



INFORMATION FOR ALL PARTICIPANTS

Race 4 Western Springs Speedway, Western Springs

Sunday 26th July 2026

Welcome to Race 4 of The Athlete's Foot Run Auckland Series & Half Marathon 2025.

3 events done and what a amazing first half of the series and hope you have all enjoyed it and are looking forward to the next 3 races

Now it's time to set you up for Race 4. Please take a moment to read all the information below carefully, as it includes important event details—particularly around parking in the area—as well as other useful information to help you prepare for race day.

20 Years of Run Auckland – 🏆 Race 4 –Running Through History

Western Springs – Celebrating Where the Journey Began

Western Springs holds a special place in the history of the Run Auckland Series, having been one of our original event venues when the series first began 20 years ago. Returning to this iconic location gives us the opportunity to celebrate not only another great day of running but also the incredible journey that has brought us to where we are today.

As part of our 20th Anniversary celebrations, we'll be reflecting on the early years of the series, sharing memories from past events, recognising the runners, volunteers, sponsors, and supporters who have helped shape Run Auckland over the past two decades, and celebrating the community that continues to make the series so special. Whether you've been with us since the beginning or are



joining us for the first time, Western Springs will be a chance to honour our history while looking ahead to the future of the Run Auckland Series.

Getting to the event and Parking

The Event Village and start/finish line is within the Speedway off Stadium rd. If you need help, just put Western Spring Speedway into google maps and it will take you straight there. There is some parking inside the speedway, but this will fill up fast. The Speedway will also have restricted access in and out during the event and piroity will for all runners and walkers. There is plenty of street parking around the area.





Race Pack Pick Up

This will be held on the day of the event for any remaining Series Pass entrants and single race entrants. The event village will open at 7am, please allow extra time if you do need to pick up your race pack

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

7.00am Race Venue Opens to Participants

7.00 -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

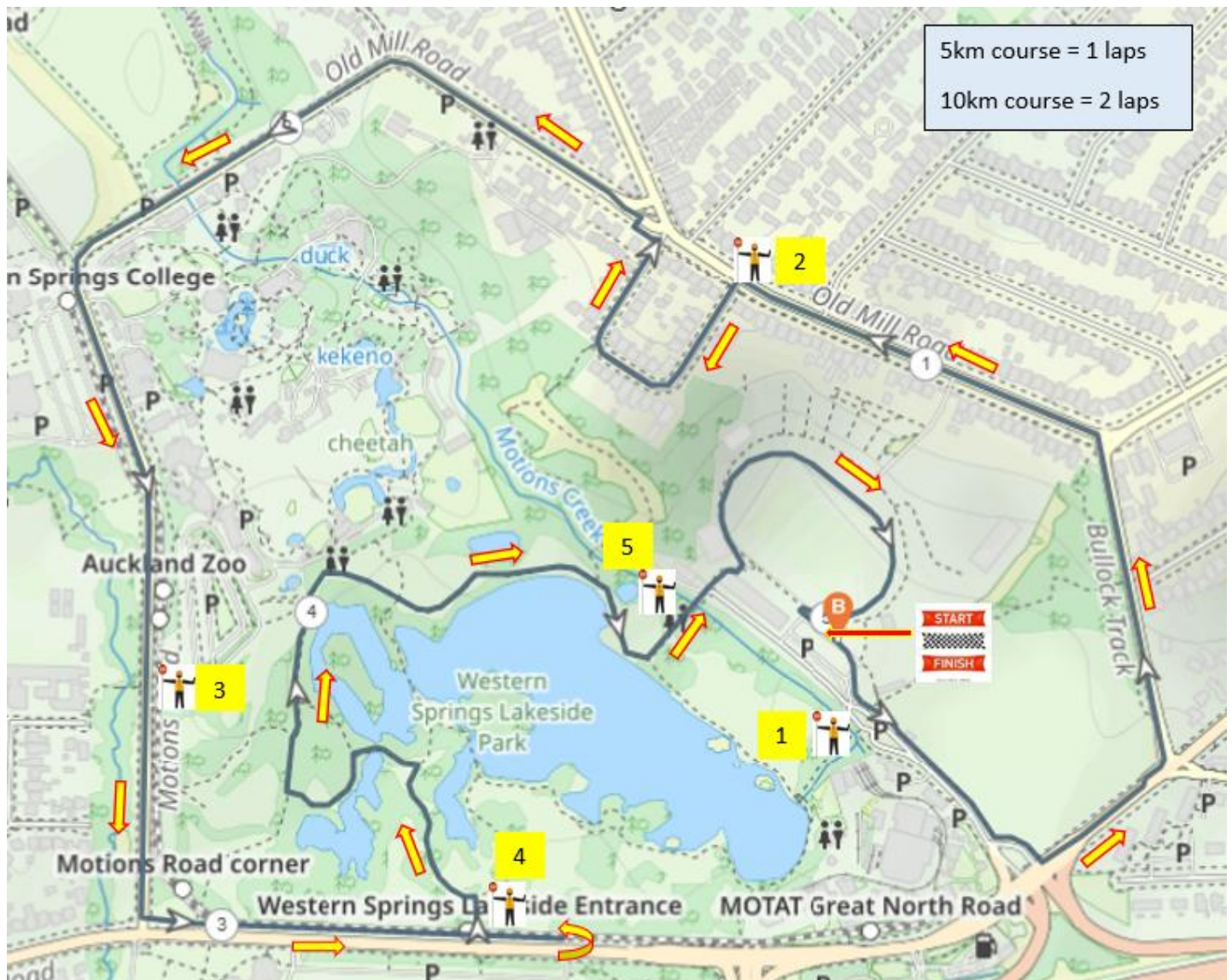
10.15am The Athletes Foot Kids Dash Start

