

City Bay

21 SEPTEMBER 2025

Fifty Runs, One Passion: The Inspiring Journey of two legends – Tony Heard and Gil McIntosh □

What does it take to run the City-Bay Fun Run every single year for 50 years? Meet **Tony Heard and Gil McIntosh** – two legends of the event who have crossed the finish line every year since 1973 and aren't stopping anytime soon!

From spontaneous first-time entries to decades of dedication, Tony and Gil have seen the event evolve, witnessed thousands of runners take part, and built a lifetime of memories along the way. Their journey is a testament to passion, perseverance, and the power of community.

In this exclusive interview, they share their favourite moments, biggest challenges, and what keeps them coming back year after year. Whether you're a seasoned runner or just thinking about signing up for your first race, their story will inspire and motivate you to chase your own goals.



[Read the Full Article Here!](#)

A HUGE THANK YOU TO LUMARY! ☐

For the past four years, **Lumary** has been an incredible partner as the naming rights sponsor of the City-Bay Fun Run. Their support has helped us grow, evolve, and continue delivering South Australia's most iconic fun run to thousands of participants each year.

As Lumary focuses on exciting new initiatives, we're thrilled that they will still be part of the City-Bay family, continuing their involvement in new ways. Their dedication to the community and commitment to promoting health and wellbeing remains strong, and we're grateful for their ongoing support.

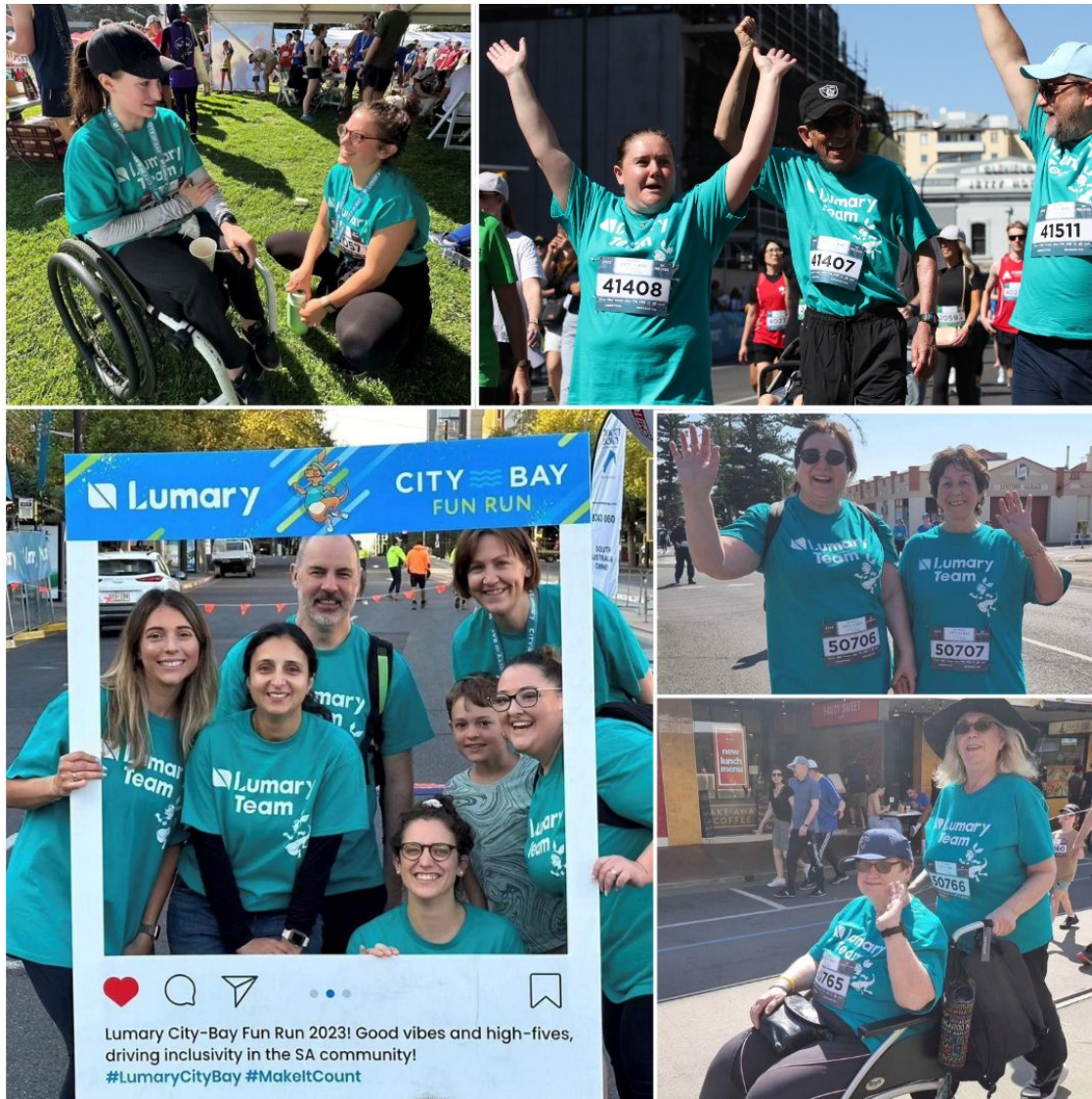
With this transition comes a **rare and exciting opportunity** - the City-Bay Fun Run is now searching for a **new naming rights sponsor!** This is a chance to align your brand with an event that brings together tens of thousands of participants, spectators, and supporters every year, generating massive exposure across South Australia and beyond.

If your business is looking for a **high-impact sponsorship opportunity**, this is it!

☐ **Interested?** Contact Joe Stevens at racedirector@city-bay.org.au to learn more about becoming the City-Bay Fun Run's next naming rights

sponsor.

Thank you, Lumary, for all of your incredible ongoing support - we can't wait to see what's next! ☐



☐ **Calling All Charities – Get Involved in 2025!** ☐

Want to make a BIG impact in 2025? Here's your chance! ☐♂

Is your charity listed for City-Bay 2025? Check [here!](#) Already listed but haven't kicked off your fundraising? It's time to rally your team and start making a difference!

Ways to Raise More Funds:

- Corporate Challenges – Get local businesses to sponsor teams & match donations! ☐
- Office Competitions – Set up step challenges or fundraising leaderboards. ☐
- Fundraising Events – Host bake sales, trivia nights or casual dress days. ☐
- Social Media Hype – Use your platforms to inspire supporters & share your fundraising link. ☐

- Community Engagement – Partner with schools, gyms, and sports clubs to grow your reach. ☐

How to Get Involved:

- Sign up as an official charity partner
- Encourage supporters to run & raise funds for your cause
- Use our platform to make fundraising easy & effective

Let's make this the biggest year of fundraising City-Bay has seen yet – **more fundraising, more impact!** ☐



Get involved now!

RESET. REFOCUS. RUN! ☐

So... maybe that New Year's resolution didn't quite go to plan. The gym membership? Gathering dust. That running streak? More of a light jog... to the fridge. 😊

But here's the good news – it's **never too late to start fresh!** The 2025 **City-Bay Fun Run** is your chance to set a new goal, commit to it, and cross that finish line feeling unstoppable.

Sign up now while **Earlybird pricing** is still on! Don't wait – your future self will thank you!



REGISTER NOW!

City-Bay Fun Run

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