



Relay For Life West Coast

Official Program

Saturday 25 - Sunday 26 October 2025

Arena Joondalup, Kennedy Avenue, Joondalup

 [facebook.com/RelayForLifeWestCoast](https://www.facebook.com/RelayForLifeWestCoast)

relayforlife.org.au



Welcome from our CEO Ashley Reid

Welcome to our 2025 Relay for Life West Coast, where we celebrate our cancer survivors and carers, honour lost loved ones and support those currently going through treatment.

This year marks 25 years of Relay for Life in WA, and we are excited you are a part of this milestone.

Cancer Council WA's vision is to achieve a cancer free future. This would not be possible without the incredible generosity of the West Australian community, and the support of events such as Relay for Life West Coast.

When you are out on that track today, know that it's all of us against cancer. Every step brings us closer to a cancer free future.

My sincere thanks go to the hard-working Relay for Life West Coast committee and all of the teams that make this event a success - without you and your incredible dedication, none of this would be possible.

Thank you once again, and happy relaying!

Ashley Reid

Chief Executive Officer
Cancer Council WA



Committee

Pat Strahan
Chair, Ceremonies,
Entertainment,
Sponsorship

Sandy Taseff
Fundraising, Chair
Assistant

Keith Pearce
Logistics

Hollie Edwards
Logistics

Jann Pearce
Teams Breakfast,
Catering

Zoe Fulcher
Social Media, Newsletter,
Volunteers

**Caroline Ristovsky,
Kalani Paul**
Activities

Sarah Waite
Admin Assistant

John Prince
Logistics, Sponsorship

Helen Woodard
Teams

Jayne Hubbard
Teams

Keith Melrose
Treasurer

Sue Georgeff
Survivors and Carers
Morning Tea

Harry Docherty
MC

Juni Ivory
Food Trucks

A message from our West Coast Relay For Life Chairperson

On behalf of our committee, it is my great pleasure to welcome you to Relay For Life West Coast 2025. I am truly honoured to serve as Chair for this very special milestone – the 25th anniversary of Relay For Life in Western Australia.

The very first Relay For Life in WA was held at Perry Lakes in 2000, followed by Bunbury and other regions a few years later. Since then, Relay For Life events across our state have raised millions of dollars for Cancer Council WA, funding vital cancer research and providing support to people affected by this disease.

To our long-time participants – welcome back. To the teams joining us for the first time – we are thrilled to have you here. Thank you all for your incredible commitment, passion, and hard work. It is because of your efforts that Relay For Life West Coast continues to be such a remarkable success.

This weekend is about more than fundraising. It is about honouring and celebrating cancer survivors, recognising the carers and loved ones who have walked alongside them, and remembering those we have lost in body but never in spirit. It is also a time to make new friends, reconnect with familiar faces, and share in a powerful sense of hope and community.

Relay For Life is made possible by a dedicated team of volunteers – many of whom balance full-time jobs with their commitment to this event – along with the generous help of additional

volunteers throughout the weekend. We could not do this without them.

If at any time you need assistance, have a concern, or would like to offer a suggestion to improve the event, please speak to one of our committee members. We are always eager to welcome new volunteers to our team – whether as committee members or as helpers during the weekend.

For our 25th anniversary, we're delighted to have a record number of participants and teams. Thanks to your collective energy and generosity, we are striving to reach our fundraising goal of \$330,000 – a milestone that will make an incredible difference in the fight against cancer.

Finally, we extend our heartfelt thanks to our sponsors, supporters, entertainers, and everyone who has contributed to making this event possible.

Thank you for being here. Let's make this 25th anniversary Relay For Life one to remember – a celebration of courage, hope, and community.

Pat Strahan

Chair, Relay For Life West Coast 2025



The Relay For Life Purpose

Celebrate

Our cancer survivors are our Relay heroes, so today we celebrate the inspiration we gain from their courage, determination and hope. We also celebrate the carers who have played a vital role in the process.

Opening ceremony: Saturday 10.00am

Survivors and Carers Morning Tea will begin after the opening ceremony at 11.00am

Remember

Candle tributes are a powerful reminder of our family and friends who have been affected by cancer. Each tiny candle is a part of a chain of light creating a gentle glow around the track. Candle tributes can be placed in front of the stage prior to the Candlelight Ceremony.

Candlelight Ceremony: Saturday 8.00pm

Fight Back

There are many ways we can reduce our risk of developing cancer: eat healthy, maintain a healthy weight, exercise, be sun smart, quit smoking and limit alcohol consumption. No matter how small the action, it will make a difference and could be lifesaving.



