



Cancer
Council
Tasmania

All of us
against cancer

Women's WALK 5km RUN

STARTS AT 9:30AM

EVENT GUIDE 2025

Sunday 14 September



FROM THE CEO

Welcome everyone!

It's time to check your shoelaces, adjust your socks and put on your pink shirts to support Tasmanians impacted by cancer.

Whether you're running or walking, we thank you for being here and for helping us to raise valuable funds to support the cancer prevention and supportive care programs we deliver across Tasmania.

Everyone has a cancer story, and many of you are here today in memory, or in support, of a friend or family member who has been impacted by cancer. You may also have your own cancer journey.

For the next 5kms we will all come together as a community, in a sea of pink to support each other.

We will walk and run in support of a cancer free future.

Thank you for joining us.



A handwritten signature in black ink that reads 'Alison Lai'.

Alison Lai
Chief Executive Officer
Cancer Council Tasmania

MEL'S STORY



Mel has taken part in the Women's 5km Walk/Run every year since her first breast cancer diagnosis at 33 - with this year being her 13th year!

In March 2024, at her 12-year check-up, another cancer was found—this time more aggressive. Recovery was slow, complicated by the old radiation treatment and the emotional toll of losing her breasts. Throughout her journey, Mel turned to Cancer Council Tasmania's support services. She accessed oncology massage and the "Look Good, Feel Better" program.

Some years she's run it, others she's walked it, but every year it means something deeper.

"This event gives you a sense of purpose and community. It's a way to honour the journey—your own and others'. I do it for me, and for every woman who's walked this road."



BEFORE EVENT

REGISTER

Visit womens5k.org.au

MERCHANDISE

Score your merchandise through our amazing incentive program or merchandise will be available to purchase from Intersport Launceston in September.

INCREASE YOUR FITNESS

Whether it's your first 5km or you're back for the 16th year, it's important to get physically ready to complete 5km.

Check out Your Way to 5k Run Club:

Meet at St Lukes - Tuesday's from 15 July at 9:15am. [Book here.](#)

RACE BIB COLLECTION AT ST LUKES

St Lukes - 93 Cimitiere Street, Launceston.

- Wednesday 10 September 10am - 6pm
- Thursday 11 September 8am - 5pm
- Friday 12 September 8am - 5pm
- Saturday 13 September 9am - 3pm

FUNDRAISE

We encourage everyone fundraise \$250 each. Whatever your goal, we are here to help! Amazing incentives also up for grabs - check out [incentives here.](#)



ON THE DAY

- 8:45AM MY GYM - WARM UP**
- 9:00AM DJ SUMMER**
- 9:30AM RUNNERS**
- 9:35AM WALKERS**
- 10:30AM PLACE GETTER AWARDS**
- 11:00AM PRESENTATIONS**

COLLECT YOUR RACE BIB

From the Bib Collection site in City Park from 8am.

PURCHASE MERCHANDISE

Women's 5km Walk/Run merchandise will be available to purchase from the Merchandise site in City Park from 8am.

GET INVOLVED

Visit the vendors and stall holders around City Park. Have your photo in front of the Women's 5km Walk/Run Photo Wall, enter giveaway competitions, or enjoy a beverage.

IMPORTANT INFO

In the event of an emergency on the 5km route or in City Park, the evacuation points are: Tamar Street Entrance to City Park, Albert Hall Rear Carpark, Harvest Market Carpark, Brisbane Street Mall, Quadrant Mall.

5KM ROUTE



Proudly brought to you by



EMERGENCY EVACUATION POINT



ROAD WORKS



WATER STATION

SITE MAP



	INFO		BAG MINDING		COFFEE
	STAGE		GAMES		WATER
	RACE BIBS MEDALS		PHOTO WALL		TOILETS
	FIRST AID		FOOD		MERCH

SCAVENGER HUNT

FIND ALL 8 AND WIN!

This year at the Women's 5K Walk/Run, we're adding a fun **scavenger hunt** to the event — with clues hidden both in the park and along the 5km route.

Here's how it works:

There are **8** hidden images placed throughout the park and course. Each image is linked to one of the characters in **W.O.M.E.N.S.5.K** — but the image itself doesn't necessarily match the letter. It's just a fun way to track your progress. Your challenge is to find all 8 images, record what each one is, and submit your answers using this form to go in the draw to win and secret prize!

