



**Relay For Life**

# Official Program

**Adelaide Hills**

4 - 5 November 2023

Johnston Memorial Oval

Balhannah

[relayforlife.org.au](https://relayforlife.org.au)



**Celebrate.  
Remember.  
Fight Back.**

# Welcome to Relay!

A very warm welcome to this year's Adelaide Hills Relay For Life! Relay For Life has been running in the Hills since 2008, and since then Relayers have raised over \$635,400 to support the work of Cancer Council within our community. Relay For Life is a major fundraising event for Cancer Council SA and without the personal support and commitment from each and every one of you, our work would not be possible.

Since the last Adelaide Hills event, Cancer Council SA opened its doors to a new integrated cancer building – featuring 120 rooms of supportive accommodation alongside cancer research, prevention and support services, such as 13 11 20 Information and Support.

Our new building gives every South Australian every chance to survive a cancer diagnosis, regardless of where they're from, or where they are in their cancer experience. We are working hard to reduce the impact of cancer and with your help, we're doing just that.

This weekend, we'll come together to remember loved ones lost, support those living with cancer and celebrate survivorship, as well as fight back against cancer.

Whether you're a carer, survivor or team member—today is about taking part, making a difference and having plenty of fun along the way. We sincerely hope that you enjoy this event that your community has worked so hard to make possible.

Best wishes and thank you for your unwavering support and enthusiasm that is keeping the spirit of Relay alive in South Australia.

Cancer Council SA'S Relay For Life Team

# Volunteer Committee

**Event Lead:**  
Michelle Kenley

**Secretary:**  
Karen Baraglia

**Logistics:**  
Peter Baraglia,  
Mitchell Smyth  
Jordan Cresp

**Ceremonies:**  
Michelle Kenley

**Catering:**  
Jacqui Smyth

**Team Development:**  
Michelle Kenley

**Activities and Entertainment:**  
Jacqui Smyth

**Mission:**  
Michelle Kenley

**MC:**  
Sarah Martin

*Together with Cancer Council SA staff:*

**Relationship Officer—Relay For Life**  
Dean Parker

**Senior Community Fundraising Officer**  
Amy Roker

**Community Fundraising Assistant**  
Holly Reid

*Committee members and staff will be available throughout the event to answer your queries. Look out for the yellow committee shirts.*

# Say hello to our special guests

We are joined by an inspirational guest speaker, Cathy Megson-McAllister will join us to share her story.

For the past remarkable 16 years, Cathy has dedicated herself to hosting Australia's Biggest Morning Tea alongside her devoted Macclesfield Young at Heart Club. She does this not only to commemorate her own triumphant experience with cancer but also in loving memory of her mother, father, and husband, all of whom tragically lost their lives to this relentless disease.

Cathy's motivation is deeply rooted in her personal journey. She reflects, *"I consider myself fortunate to have survived. Witnessing the remarkable work that Cancer Council was doing for fellow patients during my hospital stays, I felt a compelling urge to contribute. As soon as my health permitted, we hosted our inaugural morning tea."*

Cathy and the Young at Heart Club have raised over \$205,000 over the years, and each year they try to raise more!

One of the cherished highlights in Cathy's journey was the creation of a calendar in 2017. This unique calendar featured 23 courageous women who boldly bared it all, wearing nothing but aprons. This year, due to popular demand, Cathy and the Young at Heart Club have recreated their playful 'barely there' calendar, with all proceeds dedicated to Cancer Council SA.



Cathy reflects on the profound impact of her endeavors: *"We have all received so much through our giving, and every member of our club shares a common vision of a cancer-free future. Our efforts are not just for us but for the generations that follow, our children, grandchildren, and great grandchildren."*



