



WADJEMUP

2025

Rottnest RUNNING FESTIVAL

42.2KM 21.1KM 10KM 5KM KIDS QUOKKA DASH

RUNNER'S GUIDE

Proceeds to:



Royal Flying Doctor Service



ROTTNEST ISLAND
AUTHORITY



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ROTTNEST
FAST FERRIES
HOLLANDS BOAT HARBOR, WESTERN AUSTRALIA

ROTTNEST
GENERAL
STORE

Organised by:



Phone: +618 9472 4833

Email: wamc@wamc.org.au

Web: www.wamc.org.au

WELCOME

Brace yourselves for the most heart-pounding, adrenaline-pumping Rottnest Marathon yet! To commemorate 31 years of running euphoria, we're flipping the script – and the course – quite literally. Due to ongoing Island improvements, we've reversed the route, sending you on an exhilarating journey through the bustling town square, out to the picturesque Geordie Bay, around charming Little Parakeet, and back into town via the scenic and undulating Digby Drive. Is it more challenging, you ask? Well, it's the same elevation in reverse, so you'll have to lace up those running shoes and find out for yourself!

As a token of our appreciation and to mark this momentous occasion, every participant who crosses the finish line will receive a specially designed commemorative towel featuring a stunning Rottnest Island motif. Use it to wipe away those well-earned beads of sweat post-race, and take it home as a lasting reminder of your incredible achievement!



RACE START TIMES

7:00am - RunFun Travel Marathon (Early birds catch the worm and cooler running conditions!)

8:30am – Hotel Rottnest Half Marathon (Perfect for those who like to sleep in... a little)

10:20am – Rottnest Island Authority 10km (A scenic run for all to enjoy)

10:30am – Rottnest Bakery 5km (Run first, then treat yourself to a celebratory pastry!)

12:00pm - Simmos Quokka Dash & Family Fun Run (Because even quokkas need a workout!)

BIB COLLECTION & SUPPORTERS EXPO

AKA: The Pre-Race Party Zone

Saturday, 14 June: 12:00pm - 3:00pm (Perfect for early birds and organised folks)

Sunday, 15 June: 6:00am – 10:20am (For you last-minute hustlers)

Step into our expanded Event Hub and immerse yourself in a pre-race extravaganza that'll knock your running socks off:

- Test drive the latest Mizuno running shoes - who knows you might find your sole mate!
- Get race-day ready with Don't Dairy!
- Get pumped and fuel up! Groove to live music and munch on delicious pre-race snacks from our awesome supporters.

REGISTRATIONS & ENTRIES ON THE DAY

Last-Minute Legends Welcome!

Online registrations close faster than a sprinter on Thursday, 12 June at 12:00pm sharp. But fear not procrastinators and spontaneous spirits! For those family members and friends who suddenly catch the running bug, it's not too late to join the Rottnest Running Festival frenzy!

We'll be taking registrations for the Marathon, Half, 10km & 5km on Rottnest during bib collection times (unless we're sold out – so don't dawdle!). Just remember, late entries come with a \$10.00 late fee tax, so save yourself some dough and register ASAP!



RUN THE MIZUNO MILE – Your Chance to Dash for Mizuno Shoes!



Thanks to our fantastic event sponsor Mizuno, we're giving all runners (except 5km participants) a shot at winning one of two pairs of the latest and greatest Mizuno shoes.

Here's the deal: sprint your heart out on the designated Digby Drive section, and the two fastest times takes home a prize!

But wait, there's more! We're spicing things up with a twist:

Marathon runners: You've got 4 chances to clock your best time. Talk about odds in your favour!

Half Marathon warriors: Two shots at glory await you.

10km speedsters: One chance to shine, so make it count!

Upgrade your race distance for more opportunities to win!

And just to keep things interesting, we're throwing in a little handicap:

Marathon runners get a whopping 20-second discount off their best mile time!

Half Marathon runners get a sweet 12-second deduction from their best mile time.

So lace up those shoes, channel your inner RunBird, and may the fastest feet win!

