**Chris Hoy:**

Hi, my name's Chris Hoy and it's my absolute pleasure to be your master of ceremony. Today, we celebrate 10 years since the greatest games of London 2012.

**Seb Coe:**

At our closing ceremony, we can say that these were a games by everyone.

**Chris Hoy:**

Now I have so many unforgettable memories from entering this very stadium as the flag bearer for Team GB, and of course, just over there at the Velodrome. It's a very special place in my heart. But today, we shine the spotlight on what's been achieved in the 10 years, since those magic Olympic and Paralympic Games.

**Gabrielle Appiah:**

I just don't believe how far we've come.

**Ellie Simmonds:**

The Paralympics, what London did, was create a momentum.

**Pete Reed:**

I'm proud, for starters, for our contribution to Super Saturday.

**Christine Ohuruogu:**

I'm really happy that they delivered on having world class facilities, having regenerated areas people to enjoy.

**Peter Tudor:**

The really important thing about this park is it works for everybody, especially all the communities that live around here.

**Narrator:**

This is My London Legacy, a Queen Elizabeth Olympic Park podcast. Coming up, exactly 10 years on from London 2012, we celebrate what was then, what is now, and what's next. We'll hear from performers and athletes, from 10 years ago, Olympic and Paralympic champions, Christine Ohuruogu, Ellie Simmonds, and Pete Reed, catch up with two of the young people who actually lit the Olympic cauldron in London's Olympic stadium, on the night of July 27th, 2012. And hear about the future development of the park in the months, years, and decade to come.

**Gabrielle Appiah:**

Hi, I'm Gabrielle Appiah and I'm a board member at the London Legacy Development Corporation.

**Narrator:**

So here we are celebrating 10 years. Can you believe it's 10 years since London 2012?

**Gabrielle Appiah:**

It's insane. Yeah. I just don't believe how far we've come. Really proud of all of the achievements that have come about in the past 10 years, and there's so much more to look forward to as well. It's really exciting.

**Narrator:**

And it's quite nice having sport happening here in the summer as well. 10 years on with the Commonwealth Games being here.

**Gabrielle Appiah:**

Yes. Yeah, it really is. It brings the kind of London 2012 spirit back to the park, when we get to see the sporting events happening here in the stadium again. And also, back in the Copper Box, we've got the wheelchair rugby. It's all really exciting, and I think it brings back the same atmosphere and the same feelings that everyone had with all of the performances and then, the ongoing festival afterwards where we'll also be having a screen for the Commonwealth Games and the opening ceremony there. So, I think it'll be a great way to bring everyone together to mark what has happened here in London 2012 and what's to come.

**Narrator:**

And what's your proudest moment of Legacy?

**Gabrielle Appiah:**

I would say, from my point of view, I'm really, really happy with how, for example, the water polo arena area is about to be transformed into a huge cultural center in East London. The idea that cultural organizations, like the V&A, Sadler’s Wells, BBC, UAL are coming here and UCL as well, coming to little old East London is absolutely amazing. And I think we're going to see a lot more people having a chance to experience organizations and venues like this in the coming years, when that's all built out.

**Speaker 8:**

And how proud are you of this park, 10 years on?

**Gabrielle Appiah:**

I get quite emotional thinking about it. I think, especially when you go up the [inaudible], for example, and you look across and see how much it's transformed and what has been made here, not only the sporting venues themselves, but also the new homes, the new schools, community and health facilities. Also, just building communities here. It's full of life and I'm just glad to see that people are using it, enjoying it, and that there is a real legacy here.

**Chris Hoy:**

To carry the Olympic torch, on the 10th anniversary flame, please welcome back an athlete with strong connections to East London, Christine Ohuruogu.

