

2019

PRUDENTIAL RIDELONDON CELEBRITIES

Jazmin “Jazz” Carlin

Colin Charvis

Laura Lou Crane

Gail Emms

Michelle Heaton

Sophie Holmes

Mark Hunter

Martin Johnson

Allan Lamb

Lemar

John McAvoy

Leon Ockenden

Tristan Phipps

Dani Rowe

David Seaman

Leon Taylor





JAZMIN "JAZZ" CARLIN

Jazz won two Olympic silver medals in the 400m and 800m swimming freestyle at the Rio 2016 Olympic Games. She also won gold at the Glasgow 2014 Commonwealth Games in the 800m freestyle, and took home silver in the 400m freestyle at the same Games.



COLIN CHARVIS

Colin Charvis is a former captain of the Welsh national rugby union team and was capped twice for the British and Irish Lions. Charvis, who retired in 2009, scored 22 tries for his country and previously held the record for most tries scored by a forward in Test match rugby.

Since retiring from rugby he has started up his own business. In 2013 he completed the ABSA Cape Epic, a 700km, seven-day race across Africa.



Shelter

LAURA LOU CRANE

Charity: Shelter

Laura is a former Love Island contestant, featuring on the 2018 edition of the ITV reality show. She is an ex-professional surfer and model. She is dedicated to promoting a healthy body image and is focused on exploring the relationship between sport and mental health. She is riding the Prudential RideLondon-Surrey 100 for the charity Shelter.



GAIL EMMS

Gail won a silver medal at the Athens 2004 Olympic Games when she joined forces with Nathan Robertson in the mixed doubles badminton competition. The pair also won the World Championships and Commonwealth Games in 2006, plus a European Championship title. Gail also won a gold medal in the mixed team competition at the Manchester 2002 Commonwealth Games.





prevent
breast
cancer

MICHELLE HEATON

Charity: Breast Cancer

Michelle is a singer and television presenter, best known as a member of pop group Liberty X. She has appeared on reality shows *Celebrity Big Brother* and *I'm A Celebrity Get Me Out of Here*. Michelle is a carrier of the mutated BRCA2 gene and underwent a preventative mastectomy and hysterectomy to reduce her risk of developing breast and ovarian cancers. She is riding the Prudential RideLondon-Surrey 46 for the charity Prevent Breast Cancer.



Shelter

SOPHIE HOLMES

Charity: Shelter

Sophie is a self-confessed fitness fanatic and works as a personal trainer, fitness model and Instagram star, with more than 35,000 people following her journey from Cystic Fibrosis sufferer to fitness blogger. Sophie was diagnosed with the lung condition at four months old and has dedicated her life to keeping fit and healthy; encouraging other sufferers to do the same. She is riding the Prudential RideLondon-Surrey 100 for the charity Shelter.



MARK HUNTER

Mark won an Olympic gold in the lightweight double sculls at the Beijing 2008 Olympic Games and came agonisingly close to repeating the feat four years later with partner Zac Purchase at the London 2012 Olympics only for the Danish team to come through in the final stages to snatch gold from them. Mark also won two World Championships gold medals. After retiring from the sport in 2013, he took on the NOMAN Barcelona to Ibiza race and won the 200-mile ocean rowing race.



MARTIN JOHNSON

Martin is a former World Cup winning rugby international captain, widely regarded as one of the greatest locks to have ever played. He toured three times with the British and Irish Lions, becoming the only man to have captained them on two separate tours. He also led Leicester Tigers to consecutive Heineken Cup victories and to six league titles. After retiring in 2005, he was appointed the team manager of the England rugby union side, a position he held from 2008 until 2011.





ALLAN LAMB

Allan Lamb is a former cricketer who played for and captained the England team throughout the 1980s, playing a total of 201 international matches. He retired in 1995 and has featured on the presenting teams for Sky Sports and Channel 5's cricket coverage. Between 2005 and 2007, he featured alongside fellow cricket hero Ian Botham in an advertising campaign for the English Beef and Lamb Executive, known as 'Beefy and Lamby'.



LEMAR

Lemar is an English R&B singer-songwriter and record producer who also appeared on Dancing on Ice 2018. Lemar had a run of chart success in the United Kingdom, Europe and Australia after making his name on the first series of British talent show Fame Academy. Lemar has had seven top 10 UK singles and sold more than two million albums. He is one of the most successful artists to come out of a reality TV show. Lemar has also won two Brit Awards and three MOBO awards to date.



JOHN MCAVOY

John is a triathlete, competing in numerous Ironman's. John spent 10 years in prison for armed robbery before sport helped turn his life around. Born into the criminal underworld, John began a gruelling fitness regime while in prison, discovering a passion for endurance sport. He broke the British record for rowing the marathon distance, and the world record for the longest distance rowed in 24 hours. He is now a successful endurance athlete and motivational speaker.



LEON OCKENDEN

Leon is an actor who has appeared in a string of hit shows including Waterloo Road and Mr Selfridge. In 2016, he took on the role of Will Chatterton in Coronation Street.





TRISTAN PHIPPS

Charity: Shelter

Tristian recently made his debut on reality show Made in Chelsea, joining the show for its 17th season. He is a keen animal and nature lover. He is also a trained park ranger having worked as a South African Travel Specialist last year. He is riding Prudential RideLondon-Surrey 100 for the charity Shelter.



DANI ROWE

Charity: British Heart Foundation

Dani won gold for Team GB at the London 2012 Olympic Games with fellow cycling stars Laura Kenny and Joanna Rowsell in the team pursuit. She is also the three-time world champion, having won the team pursuit at the 2011, 2012 and 2013 World Championships. Dani retired from competitive cycling at the end of 2018. She is riding the Prudential RideLondon-Surrey 100 for the British Heart Foundation.



DAVID SEAMAN

Charity: British Heart Foundation

David is a former England and Arsenal goalkeeper, having played for his country 75 times making him England's second-most capped goalkeeper, after Peter Shilton. He spent over a decade with Arsenal, winning three league titles, four FA Cups, the League Cup and European Cup Winners Cup during that time. He also played for England in the 1998 and 2002 FIFA World Cups and Euro 96 and Euro 2000. He retired in 2004 and went on to take part in the 2006 edition of Dancing on Ice, finishing in fourth place.



LEON TAYLOR

Leon represented Great Britain at three Olympic Games in diving with the highlight coming at the Athens 2004 Games when he won a silver medal alongside Peter Waterfield in the men's synchronised 10-metre platform competition. It was Britain's first medal in diving since 1960. In total, Leon was a member of the Great Britain team for 16 years, also winning medals at the Commonwealth Games and European Championships. Since retiring he has become a commentator for the BBC and is the voice of diving at all major championships.

