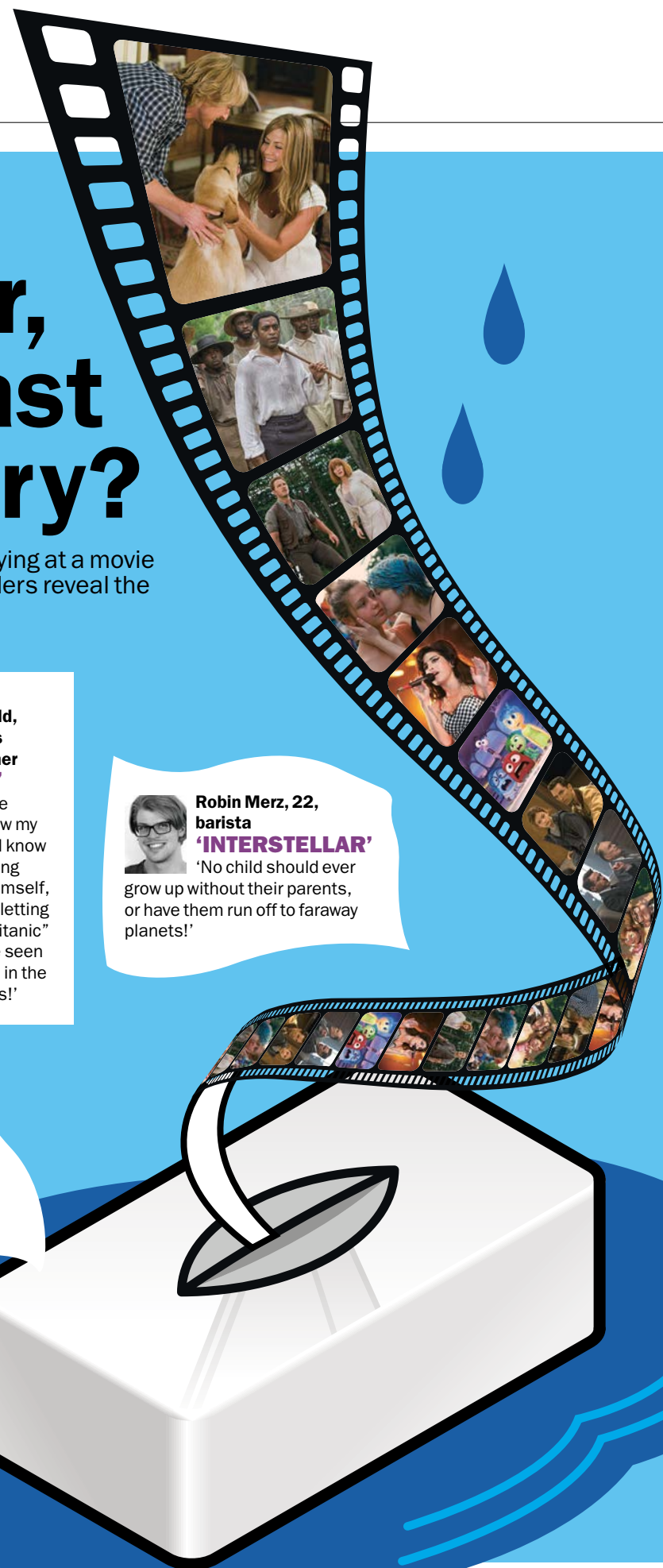


Dear reader, what film last made you cry?

Scientists in Holland have discovered that crying at a movie actually makes us happier. Ten Time Out readers reveal the tearjerkers guaranteed to make them blub



Daniel Akinbola, 29, marketing executive
'12 YEARS A SLAVE'

'It wasn't even the brutality of it all. What did it for me was when Chiwetel Ejiofor finally saw his family and his kids were all grown up. The thought of missing so much of your children's lives broke me. I've never seen so many guys cry in such a concentrated area. I cried again outside the cinema.'

Lizzie Scourfield, 23, news researcher
'INSIDE OUT'

'Pixar are absolute geniuses and know my heart better than I know it myself. When Bing Bong sacrifices himself, it's basically Jack letting go of the raft in "Titanic" all over again. I've seen it twice and I cried in the cinema both times!'

Robin Merz, 22, barista
'INTERSTELLAR'

'No child should ever grow up without their parents, or have them run off to faraway planets!'

