



# RICHARD PARKS



Richard Parks is an award-winning author, BAFTA Cymru nominated filmmaker, multiple world record holding Polar and Alpine athlete, and father.

Richard has skied more solo, unsupported, and unassisted miles in Antarctica than anyone else in history, 4400km, and is the first person of colour to ski solo to the South Pole solo. This unique skillset saw him chosen to be Hollywood super icon Will Smith's on-screen guide in his upcoming Disney+ series. Richard's cycled off-road and unsupported from Canada to Mexico and is the first person to climb the highest mountain on each continent and stand on both the North and South Poles in the same calendar year.

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Richard has a background in biology and science from Studying Dentistry at university. For almost 2 decades he has partnered with multiple universities and brands to better understand human performance, particularly the relationship between cognition and stress.

Even using an oxygen less ascent on Everest to explore the mechanisms underpinning vascular Dementia. Each project and expedition has been underpinned and driven by research, education, or social legacy.

Filmmaking and educating through storytelling are a key part of who Richard is and why he does what he does. Richard's expeditions have been the subject of a range of broadcast packages aired globally on linear, audio, and digital platforms, including Channel 5, Sky, Apple, BBC, and British Airways, Red Bull, and Discovery.

In addition to nature and adventure, Richard has Exec-Produced content on social topics important to him. 'Can I be Welsh and Black?' aired on ITV in 2021 and explored the intersection between race and identity in Wales. This earned Richard his second nomination for a

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BAFTA Cymru Award in the presenter category, his first was with 'Extreme Wales series 1' on BBC2. 'Climbing Out of Lockdown', aired on ITV Cymru and explored the mental health impact of Covid in Wales. Richard, through his production company 'Cynefin Films Ltd' has multiple scripted and unscripted projects in active development and is in production on an exciting digital and linear series commissioned by S4C.

Richard also loves to write. He has been selected to write in the upcoming 'Gwlad i Ti, Gwlad i Fi', a book celebrating minority communities in Wales, commissioned by the Welsh Books Council, and sponsored by Welsh Government to be donated across every school in Wales. Richard's first book 'Beyond the Horizon', chronicling his journey from career ending injury to world first expeditions, won the Cross Sports Book of the Year Award in the Rugby category in 2015 and has been published in UK, France, Italy, and Bulgaria.

Richard was born in Pontypridd, Wales to a Welsh father and Jamaican mother. Richard is a former international rugby

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player, playing professionally in France, England, and Wales, representing Wales, Wales 7s, and Barbarians and won trophies with Pontypridd and Leeds. His career was ended by injury, and although the darkest of times, was the inspiration for his world first '737 Challenge' and has been the foundation of his passion and commitment as a mental health advocate.

Richard's profile combines board level experience. Richard is a former board member of the Sport Wales, completing 2 terms by ministerial appointment and was invited to join the inaugural Franco British Young Leaders Program. Richard works with a global portfolio of brands and organisations to deliver performance insight and coaching. He serves on S4C's Diversity Advisory Panel. Richard was recently awarded The Rhodri Morgan Award from the Welsh Sports Hall of Fame for outstanding contribution to Welsh sport, is an honorary fellow of Cardiff University, Honorary Colonel of the Army Cadets and was selected as a Torchbearer of the London 2012 Olympics by public vote.

## BROADCAST

### Richard Parks Conquering the World

- BBC

### Race to the Pole

- Channel 5

### Mazda Real Challengers Series 1 & 2

- Digital campaign

### Race of Remembrance

- Sky

### Richard Parks; Extreme Wales Season 1 & 2

- BBC 2

### Richard Parks on Everest

- BBC 4

### Summit to Sea

- Digital campaign / Welsh Government

### Richard Parks; Can I be Welsh and Black

- ITV Cymru

### Richard Parks; Climbing out of lockdown

- ITV Cymru

### Iaith ar Daith

- S4C

### Will Smith's Pole 2 Pole

- Disney+ / Nat Geo

### Face to Face

- ITV Cymru

### Aur Du

- S4C

### 24 Awr a newidodd Gymru

- S4C, in production

### White Out

- Feature documentary, in development

## SPORTS

### Rugby

Wales (4 caps South Africa, Fiji, Scotland, and Ireland), Wales 7's (2003 RWC Punta Del Este, Japan Sevens), Powergen Cup Winner with Leeds, Principality Cup Winner with Pontypridd, Barbarians.

### Motocross

Team Fowlers of Bristol. South Wales School Boy Scramble Club, Severn Valley School Boy Scramble Club.

### Scuba Diving

Advanced PADI Diver. Nitrox enriched air, Deep and Wreck qualifications.

### Mountain Biking/Cycling

Completed the Grand Divide, 4400km unsupported, from Canada to Mexico. Created a new North to South off-road route in Wales.

### Alpine Skiing

Snow Sport Wales ambassador and friend to Champéry, Switzerland. Expert level.

### Cross Country Skiing

Expert wilderness skier. Guinness World Records: Most miles skied solo, unsupported, and unassisted in Antarctica. Most solo, unsupported, and unassisted expeditions in Antarctica. First person of colour to ski solo to South Pole.

### Mountaineering

First person to climb the 7 summits (highest mountain on each continent) and stand on the North and South Pole in the same calendar year. Guinness World Record: Fastest Explorers Grand Slam (Last Degree) by a male. Held 2011 - 2015.

### Running

Completed multiple ultra-marathons.

### Paramotor

Qualified Paramotor Pilot.

### Car Racing / Motorsports

Racing Nation B licence.

### Sailing

Competent Crew certificate.

## BOOKS

### Beyond the Horizon

- Cross Sports Book of the Year Award 2015, Rugby Category

### The Dragon's Kitchen

- WRU Charitable cookbook supporting The Welsh Charitable Trust

### Guinness Book of World Records 2021

### 'Gwlad i ti, Gwlad I fi'

- In development

## BOARD ROLES

### Sport Wales

- 2 term Board Member

### Team Attached to Team Wales at 2015 Glasgow Commonwealth Games

### S4C

- Diversity Advisory Panel Member