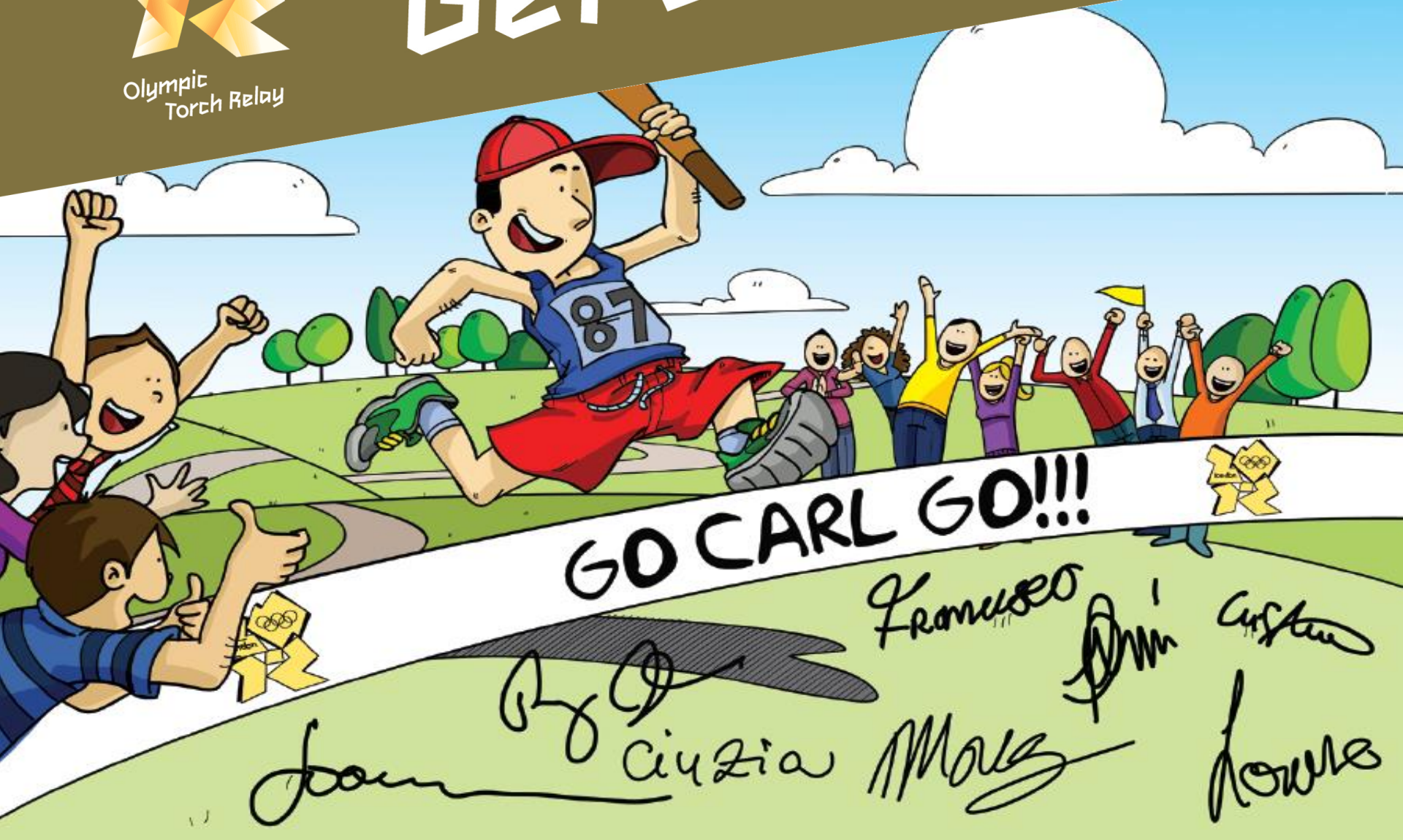




Olympic
Torch Relay

Get Set

8,000 inspirational people
carried the Olympic Flame
during its journey across the
UK ...this is the story of one
of those people





Get Set

The Olympic Flame, Torch and Relay started in the ancient Olympic Games in Greece.

Messages were sent throughout Greece to announce the Games, declaring a truce for the duration.

During the Games, The Olympic Flame burns and is a powerful symbol of the Games.

