

## ROROB'S FINAL MESSAGE

SUPERSTAR In his pomp for Leeds Rhinos

Whatever your personal battle, be brave and face it. Every single day is precious... Don't waste a moment

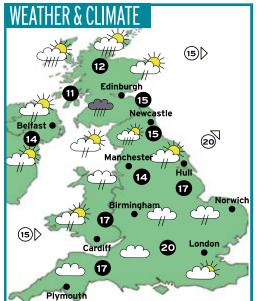
## SUNAK'S ELECTION CRISIS

Mega-poll predicts Conservative wipeout
Hunt, Rees-Mogg & Shapps could all lose Farage return set to further split Tory vote
Labour majority of 194 seats on the cards

FULL STORY: PAGES 8&9

NSPIRATION

#### 2 DAILY MIRROR TUESDAY 04.06.2024



Wet but becoming drier

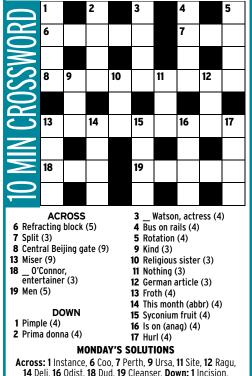
with sunny spells later Outbreaks of rain will track southwards and eastwards before clearing from most areas by the evening. Turning brighter from the north as cloud clears to reveal spells of sunshine and showers, some heavy with hail and thunder.

#### 5-day forecast

0 00 10100000						
	Wed	Thu	Fri	Sat	Sun	
London	<u> </u>	: 🛎	18c 📇	19c 📥	19c 📥 1	8c
Newcastle	- 🐴 140	: 🛎	15c 🖨	14c 🦨	16c 🖨 1	l6c
Leeds	<u> </u>	: 🛎	13c 🦨	13c 📥	14c 👛 1	l5c
M'chester	्र् 140	: 🖨	15c 🦨	15c 🦨	15c 👛 1	l6c
Liverpool	्र्ने 140	: 🐥	15c 🎡	15c 📥	16c 📇 1	l6c
B'ham	് 150	: 🛆	16c 📇	17c 📇	17c 📇 1	17c
Cardiff	<u> 7</u> 160	: 🛆	16c 🦨	16c 🝊	17c 👛 1	8c
Plymouth	👛 160	: 🛎	16c 🦨	17c 📇	18c 🌻 1	8c
Belfast	//* 13c	: 🐥	12c 🖨	13c 🖨	15c 🖽 1	l5c

#### **BIGGER PICTURE**

Today's historical average high: 18.4 June 2024 average high so far: 18.8 June historical average high: 18.6 All averages based on CET Mean Max Temp. Historical info from 1961-1990 (Source: Met Office) CLIMATE FACT: Finland endured exceptionally warm weather in May. The Nordic nation officially recorded 16 heatwave days (over 25C) breaking the previous high of 14 set in 2018.



Across: 1 Instance, 6 Coo, 7 Perth, 9 Ursa, 11 Site, 12 Ragu, 14 Deli, 16 Odist, 18 Dud, 19 Cleanser. Down: 1 Incision, 2 Stout, 3 Alps, 4 Cur, 5 Shoulder, 8 Earl, 10 Reds, 13 Aides, 15 Etna, 17 III.

66



LAST NIGHT'S SET FOR LIFE: 2, 11, 15, 19, 38 Life Ball: 8. No winner of £10k a month for 30yrs. **SATURDAY'S LOTTO:** 6, 11, 16, 21, 43, 50 Bonus: 9. No winner of £7.3 million jackpot. THUNDERBALL: 9, 21, 31, 35, 36 Thunderball: 9. One £500k winner. HEALTH LOTTERY: 20, 23, 27, 31, 32. Bonus: 49. FRIDAY'S EUROMILLIONS: 4,7,16,33,34 Lucky Stars: 7 & 8. It's a £59m rollover tonight.

## Why still no knite ban? Mum of murdered teen confronts Tory minister

DM1ST

#### VICTIM

Zaian Aimable-Lina, 15, was killed

headteacher Saqib Chaudhri told

the meeting: "We need to get knives

off the streets, but we need

resources. Every person who commits a tragedy like this comes

from a broken home. We need to

get into those homes. There's just

an absence and it makes me

Julius Cools, whose son Jermaine,

question who actually cares."

with a machete in Croy-

don, questioned Mr

Philps about his plan

to introduce knife

scanners. Mr Cools

14, was murdered by a teenager

VICTIM Murdered Jermaine Cools, 14

asked: "How did the knife get on the street? That is what I want to ask you. The knife thing is a business thing, that's why our kids are dying."

Office for National Statistics data last month showed that knife crime has increased 7% in a year and by 81% in the past decade.

Mr Philp told the event, organised by the My Ends programme, that the government planned to invest £25million next year on a programme identifying young people in danger of becoming involved in gang violence. He added: "We are

investing in new technology to scan people walking down the street and if they are carrying a knife it shows up.

"I believe by early next year this technology will be ready to deploy." The Mirror's campaign Stop Knives Save Lives has a series of demands including increasing the number of police on the beat.

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**GUESTS** Naruhito & Masako King to host Emperor of Japan later this month BY **RUSSELL MYERS** Royal Editor

THE King and Queen will host the Japanese Emperor and his wife in a state visit at the end of the month.

Buckingham Palace confirmed the event would go ahead in a "slightly adapted" form due to the General Election.

In an unprecedented move, the King and Queen will entertain Emperor Naruhito and Empress Masako on June 25-27. days before the country goes to the polls on July 4.

#### BANQUET

It will include the traditional pomp and pageantry of a ceremonial welcome on Horse Guards Parade.

There will be a banquet at Buckingham Palace and they will lay a wreath on the tomb of the late Queen at Windsor Castle.

In 2017, a Spanish state visit by King Felipe VI was rescheduled because the date clashed with a snap election in the UK.

The Palace declined to confirm exact details of how the plan had changed.

But a spokesman said: "It has of course been adapted as a result of the current pre-election period of sensitivity."

#### **Trans culture** war backlash

PM Rishi Sunak faces a backlash over his plans to amend equality laws.

He pledged to change the Equality Act to make sex mean biological sex rather than gender.

Critics accuse him of stoking culture wars against transgender people.

A group of moderate Conservatives warned that voters are rejecting the politics of division".

#### CORRECTIONS & COMPLAINTS (ipso.) Regulated

16, was also fatally stabbed. Oasis **QUESTIONS** Julius Cools yesterday

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**QUESTIONS** Tory Home Office minister Chris Philp

THE mother of a 15-year-old

boy who was stabbed to death

has confronted a minister over

Zaian Aimable-Lina suffered a

5in-deep wound to the heart during

the attack in Croydon, South

His 17-year-old killer was sen-

Zaian' mum Theresa yesterday

spoke at an event discussing youth

violence attended by Home Office

minister Chris Philp at Crystal

She asked: "Why is it taking so

The government's long-promised

long to ban these knives? What is

the purpose of them other than the

ban on machetes and zombie

knives will not come into force until

the autumn, amid criticism from

Labour that it is "too little too late".

Academy Shirley Park in Croydon,

when he was killed just months

after former pupil Damarie Roye,

Zaian was a pupil at Oasis

Palace's stadium, Selhurst Park.

damage that they do?"

tenced to a minimum of 18 years.

London, on December 30, 2021.

delays in a zombie knife ban.

BY TOM PETTIFOR

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love you al

have no

words. 👔

DM1ST

## Wetherspoons Got Talent...

#### BY NICOLA METHVEN TV Editor

SYDNIE Christmas wasted no time celebrating her BGT victory · she took her clan straight round the corner for a pint in the local Wetherspoon.

The singer, 28, had just won £250,000 but said: "We needed a pint and we needed it now. "I love a Wetherspoons!"

Sydnie, from Gravesham in Kent, said she was delighted that both her grandmothers had got to see her win at the Hammersmith Apollo in West London on

Sunday night. She said: "They are so proud. I'm just so happy that they've been on this journey with me. How lucky am I to say that?

Asked on This Morning if she could remember the moment show hosts Ant and Dec told her she had won, Sydnie said: "Not really!

"I just remember shutting my eyes and then just punching the air, like I'd scored a try at a rugby match. I just couldn't believe my life."

Sydnie has wowed viewers over the weeks on BGT with her rendition of Tomorrow in the audition round, followed by My Way in the semis and then Somewhere Over the Rainbow in the final.

The gym receptionist said getting the third song right had been hard. Sydnie added: "This is a ride I don't want to get off of."

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THE SPOTLIGH

Bruno will gothereal Full Monty. The Britain's Got Talent judge, 68, popular on both sides of the Atlantic, will strip off in a bid to raise

awareness of testicular and prostate cancer. He will be joined by five other stars. One insider said: "Bruno is brilliant. If he's nervous, he's not showing it."

l love you all.

words.

The others taking part include actor and comedian Anthony

Anderson, 53, and Dawson's Creel actor James Van Der Beek, 47.

Anthony said: "Don't die of embarrassment. Get checked. That's the message behind The Real Full Monty special." The show is set to air on Fox in the autumn.

Ant and Dec were in hysterics as they checked out a face filter app in which they were challenged to take a gulp of water and then try not to laugh. Their facial distortions included going chubby and looking like Gollum from Lord of the Rings. A lot of water was on the table by the end...

FACE JAPES

### **GRIEF AS RUGBY STAR** BY PAUL BYRNE and MARK JEFFERIES He'll be watching

DMLI

**ROB Burrow left his parting gifts** yesterday - his £6.8million centre for motor neurone disease and an inspirational message saying: "Dare to dream."

In a heartwrenching speech recorded before losing his battle with the debilitating condition at just 41, the rugby league legend told of his hope that a cure will be found.

And he said: "By the time that you watch this I will no longer be here?

Earlier in the day, work began on the Rob Burrow Centre for Motor Neurone Disease, due to open next year.

Rob's parents, both 73, attended the

ground-breaking ceremony. Mum Irene said: "He'll be looking down on us and he'll be going 'thumbs up'. We're so proud to be here and it's amazing what you can achieve.

'This is what Rob would want and he'd be proud that we all pulled ourselves together and got the strength to come."

In BBC One's There's Only One Rob Burrow, the MND campaigner spoke using his eye-gaze machine, which allowed him to communicate via

computer by looking at words. Rob said: "My final message to you is whatever your personal battle, be brave and face it.

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

"As a father of three young children I would never want any family to have to go through what my family and children have since my diagnosis.

He told how he hoped he had left a mark on the disease, before signing off: "Rob Burrow, over and out."

His dad Geoff wiped away a tear as a minute's silence was held in his son's memory at the ceremony in Leeds.

#### HAPPINESS

Recalling Rob's sense of humour, he said: "He'll be up there, looking down saying 'shut up mother!'.

"But to have a care centre with his name on it, and not just the centre but having a breakthrough for people with MND so it's not the hell on earth, it's going to be a good future for MND sufferers, we'll make sure of it."

Former Leeds Rhinos star Rob was diagnosed with MND - a rapid progressing neurological condition that attacks the nerves and leads to paralysis - in 2019. His death was announced on Sunday.

Wife Lindsey, 41, mum to their three children, Macy 12, Maya, nine, and Jackson, five, paid tribute yesterday. She, said: "Although we knew this

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

"However, we take comfort from how much people's love and continued support meant to Rob through his most vulnerable times."

Calling him "simply the best" and "our hero", she went on: "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. "I would like to thank the rugby

league community and everyone for their outpouring of love and support since Rob's diagnosis. I truly appre-



" We take comfort from how much people's love and continued support meant to Rob LINDSEY BURROW ON BEHALF OF ROB'S FAMILY



ciate every message of support, and fundraising that has been done.

"My priority is to make Rob proud, and to bring our three children up as Rob would want and ensure their happiness and well-being."

Rob's sisters Joanne Hartshorn, 49, and Claire Burnett, 44, said their brother would have wanted them to attend yesterday's ceremony.

Joanne admitted: "Last night we were wondering how on earth we were going to be able to do that, but the outpouring of love and every-body's support has been unbelievable."

said it was Rob's wish that the groundbreaking went ahead. He said: "We spoke to Lindsey on

**MUM IRENE BURROW YESTERDAY** 

Friday and that's what he said. We can't waste a day, Rob wouldn't want us to waste a day. We start today."

Rob's dad Geoff put one of the first spades into the ground at the site,

with consultant neurologist Dr Agam Jung, who led Rob's clinical care team.

Rob's close friend and ex-Rhinos teammate Kevin Sinfield, 43, who has raised millions for MND research and care, fought tears as he paid tribute.

He said: "I wish he could have seen the outpouring of love.

We all lose special people but it's very, very rare you lose someone who's so special to so many different people. "Ĥe wanted people to have a better

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

Rob won eight Grand Finals, three World Club Challenges and two Challenge Cups in a glittering career.

And his parents yesterday met players and coaching staff at Leeds' Headingley Stadium, where hundreds of fans gathered to pay their respects.

Rhinos player Harry Newman, 24, said: "There's only one way to describe Rob and that's an absolute legend. He's



today. We've pulled ourselves together because that's what Rob would have wanted. We

## LEAVES FINAL WORDS OF

DMLI









n mum Irei nts in 2022

I'm devastated at

his death." City Leeds Council chief executive Tom Riordan said: "Rob really epito-

mised Leeds, the spirit that he showed, the compassion, the kindness and his will to win." Applause broke out before the start

of England's friendly against Bosnia-Herzegovina at St James' Park last night when Burrow's face appeared on the big screen.

Burrow was made an MBE in the 2021 New Year Honours list for his services to rugby league and the MND community and was promoted to a CBE in the 2024 New Year Honours. There's Only One Rob Burrow is on

BBC One and BBC iPlayer. DR MIRIAM STOPPARD: PAGE 35 VOICE OF THE MIRROR: PAGE 8 paul.byrne@mirror.co.uk X@PaulByrneMirroi

### Rob's moving message

I hope one day we find a cure and live in a world free of MND.

Warrior

By the time that you watch this I will no longer be here.

I am just a lad from Yorkshire who got to live out his dream of playing Rugby League.

As a father of three young children I would never want any family to have 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. 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.

inspired thousands and thousands of people."

Rob's ex-teammate Jamie Jones-Buchanan looked on at countless bouquets and rugby shirts laid near a statue of John Holmes, who made a record 625 appearances for the Super League club.

Leeds' fan Kohl Longthorn, 17, said: "I had to come here to pay my respects for all Rob and Kevin Sinfield did on the pitch and later for the MND Association. It's a very sad day."

Billy Harrower, also 17, said: "I met Rob when I was a little lad with my dad in a pub. I saw all these big lads come in and then little Rob came in with them and he waved at me.

"I've come to pay my respects to a legend who got me into rugby league." Teacher Sophie Miller, 31, said: "I

have been a Rhinos fan since I was six. Rob was always my favourite player.

#### 6 DAILY MIRROR TUESDAY 04.06.2024

#### Flight booze 'a heart risk'

AIRLINES should consider restricting alcohol on long haul flights to protect health, says a study.

It found alcohol at cabin pressure may strain sleepers' hearts.

The combination appears to lower blood oxygen and raise heart rates, say researchers at the Institute of Aerospace Medicine in Germany.

The authors wrote in the journal Thorax: "Even in the young and healthy alcohol and sleeping poses a considerable strain."

## Gaza deaths rise



DESPERATE Gazans fill containers with water at a standpipe

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## 60 more killed including children as Israel expands Rafah offensive

#### BY **CHRIS HUGHES** Defence and Security Editor

AT least 60 Palestinians have been killed in Gaza over the weekend and yesterday, including three children and a woman, local authorities said.

Meanwhile fierce cross-border fighting between Hezbollah and Israel sent thousands fleeing to underground shelters. Two shepherds died in the fighting in southern Lebanon.

A strike in Gaza's Bureij refugee camp late on Sunday killed four and a second on the Nuseirat camp killed seven.

Prime Minister Benjamin Netanyahu's office has reacted against a three-phase peace deal suggested by the US, which Hamas had responded to positively.

The US plan includes a six-week ceasefire, withdrawal of Israeli troops from Gaza's populated areas and the release of Israeli female, elderly and sick hostages in return for hundreds of Palestinian prisoners. Phase two would lead to the release of all hostages, and Israel would withdraw its forces from Gaza. A permanent ceasefire would be in place. Phase three would involve major reconstruction beginning in Gaza. Netanyahu's office said it would not agree unless it has destroyed Hamas's military and freed all hostages "before a permanent ceasefire is put in place".

Israel is expanding its offensive in the southern city of Rafah. The invasion has largely cut off the flow of food and medicine to Palestinians, with 37 children dying of malnutrition and 3,500 at risk.

Israel said the body of a hostage, Dolev Yehud, 35, was found at Kibbutz Nir Oz near the Gaza border, which Hamas attacked on October 7.

The military also confirmed the deaths of four more hostages, including three who begged for their release.

Amiram Cooper, Yoram Metzger and Haim Peri were all aged 80 or older. The fourth hostage was identified as Brit-Israeli Nadav Popplewell, 51.

Israel said the four men died in the southern Gaza city of Khan Younis.

Hamas killed around 1,200 in its attack on Israel, and the Israel offensive has killed more than 36,000 Palestinians, according to Gaza's health ministry.

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DM1ST



100mph have told how they tried to save her.

Felicity Pacey died when Jack Burkhill, 21, crashed into the car she was in.

Felicity's sister, in the car with her, called their parents, who rushed to the

scene in Denton, Lincs. Mum Helen said: "We were first on the scene and

had to start CPR. "My heart has been ripped out of my chest, stamped on. Seeing my baby girl lying on that verge, that lifeless body.

"I replay it every time I pass that scene."

Burkhill, of Grantham, Lincs, admitted causing death by dangerous driving on June 9 last year at Lincoln crown court and got eight years' jail.



#### WATCH SNATCH Bissouma Spurs star is tear-gassed by robbers

#### BY PETER ALLEN

TOTTENHAM star Yves Bissouma was sprayed with tear gas in an attack by two masked robbers.

The 27-year-old had a £260,000 Richard Mille watch stolen while his girlfriend had three diamond rings pulled from her fingers, police said.

The masked robbers asked the star to pose for a photo after he and his unidentified partner got out of a limo at 4am on Sunday.

They then attacked the pair outside a hotel in the French Riviera resort of Cannes before fleeing in a Renault Megane.

Local police believe the robbers were part of a well-organised gang".

Bissouma, signed by Spurs for £30million, and his girlfriend returned to London hours later.

## mirror.co.uk FAGEDY Felicity Parer Parents firston cash horror MARRINTRI He parents of a 17-year Animals drugged & starved for vicious bouts





/ILE Doctor Death Phillip Ali & his ''medicine man'' Stephen Brown, right

#### BY HOLLIE BONE

AN international dog fighting ring led by a violent thug who dubbed himself "Doctor Death" has been jailed.

Vile Phillip Ali, 67, used the sickening moniker as he trained his dogs for blood-thirsty battles inside his co-defendants' home, earning up to £5,000 for a win.

The court heard how animals suffered serious injuries, including broken legs, and endured brutal training regimes.

Sentencing the three men and one woman at Chelmsford crown court, Judge Sawyer said the gang showed "a shocking level of barbarism and callous-

ness" towards the dogs. He said: "They were effectively starved and put through a training regime, like fighters preparing for a boxing match."

Earlier this year the Mirror exposed the mob, who ran fights in the UK, Ireland and France. Several of these were hosted by a married couple who had a fighting pit in their garage.

Billy Leadley, 38, ran and refereed fights while keeping injured dogs caged in filthy conditions at the house he and wife Amy, 39, shared with their young sons in Takeley, Essex.

Although the court heard that Amy did not attend fights, Judge Jamie Sawyer said he found it "impossible" that she would not have known about them.

During the trial, prosecuting solicitor Hazel Stevens told the court that the garage contained a 12ft x 8ft carpeted "pit". She said: "There were what appeared to be blood splatters on the walls. Samples were analysed and found to have come from at least five different dogs."

Ali led the UK arm of the operation from his home in Chigwell, organising fights with his overseas counterparts.

He told his "medicine man" Stephen Brown, 57, also from Chigwell, to pump the animals with steroids, painkillers and chemical stomach liners.

All four continued to deny any wrongdoing yesterday despite being found guilty by a jury in April. Ali was jailed for five years Billy Leadley for four years and Brown for three years and six months. Spared jail because of her sons, Amy Leadley was given a community order with 200 hours unpaid work.

All four were disgualified from keeping dogs for  $10^{\circ}$  years.

hollie.bone@mirror.co.uk X@hollie savannah



BLOODBATH The dogs were forced to battle in bloody 12x8ft fight pit

A shocking level of barbarism... dogs were effectively starved JUDGE JAMIE SAWYER DURING SENTENCING



### Scarred Jane's joy at new home

A DOG left covered in scars after being trained video of the raid showed the terrified dogs to fight is loving life again after being rescued.

one of 19 dogs seized in the RSPCA's Operation Ghoul, to intercept Phillip Ali's dog fighting ring.

Investigators raided the home of twisted Billy and Amy Leadley who made a death pit in their garage. A

ICK Billy & Amy

during the case

Eight-year-old bull terrier Jane was

CAGED The dogs were kept in kennels at Phillip Ali's home

crying and trying to escape. Vets had no

choice but to put four to sleep.

The rest went into rehab and

Jane was fostered by her new

adopting her full time. She

fantastic - she loves walks.'

owner, Debbie, who is

said: "Jane's doing brilliantly and settled in so

well. Her behaviour is

## VOICE OF THE It's time to back it in

GIVEN the results of two mega-polls on the election, Rishi Sunak would be wise to book a removals van for July 5.

Both polls projected Labour landslides, with Keir Starmer now virtually hammering on the famous black door of No10.

Chuck in U-turning Nigel Farage's seizure of Reform UK's leadership and decision to stand in Clacton, and it is no wonder the battered Conservatives are panicking. The hard right party will largely take Tory votes.

Whatever happens in tonight's TV debate, the momentum for change is becoming unstoppable after 14 years of Tory failure on living standards, tax and the economy, the NHS, filthy rivers and seas and potholes.

One of the mega-polls gave Labour a majority of 194, the other a still remarkable 114. The Tories could be heading for their fewest seats since 1906.

Anything could happen before July 4 but all the signs are that voters want Starmer in Downing Street, and Sunak out.

#### ur hero Rob

#### HOW poignant that work started on the MND centre in Leeds named after Rob Burrow the day after the rugby league star died of the unforgiving disease.

His fundraising so that future motor neurone disease sufferers do not face an automatic death sentence was inspiring and hopefully gives some comfort to his family and friends. The little man who achieved big success on and then off the pitch generated an incredible

outpouring of love after a life cut short at 41. The ground-breaking ceremony at the Leeds complex was a symbol of how the sporting

legend will live on in the thoughts of many grateful generations to come.

### We're saddled

#### KING Charles' wish to move his disgraced brother Prince Andrew out of his royal mansion is understandable.

No longer a working royal, Andrew is now a heavy burden – both on the country and on the unfortunate horse he was riding yesterday.



