

# RISKING LIFE AND LIMB

# THE STARS OF 'THE JUMP'

## REVEAL THEIR TRIALS AND TERRORS AHEAD OF REALITY TV'S TOUGHEST CHALLENGE



The infamous ski jump (below) is the climax of Channel 4's winter sports reality show, which this year stars (from left): singer Stacey Solomon, ex-JLS star JB Gill, model and presenter Jodie Kidd, socialite Lady Victoria Hervey, *The Only Way is Essex*'s Joey Essex, dancer Louie Spence, Paralympian Jon-Allan Butterworth, Olympian Louise Hazel, *Jackass* star Steve-O, *Gogglebox*'s Dom Parker, *Dancing on Ice* star Chloe Madeley, former rugby player Mike Tindall, former cricketer Phil Tufnell, *Made in Chelsea*'s Louise Thompson, activist Heather Mills and ex-Pussycat Doll Ashley Roberts

Channel 4's winter games competition *The Jump* must surely be one of TV's most dangerous reality shows. The first series saw numerous injuries and this year Speaker's wife Sally Berrow and dancer Ola Jordan have already had to pull out.

However, this hasn't stopped a stellar line-up of celebrities from signing up to tackle hair-raising disciplines such as the bobsleigh, skeleton bob and ski jump. **HELLO!** visited the slopes in Austria to meet some of the intrepid participants...

### MIKE TINDALL: 'I WANT TO LEARN'

One of the early *Jump* favourites is retired England rugby union captain Mike Tindall. He's a fanatical trainer but took a breather from filming in the

mountains near Innsbruck to fly home for the first birthday of Mia, his and equestrienne wife Zara Phillips's daughter, on 17 January.

However, he's unsure if his family will be able to return the favour and visit him when the show kicks off this weekend. "Zara's competing season starts again soon and she is back in training so any trip will have to be worked around that," he says.

Mia is already accustomed to travelling, having recently been to Australia with her Olympic silver medallist mum, who was in training for the Rio 2016 Olympics. "My wife stays in the truck [horsebox] with her," says Mike, 36. "Eventing children have to be very relaxed. You are going to travel around a lot."

Mike has revealed how they have three Shetland ponies waiting for Mia when she's old enough to ride – so is he hoping to get his daughter skiing from an early age, too?

"Yes, I'd like her to ski but don't know when that will be. If it's death-defying feats she wants to do, you have to get your head round it and support her."

"I first went on school ski trips at the age of 13 until about 16 and then didn't ski until I was 33," he says of his own skiing background. "I've been three times since then so this is an opportunity for me to go down both a skeleton and bobsleigh track, learn to snowboard and get better at skiing. They're all things I really want to do and I'm not sure how else I would get the chance to do them."

"I chose not to ski when I played for England because it wasn't worth the risk and I didn't have the time – during the skiing season I was always playing rugby."

Is Mike hoping to win the show? "Yes!" he grins. "But I'm also hoping to have a good time and learn some new things as well."

### LADY VICTORIA HERVEY: 'I'M LOVING IT'

Lady Victoria Hervey has been a skier since she was a child, so it's not those skills she's apprehensive about

on *The Jump*, it's disciplines such as skeleton bob. When we meet, she's wearing protection on her elbows, back and knees, as well as a bandage on her wrist, all thanks to banging into the side of the run.

"I'm scared of the unknown," explains the model and socialite, 38, who is launching her own range of handbags this year. "This is the stuff I haven't done, like ski jumping, bobsledding, skeleton and everything else."

"The first time we did the skeleton I thought it was awesome, while Ashley Roberts and Stacey Solomon were crying. Then I got really shaken up, too. I hit the sides of the skeleton course and it wouldn't stop. I was holding on for dear life. Even so, I'm loving the whole experience. I've not done a reality show for a while but I liked the idea of this because it's more of a competition and I'm meeting some amazing people that I wouldn't normally."

Everyone is also getting to know Lady Victoria's Norfolk terrier D'Artagnan, who has accompanied her to Austria. "It's great because everyone loves him. And Steve-O and Louie Spence are real dog people so they're always trying to look after him whenever they can."