It represents peace, unity and friendship.





Get Set

Torchbearers for the 2012 London Olympics were nominated by various means for being inspirational in some way

This will be their moment to shine...

Along the way they hope to inspire millions of people watching in their community, in the UK and worldwide.





Get Set

Welcome to my Olympic Torch Relay Story ...first a few things about me....

- **What's my name?** Carl Douglas
- **Where was I born?** Liverpool
- **Where did I live in 2012?** Felixstowe
- **Where did I work in 2012?** BT at Martlesham
- **How was I nominated?** Through a scheme in BT
- **Why was I nominated?** Throw my work in the community, encouraging people to be active and play sport (particularly tennis of course!!!)
- **When and where did I carry the torch?** June 30 2012 (Day 43), in a place called Sandwell in West Bromwich
- **What was it like?** Well...lets begin our story on how I became a torchbearer





Get Set

BT was a major communications partner for the Olympic games in 2012

At the time, there were over 100,000 employees in BT and only 70 torchbearer places were on offer

BT colleagues nominated people they considered to be inspirational through the **"Carry the Flame"** competition

So why me?



Carry the flame!

A chance to run the most memorable 300m of your life



You've been nominated to carry the flame

Well done! You're one of over 600 people who have been nominated by a colleague to carry the flame when the Olympic Torch Relay travels the UK next year.

So what happens next? Well as you can imagine, it's quite a big job to go through all of the nominations and select 50 people who will get to be a BT Torchbearer.

All of the nominations are now being reviewed and the BT people who have really inspired others through their personal best stories will be put into a draw. In mid-October we'll announce the lucky winners of this once in a lifetime experience.

We'll be in touch again to reveal who has won through to carry the flame. In the meantime, we've got a short [online survey](#) we'd like you to complete to give us feedback on the BT Torchbearer opportunity and the communications you've seen.

Well done again!

BT London 2012 team



Get Set

I was nominated through work for helping to drive learning and development forwardbut also because of my real passion which is coaching tennis to children's and adult groups at my local club in Felixstowe

I was considered to be “...a **role model in supporting, helping and coaching others**”

My story went forward and I was fortunate to get selected 😊 😊

Hometown

Felixstowe

Age

48

Carrying the Flame through

West Bromwich

Carrying the Flame on

30 June 2012



Carl's nomination story

Carl is an exceptional person in many ways. He has an incredible depth of knowledge in his subject area of learning & development and has been at the vanguard of shaping novel ways of structuring and delivering learning. He was instrumental in developing the use of new social media as a way of sharing knowledge across the organisation. Carl is always open to sharing his knowledge & experience, helping colleagues in different parts of the business. He takes this open approach to helping and supporting others outside of work - being an active tennis coach, supporting young & old alike, to develop and achieve their best. I've nominated him as I believe him to be a role model in supporting, helping & coaching others.

(Story as provided by the Torchbearer's nominator)

