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20 SEPTEMBER 2026

Ready to take your training to the next level?

You've got your 12-week training guide — now it's time to put it into action!

Whether you're chasing a new personal best, preparing for your first City-Bay Fun Run, or simply looking for some extra motivation to get moving, our FREE City-Bay training workshops are here to help you feel confident and ready for race day.

Held across Adelaide at a range of convenient locations, these sessions are designed for runners of all ages and abilities. With experienced local clubs and coaches providing support, you'll be able to build your fitness, improve your confidence, and enjoy training alongside other City-Bay participants.

From your first step to the finish line, we're here to help you make the most of your City-Bay journey.

Training locations available across Adelaide:

- **Central / City**
  Adelaide Harriers Athletic Club (pictured below)
  Thursday nights | 5:30pm – 6:30pm
- **North**
  Northern Districts Athletics Club
  Wednesday nights | 6:30pm – 7:30pm
- **South**
  Flinders Athletics Club
  Tuesday nights | 6:30pm – 7:30pm
- **North / West**
  Port Adelaide Athletics Club
  Monday nights | 6:30pm – 7:30pm
- **East**
  Run As One – Victoria Park
  All levels welcome. Training fees apply - visit RunAsOne for more information

Don’t wait until race week - find a session near you and start training today!



Find out more information here

More ways to prepare for Race Day and stay motivated

Last Minute Entries Now Open - Join the 2026 Corporate Cup!

There's still time to be part of South Australia's iconic Corporate Cup, with Last Minute entry rates now available.

Preparations are well underway, with team bag packing now in full swing ahead of the Adelaide CBD region commencing on August 5.

Whether you're training for the City-Bay or simply looking for extra motivation, the Corporate Cup is the perfect way to build consistency in your training. With flexible distance options available, Corporate Cup caters to all fitness levels-from those just getting started to experienced runners and walkers.

Looking to accumulate even more kilometres? Our KM Tracker category allows you to record your walking or running from anywhere, helping you build your kilometres throughout the series while still having the opportunity to join us at our on-site locations.

No matter your experience, there's a place for everyone. Whether you're chasing one of our Fastest categories or striving to be recognised in our Most Improved categories, Corporate Cup celebrates participation, personal progress and friendly workplace competition.

Join hundreds of South Australians already committed to the 2026 Corporate Cup and experience this iconic event for yourself.

For more information or to register, visit **thecorporatecup.com.au** or call **8363 5700**.



Enter Now

Ready to Take on the City-Bay?

Every runner knows race day comes with a few risks, going out too hard, chasing a PB, or taking on a half marathon.

Here's one risk we think is worth taking.

Try our new Smokey BBQ Brisket Pie, now available at your local Drakes, Foodland and participating retailers across South Australia.

Risk It for the Brisket.



City-Bay Fun Run

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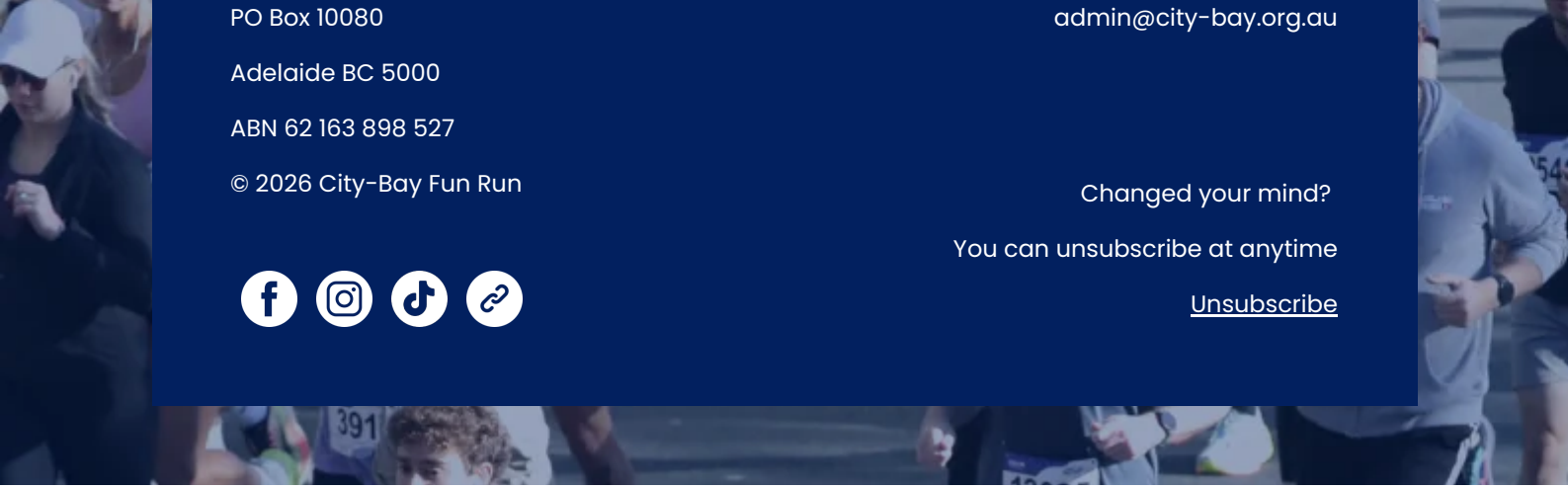

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