

## 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 starfished knows how to celebrate a win. When it comes to girls' sporting events and women's winning gold, the female athletes at London 2012 know a thing or two about showing each other the love. Here's the first of the golden-girl actions.

**THE SHUGS IT**  
There have often been tales of the Team GB women's football team's great celebration—it's a back hug, specifically. These footballers call their celebration the "shuggers," or "the shuggles." After scoring on Monday night from two free-kicks and two penalties dropped in the first and second halves, the box stars celebrated. "Oh, 'shuggles' shouldn't be just a phrase used by us, but by those working on the football for the American team!"

**THE ARMCHAIR CHEERLEADER**  
As demonstrated by Team GB's first gold medal winners, women's football fans and cheerleaders are not afraid to embrace the emotion. In the first half, the women's football team's cheerleaders were in the front row, cheering and jumping in the air. "We were so excited, we were jumping in the air, and we were shouting 'Go! Go! Go!' and we were jumping in the air," says one of the cheerleaders.

**THE FRENCH KISS**  
A couple of days after the first medal ceremony, the French women's football team's cheerleaders were in the front row, cheering and jumping in the air. "We were so excited, we were jumping in the air, and we were shouting 'Go! Go! Go!' and we were jumping in the air," says one of the cheerleaders.

## the Olympic best Restaurant apps

Don't miss out on the best of the best. Here are the top five restaurant apps to download on your phone.

**1. Burger King**  
Burger King's app is a fun way to order your burgers and fries. You can also see the location of the nearest Burger King. The app is available for free on the App Store and Google Play.

**2. McDonald's**  
McDonald's app is a fun way to order your burgers and fries. You can also see the location of the nearest McDonald's. The app is available for free on the App Store and Google Play.



Chloe Gough (left) and Laura Bechtolsheimer (right) celebrating their gold medal victory in the women's 100m backstroke.

Chloe Gough (left) and Laura Bechtolsheimer (right) celebrating their gold medal victory in the women's 100m backstroke.

**THE DUTY PAT**  
Lots of us are playing "Duty Pat" on the radio. "Duty Pat" is a game where you have to guess the name of the song that is playing. It's a fun way to pass the time.

**THE DUTY PAT**  
Lots of us are playing "Duty Pat" on the radio. "Duty Pat" is a game where you have to guess the name of the song that is playing. It's a fun way to pass the time.

**THE DUTY PAT**  
Lots of us are playing "Duty Pat" on the radio. "Duty Pat" is a game where you have to guess the name of the song that is playing. It's a fun way to pass the time.

**THE DUTY PAT**  
Lots of us are playing "Duty Pat" on the radio. "Duty Pat" is a game where you have to guess the name of the song that is playing. It's a fun way to pass the time.

## the Olympic best Restaurant apps

Don't miss out on the best of the best. Here are the top five restaurant apps to download on your phone.

**1. Burger King**  
Burger King's app is a fun way to order your burgers and fries. You can also see the location of the nearest Burger King. The app is available for free on the App Store and Google Play.

**2. McDonald's**  
McDonald's app is a fun way to order your burgers and fries. You can also see the location of the nearest McDonald's. The app is available for free on the App Store and Google Play.



Lizzie Armitstead (left) and Laura Bechtolsheimer (right) celebrating their gold medal victory in the women's 100m backstroke.



**THE DUTY PAT**  
Lots of us are playing "Duty Pat" on the radio. "Duty Pat" is a game where you have to guess the name of the song that is playing. It's a fun way to pass the time.

**THE DUTY PAT**  
Lots of us are playing "Duty Pat" on the radio. "Duty Pat" is a game where you have to guess the name of the song that is playing. It's a fun way to pass the time.

**THE DUTY PAT**  
Lots of us are playing "Duty Pat" on the radio. "Duty Pat" is a game where you have to guess the name of the song that is playing. It's a fun way to pass the time.

**THE DUTY PAT**  
Lots of us are playing "Duty Pat" on the radio. "Duty Pat" is a game where you have to guess the name of the song that is playing. It's a fun way to pass the time.

**THE DUTY PAT**  
Lots of us are playing "Duty Pat" on the radio. "Duty Pat" is a game where you have to guess the name of the song that is playing. It's a fun way to pass the time.

**THE DUTY PAT**  
Lots of us are playing "Duty Pat" on the radio. "Duty Pat" is a game where you have to guess the name of the song that is playing. It's a fun way to pass the time.

## 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 Major, 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.

## London Evening Standard

## 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 Major, 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.

"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.

VS



Don't miss out on the best of the best. Here are the top five restaurant apps to download on your phone.

**1. Burger King**  
Burger King's app is a fun way to order your burgers and fries. You can also see the location of the nearest Burger King. The app is available for free on the App Store and Google Play.

**2. McDonald's**  
McDonald's app is a fun way to order your burgers and fries. You can also see the location of the nearest McDonald's. The app is available for free on the App Store and Google Play.

**3. McDonald's**  
McDonald's app is a fun way to order your burgers and fries. You can also see the location of the nearest McDonald's. The app is available for free on the App Store and Google Play.

**4. McDonald's**  
McDonald's app is a fun way to order your burgers and fries. You can also see the location of the nearest McDonald's. The app is available for free on the App Store and Google Play.

**5. McDonald's**  
McDonald's app is a fun way to order your burgers and fries. You can also see the location of the nearest McDonald's. The app is available for free on the App Store and Google Play.

**6. McDonald's**  
McDonald's app is a fun way to order your burgers and fries. You can also see the location of the nearest McDonald's. The app is available for free on the App Store and Google Play.