### ELECTION 20 Sunak facing Farage gives struggling PM fresh headache historic defeat, huge poll finds

KEIR On the ropes: Has a tendency to rely too much on notes at PMQs,

but has begun speaking off the cuff. Will not relish questions on claims he flipflopped, such as on pledges he made when he ran for leader. Knock out blow: Wide choice on what parts of the Tory record to target, from budget chaos under Liz Truss to law and order or NHS failings.



with Julie Etchingham, tonight, 9pm

RISHI

debate

On the ropes: A hostile audience question, from an NHS nurse or struggling OAP, could prove tricky as he tries to defend Tory policies. Has a habit of getting tetchy when pushed on his record. Knock out blow: Likely to resort to below-the-belt attacks on Starmer. Expect jibes about how he doesn't have a plan and criticism of his time leading the CPS



#### BY JOHN STEVENS Political Editor and LIZZY BUCHAN

**RISHI Sunak's election campaign has been** sent into meltdown as a mega-poll showed the Tories heading for wipeout... and that was before Nigel Farage joined the fray.

Brexit cheerleader Mr Farage announced vesterday he was taking over as leader of Reform UK and launching his eighth bid to get into Parliament, threatening to squeeze the Tory vote even further.

Mr Sunak, 44, desperately needs to land a knockout blow on Labour leader Keir Starmer, 61, in tonight's TV debate, but even his own party appears to have given up hope. A Tory source said: "Rishi needs a game

changer. But it won't happen."

A mega-poll of almost 60,000 people last night indicated Mr Starmer is on course for a landslide victory. The YouGov survey suggested the Tories could lose 225 of the seats they won in 2019, leaving them with just 140 MPs.

Twelve Cabinet ministers face the boot, including Jeremy Hunt, Penny Mordaunt, Grant Shapps, Johnny Mercer and Esther McVey. And big-name backbenchers at risk include Jacob Rees-Mogg. The poll predicts Labour would

win a gigantic majority of 194, which would be the second largest in history, behind the 210 majority Stanley Baldwin secured in 1924.

Mr Farage had said he would not stand to be an MP, after his seven previous attempts failed, complaining that the six-week campaign was 'not long enough". But with only days to go until Friday's deadline for candidates, the former UKIP leader threw his hat into the ring.

At an "emergency" press conference in London, Mr Farage, 60, said: "Difficult though it is, I can't let down those millions of people, I to spend every Friday for the

We foot £110k T V coach bill

#### EXCLUSIVE BY JOHN STEVENS Political Editor

A TV debate coach who helped Rishi Sunak has been given a £110,000 taxpayer-funded contract to train ministers.

Graham Davies will make £9,166 a month as a 'trusted adviser to ministers'', providing "direct advice and coaching" on public appearances.

A Cabinet Office spokeswoman said: "This tender went out before the election was called. Services are not being provided during the pre-election period."

simply can't do it, it'd be wrong. So I have decided I've changed my mind. It's allowed you know, it's not always a sign of weakness. Šo I am going to stand in this election."

He will stand in the Essex constituency of Clacton, won in 2019 by Tory Giles Watling with a 24,000 majority. But his previous comments about the town may come back to haunt him. In February, he said: "Do I want to be an MP? Do I want

BACK

Nigel Farage

ELECTION

## **BAD TO WORSE FOR TO**

DMLI

#### ROCKING THE BOAT iunak as he ns in Henley-on-Thames

Hiary Spare a thought for exhausted Labour candidate **Jon** Powell fighting London's most marginal seat, Kensington and Baywater, while also doing double childcare after his wife

gave birth to twins last week. Chancellor Jeremy

Hunt is in the dog house. Pressed by Kay Burley on Sky News about why he won't lift VAT on

hicken

net food he said: "Lunderstand how important pets are in people's lives. Poppy [his labrador] is the most important person in my life."

After daggers from Burley, he quickly added: "After my wife and kids, of course.'



hi, Jess, you helped me back to work in the pandemic." She replied: "So I assume you'll vote for me?" to be told: "Well I'm not sure. It was annoying. I was enjoying the lockdown.



During the campaign trail yesterday Rishi Sunak revealed his favourite Nando's order was medium spiced chicken and chips with broccoli.

#### REMINDER

DON'T forget to get a postal vote if you can't get to the polls. The deadline to apply is 5pm on June 19. Go to gov.uk/apply-postal-vote.

You must also be registered to vote by 11.59pm on June 18 via gov.uk/register-to-vote. And you must bring ID to

cast a ballot on polling day. If you don't have a passport

or driving licence then apply for a free voter ID certificate.

next five years in Clacton?" Asked yesterday by the Mirror about these remarks, he said it was a "huge commitment" to devote that much

time to politics again. Mr Farage's return to the fray is a disaster for Mr Sunak, who has failed to make a dent in Labour's commanding poll lead since the start of the campaign. The Tories have been desperately trying to woo Reform UK voters with pledges to bring back

IT is not just the Tories who

Celebrity, has views even more

unpalatable than some of the

to eat on the show.

animal parts he was forced

Farage cited Enoch

Powell as a political

hero and, like Powell,

National Service and help pensioners, but have so far failed to move the dial. Mr Farage last night claimed there was "every chance" Reform UK wins more votes than the Tories.

He said: "I genuinely believe we can get more votes in this election than the Conservative Party. They are on the verge of total collapse."

Mr Sunak suffered a fresh humiliation yesterday as he was photobombed by Lib Dem activists on a boat as he

spoke to voters in Henley-on-Thames, Oxon. The Tories last night announced they would introduce an annual cap on visas to reduce immigration. On Friday, Penny Mordaunt and

Angela Rayner will take on representatives of the smaller parties in a BBC election debate.

YouGov interviewed 58,875 adults between May 24 and June 1.

john.stevens@mirror.co.uk X @johnestevens

#### **JASON BEATTIE** should be alarmed by Farage's Head of Politics return to the political jungle. The Reform leader, who he plays on fears about immigration charmed viewers on I'm a

to whip up support. His poisonous populism is an

unwelcome addition to the campaign. Hopefully, his latest attempt to stand for Parliament will be as unsuccessful as his seven previous bids. But Farage doesn't need to win to achieve his goal, he just needs to

cause maximum disruption. A reinvigorated Reform Party under him is Rishi Sunak's worst nightmare. Even a slight uptick in support for Reform could make the difference

between the Tories losing by a couple of dozen seats or by a landslide. If the right-wing vote splits completely, the Conservatives face obliteration. And, as they survey the rubble, Farage can cast himself as the

**STARMED FORCES: PAGE 11** 

saviour of the right.

### Tories at risk



forecast to be far from safe: Jeremy Hunt, Chancellor Grant Shapps, Defence

Penny Mordaunt, Leader of the Commons Mark Harper, Transport Secretary Alex Chalk, Justice Secretary Mel Stride, Work and Pensions

Johnny Mer Affairs Minister ercer, Veteran

on Hart, Chief Whip

David TC Davies, Welsh

gan Education **Gillian Ke** Secretary, left Top Tory toff







Homes are always at the top of our agenda.

> Will they be for Rishi and Keir in tonight's debate?



#### **KEIR'S TR** ECTION 2024 3 Fred Thomas 1 6 **Alistair Carns** Selly Oak **Plymouth Moor View** Roval Marines colonel **Ex-Royal Marine** 9 served in every major captain spent seven conflict in last 24 years years in elite force 7 **Alex Ballinger** Bayo Alaba Southend East and Rochford Halesowen 6 Ex-Royal Marine of Former Army eight years, twice 10 Parachute Regiment serving in Afghanistan reservist of 11 years Matt Aldridge Mike Tapp Salisbury **Dover and Deal** Former Army officer served on the frontline Ex-Army intelligence in Afghanistan officer who did Iraq and Afghanistan tours 9 Paul Foster 4 Will Stone **South Ribble Swindon North** Former Army Royal Five years in 1st Engineer who served for 15 years Battalion, The Rifles 10 **Louise Jones Calvin Bailey** North East Derbys Leyton and Wanstead COMRADES Ex-Army intelligence Former commanding officer who served in officer in the Royal Afghanistan Air Force esterday

DMLI

#### BY ASHLEY COWBURN

KEIR Starmer yesterday hailed Labour as the party of national security as he joined military veterans standing for him at the General Election.

The decorated heroes, with more than 100 years of service among them, flanked the Labour leader on stage as he vowed to make the country's safety the number one priority if he wins the keys to No10.

In a speech at The Fusilier Museum in Bury, Gtr Manchester, he made clear that his commitment to the Trident nuclear deterrent system was "absolute" and the "foundation of any plan to keep Britain safe".

Ahead of the 80th anniversary of the D-Day landings on Thursday he remembered the bravery and courage of soldiers that served.

But he warned the world is perhaps more dangerous and volatile than any time since then" as he said the post-war era is over and a next month. They included ex-Royal

Veterans standing for Labour vow to serve nation as leader commits to nuke deterrent

"new age of insecurity" has begun, with conflicts across the globe.

He also insisted the whole of the Shadow Cabinet was behind him despite senior members voting against renewing the Trident weapons system in 2016.

Mr Starmer said: "I lead this party. I have changed this party. "If we are privileged to come in to

serve, I will be the Prime Minister of the United Kingdom and I've made my commitment to this absolutely clear and I've got my whole cabinet, shadow cabinet, behind me."

He appeared with Shadow Defence Secretary John Healey and 10 of the 14 former armed forces personnel who will be wearing the red rosette

Marine, Colonel Alistair Carns, who could become one of the most senior ex-servicemen in the Commons.

His military career - spanning 24 years in conflict zones across the

globe – was recognised with an OBE in 2022 and a Military Cross for "distinguished service" in Afghanistan in 2010 and 2011.

He told the Mirror he was standing out of a "duty to serve", adding: "We'd all agree it's a duty to serve the people of this great nation.

We've got 14 fantastic military candidates - that's over 100 years of experience - coming to support the Labour Party.

His military career ended just last

week as he was selected to run for Labour in safe Birmingham seat Selly Oak. He said there is an "opportunity for Labour to make real

change to this country". Mike Tapp, standing n Dover, left the military 10 years ago and has worked at the National Crime Agency and Ministry of Defence.

He said his "whole life has been service", adding: "It goes for all of us.

That is what's in our blood." "I'm really confident as a veteran that we can deliver for the country." Former Army intelligence officer Louise Jones, who was wearing a campaign medal for the six months she served in Afghanistan, is fighting to win North East Derbyshire - a seat with a 12,000 Tory majority. Ms Jones, who left the military in 2020, told The Mirror: "I was seeing first hand the really damaging cuts under the Conservative government.

"Really short-sighted, all brushed in under the guise of trying to save money but really it's costing more in the long term. We're left with real big gaps in our capability. I'm not the kind of person to sit around. I wanted to get involved."

She also said she was "shocked" that some veterans had been forced nto resorting to foodbanks.

Paul Foster, who served in the Army for 15 years until 2013, including two six-month tours of Kosovo, said he was hopeful of a Labour victory next month.

But the candidate for South Ribble insisted: "We have got to work for every single vote."

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military for 14 Labou election candidates

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**PRECIOUS** Robert Miller and Katie Fowler with their daughter, Abigail BY MARTIN BAGOT Health Editor

FAMILIES of nine babies who died at a hospital trust are calling for a national public inquiry into NHS maternity services.

They also warn a separate inquiry is needed to prevent more "unneces-sary deaths" at the trust, where nine babies died and four mothers barely survived between 2021 and 2023.

Now families have come forward with fresh allegations of failings at two hospitals run by the scandal-hit University Hospitals Sussex NHS Foundation Trust.

They wrote: "All our babies were otherwise healthy and would have grown up if not for the failings in care and the dismissal of our concerns.

"Our children lost an entire life; they never got a chance to grow up, to learn to walk and speak, to make friends, to witness the awe and beauty of our planet.

"Though our babies left their mark on this world in many meaningful ways, they had so much more to give. This is a loss to us as parents, to our families and to society as a whole."

They continued: "With the volume and repetition of errors in maternity care by the trust, we believe that babies and potentially mothers will continue to unnecessarily die under the trust's care unless there is additional intervention."

The group includes the parents of five babies who died at the Royal Sussex County Hospital and four who died at Worthing Hospital between 2021 and 2023.

#### **EMERGENCY**

Abigail Fowler Miller died in January 2022, two days after she was born by an emergency C-section in a foyer at the Royal Sussex.

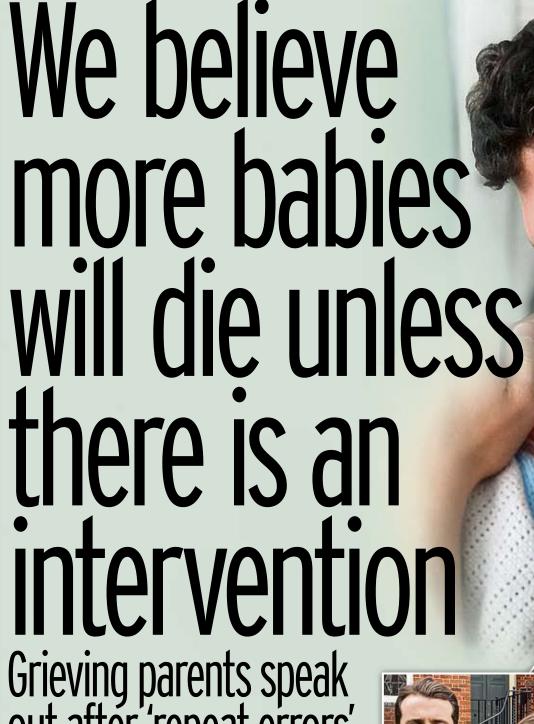
Her mother, Katie Fowler, had gone into cardiac arrest in a taxi on the way into hospital, after midwives relying on over-the-phone assessments allegedly missed warning signs of massive internal bleeding.

An inquest found Abigail would likely have survived if her mother had received medical care earlier. Another baby, Orlando Davis, died

at Worthing in September 2021 after maternity staff failed to his realise mother, Robyn, had a rare fluid imbalance called hyponatremia.

An inquest found his death was "contributed to by neglect".

And Esme Vowels Lovett died in February



Grieving parents speak out after 'repeat errors' in trust maternity care

dismissed mum Chloe's concerns about stabbing pains, reduced movements and bleeding during the late stages of her pregnancy.

Chloe and her husband, Toby, had been trying to conceive for seven years and had experienced several miscarriages. An investigation found staff missed six opportunities to intervene before Esme's death.

2022 after staff at Worthing Hospital baby girl who was stillborn at almost 40 weeks after her mother twice attended hospital concerned about reduced movements but no appropriate action was taken.

Two more boys died after failures to carry out appropriate monitoring. The worst maternity scandal in NHS history was uncovered at Shrewsbury and Telford NHS Trust, where a report blamed poor care for

the deaths of more than 200 babies. Donna Ockenden, the independent midwife who investigated Shrewsbury and Telford, is now carrying out an inquiry into Nottingham University Hospitals NHS Trust. More than 700 families have contacted the review team. The Maternity Safety Alliance, a

Our children never got a chance to grow up, to make friends, to witness the beauty of our planet STATEMENT BY GRIEVING FAMILIES OF BABIES WHO DIED



HEARTBROKEN Jonny and Robyn Davis. Right, Robyn in bed at hospital

group of relatives of newborns who have died due to lapses in NHS childbirth, said scandals will continue unless a national inquiry is held.

Maternity services at the Royal Sussex, in Brighton, were downgraded to the lowest safety rating of "inadequate" by the Care Quality Commission in 2021.

At the time, it warned of issues including a lack of trained staff, poor patient assessment and response to risk, and poor governance.

Although the CQC has noted some improvements have been made since, maternity services at the Royal Sussex remain "inadequate", while services at Worthing are

classed as "requires improvement". Dr Maggie Davies, chief nurse at University Hospitals Sussex NHS Foundation Trust, said: "We offer our deepest condolences and sincere apologies to each of the

bereaved families for their devastating loss. Whilst we recognise that no words can ease their pain, our dedicated teams are committed to listening, learning and improving the service, so mothers-to-be, mothers and their babies are as safe as they possibly can be whilst in our care.

We have recruited more midwives, changed how we listen to and support families, and we have a nationally recommended triage process to help react quickly if there are any reasons for concern.

"Our outcomes for mothers and babies are now better than most other trusts in the country, but we know we must continue to listen and improve, and would always want to meet any families who have concerns to understand their experiences and make changes where possible."

martin.bagot@mirror.co.uk X@MartinBagot



gearing up for Soccer Aid at the

weekend...but he says his dad Jeff is more excited than he is.

Jeff, a TV presenter, was a prom-

ising youth footballer with West Ham and played at semi-profes-

sional level with Grays Athletic and

Bobby, 21, said: "I think my dad is

even more excited than I am.

EastEnders and Strictly star

"He's on at me to get training and

get into peak fitness for the match. an England team

other non-league sides.

BY MARK JEFFERIES SOAP star Bobby Brazier is gearing up for Soccer Aid at the

tough session.

through me"

DM1ST

of celebs and ex-pros facing a World XI at Chelsea's Stamford

Bridge on Sunday, with the match screened on ITV from 6pm.

children's charity UNICEF. Bobby added: "It's an amazing

The 12 previous matches have raised more than £90million for

opportunity for an

"I couldn't say no to

mark.jefferies@

X@mirrorjeffers

mirror.co.uk

amazing charity.

this experience.

Help for lousehold

## DANCE CRAZE





BY MARK JEFFERIES Showbiz Editor

BLACK Lace star Colin Gibb, who enticed the nation to "push pine-apple, shake the tree" in 1984 hit Agadoo, has died aged 70, just days before he was due to retire.

His devastated wife Sue Kelly said it was "heartbreaking" to tell fans her "dearest husband" had passed away.

She added: "I love you Colin, we spent 22 years living your Agadoo dream, we were due to retire to Spain on Thursday, you were so happy, so looking forward to our new life, now you're gone. As we used to say, always love you for ever."

Wedding reception staple Agadoo was the pop duo's biggest hit, shifting a million copies to reach No2. The song stayed in the top 75 for 30 weeks.

But the band enjoyed a run of other novelty hits in the 1980s, often centred round cheesy dance routines, including Do the Conga, Superman, Hokey Cokey and Wig-Wam Bam.

And earlier, as a four-piece, they represented the UK at the Eurovision Song Contest in 1979, coming seventh with Mary Ann.

Colin's death on Sunday was confirmed by his former bandmate Dene Michael, who wrote: "So sad to hear the passing of my singing partner with Black Lace. RIP my friend Colin Gibb. God bless. We had some great times together touring the world."

Sue urged mourners to honour her husband's colourful legacy by dressing up in bright outfits similar to the ones Black Lace wore as they led us through their famous dance routines.

BLACK LACE

.Superman

..Hokey Cokey

1984.....Do the Conga

1986.....Wig-Wam Bam

.I Am the

**Music Man** 

1984.....**Agadoo** 

1983

1985..

1989....

She said: "Colin and I talked about our funerals and what we'd want.

'He said his was everyone wearing Agadoo shirts or 's\*\*\* shirts' as they were called, to his funeral. So please, everyone welcome, but fulfil his final dream.

"Colin didn't want flowers. he wants any donations to his love of cats. So to a cat charity please. Let's honour his wishes, he gave us so many memories. Thank you from his devastated wife Sue x."

Black Lace went through a number of line-ups over the years. They started life as Impact in 1969 by Terry Dobson and Ian Howarth but became Black Lace in 1975.

Howarth left in 1976 and was replaced by Leeds-born Colin who performed one of his

shirts'

X UK Government

#### Don't miss out on money you could be entitled to.

End to Ender stuff

ready for kick-off

We went to the gym recently and he put me through a

'He'll be in the stands

on the day and wouldn't

miss it! I think he's living

Bobby is part of

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**SCAN TO FIND** OUT MORE



1

alongside musicians including Alan Barton

AKERS G

and Steve Scholey. In a career spanning six decades, Gibb, born Colin Routh, spent more time in the band than any other member.

Their first recorded single Mary Ann made it to No42 in the charts.

The band split in 1981 before Colin and Alan returned as a duo and enjoyed their biggest success. In 1983 they released Superman, which got to No9. A



year later they struck gold again with Agadoo, which became a hit in Europe, South Africa and Australia.

Despite its enormous popularity, it was voted the worst song in pop history by a panel of music writers in 2003 and was once banned by Radio 1 because it wasn't "credible".

But in 1997, Black Lace raised more than £25,000 for Marie Curie Cancer Care on what was dubbed Agadoo Day, in which they played 20 shows in 24 hours around the UK.

They toured Australia and Europe as well as summer seasons in Blackpool. They were even immortalised by the TV show Spitting Image with its parody The Chicken Song, which went to No1 in 1986. Further

1987 film Rita, Sue and Bob Too, in dance to the band's songs. which George Costigan played Bob, a married man who embarks on an

recognition came in the form of the included scenes where the characters Alan died in 1995 in a coach crash

in Germany while touring with the affair with two schoolgirls. The film band Smokie. In 2002 Colin started

" **RETIREMENT** Colin with his wife

playing Black Lace "party shows" to tourists in Tenerife.

And only last month, he revealed his plans to retire, telling fans: "All good things must come to an end."

He had made plans for one final show on May 16 before retiring to Almeria in Spain. He said: "Thanks to all of you that have supported Black Lace over the years and the thousands

You were so happy, so looking forward to our new life, now you're gone. Love you for ever SUE KELLY DEVASTATED WIFE ANNOUNCES LOSS OF HUSBAND

of friends I have met during that time, since we set out in 1975."

Black Lace ended up with three UK Top 10 singles, 10 songs in the top 75 and one top 10 album.

A statement from the group's management Now Music said: "Colin 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 by the news. Colin was the founder member of Black Lace, together with Alan Barton and they had huge hits through the 80s.

"Colin was a great friend and he will be sadly missed.

HULA MELODIES Black Lace duo Colin Gibb, left, and Alan Barton in their 1980s heyday

16 DAILY MIRROR TUESDAY 04.06.2024

#### BY CHRISTOPHER BUCKTIN US Editor KILAUEA volcano has dealt watchers a glow blow by erupting in an unexpected area.

The eruption is about one mile south of Kilauea caldera, in Hawai'i Volcanoes National Park.

The volcano, one of the most active in the world, last blew at the spot in December 1974.

Glow is visible in webcam imagery, indicating that lava is currently erupting from fissures," the Hawaiian Volcano Observatory said.

The area surrounding the caldera

## Volcano picks a new spot for its fireworks

has been closed to the public since 2008 because of hazards, including ground cracking, instability in the crater wall and rockfalls.

The main danger in Kilauea



DM1ST

SMOKE SIGNAL Line of volcanic fire eruptions is volcanic gas, which reacts with the air to create nasty volcanic smog.

Some 250 quakes beneath Kilauea were logged before the event. chris.bucktin@mirror.co.uk

X@DailyMirror

## **£1.5k** HOLIDAY PARKS

With 13 award winning coastal holiday parks in Devon, Cornwall, Somerset and Wales, John Fowler Holidays offer the perfect base for your self-

catering family escape this Summer. We've teamed up to offer one lucky reader a 7-night stay worth £1500! And all of the parks have pet friendly accommodation choices meaning your four legged friend can come with you too. There's plenty to do with family entertainment, bingo children's clubs crazy colf tennis swimming

bingo, children's clubs, crazy golf, tennis, swimming pools and water activities all included for you. There are also paid activities for extra fun like paint a pot and

#### HOW TO ENTER

Visit mirror.co.uk/johnfowler and fill in your details along with the answer to the following question by 5pm on Tuesday June 18, 2024 for your chance to win!