**Christine Ohuruogu:**

It really doesn't feel like 10 years. I think everyone I've spoken to has just been absolutely incredulous with the fact that 10 years has flown by. And the park still seems like it was put up yesterday. It is still a shock to the system, but you still get that same buzz. I come here every week, the stadium's in good use. We have the aquatic center, the hockey pitch. I go to the Copper Box quite often to watch the netball. So you still have that feeling, like it only happened yesterday.

**Narrator:**

That's the legacy, isn't it? Everything you've just said is the legacy.

**Christine Ohuruogu:**

It's exactly that. I think it's what was promised and I'm really happy that they delivered on that front, in terms of having world class facilities, having regenerated areas, people to enjoy for all communities to enjoy. I think that's the importance of the legacy. Having something that our future can look forward to and enjoy, and something that the youngsters can be proud about and see the stadium and dare to dream for themselves.

**Narrator:**

Your main memory of being in that stadium in 2012?

**Christine Ohuruogu:**

Do you know what? I think there's no real overriding memory as such. It's more just a spirit of the games that I'm reminded of. I did go back to the stadium a couple of weeks ago to watch a charity football, and I remember just sitting in a seat thinking, "Wow, people sat in the seat and watched me run and watched others compete." And I think those lasting memories that really, I suppose, have the biggest impression, just the fact that you were there at that time and you were there to experience one of the best times in London, I suppose. I think the one thing I do remember about London was being on the start line and just hearing the most ferocious roar, when your name was announced. I think that's something that's pretty much unmatched by any other championship I've been to.

**Narrator:**

You're a Stratford girl. This place must make you just feel so proud.

**Christine Ohuruogu:**

It does. It's great what they've done to regenerate Stratford, and Newham in general. I think we're always being reminded that we're one of the poorest boroughs, so it's actually nice that we have something that's world class, relatively world class.

**Narrator:**

It's more houses to come on the park, development starting just opposite the Copper Box, where you watch the netball. It's going to start now. There are schools on the park. That's what's so fascinating, for anyone who hasn't been here since 2012.

**Christine Ohuruogu:**

It's a really a 3D approach, I think, to creating a community. We have the houses, the housing structure, you have the access to schools. I do think the schools around here are very good, for the young people growing up in this area to have a school in the Olympic Park. When I was at school, the one great thing I loved about my school was that I had a swimming pool, but these kids can boast about having a stadium. Having a stadium, having really, really good running and sporting facilities. And these are the things that I'm sure youngsters will really be proud about and love about being scored in this area.

**Ellie Simmonds:**

So I'm Ellie Simmons, retired British Paralympic swimmer. Oh my gosh, to think 10 years ago was London 2012, one of the best sporting events of my life really. And it, yeah, it blows my mind. It's hard to think. It feels like yesterday, and I wish it was yesterday. I wish we could have a times capsule or something to shoot us back and experience it all again. For me, I remember sitting, watching the Olympic opening ceremony, watching the Olympics, and then, knowing that it was going to be us, a couple of weeks later. And what the Paralympics did and what London did for the Paralympic movement was phenomenal. And still now, 10 years later, still people talk about it. I remember walking around the village in Tokyo last year, and athletes from other nations, they're still talking about London 2012 and saying like, "Oh, you are the London 2012 girl." I'm like, "Yeah, I know it was 10 years ago, but I'm competing at this game's now in Tokyo." But yet, I think it's captured, not just the country, but the world.

**Narrator:**

Seb Coe told this podcast that the Paralympics changed London 2012 and changed the world as well. Do you agree with that?

**Ellie Simmonds:**

Oh, agree. Totally agree. I think the Paralympics, what London did, was create a momentum, create a movement, packed out stadiums, packed out pools, packed out venues. We were household names. People knew what the Paralympics was. And I think, before that, people, they had an inkling, but they didn't actually know. And I think what it did was change it. And the momentum going forward is just phenomenal. And you still see people today got inspired by sitting, watching the Paralympics, watching London 2012. And it's inspiring that next generation, and not just inspiring the next generation of athletes, but inspiring those next generation of individuals with a disability, that they're going to be okay. They're going to have a fulfilled life, just as the same as everyone else.

