

Athletics Wellington

Road Running Championships

Saturday 22 August 2026

Reservoir Road, Wainuiomata

Road Running 5k Championships

The Wellington 5k road running championships are for all grades U18 and older. Younger ages U16 and below will compete over their usual shorter distances. Road Champs Medals are awarded for all age groups. For all grades U18 and below, this is the last event for winter series points. Winter Series medals for these grades will be presented at this event.

The 10k road championships for all grades U20 and above are being held at the same venue three weeks later, 10am Saturday 12 September. The 10k event is the last event that counts towards winter series points for U20, Seniors and Masters. Winter series medals for grades U20 and above will be presented at the conclusion of the 10k race along with medals for placegetters in the 10k race on Saturday 12 September.

Location

The races are held in the Wainuiomata Recreation Area. Enter from Moores Valley Road and turn into Whitcher Grove which leads to Reservoir Road. Alternatively, especially if wet or arriving late, drive to Hine Road and then up Hine Road to either Richard Prouse Park or the very end of Hine Road. Find a park and then it is a short walk across the fields up to the venue on Reservoir Road.

Note that if coming from Wellington, it is often much quicker to avoid the Petone Esplanade, especially if fine. Exiting at the Dowse Interchange and taking Hutt Road North up to Railway Ave towards Hutt City Central and onto Woburn Road past Hutt Valley High School is often quicker even though it is slightly longer.

Course Description

An out and back road race using a 1.25km stretch of road that is closed to public traffic. There is a hill on one side and a river on the other side. The course is largely sheltered from wind. There is a grassy area for club tents close to the start/finish area. Weather conditions are usually cool at this time of year. Please be advised that members of the public are free to walk through the area, they will be advised to stay on the path beside the road. In addition, emergency vehicles, Wellington Water, and the Ranger may need to drive up the road between races, or in the case of an emergency, during a race. Competitors must make way if this is the case.

Entries

The event is open to any athlete registered in the Athletes NZ Gameday database as "Competitive" and "Active and Financial" as at 11.59pm on Thursday 20 August 2026.

Registered athletes from other centres are welcome at this event. They will need to email Daryl, daryl@fedude.co.nz by Thursday 20 August, 5:00pm, and let him know their full name, DOB and grade they wish to run in.

If you have already received a bib at the Vosseler, Dorne Cup or Cross Country Champs, you MUST use the same bib. Bibs will be available for collection at the Wainuiomata Harriers Tent for those people who have recently registered. Temporary bibs will be available to collect for those people who forget or have lost their bib, these must be returned at race end. Allow plenty of time. Race Numbers must be worn on the front of club singlets.

Entry Fees

Athletics Wellington clubs will be invoiced after the event for the competitors who finish:

\$16.00 for all competitors aged 20+, \$11.50 for all competitors under 20.

The entry fee for fully registered athletes from other centres will be \$20 cash payable on the day when picking up their pre-registered temporary race bib.

Competitors Running out of Grade

Email daryl@fedude.co.nz by Thursday 20 August, 5:00pm if you intend running in a higher grade than your age grade. Please send the following details: Name, Club, Race Bib Number, Official Grade and Grade you wish to run in.

Age Grades

For all grades, except Masters, ages are at 31st December 2026. For Masters' grades, ages are age on the day.

U20 = 18 or 19 at end of this year.

U16 = 14 or 15 at end of this year.

U12 = 10 or 11 at end of this year.

U18 = 16 or 17 at end of this year.

U14 = 12 or 13 at end of this year.

U10 = 9 or younger at year end.

Teams and Medals

Open and Masters championship grades: 6 to count for Open Men. 4 to count for all other grades.

Masters can count for both their club's Masters and Open teams.

Junior Grades: 3 to count for all junior age grades, WU20 and WU18 to be combined.

Centre medals will be awarded for the first 3 registered Wellington Centre athletes in each grade. In addition, Winter Series medals for all grades U18 and below will also be presented. Medals will be given out as per the race schedule. Note, final results may not be available on the day of the event.

Club Tents

There is space for club tents at the start finish area. We ask that if your club is bringing a tent, that it be brought onto the course by 12:00pm.

Parking

There is parking either at the course, down by the clubrooms at Richard Prouse Park or at the end of Hine Road. Parking spaces are limited, especially if wet. Car-pooling is encouraged as is the use of the car-park at the end of Hine Road or at Richard Prouse Park, or parking along Hine Road if you are arriving late. If conditions are wet, only 4WD vehicles will be permitted to park on the grass slope at the venue. See the venue map for how to access the parking areas.

Refreshments

There may be a BBQ operating on site, bring cash for that.

Toilet facilities

There will be 4 portaloos at the entrance to the site. There are also toilets situated next to the clubrooms at Richard Prouse Park and a toilet at the end of Hine Road.

See Race Schedule on next page.

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Race	Start Time	Distance and Laps	Race/Age Group
1	12:30pm	1k 1 loop of 1k	Girls U10
			Boys U10
2	12:40pm	2k 2 loops of 1k	Girls U12
			Boys U12
3	12:55pm	3.5k 1 loop of 1k 1 loop of 2.5k	Girls U16
			Boys U16
	1:20pm	Medal Ceremony Includes winter series medals	U10 U12 U16
4	1:35pm	2.5k 1 loop of 2.5k	Girls U14
			Boys U14
5	1:50pm	Junior 5k Champs 2 loops of 2.5k	JW U18
			JM U18
			JW U20
			JM U20
	2:15pm	Medal Ceremony Includes winter series medals	U14 U18 U20
6	2:25pm	Women's 5k Champs 2 loops of 2.5k	SW 20-34 MW 35-49
			MW 50-59 MW 60-64
			MW 65-69 MW 70+
7	3:00pm	Men's 5k Champs 2 loops of 2.5k	SM 20-34 MM 35-49
			MM 50-59 MM 60-64
			MM 65-69 MM 70+
	3:30pm	Medal Ceremony	Women, Men 5k Champs

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Wainuiomata Recreation Area – Reservoir road

