

Jonathan Edwards is looking forward to a

the most nervous I've been. And it seems like a small thing but one of the advantages is that it's just five minutes from home."

That's important to this devoted family man – he and his wife have two young sons – whose feet have hardly touched the ground since he retired from competition at the end of 2003. "It's probably been the busiest seven months of my life since I retired. If you think of the Olympic Games, I'd compete for an hour and a half and all the rest of the time I'm on my own, nobody's making any demands of me. But now I've been travelling away from home quite a lot – more than I was as an athlete. And if I did go away training we would tend to do it as a family, so it's a much more pressurised existence now."

At least that's given him an excuse to abandon his gruelling training routine.

"I've not been in the gym once, apart from to visit people, since I retired," he grins. "I play some tennis, cricket and golf, and we often go to the Lakes and walk ... and that's it."

"But to be honest it's been a gradual process, since the Olympics in 2000 I've taken my foot off the pedal and almost freewheeled in to the end of my career. I really feel I finished at the right time and I've never for a moment wished I was an athlete again; I got every last ounce of juice from my athletics career, I don't think I had anything else left to give when the time came. And it is nice not to have to worry about getting up in the morning and feeling in tip-top



Colin Jackson

Sporting superstar Colin Jackson may have hung up his spikes and left his competing days behind him but, with the Olympic Games just around the corner, the former hurdler is heading off to Athens to go behind the scenes and provide expert coverage for the BBC.

“I’m really looking forward to the Olympic Games, and it will be the first time I’m doing the Games without actually taking part,” the 36-year-old Welshman says excitedly. “So I’m going to see what it’s going to be like on the other side, which should be really interesting.”

Having started his preparation for the Games, trying to absorb as much information as he possibly can, without really making it an effort, Jackson is now eager to get to Athens and commentate on and analyse all the action. However, he finds the prospect of commentating a little more daunting than actually taking part in the Games itself.

“From this side, it’s a little bit more difficult. When you’re a performer you only need to think about your performance and nothing else. But when you’re commentating, you have to build up a little case study of every individual that you’re going to talk about and mention, and every individual sport that you’re going to commentate on.”

So, what does Jackson think about our British hopefuls? Who should we be looking out for this year?

“I think Britain has as good a chance as any other nation for winning medals this year. You might think that’s a coward’s way out, but the sport has changed. Years ago there was a structure, and you knew who was going to win the 100m title.

It would be between two athletes, and that was happening in every single event. Now that doesn't exist. Now anyone could win the Olympic Gold in the 100m. If someone performs well on the day, then the opportunity can be taken."

Having said that, Jackson is particularly looking forward to watching his former GB teammate, Paula Radcliffe, run the 10,000m, or the marathon, whichever she chooses to run in.

"Long distance running is phenomenal and I can't wait to see Paula run. I'm also looking forward to seeing a young hurdler, called Felix Sanchez, of the Dominican Republic do very well. He's a world champion and I really do think he has the ability to break the world record."

When asked if he gets the chance for much time off during the Games, the Welsh sports star laughs out loud.

"During the Games? It ain't happening! If you want to do a good job, and be professional,