# What's on and when

## Saturday 4 November

<b>11.00 am</b>	<b>Gates open</b> Team Captain collects team pack Commence setting up team tent sites Location—Registration Tent		
<b>11.00 am</b>	<b>Torrens Valley Lions open for Sausage Sizzle – supported by Balhannah Butcher</b> Location— Adjacent to Football Club		
<b>12.00 pm</b>	<b>PJ Party People Burgers supported by Lobethal Bakery</b> Location—Canteen		
<b>1.00 pm</b>	<b>Team Captain Meeting</b> Location—Football Club Grandstand		
<b>1.00 pm –</b>	<b>Survivor &amp; Carers registration open</b>		
<b>1.45 pm</b>	Register & collect sashes Location – Registration Tent		
<b>1.30 pm</b>	<b>Zumba - Carissa from Team 'Fresh Relay'</b> Location—Main Stage		
<b>1.50 pm</b>	<b>Survivors &amp; Carers assemble</b> Team Participants gathering for Opening Ceremony Location—Main Stage		
<b>2.00 pm</b>	<b>Opening Ceremony commences</b> Location—Main Stage <b>Welcome to Country:</b> Courtney Hunter-Hebberman Peramangk and Ngarrindjeri Mamalu <b>Committee Welcome:</b> Michelle Kenley, Event Lead <b>Member for Mayo:</b> Rebecca Sharkie <b>Relay For Life Oath:</b> Kylie Grivel <b>Reading of Survivor &amp; Carers names:</b> Jordan Cresp <b>Ribbon cutting:</b> Adelaide Hills Council Member, Mr Malcolm Herrmann		
			<b>Survivors &amp; Carers walk</b> All team members to line the track to clap as Survivors & Carers pass All teams to follow last survivor and carer onto the track. Relay For Life Begins
		<b>2.30 pm</b>	<b>Survivor &amp; Carers afternoon tea sponsored by GE Hughes Construction and Lovells Bakery</b> All survivors and carers are welcome to join us for afternoon tea Location—Football Clubrooms
		<b>2.45 pm</b>	<b>Frozen Shirt Competition</b> Location—Oval
		<b>3.00 pm</b>	<b>Merchandise Tent opens</b> Location—Registration Tent
		<b>3.00 pm</b>	<b>Silent Auction Opens</b> Location—Football Clubrooms
		<b>3.00 pm</b>	<b>Massage Bookings Open</b> (bookings required) Location—Opposite Registration Tent
		<b>3.15 pm</b>	<b>SunSmart Relay</b> Location—Around track
		<b>3.45 pm</b>	<b>Tug of War</b> Location—Centre of Oval
		<b>4.00 pm</b>	<b>Sally &amp; The Poor Boys</b> Live performance Location—Main Stage
		<b>4.30 pm</b>	<b>Newspaper Creations game commences</b> Collect your newspapers from the Registration Tent and start getting creative at your campsite!
		<b>5.30 pm</b>	<b>Newspaper creation fashion parade</b> Location—Main Stage
		<b>6.00 pm</b>	<b>T-Junction</b> Live performance Location—Main Stage



**6.00 pm – Olive Branch**  
**8.00 pm** Location—Football Club Kitchen

**Baltic Foods**  
Location—Catering Zone

**6.30 pm Themed Lap: Bras and Undies on the outside**

**7.15 pm Woodshed Road**  
Live performance  
Location—Main Stage

**7.50 pm Harmummies**  
Live performance  
Location—Main Stage

*Teams to start placing Candle bag tributes on track in front of their site*

**8.15 pm Candlelight Ceremony**  
All teams are invited to attend  
There will be one minute of silence  
Teams are asked to stop walking/  
running during this ceremony  
Location—Main Stage

**Guest Speaker:**  
Cathy Megson-McAllister

**Lighting of Candles donated by Transform Scents**  
Past  
Present  
Future

**Photo tributes:**  
Presentation in honour of loved ones lost

**Minute silence**

**Lap of Solidarity**  
All team participants are asked to  
complete a lap together  
Live Performance accompaniment:  
Harmummies

**9.00 pm Silent Auction Closes**  
Winners contacted and payment made  
in the Football Clubrooms

**9.15 pm Woodshed Road**  
**midnight Live Performances**  
Location—Main Stage

**10.00 pm Themed lap: Onesie**

**Midnight Themed lap: Glow in the dark**  
All music to stop

## Sunday 5 November

**1.00 am Silent Disco**  
**3.00 am** Location—Main Stage

**7.00 am Free Breakfast**  
Thanks to Rotary Club of Onkaparinga

**8.30 am Lap counters due**  
Hand in at Registration tent

**8.50 am Final lap (whole team participation)**  
All teams complete their final lap with  
Banners

**9.00 am Official Closing Ceremony**  
Join us at the Main Stage for the official  
closing ceremony  
Presentation Of Awards  
MC – Sarah Martin  
Location – Main Stage

**9.15 am Pack up and depart**



# Relay For Life merch

Relay For Life pens.....	\$3
Candle tributes (bag and candle).....	\$5
Relay For Life bucket hat.....	\$5
Relay For Life apron.....	\$10
Relay For Life socks.....	\$10
Relay For Life beanie (yellow or black).....	\$20
Relay For Life Umbrellas.....	\$35
Relay For Life hoodie (limited sizes).....	\$70
Credit card (Mastercard and Visa) and EFTPOS available. **No cash out facilities available.**	

# Take home a trophy

Trophies will be awarded in the following categories at the Closing Ceremony .

