

**Super Saturday**

***By Charlotte Nicholls, Physiotherapist, Living Well Team***

4th August 2012 is now known as Super Saturday – and I was lucky enough to be there. It was luck – luck that my ticket application over 12 months before was successful when millions of others were denied.

Super Saturday was such a phenomenal day in British sports – six Gold medals across the day, and three of them coming in the Olympic Stadium in the space of 26 minutes in the evening session, and that’s where I was, cheering in the stands – I still can’t believe it now!!

I had followed the Heptathlon progress throughout the day before at work – very handily, the hospital physiotherapy gym where I was working had decided to use their widescreen television that was usually reserved for teaching sessions to show all the Olympic coverage (the patients were very happy about this too!).

The session started at 18:50 and the stadium was understandably packed out. There were flags everywhere and the spirit and atmosphere were astounding. The wall of noise that 80,000 people can create when cheering on a home favourite is something I don’t think I’ll ever experience again.

The main highlights of the night were obviously the three GB gold medals – Jess Ennis, Greg Rutherford, and Mo Farah.

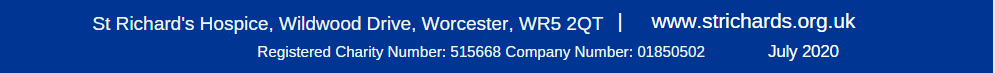
Jess Ennis didn’t have to win her race to win the Gold medal but went out and performed. To have the pressure of expectation on her and she still maintained her composure – that is quite an achievement.

Greg Rutherford was jumping on the same side of the stadium that we were sitting in. The crowd was so involved with every jump which added to the drama. If you’ve never watched a long jump competition it works like this – all athletes that have qualified have a total of six jumps. After these three jumps the jump order is rearranged so that the athletes jump in reverse order (leader after jump three jumps last). Greg Rutherford was leading after the third jump, therefore he took his last jump knowing that he was already the Olympic champion on home soil.

For the entirety of Mo Farah’s race, the stadium cheered – it was a moving wall of noise that followed him around the stadium like a giant Mexican wave of sound. That sound was maintained for the whole 27 minutes 30 seconds and 43 milliseconds it took Mo to win that race.

Within all of this, I rarely remember that we were present for the Woman’s 100 m, won by Shelley-Ann Fraser-Pryce from Jamaica who remains the fastest women in the world at this time.

The last formality of the evening was the medal presentation for the heptathlon, so there was a very rousing chorus of God Save the Queen ringing around the stadium celebrating Jess Ennis’ win.

It was wonderful to be present in that moment to celebrate the Olympics in our own country. It was such a team effort from the volunteers and games makers to the athletes themselves. I’m not sure that we’ll see an event like London 2012 again for many years.

