Cancer Council Tasmania

Women's WALK 5km RUN



EVENT GUIDE 2026

Sunday 13 September

9:30am: City Park Launceston



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.

Cancer Council Tasmania

Alison Lai

Chief Executive Officer
Cancer Council Tasmania

ANNA'S STORY



In 2025, Anna took part in the Cancer Council Tasmania Women's 5km Walk/Run for the first time, just months after losing both her beloved mum, Jenny Grimes, and her gran to cancer. Struggling with grief, Anna found comfort in walking and was inspired to join the event alongside her Aunty Sal.

Wanting to honour her loved ones while supporting Tasmanians impacted by cancer, Anna registered straight away and set a fundraising goal of $500 with her young family. In the lead-up to the event, she undertook a deeply personal challenge called "Walking Forwards with Grief", retracing her mum's favourite walks on what became known as the Jenny Grimes Circuit. Sharing the journey online brought an outpouring of kindness and support.

On event day, Anna and her daughter Lily joined thousands of participants dressed in pink, united by their experiences with cancer. Surrounded by hugs, smiles and shared strength, Anna felt less alone. Together they crossed the finish line raising an incredible $1,413.

Now, Anna is proud to continue her involvement with the Women's 5km as a member of the 2026 Committee. Passionate about supporting Tasmanian families facing cancer, she hopes to inspire others to walk, run, fundraise or volunteer.

All Of Us Against Cancer.



BEFORE EVENT

REGISTER Visit womens5k.org.au

MERCHANDISE

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

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" Walk/Run Club:
Meet at St Lukes - Sunday's from 19 July at 10:30am. Book here.

RACE BIB COLLECTION AT ST LUKES

St Lukes - 93 Cimitiere Street, Launceston.

- Wednesday 9 September, 8am to 5pm
- Thursday 10 September, 8am to 5pm
- Friday 11 September, 8am to 6pm
- Saturday 12 September, 8am to 2pm

FUNDRAISE

We encourage everyone to try and fundraise $250 each. Whatever your goal, we are here to help! Amazing fundraising incentives are also up for grabs - check out the incentives here.



ON THE DAY

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

COLLECT YOUR RACE BIB

If you can't collect from St Lukes before the day, Bib Collection will be in City Park from 8am, please allow for wait times of up to 30mins.

PURCHASE MERCHANDISE

Limited 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: Albert Hall Carpark off Cimitiere Street, Harvest Market Carpark on Tamar Street, Brisbane Street Mall, and Quadrant Mall.