AID STATIONS

Get ready for a pit stop party! We've got four electrifying aid stations that'll keep you hydrated, energised, and grooving to the beat!

Our now-famous army cadets are ready to serve up water, electrolytes, bananas, and gels with a side of



rhythm to keep your energy levels soaring. It's like a mini music festival for your taste buds and your feet!

Discover these hydration havens at:

DS1 – Geordie Bay Shops (Shop 'til you drop... some water!)

DS2 – Bovell Way / Defence Road (Defend yourself against dehydration!)

DS3 – Digby Drive (Dig deep and hydrate!)

DS4 – Bedford Ave (Bed down your thirst here!)

Pro tip: Drink before you think! Keep sipping to stay zippy.

PAY THE PIPER

The tradition continues in our 31st year, with our kilt-clad, melody-making bagpipers returning to the top of Digby Drive, marking the start of the Mizuno Mile. For all you determined marathon runners on your last lap, here's a quirky twist to keep your spirits high and your legs pumping: don't forget to snag your lucky \$1.00 coin and drop it in the magical pot of gold!

Legend has it, this ritual grants you superhuman strength to power through to the finish line. Who knew a dollar could buy you so much mojo? It's like your very own leprechaun-approved energy boost! So, keep your eyes peeled for that glinting pot, and may the luck of the Irish (or is it Scottish?) be with you as you conquer those final kilometres. Remember, every step after your coin toss is pure golden glory!



BAG DROP

Day-trippers, we've got your back(packs)! Our bag drop area near the start line is like a temporary vault for your stuff. But remember, we're not Fort Knox – keep your crown jewels and other valuables close!

Need Fort Knox-level security? The Rottnest Island Visitor Centre can hook you up with a locker faster than you can say "quokka selfie"!



SPECIAL DRINKS (RunFun Travel Marathon Only)

Attention marathon mavens! Want your secret sauce mid-race? Drop off your special potions at Bib Collection on Saturday between 12:00pm and 4:00pm. Label them like they're top-secret files: Bib No. and aid station code (e.g., DS1, DS2). We'll place them on the VIP table, but you'll need to play 'Where's Waldo?' to find yours!

Can't make the drop-off? No worries! Send your biggest fan to hand-deliver your magic elixir at the aid stations. Just make sure they don't trip up other runners or turn the aid station into a mosh pit!

Late arrivals and early birds can drop their liquid luck at DS4 before the race kicks off.

Sorry, half-marathon, 10km, and 5km runners – this special drinks service is for marathon rock stars only!



DISTANCE CHANGES

Having second thoughts about your chosen distance? No sweat! We've all been there - marathon dreams turning into 5K realities. Just give the WAMC office a shout by 12.00pm, Thursday, 13 June. But don't wait too long – we're working with island time and limited resources here! Remember, changing your race distance is like changing your mind about ice cream flavors - it's okay, but do it before we start scooping!

WAMC OFFICE CLOSURES

The WA Marathon Club office is taking a mini-vacation on Friday, 14 June and Monday, 17 June. We're not lounging on the beach (okay, maybe a little), but preparing to make your race day spectacular! For urgent matters, hit up the Race Director – he's like our running version of Batman. For everything else, there's email: wamc@wamc.org.au. We promise we're not ignoring you – we're just busy making your race day more awesome than a quokka selfie! Don't worry, we'll be back faster than you can say "personal best"!



WAVE STARTS

No official waves here – it's a free-for-all extravaganza! Think you're top 10 material? Get your elbows ready and shimmy up to that start line like it's the last bus off the island. Channel your inner sprinter, embrace your competitive spirit, and may the odds be ever in your favour! Remember, prizes go to the early bird (or in this case, the gun time)! So, lace up those shoes tight, practice your power pose, and get ready to dash like you're chasing the last ferry home!

