

**SHOCK U-TURN:
I WILL STAND
AS MP AND
GET MILLIONS
VOTING REFORM**

SEE PAGES 6&7



**DON'T WASTE
A MOMENT!
Rob Burrow's
final poignant
message of hope**

SEE PAGES 10&11



EXCLUSIVE INTERVIEW: PRIME MINISTER RISHI SUNAK

VOTE FOR FARAGE 'IS MORE LIKELY TO END UP WITH STARMER IN NO 10'

THE stark reality of voters thinking of switching their allegiance to Nigel Farage is that they will put everything they "care about" at risk, Rishi Sunak has warned.

Firmly laying out the clear choice facing Conservatives who might be swayed by the new Reform leader's dramatic late

By **Sam Lister** Political Editor

entry into the election campaign, the PM said: "One of two people is going to be Prime Minister on July 5 – Keir Starmer or me.

"A vote for anyone who is not a Conservative just makes it more likely that Keir Starmer is going to end up in No10." Mr Sunak's warning came as another week of electioneering began with more bad news for the Tories. An

MRP poll by YouGov suggests that Labour could win 422 seats to the Tories' 140, giving Sir Keir a Commons majority of 194.

Mr Sunak told the Daily Express progress on tackling the small boats crisis will be lost, punishing green penalties will hit hard-pressed families and taxes will rise if Labour win.

He stressed: "So for people who are considering who they want to vote for, think about the issues that you care about. If you care about stopping the

boats and bringing down legal migration, who is more likely to do that? Because I've already got the boats down by a third.

"And I'm the one who's got people detained and flights ready to go to Rwanda in July. Keir Starmer is not going to do any of that. He's going to cancel those flights, release everyone and offer an amnesty. If you care about net zero

TURN TO PAGE 4



NEW POLL: LABOUR SET TO WIN MOST SEATS IN ITS HISTORY SEE PAGES 8&9

Warriors return to



Called to duty...Lewis Curl

Navy hero dies just days before gathering

By Ben Mitchell

ONE of the last remaining D-Day heroes has died aged 98 – just days before the 80th anniversary.

Able Seaman Lewis Curl served with the Royal Navy from 1942 to 1946. The Navy said he was deployed as a cypher coder on HMS Belfast and had returned on leave to Portsmouth when he was immediately recalled to join HMS Dacres off Le Havre, northern France.

He travelled on a freighter carrying Army lorries, transport and fuel, which was bombed and sunk.

"As he swam away, a launch appeared and he was landed ashore," a Navy spokeswoman said.

Postings

AB Curl finally arrived at HMS Dacres after walking along the coast and getting lifts, she added. "Able seamen do not get piped aboard ship, but 19-year-old Able Seaman Lewis Curl did. An officer took him to one side and told him the ship's company had bets on if he was going to make it. The odds were against him."

He had several more postings before joining HMS Swiftsure bound for the Far East. The spokeswoman said: "He volunteered for night searching for the presence of Japanese personnel and became infected by a tropical disease."

"The hospital he was in was then evacuated when the Japanese came too close."

"AB Curl was left in the ward as he was 'too ill to move'. The staff returned a week later to find he was the only remaining survivor out of the four left behind."

The hero, who was a member of the Royal Naval Association, was awarded the Atlantic Star and Bar, Burma Star and Civil Medal among others.

He died at St Richard's Hospital in Chichester, West Sussex, on May 22.

By Giles Sheldrick
Chief Reporter in Portsmouth

EXACTLY 80 years ago, these warriors were about to take a giant leap into the unknown.

Stationed in camps along the South Coast, they were among tens of thousands of fresh-faced soldiers who knew little, if anything, about the deadly mission they were about to undertake.

D-Day saw 156,000 troops cross the Channel as part of a giant armada, storming beaches along the northern French coast as part of history's greatest military invasion.

Some 22,442 soldiers under British command were slain on June 6, 1944, and during the bloody three-month battle of Normandy that followed, heroes who sacrificed their lives in the fight for freedom.

Portsmouth was the headquarters and main departure point for military and naval units.

And yesterday veterans of the campaign mustered at Southwick House, the nerve centre of D-Day, ahead of their departure to France for this week's 80th anniversary commemorations.

Eight decades on, the band of brothers and sisters who survived through fate, fortune and sheer good luck relived the moments before the battle cry rang out and the pandemonium that followed.

'I heard machine gun fire, men screaming, it must have been horror on the beach'

Among them Peter Smoothy, 99, serving on Landing Ship Tank 215, who said: "We loaded at Gosport eight days before D-Day, with several hundred Canadian and British troops, maybe 30 Sherman tanks on the upper decks and ammunition, food and water."

"We sailed out of the Solent on the evening of June 5 with hundreds of other landing craft of one sort or another. The minesweepers had been in front of us. The Germans didn't really know we were coming. At about 2am on D-Day, halfway across the Channel, we were called to action stations."

"We got into Juno Beach at about 07.30 on D-Day. There were quite a few shells firing at us."

"The ones you could hear were all right. It was the ones you couldn't that were the deadliest. There were shells dropping about, but we didn't get bombed."

"The first wave of beach landings had been in front of us. They'd had the worst task finding themselves immediately face to face with the Germans."

"In our flotilla, there had been nine ships, but after a few crossings, we didn't know where the

Radio link-up...Marie Scott relived horrors



Pictures: TIM MERRY, ANDREW MATTHEWS/DANNY LAWSON/PA



Heroes all... veterans arriving at Southwick House. Top left, Peter Smoothy. Right, Richard Forrester



Grand old gathering... the D-Day veterans in the Map Room at Southwick House in Portsmouth yesterday



rest were. We were like a hen who'd lost her chicks."

Southwick House, the grand Grade II-listed 19th-century manor house outside Portsmouth, is now home to the Defence School of Policing and Guarding.

Eighty years ago, it was where Admiral Sir Bertram Ramsay, who planned and commanded the naval forces, gave the go-ahead for the deployment of the fleet on June 6.

Before issuing the order, he said: "I count on every man to do his utmost to ensure the success of this great enterprise, which is the climax of the European war."

Seated beneath the very map on which Operation Neptune – the D-Day sea invasion – was plotted, D-Day and Normandy heroes posed for an iconic moment.

Marie Scott, 97, just 17 on D-Day, worked

in a secret underground bunker passing coded messages from military chiefs to soldiers landing on the beaches. When troops were talking on their radios, she could hear every blood-curdling sound.

She said: "In my head, I was in the war because what I heard was machine gun fire. Men shouting orders. Men screaming. It must have been horrifying on those beaches."

Concealed

"The Germans had machine gun nests that were very well concealed and they just mowed them down – and I could hear all that."

Richard "Dickie" Forrester, 99, served with the 2nd Battalion, Kings Royal Rifle Corps, landing on Juno Beach and fighting in France, Belgium and the Netherlands, finishing the war in Hamburg.

He said: "Every year, it is so important to me that we unite and make sure those who didn't return

are not forgotten and to remember and honour those who sacrificed themselves to secure freedom."

During their VIP visit, the veterans were treated to afternoon tea and saw the Freedom Flame, an eternal torch that has burned in front of the Tomb of the Unknown Soldier in Paris since 1923.

Symbolic of the bond between Britain and France, it was brought across the Channel from beneath the Arc de Triomphe as part of the D-Day commemorations.

Tomorrow the veterans will set sail for France once more, feted as returning heroes when they arrive at Caen in Normandy.

They will form part of a delegation from Portsmouth with the Taxi Charity for Military Veterans, Royal British Legion and Spirit of Normandy Trust on a voyage carrying the Torch of Commemoration.

MORE THAN SAVING PRIVATE
RYAN: PAGES 24 & 25

THE NORMANDY LANDINGS

nerve centre of D-Day



Time for memories... veteran George Chandler, 99, in the Map Room. Below, Leslie Underwood, left, and Norrie Bartlett



Teach kids about the sacrifices, says veteran



Eric celebrates his 100th. Right, as a serviceman

A D-Day veteran says he believes all children should be taught about the sacrifices of those in the Allied invasion of France, as he turned 100.

Eric Suchland recalled the horrors after landing on Sword Beach as he celebrated his special day and his 74th wedding anniversary.

Yesterday, the Royal British Legion gave a guard of honour at Holly Bank Care Home in Halifax, where he lives with wife Dinah, who is 97 this week.

Eric vividly recalls when he was sent to Normandy in a three-man signals unit to support a field ambulance brigade.

They could not land on D-Day itself because of the devastation, including flooded shell holes.

The next day "the vehicle immediately ahead of us drove straight into a shell hole and disappeared" – and he has no

By **Robert Kellaway**

idea what happened to those inside. Eric said: "There was lots of noise, gunfire, lots of German aircraft strafing us all the time."

"But I wasn't frightened, it just didn't register, we didn't know what we were getting into and just had to get on with our jobs."

He described how it took more than 30 days, taking a field a day, to travel the 22 miles to Caen. And he recalls Lancaster bombers en route to level the French city ahead of the final advance.

Eric said: "I've seen some rather harrowing things. I remember one day we received 30 dead soldiers

from a friendly fire incident – I remember sitting on a mound of earth and just watching this terrible scene."

The ex-Royal Corps of Signals lance corporal finished the war in Germany, where he used his draughtsman's skills to map his post-D-Day campaign.

Eric "would have loved to have gone back to Normandy" but needs continual oxygen.

He said there should be lessons about Normandy, adding: "I think it should be in kiddies' minds to grow up and remember the days when so many people did lose their lives for the sake of freedom."

The Manchester-born great grandad has received the Legion d'honneur, the highest French order of merit.



Desmond's battle over Lotto award

By **Allister Hagger**

THE former owner of Express Newspapers has launched legal proceedings against the Gambling Commission over its handling of who runs the National Lottery.

The case brought by Northern & Shell, along with its subsidiary the New Lottery Company, is due to open at the High Court in London tomorrow.

N&S, owned by billionaire Richard Desmond, claims to have spent millions in its attempt to bid for the UK lottery contract.

It is said to be seeking millions in damages after the UK's gambling regulator awarded the licence to Czech-owned Allwyn Entertainment.

N&S, which runs the rival Health Lottery, is challenging the secretive process by which the Commission decided.

It was initially challenged by Camelot, which ran the National Lottery until its licence ended in February. The action was dropped when Allwyn bought Camelot.

Express Newspapers is now owned by Reach.

Emperor of Japan to visit King

By **Emily Ferguson**

CEREMONIAL splendour awaits the Emperor and Empress of Japan when they come to the UK for a state visit this month.

The King and Queen will host Emperor Naruhito and Empress Masako from June 25 to 27 at Buckingham Palace after they will arrive on June 22 for private engagements.

The four will meet for a welcome with Rishi Sunak, whose calling of the General Election on July 4 changed the schedule, expected to join them.

Charles, Camilla and Prince William will link up with the Japanese couple in a carriage procession along The Mall.

After a tour around Westminster Abbey and a wreath laying at the Grave of the Unknown Warrior, they will return to Buckingham Palace for a state banquet where the King and Emperor will deliver speeches.

Other key moments will include June 27 when the Emperor and Empress will privately visit St George's Chapel at Windsor to lay a wreath on the tomb of Queen Elizabeth II.

FROM PAGE ONE

and getting there in a way that prioritises our country's energy security and doesn't land families with thousands of pounds in extra costs, I'm the one who's going to deliver that, not Keir Starmer."

The Prime Minister added: "I've made the change on our approach to net zero, Keir Starmer is going to reverse those changes and ban North Sea oil – it is going to be bad for our country's energy security and is going to put costs up for people.

"And if you are somebody who wants to lower taxes, that's what I'm about. We're now cutting people's taxes by £900 for everyone in work and cutting taxes for pensioners with a triple lock plus.

"Keir Starmer is going to put up everyone's taxes. That's what the Labour Party did.

"He's got £2,000 worth of tax rises and he needs to be straight with people about which taxes are going up.

"We know there's going to be a retirement tax, but there's plenty of other taxes coming too."

Just a week and a half after ruling himself out of the race, Mr Farage staged a shock U-turn to put not only his name on the ballot paper in Clacton in Essex but also to take over leadership of the party.

He had previously insisted that six weeks was not long enough to organise a campaign and set out his intention to help his friend Donald Trump

'We really have turned the corner, you can see that our plan is working'

in the US presidential race. But Mr Farage, who has tried seven times previously to be elected as an MP, said he had felt a "terrible sense of guilt" over the weekend and changed his mind.

At a press conference in London, he said: "Difficult though it is, I can't let down those millions of people, I simply can't do it, it would be wrong.

"So I've changed my mind. It's allowed, you know, it's not always a sign of weakness, it could potentially be a sign of strength. So I am going to stand in this election."

The announcement is a setback for the Conservatives, who fear losing support to Reform.

Mr Sunak was also hit with more difficult polling that suggested the Tories will lose a host of Cabinet figures on July 4.

But the PM is coming out swinging today with a bold plan against a silent Labour Party that hopes to sneak into No10.

The Prime Minister warned voters that Sir Keir Starmer has "no ideas" and cricket-loving Mr Sunak joked he "aspires" to the baseball technique that turned around the England team after they were told to stop being cautious and start batting without fear.

Speaking to the Daily Express ahead of the first big television clash with the Labour leader tonight, he said: "I'm a big cricket fan. We've had a difficult few years. But it's fair to say the conditions have improved and now we can play some shots."

Mr Sunak added that he will come out swinging because he is optimistic and ambitious about the UK's future.

Pictures: JONATHAN BUCKMASTER

'If you care about lowering taxes...



All action...at Leander rowing club in Henley, a high five and the Lib Dem sabotage bid

He said: "We really have turned the corner. I know it's been tough for everybody. But you can see that our plan is now working – inflation from 11% back to normal, our economy growing faster than France, Germany, and the US, wages growing faster than prices for almost a year.

"I know there's more to do and people are just starting to feel the benefits of that. The choice in this election is to build on that progress.

"And that's exactly what I want to do. I want to play those shots. I want to transform the country with a new form of national service, spread

opportunity for young people with more apprenticeships, protect pensioners with the triple lock plus, ensure the safety and security of women and girls – that's what I'm excited to deliver.

Stability

"That's the future. So those are all the shots I want to play now that we've got through a difficult period."

When pressed on whether he was now the baseball PM after playing a straight bat through the years of economic turmoil, he replied: "Yes,

it's been difficult for everyone for the last few years and my priority when I got this job was to restore economic stability.

"While I know people are only just starting to see and feel the benefits, it's clear that we have turned a corner and things are looking [up] – the economy growing at a healthy pace, wages rising, energy bills falling.

"So now is the time to consider our future.

"And I'm ambitious for our future. I'm so proud of everything our country has achieved.

"And now I want the country to look forward with confidence and with a renewed sense of pride in Great Britain and to know that they're going to have a more secure future under the Conservatives and under my leadership." Meanwhile,

FOR TORIES CAN BEAT STARMER

stopping the boats, net zero I'm the one who will deliver'



Best foot forward... Rishi Sunak shows off his skills as he takes on Wantage FC's women

COMMENT

SAM LISTER

Political Editor



NIGEL Farage's return to the political front line is the last thing the Conservatives needed.

Newly installed as the Reform UK Party's leader and hoping for eight times lucky with a tilt at the Clacton constituency, his ability to hog the spotlight makes him dangerous for the Tories indeed.

The announcement, just an hour before another difficult poll for Rishi Sunak, was the not the ideal way to kick off a new week on the campaign trail.

Anyone would be forgiven for letting the heavy weather get them down.

But Mr Sunak was full of energy when he took the Daily Express out with him on the campaign trail yesterday.

Despite a gruelling election schedule, the Prime Minister was upbeat and optimistic as he toured Oxfordshire, meeting young sportswomen who will benefit from changes he wants to make to protect single-sex sports.

Deterrent

But the reason he is motivated to get up and out there every day is clear.

He believes at his very core that Sir Keir Starmer and his front bench – many of whom until recently were fundamentally opposed to the Trident nuclear deterrent but have now converted into believers – would be disastrous for Britain.

It is inevitable that voters will be fed up with a party that has been in power for 14 years, particularly one that had to pick up the pieces from a financial crash, a pandemic and overseas wars that have ramifications across the world.

But the PM is deeply opposed to the radical-Left values that have guided the Labour leader's life and he is determined to fight Sir Keir all the way.

Although many disgruntled voters are looking at Reform UK, Mr Sunak is absolutely clear that, when it comes to polling day, there are only two men who could possibly end up in No 10. And voters must keep that at the forefront of their minds when making their choice.

'The only certainty is Labour will put up taxes and people are worried'

the Prime Minister hit the campaign trail in Oxfordshire yesterday, playing football with Wantage FC's women's team and visiting Leander rowing club.

However, he was not quite prepared for the Liberal Democrats springing a new "small boats crisis" on him as he chatted to rowers over tea and doughnuts.

Footage showed a boat with occupants brandishing Lib Dem placards floating past behind him.

On board were deputy leader Daisy Cooper and parliamentary candidates Clive Jones, for Wokingham, and Freddie van Mierlo, for Henley and Thame.

They were out on the river to highlight pollution in Britain's waterways. However, Mr Sunak, brimming with energy, pressed on

with his message, saying how much he is relishing criss-crossing the country to speak to voters.

He is confident the string of big announcements he made last week have hit home with the public, particularly plans for national service for 18-year-olds.

He said: "I'm thoroughly enjoying myself. I'm just enjoying being out and about talking to as many people as possible in every part of our amazing country."

"And I'm also enjoying the fact that we've got really bold ideas that I can talk to people about and demonstrate to them the choice of this election, whether it's a modern form of national service, the triple lock plus 100,000 new apprenticeships, closing down rip-off degrees or today's announcement on

protecting women and girls. These are all bold ideas. People are engaging with them, responding really positively to them.

"And they're seeing that there is this contrast in this election. We are the ones that have got a plan, we're the ones that are taking bold action and that's how you deliver a secure future for everyone."

Raid

"In contrast, people are struggling to name a single idea from the Labour Party."

"The only certainty you have with Labour is that they're going to put up your taxes and people are starting to worry about that."

Mr Sunak challenged Sir Keir to a face-to-face TV showdown every

week of the campaign, but the Labour leader has agreed to take part in only two.

Ahead of the ITV clash tonight, the PM was in a confident mood, insisting he is "good".

Viewers will get to see "who's talking about the future and who is talking about the past", he added.

Mr Sunak said the national service policy is a big idea and "everyone's talking to me about it".

He added: "There is nothing comparable from the Labour Party and that is before we get on to tax."

"That's the thing that people should be really worried about, particularly pensioners."

"I've made sure that we protect the triple lock and that's why the state pension is going up by £900 this year." The Prime Minister said

Sir Keir's refusal to match the triple lock plus, protecting state pensions from income tax, means that "for the first time in history pensioners will be paying tax on the state pension".

He added: "It's the same always with Labour – they will come for your pension."

"People remember Gordon Brown's £100billion raid on people's pensions, the 75p increase and now Keir Starmer's refusal to match our triple lock plus."

"And [Shadow Chancellor] Rachel Reeves' refusal to rule out going after and taxing workplace pensions. They are coming for Britain's pensioners, they always have and they will do it again."

OPINION: PAGE 12



Challenge...Lubnenko

Wembley prankster in 3-year match ban

By **Helen William**

A MAN has been given a three-year ban on attending football games in the UK after trying to invade the pitch at the Champions League final.

Yevhenii Lubnenko tried to reach the grass at Wembley Stadium in a bid for £250,000 in a challenge by a vlogger.

The Ukrainian, 29, was wearing a T-shirt bearing the vlogger's name – Mellstroy – when stewards stopped him getting to the turf less than three minutes after Saturday's kick-off, Westminster Magistrates' Court heard yesterday.

The Uber driver, who said he was just visiting the UK, pleaded guilty to going on to the playing area at a football match contrary to Section 4 of the Football (Offences) Act 1991.

Lubnenko was fined £1,000, cut to £660 as credit for his guilty plea, along with £85 costs and a £264 witness surcharge. District Judge Michael Snow ruled the fine and costs were covered by his time in custody but he had to pay the surcharge.

Soggy May is warmest

By **Steph Spyro**

THE UK had its warmest May and spring on record despite the wet conditions for many parts of the country.

Provisional Met Office figures show an average of 13.1C for the month, beating the previous record in 2008 by 1C.

Experts said the temperatures were influenced particularly by warm conditions in the northern half of the UK and by "high overnight temperatures".

Meteorological spring, which covers March, April and May, was also the warmest since records began in 1884 – but it also proved the wettest since 1986.

By **Martyn Brown**
and **Christian Calgie**

NIGEL Farage entered the General Election race yesterday, announcing he is standing for Parliament in a dramatic U-turn after taking over as leader of Reform UK.

In a stunning return to frontline politics, the Brexiteer vowed to lead a "revolt" as he declared the country was sick of "sectarian politics" driven by mass immigration.

Announcing he will run for election in Clacton, Essex, he said he would lead Reform for the next five years, making it clear that he wants to overtake the Tories as the Opposition – and potentially be in power by 2029.

The GB News presenter, a friend of former US President and returning White House hopeful Donald Trump, had previously insisted he would not stand for Parliament.

He had claimed six weeks was not enough time to put together a full campaign after being caught on the hop by Rishi Sunak's snap election announcement last month.

Strength

But taking over from former Reform UK leader Richard Tice, below, yesterday, Mr Farage said: "I've changed my mind."

"It's not always a sign of weakness, it's a sign of strength."

He told supporters: "I'm back. I'm standing as a candidate in this election. I've taken over leadership of Reform. Do you know why?"

"I see our country going down the drain. I believe in Britain."

"These boring idiots that lead the Labour and Conservative parties are not worth the space. Let's make Britain great again."

The announcement is a major headache for the Prime Minister as he battles to claw back ground on Labour.

It will be the eighth time that Mr Farage, 60, has stood at an election, though he has never so far been successful in



becoming an MP. Setting out his aims for the campaign, the former Ukip leader said: "Our aim in this election is to get millions of votes, many more millions of votes than the four million Ukip did in 2015."

"I'm not just back for the

General Election, I am back for the next five years."

"We are unashamedly patriotic. We have done it before, we'll do it again. I will surprise everybody."

He added that he would stand up to "the birth of sectarian politics" and lead a "political revolt".

Mr Farage batted away claims that his announcement would hand Labour leader Sir Keir Starmer the keys to 10 Downing Street.

He said: "The election is over. It's

done. Labour has won the election, there is not a contest. [Whether] the Conservatives get 80 seats or 150 seats is now almost irrelevant. Starmer has won this election. My fear is nothing will change. Maybe things will get ever so slightly worse."

Asked why he had made such a massive U-turn, Mr Farage said: "I can't let those people down."

"The amount of guilt I felt yesterday, just thinking about it. I promise you, something is happening out

Tories pledge migration will fall year on

By **Michael Knowles**

RISHI Sunak has confirmed he will cap the number of migrants coming to Britain and ensure immigration falls "year on year".

The Prime Minister said Parliament would vote on a number set by the Government's Migration Advisory Committee.

Ministers will tell the MAC "our objective is to get migration down to sustainable levels, for levels to fall year on year over the next Parliament and that they must consider both the costs and benefits of migration".

The Tories insist this will prevent public services from being overwhelmed.

Mr Sunak said: "We have taken bold action to cut the number of people coming to this country."

"The plan is working

EXPRESS readers are warm-hearted, generous people who care a lot about the principle of fairness. We know it's not fair when migration levels become too high because of the pressure it places on school and hospitals. That's why the Conservatives have a plan that's already bringing net migration down.

The bold action we've taken has seen migration fall by 10% last year, with 300,000 fewer people eligible for visas. And we will go further by introducing a cap on the number of visas



Falling...social care visas

but migration levels are still too high, so we are going further. "Labour's migrant amnesty will make

COMMENT

JONATHAN GULLIS

Deputy chairman of the Conservative Party



we issue each year. Our plan is working, but Sir Keir Starmer has opposed it at every turn. He would rip up our good work and take us back to square one.

That is because they have no

the UK a global magnet for illegal immigrants and they have no plan to reduce net migration, while we have a clear plan to stop the boats and put a legal cap on numbers."

MAC chair Prof Brian Bell said a ban on foreign students and overseas workers bringing family members with them was having a far bigger

plan for legal migration. Nor do they for illegal migration – they say they'd junk our Rwanda plan as soon as possible if they got in.

Starmer is a shapeshifter who would say anything to get in. He is now saying that he would be tough on migration, but we can see right through him.

There is clear blue water between the two main parties on this big issue. We know how important controlling migration is, to relieve pressure on housing and public services, whereas Labour call laws aimed at controlling

impact than expected. The measures could lead to net migration falling to between 150,000 and 200,000 later this year, he added. It surged to a record high of 764,000 in 2022.

Work was the biggest driver of migration in 2023, overtaking study for the first time since 2019.

There was a substantial increase in

Pictures: YUI MOK/PA, DAN KITWOOD/GETTY

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**He's back...
Farage makes
announcement
yesterday**



there. It's better to fight something that is very difficult, where the outcome is far from certain, than to let people down."

The Tories said Mr Farage's move risks undoing Brexit. A Conservative Party spokesman said: "Nigel Farage risks handing Keir Starmer a blank cheque to rejoin the EU, impose the retirement tax on pensioners and hike taxes on hardworking Brits."

"Farage knows that Reform won't win any seats, but he doesn't seem to

care that a vote for Reform only helps Labour. He's doing exactly what Keir Starmer wants him to do."

Rebranded

Mr Farage rebranded the Brexit Party as Reform in January 2021, when it switched from a single-issue pressure group to a Right-wing party rivalling the Conservatives.

The Tories held Clacton in 2019 with a majority of 24,702, in an elec-

tion in which the Brexit Party, led by Mr Farage, stood down candidates to help the then Tory leader Boris Johnson. Clacton was the scene of a Ukip by-election win in 2014, triggered by Douglas Carswell's defection from the Tories.

Mr Carswell held the seat in 2015 before the Tories regained it in 2017.

Luke Tryl, executive director of research group More In Common, said Mr Farage would "have a very good chance in Clacton".

He said: "It's one of those seats that has really moved away from the Labour Party in recent years."

"If you look at that combination of cynicism, that particular seat, Nigel Farage's profile, I think that he could have a good chance in Clacton."

Mr Farage's announcement came after Business and Trade Secretary Kemi Badenoch said she would not serve in the Conservative Party if Mr Farage joined after the election.

year with new cap

migration "racist". The Conservatives are treating this issue with the seriousness it deserves and our plan is working. Meanwhile, Labour are sitting on their hands saying a lot but doing nothing.

People smugglers and those who try to cheat the system to get into our green and pleasant land unfairly are rubbing their hands with glee at the prospect of Sir Keir in No10.

Voters have a clear choice on July 4 – don't let the smugglers get their way.

the number of people arriving from outside the EU on work visas last year, particularly from India or Nigeria, most commonly on health and care worker visas.

Dependants, who were typically children, outnumbered main applicants on these types of visas.

Home Secretary James Cleverly

has insisted the plan to "deliver the largest ever cut to legal migration" is working, with loopholes exploited by migrants being closed.

New Home Office figures show the number of foreign workers applying to come to the UK through the health and social care visa route has plummeted by 76% – from 50,900 in January to April 2023 to 12,400 in the same period this year.

The number of foreign students applying to bring family with them fell 79%, from 38,900 to 8,300.

And the higher salary threshold of £38,700 – up from £26,200 – will lead to the number of foreign graduates staying in the UK to work falling from 70,000 to 26,000, Professor Bell said.

Yesterday the High Court heard the first migrant flights to Rwanda are now expected on July 24. Judge Mr Justice Chamberlain ruled that a hearing in a case brought by an asylum seeker could take place the week after the General Election.

WELL, it's not boring any more, is it?

After mercilessly mocking the dull offerings of Rishi Sunak and Sir Keir Starmer in the election campaign to date, Nigel Farage has decided to go all-in himself.

The now re-ensconced Reform UK Party leader is not one for an ordinary U-turn of the sort typically performed furtively or sheepishly by more conventional politicians.

One could practically hear the sound of burning rubber as he executed a handbrake turn.

The day after Mr Sunak called the General Election, Mr Farage said he would not lead Reform and would not stand but would merely "do his bit" in a supporting role.

Delighted

It was as close to low-key as he ever gets and Tory high command was delighted at having apparently caught him on the hop.

But at his "emergency announcement" yesterday, he not only took the leadership back from Richard Tice, but also confirmed he would stand in the arch-Brexit constituency of Clacton, held in the past by Ukip. He now faces a battle royale against the incumbent Conservative Giles Watling to take the seat.

What changed? Simply the great showman has

ANALYSIS

**PATRICK
O'FLYNN**

Political
Commentator



found himself dominating the election airwaves, enjoying it and being inundated by people urging him to stand.

"I can't let down those millions of people, I simply can't do it," he declared.

But it is not just entertainment value that Mr Farage is offering now. His antennae are telling him, correctly in my view, that British politics is at a major turning point.

By standing and leading his party, Mr Farage can not only give himself a great chance of entering the Commons at the eighth time of asking, but also of amplifying Reform's vote share all over the country.

All eyes will be on opinion polls at the end of the week. If Reform gets a significant Mr Farage "bounce" then it could come very close to level pegging with the in-the-doldrums Tories.

"I genuinely believe we can get more votes in this election than the Conservative party," he told yesterday's press conference.

That prospect probably still seems unthinkable to many. Then again so did Brexit once.

DAILY EXPRESS VOTE



**Are you now more
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HISTORIC LANDSLIDE RESULT

course for Commons 194 seats, claims poll

ESTIMATED SEAT PROJECTIONS BASED ON MODELLED RESPONSES FROM 53,334 ADULTS IN ENGLAND AND WALES, AND 5,541 IN SCOTLAND



2019 general election outcome

Labour 202

Conservatives 365

Lib Dem 11

SNP 48

GREEN 1

PLAID CYMRU 4

REFORM UK 0

YouGov 24 May-1 June 2024 Get the data

prise everybody." The YouGov poll suggested Penny Mordaunt, Gillian Keegan, Simon Hart and Esther McVey could also lose seats although these are considered a "toss-up"

Ms Mordaunt, the Leader of the Commons, and Mr Shapps are both considered potential Tory leadership

contenders if Mr Sunak fails next month. The YouGov projection said the Tories would lose more than 200 seats compared to the 2019 election results, leaving them with 140. This would be fewer than the previous lowest number of Conservative seats in recent history, which was 165 in

1997. YouGov's MRP poll predicted Labour, which has a 20-point lead, would win the 194-seat majority, the highest number since Stanley Baldwin won a majority of 209 in 1924.

Meanwhile, the Liberal Democrats could gain 37 seats and have 48 MPs while Reform UK would win zero

seats. The Prime Minister's campaign trip to Oxfordshire yesterday was interrupted by a Lib Dem stunt.

As Mr Sunak visited a riverside rowing club and spoke with female members while Lib Dem deputy leader Daisy Cooper and a group of activists went past on a boat.

face election showdown in TV debates

News presenter and anchor Julie Etchingham.

The BBC has also announced a raft of televised election showdowns, with a seven-way debate scheduled for this Friday. Both Mr Sunak

and Sir Keir will duck the traditional debate, which can often descend into a messy shouting match.

New Reform UK leader Nigel Farage confirmed he will take to the airwaves this

Friday. Penny Mordaunt, the popular leader of the Commons, will stand in for Mr Sunak. Deputy Labour leader Angela Rayner will represent Sir Keir.

The Greens, Lib Dems, Plaid

Cymru and SNP will take part.

Mr Sunak and Sir Keir will then face each other in a Sky News debate on June 12, followed by a BBC Question Time special on June 20 and a final BBC debate on June 26.



Role...Penny Mordaunt

JK blast at lefty bigwig

By **Michael Knowles**

JK Rowling accused Labour of indifference towards women's rights last night as she defended Tory Kemi Badenoch for pledging to rewrite the Equality Act.

Writing on social media, the author blasted ex-Labour spokesman Alastair Campbell's criticism of Ms Badenoch for not focusing on her role as business and trade minister.

Ms Rowling said: "Badenoch is also minister for women and equalities. Thanks once again for highlighting Labour's complacency and indifference towards the rights of half the electorate."

Earlier Labour's John Healey said the Act didn't need altering.

Starmer Trident 'threat'

By **Steph Spyro**

DEFENCE Secretary Grant Shapps has warned the nuclear deterrent is not safe with Labour.

Sir Keir Starmer is pledging a "triple lock" to keep Trident.

But Mr Shapps said: "Starmer's choice for Foreign Secretary, David Lammy, has described the UK's nuclear deterrent as 'senseless'."

"This rubbishes the claim that Labour have changed. It's clear Starmer lacks the courage and conviction to stand up for Britain's security."

Sir Keir said the whole shadow cabinet backed him, adding his commitment was "absolute".

EXPRESS



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NEWSLETTER



WHATSAPP



'Whatever your battle,

By **Paul Jeeves** and **Mark Jefferies**

Pictures: ED SYKES/GETTY, DANNY LAWSON/PA, SWNS

ROB Burrow called on people to "be brave and face adversity" in a poignant final message from the motor neurone disease campaigner and rugby league legend.

It was screened last night in a BBC documentary marking his death.

His family and career club Leeds Rhinos announced his passing at the age of 41 on Sunday after a four-and-a-half-year battle.

In *There's Only One Rob Burrow*, he said: "I hope one day we find a cure and live in a world free of MND. By the time you watch this I will no longer be here. As a father of three young children I would never want any family to go through what my family and children have since my diagnosis.

"I hope I have left a mark on the disease. I hope it shows to live in the moment. I hope you find inspiration from the whole story."

He added: "I am just a lad from Yorkshire who got to live out his dream of playing rugby league."

And he closed by saying: "My final message to you is whatever your personal battle be brave and face it. Every single day is precious. Don't waste a moment. In a world full of adversity we must still dare to dream.

"Rob Burrow, over and out."

Rob managed to continue speaking despite having MND thanks to an eye-gaze machine which allowed him to communicate by looking at words and the computer then spoke for him. His heartbroken widow Lindsey vowed yesterday to keep his legacy alive.

She comforted their children Macy, 12, and Maya, eight, and Jackson, five, at home as a ceremony was held to mark the start of work on the £6.8million Rob Burrow MND Centre in Leeds. Meanwhile, fans flocked to Headingley Stadium – home of Leeds Rhinos – to lay their tributes. Rob and his friend and former team-mate Kevin Sinfield raised more than £15million for the MND Association after the ex-player's diagnosis in late 2019.

And due to their phenomenal efforts the state-of-the-art complex is set to transform patient care when it opens in a year's time.

Lindsey, 41, who met Rob when she was 14, said: "I was incredibly proud and fortunate to call Rob my husband.

"I am unbelievably proud of the campaigning he's done to raise awareness and the millions of pounds raised in his name for MND charities.

"My priority is to make Rob proud and to bring our three children up as Rob would want and ensure their happiness and wellbeing. We will continue to keep Rob's legacy alive. We will continue to 'bang the drum' and do our best to try and help others."

Lindsey gave her thanks to Dr Agam Jung and the MND team at Seacroft Hospital for "all the care they have shown Rob since his diagnosis and all the staff at Pinderfields for their compassion for Rob in his final days".

She added: "Although we knew this day



TV message...Rob in documentary



Childhood sweethearts... Rob Burrow with wife Lindsey. Below, grieving Rhinos fans yesterday

people out there who are heartbroken. What's really important is Rob Burrow continues to live forever. To come here and see some of the fruits of Rob's work, he was so proud of this and we've heard they're going to try to build it in record time now because that's what Rob did, he broke records.

"He wanted people to have a better outlook, he wanted people to have hope, he wanted to find a cure for this disease."

The centre will provide therapy for MND patients who have complex needs, hosting specialist areas for speech and language, dietetics, neurology, respiratory and palliative care.

It is also set to host a facility for patients to "bank" their voices if they use a digital aid which will support communication. Families and carers of patients will be supported at the centre. Rob's parents said their son had given them

would arrive, I am somehow still feeling at a loss for words that our loving, kind and caring husband and father has departed.

"We take comfort from how much people's love and continued support meant to Rob through his most vulnerable times. He was simply the best. Our hero."

Rob's campaigning partner Kevin attended the ceremony to break ground for the new MND centre, joining his pal's parents Geoff and Irene and his sisters Joanne Hartshorn and Claire Burnett. It came hours after the announcement of the 5ft 5ins tall star's death.

Kevin, 43, said he was "pretty heartbroken" as he paid tribute to the "superhuman superman". Fighting back tears, he said: "We all lose special people but it's very, very rare you lose someone who's so special to so many different people.

"He'll leave a massive hole and I know there will be a lot of



STAR'S FINAL, POIGNANT MESSAGE

be brave and face it'



Legacy...Leeds Rhinos players line up to look at fans' tributes at Headingley. Above, mum Irene. Right, Kevin Sinfield with the family



Proud...Irene with daughters Joanne, left, and Claire



Saluting a legend...flowers at Headingley



'Dare to dream'...dad Geoff is consoled at yesterday's ceremony for new MND centre

Gladiator who was realistic from moment of diagnosis

By **Paul Jeeves**

IT was just a couple of weeks after receiving the devastating MND diagnosis that rugby league legend Rob Burrow and wife Lindsey first welcomed me into their home.

It was January 2020 and here I was being made a cup of tea by the diminutive 5ft 5in figure I had watched in awe from the terraces as he helped his beloved Leeds Rhinos – my hometown team – conquer the world.

Rob's speech was already starting to fail but he was desperate to introduce me to his wife Lindsey. With Jackson, their third child, a recently turned one-year-old, crawling around the floor as we chatted, Rob said he had already started making audio recordings telling his son and daughters Macy and Maya phrases such as "I love you", "get down", "stop doing that" – everyday dad comments – because he wanted to be "surrounded by the sound of love and laughter" as the disease took hold. It would be the first of many times Rob Burrow would challenge my ability to keep tears from dropping on to my notepad.

Doctors had warned he was likely to live between one to two years but Rob vowed he would outlive that prognosis.

Four-and-a half years later he was true to his word, helped by the phenomenal support of Lindsey, their children and their close-knit family including Rob's parents Geoff and Irene and sisters Claire and Joanne.

At that early stage Rob and physiotherapist Lindsey knew what was coming with the illness. There was no blind optimism. They had already spoken to Scottish rugby union legend Doddie Weir whose unbridled positivity was accompanied by a forthright explanation of his own plight.

But at that stage neither had any idea of what a massive impact Rob would have on MND awareness around the world – or the millions he would raise. He simply wanted to help others.

He said at the time: "I'm aware I have a public profile and I need to raise awareness of the disease to help people not as lucky. The postman or labourer who live alone and get the diagnosis. I need to help those people as well as myself and my family."



Hero...with children and Jamie Jones-Buchanan

the strength to go to the event. Mum Irene said: "This is what Rob would want and he'd be proud we all pulled ourselves together and got the strength to come and we're doing it for Lindsey and the kids. He'll be looking down on us and he'll be going 'thumbs up'. We're so proud to be here."

Dad Geoff added: "It's amazing what a little man can achieve. You can achieve big things. As Rob says, in a world full of adversity you must dare to dream. We're dreaming of when this opens."

Sister Joanne said the family had been overwhelmed by the flood of tributes, including fans laying cards and flowers at Headingley and posting thousands of messages, with one from the Prince and Princess of Wales.

The family visited the ground to view the tributes. She said: "Seeing the outpouring of love on the TV, at Headingley, in a weird way I've just done nothing but smile all morning."

"It's giving us the courage because that's what Rob would have wanted. He wanted us to be here. Last night we were wondering how on Earth we were going to be able to do that. But the outpouring of love and everybody's support has been unbelievable."



DAILY EXPRESS

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Rishi showing true grit with a bold election plan

BE in no doubt: Rishi Sunak has stepped into the ring. With weeks to go until the election, he is taking on the Opposition with renewed vigour.

In today's Daily Express, the Prime Minister shows his mettle, saying that "conditions have improved" and that "we really have turned the corner".

Tonight's TV debate with Sir Keir Starmer – the first of two – will see him further expand on his plans to win the election.

There is no foregone conclusion here, or defeatism. From the campaign trail in Oxfordshire, Mr Sunak reminds us that it is his administration that has guided Britain past the treacherous years following the pandemic and the start of the Ukraine War. With inflation pulled back from 11% to just over 2%, and the economy growing faster than France, Germany and the US, the PM is right to sound upbeat.

It remains true the polls are on Labour's side. But renewed Tory morale is at least partly due to the poor performance by the riven Opposition, whom Mr Sunak is taking on issue by issue. With initiatives such as national service and more apprenticeships, as well as the triple lock-plus move for pensioners, a mood of confidence prevails. "These are all bold ideas," Mr Sunak told this newspaper. "People are engaging with them and they're responding really positively to them."

But it's not just about what Mr Sunak's Government is doing – it's also about what Labour is neglecting to do. For example, as the PM points out, Labour is set to draw pensioners into paying income tax on their pension payouts for the first time.

It is unlikely to tackle the problem of small boats, whereas the Government has taken them down by a third, with asylum flights set to go to Rwanda in July. And Labour has frontbenchers resolutely anti-nuclear, undermining the tough front that Sir Keir has hastily erected.

The Tories are set to increase defence spending to 2.5% of national income in the teeth of the military threat. And they also warn that Labour are likely to revert to type and raise taxes further.

Yet it must be acknowledged that Mr Sunak does face a real threat – not from Labour but from Nigel Farage, who is to stand in Clacton for his Reform Party. Mr Farage is a popular political figure. But, as Mr Sunak says, by splitting the conservative vote, any tick for Mr Farage is a de facto tick for Labour. And as Sir Keir is likely to cancel Rwanda flights and offer amnesties – quite apart from Labour elements wanting to rejoin the EU – Mr Farage should be careful for what he wishes for.

As Mr Sunak tells us today, "One of two people is going to be Prime Minister on July 5, Keir Starmer or me." The PM has a significant task on his hands, but he is showing grit that could be a game-changer.

So Sir Keir, will you send rapists to women's prisons?

FEW things better illustrate how maddening modern politics has become than the fact that the Conservatives opened this week's election campaigning by asserting that men are men and women are women – and that it is somehow controversial.

Yesterday Kemi Badenoch, the Minister for Women and Equalities, promised that if the Tories were re-elected they would clarify the Equality Act by inserting the word "biological" before references to "sex". That's because trans rights ideologues want sex to be defined not as a statement of biological fact but of personal choice, described as "gender identity".

There are any number of these so-called genders: abinary, agender, ambigender, androgyne, androgynous, aporagender, autigender, bakla, bigender, binary, bissu, butch, calabai, calalai, cis, cisgender – and that's just for A to C.

But while it's easy to laugh, it can force women in supposedly female changing rooms to be confronted by naked men and victims of male violence to have to put up with biological males in rape crisis centres.

BODIES like Stonewall, which once did brilliant work pushing for gay rights but is now one of the main lobby groups behind this toxic ideology, use a Workplace Equality Index to insist that organisations, business and schools bend to their knee and promote so-called "diversity" – which in reality means championing the trans agenda.

The direct effect of this is to destroy arrangements designed to give women their own spaces. The trans activists have created a climate where many schools, gyms, shops and even the NHS think they have to allow biological men, who assert that they are women, into female spaces such as changing rooms and hospital wards. At



JAIL OUTCRY: Rapist Adam Graham as Isla Bryson



Stephen Pollard
Political Commentator

the very least they are unclear about where the law stands.

Such has been the success of this push that the Equality and Human Rights Commission, set up alongside the Equality Act, once said that a biological male with a female birth certificate "should not be excluded from single-sex services". It was forced to correct this in 2018 and, under its current chair, Baroness Falkner, it has become a sensible voice again.

It's a good question why the Tories have left it as a pledge in an election they are almost certain to lose. But it was Theresa

May – a Conservative – who in 2017 began the process of making "obtaining new birth certificates less intrusive and bureaucratic for transgender people" (which Boris Johnson ended).

This was the same rationale – effectively self-identification, where someone asserts their gender – as the Scottish Gender Recognition Bill, which was passed in 2022 but blocked by the UK Government. Kemi Badenoch was instrumental in this but she has had to fight against fellow Conservatives, such as the Education Secretary Gillian Keegan and the chair of

the Women and Equalities Committee, Caroline Nokes.

All of which begs the question: what would Labour do?

In 2021 Keir Starmer said it was "not right" to say that only women have a cervix.

The Labour leader has a terrible record on this issue. Last year he asserted 99.9% of women "of course haven't got a penis" – meaning some women have. A few weeks later, to deflect criticism of his previous stance, he (rightly) said that a woman is an adult human female. But it's impossible to know what he really thinks.

TWO days before the election was called, Anneliese Dodds, the shadow women and equalities secretary, pledged that Labour would "see the process for gender recognition modernised... Stripping out the futile and dehumanising parts of the process for obtaining a gender recognition certificates, while retaining important safeguards." Back to the 2017 attempt which, if it means diminishing the need for a serious medical diagnosis of gender dysphoria, will be self-ID again.

Such issues are often dismissed as "culture wars". They are certainly a battle – between science and ideology and between women's rights and the desire to trample on them. And they are about our culture: whether we are governed by science or by assertion.

None of this is about diminishing trans people's rights. They should be able to live their life as they wish.

But this is a battle we have to fight if we want to stop rapists such as Adam Graham being sent to a women's prison, simply because he changed his name to Isla Bryson and asserted he was a woman – before an outcry led to him being moved to a men's prison.

The Tories may be late to the fray – but the worry is Labour will be on the other side.

'The Labour leader has a terrible record on this issue'

Vanessa Feltz

FROM THE HEART

If you tend it like Beckham, you'll be the bees knees

HOW lovely that King Charles and David Beckham have bonded over bee-keeping.

As a fellow apiarist I can testify tending hives is a white-knuckle ride featuring sudden unexpected flight, predatory mites, unpredictable queens and all manner of pestilence and pugilism in between.

If you begin by fondly imagining bees are diligent honey-makers buzzing soothingly in bucolic contentment



your awakening will be both rude and brutal.

Pop into any pub and you'll find disappointed or deserted beekeepers ruefully drowning their sorrows.

Of course, when a thriving hive yields jars dripping with fragrantly golden honey, satisfaction and relief abound.

Now he's the monarch's chum Becks might wish he'd thought of a more regal name for his amber nectar than DBee's Sticky Stuff. On the other hand Goonsfan Charles has always relished a lowbrow giggle.

Slugs 'n' snails and my gastropod fails

I'M TRYING not to take it personally but the onslaught of snails and plump self-satisfied slugs on my town garden has reached biblical dimensions. In the evenings they slither up my front door.

Pots full of baby petunias were laid waste in two days. I've tried eco-friendly crushed eggshells and grit to no avail.

Experts say put in a pond and let the frogs and toads enjoy a banquet, but that's not an option open to space-squeezed urban gardeners. I'm trying to rise above it, but these marauders are vengeful and voracious. All ideas to get rid of the slimeballs will be gratefully received, thanks.



NHS management's key and that's a fact

SOME things in life are a given. We've heard them so often we don't question them. They belong in the category described by the dodgy character Goldberg in Harold Pinter's play *The Birthday Party*: "True? Of course it's true. It's more than true. It's a fact." Here is one such "fact" – the NHS management tier is top-heavy. Overpaid and underemployed, NHS managers need culling. Those purportedly "in the know" dismiss NHS management as "too many chiefs and not enough Indians".

We think of fat-cats idling in ivory towers, while queues of ambulances wait in hospital forecourts unable to disgorge patients because there are no free beds to put them in. Our blood boils. We want these managers gone, because whatever it is that they're "pretending" to do is a flagrant waste of our money.

That is why health secretary Victoria Atkins can state with vigour that the Tories, should they be returned to government, have a strong strategy for increasing access to GP appointments. They know that we're frightened and frustrated by the obstacle course of securing a slot to see a GP face to face.