5KM ROUTE



Proudly brought to you by

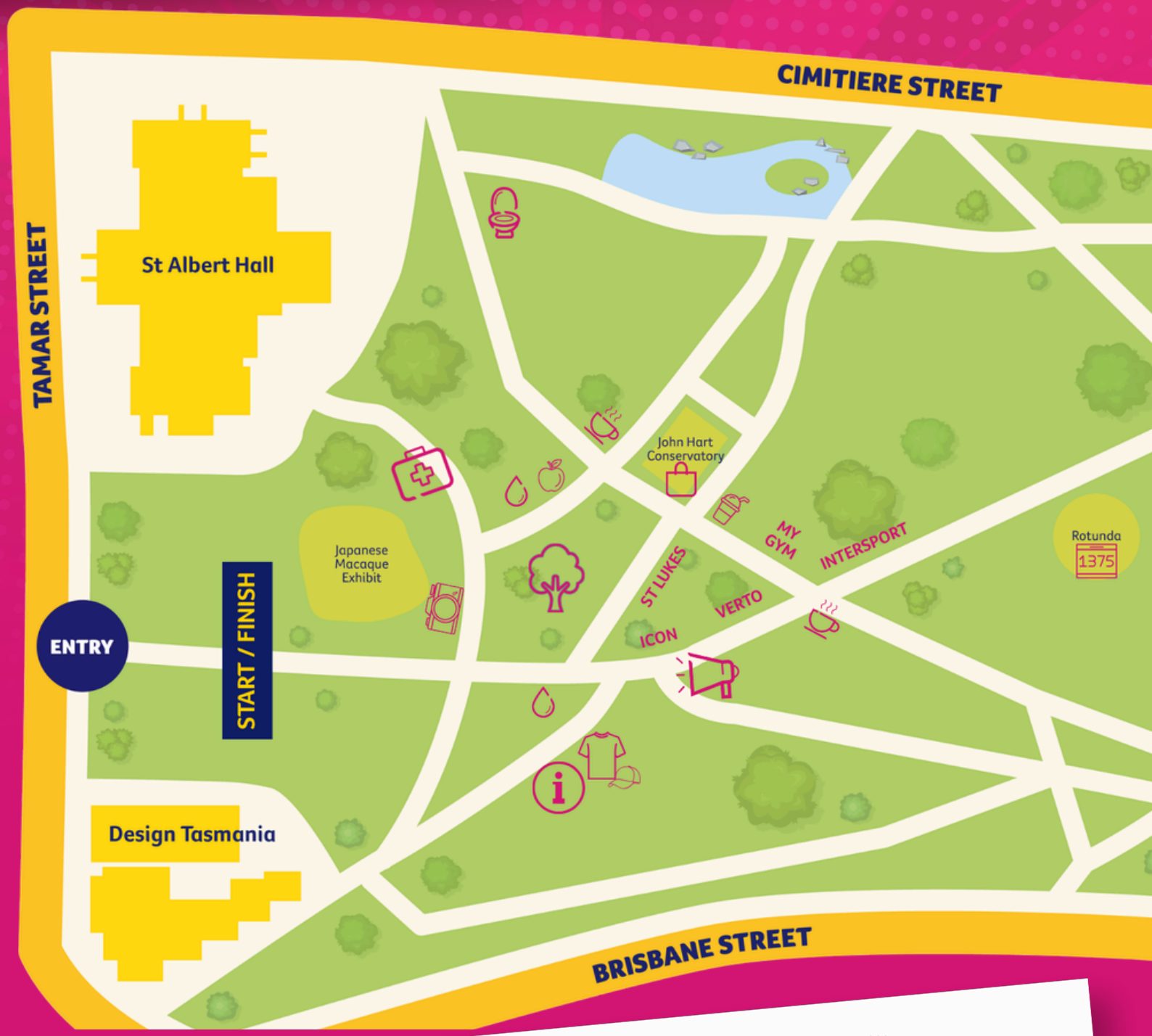
ALTUS TRAFFIC

EMERGENCY EVACUATION POINT

PUBLIC TOILETS

WATER STATION

SITE MAP



BIB COLLECTION	COFFEE	
INFO	FIRST AID	WATER
MERCHANDISE	BAG MINDING	FRUIT
STAGE	PHOTO WALL	TOILETS

SCAVENGER HUNT

SPOT THE MASCOTS AND WIN!

Keep your eyes peeled during the Women's 5km event as a variety of mascots make special appearances throughout City Park and along the 5km route.

As you make your way around the event, see if you can find every mascot. Once you've spotted them all, scan the QR code below and enter your answers online for your chance to win a prize.

Participants who correctly identify all mascots will be entered into the prize draw, so be sure to keep an eye out and take note of each one you discover.



Think you've found them all? Submit your answers

ENTERTAINMENT

IN THE PARK

ALLSTAR CHEERLEADERS



DJ ELTEE

PCYC TAIKO DRUMMERS

ON ROUTE

CLASSIQUE DANCENTRE



JADE AND JOHNNY

Melissa Wimmer's School of Theatrical Dance

Learn all styles of dance in the convenience of one class!

MELISSA WIMMER'S DANCE SCHOOL

FOUND YOUR PERFECT SHOT?



Download your professional event photos

Thanks to Imagine Creative Co, your professional event photos will be available to view and download.

1. Scan the QR code to view gallery

2. Browse the gallery and select your favourite images

3. Add to cart, process payment and your high-resolution, watermark free photos will be emailed to you.

1 for $15, or 3 for $30.
All profits are returned to Cancer Council Tasmania.

Photo's will be available shortly following the event.

