

Wes Nelson wins ITV's The Games

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Wes lifts trophy for overall winner, with Chelcee Grimes taking gold as top women's celebrity athlete.

Wes Nelson has been crowned the winner of ITV's the Games at the end of the series finale [Friday 13 May].

Wes scored the highest overall points total of 45 across a week of events shown every night on ITV from Monday, beating his 11 fellow competitors who took part in challenges in track, field, swimming, diving, climbing and slalom canoeing.

Wes was also presented with a gold medal as the top male celebrity athlete along with Chelcee, who won gold as the top female.

Ryan Thomas and Phoenix Gulzer-Brown took silver, while Josh Herdman and Rebecca Sarker both took the bronze.

Wes said: "I'm absolutely buzzing. For me it's been more than just winning. This has been so good for my mental health, just being in and around sport again. I didn't realise how much I missed it but this was the wake-up call I needed and 100%, I'm going to keep it up."

"But for me, truly, the biggest journey and the biggest transformation has been Colson, he deserves this trophy. He has been an absolute credit to this whole competition and has been an inspiration to all of us. All the guys have been absolutely incredible, we've made friends for life."

The presentation was made at the end of the final episode of the series live at Crystal Palace National Sports Centre, following a show that included the live finals of the speed climbing, the women's weightlifting and culminated in the men and women's 100m sprints. The trophy and medals were presented by sporting legend Daley Thompson.

Holly Willoughby said: "I'm made up for Chelcee, for the girls, for getting the gold. All of them have been amazing."

Freddie Filntoff said: "Wes has been such a good athlete, he's won so many events. He's a deserving winner."

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Missed any of the action? The Games is available to watch now on ITV Hub.

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