The aristocrat's sister Lady Isabella married Belgian Christophe de Pauw recently and Lady Victoria says the wedding inspired her to spend more time in the UK rather than Los Angeles. "I began to miss my family around my sister's wedding. I think that's why I did the show – otherwise I would have been in LA for the Golden Globes parties. I've done that so often, though, so it's cool to do something different."

### HEATHER MILLS: 'I KNOW I'LL ENJOY IT'

Activist and former wife of Sir Paul McCartney Heather Mills is more qualified than most of *The Jump* celebrities, as she's been skiing competitively for the last four years. When we caught up with the mum of one, she had not long been practising on the ski jump and, as far as she's aware, she's





---

**'I was really excited  
to see if I can ski  
jump because no  
amputee I know of  
has' Heather Mills**

---



*Jump to it: Lady Victoria, Mike – Jodie's tip to win – and Heather are ready for the off*



**'Mike [Tindall] will win the whole thing. No one is as mentally and physically fit as he is' Jodie Kidd**



Snazzy on the slopes: JB and Jodie get ready for action. Keen skier and adrenaline junkie Jodie was a natural choice to replace Sally Bercow, who pulled out through injury

one of very few amputees to attempt it.

"I was really excited to see if I can ski jump," says Heather, 47, whose daughter Beatrice, 11, has been spending time with her in Austria. "I got asked to do *The Jump* last year but I was training for the Paralympics so there was no way I could do something that would risk injury. Then, when I heard it involved a ski jump, I thought, 'Absolutely no way – that's insane.' The weight of the prosthetic is much heavier than your own leg, so if you stay in the air for too long you start to turn."

Injury and a dispute with sporting authorities meant that Heather didn't compete in the Winter Paralympics in Sochi last year. She says it's an advantage having had so many broken bones. "Name any bone in my body – it has been broken," she says. "Normally I'm in hospital every two months, and this is the first season I haven't had an injury."

"You either become braver and more tenacious or you give up, as injuries are part and parcel of skiing. But it's definitely an advantage, because I know what my capabilities are and I'm highly competitive with myself. I focus on what I'm doing and what I can do with my leg."

It was fellow *Dancing on Ice* contestant Sinitta who encouraged Heather to sign up, having loved the challenge on *The Jump* last year. And Heather is hoping to be a role model to others by taking part.

"I have thousands and thousands of amputees around the world who follow what I do," she says. "So if someone loses a leg I'll counsel them, on the basis that they then have to counsel someone else who lives near them."

"Sinitta said *The Jump* was one of the best experiences she has ever had and felt like she could jump off anything afterwards. I know I'll enjoy it but I don't think I'll take it too seriously. I've experienced too much in my life, I've got a sense of perspective."

#### **JB GILL: 'KIMBERLY WYATT RECOMMENDED IT'**

Since boyband JLS disbanded in 2013, singer JB Gill has married girlfriend Chloe Tangney, become a dad to son Ace, appeared on *Celebrity MasterChef* and set up a farming business in Surrey.

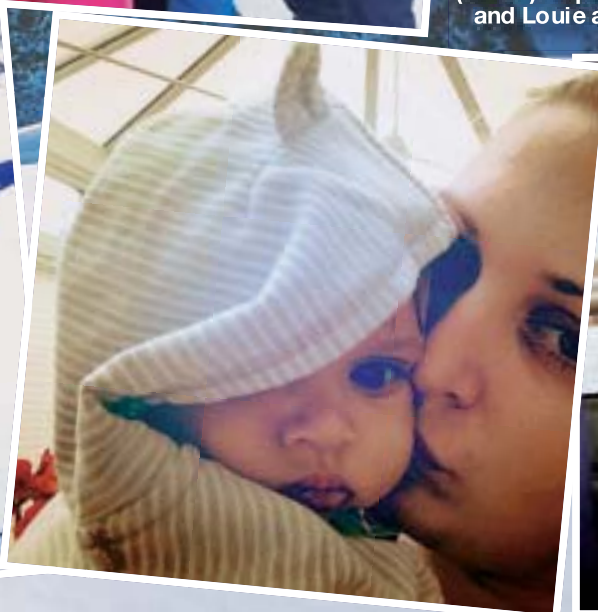
Why head to Austria to do *The Jump* for six weeks with his gorgeous son only four months old?