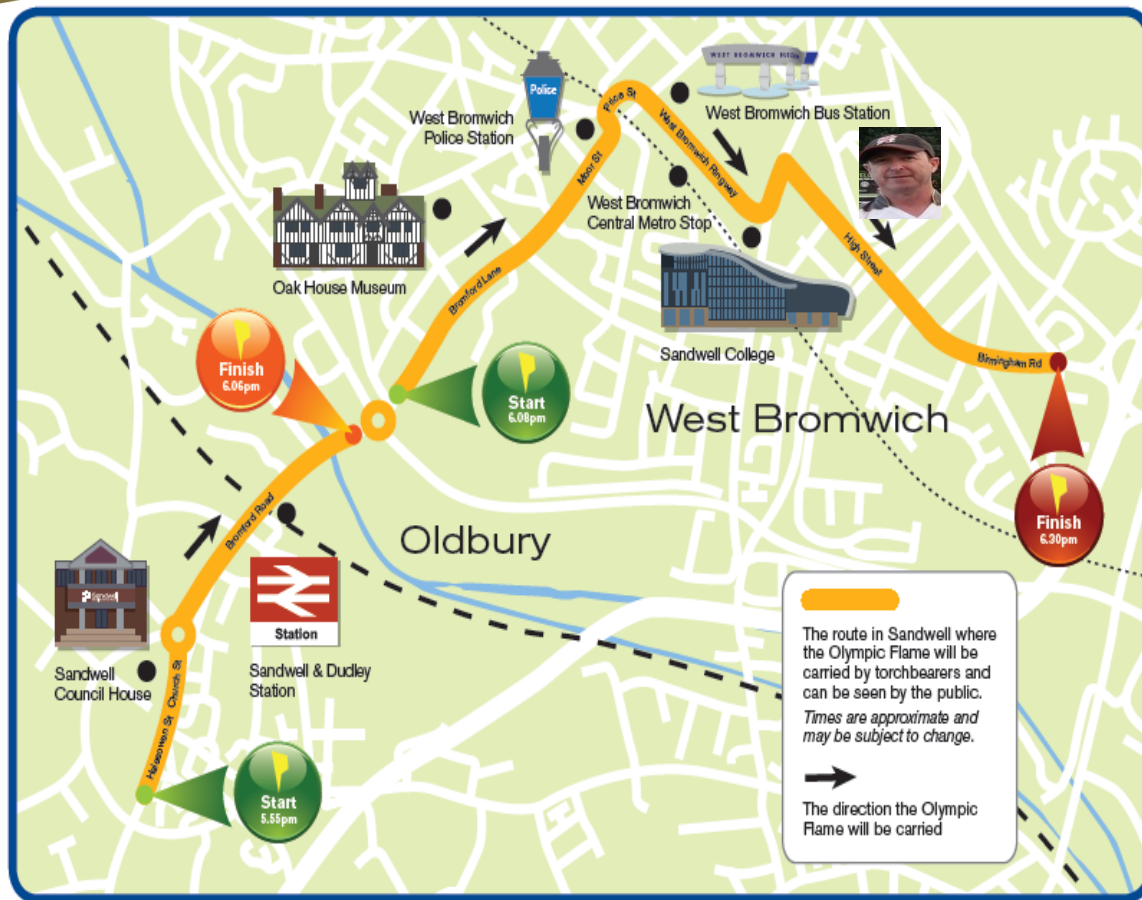


Get Set

My torch event was held on Sat 30th June (day 43) when the torch was in the Midlands area near Birmingham...

The torchbearers on my bus started the relay at the Black Country Museum and then onto Sandwell in West Bromwich

I took the flame from Jessica (149), ran down the High Street for approx 300m and passed the flame to David (151) for the final leg...





Get Set

As we boarded the torchbearer bus we got our first sight of the torches we would each be carrying ...

We are also instructed how to hold the torch so that the crowd could get the best possible view and of course to avoid getting ourselves burnt ...Ouch!

The torches were all numbered and we are told that we will be able to keep the actual torch that we run with

It was exciting but nerve-wracking too, so much responsibility ...what if I drop the torch or fall flat on my face....arghhhhh ☹ ☹





Get Set

Once on the bus we had our briefing session which started by each of us sharing our stories about why we had been nominated.

There were some amazing stories from charity fundraisers, lifelong volunteers, and people who had recovered from severe illness

We also had to agree with the person we would handover to how we would greet each other before we did the torch "kiss" – the point where the flame is transferred from one torch to the next.





Get Set

As we travelled along the route towards our drop off points we realised for the first time just how many people had come out to see the torch. The crowds were massive, with thousands of people lining the streets!!

Its an enormous responsibility and your heart really starts pumping at this stage....

As you get to your drop off point your fellow torchbearers still on the coach cheer you on ☺ and suddenly you are swallowed up by the crowd!!!





Get Set

We were dropped off at designated points about 6 minutes ahead of the flame so we could meet the crowd....

I was let off the bus off in the main high street where the crowd gave me such a friendly welcome...

Everybody wanted to touch the Torch and have their photograph taken...

But then suddenly the flame arrived and it was my turn to runplease, please don't let me fall over 😊





Get Set

So here I am actually carrying the Olympic Torchit seemed totally unreal...