Important Notes:

Keep your eyes peeled — some images may be creatively placed! It's a great way to explore the event, have fun with friends, and maybe even win something special! Write your answers below, next to the corresponding letter.



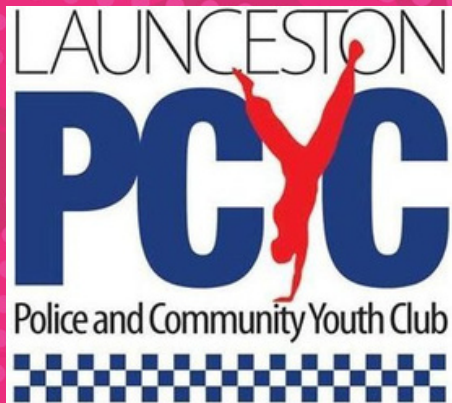
SCAVENGER
HUNT FORM



HINT: We couldn't have done it without our amazing sponsors!

ENTERTAINMENT

IN THE PARK



**PCYC Taiko
Drummers**



DJ Summer

ON ROUTE



**Classique
Dancentre**



DJ Dan



**Bee Bop
Dance Studio**

FOUND YOUR PERFECT SHOT?



Thanks to **Camera House**, you can claim one free 6x8" photo print from the event.*

How to redeem:

1. Access the official [event photo gallery](#) thanks to **Imagine Creative Co** and download your chosen high-resolution image to your device or USB.
2. Visit Camera House at 96 Brisbane Street, Launceston and present your image on your device or USB.
3. Show your race bib to this year's event to receive one free 6x8" print.



Photo's will be available in the afternoon on the day of the event.



