

25 JULY
2022

GETTING BACK TO GOOD HEALTH

Lumary
CITY-BAY
FUN RUN
PRESENTED BY Sunday Mail

CALLUM AND THEMIS TO FEED THE MASSES

What happens when you get a MasterChef star, a dietician and personal-trainer, a charity and an iconic fun run together? You get the biggest pasta party in town.

In the traditions of the London Marathon, the New York Marathon and the top running events around the world, this year's Lumary City-Bay Fun Run presented by the Sunday Mail will feature its first-ever pre-run pasta dinner.

MasterChef star Callum Hann and business partner, foodie, dietician and personal trainer Themis Chryssidis will literally feed the masses with their energy-infused creations in what will be one of the hottest tickets in town with giveaways and a chance to meet a few A-listers, too.

An initiative of the Little Heroes Foundation, the party will be held in two sittings at the MasterChef-style kitchen at Sprout Cooking School on Richmond Rd on City-Bay eve to be attended by local and interstate City-Bayers, community groups, celebs and Olympians.

And what better way to test the success with a next-day trot down Anzac Hwy, with Little Heroes founder Chris McDermott, Callum and Themis pledging to take on the course.

Callum and Themis have come aboard this year as official Lumary City-Bay Ambassadors with Callum full of praise for the return of the event for the first time since 2019.

"I think I'll attempt a struggle run," he laughed, while Themis is super keen to show his business partner a clean pair of heels. Former Crows Captain Chris McDermott will use the event as a warm-up to the New York marathon.

Tickets to the pasta party will be released soon. But if you want to join the queue, and watch Callum and his team blitz it in the kitchen, shoot an email to eventmanager@city-bay.org.au to get on the list. These tickets will be a sell-out.

Standby too, for a few cooking tips, recipes and nutrition advice from Callum and Themis in the leadup to the City-Bay, too.



VILLAGE SITE REGISTRATIONS NOW OPEN!

Village sites for post-race activities have now opened on the website!

If you're a club, charity, organisation, school or business why not arrange to meet your team members at the post-race village. Site registrations have now opened on our website.

Lumary City-Bay is pleased to announce Olympic Party Hire as our new Village partners.

Just go to [Village Sites - Lumary City-Bay, Fun Run](#) book a site and view the range of items from Olympic Party Hire to make your experience even more special.

These include tables, chairs, ice tubs, hot boxes, table cloths and the like.

Conditions are listed on the website and please be aware that groups using barbecues must have a portable fire extinguisher on site.

OLYMPIC

Party Hire

MATT STRIDES TO A NEW PB

Tokyo Olympian Matthew Clarke has run an incredible 29:00 for a new personal best at the Sydney Harbour 10km on Sunday.

Last week we spoke to Matt about his excitement to get back onto Anzac Hwy for another opportunity to race some of Australia's best. Read more about Matt's tips for race day [here!](#)



PROMOTE YOUR BUSINESS AND GIVE PARTICIPANTS A REWARD

The 2022 Lumary City-Bay Fun Run is going to be full of exciting and fun activations from start to finish. Why not get in touch with our marketing team to be part of the action.

Our much-anticipated Race Day Guide will be printed soon, so if you want to advertise your business or provide discount coupons for our participants, get in touch by **Friday 29 July** at office@city-bay.org.au.

You'll be reaching tens of thousands of fun, motivated, active and community-minded people.

Thanks to all of our

Sponsors!

