

CB = Christine Bleakley S = Supervisor AC = Adrian Chiles

CB: Ohhh. I'm doing it for real today.

S: This challenge is incredibly tough. She is gonna be operating in sub-zero temperatures for over 90 minutes. If she falls in the water too often ... the challenge is over. If she makes this, it will be a true achievement and a true landmark for Sport Relief.

S: How are you feeling?

CB: I feel like I am in some sort of a ... odd dream. I really do.

AC: All those nerves, all that adrenalin, it's all gonna come flowing out as soon as we get on the water.

S: Yeah, yeah. So ... remove the fear and just keep focussed on what you've gotta do and that is, land on that beach in Calais.

CB: Now it's just me against the Channel.

S: Go!

CB: I'm determined not to fall in but I soon realise determination might not be enough.

After several falls into the freezing water I already feel like I can't take much more.

speakout

Intermediate Unit 7 DVD Script

S: We're just about a quarter of the way in and she's already fallen five times – now that ... that is gonna take its toll without any shadow of a doubt in the later stages.

Every time she goes in I get a bit more worried. The weather's not looking good. There's white tops on the waves.

CB: But despite my best efforts, the wind and waves mean I can't stop myself falling.

S: She's fallen in ten times in just ten miles. That simply isn't good enough for this challenge. She has got to dig in now and start to focus.

CB: This could be an impossible challenge.

S: She is focussed. She is in the zone. She's starting to fly now. Now we start to believe that she could truly make this challenge.

CB: My arms and body hurt so much but I just don't want to give up.

S: The hands have gone, the back's going, the legs are tired, but we've still got seven miles to go.

AC: She's turned it round here. The first half didn't go well. She's pulled it out of the bag.

CB: I can see France. And nothing is going to stop me.

AC: Five more minutes and you're there. Just enjoy this. Keep smiling. Come on! We're there!

spekout

Intermediate Unit 7 DVD Script

CB: I did it! I did it! I could see this from out there. I thought, 'Wow! That looks fabulous.'

S: Everybody around was worried whether she could make this or not. It is an incredibly tough challenge.

CB: Oh, that is a very welcome sight.

S: And the first woman to water-ski across the Channel in the winter, having only got on water-skis four months ago. She is remarkable. It's a truly outstanding achievement.