Anna Wilczek, 29, marketing manager
'JURASSIC WORLD'

'I'm ashamed to admit that when I heard the "Jurassic Park" theme kick in while watching "Jurassic World" in the Imax a tear may have escaped. I'm a Spielberg girl through and through, and the nostalgia was too much to handle.'

The thought of missing so much of your children's lives broke me

Abbie Phillips, 22, communications assistant
'INTERSTELLAR'

'This film has a lot to do with the relationship between a father and his daughter and I watched it with my dad before I left St Helens for London. What got me was their separation. It felt too close to home!'

Camilla Laake, 25, writer
'THE FAULT IN OUR STARS'

'I couldn't stop the tears. The subject matter, cancer and love, got to me and I'm a sucker for a romantic film. There are some great lines in the movie: "I fell in love with my dad before I fell asleep, slowly, and then all at once." This line resonates with me - I fell in love the same way.'

Amanda Pauley, 26, journalist
'AMY'

'I recently saw Amy Winehouse documentary "Amy" at Whirled, an independent members' cinema in Brixton; to my surprise it made me very emotional. It was hard watching the troubled life of someone so talented and so deeply missed. Her music was truly unique.'

Laura Evans, 23, personal banker
'THE JUDGE'

'Robert Downey Jr and Robert Duvall play father and son in a frank and intimate portrayal of a strained parent/child relationship. The trailers made it look quite cheerful, but my God, the ending was heartbreaking - I could really relate to it. I walked away feeling emotionally wrecked. If you're going to watch this, watch it with chocolate. At least two bars.'

Jennifer Watts, 27, risk manager
'BLUE IS THE WARMEST COLOUR'

'I am not a soppy person (my Twitter handle is @jenthecynic for a reason). But this couple are so passionate and raw; when they are crying, so much snot pours out of their noses it has to be true love!'

Liam Moore, 30, web designer and editor
'UP'

'The first 20 minutes; that's life, right there. With all its beautiful, loving and painful nuances set to that score.'

Miss You Already

★★★★

Dir Catherine Hardwicke, GB (12A) 112 mins

FILM OF THE WEEK

'You're a cancer bully!' Those words, screamed across the Yorkshire moors, are not what you'd expect from romcom darling Drew Barrymore. But by the time you're halfway through 'Miss You Already', a look at what happens when cancer enters a friendship, you'll realise that this is a movie with the heart and grit so often missing from weepies. It's one of the most authentic representations of breast cancer I can recall, and it made me want to bawl my eyes out.

Barrymore stars as bohemian, spirited Jess, who's struggling to have a baby, while Toni Colette is the glamorous rock chick Milly, who has just been diagnosed with breast cancer. Maybe it's the fact that the



central characters here share my gender, age and geography (it's refreshing to see London locations not lifted from the sugared-almond landscape of Richard Curtis's back catalogue), but their stories

feel totally relatable. 'Miss You Already' isn't flawless: there are points when you can predict what's coming with pat-yourself-on-the-back accuracy. But other moments will make you want to grab the people you love and attempt to create enough random, reckless memories to fill a soft-focus montage. *Alexandra Laverick*

THE BOTTOM LINE A cancer weepie that earns our tears.

Alexandra Laverick, 35, display planner for M&S Foods 'Food fixated. Lover of movies. Fro-yo addict. Dog obsessive.'



Palio



★★★★

Dir Cosima Spender, GB (12A) 91 mins

This documentary follows the lives of Italian stallions and their horses as they prepare for one of the oldest races in the world. Twice a year, thousands of spectators crowd into a medieval square in Siena to witness a race which lasts all of 90 seconds. Dressed in traditional garb, jockeys ride bareback, each representing a city district. Crowds cheer and boo as the riders make sharp turns, sometimes falling (a horse will still win if it makes it to the finish line minus his jockey).

At times the horse is the star, then the jockey, then the horse again. 'Palio' captures the atmosphere and the testosterone, cutting between behind-the-scenes footage, interviews and palm-sweating footage of the race. Watch 'Palio' then a British horse race. My bet is you'll find this more entertaining. *Liam Moore*

THE BOTTOM LINE A thrilling horse racing documentary.

Liam Moore, 30, web designer and editor 'I produce a perfume mag and spend my days sniffing things and people.'