RACE DAY ETIQUETTE

1. Closed roads don't mean ghost town! Keep your eyes peeled for island VIPs like ambulances, police, rangers, buses, and our own event vehicles. If you hear sirens, scoot over faster than a quokka spotting a tourist with snacks – safety first!
2. Headphones are allowed but maybe keep one ear free for nature's playlist (and oncoming traffic). Who knows, you might hear a quokka cheering you on!
3. Quokka crossing! These furry celebrities have the right of way. Please refrain from disturbing or interfering with them, no matter how cute they look!
4. Play nice with your fellow runners. It's a race, not bumper cars! Save the jostling for the post-race drinks line.
5. Remember, smiles are free and highly encouraged. Flash those pearly whites at our volunteers and spectators - you might just get an extra energy boost!

FIRST AID

We've got your back... and your feet, and your everything else! The Royal Flying Doctor Service is our superhero squad for the day, ready to swoop in if you need a hand (or a bandage). They're like the Avengers, but with better first-aid skills!



Feeling woozy mid-race? Flag down a happy helper, course marshal, or one of our bike-riding guardian angels. They've got bat-phones to call in the cavalry! Don't try to be a hero - if you need help, ask for it. We'd rather see you cross the finish line a little later than not at all!

Remember, your safety is our priority. We want you crossing that finish line with a smile, not on a stretcher! So listen to your body, stay hydrated, and if you see stars (and they're not from the beautiful Rottnest sky), don't hesitate to seek help.

TOILETS

When nature calls, we've got you covered! Four pit stops per lap, conveniently located:

1. Bedford Ave opposite Hotel Rottnest (for the fancy flush) - Feel like royalty on the porcelain throne!
2. Geordie Bay General Store (shop and stop!) - Multitasking at its finest. Grab a snack while you're at it!
3. Bedford Ave near the start line (last chance comfort station) - Your final opportunity before the big show!
4. The town square (a new improved bathroom setting) - Our latest addition to the toilet tour of Rottnest!

Remember, a quick pit stop is better than an uncomfortable run. Don't be shy, when you gotta go, you gotta go.



KILOMETRE MARKERS

Lost in the run? Fear not, intrepid racers! We've planted giant kilometre signs along the road like breadcrumbs in a fitness fairy tale. Marathon and Half Marathon runners, look alive every 5km - it's like a mini-celebration every time you spot one! 5km and 10km speedsters, we'll mark your halfway point, so you'll know exactly when to unleash that second wind.

These markers are more than just signs - they're your cheerleaders, your motivators, your "you've got this" reminders. High five them (mentally) as you pass. No excuses for getting lost in this running paradise! And remember, the distance between markers is always shorter than it seems. You've got this!



VOLUNTEERS

Three cheers for our amazing volunteers! These superstars in Volunteer shirts are the secret sauce that makes this event sizzle. They're the unsung heroes, the behind-the-scenes magicians who make sure everything runs smoother than a well-oiled running machine.



Show them some love – a high five, a smile, or a sweaty thumbs-up goes a long way! They're giving up their time to make your race day awesome, so a little appreciation can make their day. Who knows, your enthusiastic "thank you" might just give you the energy boost to shave a few seconds off your time!

MARATHON FINISHER SHIRTS

Attention marathoners! The first 380 RunFun Travel Marathon finishers get a free, fabulous finisher shirt! We'll email the lucky 380, and you can strut your stuff to the end of the finish chute to claim your shirt. It's like winning the lottery, but better - because you earned it with your blood, sweat, and tears (okay, hopefully not blood).

But remember, it's first come, first served – we can't guarantee Hulk-sized shirts for everyone! So unless you want to rock the crop top look, make sure you're quick off the mark. These shirts are more than just fabric - they're a badge of honour, a conversation starter, and a great way to humble-brag about your incredible achievement!

EVENT MERCHANDISE

Missed out on a marathon finisher shirt? No worries! Snag a piece of running history with our limited edition 31st anniversary swag. From just \$25, you can own a piece of the 2025 Wadjemup Rottnest Running Festival. It's not just merch - it's a time capsule you can wear!

