



# Sunday 19 February 2017

[cignaroundthebays.co.nz](http://cignaroundthebays.co.nz)



## ESSENTIAL INFORMATION FOR CIGNA ROUND THE BAYS 2017 PARTICIPANTS

Congratulations on entering Cigna Round the Bays 2017. This year's event is shaping up to be the biggest ever, so in the interests of your enjoyment and safety, **please make sure that you read this essential information prior to the day.**

The event is on **Sunday 19 February 2017**. It starts on Jervois Quay, opposite Frank Kitts Park. Cigna Achilles Half Marathon participants will lead the field at **7.45am**, followed by the Bluebridge 10km at **8.30am**, and the 6.5km Fun Run/Walk & Mitre 10 MEGA Buggy Walk at **9.15am**. Your assembly area, whether you are a runner or walker, will be clearly marked, and there will be marshals on hand to help you. All events end at Kilbirnie Park.

## BEFORE THE EVENT

### Sponsor offers and discounts

Make sure you take advantage of the exclusive discounts and offers from our fantastic sponsors and partners available within your digital race bag. This digital race bag can be found in our event app which is FREE to download from the Apple and Google Play stores.

To log in to your digital race bag you will need:

- Your bib number. You will find this on your E-Ticket, which can be accessed via your tiktok registration account [here](#).
- Enter the password **RTB17**

### Southern Cross Pasta Party Saturday 18 Feb, 12 noon onwards

Carbo load for the big day at Southern Cross Garden Bar Restaurant's Pasta Party, Abel Smith Street, Saturday 18 February. Participants get a plate of pasta for only \$9 by showing their race bib! They'll also have live music from 4pm and lots of smoothies and juices on offer.

### Event information, including on the day updates

For event updates, including on the morning of the event, stay tuned to our website and social media:

- [cignaroundthebays.co.nz](http://cignaroundthebays.co.nz)
- [facebook.com/CignaRTB](https://facebook.com/CignaRTB)
- [twitter.com/@CignaRTB](https://twitter.com/@CignaRTB) (and/or use the Hashtag: #CignaRTB)
- [instagram.com/cignartb](https://instagram.com/cignartb) (use the Hashtag #CignaRTB)

There is no postponement date - the event will only be cancelled in extreme circumstances. The event is ON unless you hear otherwise. If Cigna Round the Bays 2017 needs to be cancelled for health and safety reasons, participants will be notified via email, our social media channels, the event app and radio.

## **ON THE DAY**

### **Travel to and from the event**

You can travel to and from the event free of charge on any **Go Wellington or Valley Flyer** bus service (*excludes Airport Flyer*) between 6am and 5pm on event day. Simply show your event bib to the driver when boarding.

Go Wellington will shuttle participants, again free of charge, back to Courtenay Place after the event, or you can use your race bib to access regular bus services for free.

There is parking available at Westpac Stadium from 6.30am for a gold coin donation. All donations will go to the official event charity - Achilles New Zealand.

### **Start village**

The start village is at Frank Kitts Park. Registrations may be available for purchase on event day depending on what bibs are still available - this will be confirmed on our Facebook page on Saturday evening. **There will not be the opportunity to switch between the Half Marathon, 10km or 6.5km on event day.**

Event information and race bib collection will be in the Wilson Underground Car Park, at the lagoon end of Frank Kitts Park; entry via park side doors and exit via waterside doors.

There will be toilets at the park and additional toilets along the course, including a wheelchair accessible toilet.

Buggy Walkers should meet at the Buggy Walk area on the grass at the TSB Arena end of Frank Kitts Park.

### **Bag Check**

A free **bag check** service is provided which will take your bags to the finish area Kilbirnie Park, this is located on the waterfront side of Frank Kitts Park, near the playground.