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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Terms and conditions: 1. All entrants must be 18+ and UK residents 2. Competition closes at 5pm on Tuesday June 18, 2024 3. One winner will be randomly selected from all correct entries when competition closes 4. Prize is for a 7 night stay in a gold or platinum caravan for up to 6 people in August 2024 at a choice of John Fowler Holiday Park locations to be arranged with the company directly. Value of prize dependent on availability and home chosen. Value is between £1000 and £1500 5. Prizes cannot be transferred to another person and cannot be sold 6. Prizes are non-refundable and cannot be exchanged for cash, tickets, or services 7. Winners must be aged 18 or over and able to accept deliveries to a UK address 8. For full terms and conditions visit mirror.co.uk/johnfowler



## ght-leaning r dnes

#### SIR Keir Starmer has one of Labour's most loyal voting blocs slipping away.

It won't stop him winning next month's election. This country cannot rid itself of its chiselling Tory chancers soon enough.

But on July 4, family ties and tradition will go AWOL as Black and Brown Labour voters look elsewhere.

Don't kid yourselves it is all about Diane Abbott. Yes, the Hackney North and Stoke Newington MP, 70, has been treated disgracefully by the party over the past 18 months.

It is also about Faiza Shaheen, the Labour candidate with Fijian and Pakistani heritage, who was de-selected last week for the Chingford and Woodford Green seat in East London.

It has long been about Gaza and Starmer's unwillingness to call for a ceasefire early on when, quite rightly, he'd previously been unequivocal about October 7. It is also about the lack of new Black male Labour candidates to represent the raft of issues facing young men in this country.

So now a diverse young voting bloc and a disgusted middle-aged generation are set to provide their own response.

Mine is a family commitment to a party that fought for Black Britain in the 1970s and 80s

when racism, stop and search, police brutality and so much else went unchecked.

For decades we voted Labour out of blind loyalty. In turn they defended us. But what now?

The debates over the **QUESTIONS** Starmer dangers of tactical voting have already been had. Eyes

are wide open. Some have even discussed another party, like the MK disruptors in South Africa whose rise - in just six months - has forced the complacent ANC to share power for the first time in 30

years with a weakened majority.

Because what do you do when ex-Tory MP and defector Natalie Elphicke is embraced by Starmer with her antimigrant politics defended while Abbott was left in limbo?

For decades

Labour out of

blind loyalty -

but what now?

we voted

What do you do when Labour MPs Neil Coyle and Barry Sheerman are forced to apologise for racist and antisemitic remarks respectively?

For Sheerman, no investigation was opened, the whip was never withdrawn, and he continued to sit as a Labour MP. Abbott went through hell. As the first



Black female MP in Westminster in 1987, she inspired other women of colour to go into politics.

Last year, she apologised for offending the Jewish community with poorly expressed comments about race

Yes, after a backlash, she had the whip restored to her last week.

And yes, the whole thing looked to have taken such a toll on her that she might just prioritise her health, despite insisting she'll stand again. The point is, for Black people sidelined and maligned at work on a daily basis, the whole thing matters.

More broadly, what do you do after Starmer goes from this in 2020: "We need to make the wider case on immigration. We welcome migrants, we don't scapegoat them. Low wages, poor housing, poor public services

are not the fault of the people who come here - they are political failure."

To this in 2024?: "Read my lips - I will bring immigration numbers down. I will control our borders and make sure British businesses are helped to hire Brits first."

A reminder, net migration has fallen by 10%. Just a fraction of

those numbers were illegals. To use the language of the right when immigrants have paid their taxes, boosted the economy and done the jobs that few people have wanted to do over decades, is quite something.

Especially when research revealed last year that Brexit had led to a shortfall of 330,000 people in the UK labour force, mostly in the low-skilled economy.

Again, Starmer is right. This country does need change. But an empowered, diverse electorate also needs politicians to earn our trust. Not take it for granted. DM1ST

**DENIAL** 

#### EXCLUSIVE BY CHRISTOPHER BUCKTIN

STORMY Daniels finds it hard to believe crooked Donald Trump can still run for president even if he is jailed, and begs Americans not to vote for him.

The adult-film actress has attacked the businessman's ability to continue his battle for the White House in the November election. calling it a "disgraceful loophole".

Despite Trump being found guilty last week of 34 criminal charges, nothing in the US Constitution forbids him from running.

Now Stormy, whose hush-money payment to stop her revealing details of their alleged affair led to Trump's conviction, has urged Americans to vote for his rival, Joe Biden.

She says: "If Trump is jailed, he cannot vote, but he can still be president. That's a disgraceful loophole.

"It is as crazy as the law that prevents you from walking your alligator on a sidewalk on Sundays that still exists in some states.

"It's been on the books for ever and it's archaic. Fix it."

Asked about who she will be casting her ballot for on November 5, Stormy, who is a Republican, said she would find it hard to vote for Democrat Mr Biden but would definitely not be backing Trump.

She says: "I would like to encourage everyone to vote.

"I understand not liking either of the candidates... but remember, NOT voting for Biden is the same as

voting FOR Trump. "That's why that is important. How is it that this amazing country that we live in is full of all these amazing people, and yet Trump and Biden are all we have? Like that's it? I just don't understand."

#### **EXTREME**

Stormy is unambiguous about who she holds responsible for the political unrest in the States and its lack of civility". "It's Trump," she says.

"People have either one extreme view or another.

There is such a small percentage of people in America who are willing to admit that they were wrong, and that is part of the problem with people in general, especially the American public.

"It's 'I'm right, and it's because I said so'.

"People just refuse to see the facts, but even when they are shown the facts, they won't admit that they made a mistake and that they were wrong.

"It is like a cult."

The only three eligibility requirements for a presidential candidate is that they must be a naturalborn US citizen, at least 35 years old and have lived in the US for at least 14 years.

It means, while most government jobs are closed off to convicted felons, the most important of all is not.

When asked what she would tell female voters in the States about



## A **Stormy Daniels** which candidate to vote for, female voters, Stormy says: "If I need

Stormy is clear.

She points to Trump's behaviour towards women, including the sexual allegations, which he denies, being found liable for sexual assault and being exposed for using degrading comments about women. Talking about America's to say anything to any woman by now about who they need to vote for, then it's pointless.

"If I need to tell you anything, ladies, there's no hope for you.

'This is a president who wants to set back women's rights."

chris.bucktin@mirror.co.uk X@DailyMirror HUNTER BIDEN GUNS TRIAL: P28

### an 'no treason' ambassador to Washington and

A PAKISTAN appeals court has acquitted former Prime Minister Imran Khan of leaking state secrets, his lawyer says.

BY MARTIN FRICKER

But despite vesterday's ruling, the popular opposition leader will remain in prison as he is serving several sentences, with a slew of other cases pending.

In January Khan was convicted of treason and sentenced to 10 years over an incident, popularly known as the cipher case, in which he was accused of exposing state  $\ \ \mbox{CLAIMS Imran Khan}$ 

## Court rules but ex-PM still in jail

secrets by waving a confidential document at a protest rally. The government has not

made the document public. But it is believed to be diplomatic correspondence between the Pakistani

the Foreign Ministry in Islamabad. was proof he was being threatened and that the US and Pakistani officials conspired to oust him as PM in 2022. American and Pakistani officials have denied the claim.

The Islamabad High Court did not elaborate on yesterday's acquittal, against which prosecutors may appeal. opposition leader's



Riots followed the

arrest last year.



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### **80 YEARS ON**

PAYING

LUCKY ESC



Mirror journalist Ian Fyfe. Now,

Fuller, who survived the glider crash in Normandy which cost Fyfe his life, are still alive.

Jim Fuller has now uncovered new information about his brother and the last minutes of Fyfe's life.

It is contained in a letter to the War  $% \mathcal{A}^{(n)}$ Office from an Army captain who

quizzed Geoff about the crash in 1945. It is believed they were sitting next to

each other on the glider.

This week at Geoff's grave Floss, 98, and Jim, 86, paid their respects and told his incredible story.

Jim said: "My brother and the Daily Mirror's Ian Fyfe were heroes. I was honoured to find out more information about their heroism on D-Day.

"Finding that letter from an Army captain was really quite special.

From my inquiries it's almost certain that the Daily Mirror reporter and my brother were sitting next to each other on the glider when it crashed on the night of 5th June 1944."

The letter, dated 8th March 1945, is marked "Missing Personnel" and was sent to The War Office, Blue Coat School, Wavertree, Liverpool 15 by Captain EJ Wellman.

Military chiefs had asked him to speak to Geoff to find information on Sergeant Ockwell of the Glider Regiment No1 wing who was still missing.

e wrote: "Fuller does not know Staff Sergeant Ockwell. I have, however, obtained information.

"Fuller says on the night of fifth of June 1944, he was in a glider, which was number one of five towed by Albermarles.

The other occupants were two pilots, names not known, an Army lieutenant and a war correspondent named Fyfe.

"In landing, the glider crashed into a tree.

"Fuller was badly injured and rendered unconscious. "

'When he came to, he noticed that the war correspondent was pinned by a jeep and died 10 minutes later. He's positive both the pilots and the lieutenant were dead.

"Fuller crawled into a 🗌 ditch and at daybreak the enemy machine gunned the glider and later arrived and took the bodies away.

"Fuller says he saw all this happen from the ditch and he was picked up by our troops later."

Floss said Geoff, a respected Transport and General Workers Union shop steward who died in 1977, never spoke about that night.

Speaking at her husband's grave in Bishop's Stortford, Herts, she said: "I knew he was a Prisoner of War and he was in a glider that crashed, that's all. He never spoke about what actually



happened. I had no idea that he was in a glider with a Daily Mirror war

correspondent. I can't thank Jim enough for all his research." The glider, one of the first to land, carried weapons and a jeep.

There were two pilots, an officer, three Sappers, Fyfe and Fuller.

The enemy

gunned the

glider and

took the

CAPTAIN WELLMAN OFFICIAL LETTER

bodies

machine-

Jim, 86, from Sawbridgeworth, Herts, has written the story in his book "Chalk 66 Geoffrey H Fuller D-Day 5/6 June 1944" so family will always remember what happened.

He writes how the pilot called to "prepare for a crash landing". He added: "Those with experience of

training would know the many hazards

## AY REM

## Brave Mirrorman Ian Fyfe killed in glider crash during Normandy landings Para was only survivor of wreck and hid in ditch as Nazi troops shot up aircraft

DM1ST

INVASION D-Day troops hit Normandy on June 6, 1944



SAD MEMORIES George Chandler

#### Veterans gather at op's H

BY ADAM ASPINALL

D-DAY veterans swapped war stories at the headquarters where the operation was planned ahead of its 80th anniversary on Thursday.

Around 40 veterans met at Southwick House in Southwick, Hants, vesterday, the headquarters of Supreme Allied Commander General Dwight Eisenhower.

George Chandler, from Burgess Hill, West Sussex, served aboard the British motor torpedo boat MTB 710.

The 99-year-old said: "Let me assure you, what you read in those silly books that have been written about D-Day are absolute crap.

"It's a very sad memory because I watched young American Rangers not shot, slaughtered. I was 19 at the time, these kids were younger than me."

Marie Scott, 97, served with the Women's Royal Naval Service at Fort Southwick. Her job was to pass messages from troops on the beaches to the leaders of Operation Overlord, Eisenhower and Field Marshal Bernard Montgomery. Ms Scott, who was



awarded France's highest order of merit, the Legion d'Honneur, described hearing the battle rage.

She said: "I was a little bemused when I first heard it, then I thought to myself, 'Oh, you know, this is war'.

You could hear everything, machine gun fire, cannon fire, bombs, men shouting, the general chaos."

Most of the veterans at Southwick House, now housing the Defence School of Policing and Guarding, were brought by the Royal British Legion, the Spirit of Normandy Trust and the Taxi Charity for Military Veterans.

of travelling in a glider prepared for war, but for Ian Fyfe from the Daily Mirror this was most likely new. When his editor called for a

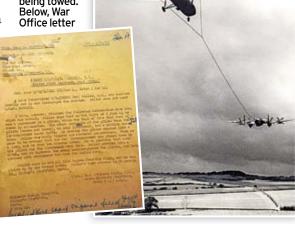
volunteer to join British troops on a top secret mission, he was one of the first to raise his hand, a true hero.

"Military contacts secured his seat on Chalk 66, gaining him a place as one of the first war correspondents to arrive.

"It was not as if Ian had no other responsibilities, he was only 25, married to his wife, Betty, living in Croydon, Surrey. Neither knew if, or when, he would return."

The D-Day story would have been lost for ever but was saved for history when Jim, who was working in Air Traffic Control at Stansted Airport in 1961, was taken to hospital following a football injury, and

WARBIRD Horsa glider being towed. Below. War



doctors thought he would die. His brother Geoff came to visit him on his "deathbed" and talked of his war experiences. Jim survived. But they never discussed the war again.

After he retired Jim, who is wed to Kathleen, 83, with three children and five grandchildren, researched the glider crash.

he learned of it, he said: "I was injured playing football for Bishop's Stortford Swifts, taken to hospital and developed blood poisoning. They

crashed with a Daily Mirror war correspondent. That was the first I heard of this. My brother survived the crash despite being shot by a sniper but the reporter died.

never, ever talked about this again. Sadly my brother died in 1977.

"In 2013 I was reading a book called brother's grave."

Floss said proudly: "It's wonderful that both Geoff and Ian are being remembered all these years later."

The huge Allied invasion on June 6 paved the way for the liberation of Europe from Nazi tyranny.

Recalling how

thought I would die. I could see nurses crying. My older brother started to tell me about his war. We had never discussed it. He told me he

was in a glider on D-Day which

"Incredibly I recovered but we

One Night in June and there was a passing mention of a man called Fuller. I thought I ought to find out more. And here we are today at my



DM1ST



MURDERED Zara Aleena

#### Zara's family 'tortured' by street killing on way home

THE family of a woman killed by a sexual predator told an inquest they are "tortured" by the thought her death was preventable.

Jordan McSweeney, then 29, had been released from prison on licence when he attacked Zara Aleena, 35, as she walked home from a night out in June 2022.

He admitted her sexual assault and murder, in llford, East London, at the Old Bailey and got life with a minimum 38 years.

#### CRUMBLING

Zara's aunt Farah Naz said the murder highlighted "the crumbling justice system [which is] meant to protect us".

She told a jury at East London coroner's court in Walthamstow: "She believed that a woman should be allowed to walk home, and her dreams, her future was brutally taken."

McSweeney received his first custodial sentence at the age of 13 and had spent much of his life in jail.

Coroner Nadia Persaud said the inquest will look at "whether any actions or omissions of state bodies contributed to her death". The inquest continues.

#### Pair arrested over Channel death of girl

TWO men have been arrested over the death of a young girl who drowned attempting to cross the Channel in a small boat.

She was among five to die when a dinghy carrying more than 100 people got into difficulty after leaving Wimereux, northern France, on April 23.

National Crime Agency officers arrested Al Tahir Abdullah Adam, 24, and Musaab Bashir Altijani, 19, from Sudan, in Hillingdon, West London.

They appeared at Westminster magistrates court on Saturday and were held in custody until Friday. The NCA's Craig Turner said: "We will do all we can to identify those responsible."



Limb tech levels the playing field

YOUNG sports fans show how specialised prosthetics can open the doors to whole new worlds of fun at a unique coaching session. Freddie Tarr, 10, who has a congenital limb difference, was among kids using a Koalaa arm. He said: "It was fun to play golf, it's hard

but it was different with the golf arm." Dad Nick, 38, of Bournemouth, Dorset, said: "He finished the day asking when him and my dad could go to the driving range."

Also coached by Mark Taylor at Buckinghamshire's Woburn Golf Club was Joanie Melady, 10, of South Oxfordshire. She said: "It was fun - I got a hole in two!" Dad Alan, 43, said: "She always makes you proud. "There was a lot more control in her

swing." Koalaa founder Nate Macabuag said: "We hope to inspire people with limb differences of all ages to pick up a club."

BIONIC EY

**PREPARED** Eye exam and, left, Mr Poole and Mr Farley

donated human corneas, and

up to a two-year waiting list for

The UK needs 350 donated eyes each

Consultant ophthalmologist Thomas

transplants in the UK.

week but currently only gets 88.

TEE-MENDOUS Joanie Melady lines up her shot

#### BY MARTIN BAGOT Health Editor

A 91-YEAR-OLD man has become the first patient in the country to receive an artificial cornea.

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

Mr Farley, married to Elizabeth, 83, said: "I can still see my wife after 63 years' marriage. It makes your life fuller when your eyes work properly. "You don't realise how debilitating it is until it happens to you."

The operation he had replaced the inner part of his cornea with an artificial lens attached to the eye by a single stitch.

There is a worldwide shortage of

### 91-year-old can see wife due to artificial cornea

Poole said of the artificial cornea, developed by British scientists: "One of the beauties is that it is not human tissue so the body does not try to reject it."

Mr Poole, who performed the surgery at Frimley Park Hospital in Surrey, added: "I think this may end up replacing human corneas for certain types of corneal graft patients. In maybe 10 or 20 years' time, this may become the norm where we don't need a human cornea, we just take one out of the box."

Mr Farley, of Chobham, known to friends as John, had been suffering

problems with his right eye for around 15 years. When a cornea is damaged, it can become clouded and change shape. Mr Farley's vision is improving after February's operation, and is expected to get better over the pert year

to get better over the next year. He added: "It has made a great 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."

With some donors opting out of giving eye tissue, NHS Blood and Transplant's Kyle Bennett made a public plea.

plant's Kyle Bennett made a public plea. He said: "We understand that people often attribute more emotion and symbolism to the eyes.

"However, agreeing to this form of donation, even when solid organ donation may not be possible, means there can be light after darkness for thousands of people."

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#### KILLED Zackary Blades Mum's tears for baby son and aunt in death crash

#### BY JEREMY ARMSTRONG

A DEVASTATED mum has paid an emotional tribute to her baby son after he and her sister were killed in a tragic road accident.

Shalorna Warner was driving eight-month-old Zackary Blades and Karlene Warner, 30, when her Peugeot 308 was struck by an Audi Q5 on Friday.

She suffered minor injuries while Zackary and Karlene died on the A1(M) near Durham.

Shalorna and Zackary's dad Jack Blades said in a statement: "We only had you in our arms for eight months but in that time, you brought us so much happiness to all our lives.

<sup>4</sup>We had so many amazing memories together that will never ever be forgotten."

#### DIAMOND

The family also paid tribute to Karlene, who leaves behind a daughter, Everly. They said: "You lit up every room you walked into like the bright shining diamond that you were.

"Your crazy, sassy, funny, beautiful, presence will stay with us forever and is so evident in your beautiful little girl."

The Audi driver, a 38-year-old man, has been charged with causing death by dangerous driving and possession of a bladed article. He has been remanded in custody to appear at Newton Aycliffe magistrates court.

#### No action for Fox pic cops

TWO police officers who posed for a photo with political activist Laurence Fox will face no action from Met bosses as they did not know who he was.

Controversial former GB News presenter Fox, 46, posted the snap, saying "good cops".

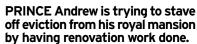
The force said: "The officers were unaware of Mr Fox's public profile and agreed out of politeness."

Fox gave a speech at a far-right protest organised by Tommy Robinson in Westminster on Saturday. Prince starts renovating his tired mansion as eviction is threatened

EXCLUSIVE BY RUSSELL MYERS

renovations needed of the grand Royal Lodg

DM1ST



The Duke of York, seen riding with a female companion yesterday, is responsible for maintaining the 30-room Royal Lodge, where he lives with ex-wife Sarah Ferguson, 64, due to a 75-year lease he signed in 2003.

But he has in recent years struggled to meet his obligations, which include repainting the outside every five years and redecorating inside every seven.

This, coupled with the loss of his status as a working royal in 2019 amid allegations of his friendship with convicted paedophile Jeffrey Epstein, led his brother the King to suggest he move to a smaller property.

Andrew, 64, has resisted pressure to move out, and scaffolding and a skip have now been seen outside the house. The Duke of York may hope having work done will persuade Charles to extend the "stay of execution" we reported last year. But after he paid a reported £12million to sex accuser Virginia Giuffre in 2022, while strongly denying her accusations, it is unclear how Andrew is paying builders now.

KIP TO IT Scaffo ad a skip were see <u>e property l</u>ast w

The cost of renovations to Royal Lodge, where moss is visible on the walls and paint is peeling off in strips, is estimated at around  $\pounds 2m$ . Andrew is also responsible for

Andrew is also responsible for maintaining the property's 93 acres. A source close to the royal said:

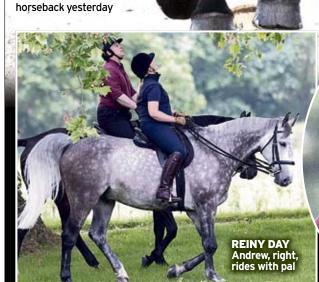
"Andrew has made clear that he is not planning to move out, regardless of what the King says. He has a cast-iron lease. He is making efforts to renovate, as he has always."

Insiders say the late Queen assured Andrew he would not be forced out.

But Charles has urged his brother to downsize as he is no longer a working member of the Royal Family.

Andrew has rejected the King's offer of the nearby Frogmore Cottage, occupied by the Duke and Duchess of Sussex before their move to the US.

russell.myers@mirror.co.uk X@rjmyers VOICE OF THE MIRROR: PAGE 8



IN THE SADDLE

Prince Andrew on



area circled

The amount insurer Admiral

made last year, up 23% on the previous 12 months

**OUR DAILY PUB QUIZ** 

In which county would you find the Cerne Abbas Giant?

**2**Which three colours make up the

national flag of Cuba? **3**Who is the lead Singer in US rock band Pearl Jam? Where is a shrimp's heart located?

DM1ST



### **INSIDE THIS WEEKEND'S** Mirror Mirror

## Labour promises to act over jump in car insurance costs

#### EXCLUSIVE BY GRAHAM HISCOTT Head of Business

LABOUR has called for an investigation into the "out of control" cost of car insurance.

Millions of drivers have been hit by the rocketing price of motor insurance over the past two or three years.

Insurers say they are passing on a sharp rise in the cost of claims, driven by a big increase in everything from car parts to secondhand motors.

Many in the industry insist they have been making a loss on motor policies.

LOUISE HAIGH SHADOW TRANSPORT SECRETARY

But Louise Haigh, the Shadow Transport Secretary, said the Financial We will Conduct Authority and the Competition and Markets call in the Authority needed to probe regulators the sector.

She said: "Car insurance **Oon unfair** is a legal requirement and an essential – not a luxury.

practices "Labour won't sit back and watch while drivers are punished by the out-ofcontrol cost of cover.

We will urgently call in the regulators to crack down on any unfair practices and to come clean on the causes of soaring costs for consumers."

The average quoted price of car insurance leapt by 56.4% in the year to February, Consumer Intelligence found. In February, drivers most commonly received an annual quote between £500 and £749 – lower than the 67.2% in the year to the end of November but still the third-highest annual rise recorded since it began tracking data in 2012.

The rise in ave

Some insurers have begun to see a bounceback in profits.

Admiral, the UK's biggest motor insurer, made almost £443million last year, up 23% on the previous 12 months.

Admiral chief executive Milena Mondini de Focatiis said in March: "Over the past couple of years, the industry was hit by the worst inflation in recent history and we faced a cost of

living crisis in the UK.

"We maintained pricing discipline and acted ahead of the market to adapt to these trends."

Aviva recently revealed improving profit margins in its UK insurance market.

And motor and home insurer Hastings said profits rose to £32m in the first three months of this year.

The Association of British Insurers said: "The industry

is committed to taking action. "Insurers are facing rising repair costs and other factors outside of their control, with a study from EY estimating for every £1 motor insurers received in premiums in 2023, they paid out £1.14 in claims and operating costs."