- Spirit of Relay
- Most SunSmart Team
- Most Team Laps
- Best Team Baton
- Best Team Banner
- Best Team Campsite
- Highest Fundraising Team

Which one do you want to be taking home?

# Refuel and recharge

## Saturday

- 11.00 am – 4.00 pm Torrens Valley Lions – Sausage Sizzle
- 12.00 pm – 1.30 pm Team PJ Party People – Hamburgers
- 1.00 pm – 10.00 pm Lobethal Lutheran Coffee Cart
- 4.00 pm – 8.00pm Baltic Foods - Hot dogs and Leberkase, and drinks
- 6.00 pm – 8.00 pm Olive Branch Café – Curries & Soups

## Sunday

- 7.00 am – 8.30 am Lobethal Lutheran Coffee Cart

# Things you should know about...

## “It’s about a community that takes up the fight...”

1. This is a non smoking event.
2. This event is alcohol in moderation until 11:45pm Saturday night under the rules of our short-term, limited liquor licence.
3. Alcohol can only be consumed within designated campsites and from plastic cups.
4. We have a **zero tolerance** to underage and excessive drinking and will act accordingly to protect the safety and enjoyment of all participants.
5. Free Sunscreen will be available at various locations for your use. Please be SunSmart.
6. Please ensure your team’s belongings stay within the boundary of your campsite and do not impede the track in any way.
7. Team Captains are responsible for the actions of their team members and their families/friends. A responsible adult must accompany people under the age of 18 attending the event.
8. One team member must be on the track with the team baton, at all times.
9. Friends or relatives may accompany a designated walker/runner but when they are doing so, their laps are not credited to the team. The same rule applies when more than one team member is on the track at the same time.
10. Each team is responsible for counting its own laps. Lap sheets can be found in the program.
11. The track is for all participants. Walking and running participants are requested not to impede each other.
12. The walking / running direction will be reversed periodically and have some fun themes attached to it.
13. Teams are requested to mark their tents with the name of their team or the team banner.
14. Participants are responsible for the safety of their belongings – you are advised not to leave valuables unattended.
15. All youth and school teams are to have a supervisor over the age of 25 (unless parents caring for their own children) present for the duration of the event.

