

For live updates from 'Radio 1's Gregathlon: Pedal to the Peaks for Sport Relief', follow @SportRelief, @BBCR1 and tune into BBC Radio 1 throughout the day

Wednesday 14th March 2018

HE'S BACK! GREG JAMES RETURNS TO SCOTLAND TO COMPLETE RADIO 1'S GREGATHLON: PEDAL TO THE PEAKS

- **'Beast from the East' halted BBC Radio 1's Gregathlon: Pedal to the Peaks for Sport Relief two weeks ago**
- **Determined Greg James returns to complete the challenge and conquer Ben Nevis**

BBC Radio 1 DJ and presenter **Greg James** today announced his return to Scotland to complete his epic challenge, Gregathlon: Pedal to the Peaks for Sport Relief. Two weeks ago, Greg contended with the most brutal weather in Sport Relief challenge history before the difficult decision to suspend his efforts, having pushed through snow up to his knees and plummeting temperatures of -20C. Now Greg is back and ready to tackle the mighty Ben Nevis before crossing the finish line.

Speaking to The Radio 1 Breakfast Show with Nick Grimshaw live from Moffat, the scene of his challenge's sudden halt two weeks ago, a nervous Greg said:

"I'm feeling recovered, my body is better, I've read all the support and everything from the last few weeks has been digested. I feel even more determined than I was the first time to get it done, and just keep shouting about the message we were shouting about for the last few weeks.

This weather needs to hold off and it'll all be great!"

While Greg is over halfway through his epic journey, he's still got a long way to go. Before he sets foot on Ben Nevis – standing at a titanic 1345 meters above sea level - Greg needs to pedal through over 150 miles of punishing mountain terrains. And while it looks like the snow is staying out of Greg's way for now, the forecast is predicting wet and windy weather for the DJ's final stretch. It'll take everything he's got to make it to the top.

BBC Radio 1's Gregathlon: Pedal to the Peaks sees the DJ attempt to scale three of the UK's highest peaks and cycle the immense distance between them. Greg is surrounded by a qualified and experienced team who have taken all necessary precautions to ensure his safety.

Greg's epic challenge is raising money for Sport Relief, to help vulnerable people across the UK and the world, to live happier, healthier and safer lives. Throughout Greg's challenge, BBC Radio 1 have

also been taking a special look at projects which use Sport Relief cash to help support young people living with mental health issues here in the UK.

Greg has asked that people continue to donate vital funds as he pushes towards the final climb. You can sponsor Greg at SportRelief.com/SponsorGreg.

For the first time ever Sport Relief 2018 is asking the entire nation to take on a huge collective challenge – beating 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.

-Ends-

FOR MORE INFORMATION CONTACT

Sport Relief Media Team:

020 7820 2500

media@comicrelief.com

www.comicrelief.com/media-centre

Out of hours 07984 510 473

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