**valid until 30 September



Cancer Council Tasmania's Women's 5km Walk/Run

FREE Bus Services - Sunday, 14 September 2025

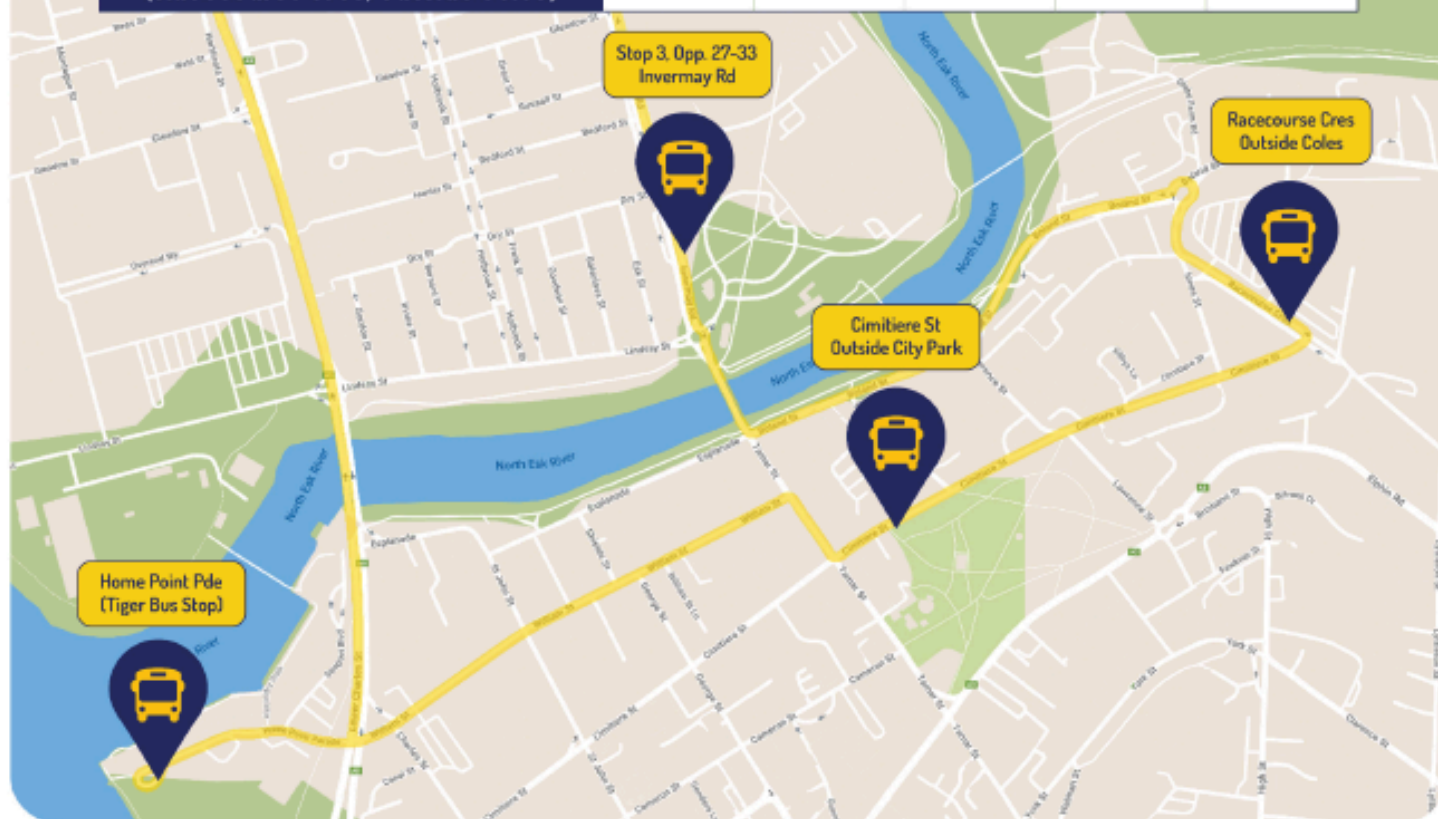


PRE-EVENT COLLECTION POINT TIMINGS

Home Point Parade (Tiger Bus Stop)	8:00AM	8:20AM	8:40AM	9:00AM
Inveresk Carpark (Stop 3, Opp. 27-33 Invermay Rd)	8:05AM	8:25AM	8:45AM	9:05AM
Racecourse Crescent (Racecourse Cres, Outside Coles)	8:10AM	8:30AM	8:50AM	9:10AM
Cimitiere St (Cimitiere St, Outside City Park)	8:15AM	8:35AM	8:55AM	9:15AM

POST-EVENT COLLECTION POINT TIMINGS

Cimitiere St (Cimitiere St, Outside City Park)	10:30AM	10:50AM	11:10AM	11:30AM	11:50AM
Home Point Parade (Tiger Bus Stop)	10:35AM	10:55AM	11:15AM	11:35AM	11:55AM
Inveresk Carpark (Stop 3, Opp. 27-33 Invermay Rd)	10:40AM	11:00AM	11:20AM	11:40AM	12:00PM
Racecourse Crescent (Racecourse Cres, Outside Coles)	10:45AM	11:05 AM	11:25AM	11:45AM	12:05PM



FUNDRAISING INCENTIVES



FUNDRAISING TIPS & TRICKS



Share your Women's 5km fundraising page on your **social media**.



Ask your **friends & family** to donate a \$ amount for every km you walk or run during your training and on the day!



Hold a morning tea or “how many lollies in the jar” **fundraiser at work**.



Host a **pink day** at school or work.



Donate to your own page - and ask friends or family members to match the amount!

PRINCIPAL SPONSOR

Harcourts Launceston

BECAUSE.

Everyone has one,
what's yours?



You're not window shopping by chance. **It happens, because.**

Maybe it's because you're after somewhere that's just yours, you need something that's easier to manage or to get more space. Whatever your because is, when you're ready, we are too.

Harcourts sells a property every 13 minutes. We think it's because that no matter what your hopes and dreams are, **we make it possible.**



Contact us for all your real estate needs.

Based on Harcourts International network figures from Jan 1 2024 - Dec 31 2024.

M & M Real Estate (TAS) Pty Ltd 1/4 Harcourts Launceston / 112-114 George Street, Launceston / 03 6337 9700

FUNDRAISING SPONSORS

rare.

*Driving Engineering and
Project Management Innovation*

📍 22-24 Paterson St, Launceston TAS 7250

☎ 03 6388 9200

🌐 rarein.com.au

World-class cancer care, close to home

With no wait list for consultation or treatment, our team provides expert cancer care all under one roof.

- Chemotherapy, immunotherapy and clinical trials
- Advanced radiation therapy techniques for safe and precise treatment
- Local specialists and compassionate care team
- Free on-site parking
- 500m from Hobart Private Hospital

Icon Cancer Centre Hobart

A 2 Melville Street, Hobart TAS 7000

P 03 6240 2600

E admin.hobart@icon.team

Open Monday to Friday, 8:00am – 5:00pm

ICON
CANCER CENTRE
iconcancercentre.com.au

**We're here for you,
every step of the way.**

SIGNATURE SPONSOR



A place custom built to help every Tasmanian get healthier.