## 15. No dogs allowed.

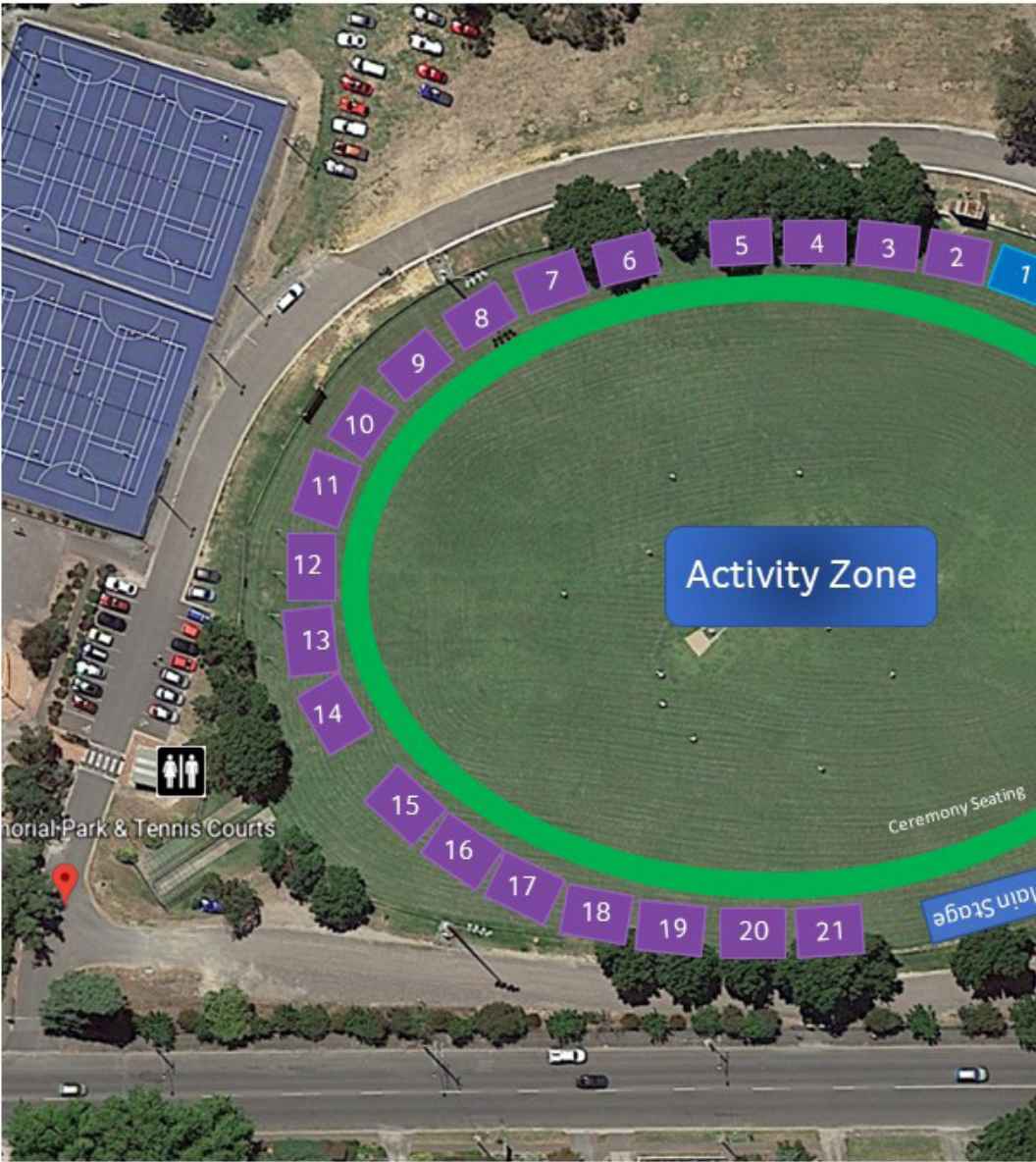
## Remember to have fun!



