



INFORMATION FOR ALL PARTICIPANTS

Race 6 – Millwater/Orewa Sunday 7th September 2025

Welcome to race our final race of The Athletes Foot Run Auckland Series and Half Marathon 2025. We head to Millwater for our series Finale and get to run around the stunning Te Ara Tahuna track.

Below is lots of information to help you before, during and after your event and contains important information about the event, including the change to the START/FINISH location, plus, Parking, how to pick up your medals and a friendly reminder to please return your Timing chip after your race.

Millwater Half Race Pack Pick Up

We will be holding 2 extra race pack pick ups for the Millwater event

- Thursday 4th September 5pm – 7pm - At The Athletes Foot store in Albany
- Saturday 6th September – 11am – 12pm - Silverdale School

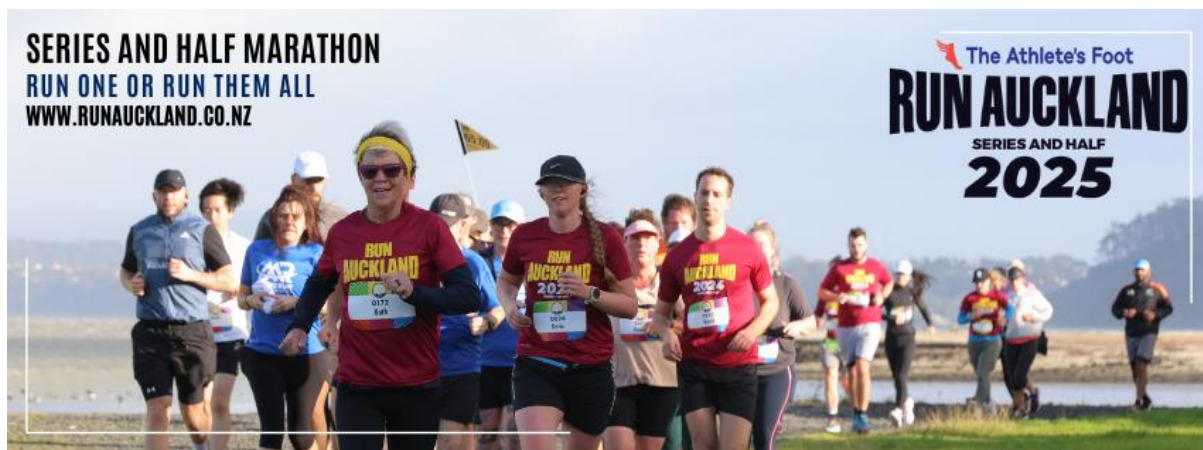
We recommend that you try to make it along to this race pack pick-up. If you can't make it then you can pick up on the morning of the event at our Registration Tent, but please allow extra time it can be very busy, and we want you to start your race relaxed and stress free.



Getting to the event and Parking

For our final event in the series, the Event Village is located at Silverdale School off Longmore lane, there is no event parking in the school but there is plenty of parking in the area, especially at metro park and Stella Maris Lane a couple of hundred metres away and in the streets nearby. If you need help, just put Silverdale School or Metro Park, Millwater Parkway into google maps and it will take you straight there.





Gear bag drop

If you have a gear bag you wish to leave with us while you are on the course, you can drop that off at our gear drop point at the registration tent. Please make sure your belongings are contained in a bag for this purpose and clearly labelled with your name and race number. Please note that while all care will be taken to ensure the security of your belongings, RunNZ Ltd take no responsibility for any loss or damage to your belongings while they are under our care.

Race day schedule

6.30am Race Venue Opens to Participants

7.08am Race Safety Briefing 21km Participants – Compulsory

7.15am 21k Runners Start

7.17am 21k Walkers Start

7.48am Race Safety Briefing 10km Participants

8.00am 10k Runners Start

8.03am 10k Walkers Start

8.48am Race Safety Briefing 5k Participants

9.00am 5k Runner Start

9.03am 5k Walkers Start

9.50am Race Safety Briefing RUN kids Participants

10.00am TAF Kids Dash Start

11.15am End of Series Prizegiving and Spot prize draw



Medals

This year's finale is extra special with two medals to be earned:

Finishers Medal – Awarded at the finish line to everyone who completes their event (21km, 10.5km, 5km, or Kids Dash).

