

## Feature London 2012

Embracing  
victory

When it comes to sporting celebrations, women athletes have a decidedly feminine touch – with national variations, says **Jasmine Gardner**

THE sisterhood knows how to celebrate a win. When it comes to girls scoring goals and women winning gold, the female athletes at London 2012 have no shame in showing each other the love. Here's the best of the girl-on-girl action.

**THE SHAKE-IT**

There is no other way to describe Team GB's women's football team's goal celebration – it's a boob shake. Specifically, this is midfielder Jill Scott's celebration (for Houghton's, see The Bundle). After scoring on Monday night Scott and two teammates dropped to the floor and began shimmying. She has since revealed that, "the 'shaky shoulders' is part of a dance routine we have been working on to rival efforts by the American team".

**THE AWKWARD EMBRACE**

As demonstrated by Team GB's first gold medal winners, rowers Heather Stanning and Helen Glover, this happens when an outpouring of emotion is impeded by being stuck in or on your competition apparatus. To achieve it, adopt whatever awkward position necessary in order to clutch hold of as much body mass as possible, entwining all available limbs.

**THE FRENCH KISS**

A congratulatory smooch, favoured – of course – by French swimmers Camille Muffat and Coralie Balmy when Muffat won gold in the 400m freestyle. Quite simply, grab your nearest teammate and go in for a good smackeroo. Also seen exchanged between opposing nations who have come together in winning. As Missy Franklin of the US



**Close quarters:** GB's golden rowers Heather Stanning and Helen Glover

struck gold in the 100m backstroke, Australia's silver medal winner Emily Seebhom went in for a pool pash.

**THE BUTT PAT**

Less of an arse-slapping "Whoop, we own this match", and more of a gently tapping "Keep it up, love. I've got your back [and bum]", the encouraging butt pat is a favourite of beach volleyball players after winning a point or at the end of a set. A (cheek) touching display of affection seen between the Russian, Dutch and British teammates.

**Love hug:** Elsa Baquerizo and Liliana Fernandez of Spain, below; Team GB's footballers shake it, right

**THE LOVE HUG**

These hearty embraces involve a full-on, sweat-swapping body-grab of the kind only BFFs would dare to share. The beach volleyball players and the US gymnasts favour this body-to-body action. For added effect, go for the full leg-wrap as you jump up into your teammate's arms – as demonstrated by Brazil's handball team.

**THE BUNDLE**

If you're so elated you don't know what to do with yourself, then just throw yourself on top of your teammates. The women's football team practises this move whenever Stephanie Houghton scores a goal, but it can easily be adapted to other sports. The Australian swimming relay team piles together for group hugs and the Spanish water polo team joined a poolside and an in-water bundle to make one big love-in when they won against China on Monday.

**Group hug:** Australia's 4x100m relay team celebrate gold



## the Olympic best Restaurant apps

Bye bye Boris – the latest announcements overheard in London stations are telling us to get out and enjoy our capital's restaurants. Here are the five best apps to help you track them down.

**1. Burgerapp**

Has all the info you could ever want for hunting down a burger: appetising pictures and where to find the best near you, plus latest news from the London burger scene. When you get home you can download the tips on how to make what you just ate. £1.49 from iTunes.

**2. Foodspotting**

Has a "places" button to help you see which restaurants are nearby. From there you can spot dishes, share the findings with friends, check what Yelp



**Chow's up:** Burgerapp will tell you how to find the best burger near you

users say about it and follow people who have similar tastes to you. Mouth-watering food photography and easy to navigate. Free from iTunes or the Play store.

**3. Recce London**

Useful if you just want an all-in-one app for finding restaurants, nightlife, arts and Olympic venues. You'll get a charming 3D map from where you can choose which

cuisine you want and the best transport links to get to it. Links to most social networks. Free from iTunes.

**4. Hardens**

This is the priciest, but if you're a Hardens nut, you'll need the app to find your way to a recommended restaurant. Packed with info on London's food spots, allows you to reserve tables and you can even search offline. £5.99 from iTunes.

**5. London On a Plate**

London's best upmarket restaurants, according to the author of *Midnight Feasts*, Charmain Ponnuthurai. Pages include contact info, an option to view recipes cooked by the chefs from the same restaurant and a market finder to help you buy the relevant ingredients. Free from iTunes.

Victoria Stewart

**LUCKY PEARLS**

LAST Saturday Lizzie Armitstead cycled to a silver medal wearing a white pair; two days ago, the USA's Missy Franklin revealed some after winning gold in the women's 100m backstroke, and British dressage hopeful Laura Bechtolsheimer will be putting hers on because she says they bring her luck.

Yes, pearl earrings are the Olympic lucky accessory of choice. Beanie Langley, founder of jewellery blog *In Detail*, says pearls are associated with good luck and the strengthening of body and mind. Bechtolsheimer says: "I forgot to put any in when I was 14 at a big international, so mum lent me her pearls and I've used them ever since." Forgo bronze, silver and gold – it's clearly pearl that is fit for podium perfection.



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