



**SARA COX WILL BE *UNDER PRESSURE* AS SHE TAKES ON A *ONCE IN A LIFETIME* HIP-SHAKING CHALLENGE FOR COMIC RELIEF
'Here I go again'; Introducing Sara's Sounds of the 80s Danceathon**

This Red Nose Day, Radio 2 DJ, Sara Cox, has pledged to *walk like an Egyptian* straight to *funkytown* in an epic challenge that will see her boogie on down from her decks to the dancefloor and get *physical* for a hip-shaking 24 hours.

On Monday 20th March, Sara won't be *too shy* as she slips into legwarmers for her 80s themed Danceathon. The challenge will see her *push it*, both physically and mentally, as she gets *into the groove* and attempts to throw 80s inspired shapes, non-stop, to raise cash for Comic Relief that will help change lives in the UK and across *Africa*.

To ensure Sara feels *the power of love* and gets the support she needs, Radio 2 shows will be backing her all the way, showing a *little respect* by playing 80s music and checking in on her *every step she takes*. Her celebrity pals will also *jump* in to keep her motivated throughout, when her muscles will no doubt ache like never before.

Sara Cox, who presents Radio 2 Sounds of the 80s every Friday from 10pm-midnight, said; "I loved the 80s for many reasons but mainly because the music was just so exciting and I also love to dance, usually just in the kitchen if I'm honest – *what a feeling!* It's going to be tough with people watching my attempt, when I'll probably look like a *super freak*, but I'm hoping others will get involved too as I always *wanna dance with somebody*.

"It's a huge honour to try to raise money for Red Nose Day and it's the people I met on my recent trip to Kenya that are going to make sure I *don't stop believing* I can do it. Having seen first-hand how Red Nose Day cash changes lives, both in Africa and here at home in the UK, I'm going to try my best to *bust a move* for the full 24 hours.

“Why not throw on some legwarmers, backcomb your hair and take on your own 80s themed fundraising challenge yourself? Come on guys, *let’s dance!* It’s a great way to raise cash and also have a lot of fun, and we all *just wanna have fun*, right? It’s what Red Nose Day is all about.”

Sara is no stranger to dancing, taking to the dance floor *time after time*. The superstar DJ took part in Comic Relief’s 2015 Danceathon for six hours straight when she had *the time of her life* and back in 2013 she stunned the judges on BBC One’s Strictly Come Dancing Christmas Special who were *walking on sunshine* following her elegant waltz. However, for Red Nose Day this year she’s going above and beyond with her 24 hour dance marathon.

Sara’s challenge will kick off at 9.30am on Monday 20th March and she is *never going to give (you) up*, dancing through the day and *all night long* when she’ll *be dancing in the dark*. The challenge will take her up to 9.30am on Tuesday 21st March, when she’ll undoubtedly head straight home to *relax* with a *red (red) wine* and catch up on some *sweet dreams*.

Inspired by Sara and *just can’t get enough?* Visit rednoseday.com for a whole host of fundraising ideas and make your laugh matter this Red Nose Day which is back on Friday 24th March. All the money raised will be used to help change countless lives, both here in the UK and across *Africa (we know we’ve used that one before but it just works)*.

ENDS

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About Red Nose Day 2017

- Red Nose Day is back on Friday 24th March 2017 and it’s all about your power to make the world a better place, simply by having a great time.
- By raising (or donating) cash this Red Nose Day, you’re helping to change lives. That’s because Comic Relief spends the money raised to help the people who really need it most, both here in the UK and across Africa.
- From workplace bake sales and fancy-dress fundraising in schools, to danceathons, quizzes and surreal sponsored challenges, put on a Red Nose and make your laugh matter by doing whatever you enjoy to raise life-changing cash.
- It all culminates in a massive night of comedy and entertainment, live on the BBC.

About Comic Relief

Comic Relief is a UK charity which aim to create a just world, free from poverty – where everyone is safe, healthy, educated and empowered. Since 1985, Comic Relief has raised over £1 billion. That money has helped, and is helping, people living incredible tough lives, both here at home in the UK and across the world.

For information about Comic Relief and the work it carries out, please visit www.comicrelief.com.

Comic Relief, registered charity 326568 (England/Wales); SC039730 (Scotland).

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