



Sunday, 19 April 2026
Runner's Guide

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Presented by



WELCOME

Congratulations on entering the Perron Institute Bridges Fun Run. This is a community event conducted by the West Australian Marathon Club Inc. By participating in the Bridges Fun Run, you'll also be supporting a great cause. This year, we're proud to partner with Perron Institute to support Youth Mental Health, helping fund important research and initiatives that improve mental health outcomes for young people in our community.

RACE DIRECTOR

Susen Selbig

ENQUIRIES

WA Marathon Club
Office Phone: 9472 833
Email: wamc@wamc.org.au

RACE START TIMES & LOCATION

10km

Start: Riverside Drive/Governors Ave
Finish: Elizabeth Quay
Time: 8:20am

5km

Start/Finish: Elizabeth Quay
Time: 8:35am

Kids Dash

Approx. 10:15am

CUT OFF TIMES

For both events the cut off will be 10:30am.

ONLINE REGISTRATIONS ONLY

Registrations close Thursday, 16 April at 12:00 noon sharp. No late registrations will be taken.

BIB COLLECTION & EVENT EXPO

No bib collection will be available on the morning of the event unless pre-arranged via email for participants living outside the Perth Metro area or in special circumstances. Please email wamc@wamc.org.au to arrange this.

Your bib number allocation email will be sent the week prior to the event.

Bib collection and Event Expo times are as follows:

Tuesday 14th April - WAMC Members Bar - 1 Camfield Drive, Burswood

4:30pm - 6:30pm

Saturday 18th April - Barrack Square

10:30am - 1:30pm

Event shirts for those participants in the first 1,500 registered can be collected at this time.

Note: If required, someone may collect your race pack on your behalf if you cannot attend.

FINISHER MEDALS

All finishers in the 5km, 10km and Kids Dash will receive a finisher medal as they cross the line!

VOLUNTEERS

Every WAMC event requires volunteers to make sure everyone has a safe, enjoyable run. Please join us in thanking all the volunteers on course. If you wish to volunteer, please email volunteer@wamc.org.au

BAG DROP

There will be a bag drop at the finish area. Whilst all care will be taken to ensure security of your belongings, we cannot take responsibility for lost or stolen goods.

FREE Perron Institute Bridges Fun Run T-Shirt

For participants lucky enough to be the first 1,500 registered will receive a Perron Institute Bridges Fun Run event shirt. These are only available at bib collection. Those eligible for a free event shirt will receive an email. Shirts will be given out on a first in, first served basis for size purposes. Shirts are not for sale.



PERRON INSTITUTE BRIDGES KIDS DASH

A fun and **free** event for kids under 12 years old who want to show off their speed and agility. With a 300m dash around Barrack Square, this is the perfect distance for kids to challenge themselves and have fun. We encourage all participants to register online by 12 noon, Thursday, 16 April.



DRINK STATIONS

There will be three drink stations on the 10km course, manned by volunteers from the West Australian Marathon Club. There will also be water and recovery food at the finish line.

Note: No drink stations on the 5km course.

Refer to the course maps for drink station locations.

PRESENTATIONS & PRIZE DRAW Presentations will commence at 10:00am followed by prize draw.

WAVE STARTS

Individuals will need to self-seed according to the categories listed below. All times are calculated from the moment you cross the start line.

Placarded signs will be in place with categories listed from A to E

10km Wave Starts

Elite: Sub 34min - email wamc.org.au for details. A:
Sub 40min

B: 40min > 45min

C: 45min > 50min

D: 50min > 60min

E: +60min

5km Wave Starts

A: Sub 18min

B: 18min > 22min

C: 22min > 26min

D: 26min – 30min

E: +30min

Please note this is a self seeded event.

