



# Kaukau Skyline Traverse

## 2025 Wellington Mountain Running Championships

**Saturday 18 October 2025**

Olympic Harriers and Athletics Wellington proudly present the second year of the Kaukau Skyline Traverse, incorporating the 2025 Wellington Mountain Running Championships.

Everyone is welcome to enter and run in any race they choose. Championship runners are to run in the correct race according to their age grade to be eligible for Athletics Wellington medals.

### **Event Location**

The races will take place on the western hills of Johnsonville along the Skyline Track over Mt Kaukau.

#### [Event Location](#)

Races start and finish at the northern end of the Skyline Track heading south along the ridgeline to Mt Kaukau and beyond. All races are 'out and back' each with a turn-around point. The long course includes an additional challenging loop before turning around.

#### [Course Map](#)

The race start/finish area is on the small reserve between the ends of McLintock Street and Carmichael Street and can be accessed from the south side at the end of McLintock Street. Please respect the residents on McLintock Street and nearby streets when parking in the area.

#### [Start/Finish Area](#)

There are a limited number of port-a-loo toilets situated at the start/finish area. Please try to use the facilities at Waiora before you go to the start/finish area.

All clothing and valuables should be left in cars or with a support person.

### **Race Headquarters**

Olympic Harriers is based at Waiora Hub, the community and sports centre in Johnsonville. It is a short 5 minute drive from Waiora Hub to the start/finish area. There is plenty of parking next to Waiora Hub. Please consider ride sharing when heading to the start/finish area, or even better, use the 1.75km distance as a warmup and warm down for your race.

*Waiora Hub*

*Alex Moore Park*

*Johnsonville*

All entrants **must report to Race Headquarters between 9:00am and 10:15am** on race day to sign in and pick up a race bib to be worn on the front of their singlet.

There will be energy food and hydration drink available after your race, and we have loads of great spot prizes to give away at prizegiving. Prizegiving will be held at 1:30pm at Waiora Hub.

**There will be no plastic cups at this event, so you need to bring your own bottle or cup if you want a hydration drink after your race. Learn how to make your own [100% Eco Speed Cup](#) for free!**  
**Olympic Harriers would like to see you all with a homemade 100% Eco Speed Cup!**

## Grades

Junior Girls and Boys U10 / U12 / U14 / U16

Junior Women and Men U18 / U20

Senior Women and Men 20-34

Masters Women and Men 35-49 / 50-59 / 60+

Ages are your age on 31 December 2025 except for masters where age is on the day of the race.

Championship runners must be registered with an Athletics Wellington club, wear their club uniform and run in the correct race according to their age grade. If you still have your 2025 interclub bib handy, please bring it along to help us out with our limited number of spare bibs.

Non-championship runners can run in any race they choose.

## Schedule

Sign In	Time		
<b>Race Headquarters (Waiora Hub)</b>			
Late entries	8:00am – 9:00am		
Sign in and pick up bib	9:00am – 10:15am		
Race Briefing	Time		
<b>Start/Finish Area</b>			
Welcome, course and safety info	10:45am		
Race 1 – Long course	Time	Distance	Ascent
<b>Start/Finish Area</b>			
Senior Women and Men 20 - 34	11:00am	12.15 km	600 m
Masters Men 35 – 49	11:00am	12.15 km	600 m
Race 2 – Medium course	Time	Distance	Ascent
<b>Start/Finish Area</b>			
Junior Men U20	11:10am	8.75 km	400 m
Masters Women 35 - 49	11:10am	8.75 km	400 m
Masters Women and Men 50 - 59	11:10am	8.75 km	400 m
Masters Women and Men 60+	11:10am	8.75 km	400 m
Race 3 – Short course	Time	Distance	Ascent
<b>Start/Finish Area</b>			
Junior Women U20	11:20am	5.75 km	220 m
Junior Women and Men U18	11:20am	5.75 km	220 m
Junior Girls and Boys U16	11:20am	5.75 km	220 m
Race 4 – Sprint course	Time	Distance	Ascent
<b>Start/Finish Area</b>			
Junior Girls and Boys U14	11:30am	1.75 km	70 m
Junior Girls and Boys U12	11:30am	1.75 km	70 m
Junior Girls and Boys U10	11:30am	1.75 km	70 m
Prizegiving and spot prizes	Time		
<b>Race Headquarters (Waiora Hub)</b>			
Athletics Wellington medals	1:30pm		

Distances and ascents are approximate.