The crowd was cheering me on, my family had travelled to see me and I was determined to run all the way and to hold the torch in one hand so that I can wave to all the people who have come to see the torch 😊 😊

Its so amazing...I am so privileged!! ...the clip is available on the BBC Torch

The screenshot shows the BBC News Torch Relay website. The top navigation bar includes the BBC logo and links to News, Sport, Weather, iPlayer, TV, Radio, and More... The main header features the 'NEWS TORCH RELAY' title, the Olympic rings logo, and the text 'THE OLYMPIC BROADCASTER'. Below this is a navigation bar with links to Home, World, UK, England, N. Ireland, Scotland, Wales, Business, Politics, Health, Education, Sci/Environment, Technology, and Entertainment & Arts.

The main content area displays a calendar for the torch relay. The 'START' date is May 19, and the 'FINISH' date is July 27. The 'TODAY' date is June 30. The calendar shows the following dates: May 19, June 1, 2, 3, 4, 5, 6, 7, 8, 9, and July 27. The date June 30 is highlighted in orange.

Below the calendar, there is a section for '70 days 8,000 runners 8,000 miles Torch relay FAQs'. To the right, there is a video player showing the torch relay on June 30th. The video is titled 'Morning Derby to Walsall' and 'Afternoon Walsall to Birmingham'. The video shows a man in a white shirt running with the torch, surrounded by a crowd of people. The video is from BBC.

Below the video, there is a link to 'Link to this video' and a note: 'Watch BBC torchcam again. See our torch relay FAQs for more information.'

On the right side of the video player, there is a section for 'June 30 Day 43 Derby to Birmingham'. It includes a tweet from 0635: 'Good moooooooooorning Derby!' and a text block: 'Day 43 of the torch relay will see the Olympic flame travel 79 miles from Derby to Birmingham. Your early morning text commentators are Sarah Holt and Michael Hirst. Thanks for joining us at this early hour. Who's with us? Drop us a tweet and we'll mention your #bbctorchcam dedication in our live-text. It's an overcast day at the BBC Olympic mothership in London and damp in the East Midlands... But the crowds are still out in force in Derby's market place! 0640: With a ding-dong from the town crier on a tassle-strewn stage, the day's first torch is lit from an...'



Get Set

This moment is known as the "Kiss" ...its where the flame is transferred from one torch to the next torch

This is me (150) passing the flame to David (151) the final runner in Sandwell...

The people in grey are Metropolitan Police and they help to protect the torch and the torchbearers

A brilliant day and one to remember for a lifetime!





Get Set

On 27 July 2012, the last Torchbearer lit the cauldron at the Olympic Games Opening Ceremony

The flame burned proudly throughout the games before being extinguished at the closing ceremony

It was a very proud moment in my life to be a torchbearer, one that I never dreamed of. So **dream big**, you can achieve mighty things!!





Get Set

After the games....I gave talks to over 900 primary school children:

- Colneis Junior School
- Capel st Mary Primary School
- Corringham Primary School
- Felixstowe Lawn Tennis Club
- BT Grads and Apprentices





Get Set

What's happened since 2012?

- Turned my passion into my job and became a full time tennis coach
- Helped to get hundreds more people playing tennis
- Chosen to be one of the first Great British tennis coaches working on the flagship Tennis for Kids programme
- Got to play at Wimbledon (indoor practice courts)
- Went on to win Suffolk LTA Tennis Coach of the Year twice!
- **FOLLOW YOUR DREAMS!**





