







adidas Women's 5K Challenge - Celebrities 2010

<p>Angie Dowds</p>		<p>Angie is the Personal Training Advisor to Fitness First, the largest health chain in the world, and is part of their expert panel, along with Dr Hilary Jones. Angie pioneered the kettlebell movement in the UK. She is also now running tailor made kettlebell courses for the Military and Special ops and for world-class athletes. Her clients range from top athletes, celebrities, the RAF, footballers, city workers, housewives, the young people and those challenged by obesity. Angie was one of the fitness experts on last year's major ITV series The Biggest Loser. Through her training techniques and persistence it was her team who won the challenge and lost the most weight. Two previous series were broadcast on Living TV, where she was personal trainer to the first female winner in the programme's global history, aiding her to lose a total of 9 and a half stone. The fitness DVD accompanying the series was also a huge success, which led to the release of a second.</p>	<p>Breakthrough Breast Cancer Rupa Tailor rupat@breakthrough.org.uk 0207 025 2454</p>
<p>Deanne Berry</p>		<p>Deanne has previously run the adidas Women's 5K Challenge for Breakthrough Breast Cancer. She is a well known fitness expert. In addition, Deanne has appeared in a number of music videos including the single "Call on Me" by Eric Prydz. In 2006, Berry once again appeared alongside fellow "Call on Me" cast mate Juan Pablo Di Pace in the video for Hues Corporation remix of Irene Cara's song "What a Feeling". Deanne has also appeared as choreographer and lead in some work out videos of the 'Pump it up' series from 'Ministry of Sound', e.g. 'The Ultimate Dance Workout' and 'Burn it. Lose it.', and in her own workout video with ClubLand called 'Work it Out', released around Christmas 2008 as a high energy work out with some great tunes. Last year Deanne joined Mr Motivator on GMTV to help launch the summer bikini diet.</p>	<p>Breakthrough Breast Cancer Rupa Tailor rupat@breakthrough.org.uk 0207 025 2454</p>



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<p>Emma Kennedy</p>		<p>Emma Kennedy is an actress and writer who has appeared in many award-winning comedy shows including Goodness Gracious Me and The Smoking Room. She has won the Comedy Lounge Best Actress Award and the British Television Advertising Craft Award for Best Actress. Her latest book 'The Tent, The Bucket and Me' reached number 1 in the Sunday Times Bestseller List.</p>	<p>Breakthrough Breast Cancer Rupa Tailor rupat@breakthrough.org.uk 0207 025 2454</p>
<p>Jacqui Joseph</p>		<p>Jacqui started in the industry as a DJ for a London based pirate radio station. More recently she has worked with 'GMTV', appearing on many different strands, including Hollywood Gossip, which took her to LA, and travel features around the world.</p>	<p>Breakthrough Breast Cancer Rupa Tailor rupat@breakthrough.org.uk 0207 025 2454</p>




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<p>Jo Emma Larvin</p>		<p>Jo Emma Larvin is a British model and actress. Aside from her numerous modelling opportunities, the talented Jo-Emma has secured acting roles and presenting slots on many exciting projects - including parts in TV dramas, music videos and mainstream movies such as The Calcium Kid (starring alongside Orlando Bloom) and Goal 3. Jo-Emma also played the lead female role in the music video for McFly's Top 10 single, 'Lies'.</p>	<p>Breakthrough Breast Cancer Rupa Taylor rupat@breakthrough.org.uk 0207 025 2454</p>
<p>Lisa Blackwell</p>		<p>Lisa Blackwell is best known for playing the part of Pandora in the phenomenally successful television show 'Skins'.</p>	<p>Breakthrough Breast Cancer Rupa Taylor rupat@breakthrough.org.uk 0207 025 2454</p>