Note: I don't say "our" GP because the chances of seeing the same doctor twice are vanishingly small. Atkins pledges to give £1billion to building 100 new GP hubs which she promises will increase our chances of an appointment by "tens of thousands". How will this ambitious building project be funded? You've guessed it – by slashing the NHS management layer, telling all those lavishly remunerated idlers to get on their bikes.

So far, so excellent.

Except that if you do actually ask doctors, nurses, surgeons, physicians and receptionists, as I did on my LBC radio show, the response is unexpected. NHS managers, I was told repeatedly, do an essential job.

DAME Clare Gerada, still a practising GP putting in 12-hour days, explains that management heightens efficiency, helps workflow and organises the purchase of essential equipment while overseeing enormous budgets, thus ensuring everything is running smoothly which allows doctors and nurses to prioritise patients.

A veteran GP receptionist confirmed to me that managers perform valuable functions without which the NHS would crumble. Nurses and midwives also rang to explain the purpose and contribution of management. Not a single caller repeated the time-honoured trope about lazy useless management draining the NHS dry.

What's more, not one health professional thought the Tory plan – to throw a billion pounds in the ring and fire management – would work.

Why not? It's simple. There aren't enough trained GPs in the UK to plug the appointment gaps.

That's the actual problem.

Pictures: GETTY



Cottage industry reward for Stacey

STACEY Solomon, left, has announced she's stepping back from the limelight to spend more time with her gorgeous children.

She has earned the right to a little downtime in the domestic idyll she and her husband Joe Swash have created at Pickle Cottage.

I can't help sparing a thought though for all the mums – and dads – who would love to focus on family and are forced by the credit crunch to pay eye-watering childcare costs and graft away instead.

Stacey knows how it feels to leave the children who need you most with minders while you work to keep the family afloat... and so do I.

I'd happily have spent all day with my babies making pasta collages if I could have afforded to do so.

BARBER Ahmed Alsanawi is flying out to Germany to tend to the England football squad's tresses for the Euros.

The man is a marvel. No mere short back and sides for the Three Lions, Alsanawi carves complicated patterns a la Phil Foden into the sides of the hair and is an expert "fader", cutting hair so it melds gradually into the scalp.

This tier of tonsorial talent would have been unnecessary in the days of the Bobby Charlton comb-over. While I'm all for a man with a well-brushed barnet, I wonder if we have skewed priorities just a fraction in the last 50-odd years?

WHY CAN'T AN AMERICAN MAKE BRITAIN APPEAR GREAT?

US PRESIDENT Joe Biden is thought to be planning to make Vogue editor-in-chief Dame Anna Wintour US Ambassador to Britain if he wins the US election. Donald Trump, should he make it back to the White House, is said to favour conferring the honour on Nigel Farage.

Isn't the point of international embassies to present their countries'



RIVALS:
Biden and
Trump



interests in the most palatable light, and to wine and dine anyone who might be persuaded by a couple of vol-au-vents to champion their nation's goals? How does sticking a Brit in palatial Winfield House advance the US cause? Our customs and habits surely aren't so bewildering that Americans think only someone British-born can handle our eccentric

Buyers in for longer

By Vicky Shaw

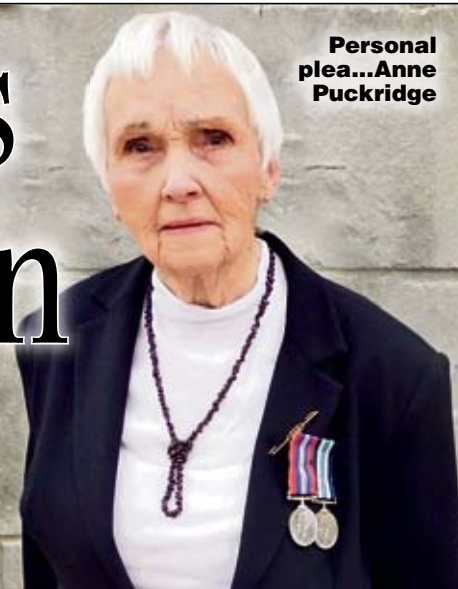
AROUND a fifth of first-time buyers took out mortgages stretching beyond 35 years in the first quarter, data shows.

UK Finance says it is “further evidence of the ongoing affordability crunch” as costs and house prices remain high relative to incomes.

It added borrowing at terms of up to 40 years remained higher than previously seen for all types of borrowers.

War veteran urges leaders to end frozen pensions suffering

Personal plea...Anne Puckridge



“OCTOPUS
COLLUSION
TYPO-
GRAPHY?”

Actually, it's Optical Coherence Tomography. Or OCT for short. An advanced eye health scan that can help us detect certain eye conditions, such as glaucoma, up to four years earlier. We believe the best eyecare should be available to everyone. That's why we're providing it nationwide. **Hard to say, easy to have.**

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Specsavers

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A WAR veteran aged 99 has called on all major political parties to scrap the UK's “frozen” pensions policy that is causing “untold suffering” to expats.

Anne Puckridge, who served in all three branches of the Armed Forces, has written to Rishi Sunak, Sir Keir Starmer and Ed Davey to demand they commit to ditching it in their parties' General Election manifesto.

She says the decades-long rules are causing “untold suffering and anxiety” to nearly half a million British state pensioners living overseas where payments are not covered by the annual triple lock rise.

Unfair

Under the terms of Britain's departure from the EU, Britons living on the Continent benefit from the rise.

However, no such deals have been made in a number of Commonwealth countries such as Canada, Australia, New Zealand and South Africa.

The basic state pension is now worth £169.50 per week.

End Frozen Pensions campaigners say this means the 40% of all British pensioners living outside the UK who are hit by the policy are losing out on £3,085.16 a year if they retired in 2013 and up to £7,042.36 a year if they retired in 1983.

Ms Puckridge believes she has lost

EXCLUSIVE

By Martyn Brown
Deputy Political Editor

out on an estimated £46,000 since moving to Canada in 2001.

In her letter she tells the party leaders: “I served in all three branches of the Armed Forces during World War II and worked in the UK until the age of 76.

“I then moved to Canada to be closer to my daughter. I receive a UK state pension of just £72.50 per week instead of £169.50. This is profoundly unfair and has severely impacted my standard of living.

“Others have fared far worse – £20 per week in the most extreme cases.”

Challenging the party leaders to “do right” by those affected, she adds: “This is primarily a matter of principle and morality. We paid our dues. We ‘did right’ by the country.”

A Conservative Party spokesman said: “State pensions are uprated overseas where there is a legal requirement to do so.

“This policy has been supported by successive Governments of all political persuasions for over 70 years.”

Labour has not commented.

The Liberal Democrats would say only: “We are committed to supporting pensioners through maintaining the triple lock.”



‘Do right by us’...Anne with group of friends during her military service

500,000 without child benefit

By Tara Fair

A TECHNICAL glitch has hit child benefit payments to around half a million families.

Almost a third of payouts that were due to go out yesterday were not made. HM Revenue & Customs said: “We’re sorry that some customers’ child benefit payments have not arrived as scheduled.”

MRC later added: “We have now fixed the problem and are putting measures in place to prevent this from happening again.”

It said affected customers will

now receive their payments tomorrow morning.

“Anyone who has incurred a direct financial loss because of the delayed payment can apply for redress by completing our online complaints form,” HMRC said.

Child benefit is usually paid every four weeks on a Monday or a Tuesday at a rate of £25.60 for an eldest or only child and £16.95 per additional child.

Pictures: JORDAN PETTITT/PA



Tragic victim...Felicity

Couple 'did CPR' on fatal-crash daughter

By Paul Jeeves

THE parents of a teenage girl who died after a drink driver lost control at 100mph have told how they tried to save her life after being the first on the scene.

Jack Burkhill, 21, was jailed last week for causing the death of Felicity Pacey, 17, by dangerous driving.

Felicity's parents Jonathan and Helen were phoned by her sister Rhiannah, who was also in the car on a rural road in Denton, Lincs, in June last year.

Mrs Pacey said: "We had to start CPR on our child. No parent should ever have to do that.

"Seeing my baby girl lying on that verge, that lifeless body. I replay it



Showing off...Burkhill

every time I pass that scene."

Prosecutor David Webster told Lincoln Crown Court the driver was "intoxicated to an extent that impaired his ability to drive safely".

He added Burkhill was "showing off" and had owned the Hyundai i30 for only two weeks when he crashed carrying trainee financial adviser Felicity, her older sister and another male friend.

Addressing Burkhill, Mrs Pacey said: "You killed our precious girl. You ran from the scene like the coward you are."

Mr Pacey added: "I trusted him with our daughters. He has shown no remorse."

Burkhill, of Grantham, was jailed for eight years and three months after admitting causing death by dangerous driving.

He was also banned from driving for more than nine years.

First artificial cornea saves fading sight for John, 91



A MAN aged 91 has become the first patient in England to be fitted with an artificial cornea.

Cecil Farley – known as John – faced a year-long wait for sight-saving surgery after a human transplant failed, but his surgeon offered him the chance to skip the queue by using a new artificial one.

Medics now hope that artificial corneas could reduce the need for human donations.

John said the transplant surgery has enabled him to enjoy life with his 83-year-old wife Elizabeth.

He previously had no vision in his right eye, but his sight has slowly been improving since the procedure.

John, from Chobham in Surrey, had endured problems with the eye for around 15 years.

He said: "I can still see my wife after 63 years of marriage. We can just carry on as normal and live life as fully as we can."

"It makes your life fuller when your eyes work properly. You don't realise how debilitating it is until it happens to you."

"It has made a great

By Hanna Geissler
Health Editor

difference to my sight. It was very blurred and I couldn't distinguish a face. Now, I can see better with it, the brighter the light the better.

"It's coming along slowly. They said it could take up to a year."

Frimley Health NHS Foundation Trust consultant ophthalmologist Thomas Poole said the use of artificial corneas was a "great advancement for patient care".

The new product replaces the inner part of the cornea – the clear outer layer at the front of the eyeball. When a cornea is damaged, it can become less transparent or

its shape can change. This can prevent light reaching the retina at the back of the eye and causes the image transmitted to the brain to be distorted.

The product has been likened to a contact lens and is surgically attached to the

eye by a single stitch and put in place with a gas bubble.

Medics from Frimley offered John the procedure, which involves removing the abnormal inner lining of the cornea and replacing it with an artificial one, rather than a donated human

one. Cornea transplants usually come from deceased donors. Mr Poole added: "It's going to be a great opportunity for some patients who either can't wait too long or have other conditions in the eye."

"We now have a very long waiting list for a human cornea. There are risks with staying on a waiting list with an unwell eye. There are risks in not doing anything as well, such as picking up an infection."

"In maybe 10 or 20 years this may become the norm, where we don't need a human cornea and we can just take one out of the box."

Speaking about John's case, Mr Poole said: "He has had a failed cor-

Surgery...John Farley with artificial cornea



neal graft and his cornea was cloudy and waterlogged. He'd had lots of previous surgeries and my concern was we could use a human cornea for him again, but that has got a high risk of failure.

"He was kind of getting to his last hope. He had this artificial cornea put in and clinically we can already see that his cornea is so much less swollen. It is improving in shape, and improving in clarity."

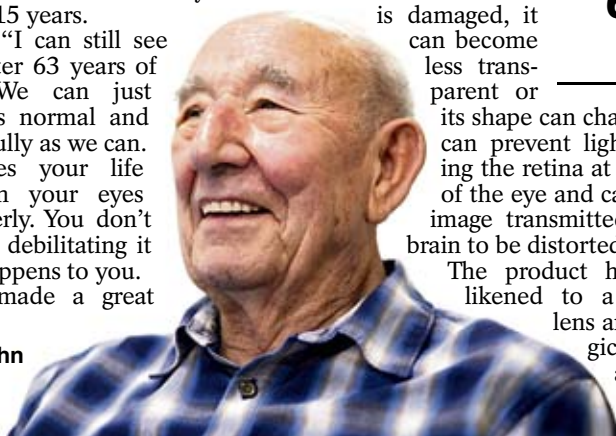
Professor Sir Stephen Powis, NHS England national medical director, said: "The use of artificial cornea transplants is an exciting and innovative step forward in eye care, which has the potential to benefit patients needing treatment to improve or restore their vision."

"It could provide an additional treatment option, and it's heart-warming to hear of patients already benefiting from its use."

The artificial cornea, called EndoArt, was created by medical device company EyeYon Medical. Only 200 have been implanted worldwide to date.

'I can still see my wife after 63 years of marriage'

Delight...John is enjoying life



Golf fan, 10, in the swing with new arm

Picture: SWNS



Having a shot...Freddie at Woburn

TEN-YEAR-OLD Freddie Tarr is looking forward to playing golf with his grandfather for the first time thanks to a world-first prosthetic arm.

The boy was among a group of youngsters with congenital limb differences invited to test out the prototype at Woburn Golf Club.

It has been made by British prosthetic limb company Koalaa in collaboration with EDGA – formerly the European Disabled Golf Association – to help users of all ages hold and manoeuvre clubs.

Freddie, whose arm did not develop fully at birth, said: "It was really fun to play golf. It's really hard but it was different with the golf arm." He added it would be "really nice" to spend more time with his grandfather, an avid golfer.

Freddie's dad Nick, 38, said: "The

By Hannah Cottrell

thing that was so exciting about it was he finished up the day asking when him and my dad could go out to the driving range and start playing a bit of golf.

"(My dad) was a very, very good-quality scratch player and it's his main pastime."

Inspired

Nick, from Bournemouth, said Freddie felt "inspired" after seeing older players with limb differences take to the course at Woburn, near Milton Keynes. "The thing he said at the end was watching them allowed him to know he can do anything."

Nick added that Koalaa had been a "game-changer" for his son, who

uses the company's prosthetics to help with sports such as mountain biking and surf lifesaving.

The devices are designed for people with below-elbow and partial hand limb differences, helping them with sports and other hobbies such as yoga, tennis and guitar playing.

Founder Nate Macabuag said of the golf arm: "We hope to inspire people with limb differences of all ages to pick up a club."

Another young tester, Joanie Melady, 10, from Oxfordshire, said: "It was interesting, it was fun. I got a hole in two, which was a lucky go."

She added that being around other children with limb differences "makes me feel like I belong".

Her father Alan, 43, said: "After we finished, Joanie said to me, 'Can we go and play golf this weekend?'"

China says pair spied for Britain

By Tara Fair

BEIJING has accused two Chinese citizens of spying for the UK as relations between the two nations become further strained.

China's intelligence service yesterday said it had uncovered a major espionage case involving a couple identified only by their surnames, Wang and Zhou, allegedly recruited by Britain's foreign spy agency M16.

The ministry of state security said Wang had arrived in Britain as a student in 2015 and was later joined by his wife.

It said he was given financial incentives, adding that the couple worked for the Chinese government in a "central state agency" and handled government secrets which they passed to M16.

It comes after two men were last month charged in the UK on suspicion of collecting sensitive information for the Hong Kong government. A third suspect charged, Briton Matthew Trickett, 37, was later found dead in a park.



New leader...Sheinbaum

Mexico has first woman president

By News Reporter

MEXICO'S projected presidential winner Claudia Sheinbaum will become the first female leader in the country's 200-year history.

Official preliminary figures put the Left-wing activist 28 points ahead.

The 61-year-old had as much as 60.7% of the vote. Opponent Xochitl Galvez had up to 28.6%.

Sheinbaum said: "I do not arrive alone. We all arrived with our heroines who gave us our homeland, with our mothers, our daughters and granddaughters."

She will be the first person from a Jewish background to lead the largely Catholic country.

Her six-year term begins on October 1.



Horror film... blindfolded Ukrainian soldiers. Right, a rifle is fired into the ground next to a prisoner's head



By Mark Reynolds

SICKENING new footage of Ukrainian prisoners of war being tortured by Russian soldiers was released yesterday.

The harrowing video, which has been reported to the United Nations, showed beatings, humiliation, threats and a simulated execution against four captive soldiers.

The blindfolded men are marched through a forest near the frontline as five Russian troops force them to sing the old Soviet national anthem.

One of the Ukrainians is kicked in the groin, causing him to fall.

Inhumane

He is then kicked again, this time in the head. A foul-mouthed Russian soldier then demands he get up before saying: "Looks like we're gonna have to kill him. Do we have to kill him? Hey, get up, get up."

He then raises his rifle above the PoW's head, shooting into the dirt track within inches of the fallen man in a mock execution.

The unidentified Russian soldiers did not hide their faces and the

Putin's troops torture PoWs

horrific footage was posted on a pro-war Z-channel on Telegram which suggested it was "a bit of a laugh about the Ukrainians...nothing major".

The fate of the Ukrainian soldiers remains unclear. The country's authorities said the video showed Russian soldiers "mocking prisoners of war".

Ombudsman Dmytro Lubinets added: "According to preliminary information, this happened in the Kharkiv direction."

"Unfortunately, such treatment is not an exception to the rules but a common tactic for the occupiers. This should be recorded as further evidence of violation of international

humanitarian law by the Russian Federation. I sent official letters to the International Committee of the Red Cross and the United Nations.

"This will be another addition to the evidence base for the future tribunal over [war] criminals."

"Russia is not shy about demonstrating its cruel and inhumane actions. The world must hold Russia accountable, otherwise the right of might will defeat the might of right."

The Russian channel which posted the video said its soldiers were "high on adrenaline" and asked: "Have you been to a battle? Have you lost combat comrades?" A warrant has

already been issued for the arrest of Russian President Vladimir Putin by the International Criminal Court for alleged war crimes against Ukrainian children – hundreds of thousands having been taken to Russia.

Meanwhile, Ukrainian President Volodymyr Zelensky was yesterday in the Philippines to urge Asian leaders to attend a Swiss-organised global peace summit on the war in Ukraine – which he accuses Russia and China of trying to undermine. He arrived unannounced and under heavy security in Manila after speaking at the weekend at the Shangri-La defence forum in Singapore.

Ukraine gets backing for Russian strikes

By Mark Reynolds

FRANCE and Germany have backed Ukraine strikes on specific military sites in Russia – as Moscow warned it could go to war with Nato.

After meeting with German Chancellor Olaf Scholz, French President Emmanuel Macron said: "We support Ukraine and we don't want escalation, that hasn't changed."

"We think we should allow them to neutralise military sites from which missiles are fired, military sites from which Ukraine is attacked."

"But we shouldn't allow them to hit other targets in Russia and civilian or other military sites in Russia." Mr Scholz said he agreed with

Mr Macron and that as long as Ukraine respected the conditions given by countries that supplied the weapons, including the United States, as well as international law, it was allowed to defend itself.

Mr Scholz said: "I find it strange when some people argue that it should not be allowed to defend itself and take

Approval...Emmanuel Macron

measures that are suitable for this." Vladimir Putin warned the West last week that Nato members were playing with fire by proposing to let Ukraine use Western-supplied weapons to strike inside Russia, which he said could trigger a global war.

The Kremlin has hinted about the possibility of a wider conflict.

It accused the US, Nato and European countries of encouraging Ukraine to continue its "senseless war" with Russia.



100% win for bowel patients

By **Hanna Geissler**

A DRUG could spare bowel cancer patients the need for surgery after a trial showed it was effective in 100% of cases.

Jemperli (also called dostarlimab) from GSK showed “unprecedented results”, the firm said. All 42 patients have no evidence of the disease, up to 26 months later.

Everyone on the immunotherapy drug had locally advanced mismatch repair deficient (dMMR) rectal cancer, according to data presented at the American Society of Clinical Oncology conference in Chicago.

Jemperli is already approved on the NHS for some types of womb cancer. The bowel cancer trial was led by the Memorial Sloan Kettering Cancer Centre in the US.

Investigator Andrea Cercek said it showed “complete tumour regression without the need for life-altering treatment” such as chemotherapy and surgery.

Health peril for women

By **Stephen Beech**

WOMEN who reach menopause before the age of 40 are more likely to develop breast cancer, researchers have warned.

They may also be at greater risk of ovarian cancer, say scientists.

And the relatives of women who experience early menopause – including men – could also face a greater cancer risk, the US study said. Dr Corrine Welt, of the University of Utah Health, said: “There is also higher risk of breast, prostate and colon cancer in relatives of these women.”

Researchers looked at 613 women with primary ovarian insufficiency disease and 165 women who experienced early menopause from two healthcare systems in Utah. They found women with early menopause were at double the risk for breast cancer and four times for ovarian cancer.

The findings were presented at the Endocrine Society’s annual meeting in Boston, USA.

Wonder drug cuts risk of incurable breast cancer spreading by over a third

By **Hanna Geissler**
Health Editor in Chicago

A WONDER drug denied to hundreds of women across England diagnosed with incurable breast cancer cuts the risk of the disease spreading by more than a third, a study suggests.

Findings presented at the world’s largest cancer conference have added fuel to the fire for campaigners who are demanding that health chiefs and manufacturers strike a deal.

The drug, Enhertu, is used to treat secondary breast cancer that has spread around the body.

Delivered via an intravenous infusion, it targets a protein called HER2 which helps tumour cells grow quickly.

Enhertu is available on the NHS for women with high levels, known as HER2-positive.

‘We’re being told our lives aren’t considered cost effective’

However, it has been rejected for those considered HER2-low, despite evidence it can buy them extra time.

A trial involving some 900 women classed as HER2-low or ultralow found the drug reduced the risk of growth or spreading by 38% compared with chemotherapy.

Their disease remained stable for 13.2 months on average, compared with 8.1 months with chemo. Results were presented at the American Society for Clinical Oncology’s annual conference in Chicago, US.

Former TV presenter Sophie Blake is among the patients desperate to access Enhertu. She was diagnosed with breast cancer in December 2020 and got the devastating news that it had become terminal in May 2022.

The 51-year-old mum said of the



findings: “This is yet more evidence of the precious extra time this treatment could give us. I want to watch my daughter go to university, get married and have children. Enhertu could make that difference to women.”

“We’re mums, we’re sisters, we’re daughters, we’re workers, we contribute to society, yet we’re being told our lives aren’t considered cost effective.”

Sophie, from Brighton, is one of around 1,000 women in England with HER2-low breast cancer who could benefit. Her disease is under control for now, but she believes Enhertu

could eventually give her “another life-extending line of treatment”.

Enhertu is available on the NHS in Scotland for HER2-low women. But in March it was rejected for this group in England after the National Institute for Health and Care Excellence ruled the benefits did not justify the cost.

Sophie said: “When we’re so limited with what options are available, it’s particularly devastating.”

“We know women in Scotland whose lives it’s changed – it’s not that it just gives you an extension, it’s also the quality of life. The most frustrating



Giving more time...Sophie Blake says Enhertu can make a difference

thing is that we know it’s there – they just won’t give it to us.”

Nice delayed publication of its final guidance to allow more time for confidential price negotiations. Manufacturers AstraZeneca and Daiichi Sankyo accused Nice of using “flawed methodology” in its assessments.

But in a letter to the Health Select Committee, Nice claimed Daiichi Sankyo had withdrawn a previous offer and upped the price. Nice added: “A fair price being offered...could resolve this issue almost immediately.”

A Breast Cancer Now petition

Unacceptable

demanding a deal has received more than 260,000 signatures.

The charity’s Dr Simon Vincent called the situation “unacceptable”.

He added: “This promising study suggests even more people could potentially benefit from Enhertu, offering patients with HER2-low or HER2-ultralow secondary breast cancer who have already had hormone-based therapy more time to live without their cancer spreading further.”

“These people are counting on Nice, NHS England, Daiichi Sankyo and AstraZeneca to find a solution in their talks and to urgently make this treatment available for them.”

Melanoma vaccine ‘halves danger of death’

A SKIN cancer vaccine being tested on NHS patients halves the risk of death or relapse, a study found.

The jab, given after surgery, is custom built in a matter of weeks to target each patient’s specific disease mutations.

The largest trial to date found it cut the chances of relapse or death for melanoma sufferers by 49% compared to standard care.

Three-quarters of those who received it alongside an immunotherapy drug remained cancer-free two and a half years later versus 56% who had only the immunotherapy.

Professor Charles Swanton, chief clinician at Cancer Research UK, said the results were “extremely impressive”.

He added: “I fully expect and hope that we’ll see data like this in

By **Hanna Geissler** in Chicago

solid tumours like colorectal cancer and lung cancer. It’s terribly exciting. We’ve seen survival rates improve in recent years due to multiple advances – including in chemotherapy, targeted therapies and immunotherapy.

“The new vaccine approach is another piece of the puzzle that will allow more patients to be cured, hopefully, or fewer patients to suffer disease relapse.

“Ultimately, it will contribute to survival rates improving continually over the next decades and more.”

The trial, led by experts at NYU Langone Health in New York, involved 157 patients in the US and Australia.

Developed by Moderna and Merck, the melanoma vaccine uses the same mRNA technology harnessed in some Covid



Hope...Professor Charles Swanton

jabs. A global study now under way aims to recruit 1,100 patients, including up to 60 to 70 from NHS hospitals in eight UK cities.

The NHS launched a major drive last week to enrol thousands of patients into trials of the world’s most promising cancer vaccines, including one for bowel cancer. Professor Swanton said other jabs that aim to prevent cancer altogether are also in development.

He added: “We are setting one up...called LungVax, where we are aiming to prevent cancers from ever initiating in the first place by vaccinating high-risk individuals, who are heavy smokers, against mutations that are commonly found in smokers.”

Melanoma is the fifth most common cancer in the UK with more than 16,000 cases diagnosed every year. It claims around 2,300 lives annually.

The findings were presented at the American Society of Clinical Oncology’s annual conference in Chicago.



Dad's Army taking fight to invading hornets



Stinger... an Asian hornet. Left, the 15in nest found on Jersey

A MAJOR victory has been declared in the war against Asian hornets after volunteers dubbed “Dad’s Army” cut the number of the invasive insects.

Fears have been growing that the pests will use the Channel Islands as a launchpad to invade mainland Britain. But Jersey, after a gallant battle over the past eight years, has now seen a significant drop in the number of Asian hornet queens this year.

Figures revealed that by the end of last month 153 queens had been spotted compared to 250-plus by the same date last year.

Consistent

The announcement is a boost for the Jersey Asian Hornet Group that has been trying to trap queens before nests are made.

Though nest numbers are relatively consistent at around 20, it is hoped the drop in queens could see much fewer created in Jersey this summer.

The 150 volunteers in the group, who wear full protection when tackling the insects, are backed up by 350 members of the public installing traps at their homes.

Experts say there is now a network of more than 500 traps across the island. Group founder John De

By Tom Bevan

Carteret said: “Even though eradication is impossible, it gives some element of control.”

He described the fall in queens as “considerable” and said there were a number of reasons behind it.

Mr De Carteret explained the north-easterly winds that have typically brought Asian hornets across from Normandy in France in the past couple of years, have been “less evident” in 2024.

He added: “We’ve also had quite a wet winter and that may be a factor.”

The hornets are able to kill with one sting people who have an allergy while they pose a threat to the environment and native species, not least honey bees and insect pollinators.

The largest Asian hornet nest found in Jersey measured a staggering 15in-wide and was discovered in a derelict house at St Brelades last year.

Despite the success on the Channel island, it is feared the insects could have established a fresh route from the continent with several recent sightings on the Kent coast.

The species spread through Europe in 2004 after arriving in the south of France inside a freight ship. They were first recorded in Jersey in 2016.

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THAT'S MORE LIKE IT

Bugged...a volunteer on Jersey with a hornets' nest from a hedge. Below, one of the traps they leave



Selected stores and lines. Subject to availability. Palm Tree and Hibiscus Linen Rich Short Sleeve Men's Shirt £14. Palm Tree and Hibiscus Linen Rich Short Sleeve Boy's Shirt, 1-8yrs £6-£8. Palm Tree and Hibiscus Linen Rich Dress 1-8yrs £10-£14. Delivery, collection and minimum basket charges may apply. UK delivery only. Carrier bag charges may apply. Delivery/collection slots subject to availability. May exclude Asda Express stores and small stores - see ASDA.com/smallstores

Suspect in court over teenager's 1999 killing

By **Sam Russell**

A MAN charged with the kidnap and murder of a teenage girl who vanished 25 years ago appeared in court twice yesterday.

Steve Wright, 66, is accused of killing Victoria Hall, 17, whose body was found in a ditch five days after she went missing on her way home from a nightclub.

Wright first appeared at Ipswich Magistrates' Court via video-link from custody in the morning for a five-minute hearing. He rested his arms on the table as he confirmed his name and date of birth.

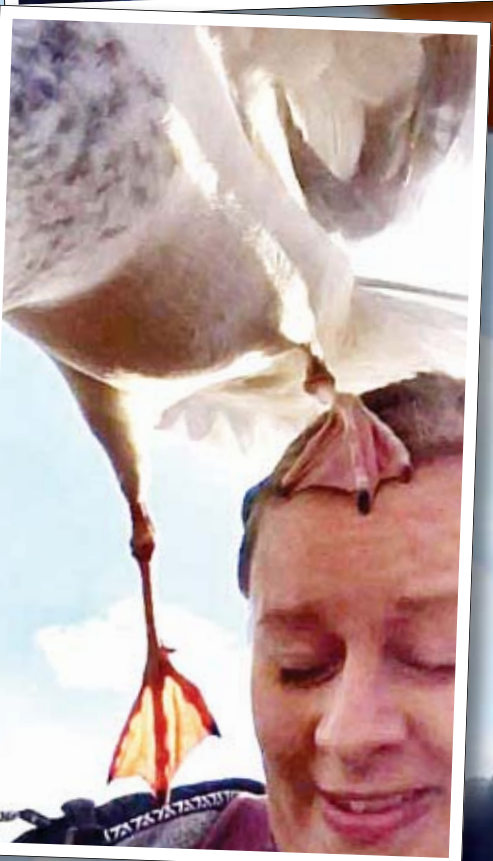
Remanded

A later hearing in the afternoon took just over an hour and he was remanded in custody to appear before a crown court for a plea hearing on September 2. Judge Martyn Levett also set a provisional date for a four-week trial to start on January 13 next year.

The court was told that Wright, formerly of Ipswich, Suffolk, is accused of the kidnap of Victoria in Felixstowe on September 19, 1999, and of her murder in Stowupland on the same date. Her body was found in Creeping St Peter on September 24.

Wright is also accused of the attempted kidnap of Emily Doherty in Felixstowe on September 18.

Sea sea TV...
Paula snaps
the thieving
gull in a selfie



Thieving gull-prit caught in the act

By **Robert Kellaway**

ICE cream? No, I stayed calm and took a selfie...A thieving seagull is caught on camera snatching a cone out of a mum's hand during a stroll on the beach.

The greedy bird had already swooped once, so Paula Jayne Legg was ready with her phone when it had a second go.

Mum-of-two Paula, 39, who was in Teignmouth, Devon, with husband Chris, said: "It nailed my ice cream then took half the cone and slapped me in the face with its foot. People said it's the funniest thing they've seen all year."

Barbaric dog-fighting gang led by 'Dr Death' locked up



Callous...dogs died or suffered broken legs

A GANG running a shocking dog-fighting ring and led by a kingpin known as Dr Death were jailed yesterday.

The animals endured brutal training regimes and were starved to reduce their weight before bouts in which they sometimes died, Chelmsford Crown Court heard.

The dogs suffered serious injuries, including "horrific" broken legs, and were kept in dirty conditions, some with no access to clean drinking water or proper bedding while being left caged and alone for long periods.

Injured animals were treated by those in the gang with makeshift medical kits, rather than taken to vets, in order to avoid detection.

Judge Jamie Sawyer said the gang showed "a shocking level of barbarism and callousness". He said the fights, which took place in

By **Paul Jeeves** Crime Editor

England, Ireland and France, were "highly planned and without a care for the animals".

The judge told the defendants: "Dogs were treated as a commodity by each of you. They were playing pieces in your game."

Key evidence came from a phone of Phillip Harris Ali, 67, of Chigwell in Essex, referred to as Dr Death.

It had photos and videos from around 2021 plus reports detailing how dogs were set on each other, sent via an

Jail...Ali, and, far right, Brown

encrypted app. Ali was jailed for five years for 10 offences under the Animal Welfare Act.

His "right-hand man" Stephen Albert Brown, 57, of Chigwell, was jailed for 30 months after he was found guilty of five offences. Personal trainer Billy Leadley, 38, who had a dog-fighting pit at his home in

Takeley, Essex, got four years for 12 offences.

His wife, hairdresser Amy Leadley, 39, received a community order and unpaid work for offences linked to keeping a premises for dog-fighting. All four were banned from keeping dogs for 10 years.



Citizens are told to flee Maldives

By **Mark Reynolds**

ISRAELIS have been urged to leave the Maldives after a ban on passport holders entering the country because of the war in Gaza.

The suggestion from Israel's government includes those with dual citizenship.

Israel's foreign ministry said in a statement: "For Israeli citizens already in the country, it is recommended to consider leaving because if they find themselves in distress, it will be difficult for us to assist."

Maldives president Dr Mohamed Muizzu announced the ban at the weekend, following a recommendation from his Cabinet.

The ban on Israeli passport holders comes as public anger in the predominantly Muslim nation has risen over the war in Gaza.

Opposition parties and government allies had put pressure on president Muizzu to ban Israelis as part of a protest against the war.

Virgin will fly to Tel Aviv again

By **Neil Lancefield**

VIRGIN Atlantic will resume flights between Heathrow and Israel from September 5.

The airline said it will run a return daily flight to Tel Aviv.

Many carriers suspended flights to Israel last October amid the conflict with Hamas.

Wizz Air resumed operations in March, with British Airways following in April.

But easyJet has extended its suspension of Israel flights until at least late October.

Virgin Atlantic also announced a new codeshare partnership with Israel's ELAL airline, aimed at making it easier for the carrier's customers to travel with both companies.

Juha Jarvinen, Virgin Atlantic's chief commercial officer, said: "Our return to Tel Aviv on September 5 will be welcome news for customers who have enjoyed our service since 2019."

Barclays bank smashed up by 'pro-Palestine' vandals

By **Douglas Whitbread**

A BARCLAYS branch was heavily damaged and covered in red paint yesterday in a suspected Pro-Palestine protest.

The branch in Bolton, Greater Manchester, was left with shattered windows.

Paint was smeared about the outside and inside the building. No group has so far claimed responsibility but the action follows two similar incidents at the weekend in Manchester city centre.

These were claimed by the Palestine Action group. Four people were arrested.

Targeted

Police last night said of the Bolton attack: "Inquiries are ongoing". Barclays branches have been targeted over the bank's alleged links to the Israeli weapons manufacturer Elbit Systems.

But the bank denies it is financing and investing in businesses that supply arms for the Gaza War.

A statement on its website states: "We trade in shares of listed companies in response to client instruction. Barclays is not a 'shareholder' or 'investor' in relation to these companies."

Shattered...broken windows and paint at Barclays in Bolton



US hopeful Israel will back Gaza peace plan

By **Mark Reynolds**

THE US said yesterday it expects Israel to accept President Joe Biden's ceasefire plan – but only if Hamas does.

The White House hinted at progress as Israel said it was assessing alternatives to Hamas rule in Gaza in the event of the war ending, with all sides continuing to seek a halt to the conflict.

US National Security Council spokesman John Kirby insisted America now had "every expectation" that Israel would "say yes" to the proposed ceasefire deal if the Palestinian proscribed terror group also did so.

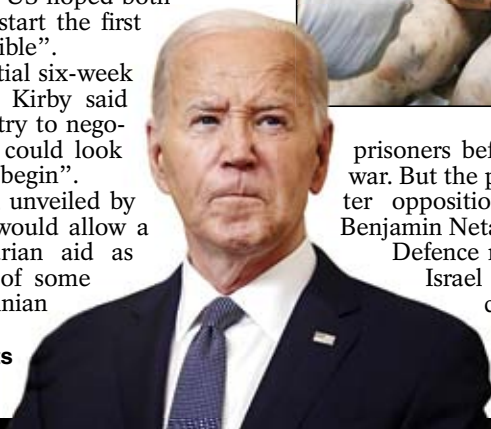
He said: "We're waiting for an official response from Hamas."

Mr Kirby added the US hoped both sides would agree to start the first phase "as soon as possible".

In that proposed initial six-week pause in fighting, Mr Kirby said the "two sides would try to negotiate what phase two could look like and when it could begin".

The three-part plan, unveiled by Mr Biden on Friday, would allow a "surge" of humanitarian aid as well as an exchange of some hostages for Palestinian

Talks...Joe Biden wants Hamas to accept deal



Injured...a girl arrives yesterday at hospital in Gaza



prisoners before a permanent end to the war. But the proposal continues to encounter opposition from some members of Benjamin Netanyahu's government.

Defence minister Yoav Gallant warned Israel would still not accept Hamas continuing to rule Gaza at any stage during the process to wind down the war and that it was examining alterna-

tives to the Islamist group. He stressed: "While we conduct our important military actions, the defence establishment is simultaneously assessing a governing alternative to Hamas."

A top aide to prime minister Mr Netanyahu said at the weekend that while Mr Biden's peace plan was "not a good deal", Israel accepted it.

US Secretary of State Antony Blinken has made separate calls over the past few days to Mr Gallant and Israeli war cabinet member Benny Gantz to lobby for the proposal.

Mr Blinken was quoted as saying he "commended Israel for the proposal" and stressed Hamas should take the deal "without delay".

Permanent

He added that "the proposal would advance Israel's long-term security interests".

However, Mr Netanyahu again insisted there will still be no permanent ceasefire in Gaza until Hamas's military and governing capabilities are destroyed and all hostages are released.

Two far-right Israeli ministers – finance minister Bezalel Smotrich and national security minister Itamar Ben-Gvir – have threatened to quit and collapse the governing coalition if Mr Netanyahu agrees in full to the agreement.

The ongoing negotiations come as fighting continues. UNRWA, the United Nations agency for Palestinian refugees, said all 36 of its shelters in Rafah area are empty after residents fled.



Quit top show...Ralf Little

BBC focus on 'gritty Paradise'

EXCLUSIVE
By Nicola Methven

TV drama *Death In Paradise* is so popular that bosses have ordered a documentary spin-off.

A BBC factual series, with the working title *Policing Paradise* will look at real officers in the Caribbean.

A source said filming had already started, adding: "Viewers used to the crime being solved every week might find that reality is not so neat."

"Far fewer murders are solved and not within a few days. Real life is a bit more gritty."

The documentary series, for BBC1, is tipped for a daytime slot.

It comes after Ralf Little, 44, quit as Neville Parker after five years as *Death In Paradise*'s lead.



Hits...singer Colin Gibb

80s Black Lace star Colin dies

By Tara Fair

SINGER Colin Gibb, who had huge success with novelty pop band Black Lace, has died at the age of 70.

The group enjoyed hits with Eighties classics including *Agadoo* and *Do The Conga*.

Management team Now Music paid tribute to Colin, of Bradford. It said: "Unfortunately, Colin passed away unexpectedly."

"He had recently announced his departure from the entertainment industry and was looking forward to enjoying his retirement with his wife Susan."

"We are all deeply shocked and saddened. Colin was a great friend and will be missed."

Sydney toasts BGT win in Wetherspoon's



I love you all. I have no words. 🥹💖🥹

'So thrilled with my life'... Sydney in pub snap post and on BGT and This Morning, far right

BRITAIN'S Got Talent winner Sydney Christmas celebrates her triumph in a Wetherspoon pub, saying she "needed a pint".

More than six million viewers saw the gym receptionist, 28, burst into tears on Sunday night when Ant McPartlin and Dec Donnelly revealed she'd scooped the £250,000 prize and a spot at the Royal Variety Performance.

The singer clinched victory with a showstopping version of *Somewhere Over The Rainbow* while magician Jack Rhodes was runner-up followed by dancing duo Abigail and Afronitaaa.

An average 5.2 million viewers tuned into the live ITV show – peaking at 6.5 million when the winner was named.

Yesterday rugby fan Sydney told ITV's *This Morning* she couldn't really remember that moment. "I just remember shutting my eyes and then punching the air, like I'd scored a try at a rugby match," she added. "I just couldn't believe my life."

Of being the last finalist to perform, she said: "I was

By Laura Harding

pacing... I was watching it, I was clapping, I went in to watch *Innocent* (Masuku, the operatic tenor). Absolutely amazing, it made me sob. I had to get my make-up sorted out, I was like, 'How am I going to go on now?'"

Discussing her song choice, Sydney, from Gravesham, Kent, said: "BGT helped me and when they said that version of *Somewhere Over The Rainbow*, I was like, 'I can't do that' because that's Loren Allred's version and she is my idol. Loren was so supportive, I got a video from her and I sobbed. This is a ride I don't want to get off of. Seriously, I'm so thrilled with my life right now, I can't believe it."

Afterwards Sydney posted a photo from the pub, saying: "We needed a pint and we needed it now. I love a Wetherspoon's!"

She is looking forward to singing at the Royal Variety show for King Charles in November – but otherwise has "not a clue" what the future holds. "That's the exciting bit about it," she said. "I'm so ready to just throw myself into whatever opportunity is there for me, that will have me."



By Jordan Reynolds

MURDER victim Zara Aleena's family are "tortured" by the thought her killing could have been prevented, an inquest heard yesterday.

Jordan McSweeney killed the 35-year-old law graduate as she walked home from a night out in Ilford, East London, in June 2022.

McSweeney was handed a life sentence with a minimum term of 38 years at the Old Bailey after admitting murder and sexual assault.

But he later won a Court of Appeal bid to reduce the minimum term of his life sentence.

McSweeney had been released from prison on licence shortly before the murder and, after breaching the conditions of his licence, a decision was made to recall him to jail.

The jury was told that McSweeney was 29 at the time of the attack and had received his first custodial sentence at the age of 13, with much of his adult years spent in prison or in the community under licence.

Ms Aleena's aunt Farah Naz told East London Coroner's Court in Walthamstow yesterday that the family is "tortured with the thought Zara's death was preventable".

She added that her niece's murder

Zara's family tortured by thought her murder may have been avoided

highlighted "the crumbling justice system meant to protect us".

Ms Naz said: "Since her death we have been campaigning so that our daughters, sisters, friends can be safe and protected as Zara never was. This is Zara's legacy."

Emotional

Ms Naz became emotional as she told the jury of her beloved niece's "sparkling eyes and curly jet black hair" and "glorious laughter".

She said Ms Aleena was a carer for her mother and grandmother, calling her "the rock of our family". She added

that it was the "proudest moment for all of us" when she was offered a job as a legal assistant at the prestigious Royal Courts of Justice.

Area coroner Nadia Persaud said the purpose of the inquest is to "consider the circumstance by which Zara came by her death, which will include whether any actions or omissions of state bodies contributed to her death".

Reading a statement from a forensic pathologist, she said the cause of death was blunt force head injury and neck compression. The inquest continues.



Victim...Zara Aleena and, inset, killer McSweeney

Parents demand inquiry into nine baby deaths at NHS trust

THE families of nine babies who died at a scandal-hit NHS Trust are calling for a public inquiry into its maternity services. Families allege failings in 2021 to 2023 at the Royal Sussex County Hospital in Brighton, and Worthing Hospital, both managed by University Hospitals Sussex NHS Foundation Trust. They claim maternity staff did not properly monitor mothers and babies during labour and dismissed health concerns, and that the Trust refused to accept accountability for “systemic

By **Rosie Taylor** failures” or learn from mistakes. They said: “Babies will continue to die under the Trust’s care unless there is additional intervention.” Among them are Chloe Vowels Lovett, whose baby Esme died after staff dismissed the mum’s pains. The Trust is the subject of a separate police probe over



Tragic...Chloe, Toby and scan

allegations relating to the care of adults in neurosurgery and general surgery in 2015 to 2021. Its chief nurse Dr Maggie Davies said: “We offer our sincere apologies to the bereaved families. We have recruited more midwives, changed how we listen to and support families, and we have a triage process to help react quickly if there are any reasons for concern.”

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Pictures: SEA SHEPHERD GLOBAL



138 whales organised

NEARLY 140 pilot whales have been slaughtered in the worst mass killing campaigners have recorded. A pod of more than 200 were hunted and driven into a beach at Hvannasund in the Faroe Islands, 200 miles north of Scotland. At least 138 animals were killed for their meat and blubber while the remaining pod was left in the shallow bloodied waters in the fjord. Valentina Crast of the Sea Shepherd marine conservation group said: “The brutality of this hunt exceeded anything we’ve documented before, as a pod of more than 200 pilot whales were hunted and driven for hours and later divided.” Locals surround pods using speed boats then drive them towards shore

By **Steph Spyro** Environment Editor where they are slaughtered using sharp lances, similar to a spear. Whaling – which is called grindadrap in the Faroe Islands – usually takes place during the summer. But a hunt can be called at any time and the brutal cull on Saturday was the second of the year. The Faroes are an independent territory of Denmark. Autonomous status means it can set its own laws and rules, despite pilot whales being protected under EU and UK law. Rob Read, chief operating officer of the Paul Watson Foundation UK, a marine conservation charity, said: “The Faroese use the tight-knit



Bloodbath...
culled pilot
whales lie in
the shallows
at Hvannasund
beach in the
Faroe Islands

killed in slaughter

bonds of kinship between pilot whales against them. It is a relief some were saved [but] this event will take a massive toll on this family group.

"It would be no surprise if more animals die as a result of the grindadrap, either from injuries from boats and rocks, or from the sheer stress."

Barbaric

By Sunday, the surviving members of the pod managed to move back out to sea. But campaigners said they had documented "one of the most reckless and careless hunts" ever seen.

Ms Crast said: "The disregard of the remaining pod that was left in the fjord for more than 24 hours has been reported to the police by Sea Shepherd

as animal cruelty." Faroese are fiercely defensive of the hunt, regarded as part of their culture and traditions.

Whale meat and blubber remain a popular dish despite concerns about the high levels of mercury.

Francisco Guerreiro, a member of the European Parliament, accused the EU of helping to fuel the culls by continuing trading links with the Faroes.

He said: "The EU continues to fund this barbarity by open commerce with the region."

"If we revised the trade agreement considering these unnecessary actions more pressure would come to the Faroese people. Nowadays there's no rationale behind supporting these cruel events. Like bullfighting, these barbaric events must end."



Hunt...the Faroese trap the terrified mammals before killing them. Below, carcasses are lined up to be used for meat and blubber



HICKEY

VETERAN show-off Miriam Margolyes recalls a frosty chat show encounter with singer and actress Lily Allen, claiming: "She thought when she was on the programme that it was all about her... she thought, 'Who is this woman? Miriam who?'"

Margolyes, far right, appeared with Allen, right, on Graham



Norton's programme in 2014. Speaking at the Hay Festival, the Harry Potter star adds: "She wasn't friendly and I didn't like that, so I showed my dislike, which wasn't very nice of me because she was much younger than me. I should have just taught her how to behave." An older and rather wiser Ms Allen's likely to prove more than a match for Miriam a decade on.

BASKING in the success of his West End stage production of *Fawlty Towers*, John Cleese insists others involved initially had reservations.

"Everybody was very dubious about it. Phil McIntyre who put the show on... all the other producers," Cleese now reveals. "I was never very anxious about it, because I knew the scripts were funny."

He tells ITV's Lorraine Kelly: "If you want a ticket for a Saturday matinee you're looking at October." Not that Mr Cleese is one to crow, of course!

HAVING just poked fun at Prince Harry, John Lennon's musician son Sean comes to the defence of another long-divisive figure – his mum Yoko Ono.

"My entire life I have witnessed my mother being attacked and maliciously misunderstood," Sean says. "She always told me that to survive she had to take all that negative energy and use it as motivation to make art and continue working."

He adds: "I consider my mother to be a 'Good Witch of the East.'"

SHEDDING light on the "challenging relationship" between his late father Leonard Nimoy and fellow Star Trek actor William Shatner, director Adam Nimoy reflects: "It's sad, but it is what it is."

While explaining his dad, pictured, "knocked heads with Bill" for most of his professional life, Nimoy junior, also says there was a time when the pair were reconciled. "It was beautiful, but they just couldn't sustain it and that's unfortunate," he tells Page Six.