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mirror.co.uk



#### TRIBUTE Dave's wife Liliana **Widow feels** Hairy Biker's positive vibe

#### BY NAOMI CLARKE

THE widow of Hairy Bikers star Dave Myers says she still feels his energy and has set up a Dave Day to carry on his positive legacy.

Myers, part of the popular cooking duo with Si King, died in February aged 66 after suffering from cancer.

Liliana Orzac told ITV's Lorraine that she still sees him on TV and in the food-stained cookery books around the house. She said: "His energy is

everywhere. It just rolls on into this beautiful thing happening at the weekend. He's always been very posi-tive and that carries on."

Dave Day will be held for charity in his Cumbrian hometown of Barrow-in-Furness on Saturday and will include a motorcycle procession, a concert and a service of remembrance.



#### TRIAL The Morgans at court **OAP** denies 40-year-old murder plot

#### BY DAN WARBURTON

A WOMAN accused of plotting to kill her husband's first wife more than 40 years ago denied the allegations to police.

Margaret Morgan, 75, and husband Allen, 73, are on trial accused of conspiracy to murder.

The body of 36-year-old Carol Morgan was found in her shop in Linslade, Beds, on August 13, 1981.

The couple, from Brighton, had been having a "passionate affair" and hatched a plan to kill her, Luton crown court heard. Jurors saw videos of Margaret telling Bedford-

shire officers on July 1, 2021: "I categorically have nothing to do with it."

Asked about her affair she said: "It started as a silly little fling and developed into something more serious." Trial continues



DMLI

## On the beat with real Death in Paradise cops Latest spin-off from police drama is reality show based in Caribbean EXCLUSIVE BY NICOLA METHVEN Caribbean is one violent regions in the world, with the

DEATH in Paradise has been so popular BBC bosses have ordered a third spin-off, this one factual.

The series, which has a working title of Policing Paradise, will follow the lives of real Caribbean officers.

It comes after Beyond Paradise, which began last year, and plans for Return to Paradise to air later this year.

One source said filming on Policing Paradise had already started, adding: "It

will look at what the reallife police get up to as opposed to the fictional ones in Death in Paradise. 'There's quite a differ-

ence. Viewers who are used to the



crime being solved every week might find that reality is not quite so neat." Made by TV firm Spun Gold, the BBC1 documentary is tipped to get a davtime slot. The

highest murder rate in the Americas. Beyond Paradise, starring Kris Marshall, has been renewed for a second series plus a Christmas special.

Ralf Little starred in the main show as DI Neville Parker from 2020 to 2024, alongside Don Warrington as Commissioner Selwyn Patterson. EastEnders' Don Gilet has taken

over as main cop DI Mervin Wilson.

## Steve Wright faces court over murder of schoolgirl Victoria

September 18, 1999. Wright appeared

at Suffolk magistrates court via video

He later appeared at Ipswich crown

Victoria was abducted in Trimley St Mary on September 19, 1999. She had been on her

A dog walker found her body

25 miles away in Creeting St

Peter five days later.

way home from a nightclub.

court, where his lawyer Robert Tolhurst said he had "some mobility issues".

link from custody.

#### BY DAN WARBURTON

A FORMER forklift driver has appeared in court charged with the murder of a schoolgirl almost 25 years ago.

Steve Wright, 66, is accused of kidnapping 17-year-old Victoria Hall before killing her and dumping her naked body in a ditch.

He is also charged with the attempted kidnap of then 22-year-old Emily Doherty in Felixstowe, Suffolk, on **EVIL** Impression of Wright

#### Girls in night swim terror

TWO young night swimmers were found clinging to a coastal defence marker by lifeboat crews.

A man spotted the girls gripping the groyne after they got into difficulties at 8.55pm on Saturday.

A RNLI Southend lifeboat was launched to reach the youngsters in the Thames Estuary, near Westcliff-on-Sea, Essex.

An RNLI spokesman said. "Their swift response and expertise undoubtedly made a significant differ-ence on Saturday night."

### **Mirror TRAVEL** 9-DAYS SAVE NOW FROM £1,997 15% PER PERSON Ш BLUES

#### **ELVIS PRESLEY'S MEMPHIS, NEW ORLEANS & NASHVILLE**

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### **CAMPAIGN TO**

#### EXCLUSIVE BY LUCY LAING

#### A BABY heart charity says a simple test could save hundreds of newborns' lives each year if it were carried out universally.

Pulse oximetry testing - a check of blood oxygen levels – is not currently compulsory and 20% of UK hospitals do not perform it. But it can spot congenital heart disease, which kills more than 300 UK babies a year.

Charity Tiny Tickers wants testing to be mandatory for newborns on the NHS, and for better training and equipment to spot CHD in pregnancy. A spokeswoman said: "Sadly, 1,000

heart babies leave hospitals every year with no one knowing they have a lifethreatening heart condition, putting them in danger of heart failure.

"Some of those babies won't make it back to hospital in time to receive the treatment that could save them"

Campaigning to make testing mandatory, Tiny Tickers has put 600 pulse oximetry machines in maternity wards, at a cost of £242 to £725 each.

The test involves wrapping a soft sensor around a baby's hand and foot

It takes five minutes for a monitor to detect blood oxygen level and heart rate. Tiny Tickers says if it is performed in the first 24 hours after birth, certain types of CHD can be detected and treated before they become critical.

The spokeswoman added: "Surgery survival rates are very high and 80% of babies born with a congenital heart defect survive past 16 years of age."

#### DIAGNOSED

She added of detecting CHD during pregnancy: "When a sonographer detects a problem at a 20-week scan, the mother will then be referred for a specialist scan, where the heart condition can be diagnosed.

"A care plan will then be put in place for the baby's arrival, usually at a specialist heart centre.

'This means, as soon as the baby arrives, they will receive the care they need. Early diagnosis also means parents can prepare for the journey ahead." Dr Joyce

Lim. consultant cardiologist at Alder Hey Children's Hospital in Liverpool, said: "We need to increase the antenatal pick-up rate of congenital heart disease, which means better diagnosis during pregnancy.

"In some serious heart conditions, only 50% are picked up in pregnancy." Health visitor Zoe

Beresford, based in Newcastle, could not agree more.

her daughter Pippa, born in February 2023, aged just five weeks old.

Zoe, 31, used IVF to have her son, Rex, 20 months, with firefighter husband Rich, 33. So she was amazed when she fell pregnant naturally.

#### FIVE SYMPTOMS TO WATCH OUT FOR

H = Heart rate Is your baby's heart rate too fast or too slow? It should normally be 100-160 beats per minute.

E = Energy

Is your baby sleepy, quiet or floppy? Are they too tired to feed, or falling asleep during feeds?

A = Appearance Is your baby a pale, waxy, dusky, blue, purple, mottled or

grey colour?

Is your baby breathing too fast or too slowly? - There should normally be 40-60 breaths per minute.

= Temp rature

Is your baby persistently cold to touch - particularly their hands and feet?



SAFE Katie Weaver baby daughter viole

" The doctors told us she wouldn't have survived another 10 minutes

ZOE BERESFORD MUM ON HER HEALTH SCARE WITH DAUGHTER

#### when Pippa was born. "The scans had never shown anything wrong, but a week before Rex's first birthday she became unwell.

shock,

but we were so excited

When we rushed her to the GP they told us to take her to She came within minutes of losing hospital, where they diagnosed her

with heart failure. 'The doctors told us she wouldn't

have survived another 10 minutes." Pippa, who had surgery for her heart

problem, had also suffered a stroke. Zoe said: "We're waiting to see if She said: "It was such an amazing there are any developmental issues

DM1ST

## GNOSE HEART DEFECTS EARL



If it had been diagnosed before birth, it would've been a lot less traumatic KATIE WEAVER MUM ON HER DAUGHTER'S HEART ILLNESS

# Simple test that could save 300 newborns every year

from that. At the moment she is doing need to have surgery to open her well. She rules the roost in our house!

Katie Weaver's seven-month-old daughter Violet was a few weeks old when her parents took her to hospital, as she seemed ill and lethargic.

It turned out that she had sepsis as well as a heart condition, and a 48-hour battle for survival followed.

Katie, 28, a trainee ICU nurse, who lives with partner Sean Seater, 33, a fleet coordinator, their son Lucas, four, and Katie's son Matthew, 11, in Bristol, said: "We didn't know whether she was going to survive."

An ECG detected aortic stenosis, where the valve between the left ventricle and aorta is too narrow.

Katie said: "It was such a shock, we had never imagined that we would be aortic valve with a balloon. The valve

will eventually be replaced. Katie added: "If this had been diagnosed before birth, then it would have been a lot less traumatic for us." Katie Thomas lost her son Harrison

at 32 days old, after doctors failed to diagnose a large hole in his heart.

size and led to a cardiac arrest.

#### PROBLEMS

Katie, who lives in Manchester with partner Tom Clayton, 31, and daughters Harriet, six, and Harper, six months, is desperate for early diagnosis to be improved. She said: "Harrison passed his

discharged. He didn't even make it to born. Leo's heart condition - pulmohis six-week check up. Things have to go wrong and the baby and parents have to suffer for it [CHD] to be discovered."

Soon after Harrison was born in 2022 he developed feeding difficulties and made strange grunting sounds. It was mistaken for mucus from the It had caused his heart to treble in delivery and he was sent home.

Just 32 days into his life, the family were returning home from an afternoon out when Harrison suffered a fatal cardiac arrest in his car seat.

Katie said: "It was so sudden." She has since found that failing to feed and grunting are common signs of heart failure in babies.

Emma Gilliver's youngest son Leo newborn screening and, despite only survived because he had a told anything like that." Violet will showing signs of heart problems, was pulse oximetry test as soon as he was the pulse oximetry test before we

nary atresia with a large hole in the heart - was not picked up during her pregnancy.

But the test, performed hours after he was born in March 2020, detected something was wrong and he was put on a life support machine until open heart surgery could be carried out. Emma, 33, a full-time mum who is

separated from Leo's dad Anthony Cornwall, 37, an HGV mechanic, says: 'If it wasn't for the pulse oximetry machine, Leo wouldn't be here today."

Emma, who lives in Rothley, Leics, with Leo and her other son Ethan, 11, recalls noticing that Leo's hands and feet were very blue when he was born.

She was assured he was all right. She said: "At five hours old, he had

were going to be discharged. It picked up that his oxygen levels were only at 78%." Leo had open heart surgery to allow the blood to flow properly from his heart to his lungs.

After four weeks Leo was well enough to come home, but he will need more surgery. Emma said: "We feel so lucky to still have him."

The Department of Health told the Mirror: "The UK National Screening Committee ran a consultation to establish the effects of screening all babies for low oxygen, the results of which were inconclusive.

"The UK NSC supported the call for further research before it reviews this issue. This research is ongoing." See tinytickers.org for more.

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### **EXOTIC-LOOKING BLOOMS** FRENC

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#### 26 DAILY MIRROR TUESDAY 04.06.2024

## I'm making a 20,000-mile journey to be nearer Vera Aussie superfan hopes to meet star Brenda

BY JEREMY ARMSTRONG and BARBARA HODGSON

A SUPERFAN of the TV series Vera is making a 20.750-mile round trip for a chance to see the last ever episode being filmed.

Christine Bennett has set off from Victoria. Australia. on an epic journey to

Newcastle upon Tyne. Friends call her "Vera's number one Australian fan" while the 70-year-old calls the North East backdrop for the hit series "Vera-land"

"I only decided to come over three weeks ago," she said. "I wanted to see if I could actually see the last series of Vera being filmed, plus visit all the Vera sites." Christine is flying solo and will be in the country from tomorrow **EPIC TRIP** Australian Christine is Vera fan

until June 24. She has been trying to find out if filming will be taking

place during her stay in the hope of getting a glimpse of Brenda Blethyn, 78. A chance to meet Vera star would make it the trip of a

lifetime, she says. Christine discovered Ann

My friend said I was a lot like

Vera.. I shed a few tears when

I heard that it is finishing

CHRISTINE BENNETT SUPERFAN OF ITV DETECTIVE DRAMA

Cleeves' books less than a year ago but has now watched every episode of the ITV series three or four times. "I am so

excited," she

said. Her friend spotted some similarities between Blethyn's character and her pal.

DM1ST

Christine added: "She recommended Vera to me. At first I was resistant, I finally relented because she said I was a lot like Vera.

"Sue meant her bluntness and the fact I like to be alone. Vera is a bit frumpy and large. I wouldn't say I was frumpy but I am large. Brenda is 5ft 1in whereas I am 5ft 7in. I fit Ann Cleeves' description better than TV's Vera.

"The writing is brilliant; the characters and acting is flawless: the scenery is awesome and for a whodunnit the plot thickens as the episode goes on. Vera doesn't dwell too much on personal lives but focuses on the crime. I shed a few tears

to hear that Vera is finishing. "But Brenda is 78 and it would be taxing on her to be

on set nearly 10 hours a day." Christine cherishes a personalised photo signed by Brenda as well as a Veratheme artwork created by her co-star Riley Jones, 35.

Hoping for a spin-off show starring David Leon, 43, who plays Joe Ashworth, she said: No one can replace Vera. They could make a new series with Joe. But they better not call it Vera."

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#### TUESDAY 04.06.2024 DAILY MIRROR 27

ashleigh.rainbird@mirror.co.uk

journey to Glastonbury looks set to be fun. **Nia Archives** will get revellers into the party mood by DJing on board a train from London to Castle Cary. The drum 'n' bass star says she is "buzzing" to be heading to her "favourite place on Earth" and adds: "Never thought I'd be DJing in a carriage, but am sooo excited to start the party with ravers on the Uber train."

Even the train

The train departs at 7am who doesn't like a morning rave?

It's certainly good that there are fewer serial killers about, but spare a thought for fiction writers. Author Harlan Coben, whose books have been adapted into Netflix series, says it's made writing murder thrillers more difficult. "There are very few serial killers any more," the Fool Me Once writer tells Radio Times. "America used to be filled with them. It isn't that we're getting mentally healthier. It's just that it's really hard to get away with it: everybody has a phone, everybody is being tracked, everywhere has CCTV. 'To make a serial killer novel that I would like, and that works in today's world, was intriguing."

Aunt & Bessies 12 Golden yorkshires Ready in 4 minutes

Murderously difficult.

It's official: shop-bought Yorkshire puds come with a top chef's approval. **Tom Kerridge** rates Aunt Bessie's and says they are totally acceptable on any roast dinner plate, which is great news for those who can't get them to rise.

"Making Yorkshire puddings is easy," he tells **Alan Carr** on his Life's A Beach podcast. "But you've got to want to do it.

"If the oven is already on, you've got Aunt Bessie in the freezer... I probably draw a line at the vegetables." Sorry, you'll have

to glaze your own parsnips, folks.



#### with Ashleigh Rainbird

It might not go down well at the local gym, but **Miley Cyrus** exercises wearing heels.

THE DIAR

"My mantra is, like any athlete, practise how you perform," she tells W magazine. "So that's why I practise in my heels.

practise in my heels. "The gym looks really tough, but then I've got my ivory Gucci slingbacks because they remind me of Marilyn Monroe. I train in heels, mostly.

"I'm interested in feminising the workout space, because so much of the workout equipment is ugly." Covering a treadmill in glitter would be safer. As pop superstar **Taylor Swift**'s Eras tour kicks off in the UK this week, Capital radio has launched an entire station to play nothing but the singer's music. The excellently named Capital (Taylor's Version) aims to capture Swifty fever, which a large portion of the country's young people are already swept up in. It could be a long era for a lot of parents.

## **Appeal** Joey joins Love Island

#### Love Island's first bombshell of the series is well reem.

TOWIE's **Joey Essex** made a surprise entry into the villa last night, on a mission to find love.

The 33-year-old reality star – who has appeared on I'm a Celeb and Dancing on Ice among many reality shows – has previously dated a string of famous ladies, including Love Islander **Maura Higgins**. Last year, he dated his Dancing on

Last year, he dated his Dancing or Ice partner **Vanessa Bauer**.

And he has also previously looked for love on reality TV – he dated model **Lorena Medina** after they met on Ex On The Beach in 2019.

He also briefly dated Made In Chelsea's **Stephanie Pratt** after they appeared on Celebs Go Dating in 2016.

And the TOWIE cameras followed his relationship ups and downs with **Sam Faiers**, before the pair broke off their engagement.

Joey said of romance last year: "I'm in the best shape of my life, I'm single and getting my life together.

"If a nice, kind girl walks into my life I'd get to know her."

But he warned any prospective partners: "I'd like a girlfriend but she needs to fit into my jigsaw puzzle." Love Island continues tonight at 9pm on ITV2.

I would like a girlfriend but she needs to fit into my jigsaw puzzle



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## Now first ever President's son goes on tria \*

## Hunter Biden denies gun charges

#### BY **CHRISTOPHER BUCKTIN** US Editor

JOE Biden's son has become the first child of a sitting US president to be a criminal defendant after jury selection began in his gun charges case.

28 DAILY MIRROR TUESDAY 04.06.2024

Hunter Biden has been accused of lying about his drug use on application forms he filled out to buy a handgun in 2018.

The 54-year-old could face up to 25 years in prison if convicted of the three federal counts.

It comes less than a week after Donald Trump's hush-money case conviction in New York where he prosecutors last July. was the first former President to go on trial in a criminal court.

Mr Biden has pleaded not guilty and argued he is being unfairly targeted by the US Justice Department after Republicans accused

in Delaware, within walking distance of his father's re-election campaign HQ in Wilmington.

Mr Biden arrived at court with his wife Melissa Cohen Biden, while his mother and First Lady Jill and his sister Ashley sat behind him as the process began.

Mr Biden is also facing a separate trial in California in

The number of days

Hunter Biden owned a handgun for in 2018

September on charges of failing to pay £1.1million in taxes.

Both cases were to have been resolved through a deal with But Judge Maryellen

Noreika questioned some aspects of the agreement, which lawyers fought over

before the deal collapsed entirely. The case against Mr Biden him of receiving special treatment. stems from a period where, by his Yesterday, jury selection started own public admission, he was stems from a period where, by his

addicted to crack. His descent into drug and alcohol followed the 2015 death of his brother Beau from cancer aged just 46.

He bought and owned a gun for 11 days in October 2018, and indicated on the application that he was not using drugs.

Mr Biden has pleaded not guilty

in both cases, and his attorneys have suggested they may argue he did not see himself as an addict when buying the gun. They could also attack the credibility of the shop owner.

Prosecutors are set to call as witnesses Mr Biden's ex-wife Kathleen Buhle and his brother's widow. Hallie, who he dated briefly after Beau's death.

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**SEA VIEW** Passengers on their balconies



#### A GRINNER Cheery smile Boost from a smile lasts a good while ..

#### BY GEMMA FRANCIS

SUNSHINE, surprise gifts and going on holiday are among the simple things that make us smile.

And nearly half of 2,000 adults polled said someone smiling at them makes them feel happy, with the boost lasting for more than 13 minutes on average.

Bupa Dental Care commissioned the poll for National Smile Month.

Psychologist Jo Hemmings said: "Smiling releases endorphins, dopamine and serotonin hormones which improve mood - and reduces our stress hormone, cortisol." TOP 10: 1. A holiday 2. A sunny TOP 10: 1. A holiday; 2. A sunny morning; 3. A kind gesture from someone; 4. A smile from someone; 5. A loved one getting good news; 6. Doing something that makes someone laugh; 7. A surprise gift; 8. Winning cash; 9. Getting a thank you; 10. Sitting in the curching. in the suńshine



#### ATTACK Waste-filled balloon **Balloon stunt** ends Korean peace accord

#### BY **CHRIS HUGHES** Defence and Security Editor

SOUTH Korea will end its peace deal with the North after it sent balloons full of waste over the border.

Some of the 1,000 bags were fitted with timing devices to make them pop over certain areas.

On Sunday, South Korea threatened an "unbearable" response and the North agreed to stop.

Seoul has now axed an agreement signed in 2018 between North Korean dictator Kim Jong Un and former South Korean president Moon Jae-In.

It means South Korea can resume border drills and propaganda broadcasts, including blasting K-pop songs and news across the border.

Since 2022, North Korea has ramped up its missile tests in a direct threat to the South and US.



#### Volunteer army helps stop rise in invasive insects A MAJOR victory has been declared in the war against Asian hornets after plucky volunteers caused the

Fears have been growing for many years that the invasive insects will use the Channel Islands as a launching pad to invade mainland Britain - with the public enlisted to help stop the spread.

Anyone who thought they saw one of the predators was asked to log it online and then volunteers from the Jersey Asian Hornets Group were dispatched

number of gueens to plummet.

BY ADAM ASPINALL

to track down the nest and kill the taking over hives queen. Asian hornets are deadly to native bees, wasps and butterflies.

They have established themselves in France, where they have been observed lurking outside hives and biting off bees' heads

There have also been reports of them

and killing off colonies within as little as three hours.

But the action is working as, by May 30, 153 queens had been spotted compared with

NASTY Kille Asian hornet

more than 250 by the same date last year. The achievement has been made possible by the work of around 150 volunteers in the group – with another 350 installing traps on their homes.

John De Carteret, founding member of the group, said: "Even though eradication is impossible, it gives us some element of control."

> adam.aspinall@mirror.co.uk X @MirrorAsp

MIRROR 29

TUES



**ON SALE NOW** oor sleep can make anyone feel exhausted, but the repercussions for menopausal women might go far beyond that. Research has

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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.

#### **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.

#### 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

## 7<u>e</u> [] )(meno

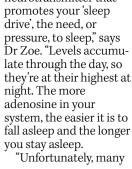
Women often str sleep disruptions hormones chanc strategies to help rest and enhance Kim Jones finds

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.

> **INCREASE YOUR** SLEEP DRIVE "From the moment you wake,

your brain produces adenosine, a neurotransmitter that



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### be your best

TUESDAY 04.06.2024 DAILY MIRROR 31

yourhealth@mirror.co.uk

#### Edited by AMY PACKER

## timate to sleep the pause

uggle with as their ge, but there are you get better your wellbeing. out more

en going through menopause t feel so exhausted from the ses placed on them during this d of their life – whether from work, g for elderly parents or dealing seens – 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 p, levels of adenosine start to drain by sleeping too early, you're likely ke early too. So hold off heading to ntil 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 arries 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 aration can help relieve these toms. You should aim to stay well hydrated during the day but stop taking in fluids three hours before bedtime."

## **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.

<sup>a</sup>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

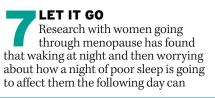
with your doctor to find out about options."

DM1ST

#### 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

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.





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, diaphragmatic 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."

**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

"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."

#### 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."



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 (rapadaloan clinica)

"

After a bad night it's tempting to cancel social

events, but try not to

(goodsleep.clinic). "Your fear of what might ben if you don't get enough sleep is ugh to increase your hyperarousal

## HEALTH

any 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

### 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."

Dai

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

"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."

SAMSUNG Galaxy Tab A9+

 This tablet is the latest model and has just launched (January 2024)

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the NEW Samsung Galaxy Tab A9+ Easology Edition, the tablet that makes technology available to all.



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#### Retail therapies



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

vour 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

## HEALTH Having an artificial pancreas has totally changed my life

DM1ST

hen 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

CONFIDENT

System means Tom won't have

a hypo on stage



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

#### "

I am aware of

before I'm about to sing helps." There's just no better treatment out there at the moment that

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 combat-ing it a little bit – Tm 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

#### When a Heat Pump Doesn't Fit - Install an Electric Boiler EFFICIENT ELECTRIC HEATING WITHOUT THE DISRUPTION

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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.