**Narrator:**

And one of the lasting legacies of London 2012 is this park. And it's one of the most accessible places in the world.

**Ellie Simmonds:**

It's incredible. This was my home for five years. After Rio, I came and moved up to London and trained at the aquatic center for five years. And I got to see every single day, morning, afternoon, I used to do the walk from the tube to the aquatic center four times a day. So I know this park through the back of my hands. And to see it, it's not just got sporting events, but we've had music concerts, we've had everything, football games. I remember coming to my coach, he's a massive Cardiff City supporter, and we came and watched Westtown versus Cardiff City in here in the Olympic stadium. And yeah, it's just amazing to see it's used all the time. And that's the legacy, isn't it? It's used by school children. You've got the beautiful, the rivers, the river, going through the greenery, everything. It's just phenomenal.

**Narrator:**

Final question, how's retirement?

**Ellie Simmonds:**

Oh yeah, retirement is wonderful. Not going to say it, but yeah, I do not miss the swimming at all. I miss being fit and the focus that it gives you and the purpose and the structure. But apart from that, I don't miss the wet hair, don't miss the chlorine, don't miss the tiredness, the early mornings, the walk from the tube station, and getting the first tube in the morning. But yeah, it's nice now, because I left it at a good time. I've been to four games. I succeeded more than I ever imagined.

**Narrator:**

Well, thank you so much for talking to us.

**Ellie Simmonds:**

Thank you ever so much.

**Pete Reed:**

Hi, I'm Pete Reed, Triple Olympic champion from rowing, and more recently, known for being in a wheelchair after a spinal stroke. So big change.

**Narrator:**

Let's start with 2012. 10 years on. People forget that you were part of Super Saturday.

**Pete Reed:**

Yeah. Well, so rowers, easily forgotten. We're expected to win and it's just a formality. But every time, Super Saturday's mentioned, well, I'm proud for starters, for our contribution to Super Saturday. It wasn't just us, so it was Sophie Hosking and Kat Copeland, as well on the rowing lake. But everyone, yeah, of course, they talk about what happened in the stadium, because it was a big day for Jess. It was a big day for Greg. It was a big day for Moe as well. And Laura Trott was the sixth guard that day. So, a wonderful day. We were part of it. And that was a question on the TV show Pointless: name an Olympic champion on Super Saturday and I was a Pointless answer. And my sister took great pleasure in texting me about it, saying I was a Pointless answer, which I reminded her wasn't a good thing. But it makes your point.

**Narrator:**

Can you believe it's 10 years ago?

**Pete Reed:**

It's flown, in some ways, but I can't believe how much we've done in the last 10 years. So, okay, if you include that 2012 gold medal, in the last 10 years, I've won two Olympic gold medals with two very different crews. And then, also, retired from rowing and gone back to the Navy and had a full-time job, had an injury, rehab from that, gone back and had another full-time job, as a serving officer in a wheelchair. And then, just my latest news, the last two days, is retired from my service in the Navy. So, these are big life things all in the last 10 years. It's flown by in some ways and others feels like yesterday.

**Narrator:**

And from a legacy point of view, how important is this park and the fact also there's now rowing on the park as well? Because the London rowing is based here.

**Pete Reed:**

It is, yeah. If you don't mind, I'm going to mention a charity called London Youth Rowing, who I've been very close to over the last 10 years especially. But London Youth Rowing operates out of here and give opportunities to people, from young children, from underprivileged backgrounds, so young adults as well, to get into a rowing boat for the first time and find out the joy and excitement of rowing and the life skills it gives you. I use those skills. 20 years of rowing, I use them every day now in rehab and to navigate life in a wheelchair with a spinal cord injury. And I'm doing well, largely because I spent so long rowing. And it's amazing to see charity helping others out and that's part of the legacy of the games and part of the legacy of the Olympic Park. So that's a rightful shout out to London Youth Rowing.