Series Medal – Congratulations to those who have completed all 6 races in the Run Auckland Series and Half! After your race, head to the Registration Tent with your finishers medal, and the team will present you with your well-earned Run Auckland Series Medal.

The registration team will have a list of everyone who has officially completed 5 races. If your name is not on this list but you believe you've earned the medal, please email david@runnz.co.nz after the event. If confirmed, we'll make sure your medal gets to you at our expense. Please note the registration team will not be able to check this information on the day.

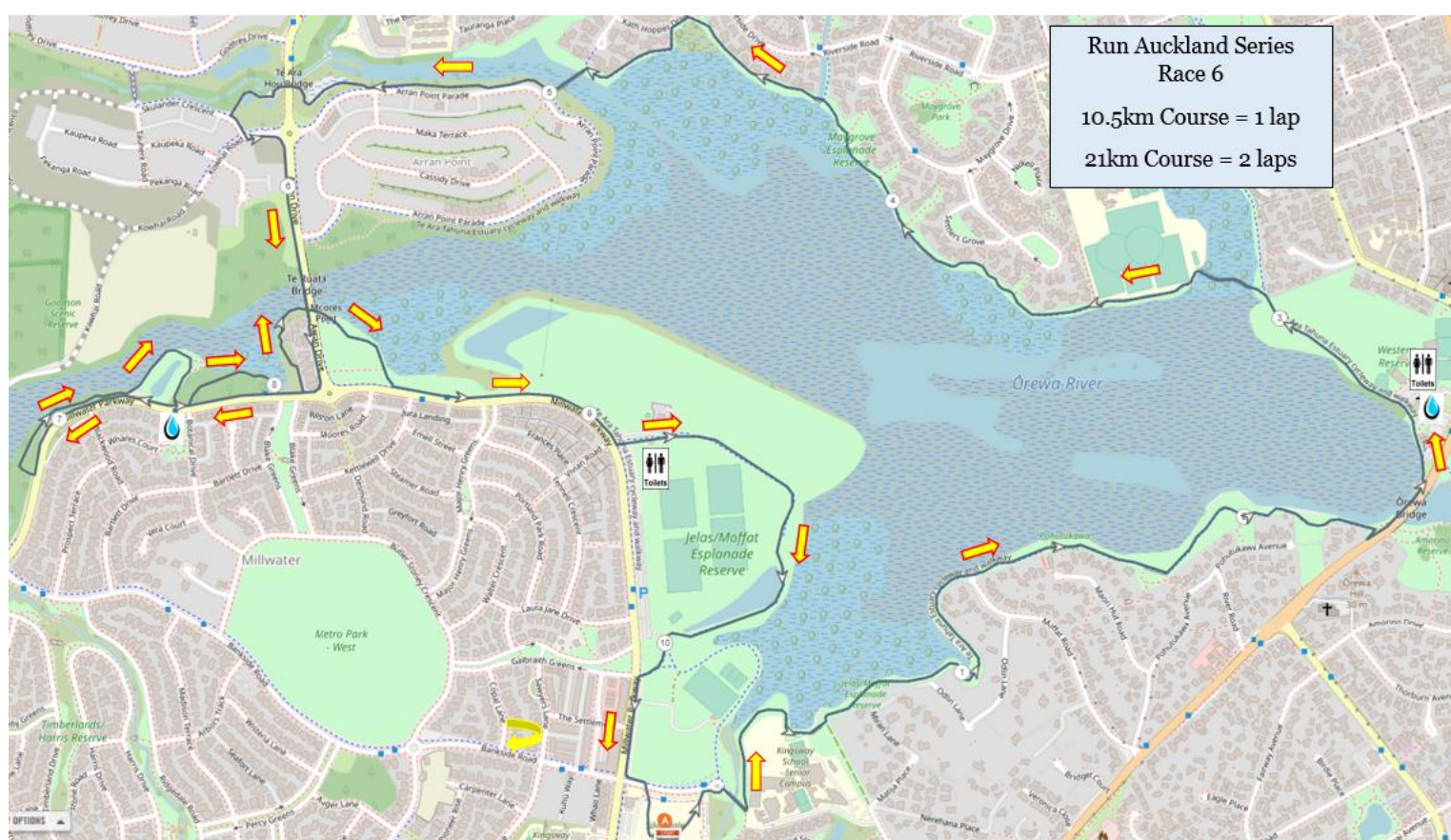
The Course

The course at Millwater/Orewa is all Concrete footpath, apart from the start/finish area which is on grass, and a couple of wooded bridges which may be slippery if wet. There is one road crossing on the 10.5km course (twice for the 21km) marshals will be on the course to guide you around the course

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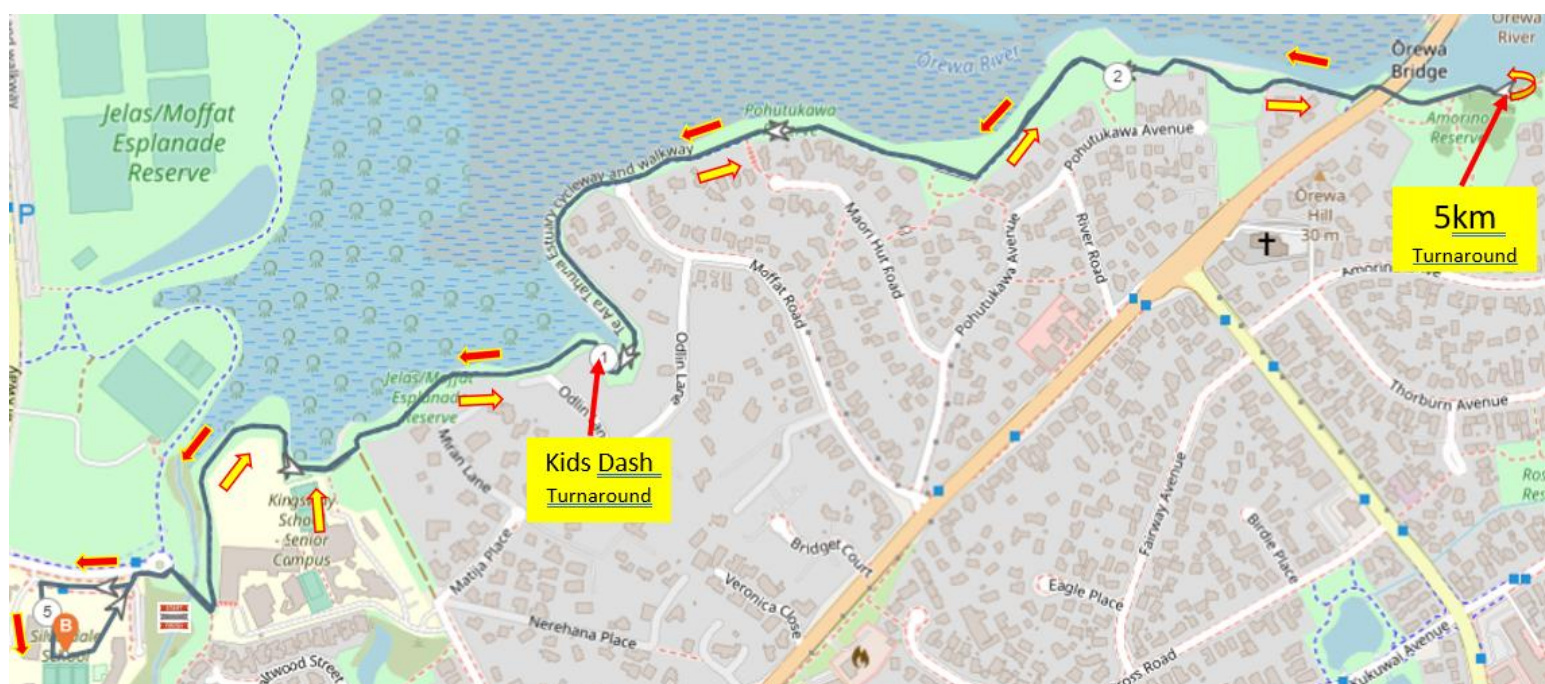
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RUN AUCKLAND
 SERIES AND HALF
2025

