



VICTORIA UNIVERSITY OF
WELLINGTON
TE HERENGA WAKA



SUPPORTING AND DEVELOPING COMMITTED RUNNERS

Victoria University of Wellington has a proud history of producing talented distance runners and this continues today with a crop of runners currently studying at VUW. Students that love to run can experience this first-hand while achieving a high-quality tertiary education. Our university has an exciting vision to become a preferred destination for tertiary student runners. Partnering closely with Athletics Wellington and the VUW Athletics Club we are committed to meeting the needs of our committed and high performing runners.

For more information visit our website



“It’s very motivating to feel like you are backed by a community. It’s something I haven’t seen before in my other experiences with the sport.”

- Running Hub member 2023

VUW Running Hub

In 2023, we launched the VUW Running Hub programme with a small group of track and cross-country runners at the University. The Running Hub has been designed by students and aims to complement individual training plans and club commitments, while providing tailored support so our students can develop their running while completing their study.

Partnering with Athletics Wellington and the VUW Athletics Club, we are providing development opportunities across the year through educational workshops on topics such as nutrition, mental health and strength and conditioning. We will also be hosting inspirational speakers to help motivate and encourage our runners to accomplish their goals.

Of course, we also facilitate regular Hub training sessions so athletes get the benefit of training with other like-minded, committed runners.

After a successful 2023, we look forward to further developing this Running Hub as an inclusive and supportive environment for student runners.

VUW ATHLETICS CLUB

The running, track and field club for all students on campus, catering for all abilities and experience, young and old, road and trail. From casual running to national champs with community approach, VUWAC do it all!

<https://www.wgtn.ac.nz/recreation/clubs-and-societies/directory/athletics>

ATHLETE SUPPORT NETWORK

Performance runners can access Athlete Support services to help manage the challenge of juggling competitive sport and study.

All student runners are encouraged to join our Student Athlete Network to meet others, access support, and stay in touch with updates.

For more information email sports@vuw.ac.nz



LOCATION AND TRAILS

Wellington has an abundance of sensational routes often accompanied by jaw dropping views or beautiful bays with the University ideally located for students to make the most of them.

Boyd-Wilson field is a 342m artificial turf on campus and Newtown Athletics Stadium is also located 5km from the main campus. From the campus to beautiful running routes or the track in minutes

University Recreation has an on campus gym with Precor cardio machines which include virtual reality on those wet and windy days.



ROGER ROBINSON SCHOLARSHIP

This scholarship has been established by Roger Robinson to support student runners studying at Te Herenga Waka-Victoria University of Wellington.

This scholarship is open to all students who are intending to enrol, or are already enrolled, in an undergraduate degree at VUW. This scholarship is to assist competitive runners, in distances of 800m or longer, to succeed both academically and in their sport.

<https://www.wgtn.ac.nz/scholarships/current/roger-robinson-scholarship-for-student-runners>

Scan to find out more!



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