACCEPTED**. This applies to both Race Walks & Fitness Walks.

Entries MUST be submitted by individuals via an Entry Portal available on the VRWC Web page.

<http://vrwc.org.au/wp1/55th-lbg-walking-carnival/>

Expected Finishing Times

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

Entry Fees

Race Walking Australia Events;

- \$35.00 for first event, \$20.00 for second event (including an Athletics ACT Championship), or a \$60.00 cap for 3 events
- A family cap of \$150 will also apply.

Fitness Walks:

- Fitness Walk & Open 10k fee is \$20.00

Team Events

Team events will be conducted in conjunction with ALL RACE WALKING AUSTRALIA EVENTS except the Masters Women's & Masters Men's 15 kilometers. 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 30 kilometers and the 15 kilometers 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.

Volunteers

The number of Volunteers / Officials is vital to the successful operation of the carnival. Clubs/States **WILL BE EXPECTED** to provide volunteers based on the number of club entrants. The positions needed to be filled include: start line coordinator/assistant, lap scorers, timekeepers, judges, finish line marshals, finish line recorders and general volunteers.

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 cash fee of \$20.00.

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, at the Race Walking Australia Conference. A **YELLOW** race number will be issued to Fitness Walkers to enable clear identification of non-race walking participants.

The Walk Judges will be advised that Fitness Walkers will be wearing a **YELLOW** race number and that they are to be judged for loss of contact only. Walk Judges should bring their own paddles.

First Aid

First Aid will be provided by a qualified practitioner from 8 am 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 & 30 kilometers 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 kilometers event.

Canteen

A canteen **WILL NOT** be operated by the club this year, however there is the possibility of a local senior athletics club holding a BBQ, where hot food, snacks and drinks will be available. As soon as more information is available clubs will be informed.

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

This year presentations will take place at the Stromlo at the following times:

Event No. 1 to 10 at 11.45 am; and

Event No. 11 to 21 at 16.00 pm

COVID

- Should a situation arise where the meet will need to be cancelled to ensure the safety of all participants, refunds of entry fees less 20%, will be made
- If you are feeling unwell on the today, we ask that you respect the health and wellbeing of others do not attend the event in line with ACT Government COVID Guidelines.
- A COVID Officer will be present on the day to assist with any enquiries. For more information about COVID requirements in the ACT, please visit <https://www.covid19.act.gov.au>

Accommodation

Accommodation options can be found on this website: <https://visitcanberra.com.au/accommodation>

Race Walking Australia Conference/Annual General Meeting

The Race Walking Australia Conference/Annual General meeting will commence at 6.30 pm on Saturday 11 June. Venue to be advised.

Awards

- Any competitor is eligible to win the perpetual trophy for winning an event.
- Gold, Silver & Bronze medallions will be presented to the first three Australians in all Race Walking Australia events.
- **WINNERS OF OUTRIGHT INDIVIDUAL AWARDS CANNOT WIN A HANDICAP TROPHY.**

EVENT 1 - OPEN 30 KILOMETRES (Race Walking Australia Event)

OUTRIGHT	Women	1 st Perpetual Trophy / 1 st /2 nd /3 rd RWA Medal
	Men	1 st Perpetual Trophy / 1 st /2 nd /3 rd RWA Medal
MASTERS	Women ≥ 35 years	1 st /2 nd /3 rd ACT Walkers LBG Medal
	Men ≥ 35years	1 st /2 nd /3 rd ACT Walkers LBG Medal
HANDICAP		1 st Perpetual Trophy / 1 st /2 nd /3 rd Trophy
OLDEST TO FINISH		ACT Walkers LBG Medal
TEAMS		
FEDERATION		1 st Perpetual Trophy / 1 st /2 nd /3 rd RWA Medals (3)
MASTERS	Women & Men ≥ 35 years	1 st Perpetual Trophy / 1 st /2 nd /3 rd ACT Walkers LBG Medals

EVENT 2 – FITNESS 30 KILOMETRES (ACT Walkers Event)

OUTRIGHT	Women	1 st /2 nd /3 rd ACT Walkers LBG Medal
	Men	1 st /2 nd /3 rd ACT Walkers LBG Medal
		Certificate of Achievement to all finishers.