TIMING

All registered participants in the event will have an electronic time recorded by Bluechip Timing. Your results will be available on the Bluechip website (www.bluechiptiming.com.au) Immediately after you cross the finish line. There is a small chance that we will be directed by Traffic Management to stop runners for a short period if there is excessive traffic at Mill Point Road that needs to be cleared to prevent the cars queuing onto the Freeway. We will have timing mats at this location that will allow any time stopped to be deducted from your finish time. **Participants in the 5km & 10km will all receive a gun time and net time.**



Disposable timing chips are attached to the back of the race bib. Do not remove or peel the plastic timing devices from the race bib. Attach the race bib to the front of the body only, by pinning the bib in the holes at the four corners. Please make sure that the race bib is kept flat and not folded or crumpled. The race bib is allocated to the person nominated on the entry form and is non-transferable to another person. The race bib must remain in its issued form.

All participants are required to collect bibs on bib collection prior to event day. You may nominate someone to collect your bib if you are unable to attend during bib collection times.

Note: WAMC Members, your WAMC shoe timing chip will not work at this event.

DISTANCE CHANGES

If you wish to change the distance you have entered, please notify the WAMC office before 12:00pm, Thursday 16 April to allow time for processing.

FIRST AID

First Aid will be located at the finish line.

If you require first aid assistance on course, please notify a drink station attendant or course marshal who will be able to phone for help.

HEALTH & SAFETY

Entrants must not take pets on the run. Skateboards, rollerskates / rollerblades or similar devices are strictly forbidden due to the risk of injury to participants. Be aware we may not have exclusive use of some of the shared paths.

All runners will assemble in the advised start area by foot and obey Police and Officials' directions whilst awaiting the official start.

To ensure your safety and that of everyone else in the race, the use of headphones or any musical device is strongly discouraged. Use of headphones is a safety hazard as it may compromise a participant's ability to hear critical safety and/or directional instructions, especially instructions that may arise in an emergency

TRAVEL & PARKING

Take a break from driving and catch the train into Elizabeth Quay Station. Make sure you reference the Journey Planner on the Transperth website to ensure you allow enough time to get to the start line.

To travel on any Transperth service, you need to purchase a ticket or use your Smart Rider.

Visit transperth.wa.gov.au for more information.

Please see map for suggested parking locations.

Note: Road closures along Riverside Drive will be in place between 5:30am - 11:00am.

AWARDS

10km

1st Male/Female overall
2nd Male/Female overall
3rd Male/Female overall
1st U16 Male/Female

5km

1st Male/Female overall
2nd Male/Female overall
3rd Male/Female overall
1st U16 Male/Female

DRAW PRIZES

After your run stay for your chance to win some great draw prizes! Place your bib tag in the entry box located near the stage after your run, hold on to your race bib and be present at the presentations to be eligible to win.

Draw prizes coming soon!



FREE Post Run Drink*

Show your Perron Institute Bridges Fun Run bib to our friends at The Lucky Shag Waterfront Bar to redeem a FREE middy draught, small soft drink or juice post run!

*Registered participants only. Only valid 19 April 2026. 1 drink per participant.

BIX

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BRIDGES FUN RUN
for youth mental health

SUNDAY, 19 APRIL

REGISTER NOW  West Australian
Marathon Club



WAMC MEMBERS RECEIVE 30% DISCOUNT

Based in Perth, Western Australia PA Sports and Leisure are the Australian distributor for quality running apparel.

- Sunwise performance eyewear
- Ronhill running clothing and accessories
- Halo headwear
- 1000mile socks
- Ultimate performance running accessories
- Hilly socks
- 1000mile medical supports
- Chamois Butt'r Cream

To redeem your 30% discount:

1. Visit pasportsandleisure.com.au
2. Email Peter@pasportsandleisure.com.au to place your order and quote WAMC21



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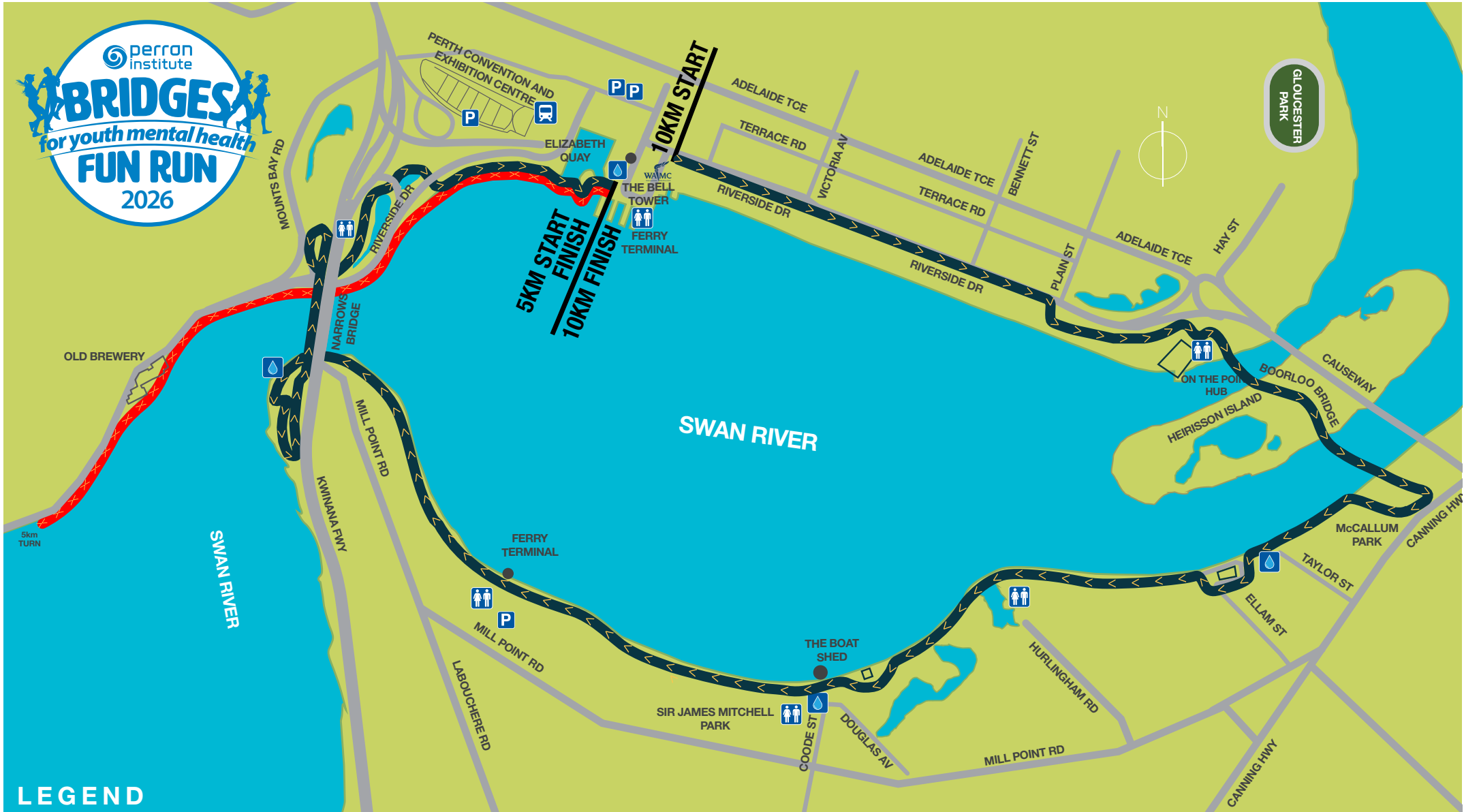
COURSE MAP

BRIDGES FUN RUN

10km & 5km



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LEGEND

- 10km
- 5km OUT & BACK
- ASSEMBLY AREA
- DRINK STATION
- TOILETS
- PARKING
- TRAIN