Get Set

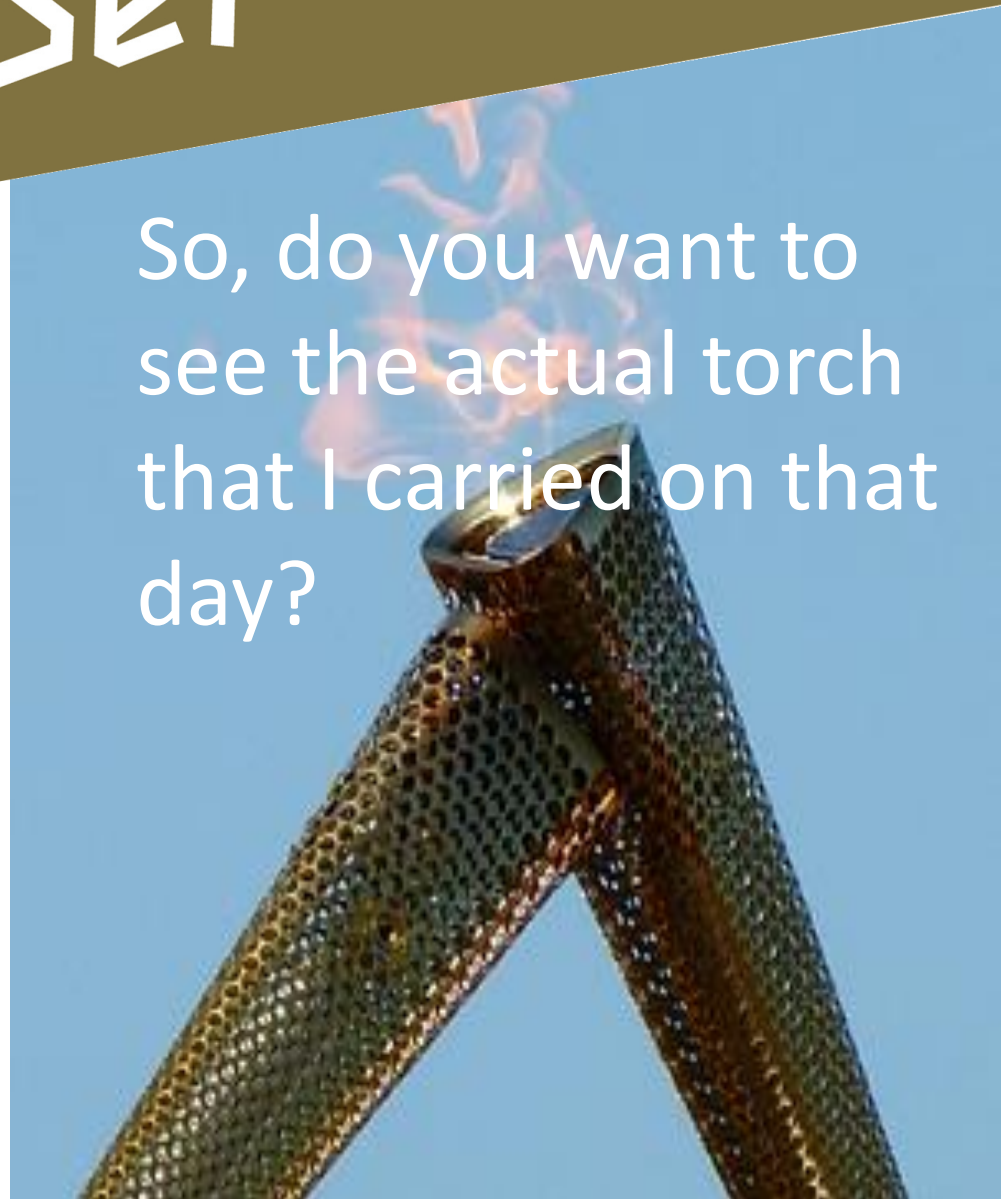
London 2012 Olympic torch

8000 holes in the torch represent the 8000 torchbearers who will carry it

The three sides of the torch represent the 3 times the Olympics have been held in London

- 1908
- 1948
- 2012

So, do you want to see the actual torch that I carried on that day?





Get Set

LTA Youth Start – Time to get on court!

Intro course aimed at kids new to tennis

- When: Summer 2024
- Where: Bramford Tennis Club
- Age range: 7 to 11
- What's included:
 - 6 hours on court
 - Tennis racket
 - T-shirt
 - Set of balls



SKILL UP WITH LTA YOUTH START

Never held a racket? No problem. We run starter courses for those aged 4 – 11, packed full of fun games and dynamic training. We want kids to bring all their energy to tennis; no 'quiet please' needed here.

We know kids will become fitter, more confident, and more skilled on the court. That'll also help them get better at other sports like football, hockey and cricket. Result.

Specially trained coaches will ensure every kid has the best start to their tennis journey in a safe and inclusive environment. Sessions cater to all abilities, so no one gets left behind.

Location: Bramford Tennis Club

Time: 3rd-5th Aug 10am-12pm

£29.99 (+£5 P&P) gets you:

- Six top-class tennis sessions with specially trained coaches
- A tennis racket and set of balls
- A t-shirt and pair of wristbands
- Rewards for progress and achievements
- Activities to do at home each week

LTA
YOUTH START

Don't wait. Book now at
www.lta.org.uk/Youth/start