

COVERED IN GLORY

05 AUGUST
2022

Lumary
CITY  BAY
FUN RUN
PRESENTED BY Sunday Mail

NEED SOME INSPIRATION? LOOK NO FURTHER



First there was Jess, then there was Izzy and don't forget Liam – it was a week our ambassadors were covered in Glory at the Commonwealth Games in Birmingham.

Who can forget those tears, that smile and triumph as Jess Stenson crossed the finish line and embraced her husband Dylan and son Billy, and coach Adam Didyk.

With a beaming smile from the starter's gun it was always going to be the day our Lumary City-Bay Fun Run ambassador won gold, a major triumph that really stamps her as a super mum – not forgetting it was only really days after she had recovered from Covid.

So how's this for a scoreline - two Olympics, three Commonwealth Games (for two bronze and a gold) and of course three City-Bay victories.

Just days later it was the popular Izzy Batt-Doyle of RunAsOne fame who roared through her heats for a top 10 finish in the final.

What a great effort in trying conditions.

Why we are at it, we'll claim men's marathoner Liam Adams too for his inspirational and gutsy fourth place - afterall he's won four City-Bays.



HERE'S A PERFECT GIFT!

Thinking of a great gift idea? Why not get a voucher to run the Lumary

City-Bay Fun Run. And with Father's Day around the corner, what a great idea.

We can provide vouchers for all distances – 3km, 6km, 10km and 21km.

Just email admin@citybay.org.au with the name of recipient, your name and phone number and we'll get it sorted for you.

Register before August to avoid late entry fees.

IT'S YOUR VILLAGE, PEOPLE

Bookings for marquee sites at the Wrigley Reserve race village are filling fast. To make sure you don't miss out, log on to [Village Sites - Lumary City-Bay Fun Run](#)

Don't forget to follow the link to Olympic Party hire for all your entertainment needs from tables, to chairs, table clothes, iceboxes and the like.

CLARKEY'S COLUMNS #2



What is your body telling you about your training?

As the count down continues for the City-Bay many people may be slowly increasing their training. Whether that be squeezing a few more miles into the week or ramping up the pace in training sessions. Runners out there are nearly guaranteed to run into a rough patch of soreness here or there. So, if we may be getting sore calves, or potentially achy knees, what are some strategies to combat them and keep training?

Read the tips from Matthew Clarke in his latest City-Bay blog here: [Clarkey's Columns #2 - Lumary City-Bay Fun Run](#)

BIB COLLECTION WITH TASTE

City-Bay ambassadors Callum and Themis have come on board in so many ways to help the 2022 event.

Their latest is to provide a wonderful venue for pre-race Bib Collection - *eleven bar* which is adjacent *eleven* restaurant - 11 Waymouth Street.

Eleven is a wonderful addition to our city's laneway culture. It's got rave reviews and well worth checking out.

Bib Collection and late registration will be from 8am to 5.30pm on Thursday September 15 and 8am to 8pm Friday September 16.

For country residents travelling to the event, bib collection will be held at SA Athletics Stadium, Marjorie Jackson Nelson Drive, Mile End from 8am to 2pm on September 17.

Thanks to all of our Sponsors!