### **Race bib and timing tag**

Please remember to wear your race bib on your front (pins are provided with your bib) and attach the timing transponder to your shoe. These are essential items for you to participate in the event. In order for you to receive your own accurate time you will need to be wearing the timing tag on your shoe, timing tags in pockets will not be recorded by the timing devices. Please refer to the instructions on the back of your race bib on how to use the tag correctly. **If you do not return your shoe tag at the finish line you will be required to pay \$25 to cover the cost of replacing it.**

### **Safety**

**A full safety briefing will be held 10 minutes before the start of each event. Participants are expected to be present for this.**

The safety of participants is our priority, therefore **bikes, skateboards or dogs** (with the exception of guide dogs) **are NOT permitted on course.**

Baby buggies are allowed, but please be considerate and start each event at the back of the pack to avoid any trips or falls by other participants.

## Staying hydrated and being sunsmart

Although we provide water on the course and at the finish line, participants are responsible for their own hydration. Please make sure you carry enough water to keep yourself hydrated throughout the entire event. Please wear a shirt with sleeves, a wide brimmed hat or cap, as well as broad spectrum sunscreen (SPF 30+).

## Event Starts

Both the Bluebridge 10km and Cigna Achilles Half Marathon events have pace runners - these will be made visible by walking billboard signage at the start line. **It is strongly recommended that you try and plan to be in the area which suits your pace.** Event staff and signage will help you find your correct starting position on the day. If you find yourself stuck in a faster wave than you intended, move over to the left to allow faster participants through on your right. Remain on the left until you find a pace which better suits you.

The 6.5km Fun Run/Walk will be broken down into three groups; runners, walkers and buggy walkers. There will be walking billboard signage letting you know where each group starts.

The **Cigna Achilles Half Marathon** will start at 7.45am please be in your start area 10 minutes before.

The Half Marathon start area will be split into the following groups:

1. Half Marathon Elites; sub 1.12 (Men) and sub 1.20 (Women), and race wheelchairs
2. The rest of the field will be divided with pace runners – please line up behind the applicable Powershop Pace Runner - there will be walking billboard signs to display estimated finishing times.

Pace times: 1.25hr, 1.30hr, 1.40hr, 1.45hr, 1.50hr, 2.00hr, 2.10hr

- All Half Marathon walkers please start at the rear of the field (Please note: the Half Marathon walk is a non-competitive recreational walk, it is **not** a sanctioned race walking event.)

The **Bluebridge 10km** will start at 8.30am please be in your start area 10 minutes before.

The 10km start area will be split into the following groups:

- Sub 40 minutes
- Sub 50 minutes
- Sub 60 minutes
- All other 10km runners
- 10km walkers please start at the rear of the field (Please note: the 10km walk is a non-competitive recreational walk, it is **not** a sanctioned race walking event.)

**6.5km Fun Run/Walk and Mitre 10 MEGA Buggy Walk - Official start time: 9.15am, please be in the start area by 9.00am**

- **sprinters/runners/joggers.**

Faster runners should make their way to the front of this wave; 'faster runner' means anyone expecting to finish sub 25:00. Behind them will be the runners; this is anyone aiming to finish sub 40:00. Next will be the joggers; anyone aiming to finish between 40:00 and 60:00. If you intend to *run quickly* with a baby buggy please start at the back of this area.

- **walkers/buggies/non racing wheelchairs/Buggy Walkers**

The second wave will have approximately half of the 9000 strong 6.5km field. This wave is for you if you intend to walk the course, take longer than 60:00 or have a non-racing wheelchair or baby buggy. Baby buggies, and non-racing wheelchairs will be asked to go the back and side of this wave.

## **ON COURSE**

Roads are closed for the entire 6.5km course, but you will still need to be careful as emergency vehicles may need to access the course. At all times try to keep left and be aware of your surroundings. Roads will start to re-open from 11.00am. Before this happens you will be directed onto the footpath by course marshals. State Highway One at the corner of Wellington Road and Cobham Drive reopens at 11.30am. At this point you will have to **wait for the pedestrian crossing** to cross over to Kilbirnie Park. Marshals will leave the course at 1.00pm.

### **Stick to the roads unless otherwise advised**

Cigna Round the Bays has a legal temporary road closure (see our website for full road closure info) and participants are advised that **they must run or walk on the road** at all times **unless specifically advised otherwise by an event marshal**. Members of the public will be using the footpath so it will be safer and quicker for you to use the road.

