



**Relay For Life  
West Coast**

# **Official Program**

**Saturday 25 - Sunday 26 October 2025**

**Arena Joondalup, Kennedy Avenue, Joondalup**



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



**Cancer  
Council**



## 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
<b>Opening Ceremony</b>	
<i>MC - Dr Anne Aly, MP</i>	10.00am
<i>National Anthem - Nyah Lorie</i>	
<b>Survivor and Carers Lap of Honour</b>	
<i>Led by Sgt Verne Jones, Pipe Major of the Australian Army Band Perth</i>	10.40am
<i>Survivors and Carers move to arch</i>	
<i>(Teams move to your sites to line the track and fall in behind the Survivors and Carers as they pass)</i>	
Survivors and Carers Morning Tea	11.00am to 12.30pm
<i>Upstairs Premiers Suite</i>	
Joondalup Entertainment Theatre School	11.00am to 11.45am
<b>Activities</b>	
Spartans	12.00pm to 12.45pm
Supernovas	12.00pm to 12.40pm
Dynamo Fitness Equipment – <i>Spin to Win</i>	12.00pm to 2.00pm
Time For Dance	1.00pm to 1.45pm
<b>Judging Parade</b>	
<i>Tammy Wilkins Best Team Baton, Best Fancy Dressed Team</i>	12.50pm to 1.15pm
<i>(Please Line up at the Arch)</i>	
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

<b>Awards Ceremony</b> <i>Hon Sabine Winton, MLA</i> <i>Raffle Draw</i> <i>Announcement of Tammy Wilkins Best Team Baton,</i> <i>Best Fancy Dressed Team, Best Decorated Team Site</i>	6.00pm to 6.30pm
Silent Disco <i>12 years old and under - Get your glow sticks</i>	6.30pm to 7.30pm
Chrislyn Hamilton	6.30pm to 7.45pm
<b>Candlelight Ceremony</b> <i>Alexander Circosta, Piper Jock</i>	8.00pm to 8.45pm
Semi Rock	9.00pm to 10.30pm
Silent Disco <i>13 years and over</i>	9.30pm to 11.00pm
Quiet Time	11.00pm to 6.00am

## Sunday 26 October

<b>Free Teams Breakfast</b> <i>Bring your own plates/cutlery and cup</i>	7.00am to 9:00am
<b>Activities</b>	7.00am to 9:30am
<b>The Three Car Garage</b> <i>Team Gracie</i>	7.45am to 8.20am
Club Fiesta	8.30am to 9.15am
<b>Closing Ceremony</b> <i>Presentation of Most Laps - Team and Individual,</i> <i>Highest Fundraisers - Community, School,</i> <i>Corporate</i>	9.30am to 9.50am
Spirit of Relay Award	9.50am
Final Lap led by Sambinistas	9.50am to 10.00am



## 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

## 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

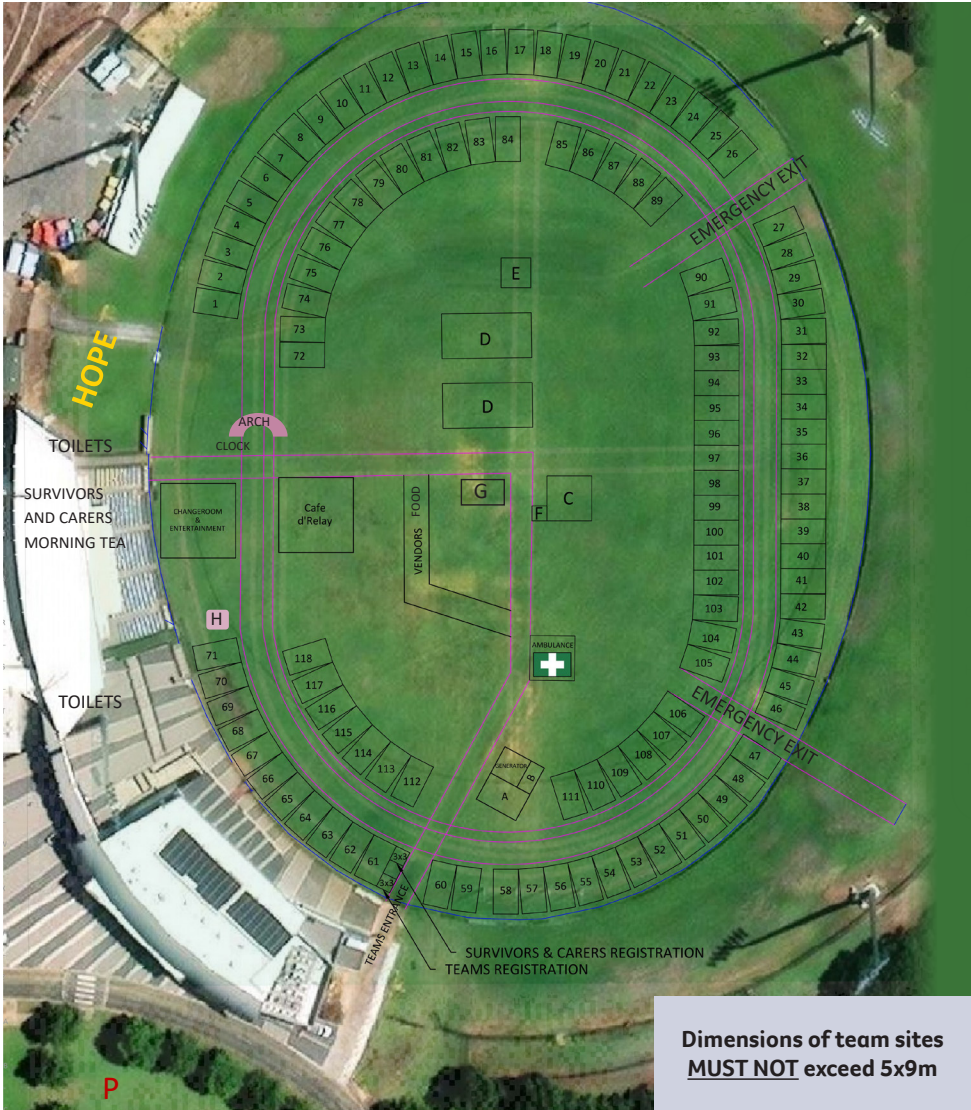
## Free Activities

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





# 2025 Map and tent allocation



<b>Important tents:</b>		
<b>A:</b> Information, Merchandise, Volunteers	<b>C:</b> Activities, Phone charging	<b>F:</b> Decorating candle bags
<b>B:</b> Logistics	<b>D:</b> Volleyball	<b>G:</b> Lions eatery breakfast
	<b>E:</b> Chill Zone	<b>H:</b> Water station
		<b>P:</b> 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 of friends	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 Army	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



### 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

### 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



# Research exercise programs for the management of cancer.

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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](mailto:trials@exercisemedicine.org.au)  
W [exercisemedicine.org.au](http://exercisemedicine.org.au)



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**↑TOWN**





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Thank you to our Event Sponsors



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# 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](http://cancerwa.asn.au)



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