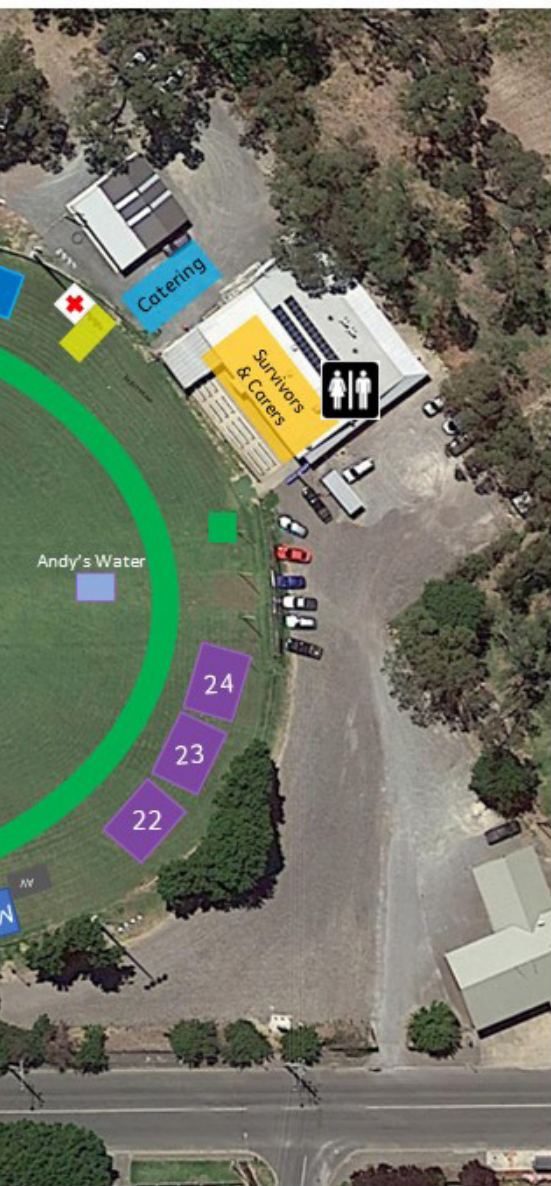




# Johnston Memorial Park







## Adelaide Hills Relay For Life

### Site Map

-  Survivor & Carers Afternoon Tea
-  Registration & Merchandise Tent
-  Main Stage
-  Catering Zone
-  Massage Therapist
-  First Aid
-  Toilets (in clubrooms)

Team Name	Campsite
The Desperate Housewives	1
Ardrossan Angels	2
Witching Hour Warriors	3
Spicy Pumpkins	4
Enerven / Rainbow Warriors	5
Ingalalla Galahs	6
bonjour les filles	7
Bulldogs Boys	8
Fresh Relay	9
No. 602 Squadron-	
Australian Air Force Cadets	10
Widget and the World Watchers	11
Jellybeans	12
Fluro Family Fusion	13
Woodcroft Walkers	14
St Johns Grammar School	15 - 19
Sainters	20
Walkie Talkie Family	21
PJ Party People	22
Who's in Paris	23
Friends-I'll be there for you	24



# Teams

Team Name	Site Number
The Desperate Housewives	1
Ardrossan Angels	2
Witching Hour Warriors	3
Spicy Pumpkins	4
Enervan / Rainbow Warriors	5
Ingalalla Galahs	6
bonjour les filles	7
Bulldogs Boys	8
Fresh Relay	9
No. 602 Squadron – Australian Air Force Cadets	10

Team Name	Site Number
Widget and the World Watchers	11
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Fluro Family Fusion	13
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Sainters	20
Walkie Talkie Family	21
PJ Party People	22
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Friends-I'll be there for you	24

# Lap counting

Team: .....

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100
101	102	103	104	105	106	107	108	109	110	111	112	113	114	115	116	117	118	119	120
121	122	123	124	125	126	127	128	129	130	131	132	133	134	135	136	137	138	139	140
141	142	143	144	145	146	147	148	149	150	151	152	153	154	155	156	157	158	159	160
161	162	163	164	165	166	167	168	169	170	171	172	173	174	175	176	177	178	179	180
181	182	183	184	185	186	187	188	189	190	191	192	193	194	195	196	197	198	199	200
201	202	203	204	205	206	207	208	209	210	211	212	213	214	215	216	217	218	219	220
221	222	223	224	225	226	227	228	229	230	231	232	233	234	235	236	237	238	239	240
241	242	243	244	245	246	247	248	249	250	251	252	253	254	255	256	257	258	259	260
261	262	263	264	265	266	267	268	269	270	271	272	273	274	275	276	277	278	279	280
281	282	283	284	285	286	287	288	289	290	291	292	293	294	295	296	297	298	299	300
301	302	303	304	305	306	307	308	309	310	311	312	313	314	315	316	317	318	319	320
321	322	323	324	325	326	327	328	329	330	331	332	333	334	335	336	337	338	339	340
341	342	343	344	345	346	347	348	349	350	351	352	353	354	355	356	357	358	359	360
361	362	363	364	365	366	367	368	369	370	371	372	373	374	375	376	377	378	379	380
381	382	383	384	385	386	387	388	389	390	391	392	393	394	395	396	397	398	399	400
401	402	403	404	405	406	407	408	409	410	411	412	413	414	415	416	417	418	419	420
421	422	423	424	425	426	427	428	429	430	431	432	433	434	435	436	437	438	439	440
441	442	443	444	445	446	447	448	449	450	451	452	453	454	455	456	457	458	459	460
461	462	463	464	465	466	467	468	469	470	471	472	473	474	475	476	477	478	479	480
481	482	483	484	485	486	487	488	489	490	491	492	493	494	495	496	497	498	499	500
501	502	503	504	505	506	507	508	509	510	511	512	513	514	515	516	517	518	519	520
521	522	523	524	525	526	527	528	529	530	531	532	533	534	535	536	537	538	539	540
541	542	543	544	545	546	547	548	549	550	551	552	553	554	555	556	557	558	559	560
561	562	563	564	565	566	567	568	569	570	571	572	573	574	575	576	577	578	579	580
581	582	583	584	585	586	587	588	589	590	591	592	593	594	595	596	597	598	599	600

Please note: All lap counting will be done at the daffodil start line



# A very big thank you!

There are always a great many people and organisations to thank after an event such as this:

## Volunteers and staff

We simply could not manage an event of this magnitude without the support of our on-the-day volunteers who have worked in all areas—from event set-up to the registration desk, running activities and supporting teams to tonight's pack up. Thank you!

