



Canal &
River Trust

PRESS RELEASE

21 July 2017

ENJOY A FREE WATERSIDE SPORTS DAY IN MILTON KEYNES

As part of the MK50 celebrations people living in Milton Keynes will have the chance to enjoy some free waterside sporting activities, as part of a summer fun day organised by the Canal & River Trust on Saturday 29 July.

The event, taking place at Campbell Park alongside the Grand Union Canal, will give people the opportunity to try canoeing and angling, improve their cycling skills and join a 2km fun run. Free canoeing is also taking place from 1pm – 4pm at Willen Lake.

The Canal & River Trust, the charity that cares for 2,0000 miles of canals and rivers in England & Wales, is working in partnership with Sport England, the players of the People's Postcode Lottery, Redway Runners and Willen Lake Watersports to arrange the day. The aim is to encourage more people to get involved with sport whilst enjoying a day exploring their local canal.

Joe Sammon, Canal & River Trust sports participation manager, said: "The Canal & River Trust is delighted to be able to host this activity day and help give people the opportunity to try fun, sporting activities that they perhaps may not have experienced before."

"As a charity, we're always looking at ways we can help people to enjoy their local waterway, from being on the water or the towpath, there's lots of ways to discover what your local canal has to offer, from fishing and canoeing to cycling and walking. And the best part is - it's right on your doorstep."

The event is free. Activities run from 10am - 4pm. To book your place to try canoeing please email willenlake@theparkstrust.com or call 01908 246 599. Other activities are run on a drop-in basis.

Anyone attending is encouraged to wear waterproofs and suitable footwear and all children must be accompanied by an adult. Age restrictions apply to some of the activities. Refreshments will be available.

Canal & River Trust, Station House, 500 Elder Gate, Milton Keynes, MK91BB

T: 0203 204 4514 E: press.office@canalrivertrust.org.uk W: www.canalrivertrust.org.uk Twitter: [@CanalRiverTrust](https://twitter.com/CanalRiverTrust)

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For more information on the Canal & River Trust, including how you can volunteer or donate money to support the charity, please visit www.canalrivertrust.org.uk

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For further media requests please contact: Sarah Rudy, National Press Officer on 01908 302 584 / 07788 691 219 or email sarah.rudy@canalrivertrust.org.uk

Notes to editors:

The Canal & River Trust is the guardian of 2,000 miles of historic waterways across England and Wales, caring for the nation's third largest collection of listed structures, as well as museums, archives, and hundreds of important wildlife sites.

We believe that *living waterways transform places and enrich lives* and our role is to make sure there is always a place on your doorstep where you can escape the pressures of everyday life, stretch your legs and simply feel closer to nature.

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