

MY PERFECT SUNDAY



By Dame Sarah Storey
Olympic cyclist

AS an athlete, Sundays often revolve around racing and our lazy day of the week might end up being a Thursday.

On a perfect Sunday, however, I'd be waking up in our motorhome and enjoy breakfast outside.

We'd go for an off-road bike ride as a family, with my daughter Louisa, four, in a seat of my husband Barney's mountain bike.

If training, I go out alone on quiet Peak District roads or Cheshire lanes.

Lunch would be cooked in the motorhome and eaten outside. Then we'd head off on foot to explore. Recently, we were near Morecambe and had great fun discovering rock pools.

In the evening, we like to go to the Gold Post Box

pub! It's actually the White Lion, in Disley, and it's where my first gold post box (left) from the London 2012 Paralympics is located. Being pregnant, I'm delighted they now serve

Eisberg Alcohol Free Wine - so I have a glass too!

We'd end the day with bedtime stories, snuggled up with Louisa. There's no better place - it's fab.

YOUR PERFECT SUNDAY

IF I could be anywhere on Sunday, I'd be at a Grand Prix. I love F1. Otherwise, I'd be at home watching the race on telly, followed by a couple of pints at the pub and a roast. Bliss!

Chris Jennings, Nottingham

Tell us about yours at mirror.co.uk/perfectsunday or write to Features, Sunday Mirror, One Canada Square, London E14 5AP

GREAT MATCH
Stokes kisses Clare



VOW'S THAT Bride & groom yesterday

Wedding bails for Ben and his catch

BEN Stokes batted aside worries over possible assault charges to wed Clare Ratcliffe - after removing his bandage.

Fellow England cricket stars Alastair Cook and Stuart Broad joined 200 guests in East Brent, Somerset, yesterday. There was no sign of Alex Hales, with Stokes, 26, on the night he was arrested over a brawl in Bristol.

WELL HELD Ben with bouquet



Pictures: i-Images/SWINS/STAN KUJAWA



BEFORE Stokes later removed bandage covering brawl injury



TEAM BEN Broad and Cook, with wife Alice Hunt

Rocket for Mr Bond

EXCLUSIVE BY SHARON FEINSTEIN

THE next 007 movie will be out of this world - literally.

Rumours are that Bond 25 will take the franchise to a whole new level - namely the stratosphere - with a giant space rocket in the mix.

And the idea to boldly go futuristic is said to be the brainchild of tycoon Elon

'Futuristic' 25th instalment aims to propel 007 into the heavens



MUSK HAVE Craig and the tech tycoon

Musk. The 46-year-old billionaire tech entrepreneur bought 007's iconic Lotus Esprit from The Spy Who Loved Me and tried to turn it from a car to a submarine in

reality. Now he's said to be developing ideas for a spacecraft for the 25th Bond movie - and Daniel Craig loves it.

A source said: "Bond needs to keep up with the times and will be looking into Elon Musk's world - spacecrafts, planes that can fly across the earth in an hour, cars turning into submarines.

That's what we need to include now. Daniel's stunts are going to move to a new level and have to include things shown in space movies like Interstellar.

"He is involved every step of the way, as he always is, and is bursting with enthusiasm and excitement."

It has also been reported that Craig wants highly regarded Denis Villeneuve - who was behind thriller Sicario and sci-fi hit Arrival - to direct the next film.

Shooting could take place in South Africa. The movie is set for a November 2019 release.

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