This merch is cooler than a quokka in sunglasses, more exclusive than a private island tour, and more sought-after than the last ferry ticket off Rottnest. But hurry – these bad boys are flying off the shelves faster than a quokka with rocket boots! Don't be that person who has to listen to everyone else's "remember when" stories about the merch they got - be the person wearing it!



DAY TRIPPERS FERRY PARKING - ex B SHED

Wilson Parking is offering discounted parking to day trippers travelling to Rottnest on Sunday, 15 June ex B-Shed.

Tickets are \$12 and only available at machines F, J & I between 4:30am to 6:30am.

There are lots of bays available, but this offer is on a first-in-best-dressed basis.



FERRY TRAVEL

All entrants can travel to the Island with one of the three amazing ferry companies. Early morning ferry services for the marathon have been arranged through Rottnest Express and Rottnest Fast Ferries. SeaLink has a 7:00am ferry perfect for all Half Marathon Runners!

Rottnest Express - click [HERE](#) to book.

Use code ROTTMARA2025 for a 25% discount. Rottnest Express have a dedicated early morning service for the start of the marathon departing from Northport at 5:15am and B Shed at 5:45am. Arriving on the Island at 6:15am.



Rottnest Fast Ferries - Click [HERE](#) to book.

Use the code RUNFUNDAY (same day travel) or RUNFUNNEXT (extended stay) and enjoy a fantastic 20% discount on your ferry ride. Marathoners make sure to catch the 5:00am ferry, so you have plenty of time to prepare for the exhilarating race. Don't miss out on this incredible opportunity to kick-start your day of running and fun!



SeaLink - Click [HERE](#) to book.

Use the promo code 'RUNSEALINK25' at time of booking and provided that you meet the terms and conditions, your discounted ferry fares will be applied at checkout! Catch the 7:00am SeaLink ferry from B-Shed Fremantle and arrive at Rottnest Island ready to conquer the Half Marathon, which takes off at 8:30am. It's a seamless and convenient way to kickstart your race day!

**Terms and conditions may apply.*



SIMMOS QUOKKA DASH

The Simmos Quokka Dash is back for its fifth year! Available for children up to the age of the 10 or children who feel they are not up to the 5km distance. The course is an approx. 300m lap, running through the official finish chute! Best part about this is, it's free! Plus, all participants will receive a FREE Simmos ice cream, a complementary pass to Rottnest Island Mini Golf post event and a finisher medal! Limited spots available, so get in quick! *Bib collection on the morning of the event.*



PRIZES & PRESENTATIONS

Presentations will be held at Hotel Rottnest at 1:00pm. This will cover all distances as well as the DRAW PRIZES!

DRAW PRIZES:

All participants are in the running to win some great draw prizes, so ensure you come along and listen out for your bib number!

Draw prizes include:

- \$150 Charter 1 Catamaran Sailing Tours Voucher
- \$100 Indianic Boutique Voucher
- \$200 Hotel Rottnest Food & Beverage Voucher
- \$100 Island Gypsy Gift Vouchers
- \$60 Subway Family Dinner Voucher
- Dome Café Vouchers
- \$150.00 Rottnest Island Golf Club Voucher!

**Plus many more. Prizes subject to change.*





PRE-RACE PASTA NIGHT

In support of the Mizuno Wadjemup Rottneest Running Festival, Samphire will be holding the official Running Festival Pre-Race Pasta Night in the Bayside Function Room. They will be offering a variety of pastas, salads and breads.

Date: Saturday, 14 June

Time: 5:30pm – 8:00pm

Ticket price:

WAMC Member \$37

Non-Member \$42

There will be some amazing draw prizes up for grabs on the night so be sure to click below image to get your ticket now!



ISLAND SUPPORTER'S INFO & DISCOUNTS

The businesses on the island are offering some great offers over the weekend. Below and continued overleaf are some of the many offers and discounts available for participants. We encourage all runners to visit our supporters, show your bib and medal with pride and say to them for supporting us all these years!