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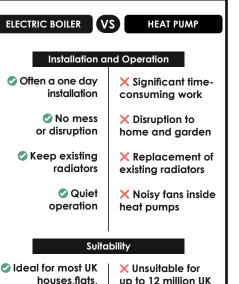
If this narrative sounds familiar to you, you are not alone. The good news is that you do have alternative solutions to modernise and improve your heating systems.

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.

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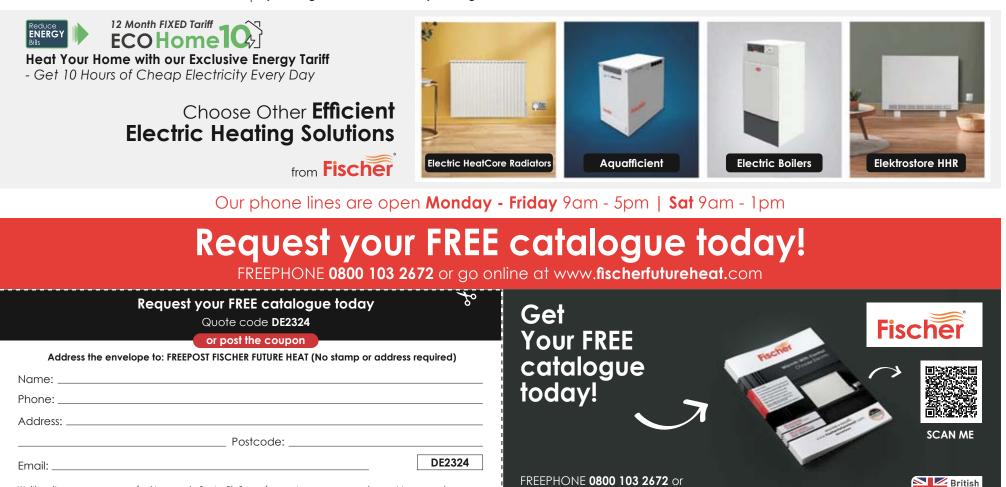


up to 12 million UK houses,flats, apartments and homes terraced houses

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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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normal part of life but there are things you can do to keep a treasured friendship going.

Put the hours in. This doesn't

will strengthen the friendship.

and creates a stronger bond.

Resolve conflicts. As in any

relationship, communication is key.

Making up after an argument will

show you how important the other

Encourage each other. Focus on

getting into shape, learning a new

skill, moving up the ladder at work.

achieving vour

goals easier.

And one

more thing. Not

last. Sometimes

you have to let

them ao.

all friendships

are meant to

Having a supportive friend who

keeps you accountable will make

If you have an argument, sit down

and discuss it, don't let it fester.

self-development whether it's

person is.

Plan activities you both enjoy.

#### DR MIRIAM STOPPARI Tool detects early motor neurone disease signals How to nurture meaningful friendships How do we choose our friends? Usually we gravitate towards people with similar views, interests and even temperament. Meeting new people and losing touch with others is a

DM1ST

otor neurone disease can be devastating. It's a fatal, mean you have to be together all the time, but meeting up regularly and sharing important life events Sharing a hobby or a passion for something will add an extra layer

The disease is caused by the accumulation of certain proteins in the brain that clump together, causing brain cells to gradually stop working. As the disease progresses, it impairs movement, thinking and breathing, which worsen over time. Current tests, however, are slow to identify the condition.

Dr Brian Dickie, director of research, Motor Neurone Disease Association says: "It often takes a year from the first onset of symptoms to receiving a diagnosis of MND. This innovative research into the early cellular changes potential for the development of new tests to help reduce diagnostic delay.

"As treatment does not begin until the disease is diagnosed, earlier intervention will hopefully also mean

and rapidly progressing neurological condition which currently affects around 5,000 people in the UK. It can affect adults at any age but most people are diagnosed over the age of 50.

occurring in MND offers exciting

that treatments are more effective." But now a new technique from

Edinburgh University can detect the the brains of people with MND, can trials of new medicines. Dr Mathew



disease in brain tissue before symptoms appear - potentially enabling faster intervention and treatment. Scientists believe it could supplement or replace conventional approaches. The tool uses "aptamers", and could be a game-changer.

An aptamer, developed to bind to the protein clumps that accumulate in identify damaged proteins in brain tissue before the cells malfunction the stage at which MND symptoms appear and current tests can identify.

The early detection of these accumulating proteins in people with MND remains a major challenge to successful treatments, slowing down Horrocks of Edinburgh University believes this research could speed things up. "This is the first time that this approach has been used in human tissue and we're excited by its ability to detect a pathological form of the

protein that has so far been difficult to characterise.

"Unlike antibodies used in current testing for MND, aptamers are synthesised in the laboratory, offering a more cost-effective and

reliable alternative." "This could be a game-changer for MND research, diagnostics and treatment. This tool 'targets' the disease protein and allows us to see where toxic clumps are building up in the body. It can do this for much lower amounts of disease proteins, and with greater accuracy than ever before."

Without international collaboration between scientists from the University of Edinburgh; Instituto Italiano di Tecnologia, Genova; King's College London; and the Centre for Genomic Regulation in Spain, this revolutionary MND research could never have happened.

#### REASONS TO. add parsley to *i*our cookir

1. Parsley is high in vitamin A which is necessary for the health of your eves. 2. It's rich in potassium which helps control blood pressure.

3. Parsley contains phosphorus

which keep bones healthy, so important in osteoporosis and arthritis. 4. It's a great source of

tummy travelling to the right side and

they've got a mild

temperature.

antioxidants such as zeaxanthin, lutein and betacarotene that

may help lower the risk of cancer. 5. Vitamin K is essential in forming clots to prevent bleeding after injury, while vitamin E helps you produce red blood cells which carry oxygen.

dominal	Symptoms	It could be	Stop it
ain in hildren	Your child repeatedly gets abdominal pain and they don't poo very often. When they do they complain it hurts their bottom.	Constipation, a very common cause of abdominal pain in children because they avoid pooing, they feel too busy or it hurts their bottom.	See your doctor for advice. If no cause of abdominal pain can be found, constipation treatment is sometimes tried. It's safe and effective.
	Your child gets attacks of pain lasting between an hour and three days and they're completely pain free in between.	Abdominal migraine, quite common in children with nausea and vomiting, avoidance of noise and light and a family history of migraine.	See your doctor for a possible trial of migraine treatment. Question your child about what's going on at school, particularly bullying, as stress triggers migraine.
A	Your child refuses food, has worsening pain in the middle of their	Appendicitis. To confirm, press on the area they say is sore and it will be	If you suspect appendicitis, be on the safe side and call an ambulance

tender, and they'll want

to be sick.

all an ambulance: straight away as your child may need an urgent operation.

#### THE WEEK CHARITY OF

Anaphylaxis UK is the only UK-wide charity operating solely for the growing numbers of people at risk of serious allergic reactions and anaphylaxis. While there's no treatment or cure for anaphylaxis, the charity believes that by providing information, training and support, there's a

brighter future for people living with serious allergies. Its mission is to create a safer environment for everyone with allergies by working with and offering training for the food industry, schools, pre-schools, colleges, health professionals and others. anaphylaxis.org.uk

DDLE AGE CANCER RISE But more survive the illness

The bad news is more people are getting cancer in middle age - but the good news is fewer of them are dying from it. Researchers looked at cancer incidence and mortality among people

aged 35 to 69 between 1993 and 2018. Overall, they found mortality rates

had dropped 37% in men and 33% in women, but there were some far



greater drops for particular cancers. So the mortality rate for cervical cancer is down 54%, owing to the combined impact of the HPV iab and cervical screening. The researchers, however, warned that there were worrving increases in cases

of melanoma, liver, oral and kidney cancers - which are linked to lifestyle risk factors including alcohol consumption and obesity.

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### 36 DAILY MIRROR TUESDAY 04.06.2024 dearcoleen@mirror.co.uk R COI JE. y sent loads

## of intimate emails my best friend

#### Dear Coleen

I am a married woman in my 30s with two young children. Recently, I found a load of emails on a shared computer that my husband had exchanged with my best friend.

I suppose deep down I'd felt uneasy for some time that he was hiding something, which is why I looked.

The emails were overfriendly, intimate in some cases and there were loads of them going back months.

I've known this friend for several years and we see her and her husband and kids all the time.

We've even been on a family camping trip with them.

I confronted my husband with what I'd found and, at first, he tried to make out I was crazy and the emails were just friendly banter. But he's since admitted he'd

become too close to her and that they'd met for coffee and dog walks, but that nothing physical had ever happened.

I also confronted my friend, who was in floods of tears, insisting nothing happened and begging for things to go back to "normal"

She said her husband was aware and also hopes we can all still be friends.

I feel so angry, hurt and betrayed (not to mention stupid) and don't see how it's possible to turn back the clock. I'd love your opinion.



Coleen says Of course you feel all those things. It's an emotional affair and your husband was intimate with another woman, even if

nothing physical happened. To know he was sharing things with her, confiding in

her, caring about her and in contact with her behind your back is so hurtful. It is cheating. They've been

dishonest, broken trust, ruined friendships and I think it's

pretty impossible to come back from in terms of remaining friends. A line has been crossed What would have happened

if vou hadn't found these emails

and confronted them? Would

they have carried on in secret or would things have become physical? Emotional affairs often lead to sexual affairs, although not always.

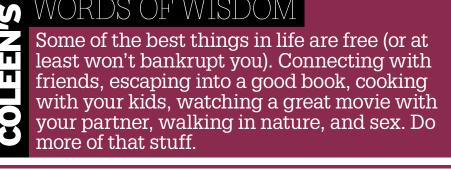
If you want to repair your marriage, my advice would be to accept the friendship with

this couple is over and focus on your relationship.

Your husband He admits needs to be honest they met up about why he got for coffee and close to this woman dog walks and what he's not

getting from your relationship. It might be beneficial to explore this in counselling together.

It's going to take time and a lot of talking to rebuild trust, but it is possible to come through it and move on.



LIVID ? Tell Coleen Nolan about them and she'll give you an honest answer... every weekday in the Daily Mirror EMAIL: dearcoleen@mirror.co.uk - sorry, but Coleen can't reply personally

WRITE TO: Coleen Nolan, The Daily Mirror, One Canada Square, London E14 5AP

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# **My Aches & Pains Have Gone & Energy Levels Boosted**<sup>"</sup>

"OVER THE last few years, I felt | my energy levels dropping and had so many more aches and pains than ever before!

I turned 74 recently but felt very old for my age. Some days my energy was so low, and my body ached so much that I didn't want to go out, not even to do the things I love like fishing or going for a beer with friends. My wife thought I was depressed!

That was partly true, my aching body was frustrating and getting me down.

Then she suggested I try *The* Rejuvenation Patch. Her friend

June had raved that they had helped stop her arthritis pain.

I don't like taking pills so using something completely natural that I didn't have to swallow sounded like a great option. I'm not sure exactly how they work, something to do with boosting your copper levels, but what I do know is that they worked for me. I felt great in no time at all!

These patches have given me a new lease of life! They've boosted my energy levels and as the weeks go by, I have less aches and pains.

I feel so good that we have just booked a romantic cruise to celebrate our 50th wedding anniversary later in the year.

Without *The Rejuvenation* Patch that would have been unimaginable!"

Rejuvenation Patches are available from Health Solutions. They are currently offering an introductory discount of £20.

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John C aged 74. His energy levels are boosted and has less aches and pains.



aged 76. No

longer suffers

with painful

knees.

### "Truly Incredible, I Feel 26, not 76!" "YOU SOON REALISE how | for short walks pain free.

marvellous it is to feel young again. My husband Pete and I first starting using The Rejuvenation *Patch* three months ago.

Before using them, I could hardly do anything because of the arthritis in my knees.

I'd suffered with painful knees for years, but it had got steadily worse, some days I found it very difficult to stand up without help. But after just a week of using the patches I could walk upstairs and go

.....

It's truly incredible, you just stick the patch on your arm and replace it every day. Each Rejuvenation Patch is infused with all-natural ingredients including copper. With so many clinical trials on the benefits of copper I am annoyed with myself for

not trying them sooner. Pete now uses them too, they've boosted his energy and he's like a new man.

They are marvellous and I highly recommend them for anyone over 50."

### **"Improvement in my** Mental Clarity!"

"I HAVE experienced memory loss over the last year or so. I would forget people's names and couldn't remember what I'd gone up-stairs for, but doesn't this happen to everyone?

But it got worse, one day I drove into town to meet a friend for lunch, but when I arrived at the café, I couldn't remember who I was meeting! Thankfully it was Janet, and she was very sympathetic when I told her what I was going through.

She recommended I tried the patches she had been using, called The Rejuvenation Patch. She even ordered me a

pack to try. I've been using them daily ever since. It's been just over a month now and I've definitely seen an improvement in my mental clarity and word recall. It's like the fog has been lifted. They really do rejuvenate your body and your mind.'



© Health Solutions



ODAY'S TV

with SARA WALLIS



Lydia is worried about Samson's plans to head around Europe by car with his new friend Josh. She secretly hopes he'll fail his test and that the second-hand car from Sam will not be roadworthy.

Clemmie and Lucas are struggling to accept not being allowed to go to school. Meanwhile, Will is horrified when he catches Rose offering Dawn some heavy-duty sleeping tablets.

And sharing a beer on the Humpback Bridge, Cain reminds Liam that he cares about how he's doing.



#### EASTENDERS BBC1, 7,30pm

Cindy is on a mission to get George back and engineers a family dinner and movie night with their girls.

Eve is sickened to see Vinny cosying up to Nish, while Suki quickly shuts her down. But later, Eve has a row with Nish at The Vic.

Maya, meanwhile, arrives in Walford and is furious with Harvey for going through her socials. She reveals that her husband died last year.

Kathy suggests to Reiss that Phil might need an accountant.



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# Here comes the drama, Queenie

DM1ST



### D-DAY: THE UNHEARD TAPES

Marking the 80th anniversary of the invasion, this unique series is the story of D-Day, told by those who actually experienced it.

It relives one of the most extraordinary days in the history of modern warfare using powerful eyewitness accounts, many of which have never been heard.

The series features rare audio interviews recorded with D-Day survivors, including Royal Navy Marines James Kelly and Warwick Nield-Siddall, sourced from archives around the world. Young actors, cast to resemble the interviewees at the time of the war, lip-sync the original testimony to recall moments of bravery, fear, chaos and confusion.

These memories are interwoven with fragmented documentary-style dramatic recreation and expert narration.

Together, they tell the story of the fateful Normandy invasion and the bloody battle that followed, in which more than 100,000 people lost their lives.

Once you get used to the style, with young actors fronting the real words, it's a compelling insight into that deadly day.

### PICK of the

DAY

#### QUEENIE Channel 4, 10pm

BASED on the bestselling novel by Candice Carty-Williams, this is a razor-sharp comedy drama with a lot of heart.

Dionne Brown plays Queenie Jenkins, a 25-year-old Jamaican-British woman who straddles two cultures but feels that she doesn't neatly slot into either.

A South London stalwart, journalist, friend, girlfriend, daughter and granddaughter, she's also a bit of a mess when dealing with the constant trials and tribulations of life.

It starts with a hospital scene, packed at once with malady and mirth, which sets the tone for the series. Watch out for Laura Whitmore as a puzzled nurse.

There's an immediate sense of chaos. Queenie is late for work and she's had a big argument with her boyfriend. Again.

At work, where she's trying – and failing – to get ahead, her boss (Sally Phillips) isn't interested in her latest pitch.

And something was definitely wrong at her doctor's appointment. All she has to look forward to is an

All she has to look forward to is an awkward dinner for boyfriend Tom's mum's birthday.

The meal, complete with racist gran, lurches from one catastrophe to another. Eventually, Queenie is left shell-shocked when Tom (Jon Pointing) tells her they need a break.

"I can't always be angry. I can't take the drama. You're too much," he tells her.

In the second episode of a double bill, Queenie puts on a brave face as she moves into her new house share, but when she realises Tom isn't coming back any time soon, she takes steps to numb her loneliness.

#### EXTRAORDINARY ITV2, 10.05pm

This fun and fresh sitcom is set in a world where everyone over the age of 18 develops a superpower. Everyone that is, except for Jen.

Breathing new life into the over-done superhero genre, this follows 25-year-old Jen (Máiréad Tyers) as she struggles to be the only adult she knows who is a completely ordinary human.

Her best friend Carrie (Sofia Oxenham) can channel spirits of the dead, while Carrie's boyfriend Kash (Bilal Hasna) can rewind time, like a slightly clunky superman. And watch out for Siobhan McSweeney as Mary, Jen's mother who can control technology.

What makes Jen special? Absolutely nothing. Yet.

With a tongue-in-cheek sense of humour, this has a fantastical element, but also a relatable mundanity.

It begins as Jen hopes to make an impression at a job interview. But the interviewer's superpower is making everyone tell the truth. Needless to say, it doesn't go well.

Without a power of her own, Jen is feeling very left behind.



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	BBC ONE	BBC TWO	ITV1	CHANNEL 4	CHANNEL 5
	6.00am Breakfast News headlines.	6.45am Garden Rescue (R)	6.00am Good Morning Britain	<b>6.30am 3rd Rock from the Sun</b> (R)	6.00am Milkshake! Children's
Today's	9.30 Rip Off Britain Investigating	7.30 Clive Myrie's Caribbean	A lively mix of news, current	7.45 Everybody Loves	9.15 Jeremy Vine Discussion.
TV	issues around the UK.	Adventure In Jamaica. (R)	affairs and lifestyle features.	Raymond Four episodes. (R)	<b>11.15 Storm Huntley</b> Debate.
previews	10.15 The Moment of Proof (R)	8.00 Sign Zone: Race Across the	9.00 Lorraine Entertainment and	9.40 Frasier Triple bill. (R)	12.45pm Friends Double bill. (F
are on	10.45 Expert Witness (R)	World Japan to Lombok. (R)	the latest fashion news.	11.10 Ramsay's Kitchen	1.40 5 News at Lunchtime
the	11.15 Homes Under the Hammer	9.00 BBC News Headlines.	<b>10.00 This Morning</b> Topical daily	Nightmares USA (R)	1.45 Home and Away Theo's
previous	In London, Stoke and Surrey.	12.15pm Politics Live Reports.	magazine, featuring a mix of	12.05pm Channel 4 News	searching for Valerie and I
page	12.15pm Bargain Hunt (R)	1.00 Impossible Quiz show. (R)	celebrity chat, showbusiness news, advice and discussion.	Summary Headlines.	has little sympathy left, Ec
	1.00 BBC News at One	1.45 Mastermind Quiz show. (R)	Including Local Weather.	12.10 Ramsay's Kitchen	sits face-to-face with Levi
All programmes	2.00 Doctors Paige and Kirsty's	2.15 Great Coastal Railway	12.30pm Loose Women Celebrity	Nightmares USA (R)	and unpicks the lies he's t
are listed in	late night work is interrupted	<b>Journeys</b> In south Wales. (R)	interviews and topical debate.	1.10 Car S.O.S Restoring a car	and Cash confides in Ede
British Summer	when a struggling young	2.45 Five Bedrooms (R)	1.30 ITV News; Weather	belonging to a busy doctor. (R)	about his own time away.
Time (BST).	couple crash into The Mill.	3.30 The Farmers' Country	1.55 Regional News; Weather	2.10 Countdown Krishnan Guru-	2.15 <i>FILM</i> The Baby Snatch
<i>c</i> 11	2.30 Clean It, Fix It The team	Showdown In Winchester. (R)	2.00 Dickinson's Real Deal David	Murthy is in Dictionary Corner.	(2021, PG) A woman suspe a photographer was planr
film	helps a mother and daughter	4.15 Ocean Giants The lives of	Dickinson, Fay Rutter, James	<b>3.00 A Place in the Sun</b> Double bill. Antonia and Ross seek	to steal her child. Thriller,
ratings	with little storage space. (R)	whales and dolphins. (R)	Layte, Simon Schneider and	their dream holiday on the	starring Ali Liebert. **
****	3.00 Escape to the Country	5.15 Flog It! Claire Rawle and Thomas Plant look out for	Jo Brayshaw head to Crewe to	island of Ibiza; Ben Hillman	4.00 Bargain-Loving Brits in
Brilliant	Alistair Appleton helps a	treasures in Kent. (R)	assess items brought in by	helps Lizzie and Paul find a	Sun Documentary followi
Very Good	couple from Miami. (R)	6.00 Richard Osman's House	members of the public. (R)	holiday home in Paphos.	Brits who moved to Spain
***	3.45 Garden Rescue (R)	of Games Ashlev John-	<b>3.00 Lingo</b> Sheila and Kelsey,	5.00 Sun, Sea and Selling	swapping the damp and
Good	<b>4.30 The Finish Line</b> Kelsey, Stuart, Terri, Alan and Emily	Baptiste, Simon Rimmer,	lan and Charlotte, and Elise	Houses Manjit and Zarrar	grey conditions of the UK
** Average	compete in the guiz show.	Claire Sweeney and Esme	and Tracey compete. (R)	from Leeds hunt for a	for a new 'cheap-as-chips
* Bad	<b>5.15 Pointless</b> Quiz, with guest	Young compete. (R)	3.59 Regional Weather	holiday home in Almeria.	life in the Spanish sun. (R)
вао	co-host Lucy Porter. (R)	6.30 Clive Myrie's Caribbean	4.00 Tipping Point for Soccer Aid With Charlie Boorman. Ali	6.00 Four in a Bed The second	5.00 5 News at 5 Headlines.
(R) Repeat	6.00 BBC News at Six; Weather	Adventure Clive takes on a	Hamidi and Chris Hughes. (R)	visit of the week is to Ullswater View in the Lake District.	6.00 Police Interceptors Office
()	6.30 Regional News; Weather	potential Olympic champion in	5.00 The Chase Quiz show.		Phil Broughton is hot on the
	6.55 Party Election Broadcast	the boxing ring, gets under the bonnet of a Chevy and bangs	hosted by Bradley Walsh. (R)	6.30 The Simpsons Marge breaks her leg in a skiing accident and	heels of dangerous driver heading towards Nottingh
	By the Labour Party.	the drum for Cuban music.	6.00 Regional News; Weather	has to recover in hospital. (R)	city centre. (R); 5 News Up
1 Car - 1					*
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SCAN ME JOIN NOW AT MIRRORBINGO.COM New players only, £10 min fund, max bonus conversion to real funds equal to lifetime deposits (up to £250), 55x wage "ing requirements, T&Cs apply. WHEN THE ELLIN STOPS STOP 7.00 The One Show With Alex 7.00 Your Garden Made Perfect 6.20 Party Election Broadcast 7.00 Channel 4 News 7.00 Sell by Dates: The By the Labour Party Jones and Jermaine Jenas. Neil and Clare need help A round-up of all the latest Surprising Truth Journalist redesigning their garden, 6.30 ITV Evening News; Weather 7.30 EastEnders Cindy sets a headlines, in-depth interviews which has a stunning view of and analysis of political A round-up of the day's news plan rolling to get George back rural Cheshire but does not 7.30 Emmerdale Rose makes developments and current experts demystify the dates and Eve has a row with Nish a faux pas, Marlon vents work for their large family. affairs. Plus, the day's leading at the Vic. Harvey bonds with Two designers each come up sports stories and up-to-the Maya and Kathy sets Reiss up his concerns to Paddy, with a new outdoor plan. (R) minute weather reports with a business opportunity. and Samson is thrilled 8.00 Sort Your Life Out with 8.00 Springwatch This edition 8.00 Beat the Chasers 8.00 Emergency Helicopter 8.00 The Yorkshire Vet Shona 8

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)

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.

