

BE A GOOD SPORT!  BE A GOOD SPORT!  BE A GOOD SPORT!

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SPORT RELIEF

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BE A GOOD CHAMPION!
YOUR TASK GUIDE



BE A GOOD CHAMPION

Who's your sporting hero? And what do you think makes them a champion? Is it their strength? Commitment? Bravery? There are so many amazing people to inspire us, who inspires you?

ADELE ROBERTS

Adele is an award-winning broadcaster, TV personality and DJ, best known for her work on BBC Radio 1. She has also appeared on 'I'm a Celebrity...Get Me Out of Here!', Big Brother and 'Dancing on Ice'.

In 2021 Adele was diagnosed with bowel cancer. In the months that followed, with her partner Kate Holderness alongside her, she fought very publicly through the challenges of chemotherapy and life with a stoma*, whom she named Audrey!

It hasn't been easy, but Adele never gave up hope and set herself the target of running the London marathon. She trained consistently, starting by walking just 20 minutes a day, setting herself small goals and focusing on the positive little 'wins'. Only 18 months on from diagnosis Adele ran across the finish line of the London Marathon, setting a new Guinness World Record as the fastest female with an ileostomy**.



“Start small, dream BIG and take inspiration from the champions in your life”

Amazing hey?! We can't wait to see what Adele does next - we know she'll smash it!

* A stoma is a small opening made in your tummy which allows your poo to be diverted out of your body. This could be because part of the digestive system has had to be removed or because at that time it isn't working properly due to illness. Over the top of the stoma is a pouch which collects that waste.

** An ileostomy is where the end of your small bowel is brought through an opening (the stoma) made in your tummy.

INSPIRED?

To complete your **'Be a Good Champion'** task:

We want you to tell us all about the sporting superstars who inspire you. It doesn't have to be anyone famous - we want to hear about the people you really admire. You could read a book all about them, draw a picture of them, or even write a poem - find out what really makes a champion. Whatever you do, record it on your checklist and tick that box!

Go on, Be a Good Sport!