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<p>Lucy Briggs-Owen</p>		<p>Lucy is an incredibly talented theatre actress. Her acting credits include: The Importance of Being Earnest [Regent's Park Open Air], Widowers' Houses [Manchester Royal Exchange], Private Lives [Hampstead Theatre], Troilus and Cressida [Cheek by Jowl: Barbican and European Tour], The Pains of Youth and Don Juan Comes Back From The War [Belgrade Theatre, Coventry].</p>	<p>Breakthrough Breast Cancer Rupa Taylor rupat@breakthrough.org.uk 0207 025 2454</p>
<p>Nathalie Emmanuel</p>		<p>Nathalie Emmanuel is a British actress. She is best known for her work on the soap opera "Hollyoaks" as the character Sasha Valentine.</p>	<p>Breakthrough Breast Cancer Rupa Taylor rupat@breakthrough.org.uk 0207 025 2454</p>



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<p>Sarah Cawood</p>		<p>Sarah is a popular television presenter and panellist. She has presented shows including MTV, Live & Kicking, Top of the Pops and regularly co-presented the midweek and Saturday National Lottery programmes as well as taking on a role as reporter for the semi-finals of the Eurovision Song Contest 2007, 2009 and 2010. She braved the spiders to be the jungle reporter for This Morning's I'm a Celebrity, Get Me Out Of Here. She has appeared on numerous shows as a panellist including Angela and Friends, Loose Women, Never Mind the Buzzcocks, The Wright Stuff, Ready, Steady, Cook and Strictly Come Dancing – It Takes Two, Inside Celebrity, Big Brother's Little Brother and Big Brothers' Big Mouth.</p>	<p>Breakthrough Breast Cancer Rupa Tailor rupat@breakthrough.org.uk 0207 025 2454</p>
<p>Simone James</p>		<p>Simone James is a British actress best known for her role as Becca Swanson in the soap opera Eastenders.</p>	<p>Breakthrough Breast Cancer Rupa Tailor rupat@breakthrough.org.uk 0207 025 2454</p>
<p>Seeta Indrani</p>		<p>Seeta Indrani probably best known for her nine year stint on ITV's THE BILL as PC Datta and more recently as GP Lily Hassan in BBC's DOCTORS, began her career as Cassandra in the original cast of CATS. In between times she has performed with RSC, RNT, Rambert Dance Company, Carl Rosa Opera and Oxford Stage Company to name but five. Winning Best Actress (Asian Film Academy) and Asian Woman of Achievement Arts and Culture Award along the way.</p>	<p>Multiple Sclerosis Resource Centre Abi Crawford abi@msrc.co.uk 01206 505 5444</p>



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<p>Nikki Zilli</p>		<p>Nikki Zilli is a former model, singer, television presenter and actress, and the wife of successful chef/restaurateur Aldo Zilli. She recently took her bid to raise awareness of bowel cancer to the Daily Mail, featuring in a double page spread to talk about the disease and how it has touched her life. Following this campaign, Nikki decided to run in the adidas Women's Challenge to raise funds and awareness for Bowel Cancer UK</p>	<p>Bowel Cancer UK Jocelyn Herridge Jocelyn.Herrindge@bowelcancer.org.uk 0207 381 9711</p>
<p>Tessa Peake-Jones</p>		<p>Tessa Peake-Jones is an English actress, most famous for her role as Raquel in the television comedy series Only Fools and Horses. Tessa also had a co-starring role in the 1999 TV series "Births, Marriages, and Deaths." She has also appeared in several other television programmes/series, including; The Demon Headmaster, Midsomer Murders, Casualty, Holby City, The Bill, Up the Garden Path and So Haunt Me.</p>	<p>Action for Kids Sarah Greene sgreene@actionforkids.org 0208 347 8111</p>
<p>Kay Burley</p>		<p>Is a British television presenter, newsreader and journalist , most famous for presenting the Afternoon Live on Sky. Born in Wigan, Kay began her career at the Evening Post and Chronicle in Wigan, since then her career has gone from strength to strength. She joined Sky in 1988 and has become one of the channels best known faces.</p>	<p>Wellbeing of Women Joanna Abbiss-Stubbs jabbiss-stubbs.wellbeingofwomen@rcog.org.uk</p>