**Narrator:**

And talking about your spinal stroke, in 2019 you've done incredibly well since. May I say?

**Pete Reed:**

Thanks. I'm grateful for my support from the military, from the Royal Navy. I'm grateful for my support from the rowing world. I'm grateful for my background in rowing, because the wonderful thing about sport is it teaches you hardship, it teaches you how to work, it teaches you about how to work with a team. It teaches you about the value of hard work and improvement. So, the reason why I say not that hard, it's a serious injury and it's incredibly difficult to navigate. But after 20 years of rowing, it feels like business as usual. You've got some adversity. There's a crew that wants to beat you every day, which is called life, unfortunately. And it's my job to get up and get out and do the basics well and eat well and train well and harvest my relationships and train my attitudes. So, it's like a fourth Olympiad. It really is. This rehab period is like a fourth Olympiad, so it's never business as usual. But I'm grateful for having an internship in discipline and hard work, that I had from the military and then, from rowing.

**Narrator:**

Well, we wish you all the best. Great to see you today and thank you for talking to us.

**Pete Reed:**

Absolute pleasure. Thanks for grabbing me.

**Narrator:**

This is My London Legacy, a Queen Elizabeth Olympic Park podcast, celebrating 10 years on from London 2012. But it wasn't all just about those gold and medal winning athletes. There was a hope for the next generation and a more equal and diverse society.

**Callum Airlie:**

Hi, there. My name's Callum Airlie. I'm one of the Olympic Cauldron lighters from London 2012.

**Desirèe Henry:**

Yes. And I'm Desiree Henry, also one of the Olympic Cauldron lighters from 2012.

**Callum Airlie:**

Oh, the time has flown by. I cannot believe it's 10 years. It feels like it was just last week, but it is so nice to be back around the bars, around the excitement, with that Olympic legacy still intact.

**Desirèe Henry:**

Yeah, it's actually been incredible. I just remember the impact that it had on me 10 years ago, and it kind of fueled me to continue my career of athletics. And it just feels incredible just to be back. It just gave me the extra motivation to continue and to want one day to go to an Olympics. So obviously, the next Olympics was in 2016. And after 2012, I thought, "I want to be there. I want to be like these people that I'm amongst. Olympians." And I'm just glad that I was able to have that dream come true and call myself an Olympian to this day. And obviously, head back into the stadium for the world championships that was the following year after 2016 and get a medal there in front of a home crowd. So, it's safe to say I've got some amazing memories from that stadium.

**Callum Airlie:**

Sailing has always been and will always be a huge part of my life. The fuel that I took from the kind of opening ceremony and the London Games itself was a kind of drive towards better. I've taken my skills from sailing and I've used them in a medical career. I'm now a doctor. I've studied at University of Edinburgh and then, continued working all the way through the challenging few years that we've had since. I still have those skills, I still have that fire, that passion from the games. I've just taken them towards a slightly different avenue from Desiree here.

**Desirèe Henry:**

I just feel like that stadium is going to be remaining in the hearts of so many people, so many British people, just for the fact that it was an incredible Olympics. So many British people were able to come back with, not just medals, but gold medals, and it's just like you don't get anything more special than that.

**Laura Dajao:**

My name is Laura Dajao. I am a freelance dance artist, dancer, in Look Mum, No Hands.

**Danielle Summers:**

I'm Danielle Summers, and I'm a circus artist and a dance artist. And I'm also performing in Look Mum, No Hands, which is Daryl and Co and Mimbre Acrobatics co-production.

**Laura Dajao:**

There's something about disability and consent really. And it's just two friends sort of testing each other's boundaries. So it's quite nice to have been in the studio, but to also sort of talk about narrative that exists in the world and sometimes not always not talked about. So it's something really good to sort of put on stage to actually work through together.

