

# 'So special': Tom Daley says husband took on childcare so he could win silver <sup>[1]</sup>

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## Excerpt

Most Olympians like to talk in the moment of triumph about suffering, tunnel vision and the realisation of some stark and unforgiving goal. As Tom Daley and Noah Williams celebrated their silver medal for Team GB in the 10m synchro platform dive at Paris 2024 the talk was about family, support networks, life balance – and also juice cups.

Daley and Williams produced a performance of sustained precision at the Aquatic Centre to finish second behind the brilliant Chinese pair Yang Hao and Lian Junjie. For Daley a silver medal completes the Olympic set after three bronzes and a gold. But even the moment of triumph contained a reminder of his day job as father of Robbie, five, and Phoenix, one.

“Before the competition had started it felt like we had won. Just being able to be there with my family and my kids is so special,” Daley said.

“They were stood right above the mixed zone when we were doing our interviews. Phoenix did throw his juice cup at me. I’ll have to give it back to him at some point. It nearly took out one of the BBC reporters. It was really nice to have him there and share that.”

The post-competition ceremonials were an opportunity also to pay tribute to the support of his husband, the screen writer Dustin Lance Black, who could be seen weeping in the stands after the final dives.

“The people closest to Olympic athletes don’t get enough credit for how much they really have to sacrifice and support. My husband has been there all year to be able to take the reins with the kids when I’ve gone to training camp or competition.

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