**valid until 30 November 2026

Metro

Cancer Council Tasmania

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

FREE Bus Services - Sunday, 13 September 2026

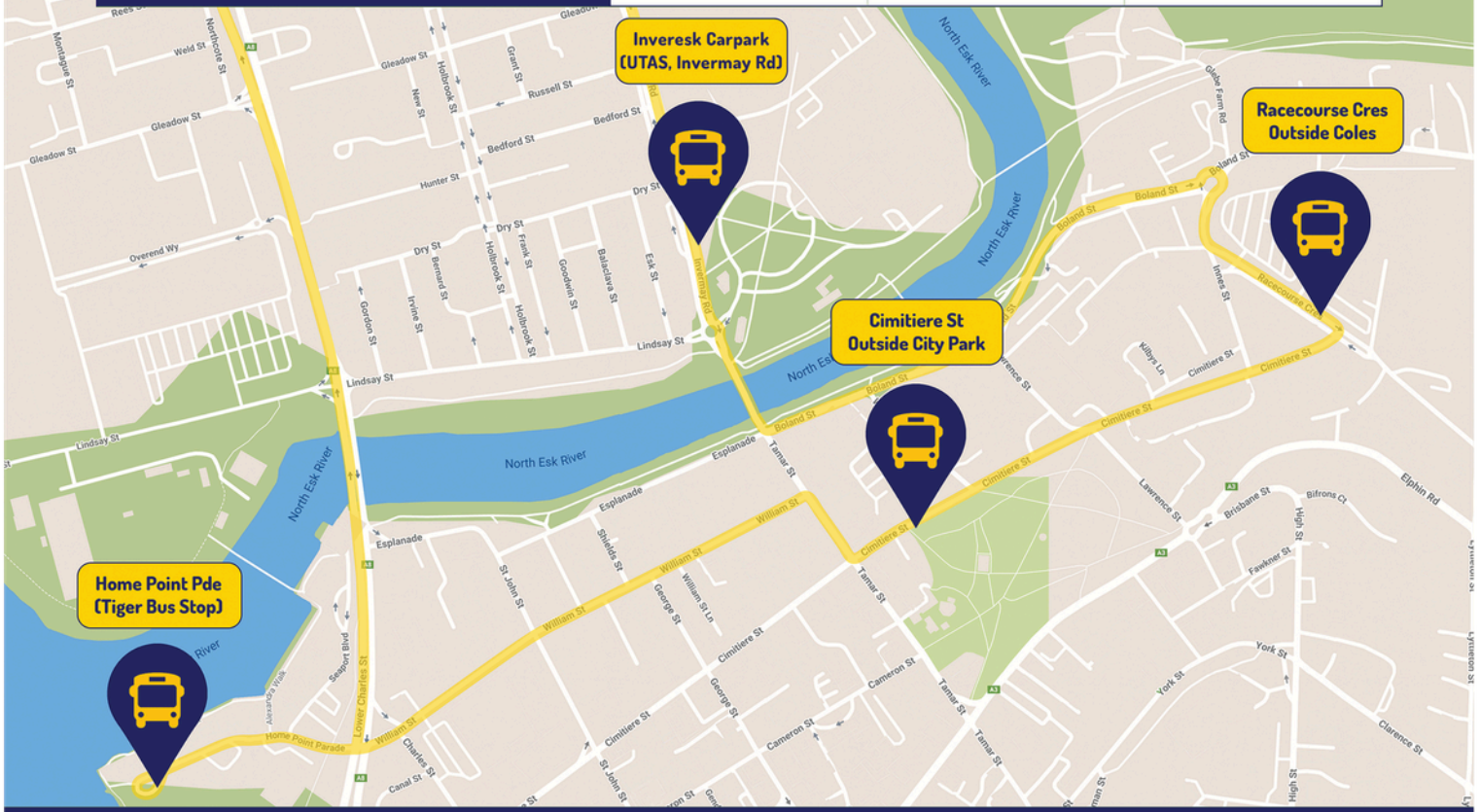
Women's 5km WALK RUN

PRE-EVENT COLLECTION POINT TIMINGS

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

POST-EVENT COLLECTION POINT TIMINGS

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



Shuttle services will operate three loops before and after the event. Times are approximate.

Cancer Council Tasmania

Women's WALK 5km RUN

FUNDRAISING INCENTIVES

FREE TICKET

Team Raise $1,000

Raise $500



YOUR TEAM NAME

ON ROUTE

Team Raise $2,500

Team Raise $5,000



Raise $200

Donation within 48 Hours



Raise $100



Raise $1,000



Terms & Conditions apply for all fundraising incentives.

Cancer Council Tasmania

Women's 5km WALK RUN

Fundraising Tips & Tricks

Use the fundraising resources on the website to share your involvement!

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 paperclips in the jar" fundraiser at work.

Host a pink day at school or work.

Ask your work place to match your fundraising.

