

Previous Olympic Games

1896	Athens	Greece
1900	Paris	France
1904	St Louis	USA
1908	London	United Kingdom
1912	Stockholm	Sweden
1916	Not Held	
1920	Antwerp	Belgium
1924	Paris	France
1928	Amsterdam	Holland
1932	Los Angeles	USA
1936	Berlin	Germany
1940	Not Held	
1944	Not Held	
1948	London	United Kingdom
1952	Helsinki	Finland
1956	Melbourne	Australia
1960	Rome	Italy
1964	Tokyo	Japan
1968	Mexico City	Mexico
1972	Munich	Germany
1976	Montreal	Canada
1980	Moscow	Soviet Union
1984	Los Angeles	USA
1988	Seoul	South Korea
1992	Barcelona	Spain
1996	Atlanta	USA
2000	Sydney	Australia
2004	Athens	Greece
2008	Beijing	China
2012	London	United Kingdom
2016	Rio de Janeiro	Brazil



London Calling

2012 will be the third time that London has hosted the Olympic Games, which is more than any other city.

1908

The 1908 Olympic Games were originally scheduled to be held in Rome and Naples, Italy, but Mount Vesuvius had other ideas and erupted at a very inconvenient time. London was the second choice and within ten months a stadium had been built at Shepherd's Bush, which included a running track, a cycling track, a football field, swimming pool and facilities for gymnastics and wrestling.

There were 2,035 participants, (including only 36 women) from 22 countries; 21 sports and 110 events. For the first time at the opening ceremony athletes marched into the stadium nation by nation.

1948

Due to World War II, the Olympics were cancelled for 12 years, resuming in London where 50 countries were represented. Germany and Japan were banned for their participation in the war. London was chosen (like Antwerp in 1920) in recognition of the damage the city had suffered during the war. The Games were widely viewed on television for the first time.

Audrey Patterson (USA) became the first black woman to win a medal when she took bronze in the 200m, whilst two people; Ilona Elek (Hungary) and Jan Brzak (Czechoslovakia) successfully defended titles they had won in 1936. Holland's Fanny Blankers-Koen won four events. The 100m, 200m, 80m hurdles and 4x100m sprint relay. Fanny entered the Games as a world record holder in six events.



Events and Dates

Archery

Friday 27 July – Friday 3 August

Athletics

Friday 3 – Sunday 12 August

Badminton

Saturday 28 July – Sunday 5 August

Basketball

Saturday 28 July – Sunday 12 August

Beach Volleyball

Saturday 28 July – Thursday 9 August

Boxing

Saturday 28 July – Sunday 12 August

Canoe Slalom

Sunday 29 July – Saturday 11 August

Cycling

Saturday 28 July – Sunday 12 August

Diving

Sunday 29 July – Saturday 11 August

Equestrian

Saturday 28 – Thursday 9 August

Fencing

Saturday 28 July – Sunday 5 August

Football

Wednesday 25 July – Saturday 11 August

Gymnastics

Saturday 28 July – Sunday 12 August

Handball

Saturday 28 July – Sunday 12 August

Hockey

Sunday 29 July – Saturday 11 August

Judo

Saturday 28 July – Friday 3 August

Modern Pentathlon

Saturday 11 – Sunday 12 August

Rowing

Saturday 28 July – Saturday 4 August

Sailing

Sunday 29 July – Saturday 11 August

Shooting

Saturday 28 July – Sunday 5 August

Swimming

Saturday 28 July – Friday 10 August

Table Tennis

Saturday 28 July – Wednesday 8 August

Taekwondo

Wednesday 8 – Saturday 11 August

Tennis

Saturday 28 July – Sunday 5 August

Triathlon

Saturday 4 and Tuesday 7 August

Volleyball

Saturday 28 July – Sunday 12 August

Water Polo

Sunday 29 July – Sunday 12 August

Weightlifting

Saturday 28 July – Tuesday 7 August

Wrestling

Sunday 5 – Sunday 12 August



Olympic reflections

Competing in my first Olympic Games in 2004 was truly amazing. At first I thought “what’s so special about the Olympic Games?” We were just racing against the same people that we race every year in international competitions. But when we got there, it was such a different atmosphere; so much more intense. It really was fantastic.