Following the Spock actor's death in 2015, Shatner described him as his "dearest brother" – but failed to attend the funeral due to a prior charity commitment.

WITH Eddie Izzard's solo London stage performance of *Hamlet* receiving some unflattering reviews, Gyles Brandreth rushes to the star's defence, protesting: "Some of the critics clearly didn't get it."

Might there be another reason for Brandreth's loyalty? The show's directed by Selina Cadell, sister of Gyles' late best friend Simon. The latter was Hi-de-Hi! entertainments manager Jeffrey Fairbrother.

EXASPERATED rock legend Roger Daltrey fumes: "You know, there was something about mystique that was beneficial to show business. Now we know the colour of people's underpants. It's f***** boring."

EXCLUSIVE By Stephen Fisher



WHEN Saving Private Ryan was released, it not only redefined war films, it changed the public's perception of the Normandy Landings in June 1944.

D-Day was already a famous historical event – the 50th anniversary had not long passed – but with the release of Steven Spielberg's epic movie starring Tom Hanks, public understanding of the invasion was drastically revised.

Omaha, the bloodiest beach, now was D-Day. The scene of the greatest sacrifice, around 2,400 US killed, wounded or missing, it became a battle that had to have been worth it and, as a result, came the belief it was the most important beach.

And with this has come a corresponding downgrading of the significance of the other landings at Utah, Gold, Juno and Sword. Nowhere is this more true than at Sword, assaulted by British troops with support from Free French forces.

In *The Longest Day*, the 1962 film with its large, ensemble cast which began to cement opinions, Rat Pack star Peter Lawford depicts Commando leader Lord Lovat casually striding up Sword Beach with his piper, while the greatest challenge Sean Connery in an early role as Private Flanagan faces is a dunking.

They are greeted on the sand by an excitable Frenchman who toasts them with champagne, before they head inland to relieve Pegasus Bridge.

This impression, that Sword was relatively easy compared to Omaha, has coloured our perception of the easternmost landing site ever since, but the reality is different.

When the War Office's Army Operational Research Group studied both the defences and casualties across all five D-Day beaches in the months following the landings, they reached some fascinating conclusions.

Chief among them was that the "heavy casualties on Omaha were not much more than proportional to the numbers of defending weapons". In fact, the defences per mile were found to be broadly similar on both Sword and Omaha, as were the number of casualties. Because it was more than three times longer than Sword the overall number of casualties was higher on Omaha Beach, and the high bluffs behind the beach certainly made the assault tough.

But, per-mile, the two beaches were almost equally as deadly. Even before the landings, Sword proved to be a dangerous operation.

In their only action of the day, the German Kriegsmarine despatched three destroyers from Le Havre to engage the Allied fleet assembling off the coast. Emerging from an Allied smokescreen at just after 5am, Korvetten-Kapitän Heinrich Hoffmann was overwhelmed by the sight of the massed battleships, cruisers, destroyer and landing ships of Force S, the naval task force bound for Sword.

QUICKLY ordering his ships to launch their torpedoes, the destroyers nipped back into the smokescreen and made good their escape while their deadly weapons sped towards the fleet. At 5.30am one slammed into the Norwegian destroyer Svenner, breaking her back and killing 33 of her crew. That – the Kriegsmarine's sole success on D-Day – was not enough to halt the landings though and, even as the Svenner's survivors were plucked out of the water, the first landing craft were heading for the beach.

Leading them in, at the point of the sword, Commander Edmund Currey studied the sea state, carefully judging the conditions.

Although the storm that had forced D-Day to be postponed was not yet fully spent, and waves pounded against the hull of Landing Craft Headquarters 185, he judged that it would be safe enough to launch their secret weapons. After closing to within 5,000 yards

Pictures: GETTY, MIRRORPIX



NO WALKOVER: Casualties from initial Sword Beach assault are helped ashore

of the beach, the leading landing craft hove to and dropped their ramps into the sea.

Very slowly an unusual vehicle crept forward. To anyone watching it looked like a large canvas hull mounted on tank tracks, but in fact the canvas surrounded the body of a Sherman tank, creating just enough buoyancy to allow it to float.

As each of these Duplex Drive tanks dropped into the water, a propeller fitted to the driveshaft drove it forward and slowly this unlikely flotilla of tanks headed for the shore. Behind them came landing craft carrying yet more secret tanks – the Assault Vehicle Royal Engineers (better known as "Hobart's Funnies", the brainchild of Major General Percy Hobart), a collection of mine clearers, bridge layers and obstacle-busting tanks that would clear the way off the beach.

Following in their wake came the smaller landing craft of the assault infantry, ready to put ashore some 600 men of the 2nd East Yorkshire and 1st South Lancashire regiments – among the 29,000 troops who would be landed on Sword.

As the landing craft advanced, the ships behind them unleashed a storm of steel – hundreds of shells roared across the sea and crashed into the beach. Along eight miles of the shoreline, sand, earth and masonry was blown into the sky as destroyer's guns pounded away incessantly.

As they got closer, modified landing craft with mounted guns of all calibres joined the fray, pouring additional fire on to the one-mile landing area, codenamed Queen, White and Red beaches. From the decks of 18 landing craft, 72 105mm self-propelled guns of the Royal Artillery pounded away, adding to the mael-

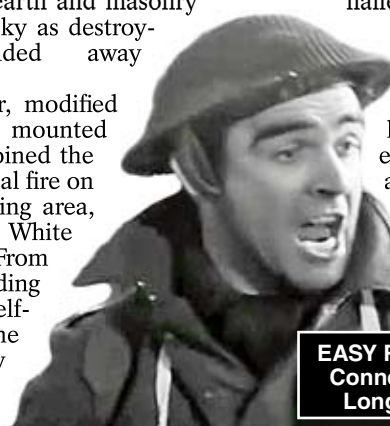


strom enveloping Queen. As the minutes ticked by, the fearsome landing craft rockets joined in, sending thousands of screeching projectiles into the air and plummeting on to Queen's central defensive strong point, Widerstandsnet 20 – code-named Cod by the Allies.

Inside its command bunker, German signaller Toni Kresken's wireless set vibrated incessantly under the bombardment.

He tried to contact his HQ inland, but it was already useless. The bombardment had severed all lines of communication in and out of the strong point.

As the landing craft neared the beach the destructive barrage lifted and at 7.26am, one minute behind schedule, the first wave touched down on Queen beach. But



EASY RIDE: Sean Connery in *The Longest Day*

Why D-Day was so much MORE than Saving Private Ryan

Steven Spielberg's epic war film focused attention on the US attack on Omaha Beach at the expense of other landing sites. Not fair, says a leading historian, whose new book on Sword Beach helps set the record straight



IMITATING LIFE: British troops push inland from Sword, left. Right, Spielberg's recreation of Omaha



the bombardment that looked so impressive from the sea had only suppressed the enemy gunners, not destroyed them, and as the landing craft ground on to the beach the enemy opened fire. Anti-tank guns barked, slamming shells into the landing craft hulls and the tanks as they disembarked. Machine guns opened fire on the infantry, felling many of the first men who dashed through the shallows and on to the sand.

Some sought cover behind the beach obstacles but were cajoled forward by their officers, shouting at them to keep moving. In quick bursts of energy, in between throwing themselves on to the sand as mortar screamed down on them, the infantrymen pushed up the beach and sought shelter in the shallow dunes at the top.

Machine gun bullets peppered the sand as the men worked quickly to plant explosives beneath the barbed wire and force their way through the first line of defences.

Major John Harward watched as one of his platoons pushed their charges into the dune, a man ignited it and they ducked for cover.

When nothing happened Harward went forward himself, but was felled by a blast of machine gun fire. Struggling in pain he crawled forward to the charge and reignited it before slumping to the ground. With a roar the dune exploded, cutting the barbed wire and opening the way for his men to charge forward. As one man knelt to check on his CO, Harward summoned enough energy to tell him: "I'll catch up later."

He died of his wounds the next day. All along the beach, the assault infantry managed to batter their way through the first defences, although casualties were heavy. A post-landings assessment estimated some 650 men were killed on the beach at Sword.

When Lieutenant Reginald Rutherford led his platoon through a gap in the wire, only 11 men were still standing. But once through, the way inland started to open. While assault troops encircled the defences on the beach and slowly started to infiltrate them, more men and tanks were landing.

Commandos raced ashore and started to fan out – two units working to secure the

beach flanks, while Lord Lovat led a column of men inland to Pegasus Bridge, captured earlier by airborne troops. Their journey through the Normandy countryside was vital in securing the eastern flank of the invasion.

Bitter fighting broke out in the towns and villages around Sword, in Ouistreham, Lion-sur-Mer, Colleville-sur-Orne and Hermanville. As the men cleared ground, another column composed of tanks and infantry prepared to head inland and secure the path to Caen. Delayed by strong points and resistance in the villages to the south, the column was still three miles from Caen when they ran straight into a German armoured counter attack. Dozens of Panzers loomed into view. A whole new battle began as tanks faced tanks and explosions echoed around the Norman valleys, until superior British tanks and training proved their worth.

Swiftly the counter attack was blunted, although it had been sufficient to stop the British advance on Caen that day. By the time darkness fell, the British had secured a sizable beachhead in the Norman country-

side. The British had not managed to take Caen on the first day, but were well positioned to lay siege to the town and move into it in July. The fighting here was longer and bloodier than anticipated but the work the 3rd Infantry Division did on D-Day meant its outcome was never in doubt.

ALTHOUGH German reinforcements were rushing to the area, they would never regain any ground that the British had taken – instead they rapidly began to lose more. Caen would become a killing ground for the German army.

No one should ever underestimate the importance of Omaha Beach, of course, but the British assault on Sword was a vital part of the Normandy landings – as important as any of the other beaches. Sword's contribution to D-Day has been overlooked for too long. And the battle fought there frequently and incorrectly viewed as an Allied failure – because Caen took so much longer than expected to capture.

The 80th anniversary of the landings this week should be a turning point, time to better appreciate Sword Beach and the sacrifice made by the men who fought and died there. They achieved a great feat in securing their area and connecting the airborne landings to the east with the central landings at Juno and Gold to the west. Without their heroic effort, D-Day may not even have succeeded.

● *Sword Beach: The Untold Story of D-Day's Forgotten Victory*, by Stephen Fisher (Transworld, £25) is out now. To order for £22.50, visit expressbookshop.com or call Express Bookshop on 020 3176 3832. Free UK P&P on orders over £25



30-SECOND CHALLENGE

JUST follow the instructions from left to right, starting with the number given to reach an answer at the end of the row. Set your own 30-second challenge. For the very young or arithmetically rusty, you have 30

seconds for the BEGINNER task. For a greater challenge, try BEGINNER and INTERMEDIATE in 30 seconds. True mental gymnasts should try INTERMEDIATE and ADVANCED in 30 seconds together.

Today's answers can be found in the puzzles pullout

YOUR ANSWERS

Beginner	9	+42	REVERSE THE DIGITS	4/5 OF THIS	-5	x6	-17	x3	+9	
Intermediate	127	-59	75% OF THIS	+273	5/6 OF THIS	-82	÷4	-36	SQUARE IT	
Advanced	18	x8	+374	4/7 OF THIS	+136	7/12 OF THIS	-37	INCREASE BY 80%	+165	

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MONDAY, JUNE 3
SET FOR LIFE 2 11 15 19 38 8

SATURDAY, JUNE 1
LOTTERY 6 11 16 21 43 50 9
THUNDERBALL 9 21 31 35 36 9

THE HEALTH LOTTERY

FRIDAY, MAY 31
EUROMILLIONS 4 7 16 33 34 7 8
THUNDERBALL 8 11 16 27 29 5

SATURDAY, JUNE 1
20 23 27 31 32 49

FRIDAY, MAY 31
2 13 24 25 37 28

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Which of these would you NOT expect to bring on a hot summers day out?

A) Woolly jacket B) Sunglasses C) Suncream

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PHONE POLL RESULTS

We asked in our poll on Saturday:
Would you vote for Donald Trump to be US President?

YES: 53%
NO: 47%

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1			8	3	9			5
	8			1			9	
9			4					8
		3		8		7		
2	6			7	3		5	1
		7		4		2		
6	5				4			7
	4		7	6			3	
3			1	2	8			6

This is the Quick Sudoku for the solver in a hurry. For today's solution call: **09071 812 571** (Calls cost 80p per minute plus your telephone company's network access charge)

For extra clues call: **09013 225 602** (Calls cost 75p plus your telephone company's network access charge)

MORE PUZZLES - PULLOUT YESTERDAY'S SOLUTION

5	1	9	4	6	2	3	8	7
4	3	6	7	8	1	5	9	2
8	7	2	9	5	3	4	1	6
7	6	5	3	2	8	9	4	1
9	4	1	5	7	6	8	2	3
2	8	3	1	4	9	6	7	5
6	2	4	8	3	7	1	5	9
1	5	7	6	9	4	2	3	8
3	9	8	2	1	5	7	6	4

There's no cake batter than this 40ft apple giant

Record-baking...the huge cake in Milbourne St Andrew

By **Jan Disley**

THIS record-breaking apple cake was made by a hard core of village bakers following an appeal in the Daily Express last week.

Rose Frost, 73, contacted us to help find other bakers so they could make the biggest Dorset Apple Cake for Dorset Day on June 1.

Her mission was a success and saw scores of villagers in Milbourne St Andrew baking 79 individual cakes melded together to create a 40 sq ft giant.

They used 230 apples, nine kilos of butter and 18 kilos of flour.

Every slice was sold in just two hours, raising £1,400 for the village hall. Rose, *inset*, said: "It was a fantastic day – people came from far and wide to see it."

OAP, 70, accused of killing

By Paul Jeeves

A WOMAN aged 70 has appeared in court charged with murdering her husband in their flat.

Joanna Rowland-Stuart was aided by a sign language interpreter at Lewes Crown Court yesterday. But she was unable to follow the hearing after the battery died in her ear implant.

She appeared via video-link from Lewes Prison and did not enter a plea over the death of her husband Andrew Rowland-Stuart.

The court heard emergency services were called to their home in Brighton on May 27 but the 70-year-old man was found dead at the scene.

Rowland-Stuart was remanded in custody and a plea hearing was set for July 19 with a possible trial in November. The court also heard that she has mobility issues.

Judge Christine Laing KC said: "If the defendant's mobility is a real issue, I would have to look at transferring this case to another court."

Driver on 2 deaths charges

By Tom Wilkinson

A MAN appeared in court yesterday charged with two counts of causing death by dangerous driving after a crash in which a baby boy and his aunt died.

Darryl Anderson, 38, was also charged at Newton Aycliffe Magistrates' Court with possession of a bladed article. Anderson, of Rotherham, is due to appear next at Durham Crown Court on July 1. Eight-month-old Zackary Blades and Karlene Warner, 30, were travelling between Chester-le-Street and Durham when their car was in collision with an Audi last Friday.

Zackary's mother Shalorna Warner was driving and suffered minor injuries.

The baby's father Jack Blades said: "We are absolutely heartbroken. "We only had you in our arms for eight months but in that time you brought us so much happiness to our lives."

Ms Warner, mum to a daughter Everly, was described as "amazing".

Pictures: SCOUT UK, KATIE COLLINS/PA

'We're helping to create stronger communities and that benefits us all'

Bear leads Big Help Out volunteering drive

'Kindness revolution'...
Bear Grylls

EXCLUSIVE

By Giles Sheldrick
Chief Reporter

ADVENTURER Bear Grylls is ready to lead the biggest volunteering drive in UK history and insists it will show Britain is full of positivity.

The former SAS trooper has been preparing for the King Charles-backed Big Help Out.

Millions of people will give up their time between Friday and Sunday to take part in events to make themselves and their communities proud.

And Bear, 49, insists the "kindness revolution" will show that life is better when we help other people.

The TV presenter and Chief Scout said: "By playing our part, we're helping create stronger, closer communities, and that benefits us all. When we look out for others, they look out for us."

"It's about the power of positivity. Some say we're a nation of grumblers, but that's not my experience. In 15 years as Chief Scout, I've seen the best this country has to offer."

Opportunities

This weekend's Big Help Out enables people to sign up for volunteering opportunities across Britain – including helping with cancer support, food banks, football coaching and litter picking.

Last year, more than seven million people took part. But this year organisers hope to smash that figure.

One of the aims is to make volunteering easy and more accessible, with one in five saying they have never been asked to volunteer, and many more not knowing where to start.

The Big Help Out will put volunteering centre stage for the whole weekend.

Celebrity supporters include TV host Stephen Fry, Strictly Come Dancing professional and cancer survivor Amy Dowden and broadcaster Julia Bradbury.

Cancer charities have faced a 20% fall in volunteers in recent years.

Former Countryfile host Julia, 53,

THIS is the start of the Big Help Out's final countdown.

Across the weekend of June 7 to 9, and as part of Volunteers' Week, millions of us are going to be lending a hand in our many local communities.

Last year, more than seven million stepped up for the first Big Help Out. It was the biggest volunteering event of its kind – with everyone doing a little to make one big difference.

It was the start of a kindness revolution, and showed that so many of us really think of others before ourselves, as we always say in the Scouts.

It proved that, at heart, we're a nation of givers, carers and sharers – at our best when we're helping others. It brought back great memories of the London 2012 Olympics when volunteers inspired us with their energy and generosity.

Now the Big Help Out is back and set to be bigger than ever. And it's not too late to get involved. The good news is that it couldn't be easier. Simply download the Big Help Out app and you'll find opportunities where you live. From planting

COMMENT

BEAR GRYLLS

Chief Scout

community gardens to helping out at food banks, there's something for everyone, no matter how much or little time you can give.

Whether it's a regular commitment or just a one-off, such as mowing a lawn or repainting a fence, it's about doing something.

Incredible

The Big Help Out is all about making connections – and after trying volunteering, so many want to continue. We discover that great secret of volunteering – that we get back so much more than we put in.

As Chief Scout (and a volunteer myself) I get to see the inspiring work of 140,000 adult volunteers. Their kindness and commitment is truly incredible.

Not all of them help out all the time and they fit their volunteering around home and family commitments. But the time they

give means young people get the chance to make new friends and learn skills that will stay with them for life.

In return, they get to make memories that last a lifetime – seeing young people achieve things they never thought possible. Now, more than ever, we need to mirror that example of kindness and generosity.

And when our young people see us volunteering they want to get involved too.

I'm so proud we have 20,000 young leaders in Scouts, a brilliant team of 14 to 18-year-olds helping to run activities for younger children.

Kindness, like laughter, is infectious. Life's better when we help other people. It makes us feel good and helps us shine brighter. Volunteering is so good for our mental health, self-esteem and a great way to meet people. Volunteering gives us a sense of purpose and a place to belong.

They say there's nothing stronger than the heart of the volunteer. But actually there is. When millions of us are volunteering together, the collective power is phenomenal.



Backed by King...
TV presenter Bear
with Charles

was struck down with breast cancer and in 2021 had a mastectomy to remove a tumour.

She said: "I know from my own experience just how much the love

of friends and family and the kindness of strangers can mean when you are dealing with a cancer diagnosis.

"But in recent years cancer charities, like the rest of the voluntary

sector, have seen fewer people coming through the door because volunteering is a habit which Covid broke in the most brutal way."

Charities including Macmillan Cancer Support and Cancer Research UK are recruiting volunteers in the wake of King Charles and the Princess of Wales going public with their diagnoses.

The groups have backed the Big Help Out to boost volunteering and are hoping to recruit carers, helpline operators and fundraisers.

Michelle Mitchell, chief executive of Cancer Research UK, said: "Volunteers are incredibly important to us and their impact is felt across every area of the charity."

The Big Help Out app, which includes volunteering opportunities from 35,000 organisations, can be downloaded by visiting the website thebighelpout.org.uk

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EXCLUSIVE By John Earls

ONE of rock's undeniably classic albums, Pink Floyd's *Dark Side Of The Moon* has been lauded as a masterpiece since its 1973 release. From its iconic sleeve of a refracted pyramid onwards, it was immediately seen as a landmark album and has sold an incredible 45 million copies.

Yet there's one aspect around *Dark Side Of The Moon* that Pink Floyd's drummer would change: Nick Mason wishes the band had toured it for longer.

Wanting to keep their creative chemistry flowing, the four-piece went back into the studio just eight months after its release, to focus on 1975's follow-up album, *Wish You Were Here*. Having released the acclaimed concert film *Live At Pompeii* the year before *Dark Side Of The Moon*, Pink Floyd also failed to make a movie of the concerts celebrating their 1973 classic.

Even to this day, it frustrates Mason, who tells the *Daily Express*: "We should have toured *Dark Side* for longer. What we should also have done was to film that tour. Given what we did with the *Pompeii* show, it would've been great to film *Dark Side* in the same way. We almost rushed that album, because we wasted a lot of time getting *Wish You Were Here* into shape."

Today, *Dark Side* remains their most famous recording, and Mason is a calm, clear-headed authority about Pink Floyd's place in rock lore. With their famously turbulent history, the drummer is the only person who played in the band from their first psychedelic adventures in the mid-1960s until they stopped touring in 1994 after their final, grandiose album, *The Division Bell*.

Pink Floyd were one of the first bands to play stadiums, but Mason admits: "At a stadium, you'd always have a group of people at the back who were either on drugs or playing Frisbee. We loved playing anywhere exotic and some of the big shows in America were really exciting for us."

"We'd always had a great French fanbase, so the French influence in Montreal made shows there something special."

Those enormous shows are a contrast to the drummer's current Floyd-related band, Nick Mason's *Saucerful Of Secrets*.

SINCE 2018, Mason has toured the band's earliest music, up to 1972's *Obscured By Clouds* album, with a band comprising Floyd's longtime touring bassist Guy Pratt, ex-Span-dau Ballet guitarist Gary Kemp, keyboardist Don Beken and Blockheads guitarist Lee Harris.

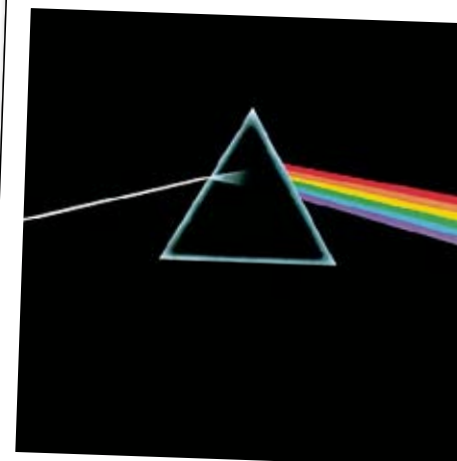
They are embarking on a tour of theatres, as Mason explains: "I'd be more than happy to play to 90,000 people and it'd be silly to pretend I don't want to do stadiums anymore. But one of the great joys about playing a theatre is you can engage with an audience all at the same time."

"I get a real sense of déjà vu with the *Saucers*, like it's 1967 again, because I'm onstage with musicians who are all enjoying the same thing, playing to an audience all enjoying it simultaneously."

Although he'd been happily retired, a Pink Floyd exhibition at London's Victoria & Albert Museum in 2017 made Mason realise how much he missed being on stage.

"I really enjoyed working on that exhibition, but it was missing something for me," he says. "And that something was playing music, rather than talking about it. The five of us in

Drummer Nick Mason, the only member of Pink Floyd who played for their entire career, on keeping the flame alight, staying out of rows between his former bandmates... and why he's just as happy playing theatres as 90,000-seat stadiums



MASTERPIECE: Nick Mason, below, reflects on Pink Floyd's classic 1973 album *Dark Side Of The Moon*, above



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SHINING ON: Nick Mason's Saucerful Of Secrets, with Guy Pratt and Gary Kemp, front, play live in Canada



CLASSIC FLOYD: Wright, Gilmour, Mason and Waters in 1973

We should've spent longer on the Dark Side of the Moon

the Saucers, we're like a very elderly version of The Monkees."

Choosing to focus on playing Pink Floyd's earlier music allows them to showcase the band's more experimental side, including influential songs such as *Interstellar Overdrive*, *Set The Controls For The Heart Of The Sun* and the 25-minute long *Echoes*.

Mason explains: "We're in a position where we can play about with those tracks. There isn't the expectation from audiences that we have to play songs as they are on the records, which I think you have once you get to later albums like *Dark Side* and *The Wall*. That earlier material is much freer."

Those early albums encompass the music of Pink Floyd's first singer, Syd Barrett, who left in 1968, dropping out of music altogether four years later. A reclusive figure until his death in 2006, it's unclear exactly why Barrett walked away from music.

"When Syd wrote for the band, the first six months of Pink Floyd were very happy," reflects Mason, now 80. "Then it got very

sad, as Syd more or less dropped out. The problem is, we're still not 100 per cent sure what happened."

Barrett experimented heavily with LSD, which is believed to have contributed to his departure. Mason ponders: "I think LSD is definitely a part of it. It's possible Syd took a particularly strong form of LSD, which affected him permanently. Also, something that seemed unthinkable to us is that Syd had maybe simply had enough of being in a band. He'd originally come to London from Cambridge to be a painter and he wanted to get back into painting instead."

"We couldn't believe anyone in a successful band wouldn't want to carry on being a part of it, and that played some part in Syd's unhappiness."

Mason firmly believes Barrett's misery would have been handled a lot differently today, saying: "No one really used the expression 'mental health' 55 years ago. We just had no idea how to help Syd out. As Syd became more unhappy, our solution was to

take a day off – and that was it." Following Barrett's departure, guitarist David Gilmour and bassist Roger Waters became Pink Floyd's joint lead singers.

The band's career soared, but the two musicians' relationship became increasingly tense until Waters quit in 1985. They've fought a bitter war of words ever since.

Mason remains friends with both Gilmour and Waters, with the latter joining Saucerful Of Secrets onstage at a New York show in 2019 – "A very special moment," he notes – while Gilmour gave the drummer a box of old Pink Floyd demo and effects tapes to help get Saucerful Of Secrets reacquainted with their earliest music.

Of his old bandmates' enmity, Mason says: "It's a shame, but maybe that strife is what produced good work. Without that strife, maybe those albums wouldn't have got made the way they did."

The feud, he reveals, has had its darkly comic moments, such as Gilmour's good luck message to Mason before Saucerful Of

Secrets' first gig in 2018. "David's message on that first night said, 'Wish you luck, break a leg – preferably Roger's,'" he recalls.

Since the death of keyboardist Rick Wright in 2008, Gilmour and Mason can record together as Pink Floyd. In 2022, they made the single *Hey, Hey, Rise Up!* with Ukrainian singer Andriy Khylyvnyuk, to support the Ukraine Humanitarian Fund following Russia's invasion. Gilmour's son Charlie is married to Ukrainian artist Janina Pedan.

Mason explains: "David really wanted to do something about Ukraine. He asked if I could play on the song, so it could be a Pink Floyd effort. I was very happy to help out."

Despite being happy to support Gilmour, Mason considers the real end of Pink Floyd to have happened in 2005, when the classic lineup of Gilmour, Waters, Wright and Mason reunited for the giant poverty relief concert Live 8 at Hyde Park.

Mason admits: "Hey, Hey, Rise Up! was good, but I'd rather the end of Pink Floyd was Live 8 – all four of us doing something for the good of mankind."

DESCRIBING himself as "a team player", Mason's neutrality meant he was often the calming presence in Pink Floyd. He'd dropped out of studying architecture when the band got signed, but laughs: "In the back of my mind, I thought we'd do the band for one or two years, then I'd go back to college. It was obvious we were on to something bigger once we broke America about five years in. That's when it became apparent that, no, I wouldn't be going back to college."

American audiences' unfamiliarity with Pink Floyd's experimental roots is another reason Mason enjoys touring Saucerful Of Secrets. "When you tour America, they almost assume Pink Floyd started with *Dark Side*," he says. "We were so underground, we were basically unknown there until 1972. Our earlier catalogue is extraordinarily varied – almost three or four bands in one."

The drummer admits being uncomfortable with putting his name in Nick Mason's Saucerful Of Secrets.

He reveals: "The general feeling was that it was important to have it there, to explain what and who we were. It was probably the right decision. Once people are used to us, we just call ourselves 'The Saucers,' so you don't have to keep shouting my name."

Mason's current band might even record brand new music, as he hints: "It's something we'd look at, but not yet. Gary in particular is a great writer, so it's something that might come up further down the line."

That Mason is still looking to the future shows how far he's come since considering his career options. "When I started playing drums, rock music was thought to be entirely ephemeral," he adds. "My oldest friends who went into careers like banking, they've all long since retired. It turns out bands can last a lot longer than you planned for."

● Nick Mason's Saucerful Of Secrets tours from June 11 to 29. See myticket.co.uk for full dates and sales. Mason's solo albums, *Fictitious Sports*, *Profiles* and *White Of The Eye*, are reissued this Friday



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Poor sleep can make anyone feel exhausted, but the repercussions for menopausal women might go far beyond that. Research has already shown that sleeping less than the recommended seven to eight hours a night can have an adverse effect on heart health.

But findings from a new US study suggest that, for women going through the menopause, it's not just short sleep duration that can be an issue – disturbed, restless sleep can also affect their risk for heart disease and stroke.

The study, led by Columbia University Medical Center in New York City found that women who reported poor sleep quality during menopause were three times more likely to have poor overall cardiovascular health scores.

That means dealing with interrupted sleep should be a priority for women in middle age.

"Studies indicate around 40 to 60 per cent of women experience sleep problems during menopause – most commonly disturbed sleep with lots of interruptions," says Dr Zoe Schaedel, menopause specialist and co-director at Myla Health (mylahealth.co.uk).

"And for some women, who might have been good sleepers before menopause, it's something that can come out of the blue. Typical issues that disturb sleep include night sweats, anxiety and sleep apnoea."

Luckily, there is plenty you can do to improve slumber.

1 NO TO NIGHT SWEATS

Every evening, our core body temperature needs to drop to help us fall asleep, and it needs to stay low through the night to keep us asleep.

"The hormone changes of the menopause make it harder for your brain to regulate your body temperature and can result in hot flushes and night sweats, which can really impact sleep," Dr Zoe says.

"HRT (hormone replacement therapy) can cure the night sweats and can help your sleep in other ways, too. You could also try breathable, cool cotton or moisture wicking nightwear, sheets and cooling gel mattress toppers. Keep a change of clothing by the bed so you don't wake yourself even more by having to rummage for fresh nightwear."

2 CHECK FOR SYMPTOMS OF SLEEP APNOEA

Sleep apnoea is a condition where the airways of the throat relax and narrow, interrupting normal breathing and disturbing sleep.

"Rates of sleep apnoea double after the menopause, possibly linked to the fact that a drop in hormones, particularly oestrogen, reduces the airway's muscle tone," says Dr Zoe. The menopause transition may also lead to weight gain, which can increase the risk of developing the condition.

"Sleep apnoea is associated with an increased risk of heart disease and stroke," adds Dr Zoe. "But lots of cases in women go undiagnosed, because they can present with more subtle symptoms than men, like loud snoring. Instead things such as morning headaches, nightmares and depression can be



The ultimate guide to good sleep during menopause

Women often struggle with sleep disruptions as hormones change. Here are some strategies to help you rest and enhance your sleep. **Kim Jones** finds

signs of the condition. See your GP. If they are concerned, they may arrange for a sleep study to analyse your breathing during sleep."

Sleep apnoea can be treated with lifestyle measures like losing weight, sleeping on your side, or with a CPAP machine, a mask you wear while asleep.

3 INCREASE YOUR 'SLEEP DRIVE'

"From the moment you wake, your brain produces adenosine, a neurotransmitter that promotes your 'sleep drive', the need, or pressure, to sleep," says Dr Zoe. "Levels accumulate through the day, so they're at their highest at night. The more adenosine in your system, the easier it is to fall asleep and the longer you stay asleep."

"Unfortunately, many

women might stress periods with a car, they're really "An asleep away, to wa bed u
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Edited by AMY PACKER

Ultimate to sleep the pause

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en going through menopause
t feel so exhausted from the
es placed on them during this
d of their life – whether from work,
g for elderly parents or dealing
teens – they often head to bed
or fall asleep on the sofa, before
ve had the chance to build up
high levels of adenosine.
d because, as soon as you fall
o, levels of adenosine start to drain
by sleeping too early, you're likely
ke early too. So hold off heading to
until a little later if you can."

TACKLE TOILET TRIPS

"A fall in oestrogen levels at
menopause affects the tissue of
ladder and the urethra [the tube
carries urine out of the body]
n can lead to more frequent
tion at night, and therefore
rbed sleep," says Dr Zoe.
RT, or a local vaginal oestrogen
ration can help relieve these
toms. You should aim to stay well

hydrated during the day but stop taking
in fluids three hours before bedtime."

5 EASE RESTLESS LEGS

Restless legs syndrome is a
disorder characterised by
uncomfortable sensations in the legs
when at rest that can only be relieved by
movement. The prevalence and severity
of symptoms can increase during
menopause, possibly due to changes in
oestrogen levels, and can stop you from
falling asleep and also wake you up
through the night.

"Sometimes iron supplements can be
helpful. It's always worth having a blood
test to check your iron stores if you
experience restless legs," says Dr Zoe.

"Daily stretching and moderate
exercise can help, consider trying an
evening walk. Using temperature will
improve symptoms for some people by
alternating hot and cold water on the
legs. If the symptoms are persistent and
are getting in the way of sleep, a number
of medications can help, so do discuss

with your doctor to find out
about options."

6 KEEP BODY AND MIND ACTIVE

A study published in
the international journal
Health Promotion
Perspectives found that
when menopausal women
took part in a three-month
physical activity programme,
walking for between 30 and 45 minutes
daily at a moderate to brisk pace, those
who rated their sleep problems as
severe fell from 28 per cent to 6.5 per
cent. Keeping your mind active can also
increase your sleep drive, so read books,
do puzzles and learn new things.

7 LET IT GO

Research with women going
through menopause has found
that waking at night and then worrying
about how a night of poor sleep is going
to affect them the following day can



lead to anxiety which then
makes falling back to sleep
even less likely.

"This is one of the
biggest issues when
working with people with
insomnia," says Dr Maja
Schaedel, Clinical
Psychologist & Co-founder
of The Good Sleep Clinic
(goodsleep.clinic).

"Your fear of what might
happen if you don't get enough sleep is
enough to increase your hyperarousal
– your fight/flight/freeze response –
which then becomes the problem.

"It is virtually impossible to go to
sleep when your heart rate is elevated,
your breathing has quickened, your
muscles are tense and your core body
temperature has increased.

"There are lots of strategies to try to
calm yourself, such as slow, diaphrag-
matic breathing, cognitive defusion – a
process whereby you try to separate
from your thoughts to allow you to gain



perspective and not get caught up in
unhelpful negative thought cycles.

"Another relaxation strategy which is
very helpful is Progressive Muscle
Relaxation where you systematically
tense and relax the muscles in your
body from head to toe."

8 DON'T CANCEL PLANS

It's tempting, after a bad night,
to duck out of social events,
forgo exercise and stay at home to try
and catch up on sleep, but that can be
counter productive.

"Generally speaking I usually suggest
continuing with your daily activities
regardless of how well you have slept,"
says Dr Maja.

"By getting on with life we're taking
back control and saying that poor sleep
doesn't have the power to hijack our
lives. That enables us to
reduce the power of
insomnia and thereby
make it easier to sleep
going forwards.

"Cancelling plans to see
friends or to exercise or do
something which would
otherwise be good for our
health and wellbeing may
also impact negatively on

our mood, which can affect our sleep.

"There are limits of course. If
somebody has had very little sleep for
several days and they're struggling with
their cognitive functioning then it
might not be helpful to continue with
their everyday activities."

9 SCHEDULE WORRY TIME

Menopausal changes in
hormone levels may influence
neurotransmitters in the brain
responsible for regulating mood, which
could explain why women are more
susceptible to anxiety at this time.

Feeling anxious can disrupt our sleep
and lead to restless nights filled with
worry. "To combat this, we need to
'retrain' our bodies and brains to know
that nighttime is for rest and daytime is
for thinking," says Dr Maja.

"The best way to do it is to put an
alarm on your phone for a time during
the evening which suits you. It's best to
do it not just before you go to bed,
perhaps 7pm or 8pm. Then set aside 15
to 20 minutes to write down all
concerns and worries that come into
your mind. Invite them in.

"Then give yourself time to make any
necessary plans or action points you
need, but after that, shut your book, put
it away and tell yourself, 'Your worry
time is over'.

"Then when any worries show up
late at night you can tell yourself,
'I have already spent enough time
worrying about this today, nighttime
is for resting'."

“After a bad night it's tempting to cancel social events, but try not to

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Many of us will be familiar with the pain that comes from tight muscles and joints. A good stretch or massage can often help alleviate the discomfort.

But while your back and legs might be the obvious sore points on your body, it's also worth checking in on your jaw.

In today's busy, high-stress world, it's common to carry tension in the jaw, which can lead to further pains and problems.

Charlotte Mernier, registered osteopath and director of My Osteo London, blames our sedentary lifestyles as well as increased stress and anxiety.

"The majority of people clench or grind their teeth, holding tension in their jaw without even realising it," says Charlotte. "Orthodontic treatments like braces and aligners can also trigger jaw tensions."

You might not be concerned about the health of your jaw, but holding tension there can cause Temporomandibular Joint Disorders (TMD), affecting the two joints that connect your lower jaw to your skull. "TMD affects one in three, but less than 7 per cent of the population seek treatment," says Charlotte.

"The most common symptoms are jaw pains, tension headaches, neck and shoulder tensions and pains, limited mouth opening (less than three fingers width), clicking noise

Daily grind

Holding tension in your jaw? **Lucy Gornall** finds out why it's important to let it go

when opening the mouth, eating or yawning, earaches, tinnitus or a sensation of water in the ear."

These can seriously impact daily life, quality of sleep and even generate more stress.

"You may notice symptoms in the morning after clenching your jaw or grinding your teeth during sleep."

Often, dentists will prescribe a mouthguard to be worn overnight, to

avoid this grinding and clenching.

Relaxing your jaw is key and there are simple ways to let go of tension.

"First, reduce clenching during the day. Use daily reminders to retrain your brain like an alarm or visual cues," suggests Charlotte.

Practising stress-reducing techniques is also important.

Regular exercise, time away from technology and even regular

breathing exercises will also help.

"Avoid bad oral habits like chewing gum, biting your nails or biting the inside of your cheeks," she adds.

"When eating, chew slowly on both sides or alternate sides, cut your food into small pieces, avoid hard and crunchy food and prolonged mouth opening, such as when you eat a burger or apple."

If you smoke, Charlotte says it's

best to quit as it can stimulate muscle activity.

Sat at a desk all day? "Check your sitting position too and avoid having your head forward." She also advises against sleeping on your front.

Your at-home massage

"Practise self-massage three to four times a week to limit the tensions in your jaw and face," advises Charlotte.

First up, place your index or thumb inside "the mandible angle". This is the corner of the jaw bone, found at the back of the jaw.

"Gently massage the area while gliding your jaw forward. Massage here until you feel a release of the muscles," says Charlotte.

Reduce tension in the jaw and cheeks by placing your fingertips under the cheekbones (on the soft part of your cheeks).

"Clench your teeth to make sure you feel the muscular contraction. Then, in circular movements, gently massage while gradually increasing the pressure.

You should do this for five minutes, says Charlotte.

To reduce tension headaches caused by a tight jaw, place your fingertips on your temples.

"Clench your teeth to make sure you feel the muscular contraction then, again, gently massage the temples with circular movements while increasing the pressure gradually. Do this for five minutes."

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Retail therapies

By AMY PACKER



Desperate for some undisturbed slumber? The Philips Sleep Headphones by Kokoon (£200; Amazon) use biometric sleep sensors within the earbuds to monitor your wake/sleep cycle and adapt the audio delivery, fading out relaxation tracks as you drift off and replacing it with coloured noise to block disturbances such as snoring or traffic noise.



Trying to avoid ultra processed ingredients? Hunter & Gather Mayonnaise (£4; Tesco) is made in small batches using just four things – avocado oil, egg yolk, apple cider vinegar and pink Himalayan salt. With at least eight avos per jar, it's a classic, creamy mayo that's big on flavour and adds a pleasant tang to slaws and salads.

With their low pollen count, peonies may be the perfect flowers for the hay fever sufferers.

The season is short though, so nab some Bloom & Wild Coral Charm peonies now – from the Gigi (£32; bloomandwild.com) letterbox bouquet which arrive as buds and bloom in days, to hand-tied Lennie (£80), which contains 35 showstopping stems anyone will adore.

When stressed we need extra B12, but if you prefer your nutrients in food rather than pills, Ro-Gro's Pea Shoots with B12 (£4; Whole Foods Market) are a tasty way to boost your intake. The UK's first B12 fortified pea shoots are delicious in salads, smoothies or used as a garnish.



Having an artificial pancreas has totally changed my life

When Britain's Got Talent star Tom Ball was offered an artificial pancreas, he initially said no. The singer, who has Type-1 diabetes, had strong reservations. But Tom, who has been using the system for a year and a half, now says it has revolutionised his life.

"When I was first offered it, I was worried about the algorithms, about losing control," says singer Tom, 25. "But it absolutely changed my life. For the first time ever I was able to go to bed and not wake up in the middle of the night worrying about my readings, because it was looking out for me."

"From someone who has used basically every form of treatment, there is no better treatment out there at the moment that I'm aware of."

An artificial pancreas – also known as a hybrid closed loop system – continually monitors blood glucose, then adjusts the amount of insulin given to them through a pump. For Tom, it has meant he no longer has to inject himself.

Tom was an early user of the system and one of the first in his home county of West Sussex trialling it. In April it was announced that thousands of children and adults living with Type-1 diabetes across England will now receive it on the NHS.

"Your CGM [continuous glucose monitoring] tells the pump exactly what your blood glucose readings are and it knows where you should be," says Tom. "It automatically injects you. If your readings go up, the pump delivers more insulin. If my readings go low, it reduces the insulin delivery to allow my body to naturally rise back up."

"It's constantly making adjustments to try and keep me within that sweet spot, whereas beforehand I had to give manual injections."

Type-1 diabetes is a lifelong condition that causes a person's blood sugar level to become too high. If not



In April it was announced that thousands of children and adults living with Type-1 diabetes will get an artificial pancreas on the NHS. Britain's Got Talent star Tom Ball was one of the first to trial the system

treated, it can cause life-threatening hypoglycaemic and hyperglycaemic attacks, which can lead to seizures and even death.

Tom was first diagnosed when he was eight years old. "When I was in hospital those first few days, I didn't realise the gravity of the condition. It wasn't until I started having to do injections myself when I went back

into school that I realised this was never going to change.

"No-one else from my school was Type-1 diabetic. It felt a bit isolating. The music rooms became my happy place. In my lunch breaks I would go in there to do my injections and then play the piano or pick up a guitar. It was my safe place, where I developed most of my love for music."

Tom finished third in BGT in June 2022 and reveals that just two days before the live final he ended up in hospital due to high levels of ketones (made when glucose is in short supply), but he didn't tell the show bosses.

"At the time I didn't think it was useful knowledge because it's part of my life. I

just thought that's another day in the diary done, move on," he says. "That was before my closed loop system."

Tom says having a hypo for him means getting very dizzy.

"My legs feel like jelly. I get very confused and sweaty. It could be for 20 or 30 minutes, depending on how severe it is."

Having an artificial pancreas has helped immensely with touring. "Before going on stage I can tell the pump that I want to run just a little bit higher, because I'm going to be doing some exercise on stage. I know I can go on stage and not worry about a hypo mid-song."

It also helps with his voice. "If I've got high readings, I really struggle to hit the high notes and I love hitting those. Keeping my readings under control before I'm about to sing helps."

“There's just no better treatment out there at the moment that I am aware of”

Tom's debut album *Curtain Call*, which came out last month, features a self-penned song about his diabetes, *Let Me Live*.

"It's about the control diabetes has over me, about combating it a little bit – 'I'm in control of you, you do what I say'."

Feeling isolated as a child made Tom determined to be more vocal about diabetes. It's one of the reasons he's an honorary patron of the Juvenile Diabetes Research Foundation (JDRF).

"When I was growing up, they were one of the main charities that I looked to for support. I suddenly realised I wasn't alone," Tom says.

He has to look out for his mental health too. "It's constant and relentless," he says. "I've been in therapy because I was really struggling with my diabetes."

"It's something that the community has coined diabetic burnout, where you get to a point where you can't be bothered to look after it anymore. Therapy helped massively."

Grabbing opportunities like the closed loop is all part of that and he would encourage people to give it a try. NHS England has provided local health systems with £2.5million so they are ready to start identifying patients that can benefit.

"It's amazing that everyone can have access to this technology and great that the NHS is going to fund it for everyone who wants it," says Tom.

"Going on BGT changed my life overnight. What I've learnt and what I'm still trying to learn, is to not let moments pass you by."

■ Tom's debut album *Curtain Call* is out now. To support JDRF, go to jdrf.org.uk

WORDS: MARGARET HUSSEY



CONFIDENT System means Tom won't have a hypo on stage



STAR IS BORN Tom came third on BGT in 2022

Dr Rosemary Leonard

GETTING TO
THE HEART OF
MEDICAL MATTERS



Q I've always struggled to swallow pills, and though I can just about manage my small statin and blood pressure ones, the paracetamol for my arthritis are just too big. I find capsules just as difficult, so for years my GP has given me soluble ones, but the new pharmacist says I can't have them and I need to try tablets again. Are the soluble ones that much more expensive? I know I could buy them, but it seems very petty to me.

A Though soluble paracetamol is slightly more expensive than standard tablets, I suspect that this has nothing to do with money, as both are cheap. Therefore, I think this is to do with safety. Sodium is added to many soluble drugs to help them dissolve, and many contain more than 400mg of sodium per tablet.

High sodium intake can raise blood pressure, so the recommended intake is no more than 2g a day. So if you are taking eight tablets of paracetamol a day (two 500mg tablets four times a day) your sodium intake would be in excess of 3g – and that's not including any sodium you eat in salt or food.

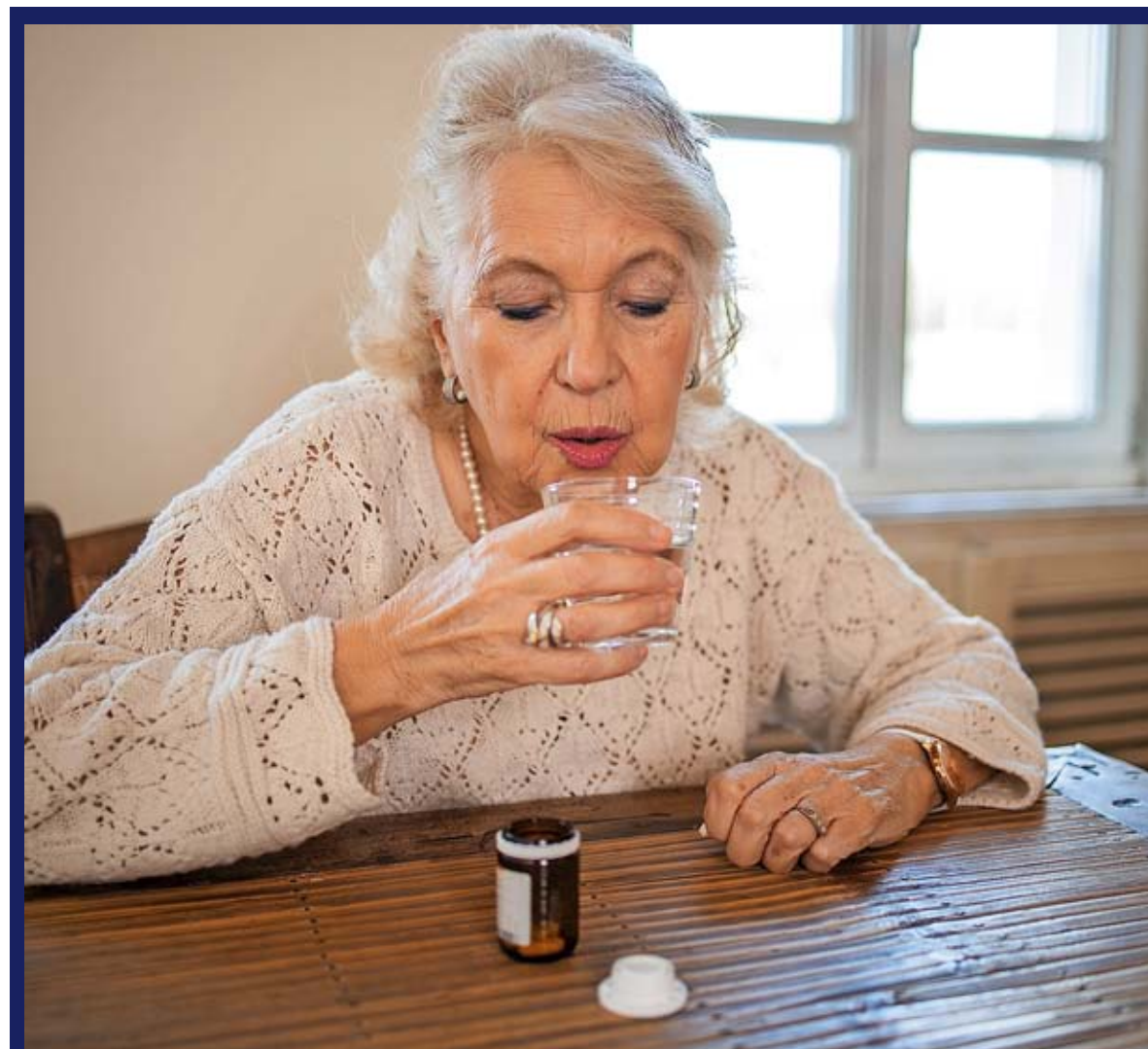
Trials have shown that, in people with high blood pressure, those taking soluble paracetamol are at a slightly increased risk of having a heart attack or a stroke, so you really should try and avoid soluble tablets.

