

# Round The Bays Wellington 2025

## What is Round The Bays Wellington?

Round The Bays Wellington is an event where participants walk or run from Oriental Parade around to Kilbirnie Crescent for the 8.4km event or Scorching Bay Beach then back to Kilbirnie Crescent for the 21km event.

The event will be held on **Sunday the 16<sup>th</sup> of February 2025**. The start time will depend on what start group you are participating in. I am going to be participating in the **Walkers & Non-Competitive Mobility** group which starts at **9:45am**.

Please see the Round The Bays website for more information on the event.

<https://www.roundthebays.co.nz/wellington/>

## A bit about me

My name is Connor, I have lived in Wellington for a number of years now and work full time as a software developer. I also host the monthly coffee group for the Cerebral Palsy Society here in Wellington.

In 2023 I did the 10km event for the Gazley Volkswagen Wellington Marathon. While I did succeed, I wasn't as prepared as I could have been and frankly finished the event a bit worse for wear. I am interested in seeing what I can achieve this time with proper training and what the aftermath will be this time round.

I want to do Round The Bays because while challenging, it is something I feel I can achieve if I put the work in. Another motivator for me is to use the lead up to the event and the event itself to meet other people living in Wellington with Cerebral Palsy. My hope is to do the event alongside other people with Cerebral Palsy, their families and/or friends. It isn't about finishing the event, that would just be a bonus. It is about meeting up as a community and having fun as a group.

## Team for the event

I have created a team for the event called **Cerebral Palsy Wellington** which you can register with when signing up for the event. If you want to sign up for a different event or start group you can still sign up for the team to help raise awareness. If you're keen to have a casual walk with other members of the community please make sure you select the **Walkers & Non-Competitive Mobility** start group when signing up for the event.

## The Boring But Important Information (PLEASE READ)

- When signing up for the event you acknowledge that you have read the terms and conditions (there is important health and safety information so please read it)
- Individuals must arrange for the collection of their own race pack.
- You are encouraged to consult with your GP or other health professional before participating.

- Individuals who sign up for the team are responsible for their own health and safety during the event and during training. The Cerebral Palsy Society or myself are not responsible for any health issues that may occur during the event or during training.
- As team captain I can see team members contact information, this information is only visible to me not other team members. This information will only be used to communicate information about the event or group training sessions. The Cerebral Palsy Society will be included on every correspondence about the event.

## Signing up for the event

To sign up for Round The Bays Wellington please do the following:

1. Go to <https://www.roundthebays.co.nz/wellington/entry-options>
2. Select **Enter Now** under the distance that you want to walk/run
3. You'll be taken to the event sign up site (you'll need to create an account if you don't have one already)
4. Once you have signed in you will need to select the event that you want to participate in, either the **Southern Cross Round the Bays Wellington (8.4km event)** or **Half Marathon (21km event)**
5. Under **Start Group** select **Walkers & Non-Competitive Mobility** if you wish to walk with others during the event. If you want to participate at your own pace please select the start group most suited to your abilities.
5. After selecting the event, fill out the registration details. Under the **Teams & Families** section, select add entry to an existing team, under team category select **Corporate** and find **Cerebral Palsy Wellington** in the list. Please note that this is not a corporate team, it is just the terminology best suited to this type of team.
6. Complete the sign up process.

## Training for the event

I would be keen to train alongside others but I understand that everybody has commitments and people may not be able to attend on a regular basis. I was thinking that we could meet on the Wellington Waterfront every fortnight on the weekend and make our way around Oriental Parade as far as is comfortable for everybody.

I am happy to discuss alternative forms of training that might suit better but the exact details will be communicated through the team mailing list.

## Event Day

### Before the event

On event day those of us who want to participate together can meet at a specific location before the event then head to the start line together. Those of you who are participating at your own pace are also welcome to come and chat before the event, all the best and thank you for helping to raise awareness for Cerebral Palsy. If people are keen it would be great to take a photo of us as a group before the event to show other members of the Cerebral Palsy Society what we are doing.

## **During the event**

We will walk together as far as we can manage. I realise that everybody has a different capacity for walking so only do what you are able. You can bring a support person with you for the event and they don't have to pay. Please make sure you bring appropriate clothing, plenty of water, some food and any equipment you need to participate safely.

Please see the accessibility page for more information

<https://www.roundthebays.co.nz/wellington/accessibility>

## **After the event**

What happens afterwards will depend on where we get to during the event. There will be buses/shuttles to take people back into the city at the finish line. The area around the finish line is likely to be very busy after the event so I would encourage everybody to plan ahead for how they are going to get back after the event.

## **Contact Me**

If you have any questions about Round The Bays Wellington please contact me at [connora.wellington18@gmail.com](mailto:connora.wellington18@gmail.com)