

I think we arrived on a Saturday. [Pause] We arrived on a Saturday, the medals parade was the Friday and we went home on the following Monday so it was like eight days, nine days before I could go back to the UK. I got back to the UK and seen everyone and it was brilliant.

*What happened when you got back?*

That first night I got back my mate, my best mate was waiting at mine for me. I got back at like stupid o'clock, twelve o'clock, one o'clock, something like that. I was just like 'oh right I'm home', just couldn't believe it. Spoke to him for a bit, because he's my best mate I could speak to him about different things. And then the next night I had like a welcome home party, weren't even meant to happen, it was just meant to be a few mates coming round and it turned into a party and then that party turned into a four week long party.

*[Laughter]*

To be quite honest. Just, just brilliant.