

MY BEST LIFE

RICHARD MADELEY

'Judy and I are in love with Cheryl Cole'

Richard Madeley, 52, one half of Britain's favourite TV couple, has written a book about fatherhood, *Fathers & Sons*, which explores his own family's troubled history. Richard lives with wife Judy Finnigan between north London and Cornwall. They have twins, Tom and Dan, 31, from Judy's first marriage and a son and daughter, Jack, 22, and Chloe, 21.

What's the best bit of advice you've ever been given?

It was from the late Tony Wilson, when I joined Granada TV in 1982. He said, "If you work in television, don't take yourself too seriously." I took that to heart.

Apart from Judy, who is your best friend?

Bless her, if she hadn't died I'd have said Caron Keating was my best friend. We were very similar. She didn't take herself seriously, either. She co-presented with me for six months when Judy was off after her operation. Caron was a reluctant television presenter – very much like Judy. She was also incredibly funny. I'd go home to Judy and tell her something Caron had said. Judy said, "Are you falling in love with that girl?"

I replied, "No, no! Just wait till you meet her."

What's the best part of your day?

Going to bed. Judy and I both read a lot. I get between the nice cool sheets next to the person that I love, with a book or a newspaper article that I've not had the chance to read all day. It's just a totally personal and private half an hour before you put the lights out. I love that part of the day. Usually with a gin and tonic beside the bed.

Who's the best at admitting they're wrong in an argument?

If I'm in the wrong, I will admit it, usually the



BEST TV SHOW

Strictly Come Dancing and *The X Factor*. In our house, we're all in love with Cheryl. Judy calls her 'The Goddess'. She doesn't mean it bitchily; she's genuinely in love with her. Our son Jack said the other day, "She's just so beautiful." Then he turned to me – "And she's a real lady, too." With *Strictly*, I love Bruce. He's really coming out with some good lines – "Dodderly I am not!" It would be great if Cherie Lunghi was the first older woman to win it.

BEST COOK

Me. Judy went on strike in about 1992 and she's never come back. I wasn't good at the start, but she taught me all I know. My signature dish is spag Bol with a lot of red wine, sherry and chicken livers.



BEST INTERVIEWER



I'm looking forward to Piers Morgan's TV series. I suspect, as a journalist, Piers will be quite incisive. He's invited me on, but I won't see what he does. If the invitation's still there, we'll go on series two!

next day. I don't understand this thing about 'Never let the sun go down on your wrath' – because it frequently has gone down on mine and Judy's – lying back to back in bed!

What's the best thing you've learnt about yourself from writing your new book, *Fathers & Sons*?

What I really learnt is that I have the ability to forgive people who do me wrong – like Dad for beating me as a child, which is in the book. Forgiveness is a fantastic tool.

It allows you to move on and to fix things.

What's your best diet tip?

I do watch my weight. Not obsessively, but because my dad died of a heart attack. I eat as little red meat as I can – particularly since the time I nearly died of oxygen starvation when a piece of roast beef got stuck on my windpipe. Now, when I eat red meat, boy, do I really chew it!

By Paul Simper

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