

# Athletics Wellington

## Road Running Championships

Saturday 23 August 2025

Reservoir Road, Wainuiomata

### Road Running 5k Championships

This year the Road Running Championships incorporates the Wellington 5k road running championships 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. In addition, 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 in a separate 10k race Three weeks later, 10am Saturday 13 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 13 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 21 August 2025.

Registered athletes from other centres are welcome at this event. They will need to email Daryl, [daryl@fedude.co.nz](mailto:daryl@fedude.co.nz) by Thursday 21 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](mailto:daryl@fedude.co.nz) by Thursday 21 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 2025. 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 coffee van on site, depending on weather.

## 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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### Saturday 23 August 2025

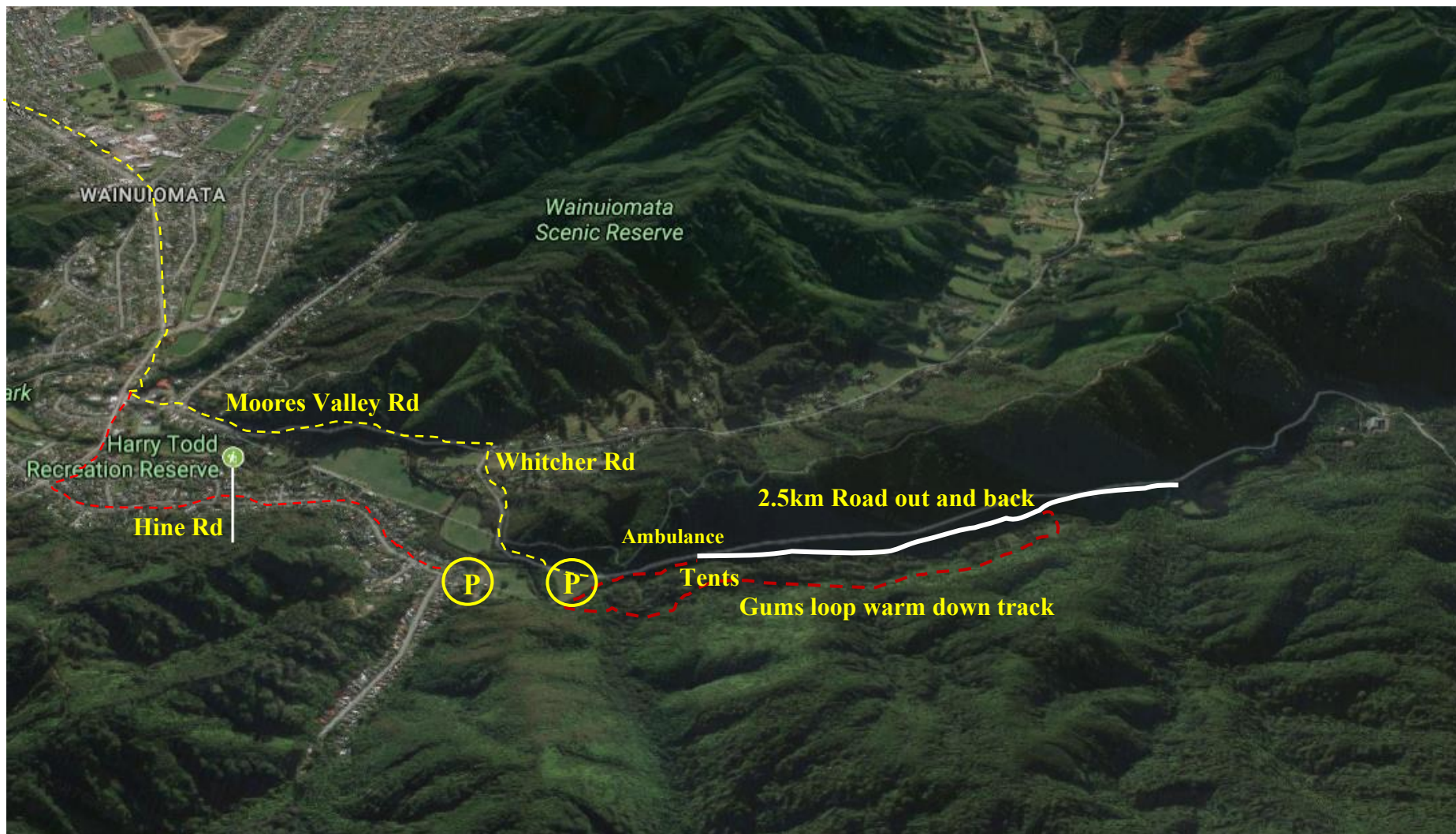
Reservoir Road, Wainuiomata

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	<b>Medal Ceremony</b> Includes winter series medals	<b>U10   U12   U16</b>
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	<b>Medal Ceremony</b> Includes winter series medals	<b>U14   U18   U20</b>
6	2:30pm	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	<b>Medal Ceremony</b>	<b>Women, Men 5k Champs</b>