You may find caplets - smaller oval shaped tablets - easier to swallow than the big round pills or capsules. Your pharmacist should be able to give you these on a prescription.

Q Four years ago, a doctor said I had microvascular angina (MVA) and put me on medication. At the same time, I developed dizziness that was diagnosed as disequilibrium. I was told that the heart medication initially could have been the cause. A year ago, my doctor said the MVA diagnosis was incorrect and started to treat me for acid reflux. I stopped all heart medication six months ago and now take only omeprazole. I still do daily coordination eye exercises for my disequilibrium - will it ever subside?

A Disequilibrium is a condition that causes dizziness and difficulties with balance. Those with it often feel they are about to fall over or need to hold on to something when walking. Others say the floor feels tilted, or they feel as if they are floating. It is usually a condition that is diagnosed in older people and is thought to be due to changes caused by ageing in the cells of the inner ear, which helps control balance.

In addition, what you see tells your brain about your head and body movements, and changes to your



I can't take big pills - why can't I have soluble ones?

vision can also play a role, together with arthritic joints, which may give way and increase the tendency of feeling unstable.

It tends to be more common in those with some underlying health conditions, such as diabetes, high blood pressure or a raised cholesterol level, which can reduce the blood

supply to all parts of the body, including the ear.

It often starts gradually, for no apparent reason, but may be triggered by certain medications, including some antidepressants, antihistamines and, paradoxically, by some used to treat high blood pressure. The fact your symptoms

have persisted despite stopping the medication does suggest that unfortunately this may be an ongoing problem for you, but that doesn't mean nothing can be done about it.

Often the most effective way of helping to reduce symptoms is with balance therapy. One part of this is "vision stability" exercises, which help

you to control your eye movements.

However, this is best done along with balance retraining and walking exercises, which can help you to feel steadier and keep your balance, plus posture training (to help with sitting and standing) and stretching exercises to help increase your flexibility. These are often taught by physiotherapists attached to a hospital falls clinic. If appropriate, your GP should be able to arrange a referral for you.

Q I'm 49 and have been having really heavy, erratic periods, which I assumed was due to being perimenopausal. However, I've just had a pelvic scan which has shown I have adenomyosis. Is this the same as endometriosis? What's the best way of treating it and does it mean I can't take HRT?

A In adenomyosis, glandular tissue, like the lining of the womb, is found within the muscle wall of the womb, while in endometriosis similar tissue is found outside the womb.

In the past, adenomyosis was thought to be a form of endometriosis, but now the two conditions are believed to be separate, though a few women may have both.

Adenomyosis is a common condition, occurring in up to 30 per cent of women of reproductive age. Unlike endometriosis, it can usually be seen on a pelvic scan, so many women with no symptoms are found by chance to have it. However, for others it can cause painful, heavy periods, pelvic pain, and may be linked with infertility.

The first line of treatment is usually synthetic versions of the hormone progesterone, which thins both the womb lining and the adenomyosis tissue. Though these can be given in tablet form, inserting a hormone releasing device (or coil) into the womb is usually more effective at reducing heavy bleeding and pain.

Adenomyosis depends on the oestrogen produced by the ovaries, and as levels of this fall at the menopause, the adenomyosis usually shrinks. Taking HRT (which contains oestrogen) means this shrinkage is less pronounced, but as progesterone is required as well to prevent thickening of the womb lining, most women with adenomyosis are able to take HRT with no problems.

● If you have a health question for Dr Leonard, email her in confidence at yourhealth@express.co.uk. She regrets she cannot enter into personal correspondence or reply to everyone



SWIM WITHOUT SKIN IRRITATION

Swimming is a great full-body workout and easier on joints than sports like running. But for those with dry or sensitive skin, or conditions like eczema or psoriasis, a dip can lead to discomfort. Thankfully, symptoms can be prevented or relieved.

"Your daily moisturising cream can be used as a barrier to protect your skin," says dermatology nurse and consultant for Epimax sensitive skin products, Paula Oliver. "If you're

swimming indoors, apply more than usual before a swim or, alternatively, use a longer lasting emollient. If you're swimming outside and require sun lotion too, apply cream or emollient 30 minutes before your SPF."

For some, chlorinated or salt water improves symptoms of dry skin, while others find the opposite. "The best thing to do is to jump in the shower straight afterwards," says Paula. "If you feel particularly sensitive, use an emollient

as a shower gel. Afterwards, while your skin is still damp, use a nourishing cream to lock in moisture."

Noticed the area around your eyes or your scalp become sore? It could be the rubber in your cap or goggles. "A silicone-based option will reduce the chance of irritation," says Paula.

"Also, different leisure centres use varying chemicals," advises Paula. "You could look for a salt pool or try sea swimming during the warmer months."

When a Heat Pump Doesn't Fit - Install an Electric Boiler

EFFICIENT ELECTRIC HEATING WITHOUT THE DISRUPTION

A report published by the Energy & Utilities Alliance (EUA) has analysed 22.7 million UK homes and highlighted "limiting factors" to installing heat pumps in over half of them. A significant 12 million homes in total.

One of the most common difficulties to emerge was the lack of available space to be able to install a heat pump. This data will come as no surprise to the many thousands of homeowners who have made enquiries about installing an air source heat pump, only to be told their property is not suitable.

The large energy companies who have entered the heat pump market without the knowledge or experience of heating homes, fail to offer any alternative to the millions of homeowners who are eager to transition away from fossil fuel-based heating systems - leaving customers in limbo with no idea where to go next.

There is a solution.

If this narrative sounds familiar to you, you are not alone. The good news is that you do have alternative solutions to modernise and improve your heating systems.

Electric heating manufacturer Fischer Future Heat has forged their trusted reputation through their electric HeatCore radiators - installing over 200,000 of them in UK homes.

The family-run British company has expanded its product range and has spent the past 5 years manufacturing and installing their own range of electric boilers which provide an ideal alternative to air source heat pumps and gas and oil boilers.

Guaranteed for 10-years, Fischer's electric boilers are suitable for the majority of UK homes and installation is without disruption and can generally be completed within a day. It's a simple swap from polluting gas and oil boilers to heat your home, and you don't need an educational course on how to

operate your heating, unlike heat pumps.

Customers can choose from the Fischer electric combi boiler which delivers both hot water and heating or a heat only boiler - which works in conjunction with Fischer's Aquafficient - a highly efficient electric water system that provides hot water on demand without the need for water storage cylinder.

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✓ No mess or disruption	✗ Disruption to home and garden
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✓ Quiet operation	✗ Noisy fans inside heat pumps
Suitability	
✓ Ideal for most UK houses, flats, apartments and terraced houses	✗ Unsuitable for up to 12 million UK homes

Why choose Fischer Electric Boilers?

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- ✓ No flue required = Zero Emissions at point of use
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- ✓ Suitable for most UK homes and works with Fischer's EXCLUSIVE ECO HOME 10 tariff to reduce energy bills.
- ✓ 75 years of manufacturing experience
- ✓ Rated 'Excellent' for service
- ✓ Experts on electric heating with thousands of UK installations

INFORMATION: You can learn more about Fischer Electric Boilers and request your FREE catalogue by calling 0800 103 2672 or by visiting the website at: www.fischerfutureheat.com



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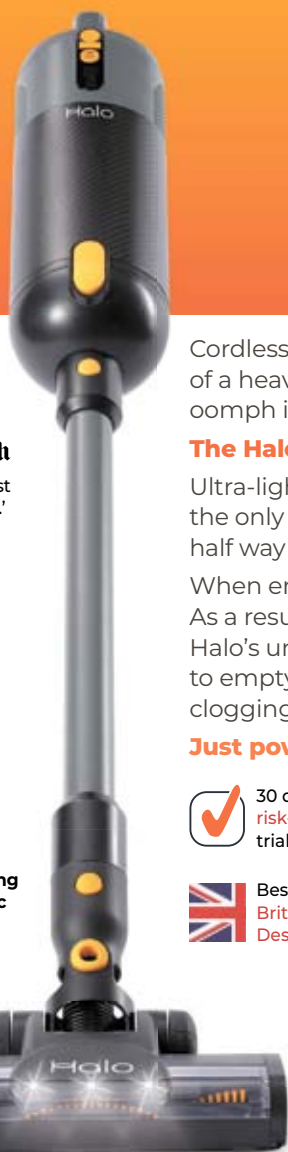


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AS SEEN ON TV



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Cut from the same cloth

THIS week **THE GREAT BRITISH SEWING BEE** (BBC1, 8pm) is all about travel. The contestants aren't actually going anywhere, but they're making clothes which they might choose to wear if they did. Particularly if they wanted other travellers to snigger at them behind their backs and whisper to one another: "Have you seen that person's ridiculous blouse? It looks like it's made from an old tablecloth."

For tonight's opening challenge, the judges ask each contestant to make a blouse from an old tablecloth (I know, what are the



Mike Ward
previews
tonight's TV

chances, eh?). They don't actually say "old", of course, they say "vintage", but let's be honest, when did that ever fool anyone?

For one contestant, Suzy, it's a challenge nicely suited to the way she likes to sew. "I find most of my textiles in charity shops," she reminds us. "This, for example..." (at this point she indicates the dress

she's wearing), "...you wouldn't really guess is a curtain."

Indeed not. I'd have sworn it was a Debenhams duvet cover, circa 2006. Shows what I know.

Talking of travel, we have a further hour of that on **Channel 5** from 9pm, in the latest episode of **INTO THE AMAZON WITH ROBSON GREEN**.

But our globetrotting chum, it seems, is a little anxious about what lies ahead – hence the special tattoo he decides to have emblazoned on his back.

Designed "to protect me from bad spirits and keep me safe away from home", it's not a tattoo of the kind you and I might recognise –

ie. the sort beloved of footballers, macho chefs and funnily enough, Suzy from The Great British Sewing Bee – but a set of elaborate markings painted down his back, using a dye created from the jenipapo fruit, which is native to the rainforest.

Applying these markings are his hosts for the day, the Tuyuka tribe, who believe very strongly in the power of this kind of thing.

If I'd been Robson, they'd have been the first bunch I'd have visited on this trip if I were looking for a bit of anti-bad-spirit protection, so don't ask me why he's left it until the last show of the series.

Still, I'm sure he knows best.

Elsewhere, also coming to an end is *More4's* rerun of **DO YOU REMEMBER...** (10pm), which looks back each week on the events of a different year. This time it's 2000 – which means, among other things, the Millennium Bug.

Remember that? Many believed that on the stroke of midnight on December 31, 1999, computers worldwide would go into meltdown, triggering the end of civilisation as we knew it.

If only.

Awaiting us in the coming months were the May Day riots, England's humiliation at the Euros and the launch of a TV show called Big Brother.

PICKS OF THE DAY



Factual: Sell By Dates: The Surprising Truth, C5, 7pm

Food labels have never been particularly easy to understand, especially when it comes to the tricky question of whether or not it's safe to eat food that's "out of date". In an attempt to cut through the confusion, journalist Harry Wallop and restaurant critic Jimi Famurewa are joined by experts in a quest to demystify what the dates and small print on food packaging actually mean. Along the way they discover the horrible health consequences of ignoring use-by dates. Plus, Dr Chris Clarke (left) puts some past-their-best chicken and mince samples under the microscope to look for any telltale signs that they should be binned, not eaten.



Nature: Aquarela, BBC4, 11.35pm

Captivating documentary film focused on the raw power and beauty of water – and how man is no match for perhaps the most capricious of Mother Nature's elements. Filmmaker Viktor Kossakovsky travelled the globe to capture the documentary's stunning images, ranging from massive waves to melting ice. His sweeping cinematic views include the frozen waters of Russia's Lake Baikal, Venezuela's crashing Angel Falls and Miama during Hurricane Irma.



Sport: Live Women's International Football: France v England, ITV1, 7.30pm

Laura Woods presents coverage of The Lionesses' Group A3 Euro 2025 qualifiers match against France. The teams face each other again at Saint-Etienne's Stade Geoffroy-Guichard, having already met for a showdown last Friday in Newcastle. Karen Carney and Ian Wright provide analysis, with commentary from Siobhan Chamberlain and Seb Hutchinson.



Film: House Of Gucci, BBC3, 9pm

Lady Gaga (above) and Adam Driver star in Ridley Scott's biographical drama recounting the story of Patrizia Reggiani – who rose from humble origins to marry fashion icon Maurizio Gucci in the 1970s. In the decade following their wedding, Patrizia and Maurizio become increasingly ambitious in business, while their marriage starts to fall apart. As their fortune hangs in the balance, events take a deadly turn.

Drama: Tokyo Vice, BBC1, 10.40pm

Latest episode of the stylish drama about a US journalist taking risks to chase stories in Tokyo's neon-lit underworld. Tonight, Jake goes home to Missouri for a family reunion, but his mind is still very much on work as the hunt for Tozawa (Ayumi Tanida, right) continues. Still on the case in Tokyo, some good fortune helps Katagiri make a big breakthrough. Meanwhile, Chihara-kai is put in vulnerable situation as the power struggle continues between Hayama and Sato.



DID YOU KNOW? Before his acting career, *Star Wars*: The Rise Of Skywalker star Adam Driver served in the US Marine Corps for almost three years – but was medically discharged after a mountain biking injury.



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Today's TV previews are on the previous page

All programmes are listed in British Summer Time (BST).

film ratings

★★★★★ Brilliant
★★★★ Very Good
★★★ Good
★★ Average
★ Bad

(R) Repeat

BBC One

6.00am Breakfast News headlines.
9.30 Rip Off Britain Investigating issues around the UK.
10.15 The Moment of Proof (R)
10.45 Expert Witness (R)
11.15 Homes Under the Hammer In London, Stoke and Surrey.
12.15pm Bargain Hunt (R)
1.00 BBC News at One
2.00 Doctors Paige and Kirsty's late night work is interrupted when a struggling young couple crash into The Mill.
2.30 Clean It, Fix It The team helps a mother and daughter with little storage space. (R)
3.00 Escape to the Country Alistair Appleton helps a couple from Miami. (R)
3.45 Garden Rescue (R)
4.30 The Finish Line Kelsey, Stuart, Terri, Alan and Emily compete in the quiz show.
5.15 Pointless Quiz, with guest co-host Lucy Porter. (R)
6.00 BBC News at Six; Weather
6.30 Regional News; Weather
6.55 Party Election Broadcast By the Labour Party.

BBC Two

6.45am Garden Rescue (R)
7.30 Clive Myrie's Caribbean Adventure In Jamaica. (R)
8.00 Sign Zone: Race Across the World Japan to Lombok. (R)
9.00 BBC News Headlines.
12.15pm Politics Live Reports.
1.00 Impossible Quiz show. (R)
1.45 Mastermind Quiz show. (R)
2.15 Great Coastal Railway Journeys In south Wales. (R)
2.45 Five Bedrooms (R)
3.30 The Farmers' Country Showdown In Winchester. (R)
4.15 Ocean Giants The lives of whales and dolphins. (R)
5.15 Flog It! Claire Rawle and Thomas Plant look out for treasures in Kent. (R)
6.00 Richard Osman's House of Games Ashley John-Baptiste, Simon Rimmer, Claire Sweeney and Esme Young compete. (R)
6.30 Clive Myrie's Caribbean Adventure Clive takes on a potential Olympic champion in the boxing ring, gets under the bonnet of a Chevy and bangs the drum for Cuban music.

ITV1

6.00am Good Morning Britain A lively mix of news, current affairs and lifestyle features.
9.00 Lorraine Entertainment and the latest fashion news.
10.00 This Morning Topical daily magazine, featuring a mix of celebrity chat, showbusiness news, advice and discussion. Including Local Weather.
12.30pm Loose Women Celebrity interviews and topical debate.
1.30 ITV News; Weather
1.55 Regional News; Weather
2.00 Dickinson's Real Deal David Dickinson, Fay Rutter, James Layte, Simon Schneider and Jo Brayshaw head to Crewe to assess items brought in by members of the public. (R)
3.00 Lingo Sheila and Kelsey, Ian and Charlotte, and Elise and Tracey compete. (R)
3.59 Regional Weather
4.00 Tipping Point for Soccer Aid With Charlie Boorman, Ali Hamidi and Chris Hughes. (R)
5.00 The Chase Quiz show, hosted by Bradley Walsh. (R)
6.00 Regional News; Weather

Channel 4

6.30am 3rd Rock from the Sun (R)
7.45 Everybody Loves Raymond Four episodes. (R)
9.40 Frasier Triple bill. (R)
11.10 Ramsay's Kitchen Nightmares USA (R)
12.05pm Channel 4 News Summary Headlines.
12.10 Ramsay's Kitchen Nightmares USA (R)
1.10 Car S.O.S Restoring a car belonging to a busy doctor. (R)
2.10 Countdown Krishnan Guru-Murthy is in Dictionary Corner.
3.00 A Place in the Sun Double bill. Antonia and Ross seek their dream holiday on the island of Ibiza; Ben Hillman helps Lizzie and Paul find a holiday home in Paphos.
5.00 Sun, Sea and Selling Houses Manjit and Zarrar from Leeds hunt for a holiday home in Almeria.
6.00 Four in a Bed The second visit of the week is to Ullswater View in the Lake District.
6.30 The Simpsons Marge breaks her leg in a skiing accident and has to recover in hospital. (R)

Channel 5

6.00am Milkshake! Children's TV.
9.15 Jeremy Vine Discussion.
11.15 Storm Huntley Debate.
12.45pm Friends Double bill. (R)
1.40 5 News at Lunchtime
1.45 Home and Away Theo's searching for Valerie and Kirby has little sympathy left, Eden sits face-to-face with Levi and unpicks the lies he's told and Cash confides in Eden about his own time away. (R)
2.15 FILM The Baby Snatcher (2021, PG) A woman suspects a photographer was planning to steal her child. Thriller, starring Ali Liebert. ★★
4.00 Bargain-Loving Brits in the Sun Documentary following Brits who moved to Spain, swapping the damp and grey conditions of the UK for a new 'cheap-as-chips' life in the Spanish sun. (R)
5.00 5 News at 5 Headlines.
6.00 Police Interceptors Officer Phil Broughton is hot on the heels of dangerous driver heading towards Nottingham city centre. (R); 5 News Update



5.15pm, POINTLESS: Alexander Armstrong



10pm, MEET THE RICHARDSONS: Lucy Beaumont



4pm, TIPPING POINT FOR SOCCER AID: Ben Shephard



10pm, QUEENIE: Dionne Brown



8pm, THE YORKSHIRE VET: Julian Norton

7

7.00 The One Show With Alex Jones and Jermaine Jenas.
7.30 EastEnders Cindy sets a plan rolling to get George back and Eve has a row with Nish at the Vic. Harvey bonds with Maya and Kathy sets Reiss up with a business opportunity.

7.00 Your Garden Made Perfect Neil and Clare need help redesigning their garden, which has a stunning view of rural Cheshire but does not work for their large family. Two designers each come up with a new outdoor plan. (R)

6.20 Party Election Broadcast By the Labour Party.
6.30 ITV Evening News; Weather A round-up of the day's news.
7.30 Emmerdale Rose makes a faux pas, Marlon vents his concerns to Paddy, and Samson is thrilled.

7.00 Channel 4 News A round-up of all the latest headlines, in-depth interviews and analysis of political developments and current affairs. Plus, the day's leading sports stories and up-to-the-minute weather reports.

7.00 Sell by Dates: The Surprising Truth Journalist Harry Wallop, restaurant critic Jimi Famurewa and other experts demystify the dates on food packaging. Dr Chris Clarke puts food under the microscope; 5 News Update

8

8.00 Sort Your Life Out with Stacey Solomon Stacey and her team help Cherelle and Tony Dowling transform their chaotic two-bedroom home through a radical space-saving reorganisation. Right now, the clutter is causing chaos. (R)

8.00 Springwatch This edition celebrates the wildlife heroes who dedicate their time to nature, as the under 18 winner receives their coveted Wildlife Hero Award. Plus, Iolo Williams seeks out the dormouse at Garston Woods.

8.00 Beat the Chasers – Celebrity Special Nish Kumar, Chris McCausland, Mary Earps and Alexander Armstrong take on the ruthless quiz experts, hoping to win big money for their chosen charities. (R)

8.00 Emergency Helicopter Medics Critically-ill dialysis patient Gillian desperately needs fluids, so the East Anglian crew must make a tough decision. In Canvey Island, medics take over the breathing of motorcyclist Sol.

8.00 The Yorkshire Vet Shona Searson hits the fast lane to the farm in the middle of the motorway, where a ewe is struggling to give birth, while Julian Norton heads back to the place he trained to be a vet, Cambridge University.

9

9.00 The Great British Sewing Bee The sewers make a summer blouse from old tablecloths, bags out of nautical paraphernalia and outfits inspired by the French Riviera as they face challenges based around a travel theme.

9.00 D-Day: The Unheard Tapes Docudrama telling the story of the battle for Normandy that followed D-Day, narrated by soldiers on both sides and French witnesses, whose words are lip-synced by actors. Last in series.

9.00 Sunak v Starmer: The ITV Debate Julie Etchingham moderates the first live head-to-head General Election debate between Rishi Sunak – the leader of the Conservative Party – and Keir Starmer – the leader of the Labour Party – in front of a studio audience.

9.00 Grand Designs Kevin McCloud follows the progress of North Lincolnshire born-and-bred Danny who plans on building a stylish, sustainable and affordable home in his garden. But his budget doesn't match the scale. (R)

9.00 Into the Amazon with Robson Green Robson explores the Anavilhanas Archipelago and learns to fish with a bow and arrow. Plus, he goes in search of one of the Amazon's most impressive predators. Last in series.

10

10.00 BBC News; Weather
10.30 Regional News; Weather
10.40 Tokyo Vice Double bill. The crime thriller starring Ansel Elgort and Ken Watanabe continues. Jake makes a long overdue visit home to Missouri and a death at Chihara-kai causes an upheaval. Katagiri has a stroke of luck that might lead to a major breakthrough; Katagiri loses the best lead he had and Jake's successful trip home propels the group in a new direction. Samantha begins to lose control.

10.00 Meet the Richardsons Lucy goes on a wild night out in London with Alan Carr, while back in Hebden Bridge, Jon spends the night with his best friend, Matt Forde. (R)
10.30 Newsnight Headline analysis with Victoria Derbyshire.

10.10 The ITV Election Interviews Anushka Asthana invites the leader of the Liberal Democrats Ed Davey, SNP leader John Swinney, Reform UK leader Richard Tice and co-leaders of the Green Party Carla Denyer and Adrian Ramsay to answer her questions in interviews.

10.00 NEW Queenie Double bill. Drama based on the novel by Candice Carty-Williams about the trials and tribulations of 25-year-old Jamaican British woman Queenie Jenkins' life. Queenie is left shell-shocked when her long-term boyfriend tells her they need a break; the realisation that Tom isn't coming back starts to take its toll. Dionne Brown stars.

10.00 My Teacher, My Abuser Documentary about three UK teens who were abused by those in a position of trust. Rachel, Graham and Lisa all suffered disastrous consequences from the abusive relationships. (R)

11

11.05 FILM Colette (2018, 15) In the late-1880s, a woman is persuaded to write up her semi-autobiographical tales, which become a sensation when published under her husband's name. Biopic, with Keira Knightley. ★★★★★

11.10 ITV News; Weather
11.40 Regional News; Weather
11.55 ITV Studio Sessions Powerhouse vocalist Becky Hill chats to Clara Amfo. (R)

11.10 The Rest is Politics Alastair Campbell and Rory Stewart bring their podcast to the screen as they discuss the General Election campaign. (R)

11.05 Crimes That Shook Britain Factual crime documentary series, this time looking at the events surrounding Raoul Moat's shooting spree in Northumberland during the summer of 2010, and the manhunt that ensued. (R)

12 midnight

12.30am The Repair Shop. Jay Blades hosts as members of the public bring in a 40-year-old armchair, a silver bangle, the remains of a model carousel and a bodhran drum for experts to restore. (R) **1.30** Weather for the Week Ahead. A look ahead to the latest forecast.
1.35-6.00am BBC News. Headlines.

12.50am Sign Zone: Hidden Treasures of the National Trust. A clock needs restarting. (R) **1.50** Sign Zone: Great British Railway Journeys (R) **2.20** Sign Zone: David & Jay's Touring Toolshed (R) **2.50** Sign Zone: Lifeline (R) **3.00** Sign Zone: The Outlaws (R) **4.00-6.30am** This Is BBC Two

12.20am Shop on TV **3.00** On Assignment. Emma Murphy learns why an increasing number of widows in India is resulting in the women being abandoned by their families. (R) **3.30** My Mum, Your Dad. A group task. (R) **4.20** Unwind with ITV. Daily escape. **5.35-6.00am** Made in Britain (R)

12.10am Sky Coppers (R) **1.05** Taskmaster (R) **2.00** Ramsay's 24 Hours to Hell and Back (R) **2.50 FILM** The Watermelon Woman (1996, 15) Drama. ★★★★★ **4.15** Iris Prize Best British Shorts **4.25** Britain's Most Luxurious Hotels (R) **5.20** Beat the Chef (R) **5.50-6.30am** Countdown (R)

12.05am Ultimate Police Interceptors (R) **1.00** PlayQJO Live Casino Show **3.00** Inside Tiffany's: The World's Most Famous Jewellers (R) **3.50** Bargain-Loving Brits in the Sun (R) **4.40** Wildlife SOS (R) **5.05** House Doctor (R) **5.30** Entertainment News on 5 **5.35** Fireman Sam (R) **5.45-6.00am** Paw Patrol (R)

ITV2Freeview 6

6.00am CITV **9.00** World's Funniest Videos **9.30** Totally Bonkers Guinness World Records **10.00** Love Bites **12.00noon** Dress to Impress **1.00** Wheel of Fortune **2.00** Family Fortunes **3.00** Veronica Mars **4.00** Dawson's Creek **5.00** Dress to Impress. With cheerleader Lily Amelia.

6.00 **Celebrity Catchphrase** With Larry Lamb, Sam Quek and Scarlett Moffatt.

7.00 **Family Fortunes** The Arnebergs from Bromley go up against the Firths of York.

8.00 **Bob's Burgers** Double bill.

9.00 **Love Island** The series continues for the cast of gorgeous singles.

10.05 **NEW** **Extraordinary** The first episode of the comedy following Jen, a young woman who lives in a world where everybody except her has a superpower.

10.50 **Family Guy** Animated double bill.

11.50 **American Dad!** Stan bullies Steve.

12.20am American Dad! **12.50** Bob's Burgers **1.45** Hey Tracey! **2.40** Unwind with ITV **3.00-6.00am** Teleshopping

DaveFreeview 19

7.10am Cop Car Workshop **8.00** The Force: Behind the Line **9.00** James May's Cars of the People **10.00** Top Gear **12.00noon** Storage Hunters UK: four episodes **2.00** Extreme Fishing with Robson Green **3.00** Top Gear **5.00** Hairy Bikers' Best of British

6.00 **Rick Stein's Mediterranean Escapes** Visiting Moroccan bazaars.

7.00 **Would I Lie to You? The Unseen Bits** Extra material from the series.

7.40 **Richard Osman's House of Games**

9.00 **QI XL** Extended edition. With Sara Pascoe, Jack Whitehall and Adam Hills.

10.00 **Mad Dogs** The guys try to recover the missing money and save Joel.

11.00 **Have I Got a Bit More News for You** Victoria Coren Mitchell hosts.

12.00m't Mock the Week **12.40** Would I Lie to You? The Unseen Bits **1.20** Live at the Apollo **2.30** Meet the Richardsons **3.00** Whose Line Is It Anyway? USA **4.00-6.00am** Teleshopping

E4Freeview 13

6.00am Hollyoaks **7.00** Ramsay's Kitchen Nightmares USA **9.00** Brooklyn Nine-Nine **10.00** Young Sheldon **11.00** Modern Family **12.00noon** The Big Bang Theory **2.00** Brooklyn Nine-Nine **3.00** Modern Family **4.00** Young Sheldon **5.00** The Big Bang Theory: four episodes

7.00 **Hollyoaks** A dance audition brings hopes of a fresh start for one resident.

7.30 **Come Dine with Me** Wine connoisseur Adam hosts night two.

8.00 **Dance Moms** Abby's troupe go head to head with the Candy Apples.

9.00 **Celebrity Gogglebox** Watching The Savoy and This Is MY House.

10.00 **Gogglebox** Watching A Nightmare on Elm Street 3: Dream Warriors.

11.05 **First Dates** Dapper 24-year-old Will enters the restaurant for a date.

12.10am The Big Bang Theory **1.20** Brooklyn Nine-Nine **2.15** Modern Family **3.05** Dance Moms **3.55-4.45am** Ramsay's Kitchen Nightmares USA

Variations & S4C

WALES As BBC1 except: **1.35-1.45pm** BBC Wales Today; Weather **6.30** BBC Wales Today; Weather **6.55** A Party Election Broadcast by The Welsh Conservatives **7.00-9.00** **LIVE** Match of the Day Wales **10.30** BBC Wales Today; Weather **10.45** Tokyo Vice **12.35-1.35am** The Repair Shop

WALES As BBC2 except: **1.45pm** First Minister's Questions **2.45** Mastermind **3.15** Great Coastal Railway Journeys **3.45** Five Bedrooms **4.30-5.15** The Farmers' Country Showdown **6.30** Hairy Bikers: Namibian BBQ **6.45** **LIVE** Match of the Day Wales **7.00** The One Show **7.30-8.00pm** EastEnders

MERIDIAN As ITV1 except: **1.55-2.00pm** ITV News Meridian **6.00-6.20** ITV News Meridian **11.40-11.55pm** ITV News Meridian

CENTRAL As ITV1 except: **1.55-2.00pm** ITV News Central **6.00-6.20** ITV News Central **11.40-11.55pm** ITV News Central

ITV WALES As ITV1 except: **1.55-2.00pm** ITV News Cymru Wales **6.00** ITV News Wales at Six **6.20-6.30** Party Election Broadcast **11.40** ITV Election Interviews: Plaid Cymru **11.55pm-12.20am** Sharp End. With Rob Osborne.

WEST As ITV1 except: **1.55-2.00pm** ITV News West Country **6.00-6.20** ITV News West Country **11.40-11.55pm** ITV News West Country

ANGLIA As ITV1 except: **1.55-2.00pm** ITV News Anglia **6.00-6.20** ITV News Anglia **11.40-11.55pm** ITV News Anglia

WESTCOUNTRY As ITV1 except: **1.55-2.00pm** ITV News West Country **6.00-6.20** ITV News West Country. The latest headlines. **11.40-11.55pm** ITV News West Country

S4C **6.00am** Cyw **12.00noon** Newyddion S4C a'r Tywydd **12.05pm** Bwrdd i Dri **12.30** Heno **1.00** Ffasiwn Drefn **1.30** Ffermio **2.00** Newyddion S4C a'r Tywydd **2.05** Prynhawn Da **3.00** Newyddion S4C a'r Tywydd **3.05** Ken Owens: Y Sheriff **4.00** Awr Fawr **5.00** Stwnsh **6.00** Cymry ar Gynfas **6.25** Darllediad Etholiadol gan y Ceidwadwyr Cymreig **6.30** Ralio+ **6.57** Newyddion S4C **7.00** Heno **7.30** Newyddion S4C a'r Tywydd **8.00** Pobol y Cwm. The search begins after a member of the camping trip goes missing. **8.25** Rownd a Rownd **8.55** Newyddion **9.00** Y Llinell Las **10.00** Pel-Droed Rhyngwladol **11.00** Pum Merch, Tri Chopa, Un Cwch **11.30pm-12.05am** Codi Hwyl

ITVBeFreeview 28

7.00am Unwind with ITV **7.20** The Real Housewives of Cheshire **8.20** Masters of Flip **9.20** Buying and Selling **10.20** The Singles Table **12.25pm** The Real Housewives of New Jersey **1.20** The Only Way Is Essex **2.00** Dinner Date **3.00** Million Dollar Listing: LA **4.00** The Real Housewives of Atlanta **5.00** The Real Housewives of Salt Lake City

6.00 **Unboxed** Nikki helps a couple with a multi-purpose room that lacks focus.

6.30 **Million Dollar Listing: LA** Tracy heads to Dubai to look into a listing.

8.00 **Dinner Date** Adam from Edinburgh chooses three blind dates from menus.

9.00 **Botched** A young man has a bicep implant that wants to flip.

10.00 **The Real Housewives Ultimate Girls' Trip** Ramona confronts the past.

11.00 **The Only Way Is Essex** Reality. Elliott still hopes to win over Chloe.

11.45 **Ready to Mingle** Dating show.

12.45-1.00am Unwind with ITV

DramaFreeview 20

6.00am Teleshopping **7.10** London's Burning **8.00** Doctors **9.20** Classic Holby City **10.40** Classic Casualty **11.40** The Bill **12.40pm** Classic EastEnders **2.00** London's Burning **3.00** Lovejoy **4.15** Tenko **5.15** Birds of a Feather

6.00 **Waiting for God** Tom becomes depressed after a mild heart attack.

6.40 **Are You Being Served?** A romantic invitation from Mr Lucas to Miss Brahms is delivered to the wrong person.

7.20 **Last of the Summer Wine** Nora gets a cleaning job with a widower across the valley, leaving Compo writhing in jealousy.

8.00 **Dalziel & Pascoe** Feature-length episode. The duo investigate a seemingly accidental death at a private zoo.

10.00 **New Tricks** DNA testing helps identify a body found in 1996.

11.20 **Soldier, Soldier** The officers suspect they are going on active duty.

12.30am Lovejoy **1.40** Call the Midwife **2.50-4.00am** Classic Holby City

More4Freeview 18

8.55am A Place in the Sun **10.25** A New Life in the Sun **11.25** Find It, Fix It, Flog It **12.30pm** Come Dine with Me: five episodes **3.10** Four in a Bed: five episodes **5.50** Chateau DIY

6.55 **Car S.O.S** Tim and Fuzz work on a 1978 Bedford HA ice-cream van.

7.55 **Grand Designs** Kevin McCloud revisits a home built on an airfield in Strathaven in Scotland to check on the progress made by Colin and Marta.

9.00 **PopMaster TV** With contestants from London, Sheffield, Glasgow, Surrey and Hampshire trying to guess the tracks.

10.00 **Do You Remember..2000?** A look back on the biggest pop culture trends of the year 2000. Last in series.

11.05 **24 Hours in A&E** A man is brought into St George's hospital by ambulance after a garage collapsed on his legs.

12.10am PopMaster TV **1.15** 999: On the Front Line **2.20** 24 Hours in A&E **3.25-3.50am** A Place in the Sun

BBC3Freeview 23

7.00pm **Phoenix Rise** Double bill. Faith searches for her birth mum; a mystery is solved at the Cov Rocks music festival. Last in the series.

8.00 **Shark Tank** Opportunities include a natural hair care line.

8.40 **The Catch Up** News round-up.

8.45 **Zen Motoring** Ogmios meets an unexpected guest in need of help.

9.00 **FILM** **House of Gucci** (2021, 15) An outsider marries into the family behind the Italian fashion empire, and starts to unravel the family legacy. Ridley Scott's fact-based crime drama, starring Lady Gaga and Adam Driver. ★★★★★

11.30 **Fresh Cops** Jack deals with a drunk hotel guest. Philippa takes the lead on a domestic incident.

12.00m't Fresh Cops **12.30** Charlotte in Sunderland **1.30** The Film Fan's Guide to Liverpool **1.40** Fresh Cops **2.40-4.00am** Peacock

BBC4Freeview 9

7.00pm **Volcanoes of the Solar System: Horizon** Documentary.

7.15 **War Walks** A night of the Blitz.

7.45 **Wendy Craig Remembers – Butterflies** Wendy Craig reflects on her starring role in Butterflies.

8.00 **Butterflies** First episode of Carla Lane's comedy, with Wendy Craig.

8.30 **Not in Front of the Children** Episode of the 1960s sitcom with Wendy Craig and Ronald Hines.

9.00 **Rigs of Nigg** How more than 5,000 workers came together to create oil platforms in the North Sea.

10.00 **Against the Tide – Storyville** The story of two Indian fishermen.

11.35 **FILM** **Aquarela** (2018, 12) Viktor Kossakovsky travels the world to capture images of the beauty and raw power of water. ★★★

1.00am Vasa: The Ghost Ship **2.00** War Walks **2.30-3.25am** Bloody Omaha: Timewatch

GB NewsF'view 236

6.00am Breakfast with Eamonn and Isabel **9.30** Britain's Newsroom **12.00noon** Good Afternoon Britain **3.00** Martin Daubney. Debates.

6.00 **Dewbs & Co** Michelle Dewberry delivers her take on the day's news.

7.00 **Farage** Nigel Farage doesn't hold back in his GB News prime-time show. Hear his views and give your own in an hour of discussion.

8.00 **State of the Nation** The countdown to election day is on.

9.00 **Patrick Christys Tonight**

11.00 **Headliners** The paper review that won't put you to sleep (like the others). Join the all-star comedy cast for an intelligent and insightful look at tomorrow's headlines tonight. Hosts Simon Evans & Dominic Frisby.

12.00m't Farage Replay **1.00** State of the Nation **2.00** Headliners Replay **3.00** Patrick Christys Tonight Replay **5.00-6.00am** Headliners Replay

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Sport

SKY SPORTS MAIN EVENT	
6.00am	Sky Sports News
7.00	Good Morning Sports Fans
10.00	Sky Sports News
11.00	LIVE World Pool Championship Coverage of the first session on day two of the tournament, which takes place at Green Halls in Jeddah.
3.00pm	LIVE ICC Men's T20 World Cup England v Scotland. Coverage of the Group B match from Kensington Oval in Bridgetown. England are the reigning champions, having defeated Pakistan in the 2022 final. Scotland came through the Europe Qualifier and will be looking to build on their showing two years ago when they were eliminated in the group stage, but did claim an impressive victory against the West Indies.
7.30	LIVE ICC Men's T20 World Cup Netherlands v Nepal. Coverage of the Group D match from Grand Prairie Cricket Stadium in Dallas, Texas.
8.30	LIVE World Pool Championship The second session on day two of the tournament, which takes place at Green Halls in Jeddah.
9.30	Sky Sports News
10.30	Back Pages Tonight
11.00pm-6.00am	Sky Sports News
SKY SPORTS CRICKET	
6.00am	How the 2012 ICC World T20 Was Won
8.00	ICC Men's T20 World Cup
2.10pm	Best of ICC WT20
2.30	ICC Men's T20 World Cup
3.00	LIVE ICC Men's T20 World Cup England v Scotland. Coverage of the Group B match from Kensington Oval in Bridgetown, Barbados.
7.30	LIVE ICC Men's T20 World Cup Netherlands v Nepal. Coverage of the Group D match from Grand Prairie Cricket Stadium in Dallas, Texas. Netherlands had a respectable tournament in 2022 when they made it through to the Super 12 stage, winning four of the eight games that they appeared in. Nepal are playing in just their second ever T20 World Cup, having previously appeared at the competition in 2014.
8.30	ICC Men's T20 World Cup
9.00	ICC Men's T20 World Cup
9.30	ICC Men's T20 World Cup
10.30	Dreams of a Nation
11.30	ICC Men's T20 World Cup
5.10am	Best of ICC WT20
5.30-6.00am	ICC Men's T20 World Cup
SKY SPORTS FOOTBALL	
6.00am	EFL 9.00 EFL Greatest Games
10.00	EFL Cup Retro
12.00noon	EFL Greatest Games
1.00	Retro League One
3.00	EFL Cup Retro
5.00	EFL Cup Highlights
6.00	EFL Greatest Games
7.00	Championship Retro. Leeds United v Derby County from 2019.
9.00	EFL Cup Retro. Arsenal v Manchester City in the 2018 final.
11.00	Best Goals Of The Carabao Cup 2020/21. Look back at some stunning strikes from the 2020-21 Carabao Cup.
11.30	Best Goals: Efl Cup 2021-22. The greatest strikes from the competition.
12.00m't	EFL Greatest Games: four episodes
1.00	Championship Season Review
2.00	EFL 2.30 EFL Rivalries
3.00	EFL Cup Retro
5.45-6.00am	EFL Greatest Games
TNT SPORTS 1	
6.00am	UEFA Champions League
7.30	Ligue 1
8.30	Serie A
9.30	Inside Serie A
10.00	MotoGP
1.30pm	MotoGP Chequered Flag
2.30	WRC Review. The World Rally Championship in Italy.
3.30	MotoGP Rewind
3.45	UEFA Europa League & Conference League Magazine
4.45	Original Documentary. A look back at the history and iconic moments at the home of football.
5.30	Premier League Review
6.30	Premier League Stories
7.00	UEFA Europa League & Conference League Magazine
8.00	UEFA Champions League Magazine
8.30	No Filter Football
8.45	What I Wore
9.00	WWE Monday Night Raw
11.30	MLB Lead Off
12.00m't	LIVE MLB New York Yankees v Minnesota Twins (Start time 12.05am). The American League match from Yankee Stadium.
3.00	MLB Closer
3.30	Fight Week
4.00	Hexagone MMA
5.30-6.00am	T100 Triathlon World Tour
TNT SPORTS 2	
1.30pm	Badminton Unlimited
2.00	Hockey
8.00	WSL Championship Tour. Action from the Tahiti Pro Finals, part of the World Surf League Championship Tour.
9.00	Fight Week. A look back at UFC 302 at Prudential Centre in Newark, New Jersey.
9.30	UFC. Islam Makhachev v Dustin Poirier.
12.30am	Hexagone MMA. Gregory Bouchelaghem v Antonio Zovak. Action from the light-heavyweight bout at Zenith Paris.
2.00	Fight Week
2.30	No Filter Football
2.45	MotoGP Rewind
3.00-1.30pm	LIVE Badminton Coverage from the Indonesia Open Round of 32, which takes place at Gelora Bung Karno Sports Palace in Jakarta.
EUROSPORT 1	
6.00am	Climbing Show
6.30	Roland-Garros
9.30	LIVE Roland-Garros Coverage of the action from day 10 of the French Open at Roland-Garros, including the singles quarter-finals.
5.00	Roland-Garros
7.00	Roland-Garros Courtside
7.30	LIVE Roland-Garros Concluding coverage of day 10 of the French Open at Roland-Garros, including the singles quarter-finals.
10.30	Roland-Garros Courtside. More news, comment and analysis from the French Open.
11.00	Roland-Garros
1.00am	British Speedway
2.00	Cycling: Criterium du Dauphine
3.00	Motocross World Championship
5.00-6.00am	Cycling: Criterium du Dauphine

Entertainment & Factual

ITV3		Freeview 10
6.00am	Classic Emmerdale	7.00 Classic Coronation Street
8.05	Endeavour	10.10 The Royal
11.15	Heartbeat	1.40pm Classic Emmerdale
2.35	Classic Coronation Street	
3.45	Agatha Christie's Marple	5.55 Heartbeat
8.00	Midsomer Murders	10.00 Wire in the Blood
12.00m't	The Royal	
12.55	Bless This House	1.20 Upstairs, Downstairs
2.15-2.30am	Unwind with ITV	
ITV4		Freeview 26
6.00am	The Best of the 90s	6.10 The Protectors
6.40	Minder	7.35 The Sweeney
8.40	Magnum, PI	9.40 Kojak
10.45	Isle of Man TT	11.50 The Adventures of Sherlock Holmes
12.55pm	Magnum, PI	1.55 Kojak
2.55	Minder	4.05 The Sweeney
5.15	World Rally Championship Highlights	6.15 Cycling: Criterium du Dauphine Highlights
7.15	LIVE UEFA Euro 2025 Qualifier: France v England. Laura Woods presents as the Lionesses continue their qualifying campaign.	10.25 Isle of Man TT
11.25	No Room For Error	
12.25am	All Elite Wrestling: Rampage	1.35 Isle of Man TT
2.35-3.00am	Unwind with ITV	
5STAR		Freeview 32
8.00am	Bargain-Loving Brits in the Sun	
10.00	Shoplifters: Catch Me If You Can	11.00 Traffic Cops
2.00pm	Police Interceptors	5.00 Call the Bailiffs: Time to Pay Up
6.00	Home and Away	7.00 GPs: Behind Closed Doors
8.00	Casualty 24/7: Every Second Counts	
9.00	Serial Killer Wives	10.00 A&E After Dark
11.00	999: Emergency Call Out	12.00m't FILM I Still Know What You Did Last Summer (1998/18)
2.00	Casualty 24/7: Every Second Counts	2.50 GPs: Behind Closed Doors
3.35-4.00am	Home and Away	
REALLY		Freeview 17
6.00am	Celebrity Fantasy Homes	7.00 Cruise TV with LoveitBookit
8.00	Salvage Hunters	10.00 The Yorkshire Auction House
11.00	Antiques Road Trip	12.00noon Money for Nothing
2.00	The Repair Shop	3.00 Antiques Road Trip
5.00	The Yorkshire Auction House	7.00 Antiques Road Trip
9.00	Dr Pimple Popper	11.00 90 Day Fiance: Before the 90 Days
12.00m't	Unexplained: Caught on Camera	1.00 Paranormal: Caught on Camera
2.00	Teleshopping	
4.00-6.00am	Animal Cops Philadelphia	
5ACTION		Freeview 33
9.00am	The Motorway	10.00 Traffic Cops
11.00	Police Interceptors	12.00noon FILM The Great Northfield Minnesota Raid (1972/PG)
1.55	FILM White Feather (1955/U)	2.44 The Motorway
5.00	Traffic Cops	6.00 Police Interceptors
8.00	Motorway Cops: Catching Britain's Speeders	9.00 Inside the Force
10.00	Sewermen	11.00 999: Criminals Caught on Camera
12.00m't	Police Interceptors	1.00 Criminals: Caught on Camera
2.00	Trucking Hell	3.50-4.00am Entertainment News on 5
SKY ARTS		Freeview 36
6.00am	The South Bank Show Originals	
6.30	Academy of Ancient Music: Vivaldi's Four Seasons	8.00 The Joy of Painting
9.00	Tales of the Unexpected	10.00 Alfred Hitchcock Presents
11.00	Discovering: Robert Donat	12.00noon The Joy of Painting
BBC RADIO 1		
97.6-99.8MHz	6.57am	Newsbeat
7.00	Radio 1 Breakfast	with Greg James
10.30	Newsbeat	10.32 Rickie, Melvin and Charlie
12.45pm	Newsbeat	1.00 Dean and Vicky
3.30	Newsbeat	3.32 Going Home with Vick, Katie and Jamie
on Radio 1	5.45	Newsbeat
6.00	Radio 1's New Music Show	with Jack Saunders
8.00	Radio 1's Future Artists	with Tara Kumar
10.00	Radio 1's Power Down	Playlist with Sian Eleri
11.00	Martha	1.00am Radio 1's Drum & Bass Mix
1.30	Radio 1's Drum & Bass Mix	2.00 Radio 1's Workout Anthems
3.00	Radio 1 Relax	4.00 Radio 1 Dance
5.00-6.57am	Radio 1 Early Breakfast	with Arielle Free
BBC RADIO 2		
88-91MHz	6.30am	Zoe Ball
9.30	Vernon Kay	12.00noon Jeremy Vine
2.00	DJ Spooky	4.00 Sara Cox
6.30	Sara Cox's Half Wower	7.00 Jo Whitley's Shiny Happy
9.00	The Jazz Show	with Jamie Cullum
10.00	Trevor Nelson's Magnificent 7	10.30 Trevor Nelson's Rhythm Nation
12.00m't	OJ Borg	3.00 Pick of the Pops
4.00-6.30am	Jason Mohammad	
BBC RADIO 3		
90.2-92.4MHz	6.30am	Breakfast
9.30	Essential Classics	1.00pm Classical Live
4.00	Composer of the Week: Amanda Maier-Rontgen	5.00 In Tune
7.00	Classical Mixtape	7.30 Radio 3 in Concert
9.45	The Essay: EarthWorks	10.00 Night Tracks
11.30pm-12.30am	Round Midnight	



A League of Their Own: Mexican Road Trip
Sky Max, 9pm
Jamie Redknapp (left), Mo Gilligan, Jill Scott and Micah Richards take penalties in front of 60,000 fans at Guadalajara's Estadio Akron.