### **Evans Bay Parade**

As you make your way down Evans Bay Parade, towards Kilbirnie Park and the finish chute, **6.5km event participants are asked to keep right** and **half marathon and 10km participants to the left**. This will be clearly marked and is done with the intention of avoiding finish line congestion.

### **At the finish line**

When you reach the finish line **do not stop, keep moving and follow the directions of the marshals**. Remove your timing tag and place in the timing tag buckets, and collect your free Pump water bottle and banana. Half Marathon finishers will be presented with their medal at the end of the finish area, all other pre-purchased medals **must** be collected from the designated medal tent on Kilbirnie Park.

## **AFTER THE EVENT**

The fun doesn't stop once you cross the finish line, stick around and enjoy the Kilbirnie Park festival. If you are meeting people at Kilbirnie Park we recommend you allocate a meeting spot as the park is large and can get quite busy.

### **Activities and entertainment**

Entertainment starts at 9.30am and includes live music from Wellington's Superbad Soul Section.

There are plenty of activities to keep you busy including the Cigna Zone, Les Mills group fitness cool down sessions, the Refuel and Revive Zone, the Mitre 10 MEGA Buggy Walk area and Southern Cross Family Zone.

There will be a range of food and refreshments available to purchase after the finish line, we advise you to carry cash for ease of transaction.

## Prizes

Half Marathon and 10km prize-giving will commence at 9.45am, the 6.5km prize-giving will start at 10.20am. There will be prizes for the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> female and male placings in each event. We have many fantastic spot prizes and will be giving these away to randomly selected participants.

These spot prizes are courtesy of our amazing sponsors and supporters.

## Transport and travel

There is no parking around Kilbirnie Park and road closures mean that there will be heavy traffic congestion in the area. **Free shuttle buses** will be operating from 10am-2pm from Kilbirnie Park to Courtenay Place, however expect queues for this service.

You can also use your race bibs to access regular Go Wellington and Valley Flyer service for free to get home after the event up until 5pm. Please plan your travel home ahead of the event. For more information about road closures and transport visit [cignaroundthebays.co.nz](http://cignaroundthebays.co.nz)

## Results

Don't forget to check your results in The Dominion Post tabloid the next morning, Monday 20 February. Results will also be available through the official event mobile app, download for free from the Apple and Android app stores, search "Cigna Round the Bays".

## Photos

We'll have a number of photographers and videographers roaming around on the day so make sure you keep a smile on and give the cameras a wave. Check our website and Facebook page after the event and see if you can spot yourself! You can purchase photos and video of yourself taking part from Marathon Photos, this will be available post-event via a link on our website.

## **CIGNA ACHILLES HALF MARATHON & BLUEBRIDGE 10KM SPECIFIC INFORMATION**

Both courses have been measured and officially sanctioned by Athletics Wellington. They follow the 6.5km course until just past the 6km point, where it turns left onto Cobham Drive at Wellington Road. Here it becomes an 'out and back' route. The 10km will turn around on Shelly Bay Road while the Half Marathon will continue on and turn around just north of Scorching Bay. Both turn around points will be clearly marked. Runners are asked to **keep left** at all times, and to follow the directions of marshals to avoid collisions with runners going in the other direction. **The road remains open between Troy Street Roundabout and Shelly Bay Road. Take extreme care.** There are water and isotonic drink stations at the corner of Cobham Drive and Wellington Road, Burnham Wharf and at Point Halswell. Keep to the left of these drink stations at all times to avoid collision with runners coming the other way. State Highway One (Cobham Drive) reopens at 11.30am. You will be marshaled onto the footpath at 11.15am. Shelly Bay Road reopens at 12noon. You will be marshaled onto the footpath at 11.45am. Marshals will leave the course at 1.00pm.

If you need further information then please visit [cignaroundthebays.co.nz](http://cignaroundthebays.co.nz). Keep an eye on our Facebook and Twitter page, @CignaRTB, throughout the day for updates and info. We look forward to seeing you on Sunday 19 February!