

NZ One Mile Road Championships 2025

We are excited to be offering an innovative and rewarding competition opportunity for our middle and distance running community.

The One Mile NZ Road Running Championships in 2025 will be staged as part of The Spectacle Trail & Road Running Festival in Nelson on the evening of Saturday 6th December 2025.

The events will be run on a unique inner-city circuit closed to traffic that is speedy and spectator friendly.

The format for the Senior and Under 20 One Mile Road Championships within The Spectacle will embrace an inspiring, action-packed racing opportunity that incentivizes laying it all on the line.

The 2025 One Mile NZ Road Running Championships will utilise a World Athletics approved format combining male and female athletes with the female athletes setting out to a predetermined time gap with the male athletes in pursuit.

The authorised Spectacle road mile events in consideration for the One Mile NZ Road Running Championships for Under 20 and Senior athletes are as follows:

Elite Invitational Mile

Will offer a minimum of twenty four places in the field (maximum twenty six places) for male and female athletes made up of eight invited (by The Spectacle organisers) international elite athletes, **six NZ elite invited athletes** (by The Spectacle organisers) **with a minimum of ten remaining places for domestic athletes** (selected based on the NZ T&F rankings for 1500m or Mile (fastest times) for the past 12 months (5 Dec 2024 to 5 Dec 2025) and to be solely adjudicated on by the Chief Athletics NZ statistician.

A Mile etc

The balance of athletes wanting to contest the NZ Championships in the Senior Men's, Senior Women's, Under 20 Men's and Under 20 Women's grades who don't make the Elite Invitational Mile field would be assigned to the A or B, C etc race(s) as required and race using the same format as the Elite Invitational Mile.

Championship medals will be awarded, based on net time, to the fastest Athletics NZ-eligible athletes in the Senior and Under 20 grades, across the Elite International Mile and the various NZ Championship mile races.

The authorised Spectacle road mile events in consideration for the One Mile NZ Road Running Championships for Masters athletes are as follows:

Masters Mile

Age Grade Championship medals will be awarded to Athletics NZ-eligible athletes in the masters grades and will also be raced in a combined male and female race(s) but with placings determined by the first three over the line male and female in five-year age grades.

World Athletics

The Spectacle Road Miles incorporating the NZ One Mile Road Championships will be operated in accordance with World Athletics rules with performances of Senior and Under 20 athletes valid for entry standards, records, and rankings.

See You at The Spectacle

We cannot wait to see you competing at The Spectacle in Nelson for the NZ One Mile Road Championships where you will get to experience an exhilarating mile race format within one of NZ's most exciting new major road running events.