



Cancer
Council
Tasmania

All of us
against cancer

Women's WALK 5km RUN



EVENT GUIDE 2025

Sunday 14 September - 9:30am



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

10:45AM 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



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

FREE Bus Services - Sunday, 14 September 2025

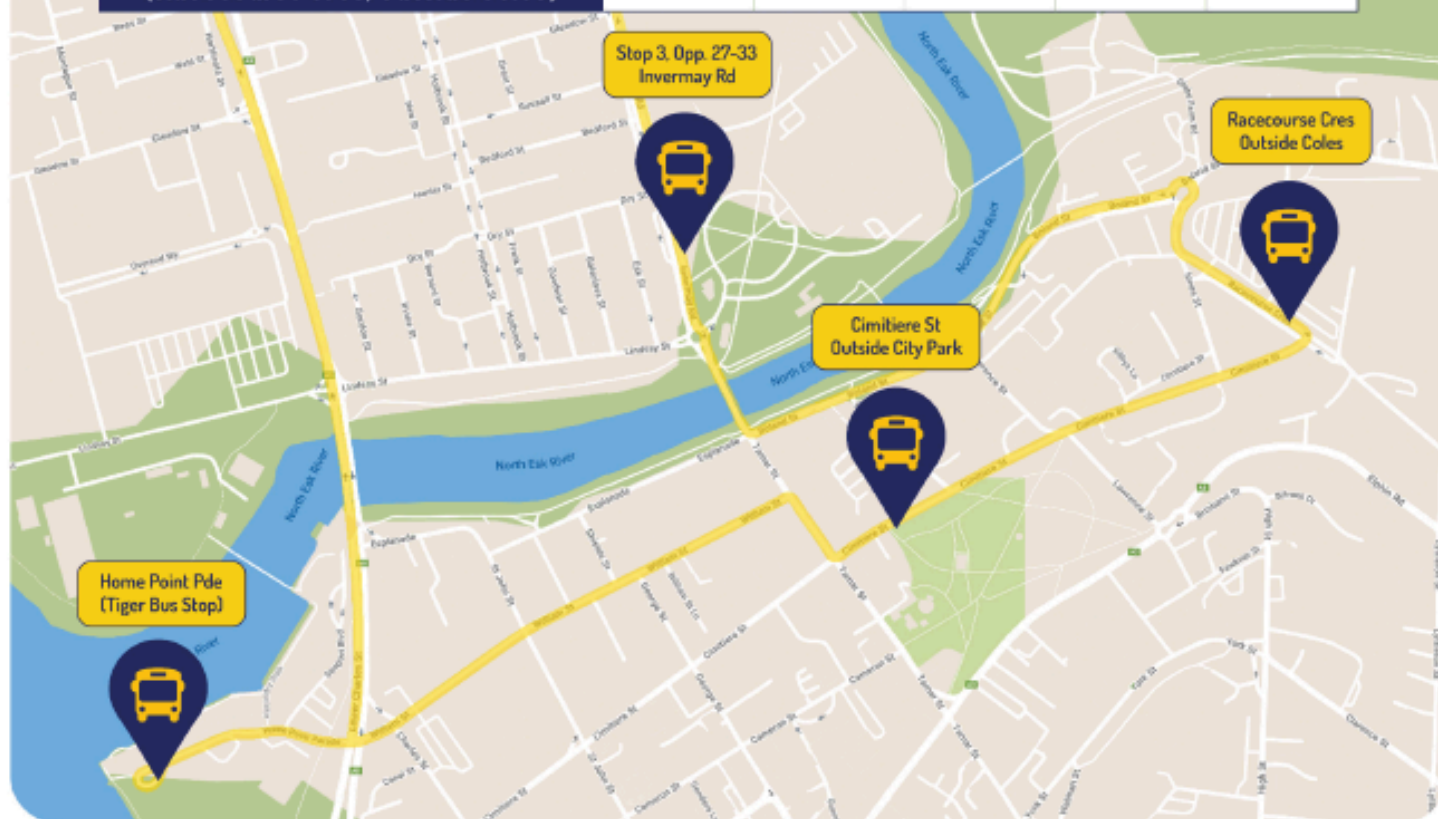


PRE-EVENT COLLECTION POINT TIMINGS

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

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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



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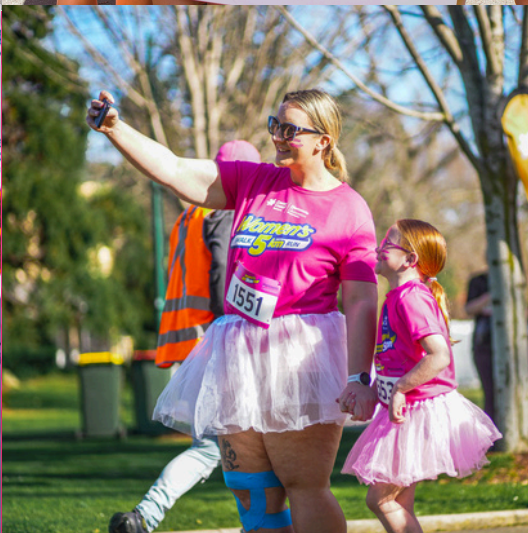


IN KIND SUPPORTERS



GET SOCIAL

#W5K @womens5k





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