I won a silver medal in Athens in 2004 and then trained for four years; six or seven days a week and two or three sessions each day all for a six minute race in Beijing! We came second again. It was a great disappointment not to get a gold medal, especially as we led for three quarters of the race. But I never pray to win. I always pray that I will be able to do my best in any race. I do not think it was God’s fault that we lost or that I should expect to win just because I am a Christian. My life is in God’s hands and God’s gift to me has been my potential to achieve this standard. So, I try to use my ability as best I can. I really believe that God

put me into rowing to be a witness for him – to glorify him through my racing but also to honour him with my actions.

God is the centre of my life and is a part of everything I do which includes my sport. Sir Steve Redgrave commented that as an athlete training for the Olympics, the motto *Higher, Faster, Stronger* becomes your existence and becomes your life. In many ways it does, and to make the cut, it must. But as a Christian athlete God must come first in my life

Debbie Flood – 2004 and 2008 silver medalist in the quad sculls



Athletics Winners

Gold Medals 2008: Men

100m	Usain Bolt, <i>Jamaica</i>
110m Hurdles	Dayron Robles, <i>Cuba</i>
200m	Usain Bolt, <i>Jamaica</i>
400m	LaShawn Merritt, <i>USA</i>
400m Hurdles	Angelo Taylor, <i>USA</i>
800m	Wilfred Bungei, <i>Kenya</i>
1500m	Asbel Kiprop, <i>Kenya</i>
3000m	
Steeplechase	Brimin Kiprop, <i>Kenya</i>
5000m	Kenenisa Bekele, <i>Ethiopia</i>
10000m	Kenenisa Bekele, <i>Ethiopia</i>
4x100m Relay	<i>Jamaica</i>
4x400m Relay	<i>USA</i>
Marathon	Samuel Wansiru, <i>Kenya</i>
20km Road Walk	Valeriy Borchin, <i>Russia</i>
50km Road Walk	Alex Schwazer, <i>Italy</i>
Decathlon	Brian Clay, <i>USA</i>
Discus Throw	Gerd Kanter, <i>Estonia</i>
Hammer Throw	Primož Kozmus, <i>Slovenia</i>
High Jump	Andrey Silnov, <i>Russia</i>
Javelin Throw	Andreas Thorkildsen, <i>Norway</i>
Long Jump	IJ Saladina Aranda, <i>Panama</i>
Pole Vault	Steve Hooker, <i>Australia</i>
Shot Put	Tomasz Majewski, <i>Poland</i>
Triple Jump	Nelson Evora, <i>Portugal</i>

Gold Medals 2012: Men

100m	
110m Hurdles	
200m	
400m	
400m Hurdles	
800m	
1500m	
3000m Steeplechase	
5000m	
10000m	
4x100m Relay	
4x400m Relay	
Marathon	
20km Road Walk	
50km Road Walk	
Decathlon	
Discus Throw	
Hammer Throw	
High Jump	
Javelin Throw	
Long Jump	
Pole Vault	
Shot Put	
Triple Jump	



DID YOU KNOW

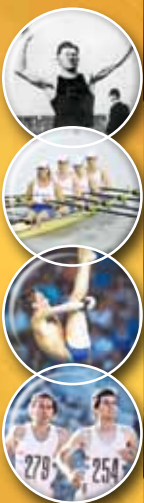
USA did not select Robert Legendre in the Long Jump in 1924, but only for the pentathalon. However, during the pentathalon he broke the world record. That will show them!

Gold Medals 2008: Women

100m Hurdles	Dawn Harper, USA
100m	Shelly-Ann Fraser, <i>Jamaica</i>
200m	Veronica-Campbell Brown, <i>Jamaica</i>
400m Hurdles	Melanie Walker, <i>Jamaica</i>
400m	Christine Ohuruogu, <i>GB</i>
800m	Pamela Jelimo, <i>Kenya</i>
1500m	Nancy Langat, <i>Kenya</i>
3000m	Gulnara Galkina
Steeplechase	Samitova, <i>Russia</i>
5000m	Tirunesh Dibaba, <i>Ethiopia</i>
10000m	Tirunesh Dibaba, <i>Ethiopia</i>
Marathon	Constantina Tomescu, <i>Romania</i>
4x100m Relay	<i>Russia</i>
4x400m Relay	<i>USA</i>
20km Road Walk	Olga Kaniskina, <i>Russia</i>
Discus Throw	Stephanie Trafton, <i>USA</i>
Hammer Throw	Aksana Miankova, <i>Belarus</i>
Heptathlon	Natalia Dobrynska, <i>Ukraine</i>
High Jump	Tia Hellebautt, <i>Belgium</i>
Javelin Throw	Barbora Spotakova, <i>Czech Republic</i>
Long Jump	Maurren Maggi, <i>Brazil</i>
Pole Vault	Elena Isinbaeva, <i>Russia</i>
Shot Put	Valerie Vili, <i>NZ</i>
Triple Jump	Francoise Mbango Etone, <i>Cameroon</i>