1.00 Tales of the Unexpected 2.00 Australian Ballet: Cinderella 3.35 Inside Art: Van Gogh at the Courtauld Gallery 4.00 Discovering: Ronald Colman 5.00 The Joy of Painting 6.00 Tales of the Unexpected 7.00 Grand Ole Opry 8.00 Guy Garvey: From the Vaults 9.00 Johnson & Knopfler's Music Legends 10.00 Ennio: The Maestro 1.00am **FILM** I Am Bruce Lee (2011/15) **3.00** The Sky Arts Book Club Summer Reads Special 4.00-5.00am Cheltenham Literature Festival

GOLD
7.10am Desmond's 8.00 Keeping Up Appearances 9.20 My Hero 10.00 Are You Being Served? 10.40 Porridge 11.20 Last of the Summer Wine 12.40pm Keeping Up Appearances 1.20 My Hero 2.00 Porridge 2.40 Dad's Army 3.20 Are You Being Served? 4.00 Last of the Summer Wine 5.20 Porridge 6.00 Keeping Up Appearances 6.40 Dad's Army 8.00 Still Open All Hours 8.40 Blackadder the Third 9.20 dinnerladies 10.00 The Royle Family 10.40 Harry Enfield and Chums 11.20 The Office 12.00m't Still Open All Hours 12.40 Blackadder the Third 1.20 dinnerladies 2.00-2.35am The Royle Family

YESTERDAY Freeview 27
6.10am Scouting for Toys 8.00 Abandoned Engineering 10.00 Adolf Hitler's War 11.00 World War Weird 12.00noon Great British Railway Journeys 1.00 Antiques Roadshow 2.00 Bangers & Cash 4.00 Adolf Hitler's War 5.00 World War Weird 6.00 Antiques Roadshow 7.00 Canal Boat Diaries 8.00 Bangers & Cash 9.00 Bangers & Cash: Restoring Classics 10.00 Bangers & Cash 11.00 Abandoned Engineering 12.00m't Great British Railway Journeys 1.00-2.00am Hornby: A Model World

ALIBI
9.00am Miss Scarlet and the Duke 10.00 Elementary 11.00 Shakespeare & Hathaway: Private Investigators 12.00noon Father Brown 1.00 Death in Paradise 2.00 Murdoch Mysteries 4.00 Elementary 5.00 Father Brown 6.00 Shakespeare & Hathaway: Private Investigators 7.00 Elementary 8.00 Death in Paradise 9.00 Shakespeare & Hathaway: Private Investigators 10.00 My Life Is Murder 11.00 Elementary 12.00m't Why Women Kill 1.00 Unforgettable 2.00 Murdoch Mysteries 3.00-4.00am The Game

SKY MAX
6.00am NCIS: Los Angeles 7.00 DC's Legends of Tomorrow 8.00 The Flash

Radio

CHOICE
Drama: A Tale of Ossian Radio 4, 2.15pm
Wendy Seager and Finlay Welsh star in Robert Forrest's atmospheric drama directed by Kirsty Williams. An old man turns up in hospital with his head full of stories and his pockets full of leaves. When he finally begins to talk, the woman who sits across from him finds herself pulled into his world.

BBC RADIO 4
FM 92.4-94.6MHz 6.00am Today 9.00 Being Roman with Mary Beard 9.30 All in the Mind 10.00 Woman's Hour 11.00 Add to Playlist 11.45 Book of the Week: Night Train to Odesa 12.00noon News 12.04 Call You and Yours 12.57 Weather 1.00 The World at One 1.45 Thief at the British Museum 2.00 The Archers 2.15 Drama: A Tale of Ossian 3.00 Short Cuts 3.30 Thinking Allowed 4.00 Poetry Please 4.30 When It Hits the Fan 5.00 PM 5.57 Weather 6.00 News 6.30 Joe Lycett's Obsessions 7.00 The Archers 7.15 Front Row 8.00 The Today Debate 8.40 In Touch 9.00 The Law Show 9.30 The Bottom Line: The Decisions That Made Me a Leader 10.00 The World Tonight 10.45 Book at Bedtime: Long Island 11.00 Uncanny USA 11.30 Soul Music 12.00m't News 12.30 Book of the Week: Night Train to Odesa 12.48 Shipping Forecast 1.00 As BBC World Service 5.20 Shipping Forecast

9.00 Stargate SG-1 11.00 NCIS: Los Angeles 12.00noon The Flash 1.00 SEAL Team 3.00 Hawaii Five-0 4.00 S.W.A.T 5.00 DC's Legends of Tomorrow 6.00 Stargate SG-1 8.00 Rob & Romesh vs Art 9.00 A League of Their Own: Mexican Road Trip 10.00 The Walking Dead: The Ones Who Live 11.15 Hold the Front Page 12.10am The Walking Dead 1.05 S.W.A.T 2.05 Resident Alien 3.00 Hawaii Five-0 4.00 S.W.A.T 5.00-6.00am Highway Patrol

SKY ATLANTIC
6.00am Urban Secrets 7.55 True Blood 10.05 Billions 12.15pm Game of Thrones 1.20 The Sopranos 3.30 True Blood 5.45 Billions 7.55 Game of Thrones 9.00 The Tattooist of Auschwitz 10.05 House of the Dragon 11.15 Band of Brothers 12.20am Domina 1.20 The Deuce 2.30 Game of Thrones 3.40-4.10am In Treatment

SKY WITNESS
6.00am Air Ambulance ER 7.00 Border Patrol 8.00 Caught on Dashcam 9.00 Send in the Dogs 10.00 Brit Cops: Frontline Crime UK 11.00 Bull 12.00noon New Amsterdam 1.00 9-1-1 2.00 FBI: Most Wanted 3.00 Nothing to Declare UK 4.00 Nothing to Declare 8.00 Caught on Dashcam 9.00 The Equalizer 10.00 FBI: Most Wanted 11.00 The Rookie: Feds 12.00m't The Good Doctor 1.00 Fire Country 3.00 The Good Doctor 4.00-5.00am The Force: Manchester

SKY COMEDY
8.00am Will & Grace 9.00 The Conners 10.00 Run 10.35 Veep 11.45 Entourage 12.50pm How to Make It in America 1.30 High Maintenance 2.10 Veep 3.20 Entourage 4.25 Run 5.00 Will & Grace 6.00 The Office (US) 7.00 The Conners 8.00 Will & Grace 9.00 Curb Your Enthusiasm 11.00 The Tonight Show Starring Jimmy Fallon 12.00m't Divorce 1.20 Barry 2.35 Bliss 3.10 Flatbush Misdeemeanors 3.45 How to Make It in America 4.20-5.00am High Maintenance

DISCOVERY
6.00am How It's Made 7.00 Deadliest Catch 8.00 Building Off the Grid 9.00 Combat Dealers 10.00 Demolition Down Under 11.00 Wheeler Dealers 1.00pm Barnwood Builders 3.00 Gold Rush 4.00 Alaska: Homestead Rescue 6.00 Demolition Down Under 7.00 Bitchin' Rides 8.00 Supertruckers 9.00 **NEW** Gold Rush: Parker's Trail 11.00 Gold Divers 1.00am Gold Rush: Parker's Trail 3.00 Gold Divers 4.00-5.00am Moonshiners

NATIONAL GEOGRAPHIC
8.00am Food Factory 9.00 Air Crash Investigation 10.00 World War II: Secrets from Above 11.00 Europe from Above 12.00noon Car S.O.S 1.00 To Catch a Smuggler 2.00 Air Crash Investigation 3.00 Nazi Megastructures 4.00 Drain the Oceans 5.00 Car S.O.S 6.00 Lost Treasures of Egypt 7.00 Air Crash Investigation 8.00 Hitler: The Lost Tapes of the Third Reich 9.00 World War II: Secrets from Above 10.00 Erased: WWII Heroes of Colour 11.00 Air Crash Investigation 12.00m't To Catch a Smuggler 1.00 Drain the Oceans: Deep Dive 2.00 Money Meltdown 2.30 Food Factory 3.20-4.10am Bid & Destroy

5.30 News 5.43 Prayer for the Day 5.45-6.00am Farming Today

BBC RADIO 5 LIVE
6.00am 5 Live Breakfast 9.00 Nicky Campbell 11.00 Naga Munchetty 1.00pm Nihal Arthanayake 4.00 5 Live Drive 7.00 5 Live Sport 8.00 5 Live Sport 10.00 Gordon Smart 1.00am Dotun Adebayo 5.00-6.00am Wake Up to Money

BBC RADIO WALES
FM: 94.6MHz 6.00am Radio Wales News Update 6.05 Wake Up with Radio Wales 6.30 Doctor Who: The Welsh Connection 7.00 Radio Wales Breakfast 9.00 Eleri Sion 12.00noon The Phone In 2.00 Behnaz Akhgar 5.00 Radio Wales Drive 6.30 Radio Wales Sport. Wales v Ukraine. 9.30 Eleri Sion. Eleri brightens your night-time with great music and chat. 12.00m't Relax with Radio Wales 1.00-6.00am As Radio 5 Live

CLASSIC FM
100-102MHz 6.30am Classic FM Breakfast with Dan Walker 9.00 The Classic FM Hall of Fame Hour with Dan Walker 10.00 Alexander Armstrong 1.00pm Anne-Marie Minhall 4.00 Margherita Taylor 7.00 Relaxing Evenings 10.00 Calm Classics 1.00am Bill Overton 4.00-6.30am Early Breakfast

ABSOLUTE RADIO
DAB 6.00am Dave Berry 10.00 Leona Graham 1.00pm Ben Burrell 4.00 Bush and Richie 7.00 Danielle Perry 10.00 Emil Franchi 1.00-6.00am Dan Noble

Movies

FILM4
11.00am **Reach for the Sky** (1956/U) Biopic of Second World War pilot Douglas Bader, starring Kenneth More. **3.5.4.5**
1.45pm **Outcast of the Islands** (1951/PG) Drama, starring Ralph Richardson. **3.4.4.5**
3.50 **Oliver!** (1968/U) Musical, starring Ron Moody and Mark Lester. **3.5.4.4.5**
6.45 **A Good Year** (2006/12) Comedy drama, with Russell Crowe and Albert Finney. **3.4.4.5**
9.00 **The Craft: Legacy** (2020/15) Sequel to 1996 horror drama The Craft, starring Cailee Spaeny and Gideon Adlon. **3.4.4**
10.50 **Plan B** (2021/18) Premiere. Comedy, with Kuhoo Verma and Victoria Moroles. **3.4.4.5**
1.00-3.25am **The Blue Caftan** (2022/12) Premiere. Romantic drama, starring Lubna Azabal and Saleh Bakri. **3.4.4.5**

SKY CINEMA PREMIERE
6.25am **Ride On** (2023/PG) See 4.05pm for details. **3.4.4.4.5**
8.40 **My Big Fat Greek Wedding 3** (2023/12) Romantic comedy, with Nia Vardalos. **3.4.4.5**
10.15 **Bonus Track** (2023) See 6.20pm for details. **3.4.4.5**
12.00noon **Force of Nature: The Dry 2** (2024/15) See 8.00pm for details. **3.4.4.5**
1.55pm **Blue Beetle** (2023/12) See 10.00pm for details. **3.4.4.5**
4.05 **Ride On** (2023/PG) Action drama, starring Jackie Chan and Liu Haocun. **3.4.4.4.5**
6.20 **Bonus Track** (2023) Comedy, starring Joe Anders and Samuel Small. **3.4.4.4.5**
8.00 **Force of Nature: The Dry 2** (2024/15) Thriller, with Eric Bana and Anna Torv. **3.4.4.5**
10.00 **Blue Beetle** (2023/12) Adventure, with Xolo Mariduen and Bruna Marquezine. **3.4.4.5**
12.10am **The Exorcist: Believer** (2023/15) Horror sequel, starring Leslie Odom Jr. **3.4.4.5**
2.05 **Turtles All the Way Down** (2024/12) Drama, starring Isabella Mercedes. **3.4.4.4.5**
4.05-6.00am **Cult Killer** (2023/15) Thriller, with Alice Eve and Antonio Banderas. **3.4.4.5**

SKY CINEMA PRIDE
4.00pm **Being John Malkovich** (1999/15) Comedy, with John Cusack. **3.4.4.4.5**
6.00 **Bros** (2022/15) Comedy, starring Billy Eichner and Luke Macfarlane. **3.4.4.4.5**
8.00 **Knock at the Cabin** (2023/15) Horror mystery, starring Dave Bautista. **3.4.4.4.5**
9.55 **Young Soul Rebels** (1991/18) Drama, with Valentine Nonyela and Mo Sesay. **3.4.4.5**
11.50 **Bonus Track** (2023) Comedy, starring Joe Anders and Samuel Small. **3.4.4.4.5**
1.40am **Carmen & Lola** (2018/18) Drama, with Rosy Rodriguez and Zaira Romero. **3.4.4.5**
3.35 **The Laramie Project** (2002/15) Drama, starring Christina Ricci. **3.4.4.4.5**
5.25-6.55am **The Man with the Answers** (2021/12) Drama, with Anton Weil. **3.4.4.4.5**

SKY CINEMA FAMILY
4.00pm **The Lord of the Rings: The Two Towers** (2002/12) Adventure sequel, starring Elijah Wood and Viggo Mortensen. **3.4.4.4.5**
7.05 **The Karate Kid Part III** (1989/PG) Adventure sequel, starring Ralph Macchio, Martin Kove and Pat Morita. **3.4.4**
9.05 **The Addams Family** (1991/PG) Black comedy, starring Anjelica Huston. **3.4.4.4.5**
10.55 **Robo-Dog** (2015/PG) Family sci-fi adventure, starring Michael Campion. **3.4.4.5**
12.35am **The Little Rascals** (1994/U) Children's comedy, starring Travis Tedford, Mel Brooks and Bug Hall. **3.4.4.4.5**
2.05 **Harriet the Spy** (1996/PG) Family comedy, starring Michelle Trachtenberg and Vanessa Lee Chester. **3.4.4.4.5**
3.55 **The Tiger Rising** (2022/PG) Drama, with Dennis Quaid and Queen Latifah. **3.4.4.5**
5.50-7.35am **The Spy Next Door** (2010/PG) Comedy, starring Jackie Chan. **3.4.4.5**

TALKING PICTURES TV
5.55pm **The Beverly Hillbillies** Pearl tries to impress Mr Brewster with her piano skills.
6.30 **Scotland Yard** A murder hunt is launched after a body is used as the guy on bonfire night.
8.05 **Manhunt** A Gestapo agent terrorises Jimmy, but will he reveal his identity?
9.05 **Maigret** The inspector goes undercover.
11.00pm **The Stepfather II** (1989/18) Horror, with Terry O'Quinn and Caroline Williams. **3.4**
12.50am **13 Ghosts** (1960/PG) Horror comedy, starring Donald Woods. **3.4.4.5**
2.35 **Raw Deal** (1948/18) Drama, starring Dennis O'Keefe and Marsha Hunt. **3.4**
4.10-6.00am **Every Day's a Holiday** (1965/U) Musical comedy, starring John Leyton. **3.4**

GREAT! MOVIES
5.00pm **Born and Missing** (2017/PG) Thriller, with Kaitlyn Black and David Gallagher. **3.4.4.5**
7.05 **Dragon Wars** (2007/18) Adventure, with Jason Behr and Amanda Brooks. **3.4.4**
9.00 **Cut Bank** (2014/15) Thriller, starring Liam Hemsworth and Teresa Palmer. **3.4.4.5**
10.55 **Killerman** (2019/15) Action drama, starring Liam Hemsworth. **3.4.4.5**
1.15am **Son of a Gun** (2015/15) Crime drama, starring Brenton Thwaites. **3.4.4.5**
4.00-6.00am **Mom Wars** (2017/PG) Thriller, starring Jessica Blackmore. **3.4.4.4.5**

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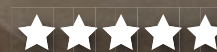


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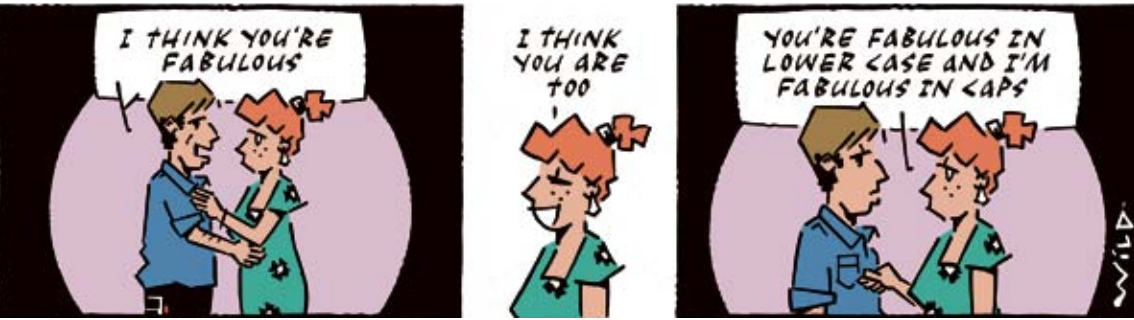
CALVIN AND HOBBS Bill Watterson



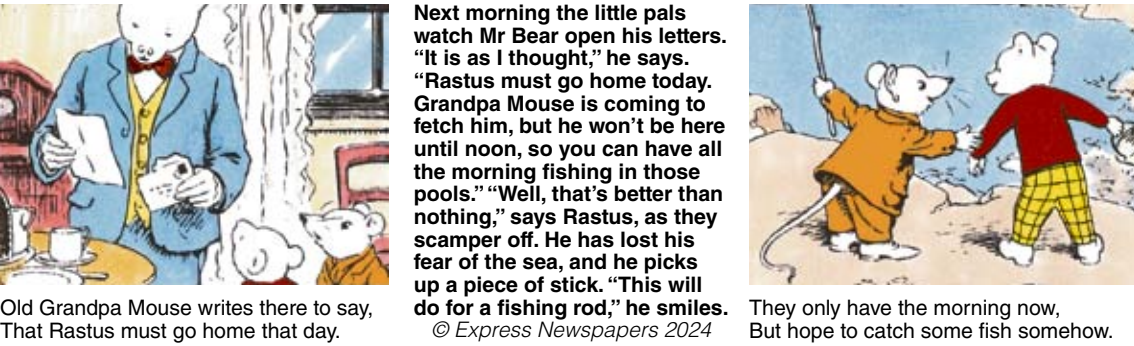
PEANUTS Charles M. Schulz



FAITH, HOPE AND SUE Lisa Wild



RUPERT AT ROCKY BAY No 18



Avocado pasta

The health benefits of avocado are well documented but not often considered when making a pasta dish. This meal is incredibly simple to make and gives lots of flavour and texture. Serves 2.

INGREDIENTS

170g wholewheat pasta such as spaghetti

1/2 a lemon, juiced and zested

1/2 tsp salt

2 tbsps extra virgin olive oil

2 chopped garlic cloves

1 ripe, pitted avocado

ground black pepper, to taste

METHOD

- 1) Bring some water to the boil in a medium-sized pan.
- 2) Add your pasta and reduce the heat and leave to cook until al dente (about 8-10 minutes).
- 3) Meanwhile, place your lemon juice, salt and olive oil and garlic in a bowl.
- 4) Mash avocado until smooth and combine everything.
- 5) When pasta is fully cooked, drain and place in a large bowl.
- 6) Pour avocado sauce over and toss until all the pasta is covered.
- 7) Garnish with lemon zest and black pepper and serve immediately



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Russell Grant Britain's celebrity astrologer

Aries Mar 21 - Apr 20
Much to the surprise of someone who is expecting you to rush in, you are leaving nothing to chance. You will be taking an organised approach to important matters and you're prepared to double check facts before making decisions.
0905 789 3701**

Taurus Apr 21 - May 21
You will understand why a housemate is envious you have money luck to celebrate. As pleased as you might be, you will curb your high spirits when in the company of someone who hasn't found their feet in the money department.
0905 789 3702**

Gemini May 22 - June 21
Spiritedness and vitality flow through your veins. There is something magnetic about your personality that is drawing people to you. You can't wait to get started on new interests and activities. Others are looking to you for leadership.
0905 789 3703**

Libra Sep 24 - Oct 23
Although you hate arguments, a clash of opinions need not be all bad. From such a lively exchange some good ideas will be shared. Some you may never have come up with without having been prodded by the views of others.
0905 789 3707**

Scorpio Oct 24 - Nov 22
You reap what you sow. You will now be seeing the results of past actions, whether positive or the other. Any legal dealings and disputes will be settled in a fair way. A gift of money could come from right out of the blue for you.
0905 789 3708**

Sagittarius Nov 23 - Dec 21
You are highly skilled and you deserve the respect of your employer. Your boss refuses to negotiate a pay rise while your family insists you should keep pushing to be paid what you are worth. Don't take no for an answer.
0905 789 3709**

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Cancer June 22 - July 23
Emotions can cause you to make decisions and act in a way you would not normally have done had you felt calmer. Avoid taking action on a money related matter. Your judgment is not as good as it could be. Neither a lender nor borrower be.
0905 789 3704**

Leo July 24 - Aug 23
You may have to juggle your budget or dip into your savings in order to pay an unexpected bill. Don't be surprised if you are asked to take charge of a small incident when a supervisor is unavailable. It will be more amusing than painful.
0905 789 3705**

Virgo Aug 24 - Sep 23
Worrying about others could start to have an effect on your own health. It will be essential to get a balance between offering support and allowing this to make too much of an impression on you. Remember, your health is important too.
0905 789 3706**

Capricorn Dec 22 - Jan 20
It will be annoying at times when someone close keeps making a joke out of everything. Keep your wits about you and refuse to let anyone influence you. In particular someone who has motives on their mind that aren't in your best interests.
0905 789 3710**

Aquarius Jan 21 - Feb 19
You can't work out whether someone who is asking a lot of questions can be trusted. Are they interested in what you do or are they trying to charm something out of you? Most important is that you protect your own interests.
0905 789 3711**

Pisces Feb 20 - Mar 20
A domestic matter you hadn't anticipated having to deal with will feel overwhelming. A relative who promised to take care of it will let you down. You need advice from someone who is more reliable before you get too stressed and wound up.
0905 789 3712**

ALAN'S TIP OF THE DAY: If waterlilies are so overcrowded the leaves stick up out of the water and the plants no longer flower well, lift the planting basket out of the water, tip it out and select one or two strong, healthy bits of rhizome to replant back into the same tub.

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Thu 19 **Easo, Lifou, New Caledonia**

Fri 20 **Port Vila, Vanuatu**
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Sun 22 **Suva, Viti Levu, Fiji**

Mon 23 **Lautoka, Fiji**

Tue 24 **Dravuni Island, Fiji**

Thu 26 **Vava'u, Tonga**

Fri 27 **Nuku Alofa, Tonga**
Cross the International Date Line

Sun 29 **Rarotonga, Cook Islands**
Snorkel with technicolour fish on the reef, visit the lagoon's uninhabited islands or admire the marine life from a glass-bottomed boat

Tue 31 **Raiatea, Society Islands, French Polynesia**

APRIL 2026

Wed 1 **Papeete, Tahiti, French Polynesia** (depart early am on 2nd)

Thu 2 **Bahia d Opunoha, Moorea, French Polynesia**

Fri 3 **Fakarava, Tuamotu, French Polynesia**

Thu 9 **Kona, Hawaii, USA**

Fri 10 **Kahului, Hawaii, USA**

Sat 11 - Sun 12 **Honolulu, Hawaii, USA** (overnight)
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Mon 13 **Nawiliwili, Kauai, Hawaii, USA**

Sun 19 **Seattle, Washington, USA**
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Mon 20 **Seattle, Washington, USA**
Spend today exploring at your leisure

Tue 21 **Seattle, Washington, USA**
Transfer to the airport for your overnight flight to London

Wed 22 **Arrive in London**
Dates not mentioned are spent relaxing at sea. Please note, a day may be lost/gained when crossing the International Date Line

YOUR VOYAGE HIGHLIGHTS

PAPEETE, FRENCH POLYNESIA

Brilliant blue lagoons, proud jagged peaks, coconut groves and a hint of gardenia in the air. Everything you've ever imagined about this island is true. An enchanting place, to say the least, it's little wonder Tahiti is a muse to so many. Herman Melville and Paul Gauguin certainly found some inspiration here. And Papeete, the island's very cosmopolitan city, has its fair share. So make sure you visit Papeete's vibrant waterfront and colourful market.

SEATTLE, WASHINGTON, USA

The West Coast's 'Emerald City' boasts green parks, delicious coffee, and colourful neighbourhoods filled with music, artists, and farmers' markets. Whether you're admiring the city skyline from the Space Needle or exploring the wilderness of Mount Rainier, Washington State's tallest mountain, Seattle is the perfect place to mix urban life with the natural world.



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Legend Burrow really was the greatest of all time

WITH heartfelt sadness we mourn the passing of Rob Burrow, the man, the legend and one of the greatest of all time.

The young man who did everything that he possibly could during his rugby league career but then, after his motor neurone disease diagnosis, he became an advocate and a shining light for all of the other MND sufferers here and around the world.

Our thoughts are with his family. RIP, Rob. You were the greatest of all of humanity.

Ashley Smith,
March, Cambs

A crying shame Spitfires won't fly over veterans

DESPITE the tragic death of Squadron Leader Mark Long in last month's Spitfire crash, I find it very sad that there will be no British wartime aircraft in the skies over Normandy on June 6 ("Spitfires will not fly", June 1).

I think we can sadly assume there will be no veterans alive by the 90th anniversary of D-Day and the Americans will have Mustangs, a Flying Fortress and Dakotas in evidence. The lack of even a single Spitfire flying over our veterans is a sad day for Britain.

John Kennedy,
Hornchurch, Essex

Armed Forces treated like dirt as gang steals £54m

WE WILL remember our past heroes but it seems only when it suits. Pity we don't look after our military still serving and coming home to inadequate housing that even illegal migrants won't accept.

While we live in a country where five Bulgarians can steal £54million from the public purse and retired war veterans still pay tax on their pensions, we should hang our heads in shame ("£54m benefits fraud gang jailed", May 31).

Una McMonagle,
Bournemouth, Dorset

Denied Carer's Allowance for nursing dying husband

HOW is it possible for Bulgarian thieves to steal money of these proportions from our benefits system with all the AI, technology and manpower in place?

I was denied Carer's Allowance when my husband was dying from oesophageal cancer.

Carol Graham,
Loughton, Essex

British 'justice' an open invite to foreign criminals

SO THAT'S British justice: defraud the taxpayers of £54million and get a short jail sentence. One Bulgarian was released on time served – they must be laughing their heads off.

Kenneth Horbury,
Barnsley, S Yorks

National Service for every asylum seeker who lands

ALL asylum seekers wishing to enter this country should be given the opportunity to sign up for three

Letter of the day

Picture: GETTY



INSPIRATIONAL: Rob Burrow raised £5.8m to tackle MND

Superhero on and off the rugby pitch

ROB Burrow was inspirational as a rugby league player, where his smaller stature enabled him to grab the ball and dart between opponents twice his size, and he was admired by all for his wizardry on the field ("He inspired the nation... Rob Burrow dies at 41 after MND battle", June 3).

He proved himself to be a hero of gigantic proportions however when he was diagnosed with motor neurone disease in 2019.

Rob was determined to fight for others. He raised £5.8million to fund a specialist centre for sufferers of MND and for further research into this killer disease.

It is tragic Rob had to die at 41 and millions will grieve the loss of this superhero.

Jean Norfolk,
Knottingley, W Yorks

years of non-military National Service ("Starmer's plans are 'magnet to migrants'", June 3).

This would give them the chance to show a commitment to this country and put something into the pot before drawing from it.

After three years they would be assessed and, depending on their performance, they would be considered for permanent residence here in the UK.

Those who do not wish to take part would be refused entry.

Ray Unwin,
Warrington, Cheshire

Cadets prove teamwork is key to lifelong success

THE idea of National Service is a great one ("UK's youth must 'toughen up' to combat global threat", May 27).

As a local councillor, my wife and I had the privilege of joining our local Cadet Force for a couple of days on their summer camp. They were aged between 11 and 16 and worked so well together as they were taught teamwork is important.

We heard of some youngsters having a hard time in their everyday lives but joining the Cadets had given them a focus.

The National Service plan is a great idea but should be extended to all youngsters up to the age of 25

to get the maximum benefit that will give them a great start in life.

Brian Roberts,
Aylesbury, Bucks

Two-step plan for Tories to win general election

IF THE Conservatives want to win the general election they must give two things to voters who are sitting on the fence ("Countdown to July 4 election", June 3). Take us out of the European Convention on Human Rights and take back control from the Law Lords. We cannot have a government continually taken to court to try and overturn or delay its decisions.

Jon Widdick,
Bury St Edmunds, Suffolk

Jet-set Starmer is full of hot air after plane trip

THIS private jet trip by Sir Keir Starmer exposes the whole story on Labour's net zero fantasy ("Starmer accused of climate hypocrisy", June 1). It's a great wheeze; we'll keep taking nice warm private planes while the plebs travel on horseback and freeze, thanks to not granting any more oil and gas development licences, and we'll get them to plant a few trees to offset our emissions.

Barrie Warren,
Bury, Lancs

Persaud needs to give his head a wobble over Trump

DR RAJ Persaud's assessment of Donald Trump only served to make himself look like an attention starved youth, desperate to be noticed (Comment, June 1).

He even makes a foolish attempt to predict the future just to whip up his followers that bit more.

Dr Persaud, you are entitled to your opinion, but don't be such a drama queen and stop trying to convince the easily led into joining your obsession.

Duncan McIlravie,
Northampton

World a safer place with Donald as US President

DR RAJ Persaud writes Donald Trump could be subject to narcissistic rage with his finger on the button of nuclear annihilation.

Trump would be subject to all the checks and balances and would be monitored by those around him, in contrast to the dictatorial leaders of Russia and North Korea, who have crossed swords verbally with Trump in the past and have shown fear many times. The world is safer with Trump as US President.

Warren Browning,
Rugby, Warks

WOULD YOU CARRY ON WORKING IF YOU WON £1MILLION?

Yes

GOOD on Graeme and Katherine White, their work ethic will be an inspiration to their young children ("Lottery win 'won't stop us working'", June 3). £1million sounds a lot, and it is, but it's less than what someone earning the average salary could expect to

earn during a 40-year working life. You read so many stories of Lottery winners blowing the lot in a few short years and having nothing to show for it. Anyone can get rich, the Lottery has proved that – the trick is in staying rich.

Sam Flynn,
Oxford

No

AS MUCH as I enjoy my job and respect my colleagues, if I dropped a million quid on the Lottery they'd never see me again.

You only work to earn money, and if you've got £1m in the bank, if you're clever with it and invest it well then you should never need to

work again. So why not jack in your job and spend your whole life with your family?

I honestly think that people who win large sums and carry on working should have it taken off them.

What is wrong with these people?

Mary Francis,
Birmingham

TODAY: Tuesday
June 4, 2024

ON THIS DAY



87 years ago (1937)

We reported the Duke and Duchess of Windsor had married at the Chateau de Candé near Tours, France.

The relationship between the former King Edward VIII and American divorcee Wallis Simpson scandalised Britain and led to his abdication.

After their marriage the couple lived a life of leisure between Europe and America until the Second World War.

35 years ago (1989)

Hundreds, possibly thousands, of Chinese civilians were killed by their own country's military during pro-democracy protests in Beijing's Tiananmen Square.

The ferocity of the attack on unarmed demonstrators shocked the world and was condemned by global leaders. The true number of those who lost their lives in the massacre is unknown.

63 years ago (1961)

US President John F Kennedy and Soviet leader Nikita Khrushchev met for the first time at the Vienna summit in Austria.

Khrushchev's determination to sign a separate peace treaty with East Germany overshadowed the talks – and led to the building of the Berlin Wall between East and West Berlin.

BIRTHDAYS



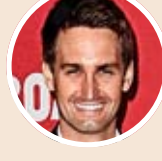
Maleficent star **Angelina Jolie** is 49. She once thought of becoming a funeral director.



Actress **Amelia Warner** is 42. She also scores films.



Comedian **Russell Brand** is 49. He practises Brazilian jiu-jitsu.



Snapchat creator **Evan Spiegel** is 34. His net worth is around £2.8billion.

TODAY'S GIGGLE

How did the barber win the race? He knew a shortcut.

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ADVANCED DIGITAL TECHNOLOGY

The advanced microelectronic amplification circuitry will give you enhanced hearing without any whistles or interference that you find with cheaper imitations. And because we are selling direct to customers we are able to offer the **MICRO Infini-Ear** at an affordable price. Other companies like you to believe that improved hearing costs a fortune, but not with **MICRO Infini-Ear**.

NO MORE BATTERIES!

And what's more you'll never have to worry about the cost or having to replace batteries. The **MICRO Infini-Ear** is fully rechargeable! All you need to do is pop it into the charger and turn it on. You can charge it while you sleep. It's so much more convenient than having to fiddle about with batteries. As it doesn't need to carry batteries it's smaller than other devices. Ditch your old-fashioned fiddly device and try the new **MICRO Infini-Ear**.

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Buying direct you can be 100% confident that you are paying the lowest price. Order today, try it at home, talk to friends, watch TV, go to the cinema, and hear for yourself the difference. You'll be amazed at the superior quality sound amplification.



★ SAVE 50% ★

As part of our introductory launch we are selling the **MICRO Infini-Ear** at half price, saving £49.95. What's more you can save a further £20.00 when you order 2 **MICRO Infini-Ears**. The **MICRO Infini-Ear** comes complete with charging unit which also doubles up as a storage case.

Recharge while you sleep



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SAVE MONEY!
NO MORE COSTLY, FIDDLY BATTERIES

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“I've tried so many hearing devices, but this is the BEST! And no batteries to buy!”
James Hare

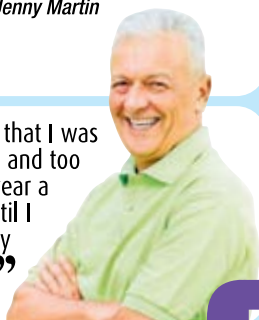


“My hearing is now crystal clear thanks to MICRO Infini-Ear, and it's so discreet and comfortable.”
Jenny Martin



“The MICRO Infini-Ear's are so small you hardly notice them, – I'm just so glad I tried them. I would highly recommend them to anyone with hearing problems.”
Fiona Johnson

“I was in denial that I was losing my hearing and too embarrassed to wear a hearing device until I discovered the tiny MICRO Infini-Ear.”
Charlie Butterworth



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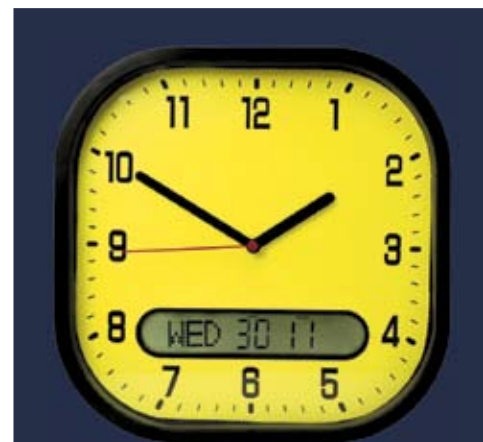


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FTSE 100	8262.8	▼	-12.6
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FTSE ALL SHARE	4517.0	▼	-0.1
Shares Traded	14204.3 million		

POPULAR SHARES ON THE RISE

Abrdn	156¼	+1¼
AstraZeneca	12346	+156
BAE Systems	1395½	+3½
BT Group	132¾	+2
Int Consolidated Airlines	175¼	+3¾
Marks & Spencer Group	306	+4
National Grid	886	+3½
NatWest Group	319¾	+4¾
Rolls-Royce Holdings	461	+7½
Saga	138½	+¾
Sainsbury (J)	279½	+2¼
Tesco	312	+1
Unilever	4307	+28
Vodafone Group	76½	+1
Whitbread	2954	+1

POPULAR SHARES UNCHANGED

Aviva	480	
Lloyds Banking Group	55½	

POPULAR SHARES ON THE SLIDE

Barclays	219¼	-¾
BP	481¼	-7
Centrica	141¼	-¼
GSK	1598	-168½
HSBC Holdings	693¼	-3
Shell	2782½	-29

WORLD MARKETS

WALL STREET	38,571.0	▼	-115.2
TOKYO	38923.0	▲	+435.1
HONG KONG	18403.0	▲	+323.4
GERMANY	18608.2	▲	+110.2
FRANCE	7998.0	▲	+5.1

STERLING VALUE

Dollar	1.278	▲	+0.004
Yen	199.531	▼	-0.860
Euro	1.174	►	0.000

DOLLAR VALUE

Dollar/Yen	156.076	▼	-1.1868
Dollar/Euro	0.919	▼	-0.0032

COMMODITIES

GOLD(\$)	▲2338.10
KRUGGERAND(E)	▲1829.22
SILVER(pence)	▲2385.16
BRENT CRUDE(\$)	▼78.48

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Halifax mortgage rate	5.98%
Retail Price Index	+3.3% (CPI +2.3%)
House price Index	-0.6%
Unemployment	1,486,000

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Hong Kong	9.36 dollar
Hungary	424.81 forint
Israel	4.41 shekel
Japan	192.23 yen
Jordan	0.84 dinar
Mexico	20.41 peso
New Zealand	1.99 dollar
Norway	12.80 krone
Poland	4.73 zloty
Saudi Arabia	4.52 riyal
South Africa	23.02 rand
Sweden	12.76 krona
Switzerland	1.11 franc
Thailand	44.99 baht
Turkey	38.14 lira
United States	1.25 dollar

Shein 'close to filing £51bn London stock market float'

CONTROVERSIAL fast fashion giant Shein is rumoured to be close to firing the starting gun on a £51billion stock market listing in London.

Reports say the company plans to confidentially file paperwork potentially in the coming days, laying the groundwork for a blockbuster flotation.

The move by the business, which was founded in China and now has its headquarters in Singapore, would be one of the largest deals for the London Stock Exchange in a decade.

Shein's huge selection of cheap clothing – backed by campaigns with social media influencers – has turned it into one of the world's biggest fashion retailers. Fans of the brand include Love Island's Shaughna Phillips.

However, it has faced criticism over its supply chain, including allegations around the use of forced labour.

Sky News reported that Shein was prepared to file the necessary paperwork – an initial public offering prospectus – with the Financial Conduct Authority regulator for approval.

The stock market float could value the fast fashion firm at around £51.6billion.

Shein had been in talks with both the

By **Graham Hiscott**

US and UK over share listing plans, but has faced significant regulatory hurdles to secure a listing in New York.

Last year, US legislators called for the fast fashion firm to be investigated over allegations that forced labour of Uighur people was used in the production of some of its clothing items.

However, the London Stock Exchange and UK ministers have pushed to get the business to float in London, with Chancellor Jeremy Hunt holding talks with Shein executive chairman Donald Tang earlier this year.

Shein recorded sales of £1.1billion in its UK operation in 2022, according to its most recent set of accounts.

Russ Mould, investment director at City firm AJ Bell, said: "Shein may find the glare of a public market listing uncomfortable given concerns about its governance, supply chain and business practices.

"Clearly London will want the IPO to be a success to help rebuild its reputation as a listing venue so there's a lot riding on it for both parties."



INFLUENCER:
Shaughna Phillips

HOLLYWOOD BOWL'S STRIKING 6 MONTHS



ON A ROLL: Hollywood Bowl's sales were up to almost £120million

HOLLYWOOD Bowl reported a successful six months to the end of March, with sales up 8% to almost £120million. Its half-year profits jumped 10.5% to £29.5million.

The company's share price, which rose sharply over the past year, took a knock yesterday, despite a 21.7% hike in its interim dividend to

3.98p. Chief executive Stephen Burns said: "We continue to expect further, modest like-for-like growth, even with the very strong prior year comparative."

The ten pin bowling chain already has 71 sites in the UK and 11 in Canada, with the aim of getting to more than 130 within a decade.

Consumers' anxiety hitting sales

NINE in 10 people remain worried about rising household bills, with shops taking another hit last month, a survey by Barclays has found.

Some 80% are concerned about higher council tax, 79% broadband and mobile costs and 75% dental bills. Separate data shows spending

on debit and credit cards grew 1% last month, the weakest increase for more than three years.

Meanwhile the British Retail Consortium and KPMG said food sales were up 3.6% over the past three months, but sales of all other goods fell by 2.4%.

Manufacturing is looking up

MANUFACTURING bounced back in May, with production up and business optimism at a two-year high.

Production expanded at the quickest rate since April 2022.

A closely watched index from S&P Global rose to 51.2 last month, after falling back to 49.1 in April –

any reading above 50 indicates growth. Firms reported more new work, with renewed efforts to complete existing contracts.

Rob Dobson, director of S&P Global Market Intelligence, said: "May saw a solid revival of activity in the UK manufacturing sector."

++ THE FTSE 100 THE FTSE 100 THE FTSE 100 ++

COMPANY	CLOSE	+/-	52 WEEK HIGH	52 WEEK LOW	COMPANY	CLOSE	+/-	52 WEEK HIGH	52 WEEK LOW	COMPANY	CLOSE	+/-	52 WEEK HIGH	52 WEEK LOW
3i Group	2926	+63	2977	1848	Glencore	481½#	+¾	501½	369	National Grid	886*	+3½	1050	838½
A.B. Foods	2561#	+11	2738	1840	Haleon	326½	+1¼	341	308½	NatWest Group	319¾	+4¾	326½	176¼
Admiral Group	2736#	+22	2837	2029	Halma	2240	+14	2479	1810½	Next	9322	-16	9464	6434
Airtel Africa	124½	+2½	133¾	90¾	Hikma	1959	+29	2205	1722	Ocado	382¾	+9	976½	342
Anglo American	2503	-10½	2773½	1670¼	HSBC Holdings	693¼#	-3	720¾	575¾	Pearson	932¼	-15¾	1042	811
Antofagasta	2215	+12	2410	1293	IMI	1870	+15	1901	1445	Pershing Square Hold	4094#	+16	4268	2704
Astead Group	5524	-164	6104	4667	Imperial Brands	1937½#	-3½	1994	1580	Perstorp	1471½	+26½	1485	960¼
AstraZeneca	12346	+156	12404	9501	Informa	847¾		859	685¾	Phoenix Group	498¼	+2	567	441½
Auto Trader	827½	+11¼	833¾	587	InterContinental Htl	7952	+52	8752	5210	Prudential	755¼	+8¼	1153	687½
Aviva	480		497	369¼	Intermediate Cap.Grp	2286	-24	2394	1255½	Reckitt Benckiser	4487	+35	6308	4110
B&M Europ Value Ret	551½#		492½		Intertek Group	4786#	+10	5075	3755	RELX	3422#	+6	3520	2442
BAE Systems	1395½#	+3½	1415¼	888¼	Intl Consolidated Airlines	175¼	+3¾	186½	138	Rentokil Initial	419½	+5¼	655¼	392½
Barclays	219¼	-¾	224¼	129¼	JD Sports	134	+6½	175¼	104	Rightmove	544½	+11½	594¾	463
Barratt Development	504¾	+1½	566½	392¼	Kingfisher	268#	+3¾	269½	201¼	Rio Tinto	5434	-42	5891	4559
Beazley Group	683½	-6½	701½	503	Land Securities	670	+17½	725¼	559½	Rolls-Royce Group	461	+7½	468	145¼
Berkley Grp Hldgs	5240		5335	3773	Legal & General	252#	+2	257½	205¾	RS Group	705	+1½	839½	660½
BP	481¼#	-7	558	444¼	Lloyds Banking Grp	55½		56½	39¾	Sage Group	1020#	-2½	1282	859½
British Amer.Tob	2435	+20	2735	2267	London Stock Ex	9150	-12	9674	7986	Sainsbury (J)	279½	+2¼	310½	245¼
BT Group	132¾	+2	149½	102¼	M&G	203¼	+4¼	238¾	183	Schroders	396	+4¼	464½	347¼
Bunzl	2970#	+34	3306	2687	Marks & Spencer	306#	+4	310	185	Scottish Mortgage	872½	-5½	901	637½
Burberry Group	1045½	+10½	12289	1026	Melrose	614¼	-1½	677½	446¼	SEGRO	922½	+11¼	940	679¼
Centrica	141¼#	-¼	172½	115½	Mondi	1550½	-10½	1604	1179¾	Seyn Trent	2357#	-29	2791	2265
Coca-Cola HBC	2688#	+40	2804	2065						Shell	2782½#	-29	2946	2264½
Compass Group	2168	-24	2323	1945½						Smith & Nephew	984¼	-6¼	1268	896¼
Convatec Group	247½	-1	293½	196¼						Smiths Group	1733	+11	1766½	1526
CRH	6244#	+126	6898	3858						Smurfit Kappa	3862	+42	3910	2554
Croda International	4574	+34	6240	4076						Spirax-Sarco	8855	-55	11415	8058
DCC	5715#	+25	6035	4171						SSE	1777½	+22½	1896	1508
Diageo	2639	+8½	3457	2590						St James's Place	523	+23½	1183	402
Diploma	4096#	+4	4252	2804						Standard Chartered	776½	-1	788½	573¾
DS Smith	382½	+1½	413	263¾						Taylor Wimpey	312#	+1½	150	99¾
EasyJet	475½	+15½	577¾	360						Tesco	148¾	+1	316	245½
Entain	705½	+30¼	1403½	654½						Unilever	4307#	+28	4331	3694
Experian Group	3630	+23	3752	2390						Unite Group	943½	+12	1057	847
F&C Inv Tst	1006	-4	1050	831						United Utilities	1006	-10	1125	900¾
Flutter Entert	14830	-70	17475	12155						Vodafone Group	76½	+1	81	63
Fraser's Group	897½	+16	938	683						Weir Group	2106	-18	2200	1675½
Fresnillo	616½	-3	691¾	441½						Whitbread	2954#	+1	3678	2855
GlaxoSmithKline	1598#	-168½	1812½	1316						WPP Group	816½	-½	886½	681¼



MARKET REPORT

NEARLY £7billion was wiped off the value of pharmaceuticals giant GSK yesterday after a US judge ruled 70,000 lawsuits alleging discontinued heartburn drug Zantac caused cancer could go ahead. Shares in GSK, which said it would appeal, slumped 9.5%, or 168.5p, to 1,598p.

