The prized possession you value above all others… Apart from family, it’s my pride. The Midget Gems, Glee and an astronaut floating in space.

LONDON OLYMPICS SPECIAL

We ask a celebrity a set of devilishly probing questions — and only accept THE definitive answer. This week: Olympic decathlete Daley Thompson

The figure from history for whom you'd most like to buy a pie and a pint… Martin Luther King. People like him are very rare. It must be incredible to be driven by a higher purpose.

The piece of wisdom you would pass on to a child… Live life to the full and be open to people and their ideas.

The treasured item you lost and wish you could get back again… You'd have to find a girl. Fun times.

The unqualified regret you wish you could amend… I've made loads of mistakes, but don't have regrets. You play things the way you see them and you can't go back and change anything.

The way you would spend your fantasy 24 hours, with no travel restrictions… I'd take my children [Rachel, 24, Austin, 21, Elliott, 19, Alex, ten, and Aaron, five] to all five Disneyland theme parks in the world. We'd start off in Japan, and end up in California. But I’m never happier than being in England, and one area that's special is Richmond Park. I love the deer and cycling around there, so maybe I can fit that in too.

The temptation you wish you could resist… Sweets of any shape and size. Midget Gems and red liquorice are big favourites.

The book that holds an everlasting resonance… The Bible. I went to Sunday school of my own accord from the age of seven because I was gripped by stories like the Sermon on the Mount and David and Goliath. I found them so believable.

The priority activity if you were the Invisible Man for a day… No idea! I try to keep out of the public eye generally and have only been doing publicity work recently because of the Olympics. Once the Games are over I’ll go back to being invisible again!

The pet hate that makes your hackles rise… I prefer straight talking. If the answer is ‘no’, then say it. Don’t say ‘maybe’ and not mean it.

The order of service at your funeral… Nothing can beat having kids. But every day is a great day for me.

The saddest time that shook your world… When I had to retire at 31 because I kept getting injured. I could have had another four years at the top.

The unfulfilled ambition that continues to haunt you… I’d love to go into space and experience weightlessness.

The order of service at your funeral… I can’t begin to imagine being dead, so it wouldn’t occur to me to talk about it. The way you want to be remembered… Just as a good friend and a good dad. I don’t even need the athletics to be remembered. That’s all in the past.

The Plug… See Daley host the ‘Daz-athlon’ at www.facebook.com/dazsoapclub and find his missing trophies to be in with a chance of winning a cash prize.

As told to Rob McGibbon

Mark Wahlberg’s outrageous new comedy Ted hits cinemas on Wednesday. Monty Python’s Spamalot returns to London at the Harold Pinter Theatre. And Contrast, the first album from Conor Maynard, the British Justin Bieber, is out on Monday.

NEXT WEEK

● All your favourite regulars return, including On Set Diary, The Wild Life with Monty Halls and Homework For Grown-Ups
● Jamie Oliver’s favourite ways with shellfish
● PLUS Don’t miss Britain’s most detailed TV listings guide

I'm not into possessions. I even gave away my Gold medals to two friends who trained with me.

The poem that touches your soul... If by Rudyard Kipling. It’s about fulfilling yourself and doing things to the best of your ability.

The misapprehension about yourself you wish you could erase… I don’t care what people think about me. If there is a misapprehension, then so what?

The event that altered the course of your life and character… Discovering sport changed my life, but not my character. When I was nine I thought I'd be the world’s greatest footballer, then I found athletics and realised I was going to be great at something else. Even winning at the Olympics was a big shock because I expected to win.

The crime you would commit knowing you could get away with it… I’d get into my BMW and drive around the M25 as fast as I could.

The song that means most to you… Me And Mrs Jones by Billy Paul. It takes me back to when I was a teenager in Notting Hill going to discos. It was always the slow song at the end of the night and as soon as it came on you'd have to find a girl. Fun times.

The happiest moment you will cherish forever… Nothing can beat having kids. But every day is a great day for me.

The saddest time that shook your world… When I had to retire at 31 because I kept getting injured. I could have had another four years at the top.

The unfulfilled ambition that continues to haunt you… I’d love to go into space and experience weightlessness.

The philosophy that underpins your life… You get out what you put in.

The order of service at your funeral… I can’t begin to imagine being dead, so it wouldn’t occur to me to talk about it.

The way you want to be remembered… Just as a good friend and a good dad. I don’t even need the athletics to be remembered. That’s all in the past.

The Plug… See Daley host the ‘Daz-athlon’ at www.facebook.com/dazsoapclub and find his missing trophies to be in with a chance of winning a cash prize.

As told to Rob McGibbon