



**Press release: Friday 16<sup>th</sup> March 2018**

**ALEX JONES AND HER EPIC TEAM OF MUMS CROSS THE FINISH LINE IN MOTHER OF ALL CHALLENGES FOR SPORT RELIEF**

- After six intense days, Alex Jones and her team of inspirational mums have completed the Mother of All Challenges for Sport Relief with a marathon relay in Swansea
- The group have been raising awareness of maternal health issues and raising money for Sport Relief

Today, Alex Jones and her exhausted but triumphant group of mums crossed the finish line in the monumental Mother of All Challenges for Sport Relief. The five amazing mums were pushed to their breaking points this week as they endured five gruelling challenges which saw them relay swim a section of the freezing open waters of Loch Ness, climb the terrifying range of Helvellyn, cycle the Lake District's steepest passes and crawl through the tightest caves in Brecon Beacons.

Concluding their incredible feat today, the mums laced up their trainers, running across the hilly Swansea coast to complete a marathon relay in Alex's hometown. Fighting bitter coastal winds, exhaustion and aching muscles, the mums dug deep to triumph through the last leg of their challenge as they crossed the finishing line in Castle Square, Swansea.

Despite tears, tumbles and trials throughout the week, the mums completed this epic mission to shine a light on maternal health issues – a cause close to their heart, with each of them having their own experiences to draw on.

Thanks to the ever-generous great British public Alex and the mums have raised an incredible £384,776 so far. The money is continuing to roll in, and their final total will be revealed on the Sport Relief night of television, on Friday 23<sup>rd</sup> March.

Speaking to the crowd of family, friends and supporters who were there to greet the team in Swansea, Alex was overcome with emotion: "It is amazing what a group of women can do together. If I was on my own, I really do not think I could have completed the Mother of All Challenges for Sport Relief. Arriving at Castle Square, holding hands to cross the line together, was probably one of the best moments for me over the past few years, post childbirth! It was unbelievable. We are truly exhausted yet so happy to have raised lots of money for Sport Relief and to have made such great friends."

Comic Relief CEO, Liz Warner said: "Comic Relief CEO, Liz Warner said: "Alex, Amal, Debbie, Jodi and Leigh have put themselves through daily physical and mental challenges this week and we can't

thank them enough for sharing their stories and encouraging others to talk about maternal health. The money these five amazing mothers have raised will change lives, and we also thank The One Show for bringing this challenge to their audience and providing an opportunity to raise these important issues."

The mums who joined Alex on the challenge were:

- **Amal Hassan**, 31, a mum of one from London. Amal is a trained doctor specialising in Sports Medicine.
- **Debbie Williams**, 50, a mum of four from Bristol. Debbie is a support worker for adults with learning difficulties.
- **Jodi Dowse**, 28, a mum of two from Bristol. Jodi works at BlueBell, a charity providing emotional wellbeing services to families during pregnancy and after birth.
- **Leigh McLean**, 44, a mum of three from Glasgow. Leigh works for a construction company.

Our intrepid team of mums want the public to support their efforts with donations to help vulnerable people in the UK and across the world live happier, healthier and safer lives as well as raise awareness of maternal health issues.

You can continue to support them at [SportRelief.com/mums](https://SportRelief.com/mums).

Alex and the team are hoping to inspire the nation to take on their own challenge next week by joining together to beat a billion steps a day, every day, from 17th-23rd March. For more information on how to get involved with this year's Sport Relief campaign, download the Sport Relief app or go to [sportrelief.com](https://sportrelief.com)

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**NOTES TO EDITORS:**

Sport Relief brings the nation together to get active, raise money and change lives. Since 2002, Sport Relief has raised over £335 million. The money raised by the

public will be spent by Comic Relief to tackle the critical issues affecting people across the UK and the world. This year, Sport Relief culminates in a week of activity from Saturday 17th to Friday 23rd March, leading to an unmissable night of TV on the BBC.

Comic Relief is a UK charity which aims to create a just world, free from poverty - where everyone is safe, healthy, educated and empowered. Since 1985, Comic Relief has raised over £1 billion. That money has helped, and is helping, people both at home in the UK and across the world. For information about Comic Relief and the work it carries out, please visit [www.comicrelief.com](http://www.comicrelief.com)

Comic Relief, registered charity 326568 (England/Wales); SC039730 (Scotland)