

For live updates from 'Radio 1's Gregathlon: Pedal to the Peaks for Sport Relief', follow @SportRelief, @BBCRadio1 and tune into BBC Radio 1 throughout the day

Monday 26th February 2018

HE'S OFF AGAIN...GREG JAMES KICKS OFF BBC RADIO 1'S GREGATHLON: PEDAL TO THE PEAKS FOR SPORT RELIEF

BBC Radio 1's Greg James takes on another epic Sport Relief challenge – and it's tougher than ever before

BBC Radio 1 DJ and presenter **Greg James** today took the first steps on his gruelling Sport Relief challenge, **Radio 1's Gregathlon: Pedal to the Peaks for Sport Relief**. The challenge will see the DJ attempt to scale the three highest mountains in England, Scotland and Wales, and cycle the epic distance between them - around 500 miles, covering three nations in just five days.

Today Greg endured the plummeting temperatures of Mount Snowdon as he took his first steps up the mammoth Welsh mountain, standing at over 1,000 metres above sea level. Following his climb, Greg will get straight on his bike to attempt a punishing 80 mile cycle, which will see him crossing nations and tough terrain from Wales to the Lake District in some of the harshest weather conditions ever faced by a Sport Relief challenger. With rising fatigue, excruciating muscle damage and punishing pedalling, it's going to be one hell of a trip.

Speaking this morning on the The Radio 1 Breakfast Show with Nick Grimshaw, Greg said: "It is unbelievably cold and unbelievably windy. I am so covered up but ready to go! I actually feel very terrified and I don't know how this week is going to go but I am mentally and physically ready and we are going to give it our best go.

"It feels quite daunting. As we drove past Snowdon yesterday the enormity of the challenge hit me, but the support that everyone has been sending so far has been incredible. It really is freezing and it's going to be minus 20 when we get to the top of Snowdon.

"I'm quite frightened by the whole prospect of the week, I can't lie. I'm hysterical thinking that this is the first hour of five days. When Professor Greg Whyte says it might not be able to be done, that means it's a serious one. Let's do this!"

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 no stranger to gruelling Sport Relief challenges after taking on 2016's Gregathlon: an epic five triathlons, in five days. This year he's really upped the ante – clocking in at nearly double the distance of his 2016 challenge, battling the freezing, snowy conditions along the way. Back in 2016, Greg was pounding the pavement in five cities across the UK, surrounded by cheering crowds to spur him on. This time, he's taking on the battle alone – for the most part pedalling in rural isolation through tough terrain and punishing winter weather, with only the support of his BBC Radio 1 family to keep him going.

What's coming up for Greg?

- Kicking off in Wales on Monday 26th February, Greg will attempt to scale Snowdon before heading out on a mammoth cycle, covering almost 80 miles
- On day two, Greg cycles across countries - from Wales to the Lake District, covering off a huge 135 miles
- Day three sees Greg tackle Scafell Pike, the highest mountain in England. Not content with that, he'll then jump back on the bike for a colossal 120 mile cycle
- Day four: Greg attempts to cycle a whopping 150 miles of mountainous terrain – three times his daily distance in 2016's challenge
- Day five sees Greg attempt the final summit – the mighty Ben Nevis! The tallest of the lot, it stands at a titanic 1345 meters above sea level...it will take everything Greg's got to make it to the finish line

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://www.sportrelief.com/sponsor-greg).

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.

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NOTES TO EDITORS

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

Locations:

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

FOR MORE INFORMATION CONTACT

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