And a special thank you to the volunteer Event Leadership Team who have brought this weekend's event to life. Their ongoing enthusiasm over the past few months is something the community can be proud of.

## Entertainers and special guests

Thank you to the following people for giving their time and talents:

MC Sarah Martin  
Kerry Rowlands, Cancer Council SA Chief Executive  
Rebekha Sharkie, Federal Member of Mayo  
Ashton Hearn, MP Shadow Minister for Health & Member for Schubert  
Dan Cregan, Speaker of the House & Member for Kavel  
Mr Malcolm Hermann, Adelaide Hills Councilor  
Carissa Harrison – Fresh Fitness  
Courtney Hunter – Hebbberman, Peramangk and Ngarrindjeri  
Mamalu  
Harmummies  
Grantley and Glenda will provide names of the bands who provide their time free  
T – Junction  
Sally and the Poor Boys  
Woolshed Road

## Sponsors

Adelaide Hills Council  
Adelaide Hills Pasturised Eggs  
Alan Weinert  
Andy's Water  
Balhannah Butchery  
Boost Juice Mt Barker  
BriteLite Productions  
Elevate Nutrition Mt Barker  
GE Hughes Construction  
Gorge Wildlife Park  
Jurlique  
Kennards Mt Barker  
Kloses  
Lobethal Bakery  
Lovells Bakery  
Mt Barker Freight  
Onkaparinga Rotary Club  
Pizza Gio's  
Torrens Valley Lions  
Transform Scents  
Turpin Electrical  
Wendy's Mt Barker  
Wohlers' Mt Barker





# Help your Relay have more impact!

If you love Relay as much as we do, why not consider joining your local Committee and help us make a difference.

To find out more or to register your interest today,  
phone 1300 65 65 85 or email [relay@cancersa.org.au](mailto:relay@cancersa.org.au).





## About Cancer Council SA

We're here for all South Australians impacted by cancer.

Almost one in two Australians will be diagnosed with cancer by the age of 85. But all of us can help improve those odds. Whilst our cancer outcomes continue to be amongst the best in the world, by working together we can all play a part in reducing the rate and impact of cancer for all South Australians.

As South Australia's leading cancer charity, working across every aspect of every cancer, we support families impacted by cancer when they need it most, speak out on behalf of the community on cancer issues, empower people to reduce their cancer risk, and find new ways to better detect and treat cancer.

We help people from the point of diagnosis through to their treatment and beyond.

***Together, it's all of us against cancer.***

# Thank you.

Cancer Council SA relies 100 per cent on the support and generosity of the South Australian community. Every day, we are working towards reducing the rate and impact of cancer for all South Australians.

## Impact of cancer:

**3,800**

South Australians lose their life to cancer each year.



**1 in 2**

Australians will be diagnosed with cancer by the age of 85.

**31**

new cases of cancer diagnosed in South Australia every day.

## Our Impact:

Every **\$1**

invested into fundraising we **raised \$4.32** to invest in research, prevention and support programs.



Provided

**27.5k**

nights of accommodation for regional South Australians seeking cancer treatment.

**1,252** Volunteers dedicated

**6,688** hours through Cancer Council SA.



Protected

**124k**

South Australian children and their educators from harmful UV radiation.

**900+**

counselling sessions were provided.

This work is only possible because of the generous support of the everyday South Australians, and businesses like you.





## Relay For Life

# Oath

In the name of all Relay For Life participants, I confirm that we are here to celebrate the lives of cancer survivors, to support those fighting cancer, and to honour those we have lost.

Our commitment will be symbolised in every step we take, each and every one moving us nearer to our goal, the goal of a cancer free world for future generations.

Information and support  
**13 11 20**  
[cancersa.org.au](http://cancersa.org.au)



**Celebrate.  
Remember.  
Fight Back.**