Gold Medals 2012: Women

100m
100m Hurdles
200m
400m
400m Hurdles
800m
1500m
3000m Steeplechase
5000m
10000m
4x100m Relay
4x400m Relay
Marathon
20km Road Walk
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Discus Throw
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High Jump
Javelin Throw
Long Jump
Pole Vault
Shot Put
Triple Jump



Men's 100 metres

The 100 metres race is the shortest event in the Olympic Games in terms of time – over in 10 seconds. It is also one of the most exciting; a real blue ribbon event. Here are some of the famous names who have won the gold medal.

Olympic Gold Medalists

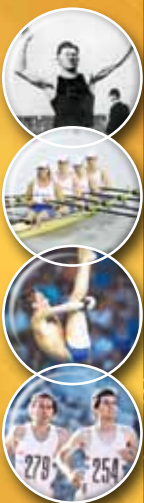
1896	Thomas BURKE	(USA)	12.0
1924	Harold ABRAHAMS	(GBR)	10.6
1936	Jesse OWENS	(USA)	10.3
1968	James HINES	(USA)	9.95
1980	Allan WELLS	(GBR)	10.25
1984	Carl LEWIS	(USA)	9.99
1988	Carl LEWIS	(USA)	9.92
1992	Linford CHRISTIE	(GBR)	9.96
1996	Donovan BAILEY	(CAN)	9.84
2000	Maurice GREENE	(USA)	9.87
2004	Justin GATLIN	(USA)	9.85
2008	Usain BOLT	(Jamaica)	9.69

The 1988 race was one of the most dramatic of all time with Ben Johnson (Canada) finishing first in a World Record time of 9.79 ahead of his great rival Carl Lewis (USA). In one of sport's great ironies, when Johnson was later asked which meant more to him, the world record or the gold medal, he replied, "The medal. It is something that no one can take away from you." Johnson later tested positive for drugs and his medal was taken away and his world record cancelled. Lewis was awarded the gold.

In 2008 Usain Bolt won three gold medals – adding the 200m and the 4 x 100m relay to the 100m. What is more he broke the World Record in all three finals.



Left: 1936 Olympics, Berlin. Luz Long & Jesse Owens



Olympic Origins

The Olympic Games were a series of athletic competitions between representatives of the city-states of Ancient Greece. They were held in honour of the Greek God Zeus. The exact origins of the Games are shrouded in myth and legend but records indicate that they began in 776 BC at Olympia in Greece. They were celebrated for over 1,000 years until 393 AD. The Games were usually held every four years, or olympiad, as the unit of time came to be known. During a celebration of the Games, an Olympic Truce was enacted so that athletes could travel from their countries to the Games in safety. The prizes for the victors were olive wreaths or crowns. The Games were always held at Olympia rather than alternating to different locations.

How The Modern Olympics Evolved

Following the success of the 1896 Games, the Olympics entered a period of stagnation that threatened their survival. The Games held at the Paris Exposition in 1900 and the World's Fair in St. Louis in 1904 were side-shows to the main event. The Paris Games did not have a stadium but it was the first time women took part. The St. Louis Games hosted 650 athletes, but 580 were from the United States. The parochial nature of these celebrations was a very low point for the Olympic Movement.

The Opening ceremony

The ceremony typically starts with the hoisting of the host country's flag and a performance of its national anthem. The host nation then presents artistic displays of music, singing, dance, and theatre representative of its culture.

After the presentation, the competing athletes parade into the stadium, nation by nation. Greece is traditionally the first to enter in order to honour the origins of the Olympics. The Olympic torch is brought into the stadium and the Olympic flame in the stadium's cauldron is lit, signifying the start of the Games.

The Closing Ceremony

Flag-bearers from each participating country enter the stadium, followed by all the competitors. Three national flags are hoisted and the corresponding national anthems are played: the flag of Greece, to honour the birthplace of the Olympic Games; the flag of the current host country, and the flag of the country hosting the next Summer Olympic Games. The Olympic flame is extinguished and the mayor of the city that organised the Games transfers a special Olympic flag to the the mayor of the city hosting the next Olympic Games. It will be the mayor of Rio de Janeiro in 2012. The next host city briefly introduces itself with displays of dance and theatre representative of its culture.



