

EVENT GUIDE

 **The Athlete's Foot**

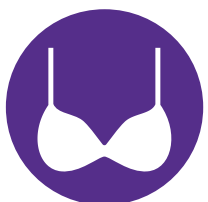
2026  **th**

**WOMEN'S
LASSIC**

FUN RUN **5KM
10KM**



PROUDLY
SUPPORTING

 **breast cancer
care wa**

SUNDAY, 20 SEPTEMBER

Phone: 9472 4833

Email: wamc@wamc.org.au

Web: www.wamc.org.au

WELCOME ♥

Welcome to the official event guide for the **40th Anniversary Women's Classic Fun Run**, proudly sponsored by The Athletes Foot. This guide aims to provide you with all the essential information you need for a fabulous event weekend.



RACE START TIMES

8:00am-10km Solo
8:10am – 10km Relay
8:15am - 5km

BIB COLLECTION

You will receive an email by Wednesday, 16 September advising you of your bib number, please bring this with you to bib collection:

Wednesday 16 Sept – WAMC Clubrooms
4:00pm to 6:30pm

Saturday, 19 Sept - WAMC Clubrooms
10:00am to 1:00pm (includes mini-Expo!)

PLEASE NOTE: No bib collection on Sunday. If you are unable to attend bib collection, you may nominate someone to collect on your behalf. If you live outside the Perth Metro area you must email wamc@wamc.org.au by Friday, 18 Sept to arrange Sunday collection.



REGISTRATIONS - DISTANCE CHANGES - LATE ENTRIES - CANCELLATIONS

Online registrations close 12noon Wednesday, 16 September unless sold out prior.

If you wish to change the distance you have entered or require to cancel your registration please notify wamc@wamc.org.au by 12noon, Tuesday, 15 September.

For family members and friends who don't want to miss out on the awesome experience - it's not too late! Registrations will be taken at bib collection, unless sold out prior. Late entries will incur an additional \$10.00 late entry fee, so we strongly recommend registering as soon as possible.

EXCLUSIVE WOMEN'S CLASSIC MERCH

Check out our exclusive range of Women's Classic merchandise including event tee, long sleeve sports top, sun visor and handy tote bag.

Available at bib collection and Event Day – stock is limited, so grab your favourites before they're gone!



WARM UP – LAMA FITNESS WITH SUE

Get ready to move with Lama Fitness! Sue will lead you through an invigorating warm-up session before you take off on your run! Designed to be fun, energetic, and suitable for everyone, regardless of age, gender, or fitness level.

Warm up on front lawn
@ 7:40am



BREAST CANCER CARE WA – Event beneficiary

Since 2000, Breast Cancer Care WA has provided specialist breast care nursing, counselling, and financial support to women and men affected by breast cancer, as well as their partners and families, throughout the WA community. BCCWA do not receive government funding for their services that are provided free of charge.

Some interesting stats and information included at the end of this Guide.

Please take the time to watch this heartwarming video.... [Jess's story video](#)

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RELAY TEAMS

Relay teams will be required to collect a baton on Sunday by 7:45am. Each team member will run with the baton and hand it to the next runner at the changeover.

DRINK STATIONS

On course drink stations offering water will be manned by our wonderful WAMC volunteers. Refer to the course maps for locations.

BAG DROP

You can leave your belongings inside the venue. Whilst we will keep an eye out through the morning, it would be best not to leave any valuables.

DONATE YOUR PRE-LOVED RUNNING SHOES



Bring along your pre-loved running shoes to The Athlete's Foot display on Sunday. Donated shoes go to TreadLightly, a national recycling initiative that takes unwanted sport and active lifestyle

footwear and recycles them to give it new life.

PRESENTATIONS

Award presentations will be held on the front lawn followed by Prize Draw.

10km Solo & 5km

- First three females will receive a trophy.
- Medal for first in age group:
 - Under 16
 - 17-20
 - 21-29
 - 30-39
 - 40-49
 - 50-59
 - 60-69
 - 70-79
 - 80+

10km Relay

- First team of 4 & 2 will receive medals

FINISHERS

Adult finishers will receive a champagne glass holder lanyard and champagne glass. U18 finishers will receive a finisher medal in place of the glass holder lanyard and champagne glass. WAMC are taking a responsible approach by removing any association or reference to alcohol for U18 participants and avoiding any imagery, messaging or actions that could suggest or imply that underage drinking is acceptable. This ensures the U18 finisher reward remains age-appropriate while still providing participants with a meaningful memento of their achievement.

