

Perth Fitness Events Calendar 2015

Event	Date of event	Type of event	Location	Training required	Event info
Rottneet Channel Swim	Saturday 25 th February	Swimming	Cottesloe-Rotto	Endurance swimming	19.7km ocean swim
V Urban Adventure Race	Sunday 1 st March	Adventure race	Fremantle	Endurance athlete or individual disciplines	750m ocean swim 15km mountain bike 4km trail run 4.5km ocean paddle 8km coast run
Sunshine Beach Run	Sunday 22 nd March	Beach running	City Beach	Soft sand running	5km beach run
Asthma Freeway Bike Hike	Sunday 22 nd March	Cycling	Up the freeway	Cycling endurance	3km-75km cycle
Weekend To End Women's Cancer	Saturday 28 th March	Walking	Perth	Walking endurance	60km walk over 2 days
ASICS Bridges Fun Run	Sunday 12 th April	Running	Langley Park	Running	5km, 10km run
Spartan Obstacle Course Race	Saturday 18 th April	Obstacle course	Keysbrook	Cardio & functional strength	7km obstacle course
Busselton Half Ironman	Saturday 2 nd and Sunday 3 rd May	Half ironman	Busselton	Swimming, cycling and running	19.km ocean swim 90.1km cycle 21.1km run
Mother's Day Classic	Sunday 10 th May	Walking/Running	Langley Park	Running	4km, 8km run
Million Paws Walk	Sunday 17 th May	Walking your pet	South Perth	None!	1km, 2.5km, 5km walk
HBF Run for a Reason	Sunday 24 th May	Running	Perth	Running	4km, 14km, 21.1km run
Step Up For MS	Sunday 7 th June	Stair climbing	Perth	Stair climbing, leg strength	Climb 1,103 stairs
WA Mud Gladiators	Saturday 13 th June	Obstacle course	Kalbarri	Cardio & functional strength	15km obstacle course
Perth Marathon & Relay	Sunday 14 th June	Running	Perth	Endurance running	42.2km run
Swan River Run	Sunday 26 th July	Running	Perth	Running	5km, 14km run
Perth Half Marathon	Sunday 9 th August	Running	Burswood	Running	5km, 21.1km run
Western Mudd Rush	Sunday 16 th August	Obstacle course	Brigadoon	Cardio & functional strength	4km, 8km obstacle course
City2Surf	Sunday 30 th August	Running	Perth to City Beach	Endurance running	4km, 12km, 21km, 42km run
Fremantle Fun Run	Sunday 13 th September	Running	Fremantle	Running	5km, 10km run
Runamuck Obstacle Course	Sunday 20 th September	Obstacle course	Swan Valley	Cardio & functional strength	5km obstacle course
Oxfam Trail Walk	Saturday 10 th October	Trail walk	Kalamunda	Trail walking	100km walk in 48hrs
Fremantle Half Marathon	Sunday 11 th October	Running	South Fremantle	Endurance running	5km, 21.1km run
Rotary Ramble	Sunday 18 th October	Amazing race/ Treasure hunt	Perth	Team work!	Fun, team work

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Ride to Conquer Cancer	Saturday 18 and Sunday 19 th October	Cycling	South Perth-Pinjarra return	Endurance cycling	200+km cycle
Rottnest Fun Run & Marathon	Sunday 25 th October	Running	Rottnest	Endurance running	5km, 10km, 42.2km run
The Colour Run	Sunday 1 st November	Running	Perth	Fun run	5km run
Crank Christmas Party	Sunday early November	Christmas Party!	TBA		TBA
John Hughes Big Walk	Sunday 8 th November	Walking	Around the Swan River	Walking endurance	6km, 11km, 15km walk
Augusta Adventure Race	Saturday 7 th November	Adventure race	Augusta	Endurance athlete or individual disciplines	12.5km trail run 1.9km ocean swim 13km ocean paddle 26km mountain bike 2.5km team beach run
Deepwater Point Fun Run	Sunday 15 th November	Running	Mt Pleasant	Running	7.5km, 15km run
Variety Santa Fun Run	TBA early December	Walking, running	Fremantle	Fun run	4km walk/run
Sunsmart Busselton Ironman	Sunday 6 th December	Ironman	Busselton	Swimming, cycling and running	3.8km ocean swim 180km cycle 42.2km run

If you know of any other events, please email Mel so she can update the list!