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.

**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.

celebrates the wildlife heroes who dedicate their time to nature, as the under 18 winner receives their coveted Wildlife Hero Award. Plus, lolo Williams seeks out the dormouse at Garston Woods.

- 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
- **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.

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.  $\star$ 

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

- 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)
- 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.
- 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.
- 11.10 ITV News; Weather 11.40 Regional News; Weather 11.55 ITV Studio Sessions

Powerhouse vocalist Becky Hill chats to Clara Amfo. (R)

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)

- **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
- 9.00 Grand Designs Kevin McCloud follows the progress of North Lincolnshire bornand-bred Danny who plans on building a stylish, sustainable and affordable home in his garden. But his budget doesn't match the scale. (R)

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. 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)

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)

s TV. n. (R)

d Kirby Eden ive s told den y. (R)

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- fficer the gham Update

Harry Wallop, restaurant critic Jimi Famurewa and other on food packaging. Dr Chris Clarke puts food under the microscope; 5 News Update 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.

9.00 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.

- 10.00 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)
- 11.05 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)

12.05am Ultimate Police Interceptors (R) **1.00** PlayOJO 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)



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#### 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 mpress. With cheerleader Lily Amelia.

V2

- 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

### DAVE

Freeview 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

- ascoe, 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

### F 4

- 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

### VARIAT

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 News Cymru Wales **6.00** ITV News Wales at Si **6.20-6.30** Party Election Broadcast **11.40** ITV Election Interviews: Plaid Cymru **11.55pm-12.20am** Sharp End. With Rob Osborne.

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

VBe

Freeview 28

- 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

#### Freeview 20 DRAMA

- 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 Lovejoy4.15 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 nvitation 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

#### Freeview 18 MORE4

- 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 & S4C

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 Caiwadwar Cymraio 6.30 Balio 4.6 57 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

#### Freeview 23 BBC3

DM1ST

- 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

### BBC4

- 7.00pm Volcanoes of the Solar System: Horizon Documentary. .15 War Walks A night of the Blitz. .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. \*\* .00am Vasa: The Ghost Ship 2.00 War Walks 2.30-3.25am

Bloody Omaha: Timewatch

6.00am Home Shopping 9.00 NCIS 10.55 Entertainment News on 5 11.00 NCIS 12.00noon Law & Order 6.00 NCIS Triple bill. A near-fatal

5 USA

Freevie

TUESDAY 04.06.2024 DAILY MIRROR 41

- altercation leaves a senator's son in critical condition; Torres and Bishop pose as a criminal couple as part of a mission; a Navy Lieutenant JAG lawyer – who appeared to have a happy life - is found dead by her parents in an apparent suicide. 9.00 Law & Order Cosarove and
- Shaw discover the lengths kids will go to in order to get famous. 10.00 Law & Order: Special
- Victims Unit Double bill. Fin's son is suspected of murder; a sex offender kidnaps two children. 12.00m't Law & Order: Special Victims
- Unit: double bill 1.55 The Blacklist 2.50 Law & Order: Special Victims Unit 3.35 Criminals: Caught on Camera 4.00-6.00am Teleshopping



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04 Feb 2025	from £1,199	from <b>£1,599</b>	from £1,599		
04 Mar 2025	from £1,199	from £1,599	from <b>£1,999</b>		
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- Gala dinner once per stav
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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
- Europe dualiner and will be looking to blind 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.
  2.0 World World Deal Chowiscenship Texas.
- 8.30 LIVE World Pool Championship The second session on day two of the tournament,
- which takes place at Green Halls in Jeddah. y Sports News 10.30 Back Pages Tonight 9.30 Sk 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 IVE 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 FEL 9.00 FEL Greatest Games 10.00 EFL Cup Retro 12.000 EFL Greatest Games 10.00 EFL Cup Retro 12.000000 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 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 UEC 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 Speedway2.00 Cycling: Criterium du Dauphine 3.00 Motocross World Championship
- 5.00-6.00am Cycling: Criterium du Dauphine

### Entertainment & Factual

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 6.00am The Best of the 90s 6.10 The Protectors 6.40 Minder 7.35 The Sweeney 8.40 Magnum. Pl 9.40 Kojak 10.45 Isle of

ITV3

Man TT **11.50** The Adventures of Sherlock Holmes **12.55pm** Magnum, Pl **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 Liones 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** 

**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 Da Dark **11.00** 999: Emergency Call Out **12.00m**'t **IIII** 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

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

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) ★★ 4.00 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 or Camera **12.00m't** Police Interceptors **1.00** Criminals: Caught on Camera **2.00** Trucking Hell 3.50-4.00am Entertainment News on 5

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

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

DM1ST

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 []LM 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**<sup>+</sup> Still Open All Hours **12.40** Blackadder the Third **1.20** dinnerladies **2.00-2.35am** The Royle Family

#### YESTERDAY Freevie

w **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

### 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 Tra to Odesa **12.00noon** News **12.04** Call You Night Trair 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 Starga 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 Throne 1.20 The Sopranos 3.30 True Blood 5.4 Billions 7.55 Game of Thrones 9.00 The od 5.45 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 Rockie: Feds 12.00mt The Good Doctor 1.00 Fire Country 3.00 The Good Doctor 4.00-5.00amThe 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 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 Misdemeanors 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 Treasu of Equpt 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 Frased: 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** 693/909kHz 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 Badio Wales News Update 6.05 Wake Up with Radio Wales 6.30 Doctor Who: The Welsh Connection 7.00 Radio Wales Breakfast 9.00 Fleri 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, \*\*\* **1.45pm Outcast of the Islands** (1951/PG) Drama, starring Ralph Richardson. **\*\* 3.50 Oliver!** (1968/U) Musical, starring Ron Moody and Mark Lester. **\*\*\*\*** 6.45 A Good Year (2006/12) Comedy drama, with Russell Crowe and Albert Finney. 9.00 The Craft: Legacy (2020/15) Sequel to 1996 horror drama The Craft, starring Cailee Spaeny and Gideon Adlon. \*\* 10.50 Plan B (2021/18) Premiere. Comedy, with Kuhoo Verma and Victoria Moroles. 1.00-3.25am The Blue Caftan (2022/12) Premiere. Romantic drama, starring Lubna Azabal and Saleh Bakri. \*\*\*

### **SKY CINEMA PREMIERE** 6.25am Ride On (2023/PG)

See 4 05pm for details 8.40 My Big Fat Greek Wedding 3 (2023/12) Romantic comedy, with Nia Vardalos. **\*\*\* 10.15 Bonus Track** (2023) See 6.20pm for details. **\*\*\*** 

12.00noon Force of Nature: The Dry 2 (2024/15) See 8.00pm for details 1.55pm Blue Beetle (2023/12) See 10.00pm for details. \*\* 4.05 Ride On (2023/PG) Action drama, starring Jackie Chan and Liu Haocun. \*\*\*\* 6.20 Bonus Track (2023) Comedy, starring Joe Anders and Samuel Small. \*\*\* 8.00 Force of Nature: The Dry 2 (2024/15) Thriller, with Eric Bana and Anna Torv. **\*\*\* 10.00 Blue Beetle** (2023/12) Adventure, with Xolo Mariduena and Bruna Marquezine. 12.10am The Exorcist: Believer (2023/15) Horror sequel, starring Leslie Odom Jr. \*\*\*
2.05 Turtles All the Way Down (2024/12) Drama, starring Isabela Merced. \*\*\*\*
4.05-6.00am Cult Killer (2023/15) Thriller, with Alice Eve and Antonio Banderas,

### SKY CINEMA PRIDE

4.00pm Being John Malkovich (1999/15) edy. with John Cusack. \*\*\*\* 6.00 Bros (2022/15) Comedy, starring Billy Eichner and Luke Macfarlane. 8.00 Knock at the Cabin (2023/15) Horror mystery, starring Dave Bautista. ★★★★ 9.55 Young Soul Rebels (1991/18) Drama, with Valentine Nonyela and Mo Sesay. ★★★
 11.50 Bonus Track (2023) Comedy, starring Joe Anders and Samuel Small. 1.40am Carmen & Lola (2018/18) Drama, with Rosy Rodriguez and Zaira Romero. **\*\*\* 3.35 The Laramie Project** (2002/15) Drama, starring Christina Ricci. **\*\*\*\* 5.25-6.55am The Man with the Answers** (2021/12) Drama, with Anton Weil. \*\*\*\*

#### SKY CINEMA FAMILY

4.00pm The Lord of the Rings: The Two Towers (2002/12) Adventure sequel, starring Elijah Wood and Viggo Mortensen. ★★★★★ 7.05 The Karate Kid Part III (1989/PG) Adventure sequel, starring Ralph Macchio, Martin Kove and Pat Morita. \*\* 20.5 The Addams Family (1991/PG) Black comedy, starring Anjelica Huston. \*\*\*\* 10.55 Robo-Dog (2015/PG) Family sci-fi adventure, starring Michael Campion. **\*\*\*** 12.35am The Little Rascals (1994/U) Children's comedy, starring Travis Tedford, Mel Brooks and Bug Hall. **\*\*\*\* 2.05 Harriet the Spy** (1996/PG) Family comedy, starring Michelle Trachtenberg and Vanessa Lee Chester. **\*\*\*** 3.55 The Tiger Rising (2022/PG) Drama, with Dennis Quaid and Queen Latifah. 5.50-7.35am The Spy Next Door (2010/PG) Comedy, starring Jackie Chan. \*\*\*

### TALKING PICTURES TV

5.55pm The Beverly Hillbillies Pearl tries to press 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 be 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. 12.50am 13 Ghosts (1960/PG) Horror comedy, starring Donald Woods. **\*\*\* 2.35 Raw Deal** (1948/18) Drama, starring Dennis O'Keefe and Marsha Hunt. 4.10-6.00am Every Day's a Holiday (1965/U) Musical comedy, starring John Leyton. ★★

### **GREAT! MOVIES**

5.00pm Born and Missing (2017/PG) Thriller, with Kaitlyn Black and David Gallagher. ★★↑ 7.05 Dragon Wars (2007/18) Adventure, with Jason Behr and Amanda Brooks. \*\*
9.00 Cut Bank (2014/15) Thriller, starring Liam Hemsworth and Teresa Palmer. \*\*\* 10.55 Killerman (2019/15) Action drama, starring Liam Hemsworth. \*\*\* 1.15am Son of a Gun (2015/15) Crime drama, starring Brenton Thwaites. ★★★ 4.00-6.00am Mom Wars (2017/PG) Thriller, starring Jessica Blackmore. \*\*\*



**5ACTION** 

**SKY ARTS** 

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

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

BBC RADIO 2

Kay **12.00noon** Jeremy Vine **2.00** DJ Spoony **4.00** Sara Cox **6.30** Sara Cox's Halt

Wower **7.00** Jo Whiley's Shiny Happy Playlist **7.30** Jo Whiley **9.00** The Jazz Show

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

with Jamie Cullum 10.00 Trevor Nelson's

88-91MHz 6.30am Zoe Ball 9.30 Vernon

Early Breakfast with Arielle Free

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

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

PICK YOUR WORDS AND WIN £25

Well done to this week's winner, John Loughlin, from

Gravesend in Kent, for this funny caption that shows

the King laughing with former Strictly star and Kiss FM host Tyler West at the Prince's Trust Awards party.

Perhaps my wife

should take part in

Strictly, then she

picture

Donald

for the

### Ireasured memories

Every Monday we print your treasured family photos in our popular Your Memories section. So, if you have an old picture you'd like to share with us please email or write to Your Memories at yourvoice@ mirror.co.uk or Daily Mirror, One Canada Square, London, E14 5AP and include the photo and some information about who's in it and when and where it was taken. Please don't send originals as we can't

return them.

### Push to go back to cash

We're rapidly turning into a cashless society, pushed on by the banks and government agencies using excuses like Covid and changing attitudes.

We are only moving more online because all the bank branches are being closed, yet they still cannot keep our data safe. Next the bankers will be telling us it's our fault they have been hacked.

In reality, none of our data is 100% secure. It's time for us to stand up

for ourselves and demand we go back to cash before it's too late. Tommy Hazlehurst Mersevside

### weet of the day

**BBC broadcaster John** Simpson on how politicians should behave in the run up to the general election.. JohnSimpsonNews -Note to politicians likely to give interviews on radio and TV: don't get irritable, don't challenge the good faith/ information/intelligence of your questioner. Some of your supporters may like it, but the great mass of the audience doesn't. Better be smarmy than bad-tempered.

So, we have our Britain's Got Talent 2024 winner. Not a bus conductor, waitress or factory worker, but a professional singer from a stage school who has performed on cruise liners worldwide. How fair is that then? Phil German, Aberdare

Pub quiz answers How many of our daily pub quiz brainteasers did you manage to get right? 1. Dorset 2. Red, white and blue 3. Eddie Vedder 4. In its head 5. Oasis

# DRVOICE AMANDA Abbott's return tting voters

DM1ST

WELL done to Angela Rayner for standing up for Diane Abbott, who has been an excellent MP over the many years she has represented her constituents in Hackney North and Stoke Newington.

I wish I could say that about all MPs. It is time to stop ousting those who truly believe in Socialism and look into the MPs who have crossed the floor.

Welcoming them with open arms makes a mockery of all those members who have put their trust

### in the Party. Valerie Ashenden, Weymouth

Whatever your opinion of Diane Abbot's views and abilities, she has been a pioneer and has the support of the constituency she has served for more than 36 years.

Political life has had its challenges for Ms Abbott who has faced constant criticism for issues unrelated to her politics. She has, nevertheless, soldiered on with tenacity and grace. Will she survive to fight another day? Diane Silva, Bournemouth

■ If Diane Abbott is as much a socialist as she says, why make waves for the Labour Party with her offensive comments about Irish, Jewish and Traveller

people? This from someone who has fought for equal rights for minorities in this country – or perhaps only certain parts of the community. She may have apologised for her remarks but is it still what she thinks?

### BIG

Veteran left-winger Diane Abbott says she intends to "run and win" for Labour at the General Election. Labour leader Keir Starmer has finally given her the green light to stand for the party next month after months of uncertainty over her future. Shadow Home Secretary Yvette Cooper hailed Ms Abbott as "a very important figure in the Labour Party". You say....

will campaign for Labour and agree with Yvette Cooper. The bottom line is she is a stalwart Labour supporter who has worked tirelessly for the party for decades.

Yes, she's not perfect, but who is? Charlie Mellor, South London

I thought we had seen the last of Diane Abbott. After she was suspended I hoped that was the end of her Labour party career.

sure from within the party. With Labour ahead in the polls, he needs to do whatever it takes to get back in power and I don't think this was

### a smart move at all. Lenny Walsh, Northampton

Although Diane Abbott was a terrible Shadow Home Secretary, she has been popular with her constituents for 37 years – and as the first black woman MP has a significant place in history.

Keir Starmer may want to distance himself from the veteran left-winger and friend of Jeremy

Corbyn, but allowing her to stand as a Labour candidate again is the right decision.

With the Greens and George Galloway's Workers Party going after disillusioned voters and those unimpressed by Labour's stance over Gaza conflict, Mr Starmer is hopefully realising he cannot take all those who have previously voted Labour for granted.

If he wants to keep their votes, the least he needs to do is to say that a Labour government will follow the examples of Ireland, Spain and Norway in recognising the State of Palestine.

### Brett Grainger, Rugeley, Staffs

Why on earth has Keir Starmer allowed Diane Abbott to stand again for Labour?

What a ridiculous decision. She's hardly an asset for Labour. Her time is done with the party.

She is more of a liability than anything else and I think he will come to regret his decision. Keith Norwood, Walsall

We've lost a

real legend

I would like to pass on my

family and friends of Rob

remembered not only as

a legend of the game but

for his great fundraising,

and raising awareness of

MND, which took his life.

An inspiration to

everyone. RIP, Rob.

Widnes, Cheshire

Alan Gill

condolences to the

Burrow who has just

died. He will be

■ I am pleased Diane Abbott Yes. Who is going No. A home this old, to be paying for the along with its history, refurbishment of Royal should not be allowed Lodge then? Us the to rot away. It should be preserved for future taxpayers I suppose. WHITEWOLF69 generations. **AIRPATROL2NDLT** No. King Charles should Yes. He is lucky to cut all ties and leave have somewhere to ROP NDS him in it! live. lots of people ā fall'. WEEMO don't BRAVE CELTICCAT DOTERGIN Rob with his wife To have your say, go to mirror.co.uk

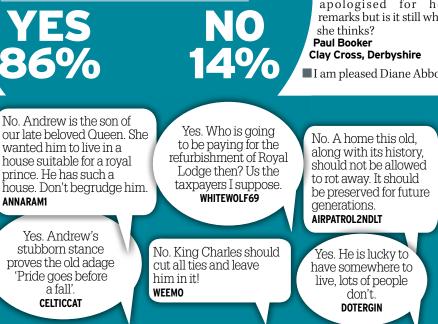
facebook.com/dailymirror email yourvoice@mirror.co.uk @dailymirror text us at DMMAILBOX followed by your comments to 61011 Texts cost 25p + 1 standard network rate message. SP Mi Telecom Ltd. Helpdesk 0330 880 3000 write Daily Mirror, One Canada Square, London E14 5AP



### 'HE **BIG** OUEST Every day we'll be asking your opinion on one of Britain's big talking points. You can have your say and vote at **mirror.co.uk**

King Charles has reportedly threatened to cut ties with Prince Andrew as he refuses to move into Harry and Meghan's old house. The King is said to be urging his disgraced brother once again to leave the 30-room Royal Lodge in Windsor, after asking him to move into Frogmore Cottage.

### **Should Prince** Andrew move into **Frogmore Cottage?**



Keir Starmer has bowed to pres-

### **Mirror SHOP**

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### 44 DAILY MIRROR TUESDAY 04.06.2024

mirror.co.uk/business

# non alant SET FOR £51bn STOC

**CONTROVERSIAL** fast fashion giant Shein is close to firing the starting gun on a £51billion stock market listing in London.

Reports say the company plans to potentially file paper-MEETING work in the coming days, laying the groundwork for a blockbuster flotation. The move by the firm, which was founded in China and is now headquartered in Singapore, would be one of the largest deals for the London Stock Exchange in a decade.

Shein's huge selection of cheap clothes - backed by campaigns with social media influencers - has turned it into one of the world's biggest fashion retailers.

However, it has faced criticism over its supply chain, including allegations around the use of forced labour. Sky News

Marks & Spencer boss Stuart Machin's pay packet leapt £2million to £4.7m last year. Co-chief executive Katie Bickerstaffe, who leaves in July, netted £4.4m, M&S's annual report revealed.

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. GSK said it would immediately appeal.

reported Shein was preparing to file the necessary paperwork – an initial public offering (IPO) prospectus - with the Financial Conduct Authority regulator for approval.

The firm had been in talks with both the US and UK over Jeremy Hunt share listing plans, but has faced significant regulatory hurdles in securing a listing in New York.

Edited I GRAHA

US legislators called for the firm to be investigated over allegations that Uyghur forced labour was used in the production of some of its clothes.

Nevertheless, 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.



Hollywood Bowl enjoyed a striking six months to the end of March, with sales up 8% to almost £120million. The ten-pin bowling chain already has 71 sites in the UK and 11 in Canada, and aims to have more than 130 within a decade. Half-year profits jumped 10.5% to £29.5m.

#### FTSE 100 down 12.6 at 8262.

Abrdn	156.2	+1.1	Imperial Brands	. 1937.5	-3.5
Anglo American	2503.0	-10.5	International Airlines		
AB Foods	2561.0	+11.0	Grp	175.2	+3.8
Admiral Group	2736.0	+22.0	International Distributio		
AstraZeneca	12346.0	+156.0	Services	335.2	-1.0
Aviva PLC	479.9	0.0	ITV		-0.7
BAE Systems	1395.5	+3.5	JD Sports		+6.4
B&M European	551.6	+7.0	Kingfisher		+3.8
BAT	2435.0	+20.0	Land Securities	670.0	+17.5
Balfour Beatty		+3.6	Legal & General		+1.9
Barclays	219.2	-0.8	Lloyds		-0.1
BR Land Co		+6.8	Marks & Spencer		+4.1
BP		-6.9	National Grid		
BT	132.7	+2.1	NatWest Group	319.7	+4.7
Capita Group		+0.7	Next	9322.0	-16.0
Carnival	1094.0	+14.0	Ocado		
Centrica		-0.4	Pearson	932.2	-15.8
Compass	2168.0	-24.0	Persimmon		+26.5
Currys Plc	79.8	+2.3	Prudential	755.2	+8.2
Diageo			Reckitt	4487.0	+35.0
Direct Line			RELX	3422.0	+6.0
Easyjet	475.4	+15.4	Rentokil Initial	419.6	+5.3
Ferguson		+5.0	Rio Tinto	5434.0	-42.0
Frasers Group		+16.0	Rolls-Royce		+7.5
GlaxoSmithKline	1598.0	-168.5	J Sainsbury	279.4	+2.2
Halfords			SSE		
Hays		-0.1	Severn Trent	2357.0	-29.0
HSBC		-3.1	Serco	179.4	+1.4

.7	01	= 78	5.5
3.5	Shell Plc	2782.5	-29.0
	Smith & Nephew	.984.2	-6.2
3.8	Smiths WH	. 1157.0	+7.0
	Standard Chartered	776.4	-1.0
1.0	Taylor Wimpey		+1.6
0.7	Tesco		
6.4	Unilever		
3.8	United Utilities	1006.0	-10.0
7.5	Vodafone		+0.9
1.9	Whitbread	2954.0	+1.0
0.1	Reach PLC		+5.4
4.1			

### Holiday £

Euro	
Australian Dollar	
Bulgarian Lev	
Canadian Dollar	1.682
Egyptian Pound	
New Zealand Dollar	
Polish Zloty	
South African Rand	
Swiss Franc	
Thai Baht	
Turkish Lira	
UAE Dirham	4.527
US Dollar	
	Australian Dollar Bulgarian Lev Canadian Dollar Egyptian Pound New Zealand Dollar Polish Zloty South African Rand Swiss Franc Thai Baht Turkish Lira UAE Dirham







DM1ST

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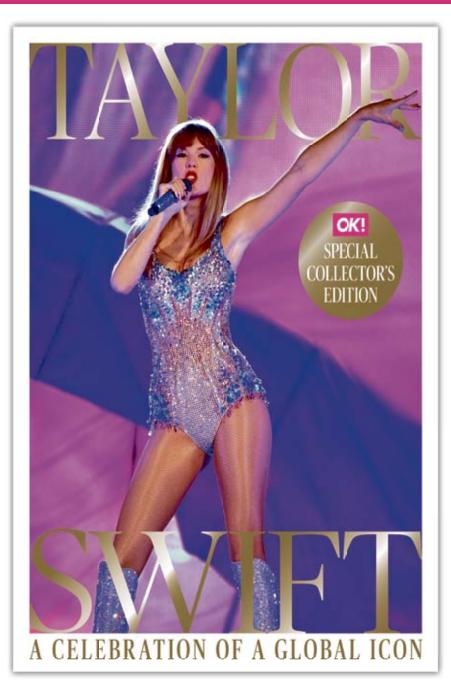
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CANADIAN OPEN

MY B0\ AS DONE IT!