Analysts at JP Morgan said the potential liability GSK is likely higher than the £1.56billion to £2.35billion assumed by the market. Elsewhere, retailer Frasers (up 1.8%, or 16p, to 897.5p) announced Sir Jon Thompson, the former head of the Financial Reporting Council, the UK's accounting regulator, had joined its board as a non-executive director.

TGI Fridays owner Hostmore fell 1.84%, or 0.3p, to 16.225p after it said sales had waned this year.

Hipgnosis Songs Fund edged up 0.4p to 101p as US private equity giant Blackstone increased its bid for the music rights owner of artists from Beyonce to Blondie.

+ BG + Barclays + BT + Centrica + Dixons Carphone + First Group + HSBC + Kingfisher + Marks & Spencer + Next + Prudential + Rolls-Royce + Sainsburys + Tesco + Unilever + Vodafone + Whitbread + WPP

COMPANY	CLOSE	+/-	52 WEEK HIGH	52 WEEK LOW
Aerospace & Defence				
Avon Rubber.....	1336	+16	1378	593
Balbock International.....	565	-½	575	269
BAE Systems.....	1395½#	+3½	1415¼	888½
Chemring Group.....	394½	+8½	400	259
QinetiQ Group.....	455½	+8	456½	292½
Rolls-Royce Group.....	461	+7½	468	145¼
Senior.....	163¾	+4	180½	154¼
Alternative Energy				
Porvair.....	694#	-22	745¼	524
Banks				
Barclays.....	219¼	-¾	224¼	129¼
Bco Santander.....	407	-3	416	260½
Close Brothers.....	496¼+17½	976½	299¼	
CYBG.....	213¼	+½	216¼	142
HSBC Holdings.....	693½#	-3	720¼	575¼
Investec.....	530 +11½	558½	429½	
Lloyds Banking Grp.....	55½	56½	39¼	
Metro Bank.....	37¾	-¾	125½	28¾
NatWest Group.....	319¾	+4¾	326½	176¼
Standard Chartered.....	776½	-1	788½	573¾
Beverages				
Barr (AG).....	613#	-10	637	451½
Britvic.....	965#	-½	1018	785½
Coca-Cola HBC.....	2688#	+40	2804	2065
Diageo.....	2639	+8½	3457	2590
Chemicals				
Cardo.....	14¾	15½	6¼	
Croda International.....	4574	+34	6240	4076
Elementis.....	156½	+6¼	156½	98
Johnson Matthey.....	1752	-6	1870	1446½
Synthomer.....	305½+15½	705¼	122½	
Trealtt.....	479½	-20½	714	370
Victrex.....	1290#	+2	1606	1226
Construction & Materials				
Balfour Beatty.....	375#	+3½	386¼	295½
Clarke T.....	159#	+1	163¼	118½
CRH.....	6244#	+126	6898	3858
Dialight.....	179	237	144	
Galliford Try.....	263	-4	275	179½
Gleeson (IJ).....	562	-6	590	350
Keller Group.....	1272#	-18	1376	670
Kier Group.....	149½	+2¼	153½	74½
Marshalls.....	324	+8	329½	198
Morgan Sindall.....	2540	+20	2605	1706
Severfield-Rowen.....	72½	+4	75	50
Smart (J) & Co.....	125#	168½	117½	
Tyman.....	366½	+2½	396½	236
Electricity				
Drax Group.....	516	-2½	619¼	401½
SSE.....	1777½+22½	1896	1508	
Electronic & Electrical Equipment				
Acal.....	754	+26	938	593
Halma.....	2240	+14	2479	1810½
Morgan Crucible.....	316	+7	331	218½
Oxford Instruments.....	2450	-50	2790	1712
Renishaw.....	4035	+35	4370	2950
Spectris.....	3280#	+10	3807	2935
TT Electronics.....	151½	+1½	185	135¼
XP Power.....	1570	+50	2440	776
Equity Investment Instruments				
Aberdeen Asian Sml.....	278#	+5	287	243
Aberforth Sml.Co.....	1544	+10	1549	1126
Acom Income.....				
Albion Tech & Gen. VCT.....	69	73½	66½	
Albion VCT.....	43¼	47¼	43¼	
Alliance Trust.....	1208#	+4	1264	988
Artemis Alpha.....	371	-5	376	263½
Aurora Inv.Tst.....	251#	-1	256¼	198
AVI Global Tst.....	244	+1	248	185
Baillie Gifford Japan.....	735	+10	796	641
Baillie Gifford Shin Nip.....	110¼	+1	148¼	105
Bankers Inv.Tst.....	112¼	117	92¼	
Baronsmead VCT2.....	53	56	50¼	
BH Macro GBP.....	362	-2	408½	328
Biotech Growth Trust.....	960	+16	1024	718
BlackRock Mining.....	590#	633	492½	
Bluehorne AIM VCT2.....	30½	33	30½	
British Assets Tst.....	81¼	-½	87½	71¼
Brunner Inv.Tst.....	1345	+15	1360	966
Caledonia Inv.....	3545	+5	3660	3110
City Natural Res.Yld.....	204	+7	206	152
City Of London.....	422½	-½	429	371½
Dunedin Ent.IT.....	500½	565	480	
Dunedin Income.....	285	299½	249	
Edin Wwide Inv.....	144½	+1	157	122½
Edin.Drgn.Tst.....	399	+4	414	325
Edin.Inv.Tst.....	741	-1	746	615
Edin.US Tracker.....	294	+2	297	258½
Elderstreet VCT.....	44	49	44	
European Ass Tst.....	90½	+½	92	73
F&C Cap&Inc.....	333½	-½	339	271

COMPANY	CLOSE	+/-	52 WEEK HIGH	52 WEEK LOW
F&C Inv.Tst.....				
1006	-4	1050	831	
F&C Smaller Cos.....	166½	+3½	167½	129
F&C US Smaller Companies.....	1285	-5	1360	1065
Fidelity Asian.....	528	+6	542	476
Fidelity European.....	402	+1½	411	311½
Fidelity Japanese.....	175	+1	186	152½
Fidelity Special.....	311#	+1	312½	252½
Finsbury Gwth&In.....	832	-3	914	792
Foresight Tech.VCT.....	83½	+1½	83½	72½
Gartmore Euro.....	192	+2	195¼	150
Genesis E.M.F.....	691	+5¼	720¼	569
Graphite Ent.....	1238	+14	1262	1046
Hansa Tst 'A'.....	213	217	164½	
Hansa Tst Plc.....	218	+4	223	166
Henderson Euro.Tst.....	159¼#	+¼	164¼	124¼
Henderson Far Est.....	235½	+3½	252½	197¾
Henderson High Inc.....	162½	172	140½	
Henderson Opp Tst.....	234#	+2	235	171½
Herald Inv.Tst.....	2190	+15	2230	1596
HGCapital Tst.....	489½	+8½	499	353½
HSBC Infrastructure.....	125#	+½	144¼	117¼
Impax Env.Mkt.....	398	420	334½	
Int.Biotech.Tst.....	636	+10	694	548
International Public.....	126#	+1	139¼	115½
Invesco Asia.....	318	+4	348	286
Invesco Perp UK.....	435#	+5	441	379
JPM American.....	943	+2	991	741
JPM Asian.....	363	+8	371	313
JPM Claverhouse.....	732#	+6	746	630
JPM Emerg Mkt.....	102¼	+¼	108½	96½
JPM Euro Sml Co.....	483	486½	354½	
JPM Global Emerging.....	132	+2½	140	117
JPM Indian.....	971	+21	972½	798
JPM Japanese.....	524	+6	553	438½
JPM Overseas IT.....	541#	+4	568	456
JPM Smaller Co.....	338½#	-½	344	230
JPM US Sml Co.....	389	-1	412	317
Jupiter Euro.....	905	-1	912	743
JZ Capital Partners.....	215	224	149	
Keystone Inv.Tst.....	219½	+3½	231	183¼
Law Debenture.....	884#	+8	897	721
Lowland Invest Co.....	130	+½	131	104½
Majedie Inv.....	244#	252	181	
Manchester&Lon.....	704	+6	704	413½
Martin Currie Prtfllo Tst.....	373	+4	397	299
Matrix Inc & Gwth 4.....	68	73½	67	
Maven Income And Growth VCT.....	38	41	38	
Mercantile Inv.Tst.....	244	+½	249	177¾
Merchants Tst.....	582	591	477½	
Mid Wynd Int.....	762	+7	788	670
Monks Inv.Tst.....	1164	+8	1194	890
Montanaro Euro Tst.....	142½	146	107¼	
Montanaro Uk.....	111½	+½	113	84¼
Murray Inc.Tst.....	862#	-4	898	770
Murray Int.Tst.....	249½	+½	266½	219
New India.....	764	+24	774	532
New Star Inv.Tst.....	114	-1	123	109½
North Atl.Smlr.Tst.....	4130	+90	4190	3420
Northern 2 VCT.....	54½	56½	54	
Northern Venture.....	57½	60	54	
Oxford Tech 2 VCT.....	11	22	11	
Pacific Assets.....	370	+6	389	340
Pacific Horizon.....	627	+9	657	512
Pantheon Int.....	326½	+½	334	245½
Pershing Square Hold.....	4094#	+16	4268	2704
Polar Cap.Tech.....	3030	+40	3085	2105
RCM Technology Trust.....	350	+4	365½	246
RIT Capital Partners.....	1824	-4	2010	1718
Ruffer Investment.....	274½	289	261	
Schroder Asia.....	513	+3	531	456
Schroder Inc.....	290	+4	306	249
Schroder Japan.....	260	+5	263	217
Schroder UK.....	175½	-½	177½	141¼
Schroder UK M&S.....	632	+12	636	482
Scottish American.....	511#	+6	536	452
Scottish Mortgage.....	872½	-5½	901	637½
Shires Inc.....	248	+3	261½	209½
Small Comp Div.Tst.....	163	168	131	
SPARK VCT.....	19½	20½	19½	
Standard Life Equity.....	315#	+4	331	260
Standard Life UK Sml.....	508	+3	510	370
SVM UK Emerging.....	65½	67½	61½	
Temple Bar.....	271½#	275½	212	
Templeton Emrg.....	156	+1½	165½	141
The European Inv.Tst.....	99½	+¾	101	75½
Throgmorton Tst.....	641	+2	641	507
TR Euro.Growth.....	187¼	+1¼	188½	136
TR Prop. IT.....	339	+8	345	255
Value & Income.....	186½	-3½	214	163
Witan Inv.Trust.....	256#	-1	270	210½
Witan Pacific.....	207	-3	243	176
Wwide Healthcare.....	349	+4	355½	288
Financial Services				
3i Group.....	2926	+63	2977	1848
3i Infrastructure.....	340½	+2	348	278½
Abdn.....	156¼	+1¼	236¼	136¼

SHARES AT A GLANCE

COMPANY	CLOSE	+/-	52 WEEK HIGH	52 WEEK LOW
Ashmore Group.....				
198¼	+3¼	233¼	166¼	
Guinness Peat Group.....	85½	88¼	64	
Hargreaves Lansdown.....	1064	+8½	1120	690½
IG Group.....	822	+12	826½	611
Intermediate Cap.Grp.....	2286	-24	2394	1255½
International Pers Fin.....	117	+4	131	100½
IP Group.....	54	-¼	61½	43½
Jupiter Fund Man.....	84¼	+½	115	73½
Liontrust Asset Man.....	798	-23	855	523½
London Stock Ex.....	9150	-12	9674	7986
Lorfin.....	50½	+2½	55	32
M&G.....	203¼	+4¼	238¼	183
Man Group.....	262	-1½	277½	202
Paragon Group.....	779½	+15	781½	443½
Provident Financial.....	57¼	+3½	230	46¼
Rathbone Brothers.....	1790	+62	2005	1458
S & U.....	1970	+70	2490	1800
Schroders.....	396	+4¼	464½	347¼
St James's Place.....	523 +23½	1183	402	
Tullett Prebon.....	221½	+2½	227½	141
Walker Crips Group.....	23	26½	20½	

Fixed Line Telecommunications

Airtel Africa.....	124½	+2½	133¼	90¼
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BT Group.....	132¼	+2	149½	102¼
Telecom Plus.....	1872	-10	1898	1362
Food & Drug Retailers				
Greggs.....	2938	-2	2978	2282
Marks & Spencer.....	306#	+4	310	185
Ocado.....	382¼	+9	976½	342
Sainsbury (J).....	279½	+2¼	310½	245¼
Tesco.....	312#	+1	316	245½
Food Producers				
A.B. Foods.....	2561#	+11	2738	1840
Anglo-Eastern.....	676	+4	820	652
Carr's Milling.....	134¼#	+1¼	149¼	93¼
Cranwick.....	4465	+20	4500	3170
Glanbia.....	1473	-67¼	1607¼	1113¼
Greencore Group.....	176½	+1¼	178½	68¼
Kerry Grp 'A' Shs.....	6582	-51	7914¼	6105¼
Premier Foods.....	171	-¼	176¼	113¼
REA Holdings.....	87½	91	49¼	
Tate & Lyle.....	681	-11	795	591
Gas, Water & Multiutilities				
Centrica.....	1411#	-¼	172½	115½
National Grid.....	886#	+3½	1050	838½
Pennon Group.....	611	-11	794	551
Severn Trent.....	2357#	-29	2791	2265
United Utilities.....	1006	-10	1125	900¼
General Industrials				
Bunzl.....	2970#	+34	3306	2687
DS Smith.....	382½	+1½	413	263¼
Goodwin.....	6200	+120	7300	4200
Melrose.....	614¼	-1½	677½	446¼
Mondi.....	1550½	-10½	1604	1179¼
Smiths Group.....	1733	+11	1766½	1526
Smurfit Kappa.....	3862	+42	3910	2554
General Retailers				
ASOS.....	375	+1½	449¼	325
Auto Trader.....	827½ +11¼	833¼	587	
B&M Europ Value Ret.....	551½	+7	612½	492½
Caffyns.....	500	580	450	
Dixons Carphone.....	790	+2¼	80¼	43¼
Dunelm.....	1190	-1	1191	967
Fraser's Group.....	897#	+16	938	683
Halfords Group.....	152¼	-¼	234	146¼
Howden Joinery.....	910½	+3	930½	613
JD Sports.....	134	+6½	175¼	104
Kingfisher.....	268#	+3¾	269½	201¼

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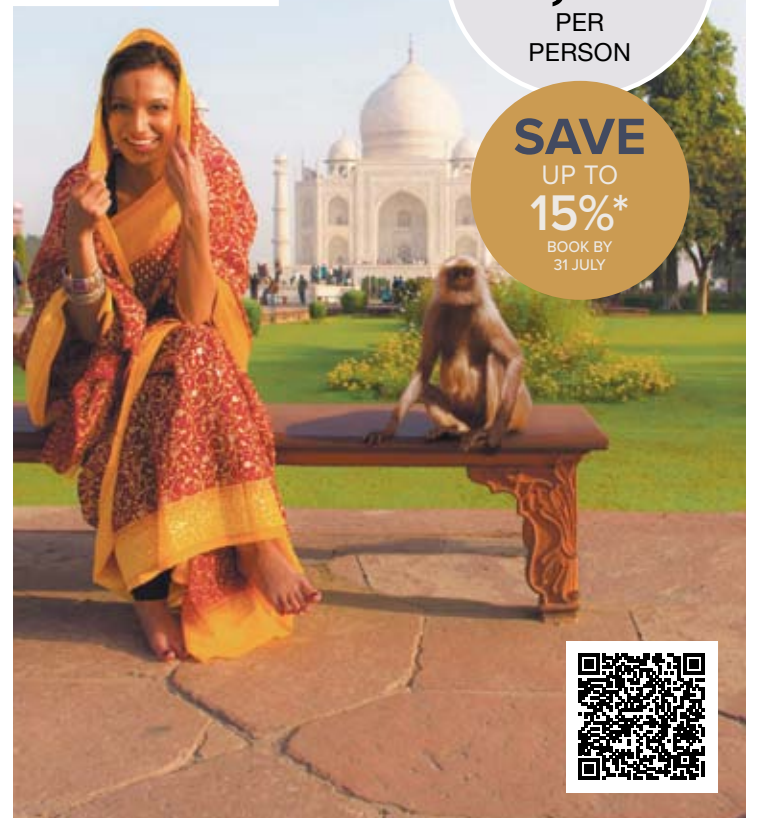
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Racing

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By Melissa Jones

TOP-LEVEL options at 10 and 12 furlongs are open to James Fanshawe's gallant Derby runner-up Ambiente Friendly.

One of nine horses owner Bill Gredley bought for his 90th birthday, he went down fighting by two and three-quarter lengths under Rab Havlin to City Of Troy.

Fanshawe is anticipating further improvement, as he mulls over Ambiente Friendly's next outing – with the Curragh on June 30 and Sandown a week later under consideration.

"The Irish Derby (1m 4) or the Eclipse (1m 2f) are races we could possibly go for," said the Newmarket trainer, based at historic stables built by five-time Derby winner Fred Archer in 1884.

"I will have a chat with Bill Gredley to see what he would like to do, once we know how our horse has recovered."

Appointed for the ride at a late stage, Havlin was in with a real chance running downhill to Epsom's final

FANSHAWE SETS HIS SIGHTS HIGH

three furlongs. But City Of Troy, a son of American Triple Crown holder Justify and O'Brien's 2014 Fillies' Mile victor Together Forever, found another gear.

"It was a brilliant race, which showed Ambiente Friendly has made lots of progress since Lingfield – and he still has maturing to do," Fanshawe, left, added yesterday.

"He has come out of Epsom really well, he's bright and we gave him a little canter this morning."

"We are thrilled with him and he's an exciting horse to have in the yard."

Derby fourth Deira Mile could also be aimed at the Irish Derby, his trainer Owen Burrows said yesterday.



FRIENDLY TARGETS
Ambiente Friendly may race next in the Irish Derby or the Coral-Eclipse

Green's ready to score for England

TOM CREEN (2.45, Nap) is fancied to make waves in the Prestige Safety First Aid Training Handicap Chase at Southwell.

Sam England's four-time winner finished a length-and-a-quarter behind Taste The Fear over course and distance in April. He received 6lb then, but my selection gets 13lb from his rival as the pair meet again today.

That should be enough for consistent type Tom Creen, freshened up by a 42-day break, to gain his

By The Scout

revenge. Division One of the mares flat race can go to Clive Boulton-Brooks' grey filly SUGAR GLIDER (3.15, treble).



Well-backed for her Uttotter debut, she was on and off the bridle before halfway – and will know more this time.

METABOLT (4.38, nb) goes for win number three at class four level in the Chris Moyles Live At Leicester Races 15th June Handicap and Rossa Ryan, above, is back on board.

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2.33	RESTRICTED MAIDEN STAKES 2YO	£3,240 (Class 5)	6f	(14 declared)
1 (9)	BRACKLESHAM BAY	J Osborne	9-7	C Shepherd
2 (1)	CALYXOH (18)	J Chapple-Hyam	9-7	P Cosgrave
3 (6)	DAPPER GUEST	G Margaron	9-7	T P Queally
4 (11)	EQUALISED C Hills	9-7	Rossa Ryan	
5 (4)	HIDDEN VERSE	Dr R Newland & J Insolo	9-7	K Shoemark
6 (7)	MR LIGHTSIDE	M Appleby	9-7	J Hart
7 (13)	PENTLE BAY (F)	G Boughey	9-7	J P Spencer
8 (12)	ROKUNI (24)	E J Houghton	9-7	C Bishop
9 (2)	ALASHOS	James Horton	9-5	G Wood
10 (5)	AMERICAN STYLE (20)	F K Ryan	9-5	S Gray
11 (8)	BRIGHTON BOY	A Balding	9-5	Jason Watson
12 (4)	HIGH ON HOPE (20)	F T Dascombe	9-5	A Rawlinson
13 (2)	MAPLEDURHAM (18)	B Millman	9-2	J Gilligan
14 (3)	DOTTIE DIAMOND	W Stone	8-12	Laura Pearson

SP FORECAST: 3 Calyxoh, 9-2 Rokuni, 5 Mapledurham, 7 High On Hope, 8 Pentle Bay, 12 Brighton Boy, Equalised, 16 Bracklesham Bay, Alashos, 20 Others.
2023: Bits And Bobs 9-5, Oislin Murphy 5-1 (A Balding), drawn (3), 15 ran.

3.03	LEICESTERRACES 15TH JUNE H'CAP 3YO	£3,664 (6)	1m 2f	(13)
1 (5)	80-98	Azure Stage (15)	E Dunlop	9-10
2 (4)	676-L4	Harlington (20)	S R J Smith	9-9
3 (12)	L80-80	Standbackandlook (14)	W Knight	9-9
4 (10)	08-4154	Dibble Dabble (34)	J Ferguson	9-9
5 (8)	560-LL6	Daylight Ransom (38)	P McEntee	9-9

Josephine Gordon 62
6 (2) 08-4L07 OLD BAILEY (17) N Tinkler 9-8
7 (7) 856-434 READY OR NOTT (30) F C Johnston 9-8
8 (13) 6938-6L SILVER SHAMROCK (42) J Feilden 9-8
9 (6) L8L-525 MAGIC RASCAL (12) F C Johnston 9-7
10 (9) L5-5 LETMEBETHEBOSS (29) W Muir & C Grassick 9-6
11 (11) L786L RASMAH (20) A Watson 9-5
12 (3) 44138L SUBALTERN (47) D Miss A Murphy 9-1
13 (11) 997 HOT PATOOTIE (29) S Dow 9-0

TONGUE STRAP: Nos. 9, 12 CHEEK PIECES: Nos. 5, 6, 8, 12.
SP FORECAST: 3 Magic Rascal, 4 Harlington, 6 Ready Or Nott, 10 Rasmah, Dibble Dabble, 12 Old Bailey, Letmebetheboss, 14 Subaltern, Standbackandlook, Azure Stage, 16 Others.
2023: Shazam 10-3, B Loughnane(3) 4-6 Fav (K P De Foy), drawn (3), 6 ran.

TRACK FACTS: GOING: Good to Soft. Right Handed. TOP TRACK JOCKEY (2019-24): Tom Marquand 16% Strike rate. TOP TRACK TRAINER (2019-24): M Appleby 12% Strike rate. FIRST TIME: 3.03 Subaltern (wind surgery), Daylight Ransom (cheek pieces), Silver Shamrock (cheek pieces), 3.33 Daliso (tongue strap, wind surgery), 4.03 Educate (cheek pieces, tongue strap), BEATEN FAVOURITES: 4.03 Educate(hcp), Reaching High(hcp), Sea The Thunder(hcp), 4.38 Metabolt(hcp). DRAW: Low numbers best on the straight course. LONGEST TRAVELLER: Mapledurham (2.33) 181 miles. STABLE SWITCH: 4.38 Mother Mary from J Ferguson to R Hughes.

3.33	EBF MAIDEN STAKES (GBB RACE)	£5,400 (4)	1m 53yds	(14)
1 (8)	SAHARA VIEW	S bin Surroor	4 10-2	S B Kिरrane
2 (2)	TAILORMAN (12)	I Williams	4 10-2	H Burns(3)
3 (1)	THE GLEN ROVERS (14)	L Wadham	5 10-2	D Costello
4 (6)	TWIN EARTH (12)	A Watson	4 10-2	Laura Coughlan(3)
5 (4)	DALISO (329)	S Kirk	4 9-11	Shariq Mohd(7)
6 (7)	CABALLO DE MAR	G Scott	3 9-5	C Shepherd
7 (3)	FOREST GATE E	J Houghton	3 9-5	C Bishop
8 (5)	HANNASBOY	H Evans	3 9-5	W Cox
9 (12)	JOLLIANROSS	H Evans	3 9-5	T P Queally
10 (11)	KING'S SCHOLAR (30)	Walker	3 9-5	T Marquand
11 (11)	SO DEUCE (35)	R Varian	3 9-5	R Dawson
12 (14)	UNDER SIEGE (18)	F A Balding	3 9-5	Doubtful
13 (9)	ARABIAN ROSE (20)	S & E Crisford	3 9-0	R Coakley
14 (10)	GAITY MUSICAL	P Evans	3 9-0	G Downing

TONGUE STRAP: No. 5 HOD: No. 11.
SP FORECAST: 5-2 So Deuce, 4 King's Scholar, 9-2 Sahara View, 11-2 Forest Gate, 15-2 Caballo De Mar, 10 Arabian Rose, 12 Twin Earth, 25 Others.
2023: Ziryab 3-9-5, Ryan Moore 6-4 (J & T Gosden), drawn (4), 10 ran.

4.03	RACING TV EXTRA HANDICAP	£5,234 (4)	1m 3f 179yds	(6)
1 (2)	423-63	USER AMISTOSO (26)	M Bell	9-9
2 (1)	1-23	EDUCATE (42)	J T Gosden	9-9
3 (3)	L23-3	SEA THE THUNDER (30)	R Beckett	9-6
4 (4)	334-1	CALVERT (230)	F R Teal	9-0
5 (5)	88-62	REACHING HIGH (26)	S Sir M Stoute	9-0
6 (6)	24923-7	SPACEPORT (39)	W Muir & C Grassick	9-0

TONGUE STRAP: No. 2 CHEEK PIECES: No. 2.
SP FORECAST: 11-4 Reaching High, 3 Educate, 4 Sea The Thunder, 9-2 User Amistoso, 5 Calvert, 14 Spaceport.
2023: Fairbanks 9-3, Oislin Murphy 2-1 (A Balding), drawn (8), 8 ran.

VITAL STATISTICS
IN-FORM TRAINERS (last 10 days) Daisy Hitchens 100% (1 wins and 3 places from 4 runners), J Tate 83% (1/4/6), Harry Derham 75% (1/2/4), D Skelton 72% (12/6/25), M Harrington 71% (4/1/7), S & E Crisford 64% (4/5/14), M Wigham 60% (2/1/5), Sir M Prescott 60% (4/2/10), P Midgley 58% (4/7/9), W Haggas 56% (4/11/27), M Botti 53% (4/4/15), A Hales 50% (1/2/6), C Appleby 50% (2/3/10), G Hamner 50% (2/2/8), Harry Eustace 50% (4/2/12), S England 50% (5/1/12).
IN-FORM JOCKEYS Jonathan England 86% (5 wins and 1 places from 7 runners), Harry Reed 80% (1/3/5), Harry Skelton 77% (12/5/22), Ethan Jones 67% (1/3/6), Callum Rodriguez 64% (5/4/14), Robert Dunne 57% (1/3/7), Jonny Peate 56% (2/3/9), Brian Hughes 55% (1/10/20), Dougie Costello 53% (4/4/15), Harry Davies 53% (2/8/19), Adam Wedge 50% (3/6/18), Jamie Spencer 50% (2/1/6), Kaiya Fraser 50% (2/1/6), Kevin Brogan 50% (1/2/6).

LEICESTER RACINGTV

THE SCOUT

2.33 Rokuni

3.03 Harlington

3.33 Forest Gate

4.03 Sea The Thunder

4.38 METABOLT (nb)

5.08 Atty's Edge

4.38	LEICESTERRACES 15TH JUNE HANDICAP	£5,234 (4)	7f	(8)
1 (4)	20636-4	METABOLT (27)	D D Loughnane	5 9-9
2 (1)	9647-58	MITROSONFIRE (17)	D W Muir & C Grassick	6 9-9
3 (5)	3123-88	MOTHER MARY (24)	D R Hughes	4 9-9
4 (7)	L4L4-L0	LEGEND OF LEROS (13)	D M Botti	4 9-8
5 (8)	527-L42	HAT TOSS (16)	D F James Owen	4 9-7
6 (2)	4L57-10	RED MIRAGE (18)	D J S Quinn	6 9-7
7 (6)	61785-4	DASHING DICK (210)	C S D W Stone	6 9-1
8 (3)	9-L6541	CHARENCEY (24)	C S D I Williams	4 9-0

Ethan Jones(7) 91
H Crouch 93
C Shepherd 90
J Hart 91
K Shoemark 88
Josephine Gordon 92

TONGUE STRAP: No. 4 CHEEK PIECES: No. 7.
SOFT/HEAVY WINNERS: Nos. 4, 3, 6.
SP FORECAST: 3 Hat Toss, 4 Metabolt, 9-2 Charencey, 6 Mitrosonfire, 7 Red Mirage, Mother Mary, 10 Dashing Dick, 20 Legend Of Leros.
2023: Amber Island 6-9-8, Laura Pearson(3) 28-1 (D Loughnane), drawn (2), 8 ran.

5.08	APPRENTICE HANDICAP	£3,664 (6)	5f	(9)
1 (5)	97-0L16	MRS TRUMP (16)	D P Midgley	4 9-9
2 (1)	24535-6	ATTY'S EDGE (11)	D C Mason	8 9-9
3 (7)	6-60222	ALFRED COVE (26)	D A Carroll	5 9-8
4 (3)	567388	PORFIN (12)	D F P McEntee	6 9-7
5 (2)	681LL5-	COMPANY MINX (382)	J R Jenkins	7 9-7
6 (6)	52451L	VIEWFROMTHESTARS (29)	D M Usher	5 9-6
7 (9)	554L-8L	ZENO (42)	R Cowell	4 9-3
8 (4)	722-985	ENCHANTED NIGHT (12)	D C Dunnett	6 9-3
9 (8)	8-45454	LIBERTY BAY (20)	D F M Usher	6 9-3

Mark Winn 62
Gina Mangan 63
Jack Doughty(5) 63
Georgea Dobie 62
J Peate 48
Mia Nicholls(5) 66
G Bass 59

BLINKERS: No. 4 VISOR: Nos. 6, 9 CHEEK PIECES: Nos. 7, 8.
SOFT/HEAVY WINNERS: Nos. 1.
SP FORECAST: 5-2 Alfred Cove, 4 Liberty Bay, 5 Mrs Trump, 7 Atty's Edge, 10 Zeno, Enchanted Night, Company Minx, 12 Porfin, 16 Viewfromthestars.
2023: No corresponding race.

AYR: Good
2.15-ELECTROLYTE (James Doyle, 2-1 2nd fav); Hazezeez (8-1 fav); Triple Charged (13-2) 3. 4 ran. 2/4, 1/4, (A Watson). Tote: £3.00; exacta: £3.70. trifecta: £6.20. CSF: £3.87. Non-runner: Motawahli.
2.45-CRYSTAL GUARD (M Tabti, 12-1) 1; Desert Quest (6-5 fav); Red Force One (7-2 2nd fav) 3. H'cap 8 ran. hd, hd, (I Jardine). Tote: £14.30; pl £2.90, £1.10, £1.40. exacta: £34.00. trifecta: £64.71. trifecta: £138.90. CSF: £27.20. Non-runner: Ladbale.
3.15-LITTLE EMPIRE (C Shepherd, 11-4 2nd fav) 1; Young Fire (11-8 fav) 2; Darker (8-1) 3. H'cap 8 ran. 2/4, 3/1. (A McCann (IRE)). Tote: £13.75; pl £1.30, £1.10, £1.70. exacta: £7.50. trifecta: £24.59. trifecta: £31.00. CSF: £6.89.
3.45-BOY DOUGLAS (C Beasley, 11-2) 1; Vocal Studies (9-4 fav) 2; Alpine Sierra (8-1) 3. H'cap 10 ran. 1/4, 1/4, (M Dods). Tote: £6.50; pl £1.50, £1.30, £2.70. exacta: £18.80. trifecta: £102.32. trifecta: £105.20. CSF: £18.00.
4.15-LIFE ON THE ROCKS (B Garrity, 5-4 fav) 1; Ayre Poot (10-3) 2nd fav; Violeta (9-1) 3. H'cap 7 ran. 6l, nk, (R Fahey). Tote: £2.25; pl £1.30, £1.80. exacta: £6.00. trifecta: £24.20. CSF: £5.48.
4.45-AL MUQADD (D Nolan, 15-2) 1; Bowman (2-1 fav) 2; Monhammer (10-1) 3. H'cap 10 ran. 1/4, 1/4, (O Meara). Tote: £8.50; pl £2.50, £1.10, £2.60. exacta: £26.10. trifecta: £154.25. trifecta: £220.60. CSF: £23.27. Non-runner: Circles. Placepot: £14.20.

RESULTS
exacta: £13.20. trifecta: £71.10. CSF: £13.99. Non-runner: Don't Fight It.
Placepot: £72.00
(Race 1) 5, 7, 3; (2) 4, 1; (3) 2, 7, 5; (4) 4, 3; (5) 7, 4, 1; (6) 10, 3, 9.
Quodpot: £10.20
WINDSOR: Good to firm
5.10-NOISY MUSIC (Rossa Ryan, 2-1 fav) 1; Raffles Angel (9-2) 2; Rebel Empire (3-1 2nd fav) 3. H'cap 8 ran. 1/4, 2/4, (M Appleby). Tote: £3.00; pl £1.40, £1.70, £1.40. exacta: £10.80. trifecta: £25.04. trifecta: £35.90. CSF: £11.64. Non-runners: Call Time, Gamblers Kitty, Hot Front, Persian Blue.
5.45-RAJKEO (O Murphy, 10-1) 1; Cayman Tai (17-2) 2; Leonardo Dax (20-1) 3. 11 ran. nk, 1/4, (M Bell). 6-5 fav Titian Blue. Tote: £12.90; pl £2.10, £2.20, £5.40. exacta: £75.90. trifecta: £127.70. CSF: £87.14. Non-runner: Bold Impact.
6.15-APPELING (O Murphy, 5-1) 1; Red Pixie (15-8 fav) 2; Gutsy Girl (3-1 2nd fav) 3. 11 ran. nk, nk, (A Balding). Tote: £6.00; pl £1.70, £1.20, £1.60. exacta: £14.90. trifecta: £48.90. CSF: £14.30. Non-runner: Ravensbourne.
6.45-TREFOR (S Osborne, 7-2 2nd fav) 1; Matters Most (4-1) 2; Blue Day (evens fav) 3. H'cap 7 ran. nk, 2/4, (C Hills). Tote: £4.50; pl £1.80, £4.20. exacta: £40.90. trifecta: £77.36. trifecta: £87.90. CSF: £45.42. Non-runners: Cajetan, Jimmy Speaking, Royal Zabeel.

7.15-BODORGAN (R Hornby, 12-1) 1; Aerospace (4-1) 2; High Spirited (5-1) 3. H'cap 7 ran. 1/4, 1/4, (C Hills). 9-4 fav Flindrik. Tote: £13.00; pl £4.50, £2.50. exacta: £71.90. trifecta: £356.30. CSF: £56.14.
7.45-TROJAN TRUTH (O Murphy, 10-3 fav) 1; Fascinating Lips (7-1) 2; Angel On High (9-2 2nd fav) 3. H'cap 10 ran. nk, nk, (E De Giles). Tote: £4.34; pl £1.70, £2.20, £1.80. exacta: £12.80. trifecta: £105.95. trifecta: £114.70. CSF: £26.78.
8.15-MUJID (H Doyle, 5-1 2nd fav) 1; The Conqueror (17-2) 2; Total Lockdown (9-1) 3. H'cap 10 ran. nk, 1/4, (J Tickle). 7-2 fav Dee's Dream. Tote: £7.00; pl £2.80, £2.90, £7.40. exacta: £53.60. trifecta: £1525.10. trifecta: £1412.30. CSF: £54.09. Non-runner: Macs Dilemma.
8.45-SIAM FOX (Rossa Ryan, 6-1 2nd fav) 1; Intercrossor (8-1) 2; Finn Russell (33-1) 3. H'cap 13 ran. nk, 1/4, (K Frost). 5-1 fav Grey Fox. Tote: £7.00; pl £2.80, £2.90, £7.40. exacta: £53.60. trifecta: £1525.10. trifecta: £1412.30. CSF: £54.09. Non-runner: Macs Dilemma.
Jackpot: £76,488.10
Placepot: £535.70
(Race 1) 12, 5, 1; (2) 8, 4, 7; (3) 4, 9, 1; (4) 10, 1; (5) 4, 1; (6) 4, 1, 3;
Quodpot: £29.50
WETHERBY: Good
6.30-EARTHA (Oisin Orr, 10-3 2nd fav) 1; Unspoken Love (5-4 fav) 2; Mae Amor (18-1) 3. 10 ran. nk, 1/4, (R Fahey). Tote: £4.34; pl £1.40, £1.10, £3.10. exacta: £8.80. trifecta: £37.00. CSF: £7.63.
7.00-EMINENT JEWEL (Oisin Orr, 8-1) 1; Biplane (12-1) 2; Inanna (3-1 2nd fav) 3. H'cap 9 ran.

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ONE IN A MILLION

By Neil McLeman

BOB MacINTYRE will make his parents “mortgage-free” after winning an emotional first PGA Tour title at the RBC Canadian Open with his dad as caddie.

The Ryder Cup player had admitted to homesickness and to missing his family after struggling in his first season on the other side of the Atlantic.

And following his split with a second caddie after missing the cut in Dallas, the Scot asked his father Dougie to take a week off from his role as head greenkeeper at Glencruitten Golf Club in Oban to help him out.

A dash to get Dougie a work visa at the start of the week was followed by rounds of 64, 66, 66 and 68 for a one-shot win – and a first prize of £1.33million.

After the pair shed tears as they embraced on the final green, MacIntyre, 27, said: “It’s been a dream of mine to win on the PGA Tour. I just can’t believe I did it with

Bob rewards caddie-father after breakthrough victory

my dad on the bag. The guy’s taught me the way I play golf.”

Dougie said: “I am a grasscutter not a caddie – it is unbelievable.

“I got phoned at 8 o’clock last Saturday night – I was sitting on the couch at home. At 8 o’clock next morning I was on a flight out. Wow.”

MacIntyre also flew his mum Carol out to last month’s US PGA Championship to cook for him – and he finished tied eighth.

Now he wants to share the spoils of his success with his parents, with caddies traditionally receiving 10 percent of the winnings.

The new world No.39 said: “He’s going to get a nice pay cheque.

Mum and dad will be mortgage-free and life’s looking a little bit better on that side of things.

“I think I’ve got to get rid of some money for tax reasons. He’ll do nicely out of it. He deserves it, he just wants me to do well because I’m his son.”

Dougie and Carol are foster parents and MacIntyre grew up with foster brothers and sisters.

“It makes you realise that hitting a white ball around a golf course isn’t the most important thing,” he said. “I’ve been in tears over it, kids going away from you. They become family.

“I wasn’t given everything as a kid. I couldn’t play tournaments as a junior because we couldn’t afford it. That makes me fight and never give up.”



TEARS FOR SOUVENIRS: MacIntyre and his dad

LINGFIELD SSR

JACKPOT: www.totepoolliveinfo.com

THE SCOUT

6.15 Warhol 7.45 Kodiak Thriller
6.45 Brandywine Falls 8.15 Blacklion
7.15 Ancient Times 8.45 Barney's Gift

6.15 THE RACEDAY READY APP HANDICAP £3,716 (Class 5) 1m 4f (9 declared)

1 (4) 99-1 AIMING HIGH (35) D M Simcock 5 9 11.....H Turner
(9) 812 DAMASCUS STEEL (17) (D,F) E Dunlop 4 9 11.....W Buick
(7) 529- ● WARHOL (214) G Baker 5 9 11.....O Murphy
(1) 215 HILL STATION (55) (C&D) Dr R Newland & J Insole 5 9 8
Billy Loughnane

5 (5) 15-2 LUNAR SHADOW (76) (C&D) A King 6 9 7.....H Doyle
(6) 95-5 POUR ME A DRINK (99) J & S Best 8 9 7.....J Leavy(5)
(2) 318 DREAMS FLED AWAY (19) (D) F Brennan 5 9 3.....K O'Neill
(8) 860 PABLO PRINCE (89) (C&D) K Jewell 6 8 13.....R Havin
(9) (3) 05/L AVARICE (42) (D) J Butler 7 8 10.....David Egan

BLINKERS: No. 2 TONGUE STRAP: No. 4 CHEEK PIECES: Nos. 7, 8
HOOD: No. 1

W-Factor: Lunar Shadow (82); Dreams Fled Away (81); Aiming High (80).

SP FORECAST: 9-4 Damascus Steel, 4 Lunar Shadow, 9-2 Hill Station, 6 Aiming High, 7 Warhol, 14 Pablo Prince, 16 Dreams Fled Away, 20 Others.

6.45 EBF NOVICE STAKES (GBB RACE) 2YO £3,402 (5) 6f 1yds (10)

1 (6) 43 AL QUDRA (30) C Appleby 9 7.....W Buick
(1) ● BRANDYWINE FALLS R Varian 9 7.....James Doyle
(9) 58 CLIPSHAM NOBLE (24) Alicia Haynes 9 7.....K O'Neill
(2) 8 MONOMYTH (24) Ollie Sangster 9 7.....K Stott
(4) 7 NEW CENTURY A Bolding 9 7.....O Murphy
(6) 4 SOLDIER'S HEART S & E Crisford 9 7.....H Doyle
(7) (5) SPIRIT LEAD R Hughes 9 7.....F Marsh
(10) THE FINGAL RAVEN J Osborne 9 7.....S Osborne
(9) (3) THINK OF A NAME W Knight 9 7.....David Egan
(8) L TOLERANCE (7) G Boughy 9 7.....Billy Loughnane

TONGUE STRAP: Nos. 3, 6.

W-Factor: Al Qudra (90); Monomith (62); Clipsham Noble (45).

SP FORECAST: 13-8 Al Qudra, 9-2 Brandywine Falls, 5 Soldier's Heart, 6 New Century, 12 Tolerance, 14 Think Of A Name, 16 Others.

7.15 RACEDAY READY HANDICAP £4,972 (4) 5f 6yds (7)

1 (6) 01L STAR OF LADY M (24) (C&D) D O'Meara 4 9 11.....O Murphy
(3) 1-12 LAOISMAN (22) (C) S Woods 4 9 10.....R Havin
(7) 415 HARRY BROWN (16) (C,D) D M Simcock 4 9 6.....H Turner
(1) 044 THE THAMES BOATMAN (15) (C&D) G Hughes 4 9 4

5 (2) 8-44 ● ANCIENT TIMES (24) (D) Harry Eustace 6 9 2.....W Marsh
(4) 753 ALMATY STAR (15) (C&D,F) R Cowell 4 8 13.....H Doyle
(7) (5) 313 MICK'S SPIRIT (12) (C&D) C Allen 6 8 8.....J Leavy(5)

VISOR: Nos. 1, 7 CHEEK PIECES: No. 6 HOOD: No. 4.

W-Factor: The Thames Boatman (98); Harry Brown (97); Ancient Times (96).

SP FORECAST: 9-4 Laoisman, 4 Ancient Times, 5 The Thames Boatman, 6 Star Of Lady M, 7 Harry Brown, Almaty Star, 12 Mick's Spirit.

THE SCOUT

5.30 Never Know 7.30 Little Empire
6.00 Come On John 8.00 Dequinto
6.30 Roaring Ralph 8.30 Due Date
7.00 Streak Lightning 9.00 One Cool Dreamer

5.30 RESTRICTED MAIDEN STAKES 2YO £3,942 (Cl 5) 5f 21yds (11 declared)

1 (2) 4 BANTZ (21) W Haggas 9 7.....C Fallon
(3) ● NEVER KNOW J Tate 9 7.....N Callan
(8) 6 CANDY (20) R Spencer 9 5.....R Hornby
(10) 55 CYCLONITE (17) J Ferguson 9 5.....D Muscutt
(4) 68 MIGHTY REAL (17) Jack Jones 9 5.....L Morris
(7) 6 COLOCOLO K P De Foy 9 3.....B Sayette
(6) 53 EMPRESS (11) B Millman 9 2.....D Probert
(8) 8 FREGOLA (17) R Hannan 9 2.....P Dobbs
(9) 2 WHERE'S CLARE (15) (S) C Johnston 9 2.....J Fanning
(10) 11 ANGEL AT MIDNIGHT M Murphy & M Keady 8 12 S De Sousa
(1) 9 MISS CAMPANELLA D Shaw 8 12.....C Hardie

BLINKERS: No. 4.

W-Factor: Where's Clare (87); Empress (71); Cyclonite (69).

SP FORECAST: 9-4 Where's Clare, 4 Never Know, 6 Bantz, 7 Fregola, 8 Empress, 12 Cyclonite, Colocolo, 14 Candy, 20 Others.

6.00 RACEDAY-READY.COM HANDICAP £2,983 (6) 1m 1f 10yds (13)

1 (12) 118 STOIC SYD (86) J Furtado 4 9 9.....M Ghiani
(2) 236 BALQAA (13) Mrs Stella Barclay 6 9 9.....C Noble
(5) 52/6 MCCANN THE MAN (31) Andi Brown 6 9 9.....T Jakes(5)
(4) 438 ● COME ON JOHN (22) (C&D) M Attwater 5 9 8.....L Morris
(10) 120 STRATEGIC FORTUNE (22) (C&D,F) J Butler 7 9 8.....C Beasley
(3) 327 HIGH COURT JUDGE (24) David Dennis 4 9 7.....R Hornby
(7) 257 PRINCE HECTOR (22) (C&D) J Bedi 6 9 5.....Paula Muir(3)
(8) 1558 DILLYDINGDILLYDONG (94) James Owen 6 9 0 A Keeley(3)
(9) 944 SAO TIMOTHY (29) R Stephens 4 9 0.....D Probert
(10) 376 CAPTAIN ST LUCIFER (6) Suzanne France 7 9 0 T Eaves
(11) 449 CAPALLICLISTE (15) (F) D F Davis 4 9 0.....S De Sousa
(6) 816 BEAU GESTE (42) (C&D) A Carroll 8 9 0 Molly Gunn(7)
(12) 680 PERSIAN WOLF (24) D Shaw 6 9 0.....T Heard(3)

VISOR: No. 13 TONGUE STRAP: Nos. 1, 10 CHEEK PIECES: Nos. 3, 5, 6, 7, 8 HOOD: Nos. 9, 11.

W-Factor: Balqaa (68); Stoic Syd (67); Come On John (66).

SP FORECAST: 9-2 Balqaa, 5 High Court Judge, Stoic Syd, 7 Come On John, 8 Dillydillingdyllydong, 10 Sao Timothy, Capalliste, 20 Others.

6.30 RACEDAY-READY.COM H'CAP (DIV 1) £3,716 (5) 7f 36yds (9)

1 (5) 69-7 ● ROARING RALPH (24) (C&D) M Dods 4 9 11.....C Beasley
(2) 312 WAKE UP HARRY (59) (C&D) Brian Toomes 6 9 9.....N Callan
(8) 119 DAYMAN (13) (C&D) F Davis 5 9 9.....L Keniry
(9) 313 MR SQUIRES (4) (D,F) R Fell & S Murray 4 9 7.....C Rodriguez
(5) 1706 NIGHTS OVER EGYPT (38) R Menzies 4 9 5.....C Fallon
(6) 461 CIRCLES (22) (C&D) A McCann (IRE) 5 9 3.....T Jakes(5)
(2) 513 SAM'S HOPE (83) (D) A Carroll 4 9 2.....S W Kelly
(7) 233 MUDLAHHIM (7) (C&D) S Dixon 8 8 12.....L Morris

BLINKERS: 1, 7 TONGUE STRAP: 7 CHEEK PIECES: 2, 3, 6.

W-F: Vixey (81); Wake Up Harry (72); Mr Quid; Nights Over Egypt (79).

