

ROWING

Arguably Bedford's most successful sport on the international stage with a number of Olympic athletes, including Olympic Champion Tim Foster, plus many other World Championship medal winners in men's, women's and lightweight rowing.

State schools are taking part more and more and with their own share of representative athletes this is something that can only be sustained with the provision of the lake and its new facilities.

The inspiration and drive for this project originated with the Bedford rowing community and they have always wished to embrace other sports and activities on and around the lake.



CANOEING

Another gold medal Olympic sport with a rich and successful history in Bedford. Which youngsters will be inspired to take up the sport through the new facilities and opportunities the lake will provide?



TRIATHLON

One of the country's fastest growing sports with Bedford's own Traktors triathlon club leading the way. Also a great medal prospect sport for London 2012.



CYCLING

Our top performing Olympic sport with another Bedford Olympic Champion. The lake will be the backdrop to extensive cycle ways – getting people active, young and old and maybe inspiring champions of the future?



WALKING JOGGING LEISURE

It does not need spelling out that the acres of landscape, water, bridleways and paths lend themselves perfectly to all manner of outdoor leisure be it a bike ride with the family, a picnic in the park, an early morning jog or even a competitive running race. The lake and park will be there for everyone to enjoy – and all of the wildlife that goes with it.



ANGLING

In many ways the UK's most accessible sport/leisure activity. Young or old, competitive or not the lake will provide at least 4 kilometres of new waterside perfectly suited for angling.

Many activities will be able to run alongside each other with plenty of space for all users all of the time.



HORSE RIDING

Perfectly suited to the peace of bridleways alongside a large body of water protected from other, noisier watersports as it is a rowing lake! With modern on board communications – cox boxes and coach radios – the old megaphones of the river are not appropriate and could not be heard anyway!

www.bedford-rowing-lake.com
www.connollyfoundation.org.uk