



Bligh set to make her run

Darrell Giles and Hannah Martin

ANNA Bligh is always on the run, from one meeting to the next, as Deputy Premier, Treasurer and Minister for Infrastructure.

Ms Bligh will be dashing out to attend another important gathering in two weeks, joining thousands of fellow Queenslanders in the Bridge to Brisbane.

The mother-of-two, 47, has run and walked in *The Sunday Mail* Suncorp fun run on several occasions and enjoys the challenge of the 12km distance.

"It is a great community event with a fantastic spirit," Ms Bligh said as she trained at South Bank last week.

The Member for South Brisbane said she particularly loved running beside the Brisbane River.

Ms Bligh has prepared for the run by training with the Pat Carroll Runners Group. She also cycles and goes to the gym.

"She definitely loves running . . . she tries her hardest with every run . . . you can tell she is always putting effort in," Mr Carroll said of his star pupil.

Ms Bligh has run several half-marathons (21km) in about two hours, and is looking to make up for the disappointment of missing the recent Gold Coast marathon, half-marathon and 10km event.

Mr Carroll, the race ambassador, said excitement was building, with only two weeks left until the fun run.



"Events like this are great for the community for a number of reasons: they have a great impact on the health and fitness of people in the community, they're great social events and a great way to raise money for charity, as well as being a great display of the human spirit," Mr Carroll said.

About 27,500 people are expected to take part in this year's Bridge to Brisbane fun run and Mr Carroll said the next two weeks were the perfect time to "sharpen" your running or power-walking ability.

"You still have two weeks to make a change and if people have a goal in mind, they still have two weeks to make a difference.

Mr Carroll has recruited a few mates to help him set the pace for other runners on the day.

Find a pace-setter for the time you want to finish the race in, between 45 minutes and 75 minutes, and stick with them on the day.

Mr Carroll said he would be the 50-minute pace-setter on race day and would do his best to motivate those who choose to run with him on August 5.



FIT FOR FUN: Anna Bligh in training at South Bank for the Bridge to Brisbane fun run on August 5