Health can be a handful, but we're here to help!

Our custom-built wellness hubs are designed with one goal in mind: making every Tasmanian's health journey a little easier. Join us for a variety of sessions, events, and activities that cater to both our members and the wider community. We collaborate with like-minded Tasmanian organisations to deliver impactful programs that can make a positive impact to your health and wellbeing. Our friendly team are also here to assist you with navigating the healthcare system, booking your next dental appointment at one of our practices, or simply to chat about your health needs.

Together, we're working to make Tasmania the healthiest island on the planet.

stlukes.com.au/wellnesshub 1300 651 988



st.lukes

MEDIA PARTNER

The **EXAMINER**

PRINT PARTNER

think
big

ROUTE SPONSOR


ALTUS
TRAFFIC

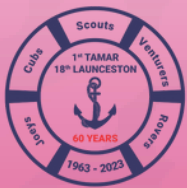
PREMIUM SPONSORS



TRANSPORT PARTNER



IN KIND SUPPORTERS

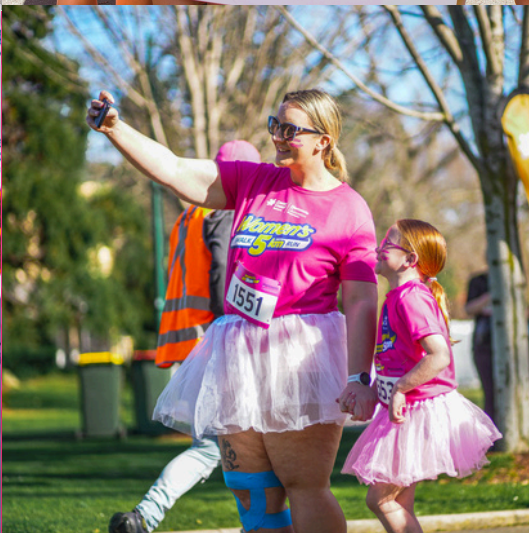


QUALITY FUEL & LUBRICANTS



GET SOCIAL

#W5K @womens5k



WHAT'S ON IN LAUNCESTON?

Bob Hair on Tamar will be open pre event for hair braiding, glitter application. You can also enter their W5K raffle!



Hotel Grand Chancellor on Cameron Street will be offering a Pink Deal in support of Cancer Council Tasmania.

Maple Cafe on Cameron Street will be open 8am to 2pm, pop in to delicious pre or post event treat!



Oak Tree Cafe on Tamar Street will be open 7am-9am, for those needing a drink or snack before the event.

JJ's Bakery at Kmart Plaza will be trading 8am to 4pm. With an incredible selection of hot and cold foods and drinks.



Sweetbrew Tatler Lane will be open 7.30am to 2pm for you to enjoy a pre or post event treat.



Bread n Butter on Elizabeth Street will be open for a refreshment and snack up until 1pm on Sunday.

Ice Creamery Cafe on George Street can offer you delicious treats between 8am and 2pm.



The Tramms Bistro at The Park Hotel on Invermay road will be open for a post event lunch, trading 12noon to 2pm



Junction Arts Festival; why not head over to Prince's Square, check out some live music, kids activities at Wonderground or perhaps bring your dog and watch The Great Junction Dog Show.



The Women's 5km Walk/Run is a fundraising event run by and in support of Cancer Council Tasmania.

Cancer Council Tasmania is a charity working to reduce the incidence and impact of all cancers for all Tasmanians - through advocacy, raising awareness of cancer prevention and offering support and information for anyone affected by the disease.

Every day more than 11 Tasmanians receive a cancer diagnosis.

Every year over 1200 Tasmanian families deal with the loss of a loved one through cancer.

Our work could not be achieved without the generosity of the Tasmanian community and the support of our dedicated volunteers.

Funds raised go directly to supporting Tasmanians impacted by cancer, through supportive care services such as oncology massage and exercise physiology, client transport to and from cancer appointments, prevention education programs and vital cancer research.

We can't do this without you

Thank you!

Alecia Bowman, Arsha Ghosh, Deri Guinane, Jo Davidson,
Lara Pinto, Michelle Rainbow, Rod Neville, Toby Mahoney.

W5K 2025 Organising Committee