

## Ben Shephard

Popular TV and radio presenter constantly gives back, Ben Shephard graduated from Birmingham in 1997 with a BA in Dance, Drama and Theatre Arts

### Why he is outstanding

Television presenter Ben co-hosted popular ITV breakfast show GMTV until the summer of 2010. He got his first big break in 1998 when he hosted Channel 4's teen TV review programme *Control Freaks* and went on to be a presenter for MTV, Channel 4's *The Bigger Breakfast*, *Planet Pop* and Sunday morning show *T4*.

He joined GMTV in 2000, initially presenting the celebrity news slot Entertainment Today before moving on to co-host the programme. From 2004–07 he also fronted the hugely successful *The Xtra Factor* on ITV2. He has more recently fronted the quiz show *The Krypton Factor* on ITV1 and BBC1 Saturday night National Lottery quiz 1vs100. He also has his own breakfast radio show on Magic FM and a weekly show on Heat Radio.

In 2006, 2008 and 2010, Ben represented a pro-celebrity England football team playing alongside former England captains Alan Shearer, Tony Adams and Bryan Robson, and entertainer Robbie Williams, against Diego Maradona, Paolo Di Canio, Luis Figo and Gordon Ramsay at Old Trafford and Wembley, in front of a combined crowd of more than 120,000 people. This raised more than £2 million pounds for UNICEF.

In March 2009, Ben climbed Mount Kilimanjaro for Comic Relief with a team of nine other celebrities including Gary Barlow, Ronan Keating, Denise Van Outen, Chris Moyles and Cheryl Cole. By completing the gruelling eight-day trek to the summit of the tallest mountain in Africa, which stands at 19,340 above sea level, the team raised more than £3 million (£3,326,000 to be exact) to help people in Africa and the UK.