PRIZE DRAW

Hold on to your Prize Draw tag on your bib and place it in the barrel AFTER your run to go onto the draw to win some fantastic prizes donated by:

- The Athlete's Foot
- The Karalee on Preston
- Preston Street IGA
- Salsbury Lane Florist
- Tigerfish
- Movement Matters
- Squirrel's Nut Butter
- PA Sports & Leisure
- Bix Hydration
- WA Triathlon
- Cursus Collective
- The WorldInstitute of Martial Arts

FIRST AID

First aid will be readily available throughout the event. The team from Perth Medics will be stationed at the finish line, ensuring immediate assistance in case of any medical emergencies.

If you find yourself in need of first aid during the race, simply notify a nearby drink station attendant or course marshal. They will promptly contact the necessary medical personnel to ensure you receive the assistance you need.

TOILETS

Toilets are located at the start/finish area. There are also public toilets along the course at Bardon Park and Victoria Gardens.

POST EVENT BREAKFAST

Indulge in post-run delights. Celebrate your achievement with your loved and enjoy a glass of Australian bubbles as you feast on an array of treats – quiche, croissants, fruit, and more. We're also pleased to offer non-alcoholic bubbles, Harvey Fresh Orange Juice and Gatorade for everyone to enjoy.



We are extremely grateful to all our volunteers who have donated their time to help make the event that it is, please be friendly and courteous to our volunteers,

EXPO – SATURDAY & SUNDAY

THE ATHLETE'S FOOT - Naming Sponsor

Join in the celebrations as The Athlete's Foot celebrate their 50th Anniversary! Visit TAF display for expert advice and the latest in shoes.

BREAST CANCER CARE WA - Beneficiary

Chat to one of the lovely representatives from BCCWA. They've been providing specialist breast care nursing, counselling, and financial support to women and men and families affected by breast cancer.

PA SPORTS & LEISURE

For everything in sports clothing, sunglasses and accessories from around the globe – Ask for Pete!

MOVEMENT MATTERS

The skilled team from Movement Matters will be on hand to perform a seated massage pre or post run!

SQUIRREL'S NUT BUTTER

Whether you're hitting the trails, training for your next race, or just enjoying the great outdoors, Squirrel's Nut Butter keeps you moving—chafe-free!

THERMOMIX

Sharman is bringing the latest Thermomix - TM7. See why this model is so special – [Ask about a Demo!](#)

BIX HYDRATION

Chat to the team from Bix about the importance of good hydration and nutrition.

WA TRIATHLON

Swim, ride & run! The team from the WA Triathlon will tell how you can do all 3 disciplines.

THE WORLD INSTITUTE OF MARTIAL ARTS

See how martial arts can be for everyone and learn the necessary skills to protect yourself.

CURSUS COLLECTIVE

Women are stronger when they run together! Visit Amy, for more information on joining the growing network of women moving together.

ARBOR-CADABRA

Create the perfect backdrop for any special occasion with a choice of arbors.

TINY GATHERINGS

Grab your pre-race caffeine hit on Sunday from Katie.

MIZZICA CAFE

Raffaella will be along with her tuk-tuk serving coffee on Saturday.

EVENT DAY PARKING

Carpooling recommended and is fun too! Strictly NO parking at WAMC. FREE parking is available at the Crown. Due to the WAFL Grand Final at Optus Stadium on Sunday, 20 September, Camfield Drive access via Graham Farmer Freeway will be closed from 6am. Access to Crown parking via Great Eastern Hwy. **Crown Parking Map Here.**

THANK YOU

THE KARALEE ON PRESTON

Suppliers of the bubbles – alcoholic and non-alcoholic.



PRESTON STREET IGA

Generous contribution of delicious muffins.