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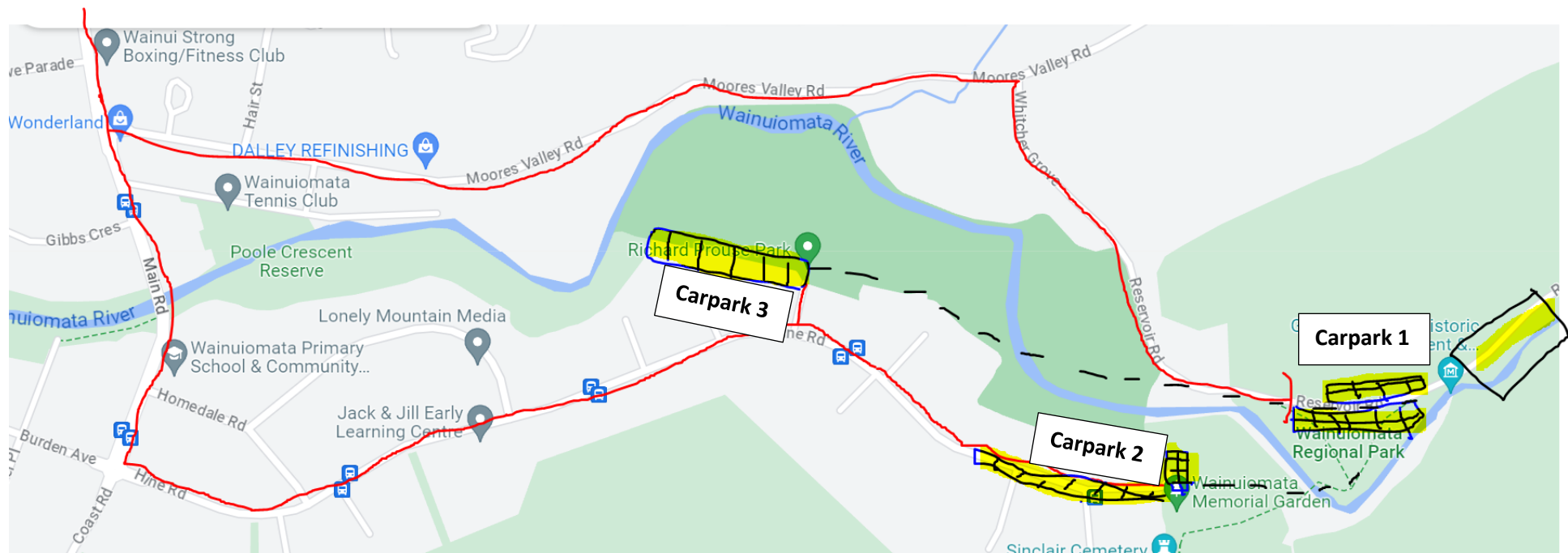
## Road Running 5K Championships

### Wainuiomata Recreation Area - Reservoir road



## Car Parking for 5K Road Champs – Wainuiomata Water Collection Area - 23 August 2025

Carpark	Description
<b>Carpark Area 1 Reservoir Road</b>	Carparks near the entrance to Reservoir Road and the race area. 20 sealed carparks plus another 30 or so along the road-side. Plenty of parks on the grass area for 4WD Vehicles plus very <i>confident drivers of non-4WD vehicles if weather conditions permit</i> . <b>Directions</b> Turn into Moores Valley Road and drive over the hill, then turn right into Whitcher Grove and on to Reservoir Road. <b>If arriving after 1:30pm, go directly to carpark 2 or 3 unless you have a 4WD Vehicle.</b>
<b>Carpark Area 2 Hine Road Parking</b>	End of Hine Road Carpark (20 sealed carparks) and Parking along Hine Road and into Sunny Grove. Parking here is quite close to the venue. Walk to the end of Hine Road, across the field and left over the bridge to the venue.
<b>Carpark Area 3 Richard Prouse Park</b>	At Richard Prouse Park – safe sealed parking for up to 80 cars, a short walk across fields to the race area. If football games are on, there will be fewer parks available.
<b>Carparking officials will be directing traffic at the entrance to carpark 1. Please follow all instructions and drive slowly and safely.</b>	



See next page for parking details at Carpark 1 – Reservoir Road.

## Carpark 1 Parking – Reservoir Road

Reservoir road is a closed Road to public vehicles beyond the gate.

This will be monitored by a Marshal at the first Gate who will direct cars to park in the carpark areas, depending on type of vehicle and ground conditions.

Marshals will move to each carpark area in turn to direct cars into the carpark. If Wet, only 4WD vehicles may park on the grass areas C, D and E.

Additional carpark areas are located at Richard Prouse Park and the end of Hine Road. Clubs are advised to use these locations if arriving late.

Up to 10 carparks will be reserved for members of the public who are not coming for the event but wish to visit the park area.

Obey Marshal instructions at all times, be pleasant and polite, and drive extra slowly.

### Reservoir Road – Wainuiomata – Car-park map.