Course maps – 21km & 10.5km





5km and TAF Kids Dash Courses



Aid stations

There will be 2 drink stations located on the course. 1 around the 2.5km mark and the other at 7.5km. For those doing the 21km this means you have 4 water stops. CUPS WILL BE PROVIDED AT THESE STOPS.

NOTE We will have a filling station at the start/finish with water and R-line but part of our goal to reach 0 waste we will not have cups available in the village, so you will need to bring a drink bottle or reusable cup to use before and after the race.

We are also selling reusable RunNZ cups that fit in your pocket and with many races going zero cups, even on the course this is a great way to be ready and environmentally friendly



Timing

Timing will be provided by RunNZ and provisional results posted after the race has finished.

Please ensure that your Shoe Tag is attached to your shoe (see picture for location) for each race. this will not work if in your pocket or attached to your race bib.

It is important that you do look after your timing chip and bring this for each event. If you forget this and require a replacement it will be a \$10 cost.



Please also ensure all Timing Chips are returned after this event.

Changing Distance or Event

If you need to change your race distance for whatever reason – injury or you feel super awesome - just pop up to the registration area on race day and they will take your name and race number and change of distance. Easy as!

If you are entered in the walk you **MUST** walk the whole event. If you intend to run at all, even a little run/walk you should be entered in the run event. You can change your event at registration if you need to.



Pacers

We are really pleased to have the team from MetroRun on board once again this year to provide pacers to help you achieve your goals. They will provide pacers for both the 21km and 10km distances. Just look out for their flags for your goal time and pace and remember to thank them after the event if you reach your goal!

COVID-19

To ensure that RunNZ follows MOH guidelines on managing a safe environment for all, participants, spectators, staff and locals we ask that you all follow public health guidelines and practice i.e. keep contact to a minimum, sneeze into your elbow, wash hands and use the sanitizers provided.

All participants and helpers are advised if they are sick or have symptoms of COVID-19, they should stay home.

- Hand sanitizer stations will be set up in the event village.
- RunNZ will monitor the COVID-19 website and MOH for any changes that could impact the event and act in accordance with any advice given by public health authorities.

The Event Village

The heart of the Run Auckland event! We are really excited to bring the Run Auckland Series to you this year. We are keen for the start/finish line to be a place where you can enjoy sharing your race highs and lows with your fellow competitors. Stick around and enjoy the atmosphere as we cheer everyone across the finish line. The



highlight of the event is always the Kids dash – where we cheer on our future generation of runners and walkers. Some of the highlights you can look forward to at the Event Village while you cheer them on include:

- Our MC will keep the music going and will keep your spirits up.
- Our sponsors will be there including Peak Pilates and Physiotherapy to offer you a post-event massage, R-line, Steigen and Domestique, and will be along with other exhibitors so please go check them out
- Pete and the all-important coffee cart
- Sausage Sizzle run by the Orewa Scouts (Venturer Group) please bring some cash to support them and enjoy a hot sausage sizzle before or after your event.
- Plus, a range of other sponsors and exhibitors

Spot prizes

We have a range of spot prizes and other event prizes on offer including vouchers and prizes from RunNZ, Athletes Foot NZ, Lorna Jane, Steigen, Domestique, R-Line, Peak Pilates and Physiotherapy, which will be drawn at the Prize giving at 11:15. You need to be in attendance at the prize giving to be eligible for these prizes. You will need to register to go into the draw on the day.

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Thanks to our Partners.

This event has been brought to you by RunNZ. We owe a huge amount of thanks to our sponsors who have helped us to successfully bring the Run Auckland Series 2025 to you. In particular, thanks goes to:

