



21 SEPTEMBER 2025

It's time to reveal our City-Bay Star! ☐

The City-Bay Star is here to inspire, motivate, and guide you every step of the way, whether you're running, jogging, wheeling or walking. Think of them as your personal cheerleader, offering tips, encouragement, and advice to help you conquer your challenge. This isn't just about crossing the finish line - it's about embracing the journey, and we want you to be ready for every moment.

So, who better to take on this important role than someone who's lived and breathed City-Bay for nearly five decades?

Drumroll, please... ☐

Introducing the new face of City-Bay... **LEE MORGAN.** ☐

Lee isn't just part of City-Bay history - he *is* City-Bay history. Since his first run in 1974, he's lined up at the start of every City-Bay - that's 49 consecutive runs, with #50 coming this September. Whether it's chasing PBs, inspiring fellow runners, or soaking up the electric atmosphere, Lee embodies everything we love about this event! ☐♂☐

Since his first 12 km run in 1974 (just missing the very first event), Lee has completed every single 12 km City-Bay — including a virtual run during Covid in 2020. "2025 will be my 50th 12 km City-Bay run," Lee says. "For me, getting to the starting line on the third Sunday of September each year has presented logistical and physical challenges. I've lived all over — from Lockleys to Alice Springs to Western Victoria — but I've always made it to the start line."

He's run through it all: a demanding career in water and environmental management, raising a family, health setbacks (including back surgery and a double knee replacement in 2017), and life in regional communities. "Not only did I partake in the 2018 City-Bay after my surgery, but in the years since, I've trained and racked up over 1500 kilometres annually through running, jogging or walking."

From chasing a PB just over 40 minutes in his earlier years to now embracing a more relaxed jog-walk pace, Lee's commitment hasn't wavered. "The City-Bay is perfectly timed in September to keep your

training up during the colder months and gives you a real sense of physical and mental achievement. It's an inclusive celebration of community and movement."

Stay tuned as we share more of Lee's City-Bay journey, his training tips, and why this event continues to hold such a special place in his heart. Whether you're running, jogging, wheeling or walking - Lee's story is a reminder that getting to the start line is an achievement in itself.



Running for Leo, Running for Starlight

This year, we're shining a light on some of the amazing individuals fundraising as part of the City-Bay in 2025. Simone (pictured below with her son Leo) is one of those incredible people. She's taking on the 12km challenge to support the Starlight Children's Foundation – a cause that became deeply personal after her 7-year-old son Leo spent time in hospital last year. Here's her story:

In September last year, my son Leo, a proud 7-year-old Ngarrindjeri boy, was admitted to hospital with an acute kidney injury. It was an incredibly tough and emotional time – filled with uncertainty, discomfort, and major lifestyle changes, including strict dietary restrictions that were hard for a young child to understand and cope with. But during those long, stressful

days in hospital, the Starlight team were there. They brought laughter, creativity, and light into a really dark time. Whether it was games, craft, or just someone to make him smile, they made a world of difference to Leo's hospital stay.

Inspired by that support, Leo decided he wanted to raise money for Starlight himself – which is pretty amazing for a 7-year-old. So together, we've set a goal to raise \$1,000 and give back to the people who made such a difference to us.

To help make that happen, I've committed to running the 12km City-Bay – even though I haven't run in years. I've started a 20-week training program to build up my strength and endurance so I can cross that finish line proudly for Leo, and for all the families who need Starlight's magic during tough times. I'll be running alongside Leo's two aunties, which makes the journey even more meaningful – it's truly a family effort.

Every donation, big or small, helps bring fun, creativity and relief into a child's hospital stay – something we now know firsthand is absolutely priceless.



Back Simone & Leo and help them shine bright for starlight [▶](#)

👩‍🏃‍♀️ WANT TO RUN FOR FREE? 👨‍🏃‍♂️

Become a City-Bay Hero and experience that do-good, feel-good moment by signing up to fundraise for a cause close to your heart as part

of your participation in City-Bay Fun Run 2025. ☐ Not only will you be raising vital funds and awareness for your chosen charity, but you could also run for free! ☐



Be one of the first 10 participants to fundraise \$500 or more for your chosen charity and you'll receive a full entry fee rebate back into your bank account.

FUNDRAISE NOW

FESTIVAL OF SPORT

This year's Festival of Sport Industry Conference will centre on 'Future Sport,' showcasing exciting new ideas and innovations that are shaping the direction of sport. With an impressive lineup of guest speakers, this is an event you won't want to miss.

Tickets can be purchased via the link below:



FESTIVAL OF SPORT

CELEBRATE—THINK—CONNECT

FRIDAY 23 MAY 2025—

GET YOUR TICKETS NOW

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Purchase Tickets Now!

SOUTH AUSTRALIAN SPORT AWARDS

Hosted by Sport SA, the South Australian Sport Awards will, for the first time, open the 2025 Festival of Sport Industry Conference. Olympic champion Cathy Freeman OAM will be a special guest, celebrating the achievements and influence of South Australia's sporting industry.

Tickets can be purchased via the link below:



SOUTH AUSTRALIAN SPORT AWARDS

THURS 22 MAY 2025 2:30PM—

SPECIAL GUEST
CATHY FREEMAN
OAM

CELEBRATING SOUTH AUSTRALIAN TEAMS, ATHLETES AND VOLUNTEERS

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