

19 July 2010

Press Release

## **FREE SPORTS ACTIVITIES AT CRC TO CELEBRATE OLYMPICS COUNTDOWN**

**Cambridge Regional College will be running free sports activities for all the family this weekend (23-25 July) to mark the two-year countdown to the London Olympics 2012.**

The College is throwing open its sports halls, squash courts and fitness rooms in a fantastic three-day event organised for the special occasion.

The sports centre's superb climbing wall, one of the best in the region, will be open, and badminton, squash, circuit training, studio cycling and even box fit are all on offer. A bouncy castle will also be on hand to entertain the little ones.



“We wanted to join the celebrations for the two-year countdown to the Olympics and open our fantastic sports facilities to the public,” said sports centre manager Nicola Boddington.

“All the activities are free of charge and we would love people to come along and celebrate with us.”

The activities run on Friday, 23 July from 4pm to 8pm, and on Saturday and Sunday, 24 and 25 July from 10am to 2pm.

To book, or for more information, contact the sports centre on 01223 418280, or see [www.camre.ac.uk](http://www.camre.ac.uk).

The national London 2012 Open Weekend is inviting people across the country to actively celebrate the two-year countdown to the start of the Games.

Seb Coe, chair of the London 2012 Organising Committee, has said the Open Weekend will “lead the nation” into the countdown and provide an opportunity for thousands of people to join in with the Games.

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#### **MEDIA ENQUIRIES:**

For more information, please contact Lynn O’Shea, PR & Events Co-ordinator, on 01223 418773 or email [loshea@camre.ac.uk](mailto:loshea@camre.ac.uk)

#### **NOTES TO EDITORS**

Cambridge Regional College is the second largest provider of full-time education for 16 to 19 year-olds in the eastern region. The College has around 3,500 full-time and 6,000 part-time students. Students come in from a 40-mile radius, covering Cambridge and its surrounding villages, eastern Bedfordshire, northern Essex and western Suffolk.