



## Helen Skelton

### Countryfile presenter and leading event host

Helen Skelton started her presenting career as the 33rd presenter of Blue Peter. She has gone on to present Countryfile, the swimming coverage of Rio 2016 Summer Olympics and the daytime series The Instant Gardener.

## Helen's biography

### Helen Skelton's background

British [TV Presenter](#), Helen Skelton has hosted some of the biggest television programmes in the UK. Helen has been involved with several TV programmes, such as Countryfile, Blue Peter and the recent Rio 2016 Olympics. Helen was the presenter for swimming at the Rio Olympics 2016. A brilliant [motivational speaker](#), Helen can speak of her personal experiences working amongst some of the biggest swimmers of the Rio Olympics 2016.

In 2009, Helen became the second woman ever to complete the Namibia Ultra Marathon, a 78-mile course through the Namibian desert that she completed in under 24 hours.

Helen has also done a lot of charity work. Helen has kayaked 2,010 miles down the Amazon for Sport Relief. Back in 2011, Helen also endured a 150 meter long, 66-meter high walk between the Battersea power station – this was on a BBC One special, named Girl On Wire. This event led to Helen being nominated for the Best Presenter BAFTA as well as earning its own nomination in the Best Factual category.

All of these events, however, were eclipsed by Helen's most recent challenge for [sport](#) relief. In January of 2012, Helen travelled 500 miles Antarctica to the South Pole by ski, kite and bike, battling with temperatures as low as -48 degrees, achieving a world record by becoming the fastest person to travel 100m by kite ski.

Helen also holds another two Guinness World Records; The longest solo journey by kayak and the longest kayak by a woman in 24 hours. All of this first-hand experience and extreme discipline, make

Helen Skelton a brilliant after dinner speaker. If you want to motivate and inspire your audience, Helen Skelton could be the perfect [after dinner speaker](#) for your next event.

## Helen's talks

- **Business & Finance**
- **The BBC**
- **Countryfile**
- **Media, Journalism and Broadcasting**
- **Sustainability & The Environment**

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