



- For U18 and U20 teams, numbers are combined across both age groups.
- In relays, if a club has more than one team in a category, only the top team for a club will get league points. The club's second team will take up a place though.
- Again, in relays, women can run as men (if there are not enough available men). Masters and U18/U20 runners can run as seniors.
- All athletes are encouraged to participate. Each athlete participating makes a difference to the team results, no matter your running ability.
- Team points are picked up as you compete and there are overall league tables for team performances per age category and gender across the whole series.
- At the end of the season awards are given to the teams with the most combined points scored throughout the season.

#### **Events:**

The Senior Winter League races are marked on the calendar as "Senior Winter League", and consists out of 9 rounds this year:

**Round 1:** **Southland Centennial Relays** on Saturday 18<sup>th</sup> April 2026 at Dilworth Senior Campus

**Round 2:** **Grand Prix 1** on Saturday 9<sup>th</sup> May 2026 at Pukekohe Showgrounds

**Round 3:** **Grand Prix 2** on Saturday 23<sup>rd</sup> May 2026 at Lloyd Elsmore Park, Pakuranga

**Round 4:** **Auckland Teams Championship** on Saturday 13 June 2026 – venue to be confirmed

**Round 5:** **Grand Prix 3** on Saturday 27<sup>th</sup> June 2026 at Long Bay Regional Park

**Round 6:** **Grand Prix 4/Cross Country Championship** on Saturday 18<sup>th</sup> July 2026 at Barry Curtis Park

**Round 7:** **Grand Prix 5/Road Championship** on Sunday 16<sup>th</sup> August 2026 at Bruce Pulman Park

**Round 8:** **Te Hāora |The Hour Race** on Saturday 22<sup>nd</sup> August 2026 at Lovelock Track

**Round 9:** **Auckland Road Relay Champs** on Saturday 13<sup>th</sup> September 2026 at Mt Smart (venue tbc)

### ***Grand Prix Series***

The Grand Prix Series consists of 5 events, of which the first 4 are Cross Country and the final event the Road Championships. Athletes collect points based on their performances across the series.

More detailed rules around how points are allocated are available in the rules, please familiarise yourself with those.

The Grand Prix series is a chance to race regularly against some of the top runners from other clubs in Auckland and is great for your fitness and athletic development. It is also a lot of fun! If you have not had much racing experience, it is a great way to learn.

Races are split by age category. Distances vary from event to event but generally range from 2kms for the Under 8's, up to 8km or 10km for the Seniors. Events are professionally marshalled and run under World Athletics Rules.

We have not forgotten about our very young runners (those under the age of 7) – fun runs will be hosted at some of our races, so you also get a chance to run. The fun runs are also open to all runners – not just the under 7's.

This year, we are happy to invite our frontline emergency services to come and join in the fun runs for free whilst you build on your fitness for the required fitness tests.

## How the series works

Individual points are picked up as you compete and there are overall tables for your performances across the whole series. There is also three Auckland championship events which form part of the Grand Prix races – (1) Teams Championship, (2) Cross Country Championship; and (3) Road Championship.

At the end of the season awards are given to the runners with the most combined points scored throughout the season.

Entries for races will be opened up approximately 1 week before an event. There is an opportunity at the start of the season to sign up for all races at once at a slightly discounted rate.

## Age Categories for the Grand Prix Series:

U8 Boys & Girls, U10 Boys & Girls, U12 Boys & Girls, U14 Boys & Girls, U16 Boys & Girls

U18/U20 Men and Women, Senior Men and Women

Masters 35 – 49 Men and Women, Masters 50 – 64 Men and Women, Masters 65+ Men and Women

## 2025 Grand Prix Series Dates and Venues

### **Grand Prix 1: Saturday 9 May 2026 – Pukekohe Showgrounds**

Pukekohe is known as a “true cross country event”, meaning it’s got hills, longish grass and usually a bit of mud!

### **Grand Prix 2: 23 May 2026 - Pakuranga Athletic Club, Lloyd Elsmore Park**

This is an all-rounder’s course with some open fast running on the playing fields and some more technical (muddier), steeper bits as well. Pakuranga Athletic Club has food and drinks on offer from their tuck shop and bar after the race, which allows for great socialising with mates.

### **Grand Prix 3: Saturday 27 June 2026 – Long Bay Regional Park**

The Long Bay course is well-drained with a sandy base, so it is dry and fast. It’s also short – usually 2km for junior grades and 4km for the senior grades. This is the course to show off your wheels and your sprint finish. It’s also right on the beach – so why not make a day of it and go for a walk or an extended cool down jog or swim after your run!

### **Grand Prix 4: Saturday 18 July 2026 – Barry Curtis Park (incorporating the Athletics Auckland Cross Country Championships)**

As well as competing for individual points in the Grand Prix series, this race is also the Auckland Cross Country Championship.

### **Grand Prix 5: Sunday 16 August 2026 – Bruce Pulman (incorporating the Athletics Auckland Road Race Championships)**

The Grand Prix series finishes with the Auckland Road Championship. The venue for this year’s race is yet to be confirmed. Again, the Auckland Road Race titles are up for grabs.

### **Cross Country Teams Championship: Saturday 13 June – venue to be confirmed**

This year the Cross Country Teams Championship will be held as a separate event and not part of the Grand Prix series. During the race where you gain points for your club, so you run as a team. It is a bit like the American NCAA races. If you win your category, you get 1 point, if you are 2<sup>nd</sup>, you get 2 points. The team with the lowest overall score wins.