ROTTNEST BAKERY

A Rottneest icon, the bakery offers an assortment of tasty treats, including the famous sausage rolls and meat pies, and freshly made sandwiches to delicious bakery sweet treats like vanilla slice and jam doughnuts. The perfect stop first thing in the morning, pick up your coffee and freshly baked Rotto loaf that is 100% sourdough. It's a must for every island visit.

THE LANE

The Lane's specialist team of Baristas are happy to welcome you with fresh coffee, roasted weekly and delivered to our shores.

FAMILY FUN PARK

From retro pinball machines to arcade games, a miniature golf course and a deckchair movie theatre, you'll get your nostalgic fix at Rottneest Movies and Mini Golf.

ROTTNEST GENERAL STORE

Don't worry about lugging food and drinks over on the ferry, The General stores have everything you need, open daily 8am to 6pm:

- Grocery essentials including fresh fruit & vegetables;
- A wide selection of local WA wines, beers and spirits;
- Beach, boating & fishing supplies;
- Easy online ordering, with delivery direct to your accommodation. We'll even put in the fridge for you.

Stores in Thomson Bay and Geordie Bay.

**ROTTNEST
GENERAL
STORE**

DOMÉ

The Dome Cafe will be open Sunday from 6:00am and is fully licensed from 10:30am, so why not head there for a celebratory drink post event! You deserve it!



CHOOK SHACK

Enjoy delicious French rotisserie chicken, chips, roast vegetables and salad from just next door to the Bakery. It's hard to resist the smell of freshly cooked roast chicken and hot chips. Open 10am to 8pm for dine in or takeaway.

HOTEL ROTTNEST

Show your race bib and get 10% off all food at Hotel Rottnest on Sunday, 15 June! Hotel Rottnest will be open from 10:30am on Sunday for all your post-race celebrations!

GEORDIE BAY CAFÉ

Fuel up at Geordie Bay Café all weekend long! Whether you're racing or relaxing, don't miss these delicious event weekend deals:

Breakfast (8am–11:30am)

- Buy one coffee, get one free!
- Pancakes with maple syrup & butter - \$15

Lunch (12pm–3pm)

- Fish & chips or Caramelised beef burger - \$25

Dinner

- Vegetarian nocchi or Seafood linguine - \$25

Dinner open to all – no bib required. Booking recommended: geordiebaycafe.com

All weekend (Fri–Sun):

- Power up with a \$15 protein shake: protein powder, chia seeds, goji berries, walnuts, mixed berries, ice & your choice of milk

SIMMOS ICE CREAM

Mention the Rottnest Running Festival to receive 10% OFF your Ice Cream at Simmos Rottnest Island. Valid for Sunday, 15 June.

PINKY'S ROTTNEST ISLAND

Mention you are here to participate OR spectate at the Rottnest Running Festival and you will receive 10% OFF at Pinky's Rottnest Island!



SUBWAY ROTTNEST

Show your race bib and get 10% off all food on Saturday, 14th & Sunday, 15th June!



ROTTNEST ISLAND GOLF CLUB

Tucked away behind the settlement, Rottnest Island Golf Course combines a nine-hole course, putting green, bowling green and venue complete with a pool table, upstairs function space and seating.



Event sponsor:



Proudly presented by:



COURSE MAP

ROTTNEST RUNNING FESTIVAL 5KM



LEGEND

5KM - 1 LAP1



DRINK STATION



MUSIC



COURSE MAP

ROTTNEST RUNNING FESTIVAL 21.1KM 10KM



2025 WADJEMUP Rottneest RUNNING FESTIVAL 21.1KM & 10KM

LEGEND

- 21.1KM - 2 LAPS 1ST LAP ONLY 10KM - 1 LAP TOILETS
- DRINK STATION PIPERS MUSIC MIZUNO MILE START MIZUNO MILE FINISH



COURSE MAP

ROTTNEST RUNNING FESTIVAL 42.2KM



LEGEND

- >>> 42.2KM - 4 LAPS
- 1ST LAP ONLY
- TOILETS
- DRINK STATION
- MUSIC

