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Greg faces toughest challenge yet

- **Greg James endures ice-cold waters on Day Three of the Gregathlon in Glasgow**
- **Footage of Greg's swim available for online use [here](#)**

Today, BBC Radio 1 DJ and presenter **Greg James** faced ice-cold open waters which left him struggling to move as he continues on Day Three of **BBC Radio 1's Gregathlon for Sport Relief**, in Glasgow. The mammoth challenge sees him attempt to run, swim and cycle a triathlon a day for five consecutive days, across five UK cities.

Greg valiantly completed his 900m swim this morning in conditions that seasoned open water swimmer Professor Greg Whyte described as 'the coldest water I have ever swum in'. The water temperature was just four degrees and, after 30 minutes of open water swimming, his body ran the risk of hypothermia and he struggled to walk. His medical team reacted quickly, and after warming him up and a thorough check from the event doctors and physio he was up and on his way on the day's cycle.

Trainer Greg Whyte said "He's doing alright. He was very cold, obviously. That water temperature dropped down to four degrees and took its toll without a shadow of a doubt. The team looked after him and he's doing fine."

With ice on the ground, his cycle through the city today – which passes by the Celtic and Rangers Football Grounds – could be just as treacherous.

Greg said this morning "That water was so, so cold. I've never felt those feelings in my body before. And this morning they've been scraping ice off equipment outside! I woke up today with a cold and what feels like razor blades in my throat. I can't believe that I'm still doing this. Its way harder than I

thought. Parts of the body are agony and my neck has had to be strapped up to keep me going. I really appreciate all of the support, keep me going guys!"

Cheering him on today will be ex-Pussycat Doll **Kimberly Wyatt**, who will be running alongside him this afternoon and joining him in the studio for his radio show from 4pm on Radio 1.

Yesterday Greg covered over 50 miles of ground, and has now clocked up over 100 miles in just two days. **All Time Low** made it just in time to join him on the final leg of his run, before joining him in the studio. The boys were poolside as Greg stripped to his briefs for an ice bath after smashing a 2000m swim, 41.6 mile cycle and 9 mile run.

As of 9.50am this morning (Wednesday 10th February) Radio 1's Gregathlon for Sport Relief has raised £169,370.

Today will see Greg hit the half-way point for the challenge, which sees him run, swim and cycle in indoor and outdoor conditions, facing rising fatigue and extensive muscle damage as he repeats his gruelling schedule day after day. Every stroke, pedal and foot-step will be agony, and BBC Radio 1 listeners can follow his painful progress throughout the day as he calls in to every daytime show.

Keeping the momentum going each day will undoubtedly take its toll but, having seen first-hand how the money is used to make a difference, Greg is determined to raise as much cash as possible for Sport Relief and to inspire the nation to do their bit and get involved. In January, Greg travelled to Jordan to meet displaced families living in desperate conditions. He visited a nursery within the Azraq refugee camp and saw how Comic Relief funding is helping to give young children back their childhoods. The money raised through Sport Relief could help more children like these get a vital education, and support their families to maintain a crucial sense of community.

The incredible feat kicked off in Belfast on Monday 8th February, and Radio 1 listeners will be able to track Greg as he broadcasts his Radio 1 show (from 4pm) from a new Sport Relief Flagship Games City every day, criss-crossing his way around the nation via Cardiff, Glasgow and Sheffield before storming across the finish line in Norwich on Friday 12th February. He will also be encouraging the public to do their bit at home and sign up to the Sport Relief Games, taking place Friday 18th to Sunday 20th March.

- Greg needs the public's support to keep him going as he takes on his Gregathlon. Donate £3 by texting GREG to 70703* or sponsor him at sportrelief.com/SponsorGreg
- Get going like Greg! Walk, run, swim or cycle yourself proud at the Sainsbury's Sport Relief Games from Friday 18th to Sunday 20th March. There are thousands of events across the UK with flagship Games in Belfast, Cardiff, Glasgow, Sheffield, Norwich and London. Find your nearest event at sportrelief.com and sign up now!

Money raised from The Gregathlon will be spent helping people living unimaginably tough lives, with half of the money raised used to make a difference right here in the UK. The other half is used to transform lives across the world's poorest communities.

-Ends-

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NOTES TO EDITORS

ABOUT THE RADIO 1 GREGATHLON FOR SPORT RELIEF

Locations:

- Belfast (Monday 8th February)
- Cardiff (Tuesday 9th February)
- Glasgow (Wednesday 10th February)
- Sheffield (Thursday 11th February)
- Norwich (Friday 12th February)

*Texts cost three pounds plus your standard network message charge. 100% of your donation will go to Sport Relief. You must be 16 or over and please ask the bill payer's permission. For full terms and conditions and more information go to www.sportrelief.com/legal.

ABOUT SPORT RELIEF

Sport Relief brings the entire nation together to get active, raise cash and change lives. Since 2002, Sport Relief has raised over £262 million. The money raised by the public is spent by Comic Relief to help people living incredibly tough lives, across the UK and the world's poorest communities. It all leads up to the Sport Relief weekend and an unmissable night of TV on the BBC, broadcasting live from Queen Elizabeth Olympic Park.

Sport Relief 2016 will take place from Friday 18th to Sunday 20th March 2016. You can run, swim, cycle or even walk yourself proud at events across the country. There's a distance for everyone in the Sainsbury's Sport Relief Games, whether you're sporty or not. Find out more at www.sportrelief.com. Comic Relief is a UK charity, which aims to create a just world, free from poverty.

Since 1985, Comic Relief has raised over £1billion. That money has helped, and is helping, people living incredibly tough lives, 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)

ABOUT REFUGEES IN JORDAN

- More than **80%** of Syrian refugees fleeing conflict in Jordan are living below the national poverty line, the equivalent of £2 a day
- Nearly 53% of all Syrian refugees in Jordan are children who have left their homes with their families to flee conflict
- At least 12,000 Syrians have left their homes and everything they own and are now stranded just inside Jordan in a barren desert area due to tighter border controls. Some have had to stay in this area for months on end without adequate help