Program of events

Saturday 25 October

| | |
|---|--------------------|
| Gates Open | 7.00am |
| Teams Move In | 7.00am to 9.30am |
| Food Trucks Open | 9.30am to 9pm |
| Opening Ceremony | |
| MC - Dr Anne Aly, MP | 10.00am |
| National Anthem - Nyah Loriel | |
| Survivor and Carers Lap of Honour | |
| Led by Sgt Verne Jones, Pipe Major of the Australian Army Band Perth | |
| Survivors and Carers move to arch | 10.40am |
| (Teams move to your sites to line the track and fall in behind the Survivors and Carers as they pass) | |
| Survivors and Carers Morning Tea | 11.00am to 12.30pm |
| Upstairs Premiers Suite | |
| Joondalup Entertainment Theatre School | 11.00am to 11.45am |
| Activities | |
| Spartans | 12.00pm to 12.45pm |
| Supernovas | 12.00pm to 12.40pm |
| Dynamo Fitness Equipment – Spin to Win | 12.00pm to 2.00pm |
| Time For Dance | 1.00pm to 1.45pm |
| Judging Parade | |
| Tammy Wilkins Best Team Baton, Best Fancy Dressed Team (Please Line up at the Arch) | 12.50pm to 1.15pm |
| Judging Best Decorated Team Site | 1.30pm to 2.30pm |
| Danielle Passione Vocal School | 2.00pm to 2.45pm |
| Yellow Rock | 3.00pm to 3.45pm |
| A Touch of Presley with Shorehaven Primary School Choir | 4.00pm to 4.45pm |

Program of events

Saturday 25 October

Awards Ceremony

Hon Sabine Winton, MLA

Raffle Draw

*Announcement of Tammy Wilkins Best Team Baton,
Best Fancy Dressed Team, Best Decorated Team Site*

Silent Disco

12 years old and under - Get your glow sticks

6.00pm to 6.30pm

Chrislyn Hamilton

6.30pm to 7.45pm

Candlelight Ceremony

Alexander Circosta, Piper Jock

8.00pm to 8.45pm

Semi Rock

9.00pm to 10.30pm

Silent Disco

9.30pm to 11.00pm

13 years and over

Quiet Time

11.00pm to 6.00am

Sunday 26 October

Free Teams Breakfast

Bring your own plates/cutlery and cup

7.00am to 9:00am

Activities

The Three Car Garage

7.00am to 9:30am

Team Gracie

7.45am to 8.20am

Club Fiesta

8.30am to 9.15am

Closing Ceremony

*Presentation of Most Laps - Team and Individual,
Highest Fundraisers - Community, School,
Corporate*

9.30am to 9.50am

Spirit of Relay Award

9.50am

Final Lap led by Sambinistas

9.50am to 10.00am



Other Activities

Get your \$5 wrist band from the Information/Merchandise Tent

- Silent Disco
- Badminton
- Jenga
- Connect 4
- Chess
- Scavenger Hunt
- Giant soccer
- Face Painting

