

My Top 10 Long Win Moments from the Paris 2024 Olympics

The athletes at Paris 2024 really showed how their concepts of what it means to be an athlete are echoing what I wrote about in The Long Win – and no surprises, it’s an approach that is good for both sporting performance and personal thriving.

Here are my favourite ‘Long Win’ moments from the Paris Olympics:

1. Simone Biles – what a legend, what an inspirational woman, what an incredible athlete, teammate and role model. My favourite moments from the Games included seeing her cheering on her Brazilian rival Rebecca Andrade in the all-round finals and then bowing down to her on the podium when Andrade took gold in the individual floor event and Biles took silver.
2. New Zealand’s Hayden Wilde and GB’s Alex Yee in the men’s triathlon. Training mates, friends and rivals, they really demonstrated what it means to compete in the original sense of the Latin ‘competere’ – striving together. In the final stages of the run, Yee shared the water bottle he’d picked up from a station and then having outrun Wilde in the final few metres, they sat down together just minutes after crossing the finish line with Wilde putting his arm round Yee.
3. Adam Peaty’s post-race interview was more powerful than his brilliant performance in the pool. He shared his journey and perspective on winning that was now connected to intrinsic and internal values, where he described what winning meant in a way that went way beyond the scoreboard. I wrote about it here: [Adam Peaty’s Olympic spirit shows winning does not mean coming first | Adam Peaty | The Guardian](#)
4. Beth Shriever’s post-race interview is an uplifting one. Having dominated the qualifying rounds and being defending Olympic BMX champion, the final didn’t

go her way and she finished last. But the immediate perspective she showed was uplifting in its own way: "I've loved every single second of being here. Sometimes it can't always go to plan, that's just life. I gave my all into this, I'm happy, I'm healthy, I've got my friends and family here and that's all that matters."

5. Josh Kerr had firmly set his sights on winning the 1500m on the track and there's nothing wrong with that (- sometimes I find people misunderstand 'TLW' as somehow not enabling the pursuit of excellence...) yet he too shows an immediate sense of perspective, gratitude and ability to focus on progress in moving from bronze in Tokyo to silver in Paris, exemplifying an 'abundance' mindset – acknowledging what he's gained – rather than a 'deficit' mentality – focusing on what he might have lost. He also commented later that it was important not to be negative about the outcome as that would be disrespectful to Cole Hocker, the athlete who had the race of his life to win. [Paris 2024 Olympics athletics video: Josh Kerr proud of performance to win silver in 1500m - BBC Sport](#)
6. Gabby Thomas, the brilliant US sprinter and winner of the 200m is a great example of an athlete with an identity beyond sport: "Who I am off the track has always come first... Your sport is not who you are." With a degree in neurobiology and global health and master's in epidemiology, Gabby has been working at the Volunteer Healthcare Clinic in Austin and hopes to widen access to healthcare for marginalized communities. That's the lasting social legacy that she is working towards alongside her pursuits on the track.
7. Jemima Montag, the Australian walker, gave such an articulate post-race interview that I've seen widely circulating around social media and would be great to use in schools and sports clubs. She explains the crucial difference between 'wanting' a medal and 'needing' a medal, and the importance of being up to give your all in pursuit of being the best, while maintaining the broader perspective that whatever the result, the sun will still come up the next day – a phrase I heard a few athletes say as they maintain perspective and try to put their intense sporting competitions within a wider perspective. [discovery+ is the streaming home of TNT Sports \(youtube.com\)](#)
8. Emma Finucane, GB's exciting new track cyclist was full of enthusiasm after her races, genuinely valuing the bronze medal in her second event as much as the gold that came after her first event. Again, expressing an infectious joy, gratitude and excitement after giving her all, and leaning into an

'abundance' mentality (see 5 above.) [Bronze feels like a gold to Finucane - BBC Sport](#)

9. How joyful was it to see the brilliant Mondo Duplantis going for another world record in the Stade de France with all his rivals egging on the crowd to cheer him on and to share the joy in his performance – who said pole-vaulting is an individual sport?!
10. I loved seeing how much Andy Murray values being part of Team GB and how keen he was to compete at the Olympics – after all his Grand Slam wins and tennis career, it's such a powerful demonstration of the desire we all have to want to belong to something bigger than ourselves, to feel part of a team where we support and challenge each other to bring the best we can, and to feel connected to a community that lasts beyond our sporting competition.

There were more I could have chosen too...



What were your favourite 'Long Win' moments of Paris 2024?