

# Sport in the Park

a FREE\* event for the whole family as part of the  
**London 2012 Open Weekend**

**Milton Country Park**  
**Sunday 26th July 11am - 4pm**



- ◆ Visit the Change4life tent and pick up useful tips to eat healthy and get active!
- ◆ Try new activities: climbing, trampolining, golf, archery, cricket, athletics and lots more...

- ◆ Displays and demonstrations from a variety of sports, musicians and the Cambourne Bloco throughout the day.
- ◆ Take a Healthy Walk around the park, go orienteering or try Ergo Rowing.
- ◆ Adult & junior photography exhibition (entry details from Aimée Mason 01223 420060)



- ◆ Visit the bouncy castle and new play area while listening to live music.
- ◆ Picnic area, BBQ and refreshments to purchase throughout the day.

Further details from  
**Aimée Mason 01223 420060**  
**Jane Lampshire 01954 713349**

\*Entry is free, but parking at Milton County Park costs £5.



Full programme on the day or visit [www.cambridgesportlakes.org.uk](http://www.cambridgesportlakes.org.uk)