Free Activities

- Volleyball
- Chill Zone
- Candle Bag Decorating and colouring in

Food and Drinks

Food Trucks

Moroccan Food Station

9.30am - 9pm Saturday

Boost Juice

9.30am - 9pm Saturday

7am - 10am Sunday

Peek a Brew Coffee

8am Saturday - 10am Sunday

Spud Central

8.30am - 10.00pm Saturday

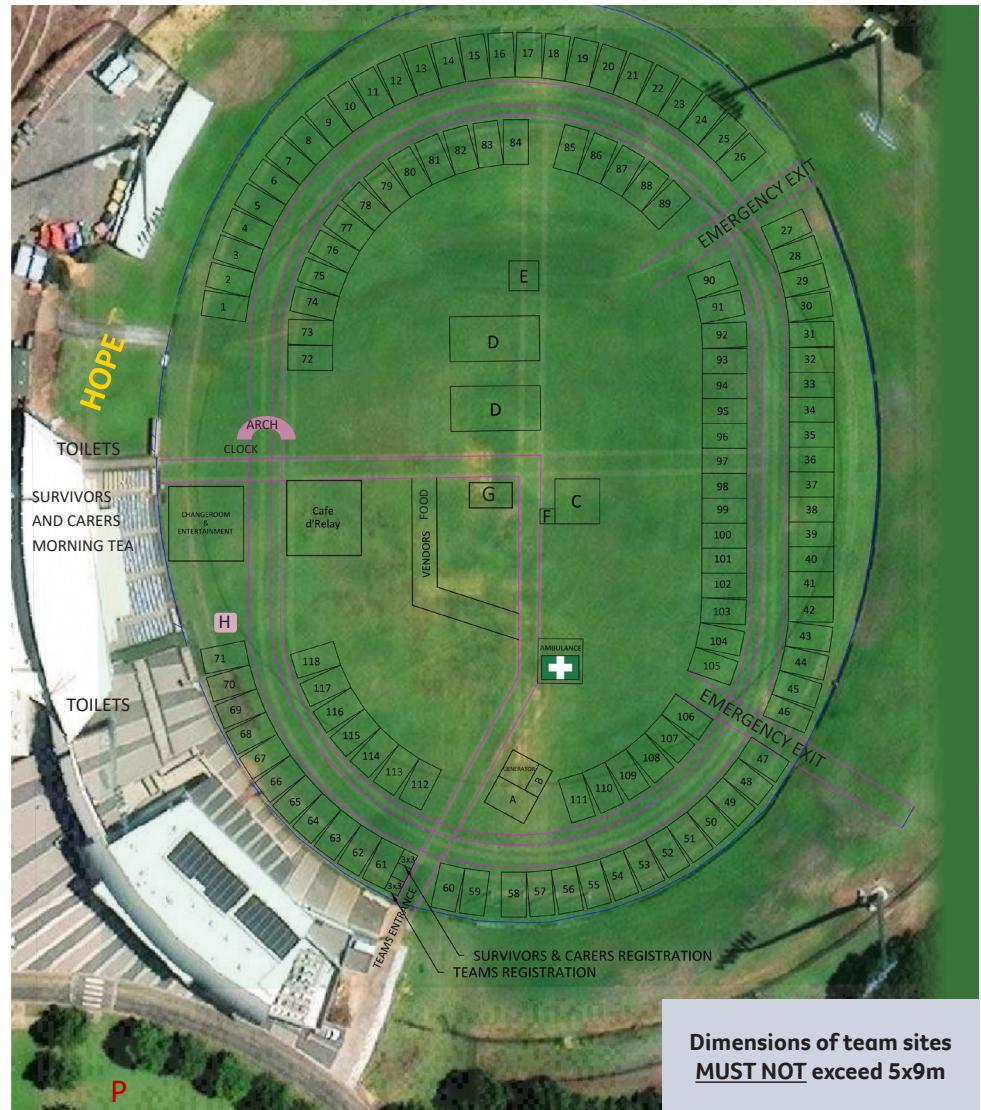
Duncraig and North Beach Lions Den

9.30am - Late Saturday

7am - 9.30am Sunday



2025 Map and tent allocation



Important tents:

A: Information, Merchandise, Volunteers
B: Logistics

C: Activities, Phone charging
D: Volleyball
E: Chill Zone

F: Decorating candle bags
G: Lions eatery breakfast
H: Water station
P: Parking

2025 Teams A-Z

| | | |
|--|---|---------------------------------|
| Alice in Wonderland | Honouring Our Angels | Riser family |
| Allan's Army | Hopeful Dreamers | Running Wild |
| Always Remembered Never Forgotten 2025 | Judders Run Club | Running With Scissors |
| Anderson's Angels | Jumping for Jeremy | Sacred Hearts |
| ANGIE'S ANGELS 2025 | Just Beat It | Schitt's Creek |
| BC survivors | Keep Calm the Girl Guides are Here | St Stephens og's |
| BRCA | KinderPark | St. Stephen's Duncraig |
| Breast offriends | Kingsley | Team ABF |
| Care Bears | La Salle 2025 | Team CoW 2025 |
| Christians in Action | Lap Legends | Team Daffodil 2025 - West Coast |
| CoLaPop Angels | Laps for Legends | Team Gracie |
| Corporate Services All Stars | Live for Helen | Team Kathrine |
| Dream Boat | Mad as a Box of Frogs | TEAM STAYING ALIVE |
| Dumbledore's Armyy | Methodist Ladies' College | Ted-ee-Bears |
| Duncraig lions | Mission Possible 2025 | The Bandagecoots |
| Eat pasta, run fasta | NCARD/IRH | The Bolts |
| ExPhizzers | Northern Warriors Veteran Football Club | The Girra Gang |
| F Cancer Club | OBRIEN LF 2025 | The Muggles |
| FamBam West Coast | Perth Active Singles + Friends | The Pink Flamingos |
| Fcuk Cancer | Peter Moyes Anglican Community School | The Victors |
| For get me nots | Princesses In Sweats II | trek legs go! |
| Four-tunes | Purple Pirates | United In Strength |
| Gardenia | reach for the stars! | Walkie Chalkies |
| GenesisCareWA | Really Motivated People | Warwick Senior High School |
| Greater Western Mechanical | Ribbon Renegades | We Are Warriors! |
| Grill'd | Ricky's Marathon of Life 2025 | Wesley |
| HBF helpers | | |



Important Information

Do's

- Be Sunsmart
- Drink lots of water
- Fuel your body
- Supervise children
- Use the rubbish bins and Containers for Change bins
- Keep a clean campsite
- Be considerate of other Relayer's and keep noise to a minimum overnight
- Bring wheelchairs on the track
- Report incidents to Information/ Merchandise Tent
- Practice good hygiene
- Get some sleep
- If tired, ask someone to drive you home
- Bring clothes for hot and cold weather
- Wear comfortable shoes
- Bring a can of non-perishable food to hold down your candle bag
- Have fun!