SP FORECAST: 3 Wake Up Harry, 7-2 Bora Bora, 4 Streak Lightning, 6 Candy Hope, 8 Mudlahhim, 10 Circles, 12 Nights Over Egypt, 16 Others.

7.00 RACEDAY-READY.COM H'CAP (DIV 2) £3,716 (5) 7f 36yds (9)

1 (1) 550 AL AMEEN (24) J Fanshawe 5 9 11.....D Muscutt
(6) 373 ● STREAK LIGHTNING (36) (C&D) R Carr 7 9 9 J Sullivan
(2) 351 BORA BORA (36) (C&D,F) J Butler 6 9 8.....L Morris
(5) 685 BLACKJACK (34) A Brown 7 9 6.....S De Sousa
(9) 5-81 GREATEST TIME (113) P Evans 4 9 6.....Dylan Hogan
(7) 253 PESSOA (80) (C&D) A Wintle 5 9 4.....D Probert
(4) 523 BEYLERBEYI (21) Williams 4 9 3.....C Fallon
(8) (32) CANDY WARHOL (36) S Dixon 5 9 2.....P Dennis
(9) 696 TOP BUTTON (12) S C Williams 6 8 7.....M Ghiani

BLINKERS: No. 4 TONGUE STRAP: Nos. 1, 8, 9 HOOD: No. 9.

W-Factor: Beyerbeyi (80); Pessoa (79); Al Ameen (78).

SP FORECAST: 3 Beyerbeyi, 7-2 Bora Bora, 4 Streak Lightning, 6 Candy Warhol, 8 Blacklion, 10 Al Ameen, 12 Pessoa, 16 Top Button, 25 Others.

GOSSIP FROM THE GALLOPS

Lambourn: North:
HARLINGTON WHERE'S CLARE
(3.03 Leicester) (5.30 Wolverhampton)
Newmarket: Midlands:
REACHING HIGH ROCKY HILL
(4.03 Leicester) (5.50 Southwell)

7.45 RACEDAY-READY.COM HANDICAP 3YO £4,972 (4) 6f 1yds (7)

1 (6) 1-23 QUEEN'S GUARD (32) (D,F) M Bell 9 9.....James Doyle
(2) 4-1-34 ● KODIAC THRILLER (17) (C) C Hills 9 8.....W Buick
(5) 247 ENGINEER (75) (D) C Cox 9 8.....O Murphy
(3) 37-3 MR WONDERFUL (23) K P De Foy 9 6.....David Egan
(7) 152 INVINCIBLE SPEED (7) (D) J Tate 9 5.....R Havin
(2) 366 DAPPERLING (10) R Hannan 9 5.....S M Levey
(1) 214 DIFFERENT BREED (29) (C) S Hodgson 9 2.....W Carver(3)

CHEEK PIECES: No. 3.

W-Factor: Invincible Speed (91); Kodiak Thriller (88); Queen's Guard (87).

SP FORECAST: 5-2 Invincible Speed, 11-4 Queen's Guard, 4 Kodiak Thriller, 6 Mr Wonderful, 7 Engineer, 14 Dapperling, 16 Different Breed.

8.15 RACEDAY-READY.COM HANDICAP 3YO £2,983 (6) 7f 1yds (11)

1 (4) L-2-6 WILLOWBANK (27) C Fellowes 9 9.....H Davies
(2) L-7L PHOENIX MOON (30) D Coakley 9 9.....O Murphy
(3) 71L NASNEEN (101) I Williams 9 9.....David Egan
(5) L-30 TRONIDO (22) S Dow 9 8.....P Bradley
(9) 36-7 MANALI (12) J Butler 9 7.....J Haynes
(6) 1751 ● BLACKLION (27) (D) G Baker 9 7.....S Osborne
(7) (10) L-23 RINNOVATI (7) A Watson 9 7.....H Doyle
(8) 1506 IRRELEVANT (14) (D) L Carter 9 7.....F Marsh
(9) 86-4 BRINTON (59) J Portman 9 5.....R Havin
(10) 9-07 LADY TWILIGHT (29) G & J Moore 9 4.....Billy Loughnane
(11) 71L MAJOLICA (12) S Hodgson 9 0.....Affie Redman(7)

BLINKERS: No. 8 CHEEK PIECES: No. 7 HOOD: No. 6.

W-Factor: Rinnovati (62); Brinton (61); Tronido (60).

SP FORECAST: 9-4 Blacklion, 3 Rinnovati, 8 Willowbank, Brinton, 10 Tronido, 12 Phoenix Moon, Lady Twilight, Irrelevant, 16 Others.

8.45 CLASSIFIED STAKES £2,983 (6) 1m 4f (11)

1 (6) 2/31 CAMACHO MAN (8) L Horstall 7 9 13.....R Clutterbuck
(2) L-50 ATWIXADAY (130) G & J Moore 4 9 9.....K Keenan
(8) 856- ● BARNEYS GIFT (398) D Faulkner 5 9 9.....H Doyle
(4) 10 498 CRAZY MAISIE (33) M Hoad 5 9 9.....R Havin
(2) 07-5 FIGHTING POET (53) R Phillips 6 9 9.....Kaiya Fraser(5)
(6) 11 337 FOINIX (33) J & S Best 4 9 9.....O Murphy
(1) 3-97 HIGHLAND FLYER (20) J Portman 4 9 9.....Billy Loughnane

8 (4) 571 LAURENTIA (33) (C) J Long 8 9 9.....G Rooke
(5) 416 MISS SLIGO (52) (C&D,F) J Osborne 7 9 9.....S Osborne
(7) 01L PIRANHEER (7) J & S Best 5 9 9.....C Hutchinson(3)
(9) 775 SAVOY BROWN (102) (C&D) M Attwater 8 9 9.....W Carver(3)

BLINKERS: Nos. 5, 9 VISOR: Nos. 2, 6 TONGUE STRAP: No. 3

W-Factor: Foinix (62); Crazy Maisie (61); Camacho Man (59).

SP FORECAST: 9-4 Camacho Man, 4 Laurentia, 7 Foinix, 8 Miss Sligo, 10 Crazy Maisie, Barneys Gift, 12 Fighting Poet, 14 Atwixaday, 16 Others.

TRACK FACTS: GOING: Standard. Left Handed. TOP TRACK JOCKEY (2019-24): Hollie Doyle 16% Strike rate. TOP TRACK TRAINER (2019-24): G & J Moore 15% Strike rate. FIRST TIME: 6:15 Dreams Fled Away (cheek pieces), 6:45 Clipsham Noble (tongue strap), Soldier's Heart (tongue strap), 7:15 Almaty Star (cheek pieces), 8:15 Rinnovati (cheek pieces), 8:45 Crazy Maisie (cheek pieces). BEATEN FAVOURITES: 7:15 Laoisman(hcp), 7:45 Queen's Guard(hcp). DRAW: Little effect. LONGEST TRAVELLER: Star Of Lady M (7:15) 259 miles. STABLE SWITCH: 8:15 Blacklion from J Osborne to G Baker. 8:45 Barneys Gift from P Kirby to D Faulkner.

WOLVERHAMPTON SSR

7.30 RACEDAY READY HANDICAP £2,983 (6) 1m 142yds (13)

1 (11) 127 ODD SOCKS HAVANA (8) (C&D) R Menzies 6 9 8.....C Rodriguez
(2) 131 ● LITTLE EMPIRE (1) (C) A McCann (IRE) 4 9 13(Sex).....T Jakes(5)
(3) 6/5-0 LOVE IS A ROSE (35) M Wigham 4 9 8.....S De Sousa
(4) 10 580 KING SHARJA (11) R Carr 4 9 8.....JP Sullivan
(5) 542 THOUGHTFUL GIFT (7) Jack Jones 5 9 8.....L Morris
(6) 425 PLUMETTE (22) (C&D) A Ralph 8 9 7.....R Hornby
(7) 1315 CAREY STREET (11) (C&D) A Carroll 8 9 7.....N Callan
(8) 527 MASTERPAINTER (95) M Dods 4 9 7.....C Beasley
(9) 16-8 CLOCH NUA (22) (C&D) Mrs Stella Barclay 5 9 6 C Noble
(10) 299 ENZOS ANGEL (11) (C&D) N Mulholland 5 9 6.....D Probert
(11) 41 BILLY MCGARRY (22) (C&D) M Herrington 5 9 5.....T Eaves
(12) 546 FAST AFFAIR (35) (C&D) J Fanshawe 4 9 5.....D Muscutt
(13) 1515 MENG TIAN (8) (C&D) S Woods 5 9 4.....Dylan Hogan

VISOR: 8 TONGUE STRAP: 1, 6, 10 CHEEK PIECES: 1, 5, 6, 11, 12.

W-F: Enzos Angel (74); Odd Socks Havana (73); Thoughtful Gift (72).

SP FORECAST: 4 Little Empire, 9-2 Thoughtful Gift, 5 Billy McGarry, 10 Odd Socks Havana, Enzos Angel, Fast Affair, 12 Carey Street, 14 Others.

8.00 RACEDAY-READY.COM H'CAP (DIV 1) £2,983 (6) 6f 20yds (12)

1 (8) 3-10 GLORY CALT (22) (C&D) O Pears 4 9 9.....D Muscutt
(2) 10 489- DUNNINGTON LAD (337) P Winks 4 9 9.....T Eaves
(3) 1 474- ORIENTAL SPIRIT (216) (D) W Kittow 6 9 8.....R Hornby
(4) 839 TATHMEEN (7) (C&D) A Brittain 9 9 7.....C Hardie
(5) 216 GLOBAL EFFORT (8) P McEntee 4 9 6.....L Morris
(6) 114 RED WALLS (22) (C&D) J Williamson 6 9 4.....B Sayette
(7) 31-L CLOSE OF PLAY (20) M Usher 4 9 3.....L Keniry
(8) 4-65 METAL BEAU (108) Sarah Hollinshead 4 9 1.....JP Sullivan
(9) 357 COAST (36) (C&D) S Dixon 5 9 0.....T Heard(3)
(10) 748 USTATH (55) (C&D) R Fell & S Murray 8 9 0.....C Beasley
(11) 12 143 ● DEQUINTO (34) A Carroll 5 9 0.....W Carson
(12) 01L EMBLA (17) (C,D) A Brown 6 9 0.....C Bennett

TONGUE STRAP: No. 3 CHEEK PIECES: Nos. 1, 4, 12.

W-Factor: Close Of Play (68); Dequinto (67); Glory Calt (66).

SP FORECAST: 4 Dequinto, 5 Coast, 11-2 Oriental Spirit, 7 Red Walls, 8 Metal Beau, Tathmeen, 10 Ustath, 12 Global Effort, 14 Others.

8.30 RACEDAY-READY.COM H'CAP (DIV 2) £2,983 (6) 6f 20yds (11)

1 (9) 752 KESSAAR POWER (8) (D) P McEntee 4 9 9.....L Morris
(2) 10 636 BLUE COLLAR LAD (24) (C&D) Alice Haynes 5 9 8.....T Jakes(5)
(3) 034 ● DUE DATE (26) (C&D) C Wallis 4 9 8.....M Ghiani
(4) 613 O TWENTY BOY (26) (C&D,F) M Usher 9 9 7.....Alicia Perkins(7)
(5) 803 ELDEYAR (22) (C&D) A Brittain 5 9 5.....C Rodriguez
(6) 194- KODI HAWK (236) D Shaw 4 9 3.....T Eaves
(7) 151 GIDWA (16) (C&D) B Ellison 5 9 2.....B Robinson
(8) 1 456 FANTASY NAVIGATOR (42) (D) M Appleby 5 9 1.....J Fanning
(9) 131 REBEL REDEMPTION (36) (C&D) S Dixon 7 9 0 T Heard(3)
(10) 11 899 MISS BILLIE (12) M Wigham 4 9 0.....S De Sousa
(11) 4 645 MUTTABAAHY (7) (C&D) A Brittain 9 9 0.....C Hardie

BLINKERS: 8, 9 VISOR: 1, 3, 11 TONGUE STRAP: 7 CHEEK PIECES: 7.

W-F: Eldeydar (67); Fantasy Navigator (66); Kessaar Power (65).

SP FORECAST: 4 Kessaar Power, 9-2 O Twenty Boy, 6 Eldeydar, Due Date, 7 Blue Collar Lad, 8 Kodi Hawk, 10 Gidwa, 12 Others.

9.00 THE RACEDAY READY APP H'CAP 3YO £2,983 (6) 1m 1f 10yds (10)

1 (7) 3-47 LUMIERE D'OR (22) J Tate 9 11.....S De Sousa
(2) 941 ETRETAT (14) C Johnston 9 11.....J Fanning
(3) 030 SHOW ME A HERO (18) M Bell 9 10.....D Probert
(4) 10 5-54 ● ONE COOL DREAMER (22) A King 9 9 9.....B Sayette
(5) 666 GOLDEN MYRRH (25) R Beckett 9 9.....R Hornby
(6) 112 CON TE PARTIRO (47) (C&D) R Spencer 9 7.....N Callan
(7) 17-5 SEAHORSE SYD (29) O Pears 9 4.....C Hardie
(8) 5-98 IDYLIC (27) C Fellowes 9 3.....C Rodriguez
(9) 2-65 LA SONNAMBULA (34) J Ferguson 9 0.....Doubtful
(10) 9-38 BELLA GRAZIA (19) Sir M Prescott 8 13.....L Morris

BLINKERS: Nos. 1, 2 VISOR: No. 3 TONGUE STRAP: Nos. 1, 4, 7 CHEEK PIECES: No. 4.

W-F: Etretat (74); Con Te Partiro (73); Show Me A Hero (72).

SP FORECAST: 7-2 Con Te Partiro, 4 Golden Myrrh, 6 Show Me A Hero, 7 One Cool Dreamer, 8 Lumiere D'Or, 10 Idyllic, Etretat, 12 Others.

TRACK FACTS: GOING: Standard. Left Handed. TOP TRACK JOCKEY (2019-24): Luke Morris 12% Strike rate. FIRST TIME: 5:30 Cyclonite (blinkers), 6:00 Capalliste (hood), Dillydillingdyllydong (cheek pieces), 6:30 Dayman (cheek pieces), 7:00 Blackjack (wind surgery), 8:00 Metal Beau (wind surgery), Dunnington Lad (wind surgery), Glory Calt (cheek pieces), 9:00 Bella Grazia (blinkers), Show Me A Hero (visor), Con Te Partiro (visor). BEATEN FAVOURITES: 6:00 Stoic Syd(hcp), 7:00 Beyerbeyi(hcp), Streak Lightning(hcp), 7:30 Enzos Angel(hcp), Little Empire(hcp), Thoughtful Gift(hcp), 9:00 Con Te Partiro(hcp), Golden Myrrh(hcp). DRAW: Little effect. LONGEST TRAVELLER: Circles (6:30) & Little Empire (7:30) Ireland; Nights Over Egypt (6:30) & Odd Socks Havana (7:30) 180 miles. STABLE SWITCH: 6:00 Dillydillingdyllydong from R Hannan to James Owen. 6:30 Sam's Hope from R Hannan to A Carroll.

SOUTHWELL SSR

THE SCOUT

2.15 Isocrate 4.20 Hell Hound
2.45 TOM CREEN (nap) 4.50 Mostly Sunny
3.15 SUGAR GLIDER 5.20 Lipa K
3.45 Letterston Lily 5.50 Bergentown

2.15 PRESTIGE SAFETY H'CAP CHASE £4,700 (Cl 4) 1m 7f 182yds (14 declared)

1 415- SEA PRINCE (218) A Hales 8 12 2.....K Woods
2 22-4 ● ISOCRATE (29) Jonjo & A O'Neill 6 12 0 Jonjo O'Neill Jr
3 6-42 HOMME D'UN SOIR (9) (D) Billy Abrahamian 8 11 3
J Bowen

4 35-3 CHASE A FORTUNE (24) (D,F) Grant 6 11 2.....D McMenamin
5 23/6- LEGENDARY DAY (F10) A Keatley 6 11 11.....B Hughes
6 11-L POST NO BILLS (31) R Potter 9 11 10.....S Bowen
7 51-L ROMANOR (26) (D) Seamus Mullins 10 11 10.....M G Molan
8 1-34 TEXARD (12) (D) R Armonson 9 11 9.....P Armonson(3)
9 207- ICARE GRANDCHAMP (187) G & J Moore 6 11 6.....C Quinn(3)
10 PH- MYSTIC MAN (245) (C,F) Harry Derham 7 11 5 B C Mowbray(5)
11 6-P4 BROWN MONDAY (12) J J Hanlon (IRE) 7 11 2.....Paddy Hanlon(7)

12 31-3 ABAYA DU MATHAN (17) (C&D) G Hamner 12 10 12.....R T Dunne

13 229- WE GOT YOUR BACK (55) L Morgan 6 10 8.....A Wedge
14 34-1 TROPICAL TALENT (25) O Greenall & J Guerriero 5 10 4 H Brooke

VISOR: No. 3 TONGUE STRAP: Nos. 12, 13, 14 CHEEK PIECES: Nos. 10, 12 HOOD: No. 13.

W-Factor: Texard (122); Romanor (118); Sea Prince (116).

SP FORECAST: 5 Mystic Man, 11-2 Tropical Talent, 7 Isocrate, 8 Homme D'un Soir, Chase A Fortune, 10 Legendary Day, 12 Others.

2.45 PRESTIGE SAFETY H'CAP CHASE £4,700 (4) 3m 60yds (7)

1 3P-L THE WOLF (41) (D) O Murphy 10 12 0.....S Bowen
2 31-1 TASTE THE FEAR (28) (C&D) Dr R Newland & J Insole 9 11 12 L Scott(5)
3 21-1 NO REGRETS (27) (D,F) N Richards 10 11 8.....Sean Quinlan
4 31-3 CRYSTAL MOON (51) A King 7 11 5.....G Sheehan
5 3P0- GALLOPING PRIDE (39) E Lavelle 7 11 2.....T Bellamy
6 HIP- DO NO WRONG (53) (D) Justin Landy 8 11 0.....C Bewley
7 32-3 ● TOM CREEN (42) S England 9 10 13.....Mr T Broughton(5)

BLINKERS: Nos. 1, 2 VISOR: No. 3 TONGUE STRAP: Nos. 1, 4, 7 CHEEK PIECES: No. 4.

W-F: The Wolf (130); Do No Wrong (125); Taste The Fear (120).

SP FORECAST: 5-2 Taste The Fear, 7-2 Do No Wrong, 4 Crystal Moon, 9-2 Tom Creen, 8 The Wolf, 10 Do No Wrong, 14 Others.

TRACK FACTS: GOING: Good. Left Handed. TOP TRACK JOCKEY (2019-24): Harry Skelton 25% Strike rate. TOP TRACK TRAINER (2019-24): D Skelton 20% Strike rate. TIME: 2:45 Crystal Moon (cheek pieces, tongue strap), 3:15 Remember Moi (hood), Hot Chique (hood), 3:45 Screened (tongue strap, wind surgery), Lapointe (hood), 4:20 Noble Cave (cheek pieces), 5:20 Copper Beach (wind surgery), 5:50 Malago Rose (cheek pieces), Robeam (wind surgery), Jeteje (cheek pieces, tongue strap), Luminaries (cheek pieces). BEATEN FAVOURITES: 2:45 Crystal Moon(hcp ch), 3:15 Sugar Glider, 3:45 Either Way, Shakiyra, 4:20 Backsackme, 4:50 For Three(hcp hdl), 5:50 Emotional Roller(hcp hdl), Jeteje(hcp ch).

3.15 MARES' OPEN NH FLAT RACE (DIV 1) £2,451 (5) 1m 7f 182yds (11)

1 EVEREST G & J Moore 5 11 2.....N F Houlihan
2 0 HOT CHIQUE (28) Mrs M Rowley 5 11 2.....Tabitha Worsley(3)
3 34-7 NOBODY'S PERFECT (24) Billy Abrahamian 5 11 2.....J Bowen
4 3 ROCKOLA VOGUE (28) D Killahena & G McPherson 5 11 2 K Woods

5 5 WILMCOTE (28) O Murphy 5 11 2.....S Bowen
6 3 AVA'S ANGEL (24) S England 4 10 11.....J England
7 CHARISMA CAT A King 4 10 11.....T Cannon
8 4-5 PORRIDGE (28) F O'Brien 4 10 11.....L Harrison
9 REMEMBER MOI G Nicholls 4 10 11 Miss Olive Nicholls(7)
10 SILVER PAGEANT J J Hanlon (IRE) 4 10 11.....Paddy Hanlon(7)
11 4 ● SUGAR GLIDER (41) C Boulbee-Brooks 4 10 11.....R Patrick

HOOD: Nos. 2, 3, 9.

W-F: Nobody's Perfect (100); Ava's Angel (99); Wilmcote (98).

SP FORECAST: 3 Charisma Cat, 4 Rockola Vogue, 11-2 Ava's Angel, 7 Porridge, 15-2 Sugar Glider, 8 Wilmcote, 12 Others.

3.45 MARES' OPEN NH FLAT RACE (DIV 2) £2,451 (5) 1m 7f 182yds (10)

1 2-9 EITHER WAY (28) N Henderson 5 11 2.....J Bowen
2 6L- JAKANA (51) F O'Brien 5 11 2.....C Brace
3 LAPOINTE T Bulgin 5 11 2.....B Hughes
4 SCREENED J Snowden 5 11 2.....G Sheehan
5 L SHAKIYRA (323) F O'Brien 5 11 2.....J J Burke
6 IRONED OUT E Williams 4 10 11.....Isabel Williams(3)
7 0-3 ● LETTERSTON LILY (24)(T) P & M Bowen 4 10 11.....S Bowen
8 4F- PISMO BEACH (45) S Edmunds 4 10 11.....C Hammond
9 34- QUEENS VENTURE (58) D Skelton 4 10 12.....H Skelton
10 4 SNAPAUDACIAHEROS (24) F R Menzies 4 10 11.....N Moscrop

TONGUE STRAP: No. 4 HOOD: No. 3.

W-Factor: Letterston Lily (112); Snapaudaciaheros (98); Shakiyra (90).

SP FORECAST: 11-4 Letterston Lily, 9-2 Screened, 5 Either Way, 7 Shakiyra, 15-2 Queens Venture, 8 Snapaudaciaheros, 10 Others.

4.20 'NATIONAL HUNT' MAIDEN HURDLE £4,193 (4) 2m 4f 88yds (13)

1 66- BACKSACKME (20) E Mullins (IRE) 5 11 4.....R McLernon
2 44-3FIFTYFIFTY (16) L Horstall 5 11 4.....K Krogan
3 8-P L GLEN ROAD (12) Sue Smith 5 11 4.....N Schofield

ENGLAND V SCOTLAND

3.30PM, SKY SPORTS
By Mike Walters

ENGLAND should never lose to Scotland at cricket – but it happened the last time they met.

If Jos Buttler's Twenty20 World Cup holders come unstuck in Barbados today, it would be the biggest shock in bilateral sporting combat between two proud nations since Englishman Scott Rider won tossing the caber at the Highland Games four times in six years.

The bookies have Buttler's men 1-20 to open their defence of the crown convincingly.

But 13 months before Eoin Morgan's side became world champions in the 50-over format in 2019, Scotland edged a high-scoring game at The Grange by six runs.

Fired by Calum MacLeod's 140 not out off just 94 balls, they answered coach Grant Bradburn's call to go "hunting history" despite Jonny Bairstow's violent 54-ball century in reply.

England's big guns should have too much firepower this time, but Sussex left-arm swing bowler Brad Currie became a worldwide YouTube hit for a

SUSSEX MATES READY TO BE BEST OF ENEMIES

sensational catch last year that attracted more than 30 million views on social media.

Currie's astonishing mid-air grab against Hampshire was headlined the "greatest catch of all time" and England Test captain Ben Stokes acclaimed it as "filth".

Born and raised in Dorset, Currie – whose father is Scottish – admits he has "shamefully" never worn a kilt and is teased by county team-mate and England warhead Jofra Archer.

They will be in rival camps today, but Currie told ESPN Cricinfo: "We pass each other in the nets sometimes at Sussex. He's like, 'Hey

Scotland, I'm coming after you' and a few shots have been fired. I've seen him milling around the pool at the hotel and I'm sure we'll have a



JOB DONE: Safyaan Sharif after clinching victory in 2018

nice warm embrace on Tuesday, but as soon as that first ball goes down, it's gone from team-mates to enemies for a couple of hours."

While Currie has an outstanding T20 international record – 19 wickets at 10.15, with an economy rate below five – he admitted England's batting arsenal is "daunting".

But he warned: "I see it as an absolute free hit. We've got nothing to lose and everything to gain."

Spinner Mark Watt warned the Scots were up for "taking a few scalps along the way and putting some headlines out there". He added: "We've been there and done that, so what happened that day gives us the belief we can do it again. All the guys are raring to go."

Currie hoping to catch out Jofra



SHAKEN: England's Mark Wood in the midst of jubilant Scots at The Grange

PROBABLE LINE-UPS

ENGLAND: Buttler (c), Salt, Jacks, Bairstow, Brook, Ali, Livingstone, Jordan, Archer, Rashid, Wood.

SCOTLAND: Munsey, Tear, McMullen, Berrington (c), Cross, Leask, Greaves, Watt, Sole, Wheal, Currie.

UMPIRES: Nitin Menon, Asif Yaqoob.
MATCH REFEREE: Ranjan Madugalle.

Wiese super for Namibia

DAVID WIESE starred with bat and ball as Namibia earned a super-over victory against Oman in Bridgetown.

The Group B clash was forced into an extra over after both sides made 109. Namibia smashed 21 from their six balls, with Wiese hitting 13 runs – including a six and a four – and captain Gerhard Erasmus adding two fours.

Wiese, right, then grabbed a wicket while conceding 10 runs. Oman had a nightmare start to their regulation innings, losing two wickets in the first two balls from Ruben Trumpelmann.

Solid middle-order batting from Khalid Kail and Zeeshan

Magsood helped them to 109 all out.

Namibia looked on course for an easy chase at 73-3 after 14 overs, but they collapsed late on.

Jan Frylinck anchored the innings with 45 off 48 balls.

QUINTON de Kock helped South Africa to a six-wicket win against Sri Lanka at the Nassau County International Stadium in New York.

De Kock top scored with 20 as Rob Walter's side reached their target of 78 in the 17th over.



ESSEX RACE CHARGE

ESSEX have been charged by the Cricket Regulator with failing to address alleged "systemic" racist language and conduct at the club between 2001 and 2010.

The county say they intend to "participate willingly" with the Cricket Discipline Commission that will hear the case.

The club commissioned in 2021 an independent report into allegations by Jahid Ahmed, Zoheb Sharif and Maurice Chambers of racist language and conduct, which was compiled by Katharine Newton KC. Her report last December found

reference to players' ethnic, racial and religious origins was "entirely normalised and tolerated behaviour" in the dressing-room culture between the mid-1990s until around 2013 under the misguided belief that it was acceptable "banter".

Essex said in February they had sanctioned individuals in connection with the findings but did not name them.

Last July, Yorkshire were fined £400,000 – £300,000 suspended for two years – and docked 48 Championship points over their handling of discrimination allegations by Azeem Rafiq.

WORLD OF SPORT

Ocon on way out of Alpine after smash

ESTEBAN OCON has confirmed he is leaving Alpine – a week after his boss threatened "consequences" over a crash involving his team-mate.

Team principal Bruno Famin was left furious by Ocon's incident with Pierre Gasly on the first lap of the Monaco Grand Prix last month.

The 27-year-old will leave at the end of the season after five years with Alpine.

Ocon, who won the 2021 Hungarian Grand

FORMULA ONE

Prix with the French team, said: "We have had some great moments together, some tough moments as well, and I am grateful to everyone at the team for these memorable times."

The Frenchman is believed to be second choice

for Audi's new F1 project, if they do not secure their top target Carlos Sainz, while Williams and Haas are also potential options.

DANIEL MOXON



OCON

THE BIG PICTURE



GRIPPING CLASH: Gold Coast Suns' Touk Miller tackles Jye Caldwell of Essendon Bombers in the AFL

MATT PEET is tight-lipped over whether Wigan will fight the bans that have ruled out two of his main players for the Challenge Cup final.

Aussie centre Adam Keighran and England prop Tyler Dupree have both been hit with three-games

suspensions following incidents in Saturday's win against Warrington, who they face again at Wembley this weekend.

RUGBY LGE

Wigan have until midday today to appeal.

Warriors head coach Peet said: "I'm not exactly sure. I wouldn't say we expected it but I was aware of the risks in picking the team we did."

"We're in decent shape and there's going to be a bit to contend with this week, but it's the story of the game."

DAVE CRAVEN

- Who scored a hat-trick for Leinster in their Champions Cup semi-final win against Northampton last month?
- Which Welshman lost the World Snooker Championship final in 2000 and 2005?
- Who won the 2024 Madrid Open men's singles tennis tournament?
- Which Belgian team did Tottenham beat on penalties in the 1984 UEFA Cup final?
- By what name was the leading Australian domestic cricket competition known before 1999?
- Which Belgian racing driver won at Le Mans in 1969, 1975, 1976, 1977, 1981 and 1982?
- Who partnered Ekaterina Gordeeva to Olympic pairs figure skating gold in 1988 and 1994?
- Which Thai fighter, born Chaovalit Wongcharoan, was twice WBC flyweight champion?
- Riding the bay gelding named Synchronised, which jockey won his second Cheltenham Gold Cup 15 years after his first?
- Which country has won the World Polo Championship the most times?

ANSWERS: 1 James Lowe, 2 Matthew Stevens, 3 Andrey Rublev, 4 Anderlecht, 5 Sheffield Shield, 6 Jacky Ickx, 7 Sergei Brukov, 8 Sol Chitalada, 9 Tony McCoy, 10 Argentina.

10 to tackle
RATINGS
0-3 Oh dear
4-6 Small beer
7-9 So near
10 Sporting Seer

SPORT IN BRIEF

International Matches
ENGLAND (0) 3 BOSNIA-HERZ (0) . 0
Palmer 60 (pen) Att: 50,061
Alexander-Arnold 85
Kane 90
GERMANY (0) 0 UKRAINE (0)..... 0
GIBALTAR (0)..... 0 SCOTLAND (0)..... 2
Christie 60, Adams 85
U21 INT’NAL: Turkey 2 Scotland 1.
CRICKET
ICC WORLD TWENTY20 - GROUP B
— **Namibia v Oman** (Bridgetown): Oman 109 (19.4 overs; R Trumpelmann 4-21). Namibia 109-6 (20.0 overs). **Namibia tied with Oman. Namibia (2pts) win the super over. GROUP D — Sri Lanka v South Africa** (New York): Sri Lanka 77 (19.1 overs; A Nortje 4-7); South Africa 80-4 (16.2 overs). **South Africa (2pts) bt Sri Lanka by 6 wickets.**
CYCLING
CRITERIUM DU DAUPHINE (Gannat - Col de la Loge, 142km)—**Stage 2:** 1 M Cort (Den) Uno-X Mobility 3hrs 21mins 42secs, 2 P Roglic (Slo) BORA-hansgrohe, 3 M Jorgenson (USA) Team Visma | Lease a Bike
Overall: 1 M Cort (Den) Uno-X Mobility 7hrs 23mins 2secs, 2 P

Roglic (Slo) BORA-hansgrohe +4secs
TENNIS
FRENCH OPEN (Roland Garros, Paris) — **Men’s Singles 4th rnd:** (11) A De Minaur (Aus) bt (5) D Medvedev (Rus) 4-6 6-2 6-1 6-3. **Women’s Singles 4th rnd: (12) J Paolini (Ita) bt E Avanesyan (Rus) 4-6 6-0 6-1, (4) E Rybakina (Kaz) bt (15) E Svitolina (Ukr) 6-4 6-3, M Andreeva (Rus) bt V Gracheva (Fra) 7-5 6-2, (2) A Sabalenka (Blr) bt (22) E Navarro (USA) 6-2 6-3. **Men’s Doubles 2nd rnd:** T Machac (Cze) & Z Zhang (Chn) bt R Haase (Ned) & B Van de Zandschulp (Ned) 7-5 6-2, P Tsitsipas (Gre) & S Tsitsipas (Gre) bt (4) I Dodig (Cro) & A Krajicek (USA) 4-6 7-5 6-3, M Guinard (Fra) & G Jacq (Fra) bt G Andreozzi (Arg) & R Hijikata (Aus) 6-2 7-6 (13-11). **Selected Men’s Doubles 3rd rnd:** (3) R Ram (USA) & J SALISBURY (Gbr) bt G Barrere (Fra) & L Pouille (Fra) 6-3 6-3, (10) S Gille (Bel) & J Vliegen (Bel) bt H Heliavaara (Fin) & H PATTEN (Gbr) w/o. **Selected Mixed Doubles 2nd rnd:** (4) D Krawczyk (USA) & K SKUPSKI (Gbr) bt H WATSON (Gbr) & J SALISBURY (Gbr) 6-1 5-7 10-7.**

TODAY’S DIARY
(7.45pm unless stated)
International Matches
Rep of Ireland v Hungary
(Live on Premier Sports)
Portugal v Finland
Italy v Turkey (8pm).....
Women’s European Championship Qualifying Group A3
Sweden v Rep of Ireland (5.30).....
France v England (8pm)
(Live on ITV 1)
Group B2
Israel v Scotland (3pm)
Slovakia v Serbia (5pm).....
Group B3
Bosnia-Herzegovina v Malta (3pm)
Northern Ireland v Portugal (7pm)
Group B4
Croatia v Kosovo (7pm)
Ukraine v Wales (7pm).....
CRICKET
ICC World Twenty20 - Group B: England v Scotland (Bridgetown, 3.30pm), Group D: Netherlands v Nepal (Dallas, 4.30pm).



BACK FROM THE BRINK: Djokovic battled to victory

Great escape for Djokovic

BUT INJURY MAY DASH BID

NOVAK DJOKOVIC got up off the floor to stage his second unbelievable comeback at the French Open in under 42 hours. The Serb revealed he took painkillers for a knee injury to reach his 59th Grand Slam quarter-final with a backs-to-the-wall win against No.23 seed Francisco Cerundolo, below – and then cast doubt on being able to keep going. “I don’t know if I will be able to step on the court to play,” he said. The world No.1 only finished his five-set victory against Lorenzo Musetti at 3.08am on Sunday in another marathon effort. Back on Court Philippe-Chatrier at 4pm yesterday, the Serbian superstar appeared to be limping to a shock defeat against Cerundolo when he needed treatment for an injury to his right knee in the second set. Djokovic blamed the clay court and told supervisor Wayne McKewen: “I screwed up my knee because I made a quick move. I’m sliding and slipping all the time.” He pulled up in agony chasing a drop shot in the fourth set and the defending champion seemed set for his earliest exit here since 2009. The

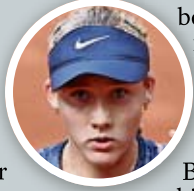
From **Neil McLeman** in Paris
Argentinian led by two sets to one and then 4-2 in the fourth – and had a break point to serve for the match at 5-5. But after being only five points from defeat, the Serbian shook off his latest injury to win 6-1 5-7 3-6 7-5 6-3 in 4hrs 39 mins. It was the longest match of Djokovic’s Roland Garros career – and followed the 4hrs 29mins he needed to beat Musetti. After raising his arms in triumph just before 9pm local time, Djokovic – who will next play Casper Ruud, after the Norwegian saw off Taylor Fritz 7-6 3-6 6-4 6-2 – told the crowd: “The last match I was two sets to one down and in the fourth set you gave me so much energy and tonight you did the same. “I don’t know how I found a way to win this match. The only explanation is you.” Djokovic is now just three wins away from extending his incredible record to 25 Grand Slam singles titles. Alex de Minaur became the first Australian man to reach the quarter-finals since his mentor Lleyton Hewitt, in 2004, by beating Daniil Medvedev 4-6 6-2 6-1 6-3.



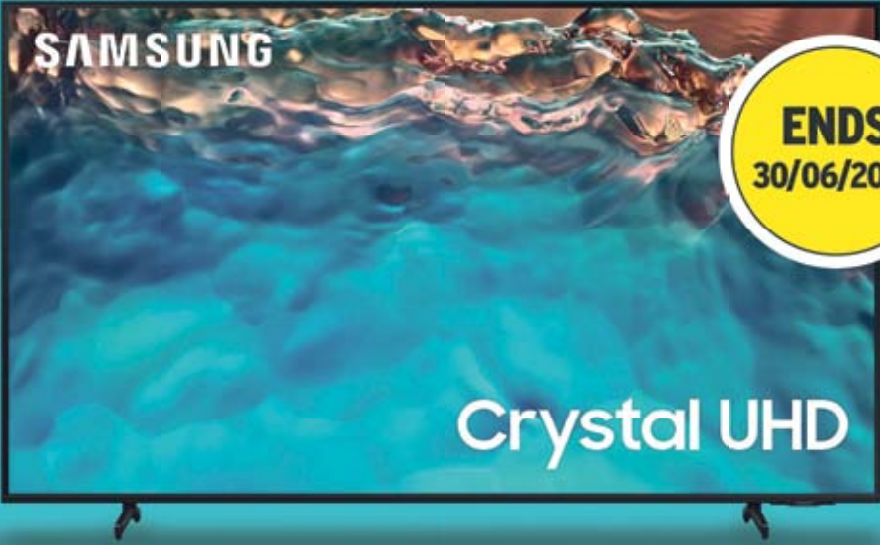
Teen Mirra breaks French hearts

RUSSIAN teenager Mirra Andreeva silenced the boos to become the youngest woman to reach the French Open quarter-finals since 2005. The world No.38 saw off Moscow-born Varvara Gracheva – the last French player left in the singles – 7-5 6-2. Gracheva was playing her first Roland Garros for her adopted country after taking French

nationality in June last year and enjoyed vocal support. Andreeva, below, said: “In the beginning it bothered me, but it was helping fire me up from inside.” Andreeva only turned 17 in April and is the youngest female player to make the last eight in Paris since Bulgarian Sesil Karatantcheva achieved the feat at 15. **NEIL MCLEMAN**



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FAMILY:
Admiring
messages

EMOTIONAL MOMENTS:
Leeds stars queue to hug
Burrow's mother Irene

Lionheart Rob left amazing global legacy



By Dave Craven

SAM BURGESS paid tribute to Rob Burrow by hailing the rugby league great's "heart of a thousand lions".

Leeds legend Burrow died, aged 41, on Sunday after a four-and-a-half year battle against motor neurone disease.

Warrington coach Burgess played alongside the brilliant scrum-half for Great Britain and England.

He also faced Burrow several times in Super League.

Burgess's father Mark died from MND in 2007 so he knows only too well just how horrific the disease is.

Speaking ahead of Saturday's Challenge Cup final against Wigan, he said: "It's tragic news but we all knew it

BURGESS PAYS TRIBUTE

was coming at some stage – it's the reality of MND. He has left such a remarkable legacy in the MND community and sport in general, not just in England but across the globe.

"For that, many people will be forever in debt to him.

"He had the heart of a lion on the field and a heart of a thousand lions off it. I'm proud to call him a friend and wish all his family and friends the best."

Burrow was scrum-half when Burgess made his debut for Great Britain in 2007, announcing himself on

BURGESS: Proud of his friend

the biggest stage with a famous hit on New Zealand's Fuihui Moimoi.

Asked what the 5ft 5in Burrow was like, ex-South Sydney powerhouse Burgess jokingly said: "A cheeky little bugger. He was great fun to be around, a great character and great competitor.

"He defied the laws of physics on the field – smaller than everyone else and half everyone else's size and weight but still caused everyone problems.

"To be able to do that you have to have a level of cheekiness and personality

to make it happen. That was Rob."

Burrow won the Challenge Cup twice with Leeds in 2014 and 2015.

The RFL are making plans to commemorate him at Wembley, where there will be a minute's silence ahead of the four matches taking place.

Fans will also be asked to applaud in the seventh minute, noting Burrow's shirt number.

Burgess, 35, added: "Everyone will try and represent Rob in a great fashion, not just us.

"Let's make it a special occasion for a special bloke."

Three other games are due to be played at Wembley on Saturday – the women's Challenge Cup final, the 1895 Cup and a youth match.



POWELL: Gave Burrow his start

'The tiny kid had a Herculean spirit'

DARYL POWELL recalled being taken aback by just how small Rob Burrow was – before being blown away by his "phenomenal" talent.

The Wakefield chief gave the Leeds icon his full Rhinos debut in 2001.

Ex-Great Britain centre Powell, 58, coached Burrow in the

By Dave Craven

academy before giving the tiny scrum-half his full debut in his first game as head coach at Headingley.

He said: "I remember seeing him training as a scholarship player and thinking, 'This kid's a bit small'.

"Then I saw him training and realised what a phenomenal

prospect he was. As he grew as a player he was outstanding – and his ability to beat an opponent was second to none."

Powell, whose Wakefield side face Sheffield in Saturday's 1895 Cup final at Wembley, added: "Once Rob got that No.7 shirt, which has become iconic with his name attached

to it, he never looked back. He had an unbelievable career, going to finals and tearing teams to shreds.

"He was such a tough young man.

"To play rugby league when you're Rob's size, you need to have an unbelievable, Herculean spirit to be able to do that – and he had that, for sure."

Hughes sweating on Olympic trials after Euros blow

BRITAIN'S fastest man Zharnel Hughes has suffered an Olympics injury scare which has forced him to pull out of this weekend's European Championships.

Hughes, who was among the favourites to win the 100m in Rome, picked up a hamstring issue racing in Jamaica on Saturday night.

Last year's world bronze medalist has less than four weeks to be fit for the British Olympic trials in Manchester on June 29-30.

Matthew Hudson-Smith has also withdrawn just a week on from breaking his own 400m European record but is not injured, while sprinters Imani-Lara Lansiquot and Nethaneel Mitchell-Blake will not race.

Britain will take nearly

ATHLETICS By Alan Smith

70 athletes to Rome, including Olympic 800m silver medalist Keely Hodgkinson and world heptathlon champion Katarina Johnson-Thompson.

World Athletics has announced a new biennial competition will start in 2026 featuring a £7.9million prize fund – the biggest in the sport's history.

The Ultimate Championship will be held in Budapest from September 11-13, 2026, with eight to 16 of the highest-ranked athletes per event battling for a winning prize of £118,000.

The competition, which will run in alternate years to the World Championships, is World Athletics' latest attempt to engage younger audiences.

President Seb Coe said: "With only the best of the best on show and cutting straight to semi-finals and finals, we will create an immediate pressure to perform for athletes. It will be a must-watch event."

HUGHES: Ruled out of Rome with hamstring injury



CURRY BACK TO SPICE UP TOUR

TOM CURRY is back in England's squad and set to tour Japan and New Zealand – despite playing just 34 minutes since the World Cup.

The Sale flanker had hip surgery after the tournament for an injury he called a car crash.

But Curry, right, came off the bench in the Premiership play-off semi-final defeat by Bath on Saturday.

England coach Steve Borthwick has named an updated 33-man training group ahead of the tour that starts this month. Curry's twin Ben is also

RUGBY UNION By Adam Hathaway

included, as are fellow Sharks, prop Bevan Rodd, fly-half George Ford, uncapped full-back Joe Carpenter, wing Tom Roebuck and scrum-half Raffi Quirke.

Saracens have six forwards in the squad including Tom Willis, Ben Earl, Jamie George and Nick Isiekwe.

Dan Cole and Joe Marler, who were not in the camp last week, have been added to the party.

Elliot Daly of Saracens will be absent because of the upcoming birth of his first child.



Mead heeding the big French lesson

BETH MEAD is confident the Lionesses have what it takes to turn their Euro 2025 qualifying campaign around when they face group leaders France in Saint-Etienne.

The defending European champions sit third in Group A3, five points shy of tonight's opponents after Friday's 2-1 defeat by Les Bleus in Newcastle.

A top-two finish guarantees a ticket to next summer's tournament in Switzerland.

England forward Mead said: "We're very frustrated with Friday. We've got a team of



MEAD: Very frustrated by defeat

FRANCE V ENGLAND 8PM, ITV4

winners, everyone is pushing for a start.

"We've analysed, we feel ready, we feel that we can put in a good performance and show that we can beat France comfortably."

England will be without first-choice goalkeeper Mary Earps, who sustained a minor hip injury at St James' Park.

Birmingham's Lucy Thomas has been promoted from the standby list, while Hannah Hampton is set to start.

The squad will rest after the France game before three training camps and a behind-closed-doors game against Holland, which precedes the final group fixtures in July.

By John Cross

ENZO MARESCA promised to deliver success and "make the fans proud" as he was finally confirmed as Chelsea's new head coach.

Maresca, 44, has signed a five-year contract, with a club option to extend by a further 12 months, which underlines just how much faith they are putting in the manager who led Leicester to the Championship title.

The Foxes pre-empted Chelsea's announcement by putting out a club statement just before their Premier League rivals as they voiced their "disappointment".

Leicester said: "Given the promising foundations established during his single season in charge, the club is disappointed that Enzo has decided at this stage that he no longer wants to be part of our vision." Former Juventus midfielder

Maresca said it was a "dream" to take over but the reality is that he will be expected to deliver quickly by winning silverware



FOX TRAP: Chelsea prized Maresca away from Leicester

Maresca excited by 'dream' move

and getting the Blues back into the Champions League.

Chelsea agreed an £8million package with Leicester for Maresca, who only arrived at the King Power last June having previously worked for Manchester City's academy.

Maresca said: "To join Chelsea, one of the biggest clubs in the world, is a dream for any coach. It is why I am so excited by this opportunity. I look forward to working with a very talented group of players and staff to develop a team that continues the club's tradition of success and makes our fans proud."

Chelsea put out a joint statement from Laurence Stewart and Paul Winstanley, their co-sporting directors, who said: "We are delighted to welcome Enzo to Chelsea."

"He has proven himself to be an excellent coach capable of delivering impressive results with an exciting and identifiable style. Enzo has deeply impressed us in our discussions leading up to his appointment. His ambitions and

work ethic align with those of the club. We thoroughly look forward to working with him."

Maresca beat the likes of Ipswich manager Kieran McKenna and Brentford head coach Thomas Frank to the Chelsea job and is regarded as someone from the Pep Guardiola coaching model.

His ability to develop young players, such as Chelsea's Cole Palmer and Romeo Lavia, was seen as key to his appointment.

The Blues expect another busy summer of ins and outs but Maresca will work within the club structure while having a say on transfers.

Mauricio Pochettino, above, exited last month after leading Chelsea back into Europe and is on Manchester United's shortlist if they dismiss Erik ten Hag.

Maresca's coaching team of Willy Caballero, Danny Walker, Michele De Bernardin, Marcos Alvarez, Javi Molina Caballero and Roberto Vitiello will follow him to Stamford Bridge.

Ben Roberts will join the staff as goalkeeper coach while Bernardo Cueva will lead the set-piece department.



CARRICK UPSIDE

MICHAEL CARRICK will be backed for a promotion push after signing a new deal with Middlesbrough.

The former England midfielder had a year left on his deal but has now penned an extension until 2027.

Carrick, 42, wants five signings, including a striker, to help Boro into the play-offs at least and has secured backing to push on with his targets.

Last season Boro signed 15 players,

including four on loan, in a big overhaul.

They reached the Carabao Cup semi-finals, despite a long injury list, and finished eighth in the Championship, four points adrift of the top six.

Carrick, left, said: "I've been calm about it. Having that attachment, trust, belief within the club is important."

"It [the contract] feels like a big headline, but really it doesn't change anything I do."

SIMON BIRD



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Ampadu all set to end his marathon in style

ETHAN WILL BE WALES CAPTAIN

By Phil Blanche

IT WAS a marathon season for Ethan Ampadu – and he seems set to end it with the Wales captaincy.

The Welsh are without regular skipper Aaron Ramsey for this week's friendlies against Gibraltar and Slovakia following an injury-plagued campaign at Cardiff.

Vice-captain Ben Davies has joined up with the squad but will sit out both games because of the calf injury that ended his Tottenham season.

