

*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 28<sup>th</sup> February 2018**

## **GREG JAMES BATTLES 'BEAST FROM THE EAST' AS HE SCALES SCAFELL PIKE FOR SPORT RELIEF**

- **Greg James summits Scafell Pike in extreme weather conditions for BBC Radio 1's Gregathlon: Pedal to the Peaks for Sport Relief**
- **Met Office declares this 'worst week since he's been on the radio' to take on this challenge**

BBC Radio 1 DJ and presenter **Greg James** today faced the biggest challenge of the week so far in treacherous weather conditions, as he successfully scaled the second of his three mountain ascents for **Radio 1's Gregathlon: Pedal to the Peaks for Sport Relief**. His challenge will see him attempt to scale three of the UK's highest peaks and cycle the mammoth distance between them.

Since setting off on Monday, Greg has battled some of the most extreme weather conditions ever faced by a Sport Relief challengee, as the 'Beast from the East' has swept across the nation. With temperatures plummeting, the DJ powered through snow blizzards and howling winds as he struggled to reach the summit of England's highest peak, Scafell Pike.

Alex Burkill, Meteorologist at the Met Office, said: "Of all the weeks to choose from Greg's entire broadcasting career, weather wise this is the worst. Today he can expect further heavy snow showers and even windier conditions than he's experienced so far. With gale force gusts up to 50mph at the top of Scafell Pike, it will feel colder than -20C."

Sport Relief trainer, and former Olympian Professor Greg Whyte said: "This is the worst weather we've ever had on a Sport Relief challenge. Air temperature is the coldest we've had, but when you add wind-chill on top of that it makes it a really, really tough environment."

Speaking to Radio 1 at the summit, Greg said: "That was the most ridiculous thing I've ever had to do. I feel really, really broken. My muscles are really aching, I feel quite dizzy and light headed – we climbed 950m. The snow was up to my knees, it was completely ludicrous. My feet were going in and the snow was going over my knees – it felt like I couldn't do it but somehow I got to the top."

Listeners can keep up to date with Radio 1's Gregathlon: Pedal to the Peaks for Sport Relief throughout the day on BBC Radio 1. Greg's not shirking his presenting duties either – he'll be stepping in for his own show live every day, joined on the road by co-host Adele Roberts.

Greg is taking on his epic challenge to raise money for Sport Relief, helping vulnerable people across the UK and the world, to live happier, healthier and safer lives. Throughout Greg's challenge, BBC Radio 1 will be 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.

His motivation on the way is coming from people he met earlier this month at the Dame Kelly Holmes Trust, which is supported by money raised by Sport Relief. The programme sees elite athletes mentoring young women to raise their aspirations, self-esteem and get them into training and employment.

Greg needs the public's support to keep him going as he takes on his Gregathlon. You can sponsor Greg at [SportRelief.com/SponsorGreg](https://SportRelief.com/SponsorGreg).

Greg has a qualified and experienced team around him who are taking all necessary precautions, and will make the decision to stop or make changes to the challenge at any time should conditions become unsafe. People inspired by Greg are encouraged to sponsor him rather than attempt to follow in his footsteps.

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](https://sportrelief.com).

**-Ends-**

**For further images or videos contact:**

**Ella Woods**

**020 7820 2419 / [R.Woods@comicrelief.com](mailto:R.Woods@comicrelief.com)**

**Tom Westcott**

**020 7820 2552 / [T.Westcott@comicrelief.com](mailto:T.Westcott@comicrelief.com)**

**NOTES TO EDITORS**

**ABOUT THE RADIO 1 GREGATHLON: PEDAL TO THE PEAKS FOR SPORT RELIEF**

Locations:

- Snowdon, Wales (Monday 26<sup>th</sup> February)
- Lake District (Tuesday 27<sup>th</sup> February)
- Scafell Pike (Wednesday 28<sup>th</sup> February)
- Abington to Fort William (Thursday 1<sup>st</sup> March)
- Ben Nevis (Friday 2<sup>nd</sup> March)

**FOR MORE INFORMATION CONTACT**

**Sport Relief Media Team:**

020 7820 2500

[media@comicrelief.com](mailto:media@comicrelief.com)

[www.comicrelief.com/media-centre](http://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 17<sup>th</sup> to Friday 23<sup>rd</sup> 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)