LITTLE OLIVE BLOOMS

Courtney has kindly created and donated our celebratory 40th Anniversary cake.



SALSBURY LANE FLOWERS

Supplying the lovely arrangement of flowers.



HARVEY FRESH

Pick up your 450ml bottle of orange juice as you cross the finish line.



PROUD SPONSOR



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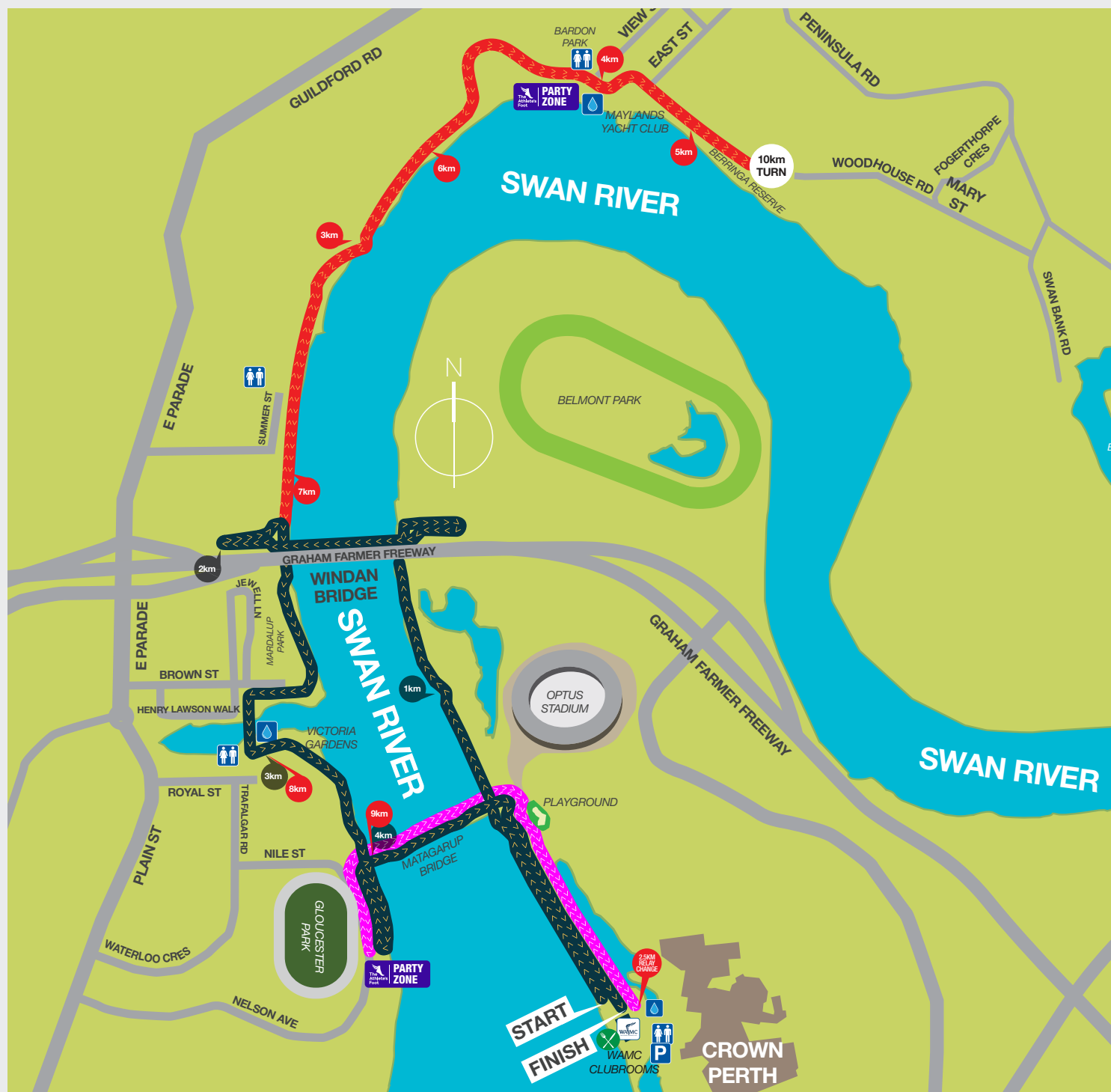
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COURSE MAP