Joe Rodon, who was on loan at Leeds alongside Ampadu last season, withdrew from the squad yesterday, paving the way for the 23-year-old to lead Wales out against Gibraltar in Portugal on Thursday and in Trnava three days later.

Wales manager Rob Page said: "Ethan's had the armband at Leeds and he is captain material. He's shown that at Leeds and he's one for the future."

"You look at the players we've got in the squad and we're spoiled.

Even the younger ones have got experience." Ampadu has 51 senior Wales caps and started every game in the Championship for Leeds last season, including the play-offs.

Page said: "I saw a stat that, out of all the European footballers, Ethan has played the most minutes this season."

"That doesn't surprise me. He is robust, has the quality and is not afraid to experience different cultures and different leagues."

"He's gone to Germany and Italy and played in the Premier League."

"Those experiences have made him the person and player he is. He's an absolute gentleman."

Page said there was no thought of giving Ampadu a rest after playing 60 games for club and country this season, saying: "These games are important for us and the lads want to come and play."

Daniel James also makes the squad after requiring several stitches in a head wound suffered in the play-off final at Wembley.

The Leeds winger's penalty was saved in the crucial shoot-out against Poland in March to dash their dream of reaching Euro 2024.

Page said: "You have to deal with the disappointment and I thought he handled himself with class."

"I knew how disappointed he would be. That's why I went straight to him at the end of the game."

"He's got a good support network. He's shown in his performances for Leeds since that he's OK. DJ has played for one of the biggest clubs in world football at Man United. That's pressure on its own, so he's more than capable of dealing with it."

Stoke defender Matt Baker has received his first senior call-up with Connor Roberts also withdrawing from the squad.

PAIN AND GLORY: Ampadu and, left, at Wembley



CHRISTIE: Opened scoring for Scots

Young gun Tommy shoots up list

STEVE CLARKE is considering sending out a striker SOS to young Tommy Conway.

The Bristol City star was on target for Scotland Under-21s in Turkey last night while the senior side struggled to break down Gibraltar.

It took almost an hour for Ryan Christie to make the breakthrough, before Che Adams smashed in a second late on.

Scotland manager Clarke is still weighing up his options after losing Lyndon Dykes for

GIBRALTAR 0 SCOTLAND 2

Euro 2024. He admits Conway, 21, has shot to the top of his list after finding the net for Scot Gemmill's young side.

Clarke said: "It was nice that Tommy scored. He is a good boy and is certainly in my mind."

"Can we replace Lyndon like for like? No."

"Would it have been a better performance with Lyndon in the team? Probably no, because they dealt very well with high balls into the box. So we just need to

find a bit more craft from certain players to unpick that type of defence."

Clarke said Scotland would need to be more clinical in Germany after wasting a glut of chances last night.

But the manager was happy with the victory after seven games without a win following Euros qualification.

He said: "It was nice to win and get a clean sheet."

"I said to the lads at half-time that if we want to keep improving as a

team, when you create that number of good chances, you have to score them."

Clarke suffered a major scare when Leeds defender Liam Cooper limped off, but the manager is hoping for good news.

He said: "It looks like a knee-on-knee collision, which will be sore for a couple of days. Fingers crossed it should be fine."

"I was worried. Liam doesn't stay down very often."

MICHAEL GANNON

ON THE UP: O'Shea has seen stock rise



O'Shea is looking for hint from Irish

JOHN O'SHEA is hoping for clarity over his future this month after stepping into the Republic of Ireland breach for a second time.

The interim manager will send his team into the friendlies against Hungary in Dublin tonight and Portugal in Aveiro next week having emerged as a contender in the search for Stephen Kenny's successor, which is now in its seventh month.

FA of Ireland chiefs abandoned their plan to appoint a manager in April but vowed one will be in place ahead of September's Nations League opener against England.

O'Shea, 43, said: "Everyone, including myself, would like clarity on it."

The ex-Manchester United defender had been all but dismissed

REP OF IRELAND V HUNGARY
7.45PM, PREMIER SPORTS

as a candidate when the FAI asked him to take charge of March's friendlies.

But with England Under-21s head coach Lee Carsley, Greece head coach Gus Poyet and former Wales manager Chris Coleman having distanced themselves from the vacancy, his stock has risen sharply.

The former Ireland defender, who won 118 caps, has made no secret of his interest in the post while concentrating on preparing his players for the next two matches.

The Republic have won only one of their past eight games, a 4-0 Euro 2024 qualifier victory against Gibraltar last October.

Hungary, who are bound for the Euros, are unbeaten in 14.

SANCHO OUT FOR DORTMUND DEAL

JADON SANCHO has thanked Borussia Dortmund for rescuing his career.

And the England winger will now push for a permanent move to the German outfit from Manchester United.

Sancho's £73million transfer from Dortmund to United in 2021 turned into a nightmare, following a public bust-up with Erik ten Hag last year.

He was banned from training until Dortmund re-signed him on loan in January.

Sancho rediscovered his best form to help Dortmund reach the Champions

By **Jeremy Cross**

League final before losing to Real Madrid.

Now he is hoping United and Dortmund can agree a deal.

Sancho showed his thanks to Dortmund with a social media post.

He said: "I'm so grateful to be a part of such an amazing group of players. I want to congratulate Real Madrid on winning the Champions League."

"We came up short on the night, but we should be super proud of ourselves."

"I want to thank everyone involved at such an amazing club. I can't thank you

enough for welcoming me back the way you all have."

SANCHO: Grateful for loan



IN THE PALMER OF

Goal-king Cole leads late blitz for Southgate

ENGLAND	3
BOSNIA-HERZEGOVINA	0

By John Cross

IT WAS not always a performance to leave the rest of Europe quaking in their boots.

But as warm-up friendlies go, it eventually did the job for England even if it took an hour and a VAR decision to set them on course.

Cole Palmer marked his first start with the opener, followed up by his trademark celebration, rubbing his arms to warm himself because he was ice-cold from the penalty spot at St James' Park.

After his outstanding season for Chelsea, Palmer might have given Gareth Southgate real food for thought.

He looks nailed on to make the final 26-man squad and is in good enough form to apply some pressure to the starting line-up.

Trent Alexander-Arnold struck a spectacular second goal and, after a hit-and-miss first half, might just have passed his midfield audition.

Harry Kane rounded it off with a late third to make the scoreline look like something of a hammering, when it felt more like a training exercise at times.

As the game opened up, Alexander-Arnold sprayed the ball around and looks an option in deep midfield alongside Declan Rice for Euro 2024.

In truth we did not learn too much else, other than this was the more experimental of the two warm-ups, with Iceland at Wembley on Friday likely to provide the bigger send-off.

England manager Southgate, bottom right, would have hoped for more from a dull first half, although this was a long way from the team which will start against Serbia in their opening match at the Euros on June 16.

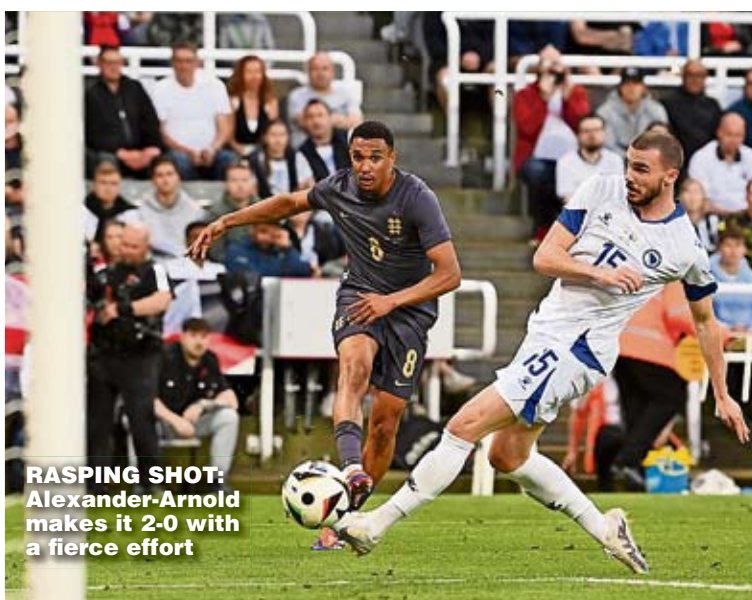
Only Jordan Pickford, Kieran Trippier and Marc Guehi look likely starters in that game, but Southgate brought on the big guns as the clock ticked down.

Eberechi Eze took his chance with some nice touches on the left wing and has enough strength and ability to also play inside.

England barely had a look-in before the break as Ollie Watkins was denied by Nikola Vasilj and the Bosnia-Herzegovina keeper also denied Ezri Konsa.

But maybe the half-time team talk worked as the hosts were much better after the restart. The breakthrough came on the hour.

IT LOOKS SO EASY: Palmer puts England in front from the spot



RASPING SHOT: Alexander-Arnold makes it 2-0 with a fierce effort

Don't you just love VAR? Who on earth wants to scrap it when it helps England like this.

Norwegian referee Rohit Saggi missed the incident but the video assistant spotted Benjamin Tahirovic's push on Konsa and the penalty was finally given.

Kane was just about to come on to the field. However, spot-kick expert Palmer took it and stroked the ball into the net.

Now England were in control.

They brought on Kane, Jack Grealish and James Maddison among a raft of substitutes and suddenly had much more creativity and invention, even if poor old Palmer was hooked off straight after

scoring. The second goal came on 85 minutes and it was a beauty.

Manchester City's Grealish, battling for his place in the 26, sent a precise ball over the top to find Alexander-Arnold, and the Liverpool defender-turned-midfield-creator volleyed home into the far corner with the most beautiful technique.

Alexander-Arnold has to be a top option for the starting XI now.

Kane then made it 63 goals to extend his record as England's top scorer with a late toe poke.

He just cannot stop scoring and that, together with a comfortable win, is all England needed at this stage.



GARETH'S HAND

RATINGS

BY JOHN CROSS

express.co.uk/sport
ENGLAND (4-2-3-1)

Pickford	6
Konsa	7
Dunk	6
Guehi	7
Trippier	7
Gallagher	6
Alexander-Arnold (GOAL 85)	7
Palmer (GOAL 60 PEN)	7
Eze	7
Bowen	7
Watkins	6

SUBS

Maddison (Palmer 61)	6
Wharton (Trippier 61)	6
Branthwaite (Guehi 61)	6
Kane (Watkins 61) (GOAL 89)	6
Grealish (Eze 61)	6
Gomez (Dunk 73)	

BOSNIA-HERZ (3-5-2)

Vasilj	7
Ahmedhodzic	6
Bicakcic	6
Katic	6
Gazibegovic	6
Saric	6
Tahirovic	5
Radeljic	6
Hajradinovic	5
Demirovic	6
Gigovic	5

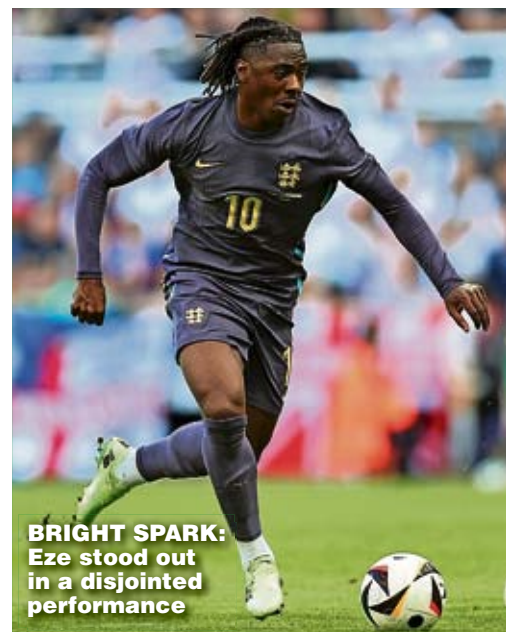
SUBS

Huseinbasic (Saric 63)	6
Mujakic (Bicakcic 74)	
Hadzikadunic (Radeljic 74)	
Tabakovic (Demirovic 74)	
Muharemovic (Ahmedhodzic 82)	
Burnic (Gigovic 82)	

ENGLAND v BOSNIA-HERZ

71	POSSESSION %	29
8	SHOTS ON TARGET	0
5	SHOTS OFF TARGET	0
12	BLOCKED SHOTS	1
11	CORNERS	2
7	FOULS	16
2	YELLOW CARDS	2
0	RED CARDS	0

Source: Opta


MAN OF THE MATCH
PALMER – Lively first start

BRIGHT SPARK:
 Eze stood out
 in a disjointed
 performance

Palace star's stellar display is Eze on the eye

EBERECHI EZE staked a claim to be England's wide-eyed wild card at Euro 2024 – and heaped pressure on Jack Grealish to find top form.

Eze was a breath of fresh air last night. So was England's decision to take this warm-up game for Germany on the road to St James' Park. Both injected positivity on a functional night of avoiding injury and going through the motions.

The Crystal Palace star shone with his swagger and movement. If Southgate really is thinking of leaving Grealish behind after his flat season for Manchester City – or fellow forward players

By **Simon Bird**

James Maddison or Ivan Toney for that matter – then Eze is the squad-mate turning the screw.

Amid a stop-start, disjointed game it was the 25-year-old forward from Selhurst Park who lifted the game above pedestrian.

Eze was a ball carrier in the Grealish mould. A useful pressure reliever who opens doors and offers something different. Being a rookie on the international stage could be an advantage.

He was crisp, sharp, played line-breaking forward passes.

Note a first-half twisting, jinking run through the middle before drawing a foul around the box, another great attribute, which set the tone.

Asked if Grealish was guaranteed his place in the squad, Southgate was coy, saying: "I don't think we're defining that just yet. We know where we're likely to be."

Eze will be there as a useful option off the bench initially. Who knows, maybe more?

We will find out on Saturday the unlucky seven who will be cut from the 33-man training squad. Maybe the clues were on England's bench last night. Most

at risk? Jarrad Branthwaite, Jarell Quansah, Curtis Jones, Adam Wharton and James Trafford, all potential stars of the future, who will benefit from seeing the pre-Euros build-up.

Of the more capped stars? Do Maddison, Grealish and Toney need a big week to light up training and the last friendly against Iceland at Wembley on Friday? Much depends on which defenders recover from injury.

As auditions go, this was a messy dress rehearsal lifted by Cole Palmer's penalty, Trent Alexander-Arnold's volley and Harry Kane's late strike. But in the spotlight, Eze stood out.





DAILY
EXPRESS

SPORT

express.co.uk/sport

JOS HAS T20 VISION

We need to be right on it, says skipper

TRICKY TASK: Buttler expects Scotland to be 'tough' rivals in England opener

JOS BUTTLER warned England must be "right on it" to avoid another white-ball meltdown in their T20 World Cup opener against Scotland today. England begin the defence of their crown in Barbados, seven months after Buttler's side flopped in the 50-over format. And the captain is demanding "100 percent intensity" after the Scots sprang a massive upset in their previous one-day meeting six years ago. Buttler said: "We expect a tough challenge. They want to beat us and we want to beat them. Every game we have to be right on it." Five years on from his debut, England paceman Jofra Archer is expected to play on his home island. Buttler said: "He's a real cool, calm, collected guy but I'm sure there's some emotion. "He'll have a lot of close friends and family watching and he'll be desperate to perform." ☐ THE ICC have announced a record World Cup prize pot of £8.8million. The winners get £1.92m, the runners-up £1m. **BEST OF ENEMIES: PAGE 53**



ENGLAND

3

V

0



BOSNIA-HERZ

INTERNATIONAL FRIENDLY

HANDY COLE

Palmer proves his worth with a goal on first start for England

By Simon Bird

COLE PALMER stepped up his bid to make England's Euro 2024 squad with a penalty to spark a warm-up victory at St James' Park. And Harry Kane banished any fitness fears after back trouble by coming off the bench to score the third goal against Bosnia. Kane netted after Trent Alexander-Arnold, left, had added a cracking volley for the second. Kane's scrambled goal and half-hour run-out will be a relief to manager Gareth Southgate. **MATCH REPORT: PAGES 58-59**

COLE COMFORT: Palmer celebrates in familiar fashion



TRUE BLUE: MARESCA'S CHELSEA PRIDE

NEW BOSS CONFIRMED: PAGE 56



NEWSPAPERS SUPPORT RECYCLING
The recycled content of UK Newspapers in 2023 was 45.5%

ABCDEFHIJKLMNOPQRS *TUW1234WBDS

Austria €3.50, Belgium €3, Bulgaria BGN 4.60, Canary Islands €2.40, Cyprus €2.50, Denmark 24DKr, Finland €5.80, France €2.70, Germany €2.50, Gibraltar Gib £1, Greece €2.50, Italy €2.50, Luxembourg €3.50, Malta €3, Netherlands €3, Norway 32 Nkr, Portugal (Cont) €2.40, Spain €2.40, Switzerland SF 4.50, Turkey TL 7.50, USA \$2.00

Puzzles

SUDOKU

Fill the grid so that every column, row, and 3x3 square includes all of the digits from one to nine. **Solutions tomorrow**

EASY

3			8		1		4	7
		5		4				8
4		8			9	2	6	
		7		3				9
	2		5	1	4		3	
1						4		
	6	2	4		3	8		
			6	7		3		4
7		4			2			5

MEDIUM

	4	7				9	6	
		1	9	4	2	3		
	3							4
		4	5		1	2		
3								9
		6	7		3	4		
1								3
		3	2	5	8	1		
6	8				7	5		

DIFFICULT

1	9			2	8			
	6		5			4		
5								8
		6	3			7		
9				7				5
		3			4	8		
								7
		9			2		8	
			7	5			9	3

Extra clues:
0901 322 5609

**Calls cost 75p plus your telephone company's network access charge.*

Today's solution:
0907 181 2573

**Calls cost 80p per minute plus your telephone company's network access charge.*

QUICK CROSSWORD

1		2		3		4	5		6		7	
8												
					9							
10												
						11						
12					13							
										14		15
	16		17		18			19				
20												
						21						
22												
						23						
24												

ACROSS

- 4 Wordy (7)
8 Hateful (6)
9 Ardent (7)
10 Place of worship (6)
11 On ship (6)
12 Fixed (8)
18 Remiss (8)
20 Price (6)
21 Deed (6)
22 Appease (7)
23 Venerate (6)
24 Extent (7)

DOWN

- 1 Touch (7)
2 Paint (7)
3 Throat (6)
5 Lift (8)
6 Roar (6)
7 Writhe (6)
13 Forebear (8)
14 Moreover (7)
15 Apart (7)
16 Put aside (6)
17 Brawl (6)
19 Surpass (6)

Solution tomorrow

Stuck on the puzzle? Call **0905 789 4188** to hear individual clues or the full solution

**Calls cost 80p per minute plus your telephone company's network access charge. Service provider Spoke Ltd - Helpline 0333 202 3390*

CROSS DOUBT

Target times: Average: 18 mins
Good: 14 mins Excellent: 10 mins

Stuck? Call for a clue
0901 322 5601
Halve your Target Time!

Today's solution
0901 322 5607
Both today's words in a moment!

**Calls cost 75p plus your telephone company's network access charge.*

Can you make two common five-letter words from the nine letters given, using each letter only once? You can - but only if one letter features in both words in the squares on the right. There's at least one way to do it, and you have to have the right letter at the crossover - but which one is it?

See if you can find the answer within our target time. If you need help, ring our clue-line below to find out the crossover letter. **Solution tomorrow**

A C E F F G I N T

SMALL CROSSWORD

1	2	3	4	5		6	7	8
9								
10					11			
	12			13				
14						15		
16		17			18			
19					20			
			21					
22								

ACROSS

- 2 Balderdash (8)
9 Anticipate (6)
10 Actress, _ Barrymore (4)
11 A pace (4)
13 Belonging to them (5)
14 The shore (9)
16 Picture (5)
19 Bird's dwelling (4)
20 Insects (4)
21 Harsh (6)
22 Benchmark (8)

DOWN

- 1 Treatments (9)
3 Musical play (5)
4 Current events (4)
5 Detest car (anag.) (9)
6 Memo (4)
7 Using one's eyes (6)
8 Verbalises (9)

DOWN

- 12 An instant (6)
15 Archery target ring (5)
17 Largest continent (4)
18 Molten rock (4)

Solution tomorrow

For today's solution call:
0907 181 2582

**Calls cost 80p per minute plus your telephone company's network access charge.*

KAKURO

	11	18				8	10	14	
17				11	17	22			
10						9			
		24				33			
	12						20	13	
4				10			5		
13				5			11		
				21			8		
	7	11							
7					27				
23							6		

Fill each sequence of blank squares using the numbers 1-9. Each sequence - across and down - must total the number in the shaded box at the beginning or top of each line. A number may be repeated in each line but NOT in a sequence.

Solution tomorrow

Puzzles

QUIZWORD

- ACROSS**

1 Rhinoceros-like herbaceous dinosaur of Cretaceous times (11)

9 Thick-furred marsupial of the Americas having a hairless prehensile tail (7)

10 Charles, narrator of the Evelyn Waugh novel Brideshead Revisited (5)

11 Asian climbing plant, Piper beetle, whose leaves are chewed as a narcotic (5)

12 Siegfried, British poet who wrote the volumes Counter-Attack and The Old Huntsman (7)

13 Stephen King novel featuring the character Paul Sheldon (6)

15 Small yellow finch such as the waterslager (6)

18 Historical province of southern Portugal (7)

20 A --- pole is a carved structure set up by certain Native Americans as a tribal symbol (5)

22 Rhys, actor whose film roles include Spike in Notting Hill (5)

23 Legendary town where King Arthur's palace and court were situated (7)

24 Printing process using a cylinder with small recesses from which ink is transferred to paper in a rotary press (11)
- 4 Jean-François, golfer who won the French Open in 2004 and 2005 (6)

5 A doughnut-shaped geometric surface generated by rotating a circle about a line in the same plane as the circle but not intersecting it (5)

6 Eusebio, Panamanian boxer who was WBA Featherweight champion 1978-85 (7)

7 'The Adventures of --- ---', 1962 book by JRR Tolkien (3,8)

8 Variety of hard green-skinned apple first produced in Australia (6,5)

14 Giant cactus, Carnegiea gigantea, having edible red pulpy fruits (7)

16 Vladimir, 1988 Olympic men's combined exercises gymnastics champion (7)

17 Johnny, lyricist whose songs include Blues In The Night and Moon River (6)

19 Rene, actress whose film roles include Karen Flores in Get Shorty (5)

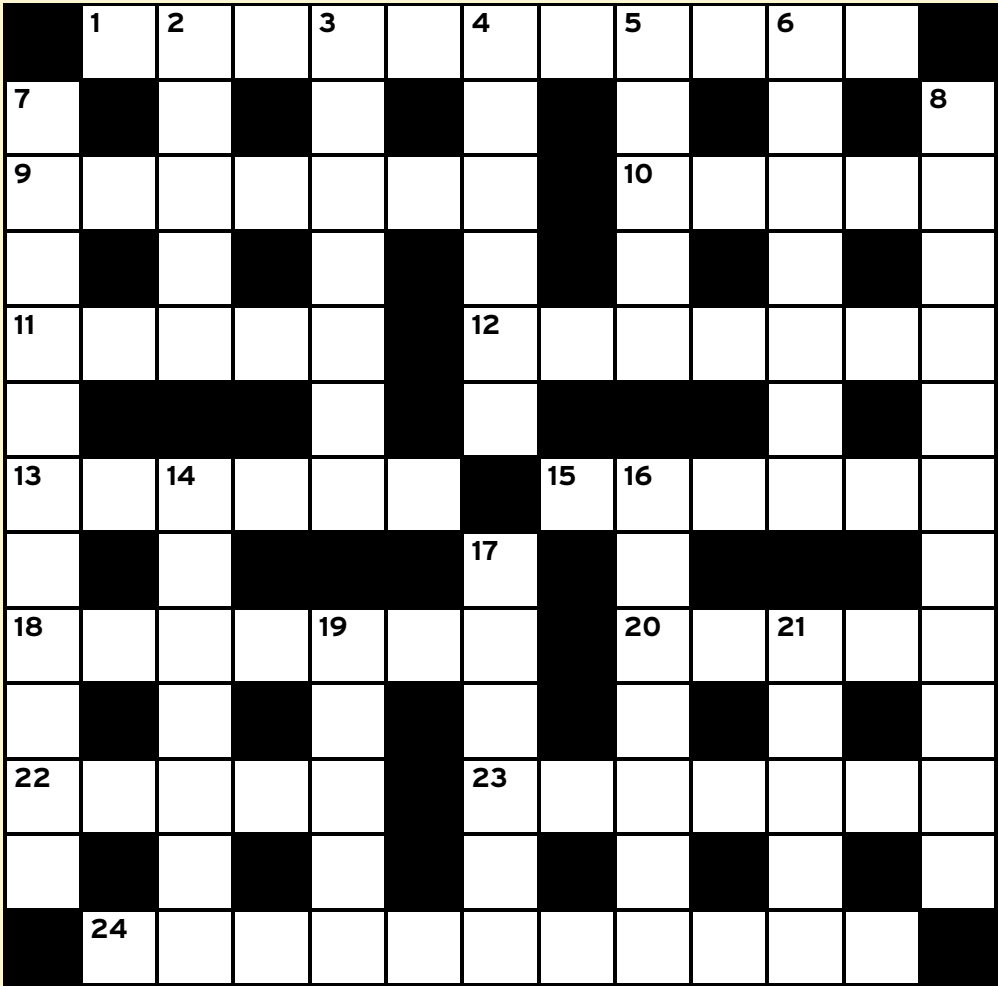
21 John, tenth president of the US (5)
- Solution tomorrow**

Stuck on the puzzle? Call **0905 789 4190** to hear individual clues or the full solution

*Calls cost 80p per minute plus your telephone company's network access charge. Service provider Spoke Ltd - Helpline 0333 202 3390
- DOWN**

2 The --- is a powerful current caused by conflicting tides around the Shetland and Orkney Islands (5)

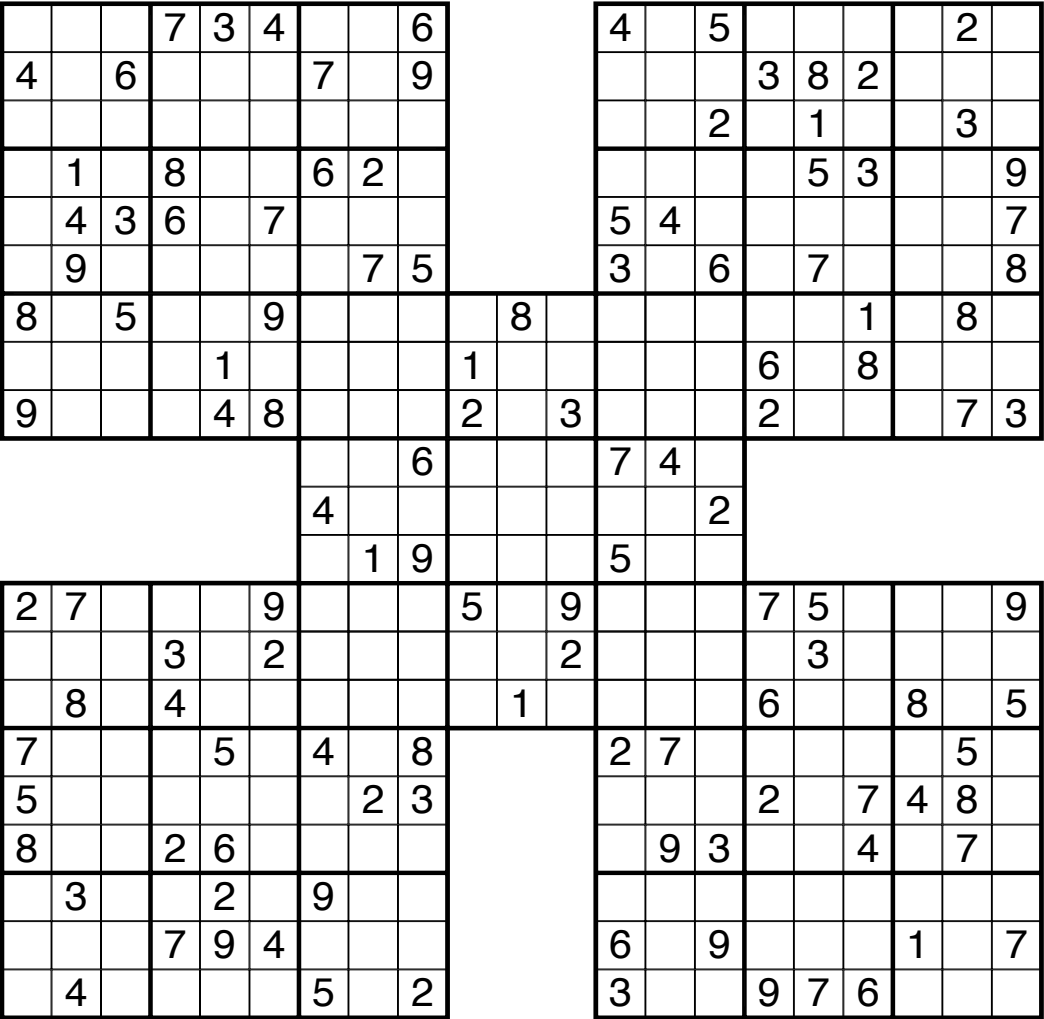
3 Clive, author of the 1997 novel Flood Tide (7)



SAMURAI SUDOKU

In Samurai Sudoku, normal sudoku rules apply, but the 9x9 sudoku at the centre shares four of its 3x3 boxes with those of the outer sudokus.

Solution tomorrow



WORD BUILDER

- Answer each clue so that every word contains the same letters as the previous word, plus or minus one.
- Solution tomorrow**
- 1

2

3

4

5

6

7
- 1 Pat

2 Poet

3 Franchise

4 Cognac

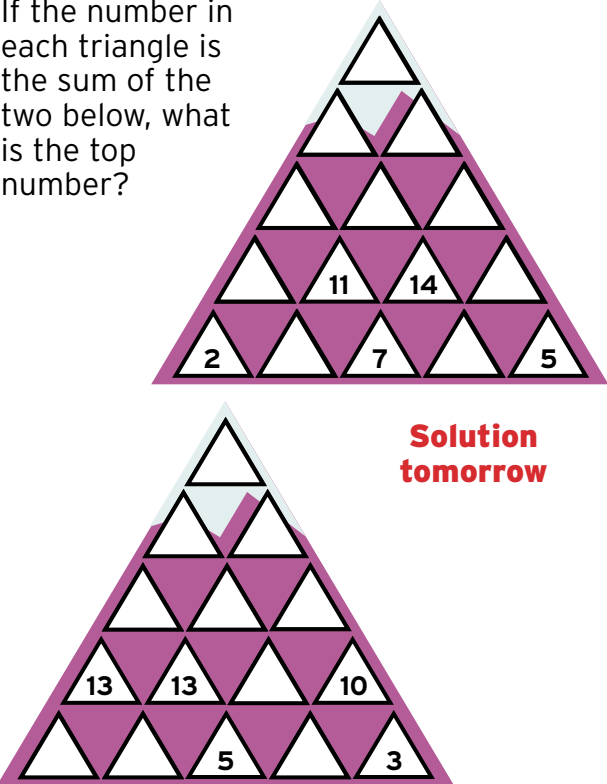
5 Exchange

6 Group

7 Grab

SUMMIT UP

If the number in each triangle is the sum of the two below, what is the top number?



SMALL CROSSWORD

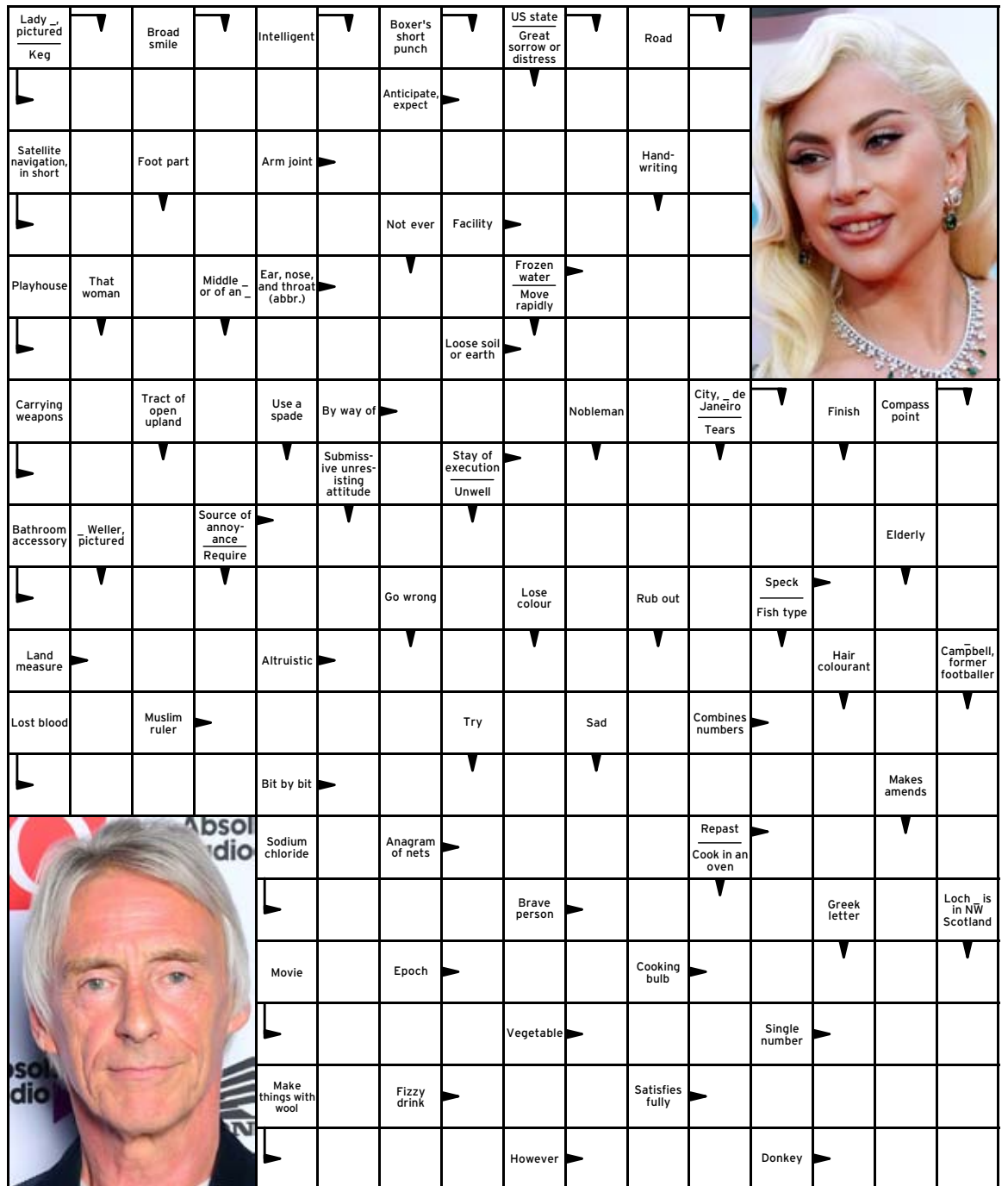
- Across:**
- 1 Wholesome,
- 7 Annexe,
- 9 Rota,
- 10 Carla,
- 12 Trip,
- 13 Resurrect,
- 14 Ogre,
- 16 Balti,
- 18 Pops,
- 19 Rookie,
- 20 Do wonders.
- Down:**
- 1 Wardrobe,
- 2 Onto,
- 3 League,
- 4 Excursion,
- 5 Our,
- 6 Malice,
- 8 Baptises,
- 11 Legato,
- 12 Tripod,
- 15 Poke,
- 17 Law.

Solution tomorrow

D	G	N	E	F	L	K	U	X	F	G	B	C	D	J
C	T	C	S	P	E	E	D	W	A	Y	Y	M	U	W
T	I	M	E	T	R	I	A	L	N	C	D	D	X	P
M	U	A	E	M	O	R	D	O	L	E	V	E	G	O
O	S	I	O	C	P	I	T	O	F	I	V	T	R	I
U	R	O	H	I	A	N	C	R	W	I	K	N	A	N
N	U	U	S	B	E	R	E	C	T	H	M	R	N	T
T	P	H	N	M	O	E	H	R	A	A	R	E	D	S
A	K	K	U	S	S	T	O	C	O	T	Y	L	T	R
I	M	N	S	T	I	P	N	G	T	M	C	A	O	A
N	O	B	Y	N	S	D	L	I	J	A	N	Y	U	C
M	V	L	Y	Q	E	O	W	H	R	J	R	I	R	E
H	E	M	A	D	I	S	O	N	W	P	I	C	U	N
D	O	W	N	H	I	L	L	T	A	T	S	N	S	M
R	O	A	D	R	A	C	E	O	U	C	H	H	S	T

Solution tomorrow

BMX ● CYCLO-CROSS ● DOWNHILL
FREESTYLE ● GRAND TOUR ● KEIRIN
MADISON ● MONUMENT ● MOUNTAIN
OMNIUM ● POINTS RACE ● PURSUIT ● RELAY
ROAD RACE ● SCRATCH RACE ● SPEEDWAY
SPORTIVE ● SPRINT ● TIME TRIAL
VELODROME

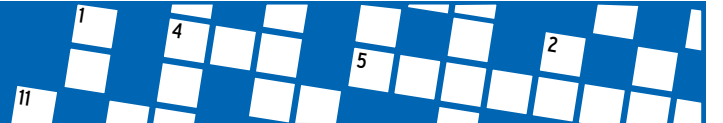


Black squares: 4, 6, 10, 11, 16, 18, 21, 23, 27, 28, 30, 31, 32, 38.

Across: Decimal, System, Chamber, Brutal, Sphinx, Today, Fetid, Exotic, Invert, Jazzier, Gallop, Tequila.

Down: Ducks, Offings, Crackpot, Volt, Windproof, Apex, Excel, Jade, Hydration, Stet, Daiquiri, Employs, Larva

Puzzles



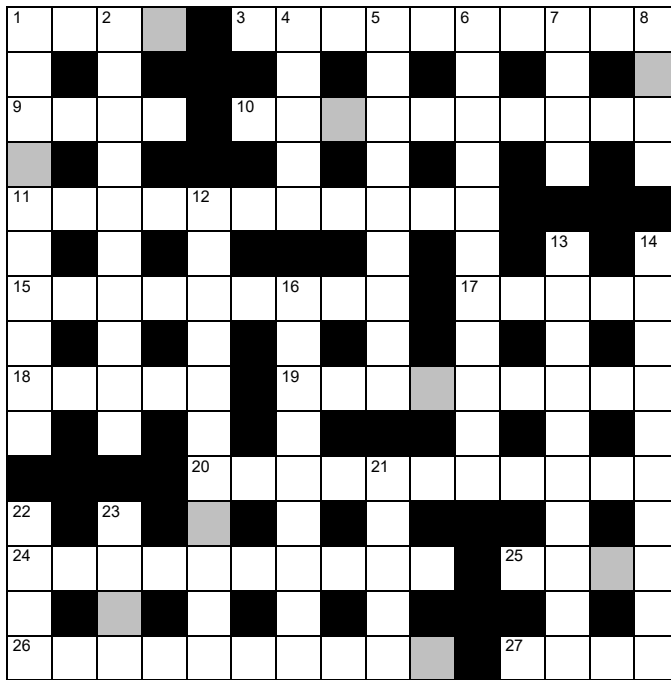
CRUSADER PRIZE CROSSWORD

ACROSS

- 1 Walks quietly home - journey's end (4)
3 Complain - attendant does not have one colic relief (5,5)
9 Incline to be thin (4)
10 Obvious young woman has powerless exterior (10)
11 HQ never ordered recent development (5,6)
15 Described nobleman in grass (9)
17 Intrigued elves have to investigate (5)
18 Graduate no good with a form of animation (5)
19 Doctor playing I Spy with china (9)
20 During commercial, seeing hospital department is accidental (11)
24 Old writer, finds twisted blade no longer useful (10)
25 Lethal tendencies have to stop (4)
26 Hit back concerning detail at overturn (10)
27 Vendetta is loud, and due to change (4)

DOWN

- 1 Madam is one, sir isn't (10)
2 Nuisance, caring about sport (4,6)
4 Extent of anger varied (5)
5 Turned tepid only in a cutting way (9)
6 Warders hire out some white goods (6-5)
7 Instrument reversing an objection (4)
8 Stagger to see a film (4)
12 Nautical ode turned out to be instructive (11)
13 I will repeat, unable to read (10)
14 Check declared and put back in position (10)
16 VIP in the fruit business? (3,6)
21 Usefulness is universal in glen (5)
22 Appearing to have food (4)
23 Show contempt for a roasting rod (4)



FOR YOUR CHANCE TO WIN
Read down the letters in the highlighted squares to reveal the mystery word.

TO ENTER: Call **0904 161 3700** (calls cost £1.50 plus your telephone company's network access charge) and leave your answer and details, or text **DXCRUS** followed by a space, your answer, name and address details to **88833** (texts cost £1.50 plus your standard network rate). Lines close at midnight Saturday. Or send your grid containing the answer in the shaded squares by posting it to: Crusader Crossword, June 4, PO Box 8694, Derby DE1 9TW. Entries must be postmarked by June 5 at the latest. For any postal enquiries, call helpline number. SP: Spoke - 0333 202 3390. An extra day is given for postal entries during bank holidays.

● **One weekly winner will be the first random correct entry drawn from all entry routes after the closing date of midnight Saturday. Competition runs Sunday to Saturday. The Editor's decision is final.**

NEED HELP? Call **0904 161 1609** for 5 extra clues! Calls cost £1.50 plus your telephone company's network access charge.

NAME _____

ADDRESS _____

POSTCODE _____

LAST FRIDAY'S SOLUTION

ACROSS: 1 Pilot whale, 6 Fold, 10 Admired, 11 Against, 12 Dandelion, 13 Adder, 14 Photo, 15 Narrative, 17 Apennines, 20 Exist, 21 Tenet, 23 Calculate, 25 Reverie, 26 Holding, 27 Dolt, 28 Ostracised. **DOWN:** 1 Plaid, 2 Lemon sole, 3 Three-point turn, 4 Hadrian, 5 Learner, 7 Owned, 8 Deterrent, 9 Banana republic, 14 Plastered, 16 In italics, 18 Nucleus, 19 Sulphur, 22 Novel, 24 Egged. **Prizeword:** Fleapit

TARGET



● The Target uses words in the main body of Chambers 21st Century Dictionary (1999 edition)

HOW many words of four letters or more can you make from the letters shown here?

In making a word, each letter may be used once only. Each must contain the centre letter and there must be at least one nine-letter word. No plurals. Verb forms ending in S permitted.

TODAY'S TARGET

Good 30; very good 45; excellent 59 (or more). **Solution tomorrow**

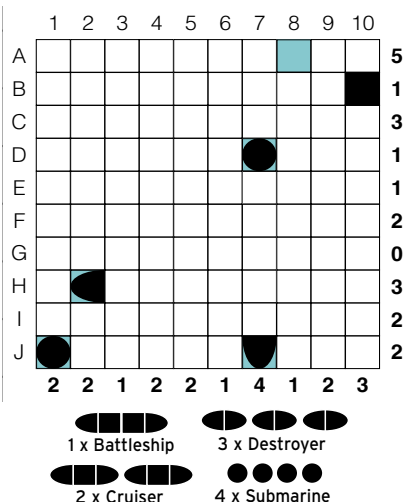
Call **0907 181 2585** for today's Target solution

*Calls cost 80p per minute plus your telephone company's network access charge.

BATTLESHIPS

FIND where the fleet of ships shown is hidden in the grid. The numbers to the right of and below the grid indicate how many of the squares in that row are filled in with ships or parts of ships. The ships do not touch each other, even diagonally. Some squares have been filled in to start you off.

Solution tomorrow



THE ALPHABEATER

TARGET TIME: 38 minutes

CAN you crack the Alphabeater? Each grid number represents a letter - or black square. As in Alphapuzzle, every letter of the alphabet is used. But you have to complete the grid too! Use the given letters and black squares below the grid to start. The grid is 'rotationally symmetrical' - in other words, it looks the same if you turn the page upside down.

Solution tomorrow

Extra letter clues
0907 181 2560

(Deduct three minutes for each extra clue letter heard)

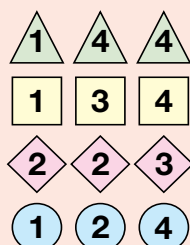
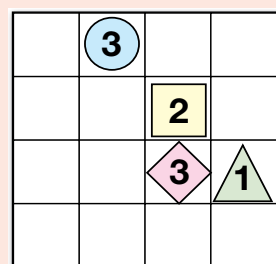
Full solution
0907 181 2558

*Calls cost 80p per minute plus your telephone company's network access charge.

A	21	35	19	37	30	28	12	5	6	38	5	34	39
B	12	3	10	32	19	17	24	1	15	20	37	40	3
C	30	15	11	13	27	16	13	12	37	33	22	9	21
D	1	40	39	1	27	13	31	4	13	26	19	20	37
E	31	19	2	38	9	12	24	10	20	17	10	25	39
F	33	26	29	26	4	35	15	36	22	13	5	32	16
G	15	31	13	25	32	5	35	29	16	4	9	26	30
H	22	39	38	36	10	3	7	19	27	28	17	18	29
I	23	11	32	5	4	17	31	16	15	23	8	9	37
J	31	19	26	37	13	11	3	35	20	16	21	19	17
K	23	35	12	38	40	33	20	17	7	6	15	35	34
L	34	9	14	14	36	23	28	32	19	21	32	31	22
M	29	26	21	1	4	16	5	15	7	14	3	26	33

● Alternatively, for six Extra Letter clues to your mobile, text **DXBEAT** to **64343**. Texts cost £1 plus standard network rate.

KEIJO



Place the tiles into the grid so that four different numbers and four different shapes appear in each row and column.

Solution tomorrow

THE ALPHAPUZZLE®

Alphapuzzle® tests logic and word power. Each grid number stands for a letter. Every letter of the alphabet is used. Use the given letter or letters - below the main grid - to start. **Solution tomorrow.**

DIFFICULTY: 9/10; **TARGET:** 29 mins; **CLUE:** Devoid of free form in empty boat.

A		12	16	19	20	13	9	1		14	16	25	20
B													
C	20		2		19		1				13		1
D													
E	3	2	9	25	20		17	16	1	10	11	9	8
F													
G	2		16		1		20				6		2
H													
I	20			17	8	16	5	18		15	16	4	21
J													
K	17		3		26		8		2		24		
L													
M	17	13	22	3	16	1		24	20	2	20	14	8
N													
O			22		13		16		13		8		15
P													
Q	5	22	10	20		7	26	16	9	13			20
R													
S	20		15			8		16		10		1	
T													
U	10	2	9	23	23	13	20		24	2	26	1	8
V													
W	16		13				26		13		13		21
X													
Y	2	20	13	21		24	2	9	20	14	13	21	
Z													

1	2	3	G	4	5	6	7	Q	8	9	10	11	12	13
14	15	16		17	18	19	20	21	22	23	24	25	26	

EXTRA LETTER CLUES: 0907 181 2568*

Hear up to six Extra Letters, deduct two minutes for each clue letter heard.

FULL SOLUTION: 0907 181 2565*

ACROSS ONLY: 0907 181 2561* / DOWN ONLY: 0907 181 2562*

*Calls cost 80p per minute plus your telephone company's network access charge.

Alternatively, for six extra letter clues direct to your mobile, text **DXALPHA** to **64343**. Texts cost £1 plus standard network rate.

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THE DAILY EXPRESS 30-SECOND CHALLENGE

TODAY'S ANSWERS: BEGINNER = 84; INTERMEDIATE = 121; ADVANCED = 552.

PLAY MORE CROSSWORDS AND GAMES AT EXPRESS.CO.UK/PUZZLES

SP: Spoke - Helpline 0333 202 3390