



## Te Ahumairangi Ten Thousand

**Saturday 15 November**

## Runners Information

**Kia ora koutou,**

Thanks for entering next Saturday's Te Ahumairangi Ten Thousand Festival – New Zealand's biggest, most exciting, and most community-focused 10,000m race. Since 2018, this event has championed Wellington runners working together in teams to chase fast times. We're thrilled to have you join us in 2025.

This year's festival is proudly presented by [Te Ahumairangi Investment Management](#), a Wellington-based team of experienced investment professionals. We're also grateful for support from [Lifestyle Sports Tawa](#) (relay sponsor) and [Early](#) (pace team sponsor).

### **Entries still open**

Know someone keen to join? **Entries close Wednesday evening.**

Share this link: [Te Ahumairangi 10000m Entries](#)

### **Venue: Newtown Park**

Address: 200 Daniell St, Newtown.

Parking is available, or take the No. 1 or No. 23 bus to reduce your carbon footprint. Facilities include changing rooms, toilets, and grandstand seating. Former NZ 10,000m champ Rees Buck will be commentating during races and playing tunes between races.

### **Race timetable**

- **6:00pm – B Race (mixed, 40+ min runners)**
- **7:00pm – Team Relay**
- **8:00pm – A Race (mixed, sub-40 min runners)**

Check your race assignment at the bottom of this email. Want to switch races? Let us know by Wednesday evening. We may move runners between the two races to balance the fields. We will let you know if this is likely to affect you.

### **Registration**

Arrive 1 hour before your race and check in at the Officials' Room (near the end of the home straight). Wellington locals: please bring a friend to help with lap counting (details below).

Note: No race-day entries. Pre-entry only. Race bibs must be worn during the race.

### **Food and drink**

The [IndoPLUS food truck](#) will be serving delicious meals. We're also working on securing a coffee cart. Water taps are available—bring a bottle and stay hydrated! After the A Race is complete, we will gather at the Office in Newtown to celebrate everyone's runs. Please join us.

### **Pacers**

Pacers will wear a PACER bib. You should introduce yourself before the race so they know to look out for you.

- 60.00 mins – to be announced, B Race
- 50.00 mins – Dave Kettles, B Race
- 45.00 mins – Colin Price, B Race
- 42:30 mins – Mel Brandon, B Race
- 41 minutes – Paul Barwick, B Race
- 40.00 mins – James Richardson, B Race
- 38.00 mins – Murendeni Netshituka, A Race
- 35.00 mins – Ryan Woolley, A Race

More pacers may be added during the week, and target times for pacers may be adjusted slightly if it will benefit more runners.

## Prizes

- Top 5 Men and Women: \$100 (1st), \$50 (2nd–5th)
- Age Grade Records: \$100 (Wellington), \$400 (National)
- Spot Prizes: 10 × \$50
- Fastest Last Lap: \$100
- Top Club: \$200 (5+ athletes, closest to seed time)
- Commentator's Awards: 3 × \$100
- Relay Winners: 25 × \$10 Lifestyle Sports vouchers

## Lap counters

Wellington locals: please bring a friend to help count laps. It's simple—just record lap times as runners pass. Most people can track 2 to 3 runners.

At registration, you can:

- Register a lap counter for yourself or others
- Volunteer as a lap counter for the other race
- Request a lap counter for your race

Lap counters should report to the start/finish line 20 minutes before race time for a briefing.

## Warm-ups

Please warm up outside the stadium to keep the competition area clear.

## Starting procedure

Starts follow World Athletics Competition Rules. Each race will have a two-group waterfall start:

- 2/3 of runners start in inside lanes
- 1/3 of runners start in lanes 5–8 for the first bend, then merge

Cones will mark the merge point. The starting referees will ensure a fair start. Everyone still runs the same distance.

The digital clock at the start/finish line is not connected to the photo finish system, so the time displayed on the clock may not match the time in the official results.

## Being lapped

If you're lapped, please stay in lane 1. We know it can be tricky—just do your best and respect fellow runners.

## Finishing

Help us manage photo-finish analysis:

1. Let us know ASAP if you're not racing
2. Keep your bib visible from the front
3. If you pull out mid-race, notify a finish-line official
4. Finish in lane 4 (cones will guide you) to avoid confusion with lapped runners

## Health and safety

Please follow all safety briefings and officials' instructions.

[Newtown Park's Code of Conduct is available here.](#)

## Thanks

Huge thanks to our sponsors [Te Ahumairangi Investment Management](#), [Lifestyle Sports Tawa](#) and [Early](#), and to the Athletics Wellington officials and volunteers who make this event possible.

We're excited to see Wellington runners working together in packs, chasing PBs, and having a blast. If you have any questions, just reply to this email.

Hei konā mai,

Stephen Day — 0278158552

On behalf of Wellington Scottish Athletics Club Te Ahumairangi Ten Thousand Organising Team

## B Race entrants (so far)

James Adams, Michele Allison, Paul Barwick, Mel Brandon, Rachel Cann, Louis Colville, Guy Dryden, Sam Edens, Marianne Elliott, Anna Fifield, Terry Fraser, Nicola Hankinson, David Harrison, Julian Hitchman, Ed Hodgson, Matyas James, Katie Jenkins, Jim Jones, David Kettles, Tanya Lavington, Lawrence Lowe, Darcy Mellsop, Stella Nowak, Milen Patel, Colin Price, James Richardson, Iain Shaw, Richard Solomons, Emily Solsberg, Alice Sowry, Catriona Thurston, Tess Tuxford, Andrew Wells, Sophie Whelan, Daniel White, Rhys Wingate

## A Race entrants (so far)

Nicholas Bagnall, Nathan Baker, Tom Barker, Thomas Barr, John Beale, James Campbell, Joel Carman, Will Cleaver-Paris, Charlotte Conder, Lennox Crowe, Stephen Day, Max Doherty, James Edmonds, Sally Gibbs, Willie Gunn, Thomas Hadley, Maia Holden, Chester Holt-Quick, Nick Horspool, Taishiro Kawano, Simon Keller, Daniel Lawrey, Ehsan Lorestani, Andrew Marsland, Jake McLellan, Graeme Morrison, Murendeni Netshituka, Kumiko Otani, Alex Ross, Mark Schomaker, Ryan Schomaker, Sophie Taylor, Ben Wagstaff, Oliver Ward, Adam Whiskin, Ryan Woolley