Vivian Cheriot

In 2011 Vivian Cheriot of Kenya was in the form of her life! In the 2011 World Athletics Championships in Daegu, South Korea, she won the 5,000 metres and the 10,000 metres.

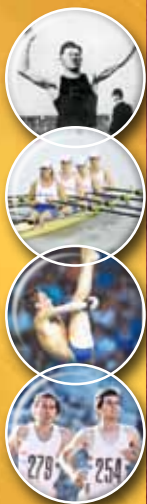
The Kenyans have such strength in depth in long distance running but Vivian is in a class of her own. Afterwards she said, "I am so happy to have won but I need to thank God because he is the one who gave me the strength. Without God in my life, I would not achieve anything. I have not run in my strength but in God's strength. I am very thankful for the talent God has given me."

She also won the 2011 World Cross Country Championship, the 2010 Commonwealth and the 2009 World Championship 5,000 races. She has still to do herself justice at the Olympics, with a best performance of fifth in 2008. She admits that her biggest ambition is to win an Olympic Gold medal. Given that she spends part of the year in London, the Olympics will be a home from home.

You cannot spend much time with Vivian without knowing what is most important to her: "Jesus is in my life. He is with me all the time, helping me, carrying me. Without him, nothing is possible."

Without Jesus I would not be succeeding the way I am because without him, I could not do anything.

I love him so much and I will live for him the rest of my life – to the very last minute."



The Beijing Olympics were truly memorable. The Bird's Nest Stadium was magnificent and the blue Aquatic centre, the Water Cube, was equally awe-inspiring. There was a great sense of history as the cycling road races took in the Great Wall and the marathons both started in Tiananmen Square. The home crowd had plenty to cheer about (and cheer they did) as China topped the medal table with 51 gold medals and 100 medals in total. Great Britain came fourth with 19 gold medals and a total of 47 medals.

A record 204 National Olympic Committees took part in the Games. Tajikistan, Afghanistan, Mauritius and Togo all experienced podium finishes for the first time. Mongolia, Bahrain and Panama managed to go one better with their athletes bringing home their country's first ever gold medals.

There were several stellar performances with swimmer Michael Phelps (USA) winning eight gold medals (5 individual and 3 relay). Elena Isinbaeva (Russia), one of the hottest favourites, duly won the women's Pole Vault and inevitably set another new World Record – one of the 15 (plus 12 Indoor) in her career.

Jamaica, a country of 3 million people dominated the sprint events with Usain Bolt winning the men's 100 and 200 metres and Jamaica taking the 4 x 100m relay gold. In the women's sprint

Jamaica took all three medals in the 100m and gold and bronze in the 200m. Despite being the hot favourites for the sprint relay, they failed to finish.

Great Britain's cyclists excelled winning 14 medals, including 8 gold. Chris Hoy took three gold medals. Great Britain also won 6 rowing and 6 sailing medals and their 6 swimming medals included 2 golds won by Rebecca Adlington who, in the 800m freestyle, broke the world record that had stood since 1989. And will we ever forget Christine Ohuruogu coming from a long way back to take Great Britain's only athletics gold medal in the women's 400 metres?



Women in the Olympics

Women are very much a part of the Olympic scene. Think of Elena Isinbaeva, Rebecca Addlington, Victoria Pendleton and Debbie Flood. But it was not always so.

Women were banned from the ancient Olympic Games on pain of death. After all, men tended to compete naked. When the Olympics were restarted in 1896 there were no women and no naked men!

Modern Olympics founder, Baron Pierre de Coubertin thought that men were more athletic and that women were too weak. The 1900 Paris

Olympics were the first Games where women competed. Great Britain's Charlotte Cooper became the first ever female gold medallist winning the ladies tennis singles. By 1908 there were 36 women competing in the skating and tennis only. In 1936 there were just 4 sports events for women and in 1968 still only 6.

When several runners collapsed at the end of the 800 metres race in 1928 (the first time the race had been held), the race was declared too dangerous for women and not re-introduced until 1960. The 200m was first run in 1948 and the 400m in 1964.

By 2008 over 4000 women competed in 28 sports and there were over 100 individual events plus eight team sports and women engaged in open competition with men on equal terms in the equestrian events and with and against men in the badminton mixed doubles.

