

Life as I know it

Laura Trott

“EastEnders makes me think that my own life is amazing”

Double Olympic gold medal-winning cyclist Laura, 20, lives in Manchester and is dating fellow Olympian Jason Kenny Interview by Nick McGrath

Not a lot of people know this but I'm very good at... trampolining.

I actually competed at quite a high level but then I had to take a six-month break and I'd lost too much ground to go back. So I gave it up and stuck to cycling instead.

My best friend is... Kristi Burling. We were in the same classes at school and I still meet up with her as much as I can.

The bravest thing I've ever done is... I'm a bit of a scaredy-cat really. You wouldn't catch me jumping out of a plane or anything.

My nickname is... Trotty, which everyone calls me, but my dad calls me Squid. I've no idea why.

My favourite TV show is... *EastEnders*. I know it's a bit miserable but it makes me think that my life is amazing.

My perfect evening is... a quiet night in – sad, I know, but I love it. I'm always so tired after training, by the time it gets to Friday I'd much rather watch a DVD with my boyfriend Jason than go out.

My first kiss was... at school when I was 15 and his name was Lewis Sinclair. I was with him for a year and a half, but that doesn't really mean much at that age.

My biggest regret is... my mum and dad have always told me, “Don't have regrets. If you do something wrong, learn from it.”

If I could change one thing about myself... I should probably learn to keep my mouth shut now and again – it gets me into trouble. I like to tell it how it is but that doesn't always go down too well.

The best thing my parents taught me was... to ride a bike. I was five or six when dad took my stabilisers off. A moment later we heard this almighty scream. My sister Emma had fallen off her bike and broken her leg.

It's not good for my image but I like... One Direction. I met the band on a shoot and they tagged me in a photo on Twitter. I got loads more followers after that.

My greatest weakness is... getting upset in arguments. People say I'm really argumentative but I can only do it up to a certain point, then I give in.

If I could pass any law it would be... like they have in Belgium, where if a car hits a bike it's the driver's fault, no matter what. That should be a law over here, too.

The shop I can't walk past without buying something is... River Island. Jason hates my shopping habit.



The most expensive thing I've splashed out on is... I don't really buy expensive things, but I went on a luxury holiday to Dubai after the Games.

My perfect Sunday is... a roast at my mum and dad's house. Sunday is a rest day for me, so it's nice to chill out and eat some good food.

My favourite place in Britain is... anywhere up North. People are much more friendly and welcoming there.

I am currently reading... *The Secret Race* by Tyler Hamilton. It's all about the behind-the-scenes drama of the Lance Armstrong case.

Tyler used to ride for the same team and the detail is totally compelling.

The best day of my life was... It's a tough decision between the first gold I won at the London Olympics and the second, which was a massive deal for me. Although I'd won two golds at the World Championships I never believed I could repeat that. Everyone asks me how those moments feel but it's still impossible to describe. **S**

First: *The Official Film of the London 2012 Olympic Games* is out now on DVD and Blu-ray.