Fry's Turkish Delight. I eat –

That I

A nice fella and a decent

Litter.

PLEASE RECYCLE

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Grand National winner Bob Champion

The prized possession you value above all others... My Helen Rollason award, which I got at the BBC Sports Personality Of The Year awards in 2011 for my charity work. The Bob Champion Cancer Trust has raised more than £14 million since 1983 and that award meant more to me than anything.

The biggest regret you wish you could amend... Not winning the Cheltenham Gold Cup. After the Grand National, it’s the jewel all jockeys want to win.

The temptation you wish you could resist... Fry’s Turkish Delight. I eat pretty healthily, but I have a sweet tooth and I find them too moreish.

The book that holds an everlasting resonance... I love Dick Francis’s thrillers in general, but the book that holds an everlasting resonance Of The Year is The Secret Agent.

The most influential person you have ever met... Yul Brynner best as he was so hard.

The figure from history for whom you’d most like to buy a pint... I’d like to in Muhammad Ali’s corner when he fought George Foreman in The Rumble in the Jungle in 1974. I saw him at the Sports Personality Of The Year once and I’ve never witnessed such a powerful aura.

The piece of wisdom you would pass on to a child... Always give yourself a goal. When I was diagnosed with testicular cancer in 1979 my dream was to be well enough to ride again. I’m certain that helped me pull through.

The person who has influenced you most... The trainer Josh Gifford. We won the Grand National with Aldaniti. He stood by me, and I was sad when he died in 2012 because I admired him so much.

The treasured item you lost and wish you could have again... I’d like to have good knees again! I’m 68 and arthritis and old injuries hurt. Like every jockey, I was battered. I broke my collarbone eight times, and had breaks in my back, shoulders, skull, legs, arms, ankles. You name it, I broke it!

The pet hate that makes your hackles rise... Litter. I’d like to see prisoners clearing it up so they’re not sitting around all day.

The poem that touches your soul... Home-Thoughts, From Abroad by Robert Browning. It’s a beautiful poem about England in spring.

The event that altered the course of your life and character... Being diagnosed with cancer and given four or five months to live was a shock. I was offered a new type of chemo with only a 30 per cent chance of success. I wasn’t sure what to do, but then the doctor said, ‘If you were given a 6-4 shot to ride, you’d give it a go, wouldn’t you?’ The chemo was brutal, but it worked. I still have yearly check-ups.

The way you would spend your fantasy 24 hours, with no travel restrictions... I’d spend all day with my partner Jeanette. We’d have a big platter of tropical fruit for breakfast on a beach in Hawaii, then I’d do a bit of bodyboarding. After that we’d go for a long walk up the Rosebery Topping hill near Middlesbrough. My mum and dad’s ashes are scattered up there, so I’d stop and say hello to them. Later, I’d zip to Hong Kong to get a suit made.

The song that means most to you... Sailing by Rod Stewart. It always puts me in a good frame of mind.

The happiest moment you will cherish forever... Winning the National at my ninth attempt was an amazing sensation.

The saddest time that shook your world... Losing both parents to cancer – my dad Bob in 1985 aged 75 and my mum Phyllis in 2010 aged 90 – was very sad. They meant the world to me.

The order of service at your funeral... I’d be brought into the church to the theme music from Champions, the film about my life with John Hurt, and taken out to We Are The Champions by Queen. I want my ashes scattered with my mum and dad’s.

The way you want to be remembered... A nice fella and a decent jockey whose charity helped find a breakthrough to cure cancer.

The Plug... Please support The Bob Champion Cancer Trust by donating via www.bobchampion.org.uk. ■

As told to Rob McGibbon

I’d spend the afternoon at Flemington Racecourse for the Melbourne Cup and in the evening my kids – Michael, 31, and Henrietta, 27 – would join us on a beach in Tahiti for a fish barbecue and champagne. I’d end the day at home in Newmarket with a glass of brandy.

The crime you would commit knowing you could get away with it... I’d steal a Ferrari and zoom along the A14 to Newmarket without getting a ticket.

Right: Roseberry Topping hill

We ask a celebrity a set of devilishly

probing questions – and only accept

THE definitive answer. This week it’s

Grand National winner Bob Champion

Next week

- Vicky McClure takes us backstage on her new thriller
  The Secret Agent
- Delicious summer dishes in part three of our Elizabeth David
  recipe series
- PLUS Britain’s best TV guide

Mark Rylance is Roald Dahl’s BFG in the new film – in cinemas

from Friday. Beverley Knight stars in The Bodyguard at London’s

Dominion Theatre from Thursday. And the Pet Shop Boys

play four nights at the Royal Opera House from Wednesday

In conclusion, this article aims to provide a comprehensive understanding of the subject matter by offering clear and concise information on a variety of topics. The inclusion of personal anecdotes and significant life events adds depth and relatability to the narrative, allowing readers to gain a deeper insight into the experiences and thoughts of the subject. The structured format, with questions and direct answers, facilitates easy comprehension and retention of the information presented.