WOMEN'S CLASSIC

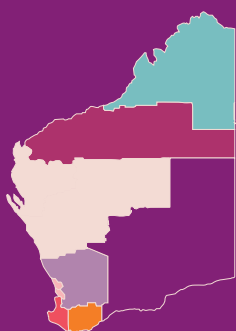
5km and 10km solo & relay



LEGEND

- 10km
- 5km
- RELAY
- REGISTRATION
- DRINK STATION
- TOILETS
- PARKING
- CATERING
- PARTY ZONE
- THE ATHLETE'S FOOT PARTY ZONE

The impact of your support 2025



1,849 people with breast cancer and their families (including 348 living in regional, rural and remote areas) empowered with personalised support.

● Kimberley (26)	● Midwest (40)
● Pilbara (21)	● Goldfields (20)
● Perth & Peel (1,490)	● South West (128)
● Great Southern (59)	● Wheatbelt (59)



\$210,850

in bills, food and fuel vouchers for clients experiencing hardship.



156 support groups facilitated across WA and online



190 workshops and webinars

to help clients across WA to live as well as possible with, and after, breast cancer.



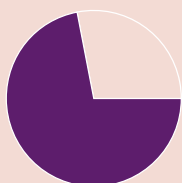
11,250

kilometres driven taking clients to and from essential appointments.



846 occasions of practical assistance for clients recovering from treatment or surgery.

20,918 occasions of service in WA, supporting clients through each of our programs.



68% of clients referred by a health professional.

Support for
1,398
people facing primary breast cancer

+ 451
people living with metastatic breast cancer.



Your breast cancer support service

A diagnosis of breast cancer can be life changing and confusing. Having someone to guide you, answer your questions and connect you with the support you need can make a world of difference.

All of our services are provided free of charge.



We are Breast Cancer Care WA

Every day, 5 people in WA are diagnosed with breast cancer. Breast Cancer Care WA exists to reduce the impact on their lives – and the lives of their family or support network – throughout their diagnosis, treatment and beyond.



As an independent charity, the level of personalised service we provide would not be possible without the ongoing support of our community. If you would like to support our work by sharing your story, participating in a fundraising event or making a tax-deductible donation, please contact us or visit our website.

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PO Box 905, Cottesloe WA 6911
T (08) 9324 3703 | F (08) 9284 6608
info@breastcancer.org.au

breastcancer.org.au



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Our services

Supporting you
throughout your
diagnosis, treatment
and beyond.



Specialist breast care nursing

Breast cancer can be complex. Our team of specialist breast care nurses can help you to:

- navigate health services
- understand your diagnosis and treatment plan
- make informed decisions
- communicate and liaise with your health care team
- access evidence-based information and resources.

Our team includes a specialist metastatic breast care nurse.



Counselling

Our specialist counsellors offer emotional support and help with:

- managing fear, anxiety and sadness
- difficulties making decisions
- relationships with children, family and friends
- body image and sexuality
- developing practical coping strategies.

For more information on how we can support you or a loved one, call us on (08) 9324 3703 or email info@breastcancer.org.au



Support groups

Support groups can help you to feel less distressed and alone.

Our specialist counsellors facilitate groups where members can share helpful information and coping strategies with peers. We offer support groups in various locations and online for:

- women with early breast cancer
- young women with early breast cancer
- women with metastatic breast cancer
- young women with metastatic breast cancer
- partners of women with breast cancer.



Living well

We offer wellness support, tailored information and resources to help you live well with, and beyond, cancer.

Designed to empower you and support your long-term health, our living well program includes:

- yoga, pilates and exercise
- mindfulness meditation
- discussion groups
- workshops and webinars.



Financial hardship support

For those experiencing financial hardship, support is available to help with utility bills, fuel or groceries. We can also refer you to community-based services for additional support.



Practical support

We can provide short-term, practical relief when breast cancer treatment impacts your ability to carry out everyday tasks. Our support can include transport to and from appointments, cleaning and gardening.



Breast awareness

We provide education to increase breast awareness and promote the importance of early detection and intervention.