10.45am Prizegiving



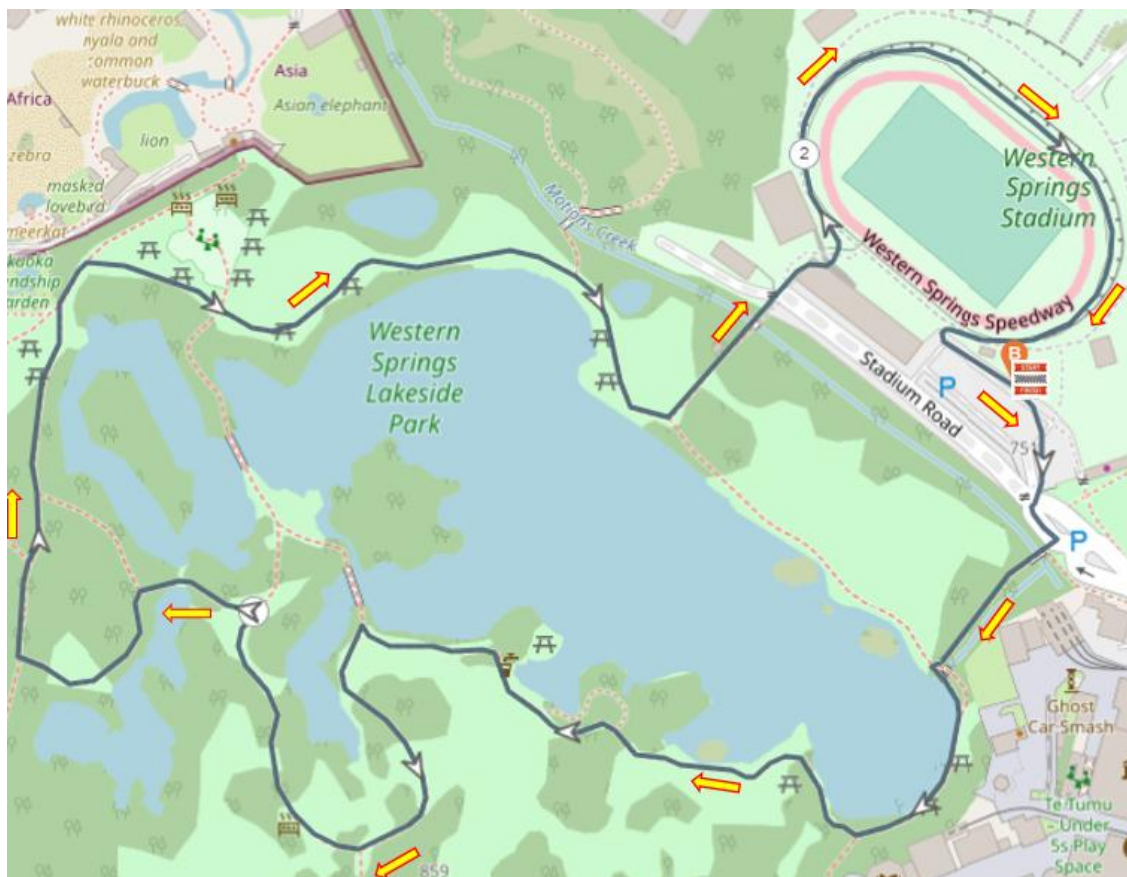
Course maps

5km and 10km Course





Kids Dash Course



The Course

The course at Western Springs is all footpath and concrete so road shoes for this one will be fine. Care to be taken around the lake as it may be wet and a little slippery, especially with all the bird poop.

Care is to be taken around the Zoo entrance as this can get busier later in the morning just before opening, but we will have marshals stationed here to help.

We also advise that for the kids race parents run with the younger ones as the birds can be a little frightening.



Aid stations

The course will be clearly marked for your distance; however, please take the time to familiarise yourself with the course map and follow all course signage, markers, and instructions from our marshals throughout the event.

Drink stations will be located on the course at approximately the **3.5 km mark** and again at **7 km** (for 10 km participants), with water.

As part of RunNZ's commitment to reducing waste, our **yellow reusable cups** will be available **at the on-course drink stations only**.

These cups are **not** provided in the event village. You're welcome to keep your cup with you after using it on course and carry it through to the finish if you wish. Once you have completed your event, please return your cup to one of the **yellow cup collection bins** located in the finish area so it can be washed and reused at future events.

To help us achieve our goal of **zero waste**, we will not have disposable or reusable cups available in the event village. If you would like a drink before or after your race, please bring your own drink bottle or reusable cup.



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 Event Village is the heart of the Run Auckland Series, and we encourage you to stick around before and after your event to soak up the atmosphere, catch up with fellow participants, and cheer everyone across the finish line. One of the biggest highlights of the day is always the **Kids Dash**, where we celebrate and encourage the next generation of runners and walkers.

While you're there, be sure to check out:

- **Our MC**, keeping the energy high with music, announcements, and race updates.
- **Our event partners and exhibitors**, including Peak Pilates & Physiotherapy offering post-race massages, plus R-Line, Steigen, Domestique, and more.
- **Pete's Coffee Cart** for your pre- or post-race caffeine fix.
- **The Orewa Sea Scouts Sausage Sizzle** – grab a hot sausage before or after your event and help support their fundraising for the 2026/27 New Zealand Scout Jamboree (cash is appreciated).
- Plus, a range of other sponsors and exhibitors to explore throughout the morning.

We look forward to seeing you in the Event Village and celebrating another fantastic day of running together!

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.





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PHYSIOTHERAPY

