

My weekend

Frankie Dettori MBE: Champion Horse-racing Jockey by Olivia Parker

Frankie Dettori was born in Milan, Italy in 1970. He now lives in England near Newmarket, a market town famous for its race courses. His wife, Catherine, is English. They have five children, Leo, Ella, Tallula, Rocco, and Mia. He doesn't have many weekends off.

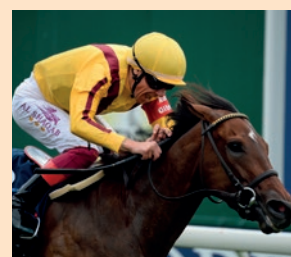
Frankie says: 'I don't have many free weekends because on Saturdays and Sundays I ride. I often have Mondays off, but then everybody is at work, so I have no friends to play with. That's very sad.

I have some weekends free, and I like coming home to my house, near Newmarket. It's nice – I get home on a Friday night, put on my pyjamas and watch TV. Brilliant! But, it's very noisy – we have five kids and a lot of pets. One of my daughters got an emu on the Internet, he's called Bruce and lives in the garden. We also have a gecko – it's my son's – a hedgehog, and two donkeys.

On Saturday nights, I sometimes cook. I usually do fish and chicken, but I cook a good pasta as well – obviously Italian food is my favourite. I'm a big fan of Japanese food as well.

On Sundays, my kids often compete in pony club shows. Pony club competitions last a whole day. We pack a picnic, the ponies and our three dogs and all set off for the show, a happy family. I like watching the kids on their horses.

In the evening, I usually watch a football game. I'm an Arsenal fan. I'd love to be a footballer, but I'm too small. By the end of the weekend, the house is a mess – there are children's toys and clothes everywhere. Catherine gets the kids to bed and I have a glass of wine.'



Alexandra Burke: Singer/songwriter and actress by Casilda Grigg

Alexandra Burke was born in London. She now lives in a village near the city. She is one quarter Jamaican, Indian, Irish and English. Her mother was a soul and R&B singer. Alexandra won the TV talent show The X Factor and now stars in West End musicals. She likes to spend weekends at home with her dogs and family.

Alexandra says: ‘On Fridays I like to have my family to my house – my brothers, David and Aaron, my sister Sheniece, my mum and my dad. I always cook. I make Spaghetti Bolognese, my favourite food. I love it!

My three dogs, Alfie, Prince and Teddy, run around and there’s reggae music because my dad’s Jamaican. My dad lives near me. He’s a chef and I want to learn how to make Jamaican food.

On Saturdays, I get up late – Alfie sleeps on my bed – then I take the dogs for a walk. I often spend the day with my nieces and nephews. We have a picnic lunch in the garden, or when it’s nice and hot we go to the park. As a Jamaican family we like to have chicken soup on Saturday night. Dad usually makes it.

On Sunday mornings, I often do a ‘hot’ yoga class near my house. Then we go to church. It’s always very lively, with lots of singing and a band. After church we sometimes go to the pub for a roast dinner and then we go home and watch the football together as a family. My family support Arsenal, but I’m a Manchester United fan. In the evening, we sometimes drive into London and go to a club. The Drury Club in Covent Garden is great on a Sunday. It’s got great music – my dad often comes, too.

There is never a day when I don’t speak to my mum or my dad. I talk to my brothers and sister, too. I have a lot of great people around me. I’m very lucky.’