## Entry Information

Entrants are encouraged to enter online by the end of Friday 17 October. Earlybird prices are valid up to Sunday 12 October.

Late entries will be accepted at Waiora Hub between 8:00am and 9:00am on Saturday 18 October. Direct credit or cash only.

Individuals are responsible for entering and paying. Clubs will not be invoiced for this event.

On-line entry: [Online Entry Form](#)

Information: [Olympic Harriers Website](#)

You must be 18 years or older to run in the long or medium courses (races 1 or 2).

Long course runners should be able to complete the course in under 2 hours.

Walkers must enter the short or sprint courses (races 3 or 4) due to time constraints.

## Prices

Category		Earlybird prices up to Sunday 12 October	Prices from Monday 13 October
All juniors	Under 20 years	\$10.00	\$15.00
All seniors (Athletics Wellington registered club members)	20 years and over	\$20.00	\$25.00
All seniors (Non-club members)	20 years and over	\$30.00	\$35.00

## Results and Medals

All results will be posted on the Olympic Harriers website.

Athletics Wellington medals will be awarded to the first 3 Athletics Wellington club members in each grade.

## Club of the Mountain Competition

Club of the Mountain shall be determined as follows:

Points will be awarded to finishes in each grade Junior Girls and Boys U16 and above (races 1, 2 and 3), 10 for 1<sup>st</sup>, 9 for 2<sup>nd</sup>, 8 for 3<sup>rd</sup>, down to 1 for 10<sup>th</sup> and all other places. The top 6 female and top 6 male finishes from each club (but no more than 3 from any 1 grade) shall be determined and have their points added to get the club's score. The club with the highest score shall be crowned Club of the Mountain. If two clubs end with the same score, the top 5 will be used, then 4 etc. to determine the winning club.

[Club of the Mountain Trophy](#)

## **Cancellation**

In the unlikely event the weather conditions are considered too dangerous on the Skyline Track, the event will be cancelled. There is no postponement date.

## **Refunds**

Unfortunately, as a small community club organising this event on a tight budget with committed costs, we cannot offer refunds for withdrawals, nor offer refunds if we must cancel last minute for safety reasons. We have intentionally kept the entry price very affordable to encourage participation. We appreciate your understanding that your entry helps support the broader trail running community.

## **Rules**

The following rules are for everyone's safety as well as ensuring we comply with the Wellington City Council event permit terms and conditions.

1. Runners must always follow instructions from marshals. Please don't wear earphones.
2. Safety is everyone's responsibility. If you encounter anyone in need of assistance you must stop and help. Estimated time lost will be deducted from your result.
3. You must always ensure your bib number is visible to marshals positioned at each of the course turn-around points.
4. Familiarisation of your chosen course and looking out for course markings and directions is your own responsibility. A mountain running course is not marked as thoroughly as a cross-country course.
5. If you withdraw, you must contact officials at the start/end area to sign out as soon as possible to avoid any unnecessary search effort.
6. Dogs are not allowed to join in any of the races. Dogs are permitted in the area but must be always kept on a leash.
7. Please consider taking an emergency blanket, enough water and suitable clothing based on the conditions on the day, especially if you are entering the long or medium course and the weather is very windy, wet or cold.
8. All rubbish must be removed. If you bring it in, you must take it out. There are no rubbish bins at the event. Anyone found knowingly dropping rubbish without reasonable effort to recover it during the event will be disqualified.

## **Support**

The following organisations have generously supported our event.

On a good day the views across Wellington and the South Island are amazing!

And on a bad day...it's exhilarating!

