

Athletics Wellington

10K Road Running Championships

Saturday 13 September 2025

Reservoir Road, Wainuiomata

Start Time	Race	Distance and Laps	Race/Age Group
10:00am	10K Champs	10k 4 loops of 2.5k	Juniors U20 Seniors 20-34 All Masters Grades
11:00am	Medal Ceremony 10K Champs and Season Medals		

Road Running 10k Championships

This year the 10K Road Running Championships is being held as a separate race for all grades U20 and above. All grades will compete together in one single race over four 2.5k laps.

Location and Course

The same venue and course as the 5k Road Champs three weeks earlier, Reservoir Road, Wainuiomata.

Parking

There is limited parking at the course. The grass area will not be available for parking at this event. Those arriving early before 9am **may** get a park up by the event, there are limited spaces. If arriving after 9am, parking **should be at** Richard Prouse Park or at the end of Hine Road with a 5 minute walk up to the race venue. Car-pooling is encouraged.

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 11 September 2025.

Registered athletes from other centres will need to email Daryl, daryl@fedude.co.nz, by Thursday 11 September 5:00pm, and let him know their full name, DOB and grade they wish to run in as well as depositing \$16 direct to Athletics Wellington (deposit into 031-540-0009238-00).

Any competitors wishing to run out of grade also need to email daryl@fedude.co.nz by Thursday 11 September 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 an earlier interclub event, you **MUST** use the same bib. 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.

Medals

Centre medals will be awarded for the first 3 registered Wellington Centre athletes in each grade. In addition, Winter Series medals for all grades will also be presented. Medals will be given out at the end of the race.

Club Tents

If clubs wish to bring tents for this event, please bring tents up to the course by 9:00am.