EVENT 3 - ATHLETICS ACT 30 KILOMETRES CHAMPIONSHIP

OUTRIGHT	Women	1 st /2 nd /3 rd AACT Medal
	Men	1 st /2 nd /3 rd AACT Medal
Resident	Women	1 st /2 nd /3 rd AACT Medal
	Men	1 st /2 nd /3 rd AACT Medal

EVENT 4 - OPEN WOMENS 15 KILOMETRES (Race Walking Australia Event)

OUTRIGHT		1 st Perpetual Trophy / 1 st /2 nd /3 rd RWA Medal
MASTERS	Women ≥ 35 years	1 st Perpetual Trophy / 1 st /2 nd /3 rd RWA Medal
HANDICAP		1 st /2 nd /3 rd Trophy

OLDEST TO FINISH ACT Walkers LBG Medal
TEAMS 1st Perpetual Trophy / 1st/ 2nd/3rd RWA Medals (3)

EVENT 5 - OPEN MENS 15 KILOMETRES (Race Walking Australia Event)

OUTRIGHT 1ST Perpetual Trophy / 1st/2nd/3rd RWA Medal
MASTERS Men ≥ 35 years 1st Perpetual Trophy / 1st/2nd/3rd RWA Medal
HANDICAP 1st/2nd/3rd Trophy
TEAMS 1st Perpetual Trophy / 1st/ 2nd/3rd RWA Medals (3)

EVENT 6 – FITNESS 30 KILOMETRES (ACT Walkers Event)

EVENT 7 - FITNESS 8 KILOMETRES (ACT Walkers Event)

OUTRIGHT Women 1st/2nd/3rd ACT Walkers LBG Medal
Men 1st/2nd/3rd ACT Walkers LBG Medal
Certificate of Achievement to all finishers.

EVENT 8 - MENS UNDER 20 10 KILOMETRES (Race Walking Australia Event)

OUTRIGHT 1st Perpetual Trophy / 1st/2nd/3rd RWA Medal
HANDICAP 1st/2nd/3rd Trophy
TEAMS 1st Perpetual Trophy / 1st/2nd/3rd RWA Medals (3)
Scholarship Travel Fund (Non NASS Funded Athletes)

EVENT 9 – ATHLETICS ACT OPEN (over 19 years) 10 KILOMETRES

OUTRIGHT 1st/2nd/3rd ACT Walkers LBG Medal

EVENT 10 - WOMENS UNDER 20 10 KILOMETRES (Race Walking Australia Event)

OUTRIGHT 1st Perpetual Trophy / 1st/2nd/3rd RWA Medal
HANDICAP 1st/2nd/3rd Trophy
TEAMS 1st Perpetual Trophy / 1st/2nd/3rd RWA Medals (3)
Scholarship Travel Fund (Non NASS Funded Athletes)

EVENT 11 - BOYS UNDER 10

1 KILOMETRE (Race Walking Australia Event)

EVENT 12 - GIRLS UNDER 10

1 KILOMETRE (Race Walking Australia Event)

EVENT 13 - BOYS UNDER 12

2 KILOMETRES (RWA Aust. Road Championship)

EVENT 14 - GIRLS UNDER 12

2 KILOMETRES (RWA Aust. Road Championship)

EVENT 15 - BOYS UNDER 14

2 KILOMETRES (Race Walking Australia Event)

EVENT 16 - GIRLS UNDER 14

2 KILOMETRES (Race Walking Australia Event)

EVENT 17 - BOYS UNDER 16

3 KILOMETRES (Race Walking Australia Event)

EVENT 18 - GIRLS UNDER 16

3 KILOMETRES (Race Walking Australia Event)

EVENT 19 - BOYS UNDER 18

5 KILOMETRES (Race Walking Australia Event)

EVENT 20 - GIRLS UNDER 18

5 KILOMETRES (Race Walking Australia Event)

OUTRIGHT 1st Perpetual Trophy / 1st/2nd/3rd RWA Medal

HANDICAP 1st/2nd/3rd Trophy

TEAMS 1st Perpetual Trophy / 1st/2nd/3rd RWA Medals (3)

EVENT 21 - WOMENS 5 KILOMETRES (Race Walking Australia Event)

OUTRIGHT 1st Perpetual Trophy / 1st/2nd/3rd RWA Medal

MASTERS Women ≥ 35 years 1st/2nd/3rd ACT Walkers LBG Medal

HANDICAP 1st/2nd/3rd Trophy

TEAMS

FEDERATION 1st Perpetual Trophy / 1st/2nd/3rd RWA Medal (3)

MASTERS Women ≥35 years 1st Perpetual Trophy / 1st/2nd/3rd ACT Walkers LBG Medals

If clubs could please return all trophies to the canteen by 10am on 12 June 2022.