### ESTEBAN BY DANIEL MOXON

ESTEBAN OCON has confirmed he is leaving Alpine - a week after his boss threatened "consequences" over a crash involving his team-mate.

Ocon slammed into Pierre Gasly during the Monaco Grand Prix and team principal Bruno Famin was left furious.

Alpine announced yesterday that the Frenchman will leave the team at the end of the season.

The statement was framed as a mutual decision as the team said the two parties had "agreed together" to end their five-year partnership.

Ocon, 27, 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."

He has secured one race win and two further podium finishes since joining the Enstone team in 2020.

His Alpine exit is unlikely to leave him without a race seat for 2025, however, He is believed to be second choice for Audi's new F1 project, if they do not secure their top target Carlos Sainz.

Williams and Haas are also potential destinations for the Frenchman.

Ocon (above) is a former Mercedes junior driver and was initially thought to be a contender for Ferrari-bound Lewis Hamilton's seat.

But it is understood he is no longer in the running as Mercedes' top choice appears to be 17-year-old sensation Andrea Kimi Antonelli.

Ocon said he will announce his next team "very soon", insisting his "full focus is on delivering on track".

### **GYMNASTICS BILES SHINING**



SIMONE BILES cruised to her ninth US Championship title ahead of the Paris Olympics in July.

The 27-year-old, who will be going for her fifth Olympic gold in Paris, posted an all-round total of 119.750 points in Fort Worth, Texas, six ahead of second-placed Skye Blakely, 19.

Biles (above), who won her first US title in 2013, had the highest two-day score on all four events and only faltered slightly on the vault.

The US Olympic trials will take place on June 27, with Biles, Blakely and 2020 Olympic champion Suni Lee all due to take part.

Despite pulling out the event on Friday, Shilese Jones has been also included in the trials and plans to compete later in the month.

MacIntyre will pay off parents' mortgage after first PGA Tour win help him out. A dash to get Dougie a work visa at the **BOB MacINTYRE will** start of the week was make his parents "mortgage free" after followed by rounds of 64, 66, 66 and 66 for a one-shot win winning his emotional first and the first prize of PGA Tour title at the RBC \$1.692.000.

**FESONE** 

FOR PA (S

After the two embraced on Canadian Open with his the final green (below), Mac-Intyre said: "It's been a dream The Ryder Cup player had admitted to homesickness of mine to win on the PGA Tour. I just can't believe I and missing his family after done it with my dad on struggling in his first season the bag. The guy's taught me the way I play golf." on the other side of the

Dad Dougie fought back tears to say: "I am a a second caddie this year grasscutter not a caddie. after missing the cut in It is unbelievable. I got Dallas, Oban's MacIntyre 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 "He's going to get a nice payhere. Wow."

MacIntyre flew his mum Carol out to the US PGA last month to cook – and he  $% \left( {{{\rm{D}}_{{\rm{c}}}}_{{\rm{c}}}} \right)$ finished tied eighth. And now he wants to share the spoils of his success with his parents, with caddie's traditionally getting 10 percent of the winnings

The new world No.39 said:



and dad will be mortgagefree now, and life's looking a little bit better on that side of things "He'll do all right. I think I've got to get rid of some

DM1ST

money just now for tax reasons. But he'll do nicely out of it. He deserves it. But he just wants me to do well because

I'm his son." Dougie and Carol MacIntyre are foster parents and MacIntyre grew up with several foster brothers

and sisters. "I think it makes you realise that hitting a white ball around a golf course isn't the

most important thing," said check out of it, and my mum the Scot. "I've been in tears over it, kids going away from you. They become family. wasn't given everything as a kid.

"I couldn't play in golf tournaments as a junior because we couldn't afford it. I think that makes me fight and never give up. I think not being given anything.

"They gave me the opportunity, but never was I spoon-fed. I was always fighting for every bit of it."

MacIntyre had planned to play US Open qualifying yesterday but he has now booked a place at this week's Memorial Tournament and the US Open. He is also going back to the Masters next year.

### BY NEIL MCLEMAN behind Japanese winner Yuka

CHARLEY HULL has been dubbed the "female John Daly" after signing autographs with a cigarette in her mouth made her a cult figure at the US Women's Open

And following his split with

asked his father Dougie to

take a week off from his job

as greenkeeper at their local

Glencruitten Golf Club to

BY NEIL MCLEMAN

dad as his caddie.

Atlantic.

The world No.8 finished tied 19th on six over par - 10 shots

Saso. But pre-tournament footage of her smoking has gone viral on social media and caused a frenzy of fan attention during the event. She has added 70,000

Instagram fans and one male fan gave her his number to try and arrange a date. "Just one cigarette, it lit up," said the Kettering star (right). "It's actually quite funny. I was walking to the range, had my hands full, someone asked me for an autograph, I'm not going to say no because I always like signing autographs. Had a

cigarette in my mouth, signed it, and then it's gone viral.' Daly, nicknamed the Wild Thing, likes a drink as well as

as smoke. But Hull said: "I only smoke, hardly drink. I don't need to drink because actually I can have a fun time without it. But listen, I will stop soon."

### RESULTS & PRICES

DEIRA MILE could be aimed at the Irish Derby at the Curragh later this month after his fourthplaced finish in the Epsom Classic.

Trainer Owen Burrows said: "The Curragh track would suit him a lot better."

### AYR

Al II 215: ELECTROLYTE (James Doyle 2-1) 1; Hazeez (8-11) 2; Triple Charged (13-2) 3. 4 ran. 2¼, ¾ (A Watson). Tote: £3.00; Tote Exacta: £3.70. Trifecta: £6.20. CSF: £3.87. NR: Motawahij.

Motawahij. 245: CRYSTAL GUARD (M Tabti 12-1) 1; Desert Quest (6-5i) 2; Red Force One (7-2) 3.8 ran. hd, hd. (J Jardine). Tote: £14.30; £2.90, £11.0, £1.40, Tote Exacta: £34.00, Tricast: £64.71, Trifecta: £138.90, CSF: £27.20, NR: Jourdeble.

Laudable. **315: LITTLE EMPIRE** (C Shepherd 11-4) 1; **Young Fire** (11-6) 2; **Darker** (8-1) 3.8 ran. 2%, 31. (A McCann (IRE)). Tote: £3.75; £1.30, £1.10, £1.70. Tote Exacta: £7.50; Trisast: £24.59. Tri-fecta: £31.10. CSF; £6.89.

Firsta: 231.10. CSF: £6.89. **3.45: BOY DOUGLAS** (C Beasley 11-2) 1; Vocal Studies (9-4) 2; Alphies Feirra (8-1) 3. 10 ran. %, % (M Dods). Tote: £6.50; £1.50, £1.30, £2.70. Tote Exacta: £16.80. Tricast: £102.32. Trifecta: £105.20. CSF: £1.80.0. **4.15: LIFE ON THE ROCKS** (B Garritty 5-4) **1. Are Deet (100.002)**: ¥164454, 0.11.3, 7, zm.

Ayr Poet (100-30) 2; Violeta (9-1) 3. 7 ran. , nk. (R Fahey). Tote: £2.25; £1.30, £1.80. Tote kacta: £6.00. Trifecta: £24.20. CSF: £5.48.

Exacts 16.00. Infects 124.20. CSF: 15.48. 4.45: AL MUQDAD (D Nolan 15-2) 1; Bow-man (2-11) 2; Monhammer (10-1) 3. 10 ran. 14, 11/2; (D O'Meara). Tote: C8.50; 22.50; £1.10; 22.06: Exacts: 226.10. Tricast: E154.25. Trifecta: 220.06: CSF: 223.27. NR: Circles. Placepot: £14.20. Quadpot: £3.70. ircies. adpot: £3.70.

#### BRIGHTON

2.30: KONDRATIEV WAVE (Jack Doughty 6-1) 1; Muy Muy Guapo (33-1) 2; Gilt Edge (13-2) 3. 9 ran. 5-2jt-f Voltaic, 5-2jt-f Broxi. ns, 4%. (A Carrol). Tote: £7.00; £1.30, £5.90, £2.10. Tote Exacta: £165.40. Triffecta: £1297.00. CSF: Caro Da £180.98

2180.98. **3.00: MUTAMANNI** (J Crowley 4-9f) 1; **Big Time Rascal** (22-1) 2; **Rawaasi** (9-4) 3. 6 ran. 11, 2¼. (G Boughey). Tote: £1.45; £1.10, £6.00. Tote Exacta: £9.80. Trifecta: £13.50. CSF:

11, 24, (C) Bodging), 106: 1146, 217, 1140, 2000. Tote Exacta: £9,80, Triffext: £13.50, CSF: £13.97. 3.30: BLENHEIM STAR (C Fallon 11-4) 1; Red Cloud (9-2) 2; Amerigo Vespucci (12-1) 3, 8 ran, 7-4f Dashing Donkey, %, 3%, (W Knight), Tote: £3.75, £1.30, £1.20, £2.60. Tote Exacta: £15.30, Tricast: £124.35. Trifecta: £86.50. CSF: £15.35. 4.00: SHALFA (R Clutterbuck 12-1) 1; Uncle Dick (11-4) 2; On The Cards (6-4) 3, 6 ran, %, nk. (Mr. B. Richards), Tote: £14.70, £1.70, £5.00. Tote Exacta: £56.80. Trifecta: £151.20. CSF: £42.84. 4.30: OH SO AUDACIOUS (P-L Jamin 85-40) 1; Shaw Park (9-2) 2; Prefer The Sister (7-2) 3, 8 ran, ½, 114, (Hary Eustace). Tote: £3.13; £1.30, £1.40, £1.40. Tote Exacta: £11.80. Tricast: £31.65. Trifecta: £36.90. CSF: £12.13. 5.00: VICORS DEEAM (M Ghiaini 11-40, 1; Bluebelis Boy (4-1) 2; Stryder (12-1) 3, 9 ran, nk, 2¼, (M Botti), Tote: £3.75; £1.30, £1.50, £2.80. Tote Exacta: £12.00. Trifecta: £71.10. CSF: £13.99. NR: Don't Fight It. Placepot: £72.00. Quadpot: £10.20.

#### WINDSOR

WINDSOR 5.10: NOISY MUSIC (Rossa Ryan 2-1f) 1; Raffies Angel (9-2) 2; Rebel Empire (S-1) 3. 8 ran. 11, 2%. (M Appleby). Tote: £3.00; £1.40, £1.70, £1.40. Tote Exacta: £10.80. Tricast: £3.04. Trictar: 235.90. CSF: £11.64. NR8: Call Time, Gamblers Kitly, Hot Front, Persian Blue. 5.45; RAJEKO (O Murphy 10-1) 1; Cayman Tai (17-2) 2; Leonardo Dax (20-1) 3. 11 ran. 6-57 Titian Blue. nk, 1½. (M Bell). Tote: £12.90; £1.0, £2.20, £5.40. Tote Exacta: £75.30. Tiffec-ta: £1270.70. CSF: £87.14. NR: Bold Impact. 6.15; APEELING (O Murphy 5-1) 1; Red Pixie (15-86) 2; Gutsy Girl (3-1) 3. 11 ran. nk, nk, K Balding). Tote: £6.00; £1.70; £1.20; £1.60. Cote Exacta: £14.90. Tinfecta: £48.90. CSF: £14.30. NR: Ravensbourne. 6.45; TREFOR (S CSbome 7-2) 1; Matters Most (14-1) 2; Blue Day (evenst) 3. 7 ran. nk,

Most (14-1) 2; Blue Day (evensf) 3. 7 ran. nk, 2¼. (C Hills). Tote: £4.50; £1.80, £4.20. Tote Ex-acta: £40.90. Tricast: £77.36. Trifecta: £87.90. CSF: £45.42. NRs: Cajetan, Jimmy Speaking,

CSP: 190-42. IN IS- 090-00-1 Royal Zabeel. 7.15: BODORGAN (R Hornby 12-11) 1; Aero-space (4-1) 2; High Spirited (5-1) 3. 7 ran. 9-4F Findrikin. 34, 11. (C Hills). Tote: £13.00; £4.50, £2.50. Tote Exacta: £71.90. Trifecta: £356.30. £2.50. Tote E CSF: £56.14.

### 7.45: TROJAN TRUTH (O Murphy 100-30f) 1; Fascinating Lips (7-1) 2; Angel On High (9-2) 3. 10 ran. nk, nk. (E De Giles). Tote: £4.34; £1.70, £2.20, £1.80. Tote Exacta: £12.80. Tri-Cast: £105.95 Trifecta: £114.70, CSF: £26.78, **8.15: MUJID** (H Doyle 5-1) 1; **The Con- queror** (17-2) 2; **Total Lockdown** (9-1) 3. 10 ran. 7-21 DeeS Dream, Ri, 1½, UTickle), Tricast: £370.89, CSF: £46.16,

2370.89. C55: £46.16. 8.45: SIAM FOX (Rossa Ryan 6-1) 1; Inter-cessor (8-1) 2; Finn Russell (33-1) 3. 13 ran. 5-11 Grey Fox. Ix, 34, (K Frost). Tote: £7.00; £2.80, £2.90, £7.40. Tote Exacta: £53.60. Tricast: £1525.10. Trifecta: £1412.30. CSF: £54.09. NR: Macs Dilemma. Jackpot: £76,488.10. Placepot: £535.70. Quadpot: £29.50. WICTUIED DV

**WETHERBY** 6.30: EARTHA (Oisin Orr 100-30) 1; Unspo-ken Love (5-4f) 2; Mae Amor (18-1) 3. 10 ran. nk, 1¼. (R Fahey). Tote: £4.34; £1.40, £1.10, £3.10. Tote Exacta: £8.80. Tirfecta: £87.00. CSF: £7.63.

7.00: EMINENT JEWEL (Oisin Orr 8-1) 1; 7.00: EMIRENT JEWEL (Usin Or 8-1) 1; Biplane (12-1) 2; Inanna (2-1) 3.9 ran. 11-4f Night Of Desire. ½, 1¾, (R Fahey). Tote: £920; £2.60, £3.50, £1.50. Tote Exacta: £82.10. Tri-cast: £356.05. Trifecta: £425.00. CSF: £98.64. NRs: Gentle Ellen, Lockdown Lass, Parr Fire. 7.30: GLISTENING NIGHTS (Osin Orr 114).

8-11) 1; Mariner (11-1) 2; Mon Etoile (13-2) 3. 8 ran. 1¾, hd. (R Fahey). Tote: £1.73; £1.10, £2.90, £1.70. Tote Exacta: £8.90. Tricast: £32.43. Trifecta: £36.70. CSF: £10.06. NR:

E2243, Intecta: 13670. CSF: £10.06. NH: Angel OF Gold. 8.00: YAZAMAN (Mark Winn 6-5t) 1; Rogue De Vega (33-1) 2; Warminster (9-2) 3. 8 ran. 1¼, ½. (P Midgley). Tote: £2.14; £1.10, £6.50, 13.0. Tote Exacta: £32.50. Tricast: £112.09. Trifecta: £138.20. CSF: £44.28. NRs: Granny B,

Intecta: £138.20. CSF: £44.28. NRs: Granny B, Sounds Of Spring. Granny B| Rule 4 applies to All Bets, deduct 5p in the pound. **8.30: LOUGHVILLE** (J Fanning 9-2) 1; **Dora Milaje** (10-1) 2; **Tango Man** (10-1) 3; **Bushfre** (25-1) 4. 16 ran. 5-27 Clear Angel 41, 2½, 1½. (A King). Tote: £6.20; £1.70, £2.60, £1.60, £5.20. Tote Exacta: £57.60. Tricast: £444.93. Tirfecta: £865.90. CSF: £47.61.

 Tote Exacta: 157.60. incast: 2444.33. Infecta:

 965.90. CSF: 124.61.

 9.00: BATAL DANDY (Oisin Orr 4-1) 1; Pin-point (11-4f) 2; Dc Fiyer (10-1) 3. 10 ran. nk, (); () F Fahey). Tote: 25.00; 21.80, 21.50, 03.20.

 Tote Exacta: 118.40. Tricast: 197.66. Trifecta:

 2140.00. CSF: 215.22.

 Placepot: 230.90.

 Quadpot: 27.60.

### **GREYHOUND RESULTS**

GREYHOUND RESULTS HARLOW. -11.04 Only Her 11-4 (6-1-3, C7.90, TC: 50.00), 11.21 Classic Emma 11-4 (4-3-1, 510.47, TC: 50.00), 11.33 Dooneen Goddess 11-4f (1-2-6, 512.41, TC: 533.89, 11.34 White-boy Jack 7-1 (6-4-1, 548.93, TC: 5160.73), 12.12 Moss Row Mystic 9-4(2-3-6, E15.2, TC: 529.22), 12.29 Aero Davy 5-2f (1-6-5, 512.91, TC: 50.00, 12.46 Byronff Juli 15-5f (4-1-6, 54f (3-6-5, 70.5), TC: 500.00), 11.9 Flyrer Vialli 5-2f (2-4-5, 524.83, TC: 512.84, 1.40ss Row Madam 10-3 (4-3-6, 520.65, TC: 50.00), 2.11 Essjay Andrew 5-1 (1-6-5, £13.87, TC: 50.00), 2.11 Essjay Andrew 5-1 (1-6-5, £13.87, TC: 548.57)

Moss Row Madam 10-3 (4-3-6, E30.65, TC: 00.00) 2.11 Essiay Andrew 5-1 (1-6-5, E13.87, TC: 248.57. **ROMFORD. - 11.01 Skylars Dream 11-4** (6-5-4, E9.63, TC: E47.65), **11.18 Toems Johny-**by **15-8** (2-6-5, E11.21, TC: E30.77), **11.34** Mayses Stan 9-1 (6-2-4, E47.15, TC: 2000), **11.39** Asymptot Hybrid 15-32, E27.22, TC: E00.00, **12.09 Swift Addison 5-61** (1-2-5, E6.49, TC: E00.00], **12.09 Swift Addison 5-61** (1-2-5, E6.49, TC: E00.01, **12.09 Swift Addison 5-61** (1-2-5, E6.49, TC: E1.32), **12.42 Druids What Now 11-4** (2-3-1, E1.27, **14.42 Druids What Now 11-4** (2-3-1, E1.27, **14.42 Druids What Now 11-4** (2-3-1, E1.27, **14.42 Druids What Now 11-4** (2-3-1, E1.23, **11.42 Druids What Now 11-4** (2-5-1, E1.33.81), **207 Burgess Sharon 3-1** (3-5-6, E8.11, TC: E14.79). **SWINDOM**. **- 11.09 Listen Again 8-1** (1-5-2, E12.161, TC: E43.87, B1.127 Sporting Socks **12.34 GortHelly Davy 5-1** (1-4-2, E7.92, TC: E34.69), **12.51 Hatfield Syd 2-1** (3-5-4, E1.61, TC: 269.45), **12.51 Hatfield Syd 2-1** (3-5-4, E1.61, **TC: 269.45**, **12.51 Hatfield Syd 2-1** (3-5-4, E1.61, **TC: 269.45**, **12.51 Hatfield Syd 2-1** (3-5-4, E1.61, T (4-1-5, £33.44, TC: £91.48). **1.59 Springwood** Kane **3-1** (4-6-1, £23.88, TC: £62.67). **2.14** Ballygraigue Ted **2-1** (4-2-5, £9.09, TC: £0.00).

### GOINGS

Heavy - H; Soft - S; Good to soft - GS; Good - G; Good to firm - GF; Firm - FM; Hard - HD; Yielding - Y; Yielding to soft - YS. A-W: Standard - ST; Slow - SL; Standard to fast - SF, Standard to slow - SS



2.15 PRESTIGE SAFETY 'TRUSTED HANDICAP CHASE (4) 2m Wi

/522-4

3135-3

123/6

1345-

5253-6

P/207

13 14

3.15

34567891011

4/34-

/2465- SEA PRINCE (218) A Hales 8 12-2 (D) .....

631-34 TEXARD (12) R Armson 9 11-9 (D) ..... P/207- ICARE GRANDCHAMP (187) G & J Moore 6 11-6..

### **AMBIENTE'S TOP TARGE** BY DAVID YATES TOP-LEVEL options at 10 and 12 furlongs are open to James

Fanshawe's 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 (left) next outing with the Curragh on June 30 and

.K Woods

......P Armson (3) .....C Quinn (3)

116

118

122

Sandown a week later under consideration.

'The Irish Derby (1m 4f) or the Eclipse (1m 2f) are races we could 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

### SOUTHWELL

4.20 PRESTIGE SAFETY FIRE RISK ASSESSMENTS 'NATIONAL HUNT' MAIDEN HURDLE (GBB RACE) (4) 2m 4f Winner £4.193 (13 run) NEWSBOY £4,193 (13 rt NEWSBOY 2.15 MYSTIC MAN 2.45 TOM CREEN 3.15 ROCKOLA VOGUE 3.45 SHAKIYRA 4.20 UEU HOLIND 116 GF 116 GS 4.20 HELL HOUND 4.50 MOSTLY SUNNY (NAP) 5.20 LIPA K 5.50 BERGENTOWN G S 43750/ TIMETOTALK (526) Fionn McSharry 8 11-4 TUMBLE TUMBLEWEED J Candlish 6 11-...N Moscrop hanahan (5) ....W Sha BOUVERIE 2.15 TEXARD 2.45 THE WOLF 3.15 AVA'S ANGEL 3.45 LETTERSTON LILY 44 FM 92 FM S 4.20 BACKMERSACKME 4.50 GLIMPSE OF GLORY 5.20 BELVEDERE BLAST 5.50 BERGENTOWN BETTING: 8-11 Backmersackme, 9-4 Hell Hound, 12 Traditude Tara, 14 Skyjack Hijack, 16 Noble Cave, 25 Line Out, 33 Kuma Beach, 50 Kauto Castillo, Timetotalk, Tumble Tumbleweed. 4.50 PRESTIGE SAFETY YOUR COMPETENT H&S SERVICE HANDICAP HURDLE (5) 2m Winner £3,248 (12 run) 5.50 BERGENTOWN
GOING: Good.
GOUNSE: Lid1-handed oval course of 1m 2f, seven fences per circuit, run-in of 250 yards.
TOP TRAINERS: D Sketon 39-199 (19-6%), F
O'Brien 32-144 (22.2%), O Murphy 31-146 (21.2%), Jonio & A O Netil 25-137 (18-2%), L Morgan 25-164 (15.2%), M Keighley 23-150 (15.3%), Dr A Newland & J Insole 20-83 (24.1%), N Hendreson 20-70 (28.6%), O Greenall & J Guerriero 19-113 (16.6%), R
Merzizei 19-125 (15.2%).
TOP JOCKEVS: Hany Sketton 40-163 (24.5%), Sean Bowen 34-166 (20.5%), Brian Hughes 24-109 (22.0%), Jonio 24 (20.5%), Brian Hughes 24-109 (22.0%), Jonio O Neill Jr 23-103 (22.3%), Adam Wedge 19-145 (13.1%), James Best 13-100 (13.0%), Kielan Woods 12-119 (10.1%), Jonathan Fugland 11-35 (20.2%), Care Store 10-25 (11.4%), CHEEKPIECES: 2.15 Abaya Du Mathan, Mystic Man, 2.45 Crystal Moort, 4.20 Noble Caver, 4.50 Dragonball Prince, For Three, Great Warford', She's ARocca, 5.20 (12.8%), Kalon Desc, 12.15 Abaya Du Mathan, Mystic Man, 2.45 Crystal Moort, 4.20 Noble Caver, 4.50 Dragonball Prince, For Three, Sca Di Spector Unitey, Jetiyer, Luminaries', Malago Roser, Robeam.
TONGUE STRAPS: 2.15 Abaya Du Mathan, Tropical Talent, We of Your Back, 2.45 Crystal Moort, The Big Lenes, 5.50 Roscb Cur, Jetty, Jether Luminaries', Malago Roser, Robeam.
TONGUE STRAPS: 2.15 Abaya Du Mathan, Tropical Talent, We of Your Back, 2.45 Crystal Moort, The Worl, Tom Creen, 3.45 Screened', 4.20 Erlytiffy, Hell Hourd, 4.50 Bannister, For Three, 5.20 Tep Big Lenes, 5.50 Roscb Sorks, Honneur De Svola, Jettey, Sammylou, Strige O'Honour, ("= Ist time).
Str TINE HODES: 3.15 hot Chique, Strige O'Honour, "15 the Chick, 2.45 Crystal Moor, The Worl, Tom Creen, 3.45 Screened', 5.20 Copper Beach, 5.50 Roscb Sorks. ...C Hammond 68 VS in 104 FM GS GS H G H S 

 Of Glory, 10 Dragonball Prince, Inigo, 14 She's A Rocca.