### **Community Fun Run or Walk**

Children under the age of 7 years are encouraged to participate in our Fun Run. The event is also open to non-members and older children and adults who do not want to register and run in their age grade race. There is no need to pre-register for these races, simply come along and choose to run one or two laps of the course (each lap is usually 2km). Parents and adults can run with younger children or just enjoy exercising in the company of others in various parks around the city. Whilst there is no charge to do the fun run, we do welcome donations for this event.

Not sure about running or jogging the 2km/4km? Then why not try walking it? We invite Social Walkers to enjoy this experience as well. Entry is the same as for the Fun Run.

### **Junior Winter League**

The Junior series is held across the season and clubs compete for the Hansen Shield and Turnco Shield and will be noted on the calendar of events as “Junior Winter League”.

Points are allocated at each event, for each of the Hansen and Turnco Shields. The winners will be the clubs with the highest score over the six events.

If a club does not have enough runners to form full teams, they can form a combined team with another club – noting that this cannot be the fastest runners from clubs to form an elite team. In such instances points will be split across clubs.

Entries are usually submitted by the clubs, so be sure to reach out to your local club to enquire about this.

The Junior series will consist out of 6 Relay events this year:

- **Race 1: South Centennial Relays:** Saturday 18<sup>th</sup> April 2026 at Dilworth Senior Campus
- **Race 2: Oratia Junior Relays:** Saturday 16<sup>th</sup> May 2026 at Konini Primary School, Glen Eden
- **Race 3: Lynndale Junior Relays:** Saturday 30<sup>th</sup> May 2026 at Olympic Park, New Lynn
- **Race 4: Auckland Teams Cross Country:** Saturday 13<sup>th</sup> June 2026 – venue to be confirmed
- **Race 5: Auckland City Athletics Pairs Relays:** Saturday 8<sup>th</sup> August 2026 at Cornwall Park, Greenlane West
- **Race 6: Moire Park Trail Junior Relays:** Saturday 5<sup>th</sup> September at Moire Park, Massey (tbc)

### **National Events on the Calendar**

- **NZ Short Trail Championship:** Sunday 15 March 2026 – Dunedin
- **NZ 24-hour Championship:** Saturday 21 March 2026 – AUT Millenium, Auckland
- **NZ Half Marathon Championship:** Sunday 12 April 2026 - Christchurch
- **NZ Mountain Running Championship:** Saturday 18 April 2026 - Wellington
- **NZ Masters Marathon Championship:** Saturday 2 May 2026 – Rotorua (part of Rotorua Marathon)
- **NZ Half Marathon Championship:** Sunday 29<sup>th</sup> June 2025 - Wellington

- **North Island Cross Country Championship:** Saturday 4<sup>th</sup> July 2026 July - Taupo
- **NZ Cross Country Championship:** 1<sup>st</sup> & 2<sup>nd</sup> August 2026 – Hagley Park, Christchurch
- **NZ 10km Road Championship:** Saturday 29<sup>th</sup> August 2026 – New Plymouth
- **NZ 1 Mile Championship:** Sunday 12<sup>th</sup> September 2026 - Dunedin
- **NZ Road Relay Championship:** Saturday 3<sup>rd</sup> October 2026 – Whanganui
- **NZ 100km Championship:** Sunday 1<sup>st</sup> November 2026 – Christchurch
- **NZ 50km Trail Championship (part of Legend of the Peaks):** Saturday 7<sup>th</sup> November 2026 – Rotorua
- **NZ Marathon Championship:** Saturday 29<sup>th</sup> November 2026 – Whanganui
- **NZ Long Trail Championship and NZ 5km Championship:** Saturday 5<sup>th</sup> December 2026 - Nelson

### **Important Information for Race Day**

- **Have you entered:** Make sure you enter before the entries cut-off date and time. Lists will be posted on our website on the Friday prior to the event. Double check that your name is on the list if you have entered.
- **Be organised:** The best advice to all competitors (not just first-timers), is to **arrive at the site early**. There is lots to do before a race, and lots of people are trying to do the same thing, so the best way to avoid being rushed is to ensure you have enough time to get organised pre-race.
- **Check In:** Athletes must report to the Registration Desk to check in and receive their number (which has a transponder attached). Remember to remove and return your number at the end of your race.
- **Reporting Times:** All athletes should arrive at least 1 hour prior to their race to give enough time for check in, check out the course layout, complete warm-up preparations, and be 'race-ready'.
- **Start Times:** Start times vary for each event. A course map, programme and venue directions can be found under Events on the Athletics Auckland website <https://athleticsauckland.co.nz/competition/events/>  
Go to the start line 10 minutes prior to the start of your scheduled race.  
**Remember, races can sometimes start a few minutes earlier or later than scheduled.**
- **Uniform:** Athletes must wear their correct club uniform while racing. Please ensure you check with your club on what their requirements are.
- **What to bring with you to the start line:** Your club singlet, running shoes/spikes (if wearing these), your race number with transponder.
- **What not to bring with you to the start line:** iPods and electronic devices (you cannot wear earbuds / air pods, headphones, etc while competing). **In most instances you will be allowed to run with a smart watch, unless otherwise specified.**
- **No pacing:** At no time is pacing allowed during a race. You are welcome to encourage and support your athlete, but don't run alongside them on the outside of the course. This will be seen as pacing, and the athlete may be disqualified.
- **If you are unsure, ASK:** If you are unsure of anything on race day, please ask one of the Athletics Auckland members or someone from your club. **Rather be sure of the rules.**