



INFORMATION FOR ALL PARTICIPANTS

Race 5 Farm Cove, Pakuranga

Sunday 16th August 2026

Welcome to Race 5 of The Athlete's Foot Run Auckland Series & Half at the beautiful Farm Cove.

Four events are now behind us, and what an incredible series it has been so far! Thank you all for being part of our 20th Anniversary celebrations. We've loved seeing so many familiar faces, welcoming new participants, and creating more memorable moments together.

With just two races remaining, the competition is heating up. Whether you're chasing series points, aiming for a personal best, or simply enjoying a morning out with family and friends, Farm Cove promises another fantastic event.

Please take a few minutes to read through the information below, as it contains important race-day details, including parking, course information, event timings, and everything you need to know before arriving.

We look forward to seeing you at Farm Cove for another great morning of running, walking, and celebrating 20 years of Run Auckland!

20 Years of Run Auckland – We've looked back—today we look forward

As part of our 20th Anniversary celebrations, we've spent this season reflecting on the past. Now it's time to look ahead.

We've looked back—today we look forward.



After you've completed your run or walk, we'd love you to take a moment to visit our Future You board and complete one of the following:

- "In 10 years I hope I'm still..."
- "Leave a message for your future self."

Whether it's about your running, your family, your health, or your goals, we'd love to see what the future holds for our amazing Run Auckland community.

We look forward to reading your messages and celebrating the journey we're all on together.

Getting to the event and Parking

The Event Village and start/finish line is in Farm Cove off Bramley Drive. If you need help, just put Farm Cove Reserve, Bramley Drive into google maps and it will take you straight there. There is very little parking within Farm Cove Reserve, and very hard to turn around, but there is lots of street parking within an easy walk of the reserve. Please be respectful of where you park and allow time to find a park and walk to the venue.



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

Also for those only doing race 5 after your race please leave the timing chip in the bins provided at near the start/finish line or the registration tent.



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

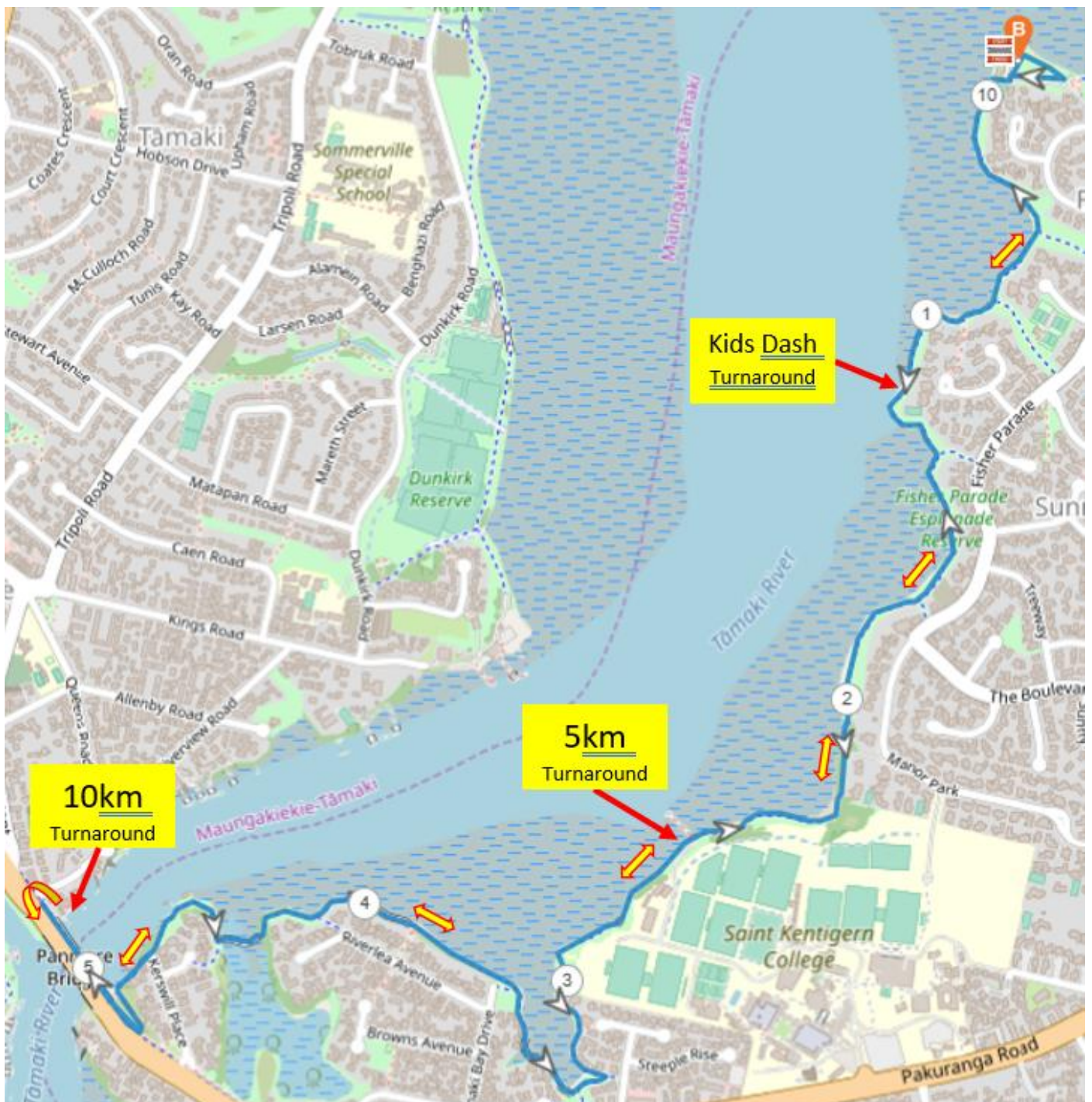
10.15am The Athletes Foot Kids Dash Start

10.45am Prizegiving



Course maps

5km and 10km and Kids Dash Course





The Course

The Farm Cove course is run entirely on sealed footpaths, so road shoes are ideal.

Please take care on some sections of the course, particularly if conditions are damp, as paths may become slippery. There are also shared pathways, so please be mindful of other park users and follow the directions of our marshals at all times.

For the Kids Dash, we encourage parents or caregivers to run alongside younger children if needed, helping them enjoy a fun and safe experience.

Aid stations

The course will be clearly marked for your distance, but please familiarise yourself with the course and follow all signage and marshal instructions.

Drink stations with water will be located at approximately **2.5km** and **7.5km** (10km participants only).

As part of RunNZ's commitment to reducing waste, our **yellow reusable cups** will be available **at the on-course drink stations only**. You're welcome to carry your cup to the finish, but please return it to one of the **yellow collection bins** after your event so it can be washed and reused.

To help us achieve our **zero-waste goal**, no cups will be available in the Event Village. If you'd like a drink before or after your event, 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, so stick around before and after your event to enjoy the atmosphere, catch up with fellow participants, and cheer everyone across the finish line—especially during the always-popular **Kids Dash**.

While you're there, be sure to visit:

- **Our MC** for music, race updates, and entertainment.
- **Peak Pilates & Physiotherapy** for post-race massages, along with **R-Line**, **Steigen**, **Domestique**, and other exhibitors.
- **Pete's Coffee Cart** for your coffee fix.
- **Orewa Sea Scouts Sausage Sizzle** – enjoy a hot sausage and support their fundraising for the **2026/27 New Zealand Scout Jamboree** (cash appreciated).
- Plus, a range of other sponsors and exhibitors.

We look forward to seeing you in the Event Village for another fantastic morning of running and community!

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.

