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Get Active Week Gets Personal

The niceties between the three levels of government have finally been put aside in Ipswich with the three deciding to have it out in a tough, hard battle for superiority.

The matter will be decided in the Ipswich Park to Park Fun Run on July 30 with a contest between Federal MP Bernie Ripoll, State Member Rachel Nolan and Councillor Andrew Antonioli over the hilly 10km course.

While the Sunday morning run might not be quite survival of the fittest, the winner will rightly claim to have won the battle the only time the three levels of government have gone head to head.

All three representatives keep fit – Bernie as a serious cyclist, Rachel as a runner who ran her first marathon last year and Andrew as the gym junkie type.

The idea for the challenge was formulated at yesterday's Active Ipswich Walk with the three representatives saying they will use the challenge both to motivate themselves in the cold months ahead and to promote fitness in Ipswich.

“Active Ipswich Week is not just a press release – it matters,” Ms Nolan said.

“People on average live 25 years longer than they did a century ago and rather than undertaking physical work, most people work in sedentary jobs to which we drive our cars.”

“If we don't get serious about injecting exercise back into our lives, we will see the current trends towards heart disease, depression and diabetes only get worse.”

“Fit people are happy, healthy people and that's how we want to encourage Ipswich folks to be!”