



## PRESS RELEASE & PHOTO

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# Risley runners line up for 2012 Games

With less than 75 days before London 2012 gets out of the blocks, Risley Moss Local Nature Reserve in Birchwood is set for its own bit of Olympic glory, with families invited to a "Running Rings" activity morning this Saturday (19th May).

Opened by local MP Helen Jones, the event will offer young and old the chance to walk, run, skip or amble anything from a couple of hundred metres to a mile around the beautiful nature reserve, with the option to receive a time and a certificate as they cross the giant inflatable finish line.

The morning, which runs from 10am to midday, is part of The Mersey Forest's "Running Rings" project to help people get active and enjoy nature in the build-up to the Games. The project has been awarded the official London 2012 Inspire Mark, with two further activity mornings also scheduled at Risley Moss for Saturday 16<sup>th</sup> June and Saturday 7<sup>th</sup> July. The events are co-organised by Warrington Borough Council and local running club Spectrum Striders.

Helen Jones, MP for Warrington North, said: "Risley Moss is a great place for people to relax and enjoy, and this is a fantastic time of year to visit and see the spring colours while getting fit."

To join in Saturday's event, come along at any time between 10am and noon to the Visitor Centre at Risley Moss, on Ordnance Avenue, Birchwood, Warrington, WA3 6QX.

The morning is part of May's Walk in the Woods month in The Mersey Forest. There are dozens of guided woodland walks happening across Warrington and beyond throughout May - find one for you at [www.merseyforest.org.uk/walkinthewoods](http://www.merseyforest.org.uk/walkinthewoods) or call 01925 816217.

**Caption:** Come along and enjoy Risley Moss (photos: Nathan Cox).

## **ENDS**

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### **Notes to editors:**

#### **The Mersey Forest**

The Mersey Forest is a growing network of woodlands and green spaces spread across Cheshire and Merseyside, which has been creating 'woodlands on your doorstep' for more than 20 years.

The Forest is one of the leading environmental regeneration initiatives in the North West. Through community and partnership working, we have planted more than 8 million trees - equivalent to five new trees for every person living within the Forest area.

The Forest helps our towns and cities adapt to climate change and has won the Brian Redhead Award for Environmental Sustainability, creates woodlands that 20% of local people visit at least once a week, and by improving the image of our towns and cities sets the scene for growth within the region's £98 billion economy.

We achieve all of this and more through our partnership of local authorities, landowners, the Forestry Commission, Natural England and businesses including United Utilities.

[www.merseyforest.org.uk](http://www.merseyforest.org.uk)

#### **Running Rings and the Inspire programme**

The London 2012 Inspire programme recognises projects and programmes that are genuinely inspired by the Games coming to the UK.

The Running Rings project was the 100<sup>th</sup> project in the Northwest to receive the Inspire mark and is one of only 2,700 projects across the UK.

<http://www.london2012.com/about-us/inspire/inspire-projects-across-uk/north-west/>