Don'ts

- No smoking or vaping within the Relay venue or near exits or entrances
- No alcohol
- No BBQ's or cooking at your tent site
- No glass drinking vessels
- No gas lamps, open flames or candles (only battery operated candles)
- No cars, bikes, trolleys, rollerblades, skateboards inside the venue
- No animals permitted (except assistance animals)
- No portable music players, wonder booms or similar devices during the quiet hours.
Personal headphones only.

Lap counters

Purchase your lap counters from 'The Victors' at Site 26 and collect a bead for every lap completed.

Candle Bags

Purchase your candle bag and battery candle from the Information/Merchandise Tent. Bags can be decorated in the Activities area. Remember to bring a tin of non-perishable food to weigh down your candle bag. All cans are donated to Lions to support their Grace House Project in feeding the homeless.

Containers for Change

We will be collecting empty water bottles and cans for Containers for Change. Please use the bins provided.



Thank you

Relay For Life is led by a group of passionate volunteers, many with full-time employment, who are committed to making a difference to the lives of West Australians affected by cancer.

Thank you to our committee, teams, sponsors, volunteers and supporters for your time, dedication and passion. You are making a real difference.

Recognising our sponsors and supporters

Gold Sponsors



Donor Sponsors

ADH Golf Carts
Cakes by Bev
CK Maloney Surveying
Containers for Change
Eggs 'R' Us
Floraco

Grill'd Currumbine
John Sewell Volleyball Coach
Kinder Park

Lakeside Fruit and Vegetables
Mindarie Primary School P and C
Perth Audio Visual
Residence on Langley
Sarah Wetz

The Relay Entertainers
Thushara and Family
Vanguard Media

Silver Sponsors

Dynamo Fitness Equipment
Solahart

Bronze Sponsors

Benchmark Engineering

Supporting Sponsors

Dr Anne Aly, MLA
Tom French MLA
Emily Hamilton, MLA
Hon. Sabine Winton, MLA
Jessica Sojkovski MLA
Alexander Circosta



Research exercise programs for the management of cancer.

Creative
thinkers
made here.

The Exercise Medicine Research Institute has improved clinical management of patients with cancer through world leading research studies and exercise programs.

We are now seeking people to participate in our research studies. Please contact us if you have any of the following:

- Prostate cancer
- Pancreatic cancer
- Endometrial cancer

Exercise training sites are located at:
ECU Joondalup, Fiona Stanley Hospital,
West Coast Health Lathlain or via Telehealth.



P 6304 3444

E trials@exercisemedicine.org.au
W exercisemedicine.org.au



STAY AND PLAY UPTOWN

Keep up with the best places to eat, drink, shop and everything in between with **@uptown.joondalup**

We've curated the top spots in Joondalup City Centre to make your life that little bit easier.

If you're a sunset coast local or visitor, follow **@uptown.joondalup** to stay up to date with what is happening.

You might just find yourself a new favourite place!



@uptown.joondalup

UPTOWN



VISIT US
AT THE RELAY TO
SPIN TO WIN

dynamofitness.com.au

PROUD
SPONSORS OF
RELAY FOR LIFE 2025

GET SMART
GET SOLAHART

TURN SUNSHINE INTO SAVINGS

SOLAR HOT WATER SOLAR POWER HEAT PUMPS ENERGY STORAGE SMART SYSTEMS



Solahart
ENERGY *Free* FROM THE SUN®

Every day, more and more Australians are taking control of their energy future with Solahart. By investing in a smart home powered by renewable energy, like solar, you could significantly reduce your energy bills while making a positive contribution to the environment. To maximise your solar investment, choose Solahart – the smart choice for a sustainable future.

Book a free on-site solar assessment today. Call 1300 721 946 or visit solahart.com.au



Thank you to our Event Sponsors

City of
Joondalup

DYNAMO COMMERCIAL
GYM EQUIPMENT

Solahart
ENERGY *Free* FROM THE SUN®

BENCHMARK
ENGINEERING

stage&studio
productions



**TANKS
FOR HIRE**

ADH
Golf & Utility Vehicles





Relay For Life

Oath

In the name of all Relay For Life participants, I confirm that we are here to celebrate survivors, to remember loved ones lost, and to fight back against cancer.

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.

For cancer information
and support call us on

13 11 20

cancerwa.asn.au



Cancer
Council