**Danielle Summers:**

It's so much fun. Me and Laura have been training together lots. And in rehearsals, we practice the moves again and again and again. And sometimes, they do go wrong, but we work really hard together and we work really well together. Our friendship is totally real and it's an absolute privilege and honor to be working with Laura.

**Narrator:**

Now Laura, you know this park quite well.

**Laura Dajao:**

I was one of the first people to audition for the Olympic ceremonies for the Danny Boyle, the whole ceremony. And I was actually part of, thanks to him, in the sixties section. So, there was me and my glittery pink dress in my wheelchair and as a volunteer. And then, later on, I was asked to perform at the Paralympic closing with Coldplay and Candoco, choreographed by Tim Gavin. So, it's really nice to sort of come back 10 years later and be like, "Oh my goodness." How much has changed? How much will change? But that art still exists and we're celebrating within the context of where we are at the moment. Maybe I'm a little biased because I was in it. But it was definitely one of the most sort of memorable ceremonies, I think. I've not been so involved in sort of watching the Olympics, Paralympics, but actually 2012 was such a big year.

Because it was here on home ground, it was 2012, it's here in Stratford. I live in East London as well. So it's quite nice to have those connections, and especially now, 10 years later, Sadler's Wells. I'm a professional artist as a freelancer, so Sadler's Wells used to be based or is still based in Angel, but now they're here as well. And a lot of the leaders and the outdoor movement directors were sort of dance artists that I knew. So just being back here feels very homely, so it's quite nice to sort of link it all together, 10 years later.

**Narrator:**

I was going to ask about the legacy. It's important that arts is here on the park as well. It's not just about sport. You're going to have Sadler's Wells at East Bank.

**Danielle Summers:**

Absolutely. We have had the privilege to perform at lots of different festivals and also at schools. And we've got more coming up, and it's just really important to share our art with everyone. And in particular, what people have said, especially children, and they come up to us and say how inspired they are to watch what they've watched and share their thoughts. And I think that's what most is important and what's it about.

**Narrator:**

And on the legacy, this is one of the most accessible places in the world.

**Laura Dajao:**

Yeah, absolutely. I think the 2012 Olympics really sort of injected the sense of disability awareness, and it's really great that what the stadium, what this whole park, the Olympic arena has literally done is sort of put a face to disability here. I guess not a face to it, but just like the awareness and has literally heightened it. And over the past 10 years, we've seen it sort of grow within the communities, within the world, and definitely here in London sort of emanating out is really nice to be part of that legacy.

**Chris Hoy:**

Today, we look forward to what's next for this thriving new part of London. Today, we learn what's next for the local community surrounding the Queen Elizabeth Olympic Park.

**Peter Tudor, Director of Venues, LLDC:**

World class sport is great. And of course, we've got some very big events still to come this year and into next year as well. This November, in the Copper Box arena, we have the Wheelchair Rugby League World Cup kicking off the Team England games for three days, which is going to be very exciting. Obviously, we've got our basketball team, we've got our netball team resident in the park at the Copper Box as well, track cycling returns to the Park in December. And we're working on lots of big events for future years as well. Can't tell you about those yet. But the really important thing about this park is it works for everybody and especially all the communities that live around here, that put up with all the construction of the games and the disruption of the games.

But now, it's their park and people come in to enjoy it. We're planning very much for the future. We've got new homes built across the park. Over a thousand homes have already been built. We've got the second stage of one of our new neighborhoods has just started its construction, and then, we'll have three more neighborhoods to come after that. So, this is a place where people will study, where people will work, where people will live, as well as where people will play.

**Narrator:**

There's so much happening. For more information, to sign up for Queen Elizabeth Olympic Park updates, go to 10yearson.queenelizabetholympicpark.co.uk. Share your memories on social media. #London2012 #passthebat. This is My London Legacy, a Queen Elizabeth Olympic Park podcast