

2026 Kaukau Skyline Traverse

NZ & Wellington Mountain Running Championships

Saturday 18th April 2026

Olympic Harriers and NZ Athletics proudly present the Kaukau Skyline Traverse, incorporating the 2026 New Zealand and Wellington Mountain Running Championships.

Schedule

- 8:00am** **On the day entries:** Late entries will be accepted at Waiora Hub between 8:00am and 9:00am on Saturday 18 October. Direct credit or cash only.
- 9:00am** **Registration:** All entrants **must** report to Race Headquarters between 9:00am and 10:15am on race day to sign in and receive a race bib to be worn on the front of their singlet.
- 10:15am** **Registration Closes**
- 11:00am** **Long Course Starts from Start/Finish Area**
- 11:10am** **Medium Course Starts from Start/Finish Area**
- 11:20am** **Short Course Starts from Start/Finish Area**
- 11:30am** **Sprint Course Starts from Start/Finish Area**
- 1:30pm** **Prize Giving:** Head down to **Waiora Hub** for some food and drinks from the venue's bar. NZ and Wellington Mountain Running Champs medals will be given out. There will also be plenty of spot prizes for all runners

Race Headquarters

*Waiora Hub
Alex Moore Park
Johnsonville*

Olympic Harriers is based at Waiora Hub, the community and sports centre in Johnsonville. It is a short 3-5 minute drive from Waiora Hub to the race start and finish area. There is plenty of parking next to Waiora Hub. Registration and Prize Giving is here. Please consider ride sharing when heading to the start/finish area, or even better, use the 1.75km distance between as a warmup and warm down for your race.

[See the locations map here](#)

Start Finish Location

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

Event Location

All 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.

[See the locations map here](#)

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.

[See the course map here](#)

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.

There will be tents to leave your bags with clothes in them.

There will be water, electrolytes and some food at the finish. Please bring your own bottle or cup as there will be no cups provided. **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!

Races and Grades

- Championship runners, who must be a member of an Athletics NZ Club, are to run in the correct race according to their age grade to be eligible for NZ and Wellington Athletics medals.
- If you want to run any other race you can, provided you meet the minimum age requirements.
- Everyone, club member or not, is welcome to enter.
- Non-championship runners can run in any race they choose.
- Championship runners are to run in the correct race according to their age as stated in the NZ Athletics Regulations - if a race has multiple grades in it, you just have to make sure you choose the right race and you will be put in the correct grade.
 - Long Race: Senior Women and Men, Masters Men 35-49
 - Medium Race: Masters Women 35-49, Masters Men 50+, Under 20 Men
 - Short Race: Masters Women 50+, Under 20 Women
 - Sprint Race: Junior grades Under 14 and younger
- NZ Champs age grades
 - Junior Women and Men - U20 (Must be over 14 and under 20 by 31/12/2026)
 - Senior Women and Men - 20 to 34 (Must be over 19 by 31/12/2026 and under 35 by 18/04/2026)
 - Masters Women and Men - 35-49 / 50+ (based one age on 18/04/2026)
- Wellington Champs age grades
 - Same as NZ Champs with the addition of the below grades
 - U18, U16, U14, U12, U10 - all based on age as at 31 December 2026)
 - Masters 50-59, Masters 60-64, Masters 65-69, Masters 70+
- 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. You will be given a new bib for this race, do not bring your interclub bib.
- Non-championship runners can run in any race they choose.
- You must be 18 years or older to run in the long or medium races.
- You must be 14 and over to run in the short race.

Results and Medals

All results will be posted on or linked to from the Olympic Harriers and Kaukau Skyline Traverse website.

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

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

Athletics Wellington Club of the Mountain Competition

Club of the Mountain shall be determined as follows:

Points will be awarded to Athletics Wellington club member finishes in each grade Junior Girls and Boys U16 and above (races 1, 2 and 3), 10 for 1st, 9 for 2nd, 8 for 3rd, down to 1 for 10th 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.

Entry Information

Course Costs

Long Course: \$59 for Club Member, \$49 for Non Club Member

Med Course: \$49 for Club Member, \$39 for Non Club Member

Short Course: \$34 for Club Member, \$24 for Non Club Member

Sprint Course: \$24 for anyone.

Entrants are encouraged to enter online by the end of Thursday 16 April.

Manual 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: [NZ Mountain Running Champs 2026 - Kaukau Skyline Traverse](#)

Late fee of \$20 is applied from the 4th of April.

Cancellation

If the weather conditions are considered too dangerous to hold the event, the event will be cancelled. There is no postponement date.

Refunds

- Up until Wed 8 April 2026 refund less \$10.00 admin fee.
- Between Thurs 9 April to Wed 15 April 2026 – 50% refund of entry fee.
- After Wed 15 April no refunds.

Transfers or course changes incur a \$25 admin fee.

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.
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 heavily 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 kept on a leash at all times.

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.

radix
nutrition

BABYDOLL
WINE OF NEW ZEALAND

R-LINE
ELECTROLYTE DRINK

LIFESTYLE
SPORTS

PURE
SPORTS NUTRITION

Woolworths 

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

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



Questions?

Contact Andrew Thompson through race@kaukauskylinetraverse.com