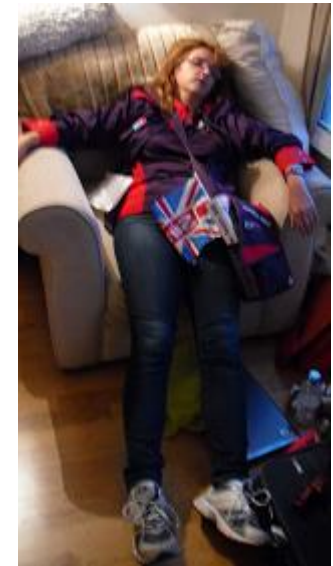




Friends old and new at the London parade! Me on the right my lovely friend Sue on the left who happily put me up for the two weeks of the games, I couldn't have had this experience without her living room floor! Joss in the middle spotted us on the way to the parade and joined us at St Pauls then for a glass of wine (well more than one) in the pub.



The parade was amazing! So glad I stayed to make this my final memory of the Games. So many people all laughing and cheering and so many elite athletes hard to take it all in, thankfully have LOTS of photos to remind me who was there. Think this might be my favourite as it shows Olympic and Paralympic Gold united in celebration.



Think this says it all, happy but tired... and sad it's all over. Do you think Seb would let us do it again next year?