

# City Bay

21 SEPTEMBER 2025

3 WEEKS TO GO

## Half Marathon, Sub 50 & Sub 60 – SOLD OUT! ☐

Adelaide – you’ve done it again! ☐ The **Half Marathon, Sub 50**, and **Sub 60** categories for the 2025 City-Bay Fun Run are now officially **SOLD OUT**.

A massive thank you to everyone who secured their spot early – we can’t wait to see you on the start line! ☐

Missed out? Don’t worry – you can still be part of the action across our other events in the 12km, 6km & 3km. **But be quick...** spots are filling up fast, and once they’re gone, they’re gone!



**REGISTER NOW!**

## **Running Through Motherhood with Jess Stenson ☑♀**

**Welcome to the fourth and final instalment of our *Running Through Motherhood* race day prep series with City-Bay ambassador Jess Stenson - fresh off an incredible run at the Sydney Marathon on the weekend, where she placed 2nd Australian! Huge congratulations to Jess! What better person to take race-day advice from than someone who just podium-finished a marathon?**

**As race day draws closer, Jess reflects on the journey so far and shares her final thoughts on preparing mentally and physically for the big day. From managing nerves to locking in your game plan, this is all about backing yourself and soaking up the experience ahead.**

**Here's Jess with her final message before we see you at the finish line!**

"As the saying goes, "the hay is in the barn". Congratulations for getting to this point. It is your time to reap the rewards for your hard work.

By now you have practiced running at your goal pace. Hopefully you have had the opportunity to test the footwear and clothing you plan to wear on the day as well as the food you plan to consume before and / or during

the run. You may not realise it but you have been practising various mental strategies to get yourself through your training runs and these will be valuable tools on race day. If you have family members and friends who are able to support you from the sidelines, you may like to find out where they plan to stand so that you can look for them. Cheers and signs can provide a very helpful boost! The beauty of race day is that you have the advantage of fresh legs and adrenaline. Come up with a plan and decide how you will keep yourself accountable, whether it be by running with a pacing pack, checking your watch or trusting your feel.

Race day can be nerve-wracking but remember that nerves are a sign that you care about the challenge you are about to embark on. Channel this passion when you need it out there.

How special that you have this opportunity ahead of you. All the very best and see you at the finish line!"



## □ WE'RE HALFWAY THERE! □

Together, we've smashed through the **\$250,000 mark** – that's halfway to our **\$500,000 fundraising goal!** □♀□

Reaching this milestone is a powerful reminder of what can happen when our community comes together. Every donation, every step, and every share has contributed to supporting an incredible cause, and we couldn't have done it without you.

But we're not done yet! There's still a finish line to cross, and now's the time to keep the momentum going. Rally your friends, family, and colleagues, lace up your shoes, and help us push past our way to our end goal – every effort counts!



## FUNDRAISING UPDATE



\$253,500 raised of \$500,000 goal

Target amount

**\$500,000**

Time remaining

**17 DAYS**



[GET FUNDRAISING TODAY](#)

### Fundraising Spotlight: Beyond The Sirens □

This year, the **2025 City-Bay Fun Run** will see a brand-new team take to the course with a powerful purpose – to support South Australia’s Ambos.

**Beyond The Sirens** is a not-for-profit organisation founded in 2025 to provide welfare, hardship support, and development opportunities for ambulance clinical staff, volunteers, and student paramedics. While other emergency services have long had dedicated support organisations, until now there has been no designated charity for SA Ambulance.

Their first fundraising campaign – the **Superhero Fun-d Run** – will honour the legacy of much-loved SA Ambulance Officer and Paramedic Intern **Stafford Wulff**, who passed away in 2022. Stafford was known for his strength, compassion, and dedication to caring for others right up until his final days.

#### How you can get involved:

- Dress up as your favourite superhero or sci-fi character and run with the Beyond The Sirens team at City-Bay.
- Sponsor a participant taking on the challenge.
- Spread the word by sharing their mission with your community.

□ Learn more: [www.beyondthesirens.org.au](http://www.beyondthesirens.org.au)

□ Follow them: [Facebook](#) | [Instagram](#)

□ Donate now: [City-Bay Fun Run 2025](#) | [Beyond the Sirens Incorporated](#)

Let's rally behind this incredible new initiative and show our Ambos that Adelaide has their back – on and off the road.



□ **Donate Now to Support Our Ambos**

## City-Bay Fun Run

PO Box 10080

Adelaide BC 5000

ABN 62 163 898 527

© 2025 City-Bay Fun Run



08 8352 2011

[admin@city-bay.org.au](mailto:admin@city-bay.org.au)

Changed your mind?

You can unsubscribe at anytime

[Unsubscribe](#)