What would Baron de Coubertin have thought as woman now compete in the marathon, triathlon, weight-lifting, wrestling and shooting?



15 events have been held in every modern Olympics:

100, 400, 800, 1500 metre
 Marathon 110 metres hurdles
 High jump Long jump
 Triple jump Pole-vault
 Shot put Discus
 Fencing – Individual foil and
 Individual sabre
 Swimming – 1500 metres freestyle

The following were once Olympic sports, but are now no more:

Cricket	Croquet	Golf
Real tennis	Lacrosse	Motor Boating
Pelota	Polo	Rackets
Rugby	Softball	Tug of War



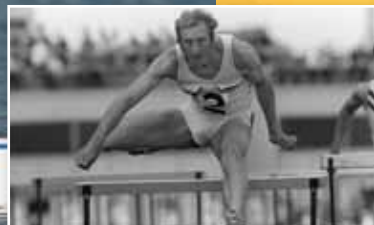
Venues

The London Olympics will take place at a range of venues, old and new. The main location is of course the Olympic Stadium in the Olympic Park, which also includes the Aquatics Centre, the Basketball Arena, The BMX Circuit, the Handball Arena, the Hockey Centre and the Velodrome.

Other London venues include Earls Court, ExCel, Greenwich Park, Horse Guards Parade, Hyde Park, Lord's Cricket Ground, North Greenwich Arena, Regents Park, The Royal Artillery Barracks, Wembley Arena, Wembley Stadium and Wimbledon.

Outside London there is Eton Dorney (rowing), Hadleigh Farm (cycling), Lee Valley White Water Centre (kayaking) and Weymouth and Portland (sailing).

Football matches take place at Hampden Park, Glasgow, the Millennium Stadium, Cardiff, St James' Park, Newcastle, City of Coventry Stadium and Old Trafford, Manchester as well as at Wembley Stadium.



Eric Liddell

Eric Liddell was educated at Eltham College which is not far from the 2012 Olympic Park. He won gold in the 400 metres at the 1924 Olympics before devoting his life to teaching and mission in China, where he had originally been born of Scottish missionary parents. Eric's story was made into the award winning film, "Chariots of fire".

Eric was a world class sprinter who was a potential gold medallist in the 100 metres. But when the schedule was announced, the heats were set for a Sunday and he decided that, as a Christian who honoured "the Sabbath", he could not run in the 100 metres.

However, he took bronze in 200 metres final and then went on to win gold in the 400 metres where he also set a new world record of 47.6 seconds. His decision to go to China meant that 1925 was his last season in competitive athletics. He died in a Japanese internment camp in Weishien, China in 1945.

Eric Liddell competed in only one Olympics over 75 years ago and won only one gold medal. Yet he is better known than many Olympians who have achieved much more. What is so compelling about Eric Liddell that his life has been recorded in a dozen biographies, a film and at least two TV documentaries?

The answer seems to be because he refused to run on a Sunday. He captured the imagination of millions by tossing away his chance of a gold medal in the 100 metres – the race he was favourite to win – because his Christian faith was worth more than gold to him.

There will be many great champions in the 2012 Olympics but will there be any with the integrity and character of Eric Liddell?



Success or Failure?

Allyson Felix has won the World title in the women's 200 metres three times but not the Olympic title. She did, however, take gold in the women's 4x400m relay in 2008 and was second in the 200 metres in 2004 and 2008. Is taking the silver medal a success or a failure? Allyson fully understands the question.

"As soon as I finished the race in 2004, I wasn't sure about how to take getting silver. When you go into any race you go into it wanting to win. So it was definitely a little bit of a letdown, but then my family quickly put things into perspective for me and I realized what I had accomplished and that it was definitely a success".

Running to win is very much part of who Allyson is: "I love competition; I thrive on competition. I love competing against the best women in the world; just to put so much work into something and then to see how you match up against other people who've also been training very hard. But I don't think that's all of who I am.

It's only a part of it and I have so much other stuff that I want to accomplish in life as well".

Her relationship with Jesus Christ is central to her life: "I can't imagine my life without knowing Jesus. I can't imagine just waking up and going through my life without Him. He is my life and that's what I live for".

Allyson Felix (USA)
2004 and 2008
Olympics 200 metres
– silver medal.
2008 Olympic 4x400
– gold medal.



