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It has been all systems go for Team France in the Olympics since Friday night's opening ceremony. 22 year old French swimmer Léon Marchand bagged his first gold medal in the 400m medley yesterday and secured France's first gold in swimming since 2012. Marchand finished a whole 6 seconds before any of his competitors and managed to break swimming legend Michael Phelps' record. Marchand will be appearing in three other events in these Games.

It was also gold for Pauline Ferrand Prévot yesterday in mountain biking. The 32 year old from Reims could not hold back the tears as she received her first ever Olympic medal.

It's all going well for the French women's handball players, after a second win in a row against the Netherlands last night with a final score of 32-28. Their next match is against Brazil tomorrow. The French women's rugby sevens stormed straight to victory against Japan yesterday, with a score of 49-0. They are top of their group and through to tomorrow's quarter finals.

France is currently fourth in the medals table, ahead of South Korea but behind the United States. Japan and Australia are leading overall.

The Israeli Olympics delegation has been placed under close surveillance, with Israel accusing groups with Iran's support of "digital terrorism" aimed at "provoking fear".

And finally, it is hot hot in France today, with 39 départements on alert for a heatwave this morning. Almost the entire southern half of the country is affected.