

Boyfriend duties! Prince Harry visited girlfriend Meghan Markle on set of legal drama Suits to watch her filming ahead of Invictus Games where they attended their first official engagement and he hands out medals

Prince Harry secretly visited the set of Suits, his girlfriend Meghan Markle's television show, on Wednesday when he quietly flew into Toronto a few days early. He apparently met the cast and crew of the US legal drama and proudly watched Meghan in action. 'Everyone was so excited,' a source told Hello! 'He was super low key, met some crew and was so happy to watch his lady.'

Kensington Palace declined to comment. News of the visit emerged as the prince braved forty degree humidity to greet hundreds of competitors at the start of the Invictus Games today. Although hopes were high that he would be accompanied by Miss Markle, the royal arrived at the York Lions Stadium just outside of the city alone. The previous evening he and Miss Markle, 36, had appeared at the same official event - the opening ceremony for the games - although they were careful not to be photographed together. In her absence, Harry, fifth in line to the throne, and dressed in jeans and his black Invictus polo shirt, watched one or two races on the track, handed out several medals and then made a point of meeting as many servicemen and women as possible in their preparation area.

The Invictus Games are an inspirational Paralympic-style event for injured service personnel, created by the prince. Some 550 competitors from 17 nations are taking part in 12 adaptive sports such as tennis, golf and basketball. Today Harry learnt about the Canadian art of dog sledging as he attended a Duke of Edinburgh gold awards ceremony. He was handing out awards for the first time and met with former awards winners, as well as 150 young people who have just achieved the highest level of the scheme founded by his grandfather in 1956.

Chatting with two existing gold winners who now help out with the scheme nationally, Harry was fascinated to learn how they had gone out into the wilderness dog sledging as part of their challenges. Augusta White, 16, from Toronto told the prince that she had been terrified of dogs before she did it. 'And now?' He asked. 'I have a gorgeous little cockapoo!' she replied. He also teased Jessica Silva, 26, who had borrowed a gold badge as she didn't have hers with her. 'I saw what you did,' Harry laughed.

He also chatted with Valerie Picher, whose artist father, Bernard Poulin, has painted two pictures that hang at Buckingham Palace and St James's Palace.

The second was of his brother, Prince William, three and a half, which was completed from photographs. Harry said: 'This sounds like something my father would say but it's very difficult to keep a little person of that size stop enough to sit.'

Afterwards he listened with a smile as Lou Gizzarelli, the national president of the awards scheme, talk about his grandfather who is meant to have retired from public duties at the age of 96 was still accompanying the Queen on engagements and that his life was one of dedication 'to which we could all aspire'.

After handing out awards to the winners, Harry chatted with one group of youngsters and asked them about what they had done to achieve them. 'Dog sledging, I'm hearing about a lot of dog sledging,' he

said. 'If you need to do it then this is the place. But you need to respect it. You need to go off and spread the love.'

He also went on a behind-the-scenes tour of the athletics stadium and it was more than just the competitors who caught his eye. 'He was mainly talking to Knoxville my puppy,' said Stefan Leroy, whose service dog received a princely pat today. 'He got to play with him for a little bit. He was saying he was a good boy, and beautiful looking' The former army sergeant, 26 — who lost both of his legs in Afghanistan in 2012 says Harry 'was encouraging us all.'

Christy Wise, 30, co-captain of the US team, revealed that she enjoyed some light-hearted banter with the prince as he toured the facility. 'I was carrying my leg and he was 'are you carrying you own leg or someone else's?' I was like 'my own leg this time.' 'He just hangs out with us. He's all about this. He knows the athletes and is not here to take the picture and leave.' The serving pilot from Reno, Nevada, severed her right leg when she was hit by a motorboat while paddle-boarding in Florida.

Read more:

<http://www.dailymail.co.uk/news/article-4915448/Prince-Harry-attends-Invictus-Games-without-Meghan-Markle.html#ixzz4th205Uqw>

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