Awarded in 2008

Rank	Country	Gold	Silver	Bronze	Total
1	China	51	21	28	100
2	USA	36	38	36	110
3	Russia	23	21	28	72
4	Great Britain	19	13	15	47
5	Germany	16	10	15	41
6	Australia	14	15	17	46
7	South Korea	13	10	8	31
8	Japan	9	6	10	25
9	Italy	8	9	10	27
10	France	7	16	18	41

957 medals were awarded.
52 countries won a gold medal and 80 a medal of some description.
(N.B. for the purposes of these statistics, team events count as 1 medal, not one for each team member)

Well said

"The good news is Jesus dying on the cross for us and we don't have to be lost. We can come to him and he can save us and we can follow him and have a purpose in life." **Allyson Felix, silver medal 200 metres, 2004, 2008**

"In the Bible it says that there is only one way to heaven – Jesus Christ. If you are to get to heaven, it can only be through Jesus Christ. Jesus Christ is the way to heaven and the way to God." **Dieudonné Disi, Rwanda – ran in 10,000 in 2004 and 2008 Olympics**

"Jesus died for us so that we can have eternal life. It is not about trying to do good but accepting the good deed done by Jesus and accepting him into your life." **Julian Bolling, Sri Lanka, three time Olympian**

"I believe that career and my fame will end some day. Jesus taught that there are more important things in this life, that there is eternal life. Because I know Jesus Christ I am certain that I have found eternal life." **Hendrawan, Badminton singles, silver medal 2000**

"It was great to make the team for the Olympics because it was my big dream and God made it happen. I felt a burden on my shoulders for the country because I knew everybody was hoping that I was going to win for Kenya." **Catherine Ndereba (Kenya) Olympic silver medallist 2004 and 2008.**



DID YOU KNOW

At the 1912 Olympics in Stockholm, one of the 75kg middleweight Graeco-Roman wrestling semi-finals between Martin Klein and Alfred Asikainen lasted 11 hours and 40 minutes!

During the building of the London Olympic Park, 2000 newts and hundreds of toads were temporarily relocated.

After the London Olympics, the basketball arena will be dismantled and reconstructed elsewhere in the UK.

20,000 broadcasters and journalists are expected for London 2012.

Artefacts from the Bronze Age, Iron Age and a Second World War military base have been discovered by archaeologists working at the Olympic Park construction site.

London was awarded the right to host the 2012 Olympics in July 2005. Construction began in the summer of 2008.

The father of the modern Olympic Games, Baron Pierre de Coubertin, visited the Much Wenlock Games in Shropshire

and acknowledged its contribution to the modern Olympic movement.

A sports competition for soldiers with spinal cord injuries held in 1948 at Stoke Mandeville Hospital was the forerunner of the Paralympic Games.

Real Glory

For most of us Olympic glory can only be imagined. For those who take part, it is an unforgettable period in their lives. In this booklet we have heard from those who have experienced the overwhelming emotion of walking into a packed stadium in the company of Olympians from over 200 countries. Debbie Flood used the words "an amazing experience" in recalling her first Olympics.

Alongside the excitement there is the pressure to perform and the fear of failure – Catherine Ndereba spoke of the feeling "a burden on my shoulders for the country because I knew everybody was hoping that I was going to win for Kenya". How do you cope with pressures and demands?

The strong conviction that her talent comes from God and that he has put her into rowing is part of Debbie Flood's secret. Former Olympic swimmer Kirsty Balfour spoke of simply trying "to do my best and then let God take control".

To win an Olympic gold medal is a supreme achievement. It is not given to many. The glory is only temporary. Four years later, there will be a new champion. There is always someone faster or stronger to take your place. The good news is that through a personal relationship with Jesus Christ you can have a friend who understands the triumphs and the struggles.



Real Glory

Jesus has promised to accept anyone who comes to him and not only to be our friend in this life but to take us through death into eternal life.

The starting point is when you believe that he exists and that he died on the cross to forgive our sins, taking the punishment that we deserved.

Catherine Ndereba expressed it like this "Jesus died because of my sins, because he loves me so much and he wouldn't like me to die or have eternal destruction so that is why he (God) offered Jesus to die on the cross on my behalf, so that I may live with him".

You can give Jesus control of your life and ask him to forgive you right now by using the words of this prayer.

Jesus, I want to know you personally. Thank you for dying on the cross for my sins. I open my heart and receive. Thank you for forgiving my sin and giving me eternal life. Take control of my life. Make me the kind of person you want me to be.