PRINCIPAL SPONSOR

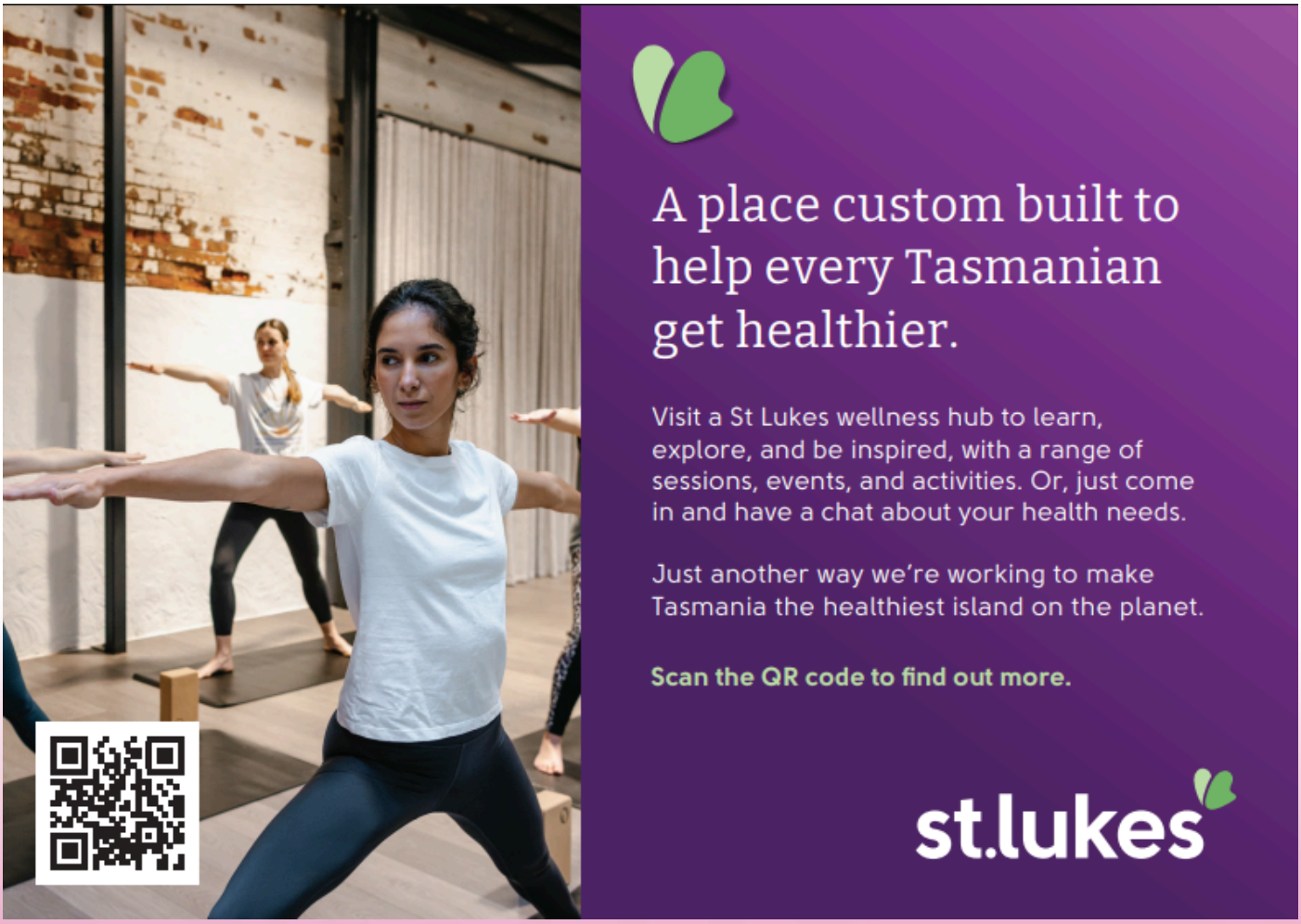


FUNDRAISING SPONSORS





SIGNATURE SPONSOR



GRANT PARTNER

City of LAUNCESTON

PRINT PARTNER

think big

ROUTE SPONSOR

ALTUS TRAFFIC

PREMIUM SPONSORS

MYGYM
it's your gym

BALANCE
FOOT STUDIO

INTERSPORT
LAUNCESTON

ON ROUTE SPONSOR

THE DENTAL SURGERY
NEWSTEAD

IN KIND SUPPORTERS

Imagine Creative Co

ESSENTIAL SECURITY

Link hire Link Site Services

Mance Electrical

VEOLIA

TasWater

Banksia Florist

Scouts
Cubs
Venturers
Joeys
Rovers
1st TAMAR 18th LAUNCESTON
1963 - 2023

KBEE Clothing

IGA YOU CAN'T BEAT LOCAL

Tourism Brochure Exchange

1834
HADLEY'S ORIENT HOTEL
HOBART

GET SOCIAL

#womens5k2026

@womens5k



















Cancer Council Tasmania

Women's 5km WALK RUN

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 across our community to reduce the incidence and impact of all cancers for all Tasmanians. We are Tasmania's only all-cancer charity, delivering statewide support services and programs at no cost for those impacted by cancer. We work to reduce cancer diagnoses through prevention activities, while also investing in research and advocacy to build a healthier future for generations to come.

More than 85% of the funding for our programs and services comes from the generosity of Tasmanians - through fundraising, donations and gifts in Wills. This community support makes our work possible.

Every day more than 11 Tasmanians receive a cancer diagnosis.

Every year around 1,200 Tasmanian families deal with the loss of a loved one through cancer.

Thank you for your generosity and joining us for this event. You're helping us help more Tasmanians impacted by cancer.

We can't do this without you *Thank you!*

Alecia Bowman, Anna Perri, Deri Guinane, Jarryd Holmes,
Jo Davidson, Michelle Rainbow, Rod Neville, Toby Mahoney.

W5K 2026 Organising Committee


W5K
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