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Emma Crosby		<p>Most famous for being a face of GMTV, Emma Crosby is one of the UK's most recognised presenters and newsreaders. Born in St Albans, Emma went on to study journalism at Leeds and Cardiff Universities before joining the BBC as a rolling news journalist. She has since gone on to work for both Sky and ITV as well as GMTV and is a keen supporter of Wellbeing of Women.</p>	<p>Wellbeing of Women Joanna Abbiss-Stubbs jabbiss- stubbs.wellbeingofwomen@rc og.org.uk</p>
Elizabeth Bower		<p>Elizabeth Bower is a British actress. She appeared in the final ever episodes of The Bill and her next appearance will be in long running BBC1 comedy, My Family. She played series regular, dizzy GP Melody Bell in Doctors (BBC1) and the magical Miss Widget in ITV's New Worst Witch. Other TV roles include Silent Witness (BBC1), the comedy sketch show, Spoons (Channel 4) and the BBC4 film Micro Men. She is often recognised for being the crazy lady from the advert who went to London to buy Heat Magazine. She regularly narrates stories for CBBC, The Liar's League and Short Story Radio and writes and performs stand up comedy.</p>	<p>Multiple Sclerosis Resource Centre Abi Crawford abi@msrc.co.uk 01206 505 5444</p>


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<p>Gail Porter</p>		<p>TV presenter and celebrity mum, born 23 March 1971 in Edinburgh, Scotland. Gail Studied at the BTEC HND in Media Production at West Hertfordshire College. She has tended to present family-friendly television programmes, or ones directly aimed at children. This includes The Movie Chart Show, Top of the Pops, Live & Kicking, The Big Breakfast and Gail Porter's Big 90s. Gail will be running the adidas 5K with her daughter Honey.</p>	<p>Jeans for Genes Ruth Carnac Ruth.carnac@jeansforgenes.c om 0207 199 3300</p>
<p>Lisa Butcher</p>		<p>Lisa is Model and TV presenter born 1971 in London. She won British Elle's first ELLE's Angels modelling competition in 1987. Her first job after she finished school was for Ralph Lauren in New York. Her first appearance on TV was on The Big Breakfast. Due to her demanding schedule as one of the world top super models she shelved her TV career until she appeared, some years later, as the host for Britain's Next Top Model.</p>	<p>OCD UK Vanessa Durham VDurham@salmondevelopme nts.com</p>

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<p>Dr Linda Papodolopus</p>		<p>Born in Toronto, Canada Linda is a Cypriot-Canadian psychologist based in England. She gained a BA degree in Psychology from York University in Toronto, Canada, an MSc in Health psychology from the University of Surrey in the UK and a PhD in Psychology from City University in London. She is the author of many academic texts such as "Psycho dermatology", "Becoming a Therapist", "Psychological Approaches to Dermatology" and several popular psychology texts "<i>The Man Manual</i>", "What Men Say what Women Hear". Also a familiar face on British and American reality television series, such as Big Brother, Double Cross, This Morning, GMTV, Celebrity Fit Club and the BBC News</p>	<p>OCD UK Vanessa Durham VDurham@salmondevelopments.com</p>
<p>Helen Fospero</p>		<p>Helen is currently GMTV's newsreader and also fronts the programme from the sofa when needed. Following an exclusive interview with Paul McCartney just after Linda was diagnosed with breast cancer, and a separate half hour special with Yoko Ono, Helen was poached by GMTV in 1997 when they created the role of UK based showbiz correspondent for her. Eventually she became their US correspondent based in New York. She provided live coverage of many world events for GMTV, including the terrorist attacks on the twin towers on September 11th.</p>	<p>Lucy Ellis Lucy@KTBPR.com</p>
<p>Jade Davidson</p>		<p>Jade Davidson, youngest sister to Sadie Frost, has appeared in several television shows including Casualty, Doctors and The Bill.</p>	<p>Leukaemia Research, Ken Lomas Ken.lomas@ntlworld.com 07802 40663</p>

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Holly Davidson		<p>Holly is a British actress, model and personal trainer. Her older sister is Sadie Frost. She is most known for her recurring roles on the TV series' Renford Rejects, The Bill and Casualty, and roles in the films Final Cut, Van Wilder 2: Rise of the Taj and Essex Boys.</p>	Leukaemia Research, Ken Lomas Ken.lomas@ntlworld.com 07802 40663