



## INFORMATION FOR ALL PARTICIPANTS

### Race 1 Mangere – Ambury Regional Park

### Sunday 24<sup>th</sup> May 2026

Welcome to Race 1 of The Athletes Foot Run Auckland Series and Half Marathon 2026 🏃

We're excited to kick off another great season — and even more so this year as we celebrate 20 years of Run Auckland! You'll see this milestone celebrated across the entire series.

A big welcome back to all our returning runners and walkers — thank you for your continued support — and a warm welcome to those joining us for the first time. We're looking forward to an awesome series ahead.

Below is lots of information to help you before, during and after your event and these are normally sent out a week before each race.

### **Getting to the event and Parking**

The Event Village and start/finish line near Ambury Farm at in Mangere just off Ambury Rd. If you need help, just put Ambury Farm into google maps and it will take you straight there. There is plenty of parking at the venue with the Ranger giving us access to one of the fields for parking available around the area and we will sign post an area near the village for all participants. PLEASE NOTE that the regional park has asked that we do not park on the grass verge on Ambury Rd (inside gate) there is parking in the main parks, and they have also opened up Loop Rd/Kiwi Esplanade for us to use if required



## Race Pack Pick Up

We have a number of race pack pick up options. These race pack pick-ups are for **series pass holders and those entered in Race 1 only**. If you are signed up for Races 2 to 6, your race pack can be collected on the day of your event.

- Saturday 9 May – 9:00am–11:00am Waiatarua Reserve, Remuera (Run Auckland & Huntly)
- Saturday 9 May – 1:00pm–3:00pm Harbourview Beach Reserve, Te Atatū Peninsula (Run Auckland & Huntly – note alternate location due to works)
- Sunday 10 May – 12:00pm–3:00pm The Athletes Foot Albany (Run Auckland Series only)
- Thursday 21 May – 5:00pm–8:00pm The Athletes Foot Newmarket
- Saturday 23 May – 10:00am–1:00pm The Athletes Foot Manukau

Check our Facebook page for more information on exact location details



## **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

### **6.30-7.55am 5km Rego & Late Entries**

7.45am Race Safety Briefing 5km

8.00am 5k Runners Start

8.02am 5k Walkers Start

### **8.00-8.45am 10km Rego & Late Entries**

8.30am Race Safety Briefing 10km

8.45am 10k Runners Start

8:47am 10k Walkers Start

### **8.45-10.10am RUN kids Rego & Late Entries**

10.10am Race Safety Briefing The Athletes Foot Kids Dash Participants

10.15am The Athletes Foot Kids Dash Start

10.45am Prizegiving



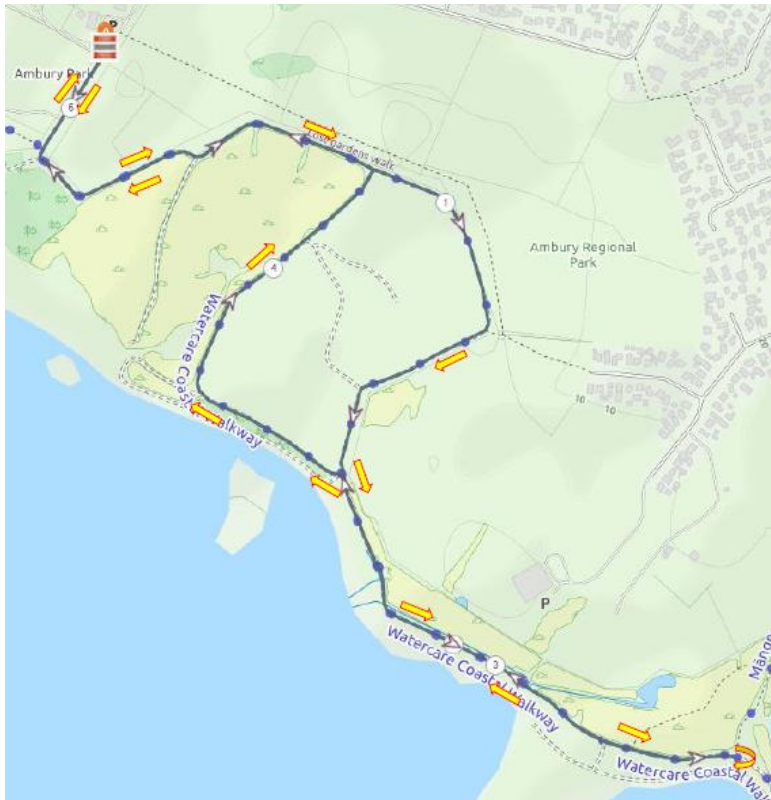
## Course maps

### 10km Course





## 5km Course



## Kids Dash Course





## The Course

The course at Ambury Farm is all metal track and is in great condition. A couple of puddles may appear if lots of rain, but nothing too bad and The course is very manageable in road shoes and not difficult at all.

## Aid stations

The course will be clearly marked for your distance, but please ensure you know the course and follow any markers and instructions from marshals. There will be drink stations located on the course at the 2.4km mark. This is just before the turnaround point on the 5km course

**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.

## 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, attached to your race bib.

For those doing the series, they need to keep hold of this chip and use for all 6 races. for those doing single race/s you are to return your timing chip (place in bins provided in village) after each race





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.

### **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 once again have the amazing 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 5km 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!



## 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 (Scout Group) please bring some cash to support them and enjoy a hot sausage sizzle before or after your event, and help them raising funds for Jamboree
- Plus, a range of other sponsors and exhibitors

## Spot prizes

We have a huge range of spot prizes and other event prizes on offer including vouchers and prizes from our amazing partners, which will be drawn at the Prize giving at 10:45am. You need to be in attendance at the prize giving to be eligible for these prizes.



Thanks to our Partners.

A huge thank you to all our partners who help make this series possible — we couldn't do it without you.