"It was factors like family and being away from home for so long that affected my decision to do *The Jump* rather than fear of speed or getting injured," says JB, 28.





In it together: The competitors lark around (left) and have already welcomed Lady Victoria's Norfolk terrier D'Artagnan (above) as part of the team: "Everyone loves him and Steve-O and Louie are real dog people and try and look after him"



Family values: Although JB has been enjoying life on the slopes (above left in foreground), he's looking forward to four-month-old son Ace and wife Chloe (together above centre in a photo Chloe tweeted with the caption: "Missing daddy so much") visiting him in Austria. Already together are Jodie and three-year-old son Indio (above right). After a tough day "the best thing is to come home and give Indy a massive cuddle", she says

"I'm good friends with [ex-Pussycat Doll] Kimberly Wyatt, who did it last year, and she recommended it because the skiing training you get is invaluable. We've been skiing before and plan to go again, so I spoke to Chloe who said, 'Cool, let's do it.'"

Chloe and Ace were due to arrive in Innsbruck not long after we spoke to JB. He says it will be much easier them being there than trying to chat to them online after training.

"I've been Skyping them when I get back in the evening but there isn't much time because you're back late and up so early," says JB, an *X Factor* runner-up with JLS. "But I like to spend as much time as I can on the phone with them, especially as Ace is teething and starting to get his own character, which is hard to be away from."

"Chloe will be travelling here alone [with Ace] and not having much help but we'll deal with it – others have done it before."

Chloe has had "invaluable" support from fellow JLS spouse and first-time mum Rochelle Humes – who has a daughter, Alaia, with husband Marvin Humes – says JB.

"Chloe definitely calls on Rochelle and asks her things like what happened when Alaia did this or how she dealt with that, so she is a real help," he says. "At this stage it's more the girls that chat rather than the boys but I have asked Marvin a few

questions. Married life is great, I love it. It has been a very big year and we're just trying to settle into it."

#### JODIE KIDD: 'I LOVE TO DO CRAZY THINGS'

Model and TV personality Jodie was a natural choice to be called in to replace Sally Bercow when she had to pull out of the competition due to injury. A keen sportswoman, the adrenaline addict mum of one was already on a ski trip when she got the call to take part. She says she didn't have to think too hard about saying yes – especially because she's friends with some of the contestants already.

"I was on my family holiday in Italy teaching [three-year-old son Indio] Indy to ski when I got the call," says Jodie, 36, who married David Blakeley last August. "I've only done relaxed family skiing before, with long lunches and nothing full on like this. I've never done the other disciplines, either. I got here and was like, 'Ooh, this is tough on your body' – particularly when you're unfit after Christmas."

"But I love to do crazy things and ticking a few things off my bucket list, like learning how to bobsleigh and snowboard with gold medallists like Amy Williams, which is amazing."

However, becoming a mum has made her less gung-ho. "It's definitely slowed me up a bit," she smiles. "I'm aware I have this beautiful little boy who's completely reliant on me so I can't be

charging round doing too many crazy things. I'm less competitive and aggressive, so I'm watching the young ones hurtle down the slopes and I'm sitting back a bit. I found the skeleton truly terrifying going 80mph head first – I like to have a roll cage and harness when I'm doing speeds like that."

Jodie has enjoyed Indio being with her in Austria, so she can understand why Mike went home to celebrate Mia's first birthday.

"Yes, he went home, and JB and Stacey's kids are coming to visit, which is vitally important. You put yourself through quite an ordeal physically and mentally, so the best thing is to come home and give Indy a massive cuddle. Everything melts away."

"I knew JB from *MasterChef*. He's a very talented sportsman, as is Mike, whom I've known for years from the sport world. We play a bit of golf together, we're good mates."

Does she have an inkling who's going to win?

"Oh, Mike will win the whole thing – everyone is resigned to the fact that's going to happen. No one is mentally and physically as fit as he is or has the talent or technique. He doesn't know how to lose so he'll just throw himself off everything." **H**

INTERVIEWS: RACHEL CORCORAN  
PHOTOS: TODD ANTHONY/CHANNEL 4

The Jump starts on Channel 4 on Sunday 1 February at 7pm.