

MARLOW HEALTH CLUB MEMBER PREPARES CELEBS FOR RED NOSE CHALLENGE TO KILIMANJARO

18 February 2009: A member of Marlow's leading health and fitness club is providing expert advice to a host of A-list celebrities as they prepare to climb Africa's highest mountain as part of Red Nose Day.

Professor Greg Whyte (41) who lives in Marlow Bottom, is providing physical, psychological and technical expertise to Girls Aloud stars Kimberley Walsh and Cheryl Cole, Boyzone's Ronan Keating, Take That's Gary Barlow, Mis-Teeq's Alesha Dixon, GMTV host Ben Shephard as well as Fearne Cotton, Chris Moyles and Denise Van Outen.



He will join the intrepid bunch as they scale over 19,000ft (5,895 metres) to the summit of Mount Kilimanjaro in Tanzania in early March.

Maintaining his own fitness at The Marlow Club on Fieldhouse Lane, Greg makes sure he is in peak condition by using the club's facilities three or four times a week while making sure his celebrity charges are fully prepared for the attempt on the world's highest free standing mountain.

It is not the first time Greg has helped celebrities. He trained and swam with David Walliams on his historic English Channel swim in 2006 and also helped Alan Shearer and Adrain Chiles

complete their marathon cycle as part of last year's fund raising efforts. He also made sure Olympic legend James Cracknell completed his row across the channel, cycle through France and Spain and swim across the Strait of Gibraltar in 2008.

Greg said: "The group climbing Kilimanjaro are an eclectic bunch each with a varying degree of physical and psychological capabilities. What I've been doing is preparing them so that they are ready both physically and mentally for what lies ahead.

"We've been working on strength and core stability and making sure they are all used to walking long distances. Climbing Kilimanjaro is the equivalent of doing a marathon uphill so the demands are quite extreme.

"In addition we've been working on the effect walking at altitude can have on the body and the recognition of altitude sickness. To do this we've used an acclimatisation chamber in Bisham so that everyone could experience first hand what it is like to walk at altitude.

"From a psychological perspective we've been training the team to 'zone out' during the walk and relax wherever possible."

Departing on 27 February the group will start their climb on 1 March culminating in summit day that will incorporate a 14-hour hike to reach the roof top of Africa in time for sunrise.

Greg added: "Chris Moyles has really surprised me and has perhaps been the most tenacious in terms of his training and preparation and I'm confident the whole group will complete the climb.



“I’m fortunate to live just down the road from The Marlow Club so I’ve been able to maintain my own preparations ready for our departure and I’m really looking forward to the trip.”

The team’s efforts will raise money to help change lives across Africa and the UK. In particular they will explore how they can help tackle malaria, a disease which kills a child every 30 seconds across Africa. In Tanzania malaria is the leading killer of children.

To help donate money please visit: www.rednoseday.com/climb/sponsor/the_team

For more information about the Marlow Club please call T: 01628 475709 or visit:
www.themarlowclub.co.uk

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