

The phenomenal success of Team GB is something we can all celebrate because in part it is something we all own. It is arguably one of the best co-operative movements of our modern time. The athletes are supported by a team of people behind them, including coaches, physios, nutritionists, performance analysts and so on, all funded by the public through lottery and government spending. They have repaid that investment in gold, silver and bronze aplenty making this the best ever away games for the Team.

The importance of these games should not be underestimated. There was immense pressure on all involved to match the success of London 2012. A home game medal tally is something that can rarely be repeated away, which is why the target was set to beat our haul in Beijing, but success is not simply about medals. It is as much about performance and many of athletes achieved great things beyond expectation despite not being in the top three. One great example, which I was lucky enough to see live in Rio, was our fencing team. They are the nicest bunch you can meet and their target for Rio was eight to medal so their fourth place was at the higher end of expectations. Richard Kruse fought gallantly and looking at social media reaction back home he seemed to have enlightened and excited people about a sport they had not watched before. That too is one of the inevitable outcomes of a successful Olympic games; the inspiration factor.

People watching these games, especially youngsters, will hopefully get that twitch of inspiration. The one that says go out and play tennis, or do a handstand or ride a bike. And with our athletes, whether they won or lost, all appearing so gracious in their post performance interviews what amazing role models they are for our young.