 5.20
 PRESTIGE SAFETY CONSTRUCTION SAFETY SPECIALISTS HANDICAP HURDLE (4) 2m 4f Winner £4,066 (6 run)

 1
 40532
 ELHAM VALLEY (2) (2 A Pogson 71 Pg)\_\_\_\_\_\_\_\_\_S Bowen 122 G

 2
 190P-5
 BELVEDERE BLAST (21) A Keatley 6 11-6 (0)\_\_\_\_\_\_\_P J Kavanagh (3) 121 GF

 2
 3727
 COPPER BEACH (199) Sus Smith 71-6 (0)\_\_\_\_\_\_\_P J Kavanagh (3) 121 GF

 4
 P13F-7 THE BIG LENSE (28) James Oven 111-5 (0)\_\_\_\_\_\_\_\_P J Kavanagh (3) 121 GF

 5
 35F1-1 LIPA K (7) 0 Greenall & J Guerriero 6 11-3 (0) (SF)\_\_\_\_\_\_\_\_H Brooke 117 G

 6
 32431 POZO EMERY (28) (V) L Morgan 911-2 (20) (F)\_\_\_\_\_\_\_\_\_\_H Valley, 8 Comport Reach 16

 BETTING: 11-10 Lipa K, 5 The Big Lense, Pozo Emery, 11-2 Elham Valley, 8 Copper Beach, 16 Belvedere Blast. 
 Derivative blast.

 5.50
 PRESTIGE SAFETY SERVICES PPE AND WORKWEAR HANDICAP

 1
 P7P2-P
 JETEYE (21) S England 7 12-0 (8F)
 JEngland
 96
 G

 2
 07377 SAMMYLOU (181) D killahena & G McPherson 111 11-13
 JEngland
 96
 G

 3
 1167-6
 NO WAY PEDRO (17) Daisy Hitchins 10 11-10 (2)
 JEnge Morgan (5)
 101
 S

 2015E
 EINE PD WE (21) N Existence
 Derive 73/4
 JEnge Morgan (5)
 101
 S
 5.20 Copper Beach, 5.50 Robeam. 1ST TIME HOODS: 3.15 Hot Chique, ......Beau Morgan (5) 101 S ......Beau Morgan (5) 101 S ......J Brace (7) 99 GF ......J Best 98 S LONGEST TRAVELLER G ... B Poste ...... T Midgley (3) 97 GS ...... S Sheppard 98 GS .......Sean Quinlan ●103 YS H 96 GS 82 G 95 G 95 GY 100 G .....Harriet Tucker (7) ...Tabitha Worsley (3) ......A Anderson (5) ......R T Dunne **SINGLE-SHOT STAR** ....R McLernon 8449P- ROBEAM (87) M Mullineaux 8 10-4 (CD) ..... /7PP-6 LUMINARIES (26) N Mulholland 7 10-2..... ...**K Brogan** 100 GS ....**S Bowen** 49 FM BETTING: 9-2 Eric Carmen, 5 Rocky Hill, 13-2 Inspector Lynley, 7 Stripe Of Ho Jeteye, 8 Malago Rose, 10 Fine By Me, Emotional Roller.

#### **PRO-BET** No bet today

**BEST LONGSHOT** 

	-
	UR UK MEETINGS

A LEAGE CONSTITUTE TO SET HACING & SPOTES THES A LEAGE CONSTITUTE TO SET THE MAN IN THE KNOW! WE ENDED LAST YEAR IN STYLE WITH FIVE WINNING MONTHS IN A ROW! WINNERS INCLUDED: WON 7/1 WON 9/2 WON 5/1 WON 7/2 Don't miss out this year! Lots of big punts are planned for the flat season. Selective bets at decent prices. Call 0906 150 5921 (£1.50/min) (Press 1 for UK Racing)	Live RACING COMMENTARIES AND RESULTS with Sports Radio CALL 0901 609 0416 (65p per min) GREYHOUND COMMENTARIES AND RESULTS 0901 609 0434 (65p per min)	Aiming High       6.1         Al Ameen       7.0         Al Qudra       6.4         Alshoos       2.3         Alfred Cove       5.0         American Style       2.3         Ancient Times       7.1         Anerican Style       2.3         Ancient Times       7.1         Angel At Mindight       5.3         Artry's Edge       5.0         Avar's Angel       3.3         Avarice       6.4         Avar's Angel       3.3         Avarice       6.0         Banister       5.2         Banter       5.2         Bergentown       5.5         Bergerbast       5.0         Billy McGarry       7.0         Blackjack       7.0         Blackjach       7.0         Blackjon       8.3	33         LE         Capalicliste           BL         Capatinist Luciferi           15         LI         Carey Street           15         LI         Carey Street           15         LI         Carey Street           15         LI         Careinsma Cat           15         LI         Carey Street           15         LI         Carey Street           15         LI         Carey Street           16         LI         Cipsham Noble           15         LI Cipsham Noble         Street           15         LI         Cipsham Noble           15         LI         Cosco of Play           15         L         Cosco of Play           15         L         Cosco of Play           15         L         Cosco of O           00         WO         Carey Maisie           00         WO         Carey Maisie           00         WO         Carey Maisie           00         WO         Damascus Steel           00         WO         Dapper Guest           00         WO         Dapper Guest           00         WO         Dapper Guest	8.15       Ll       Dillydingdillydong         2.15       ST       Do No Wrong         3.33       LE       Dottie Diamond         4.03       LE       Dreagonball Prince         2.33       LE       Dreams Fled Away         8.45       Ll       Due Date         5.30       WO       Dunnington Lad         7.00       WO       Ether Way         6.00       WO       Ether Way         6.00       WO       Ether Way         6.00       WO       Ether May         6.00       WO       Ether May         6.00       Ethera Malley       4.38         4.38       LE       Embla         3.15       ST       Emotional Roller         2.15       ST       Emotional Roller         4.30       UE       Englameer         6.45       LL       Enzos Angel         7.30       WO       Equatised         8.00       WO       Eric Carmen         8.00       WO       Fric Carmen         8.00       WO       Fric Ratifair         9.00       WO       Fintring Poet         8.33       LE       Foristx	6.00 W0 Glory Call 2.45 ST Golden Myrrh 4.50 ST Greatest Time 6.15 LI Hannasboy 8.00 W0 Harringtron 8.00 W0 Harringtron 8.00 W0 Harringtron 8.00 W0 Harringtron 8.00 W0 Harringtron 8.00 W0 Harringtron 8.00 W0 High On Hope 8.00 W0 High On Hope 8.00 W0 High On Hope 8.00 W0 High Court Judge 8.00 W0 Hot Chique 2.33 LE Hot Patootie 5.50 ST Leare Grandchamp 9.00 W0 Idyllic 1.10 renet Out 8.45 LI Irrelevant 8.45 LI Jakana 4.50 ST Jeteye 3.33 LE Joolianoss 8.45 ST Kang's Scholar 5.30 W0 King Sharja 3.33 LE King's Scholar 5.30 W0 King Sharja 3.33 LE King's Scholar 5.40 W0 Kodiac Thriller	8.00     WO     Laoisman       9.00     WO     Lapointe       4.50     ST     Laurentia       7.00     WO     Legend Of Leros       3.33     LE     Legend Of Leros       3.33     LE     Lefenderheboss       7.15     LI     Lettreston Liiy       4.38     LE     Liberty Bay       4.20     ST     Line Out       2.33     LE     Liberty Bay       4.30     WO     Little Empire       2.33     LE     Lowe Is A Rose       6.00     WO     Little Empire       2.33     LE     Lowe Is A Rose       7.45     L     Lumiare d'Or       6.15     ST     Lumiarites       2.15     ST     Magic Rascal       3.03     LE     Majoifica       3.04     K     Majoifica       3.05     ST     Magic Rascal       3.06     W     Maaido Rose       9.00     Wo     Manaii       4.50     ST     Majoifica       3.15     ST     Malao Rose       9.00     Wo     Masilia       4.50     ST     Malao Rose       5.50     ST     Majoifurtham       3.45     ST	7.15     Ll     Mrs Trump       3.45     ST     Mudlahhim       8.45     Ll     Mutabahy       4.38     LE     My Dream       2.15     ST     Mystic Man       3.03     LE     New Century       3.04     E     New Century       4.20     ST     Nights Over Egypt       5.08     LE     New Century       4.20     ST     No Regrets       7.30     WO     Nobdot's Perfect       5.00     ST     Odd Socks Havana       6.15     Ll     Oriental Spirit       5.03     I     One Cool Dreamer       8.15     Ll     Oriental Spirit       5.03     T     Persian Wolf       7.30     WO     Pessoa       6.00     WO     Pismo Beach       8.00     WO     Pourmete       7.30     WO     Post No Bills       5.30     WO     Post No Bills       5.30     WO     Post No Bills       5.30     WO     Pour Me A Drink       8.45     L     Owenty Boyr       4.38     LE     PrinceHector       6.45     Ll     Owenty Boyr	5.08     LE     Rebel Redemption       6.30     WO     Red Mirage       8.30     WO     Red Mirage       8.420     ST     Remember Moi       2.15     ST     Rinnovati       8.15     LI     Rockola Vogue       6.45     LI     Rockola Vogue       6.45     ST     Romanor       2.45     ST     Rokali       5.00     T     Rowali       5.01     St     Rokali       7.30     WO     Sahara View       7.30     WO     Samy Hope       3.31     ST     Sahara View       7.30     WO     Savoy Brown       6.15     LI     Scherze Syd       8.00     WO     Savoy Brown       6.15     LI     Scherze Syd       8.15     She's A Rocca       3.15     St     She's A Rocca       3.15     St She's Ka Rocca     Sitiser Shearteck       6.15     LI     Schearteck       6.15     LI     So Deuce       7.20     WO     Siver Pageant       6.15     LI     So Deuce       7.20     WO     Siver Pageant       6.15     LI     So Deuce       6.20     WO     Sardbacka	8.30     WO     Stripe Of Honour       4.38     LE     Subaitern       8.00     WO     Sugar Gilder       3.15     St Taiorman       8.15     LI Taiorman       8.15     St Taiorman       5.15     St Taiorman       5.15     Taithneen       5.20     ST       11     Tate The Fear       6.30     WO       12.15     ST       17     The Gin Rovers       2.33     LE       17     For Rovers       2.33     LE       17     For Rovers       2.33     LE       17     The Wolf       3.33     LE       17     The Wolf       3.33     LE       18     Top Button       2.15     ST       17     Top Button       3.45     ST       17     Top Button       3.45     ST       17     Top Button       3.45     ST       10     Top Latent       4.50     ST       11     Tonide       3.45     ST       12     ST       13     ST       14     St       15     Tumble tumbl	5.50 ST 3.03 LE 3.03 LE 3.03 LE 2.45 ST 2.45 ST 4.20 S
	CALLS COST 65p per min plus your telephone company's network access charge. 18+ only. SP: Spoke, AL10 9NA. Helpline: 0333 202 3390	Blue Collar Lad 8.3 Bora Bora 7.0	30 WO Daylight Ransom 00 WO Dayman 33 LE Dequinto 45 LI Dibble Dabble	3.03 LE Galloping Pride	2.45 ST Kodi Hawk	8.30 WO Mostly Sunny	4.50 ST Queen's Guard	7.45 LI Standbackandlook	3.03 LE Where's Clare	5.30 WO

chance running downhill to Epsom's

Triple Crown holder Justify and

O'Brien's 2014 Fillies' Mile victor

"It was a brilliant race, which

he still has maturing to do,"

Fanshawe added yesterday.

But City Of Troy, a son of American

Together Forever, found another gear.

showed Ambiente Friendly has made

lots of progress since Lingfield - and

"He has come out of Epsom really

well. We are thrilled with him and he's

an exciting horse to have in the yard."

SKY

final three furlongs.

Remember Moi, 3.45 Lapointe. **PROFITABLE RACES FOR FAVS:** 4.20.

Trainers Peter & Michael Bowen send LETTERSTON LILY (3.45) and TRADITUDE TARA (4.20) on a 281-mile trip from Little Newcastle, Pembrokeshire to Southwell.

### (Today's best each-way bet): STANDBACKANDLOOK

(Top in-form jockey withjust one booked ride) Jim Crowley: CALVERT (4.03 Leicester)

### (3.03 Leicester)

8 9 10 **SPOTFORM** 

Horse Racing & Sports Tips

NEWMARKET'S BEST NORTHERNER'S NAP WHERE'S CLARE (5.30 Wolverhampton) TOPSPOT GLIMPSE OF GLORY (4.50 Southwell) HARRY BROWN (7.15 Lingfield)



PRESTIGE SAFETY 'TRUSTED SAFETY PARTNER' HANDICAP CHASE (4) 2m Winner £4,700 (14 run)

BETTING: 5 Mystic Man, 11-2 Tropical Talent, 7 Isocrate, 8 Homme D'Un Soir, Chase A Fort 10 Legendary Day, Texard, Abaya Du Mathan.

### BETTING: 3 Charisma Cat, 4 Rockola Vogue, 11-2 Ava's Angel, 7 Porridge, 15-2 Sugar Glider, 8 Wilmoote, 12 Silver Pageant, Everest.

3.45 COM MARES' OPEN NH FLAT (DIV 2) (5) 2m Winner £2,451 (10) 2-9 EITHER WAY (28) N Henderson 511-2 (BF) (F) .......J Bowen 82 GS 69- JAKANA (51) F O'Brien 511-2 (BF) (F) ......C Brace 89 S Comparison of the second ...... B Hughes ...... G Sheehan J J Burke 90 
 5
 STARLITKA (323) F U ORIEN 31 F (167)

 IRONED OUT E Williams 4 10-11.

 0-3
 LETTERSTON LILY (24) P & M Bowen 4 10-11 (SF)

 4F PISMO BEACH (45) S Lémands 4 10-11

 34 OUEENS VENTURE (58) S Skelton 4 10-11 (EV)

 45
 NARPAUDACIAHEROS (24) R Menzies 4 10-11
 .... Isabel Williams (3) ...S Bowe **112** ......C Han

H Skelton ...N Moscrop 98 GS BETTING: 11-4 Letterston Lily, 9-2 Screened, 5 Either Way, 7 Shakiyra, 15-2 Queens Ve 8 Snapaudaciaheros, 10 Pismo Beach, 16 Jakana, Ironed Out, 25 Lapointe.

AL QUDRA (6.45 Lingfield) SPEEDHORSE

TODAY'S FAB 4 TIPS

, mi

mirror.co.uk/spo	ort	DMIST	TUESDAY 04.06.2024 DAILY MIRROR 49
	LINGFIEL	D ЈАСКРОТ	
	GOING: Standard.           COURSE: Left-handed all-weather Polytrack of In 21, 21 nu-n.         TOP JOCKEYS: Hollie Doyle 90-563 (16.0%), Robert Havlin 63-418 (15.1%), Oisin Murphy           DRAW: Little effect.         Courterbuck of 1-229 (16.5%), RHamon 60-493 (12.2%), A Baiding 59-288 (20.5%), R Varian 46-185 (24.9%), A Hulpse 42-303 (13.9%), S & Cistle Kerker 41-150 (27.3%), D Own 40-404 (9.9%), G Boughey 35-245 (14.3%), D Own 40-25-215 (16.3%), D M         Courterbuck of 1-29 (19.4%).           29-153 (19.0%), K P De Foy 29-150 (19.3%), D M         S - 15 (19.2%), George Rocke 3-371 (9.7%), James Doyle 25-129 (19.4%).         Courterbuck of 1-29 (19.4%).           29-153 (19.0%), D Meana 35-215 (16.3%), D M         S - 15 (19.2%), Maisr', Highland Fyer.         TORUE STRAPS: 6.15 Hill Stature, 6.45	NEWSBOYBOUVERIE6.15 LUNAR SHADOW (NB)6.15 LUNAR SHADOW6.45 MONOMYTH6.45 AL QUDRA7.15 LAOISMAN7.15 THE THAMES BOATMAN7.45 QUEENS GUARD7.45 INVINCIBLE SPEED (NAP)8.15 BLACKLION8.15 RINNOVATI8.45 LAURENTIA8.45 FOINIX	NEWSBOYBOUVERIE2.33 HIGH ON HOPE2.33 CALYXOH3.03 HOT PATOOTIE3.03 STANDBACKANDLOOK3.33 FOREST GATE3.33 UNDER SIEGE4.03 SEA THE THUNDER4.03 REACHING HIGH (NB)4.38 HAT TOSS4.38 CHARENCEY5.08 ALFRED COVE5.08 ENCHANTED NIGHT
TIPPED Dan Skelton trains Mostly Sunny	Clipstalm Noder 2: Solder's Heart', 8:45 Miss Sligo.         PROFITABLE RACES FOR FAVS: 6:45.         Clipstalm Noder's Solder's Heart', 8:45 Miss Sligo.         OBJECT Table RACES FOR FAVS: 6:45.         Clipstalm Noder's Solder's Heart', 8:45 Miss Sligo.         OBJECT Table RACES FOR FAVS: 6:45.         (*=1st time).         OBJECT Table RACES FOR FAVS: 6:45.         (*=1st time).         OBJECT Table RACES FOR FAVS: 6:45.         (*=1st time).         Store Colspan="2">OBJECT Table RACES FOR FAVS: 6:45.         (*=1st time).         1 (4) 6499-7 AIMING HIGH (35) (H) D M Simcock 5 9+11 (EW)         1 (4) 6499-7 AIMING HIGH (35) (H) D M Simcock 5 9+11 (EW)         1 (4) 6499-7 AIMING HIGH (35) (H) D M Simcock 5 9+11 (EW)         1 (4) 6499-7 AIMING HIGH (35) (H) D M Simcock 5 9+11 (EW)         1 (4) 6499-7 AIMING HIGH (35) (H) D M Simcock 5 9+11 (EW)         1 (5) The 4FW and 5 1 (100 (55) The 4FW and 5 (100 (55) The 4FW and 5 (100 (55) The 4FW and 5 (100 (50 (100	7.45         FREE DIGITAL RACECARD AT RACEDAY-READY.COM HANDICAP (4) (3-Y-0) 6f Winner £4,972 (7 run)           1         (6) 41-23 QUEEN'S GUARD (32) M Bell 9-9 (8F,0) (F)James Doyle 87 ST           2         (4) 421-34 KODIAC THRILLER (17) C Hills 9-8 (C) (SF)W Buick 88 G           3         (5) 12-247 ENGINEER (75) C COX 9-8 (0)	GOING: Good to Soft. COURSE: Right-Handed oval track 1m 5f with a 5 straight Three is a straight mile. DRAW: High numbers have a slight advantage, especially when the ground is soft. TOP TRAINERS: M Appleby 17-140 (12.1%), A Carroll 17-153 (11.1%), R Varian 16-65 (24.6%), R Beckett 16-65 (24.6%), AS P Evans 13-84 (15.5%), Sir M Stoute 12-46 (26.1%), 15T RUN SINCE WIND OP: 3.03 Subaltern, 3.33 Daliso. TOR Course and the store and the st
Skelton's Sunny delight	5       (5)       3115-2       LUNAR SHADOW (76) A King 6 9-7 (CD) (F)	3         (3)         67-766         NASNEEN (101)         Williams 9-9         David Egan         53         6           4         (5)         0-30         TRONIDO (22) S Dow 9-8         Peradley         60         ST           5         (9)         5336-7         MANALI (12) Butler 9-7         Butler 9-7         Butler 9-7         Barafley         60         61         0-2751         BLACKLION (27) (H) G Baker 9-7         (D) (SP)         S O shorme         60         ST	PROFITABLE RACES FOR FAVS: 3.03.         Of Leros. (*=1st time).           2.33         EVERY RACE LIVE ON RACING TV RESTRICTED BRACKLESHAM BAY JOSborne 9-7.         SPOT FOLM C           1 (9)         BRACKLESHAM BAY JOSborne 9-7.         C Shepherd -           2 (1)         2 CALYXOH (18) J Chapple-Hyam 9-7 (SF).         P Cosgrave 79           3 (6)         DAPPER GUEST G Margarson 9-7.         T P Queally -           4 (11)         EQUALISED C Hills 9-7.         Rossa Ryan -           5 (14)         HIDDEN VERSE Dr.R Newland & JInsole 9-7.         J Hart -           6 (7)         MR LIGHTSIDE M Appleby 9-7.         J Hart -           7 (13)         PENTLE BAY 6 Boughey 9-7.         J P Spencer -           8 (12)         4 ROKKINI (24) E J-Houghton 9-7 (EW).         C Bishop 78
<b>DELETED</b> <b>NEWSBOY'S</b> <b>DAILY DOUBLE</b> THE forecast is for a Sunny day at Southwell	2 (1)       BRANDYWINE FALLS & Varian 9-7 (F)James Doyle         3 (9)       58 CLIPSHAM NOBLE (24) Alice Haynes 9-7K to Vneill 45 G         4 (2)       8 MONOMYTH (24) Olic Sangster 9-7K Stott 62 G         5 (7)       NEW CENTURY A Balding 9-7	8         (1) 896506 IRRELEVANT (14) (8) LCarter 9-7 (0)	9 (2)       ALASHOS Janes Horton 95       G Wood         10 (5)       9 AMERICAN STYLE (20) K Ryan 9-5
this afternoon. The Dan Skelton- trained <b>MOSTLY</b> <b>SUNNY</b> (4.50, Nap) can take the Prestige Safety Your Competent H&S Service Handicap	T155         DOWNLOAD THE RACECOURSE APP RACEDAY READY HANDICAP           1         (a) 57 Winner £4,972 (7 run)           1         (b) 521018 STAR OF LADY M (24) (V) 0 Weara 4 9-11 (CD)O Murphy         2           2         (a) 211-12 LADISMAN (22) S Woods 4 9-10 (BF, C) (SF)R Havin         94           3         (7) 8-2455 HARRY BROWN (16) D N Simcock 4 9-6 (C, D) (F)R Havin         94           4         (1) -31044 THE THAMES BOATMAN (15) (H) Rhughes 4 9-4 (CD)F Marsh ●98         55           5         (2) 048-44 ANCIENT TIMES (24) Harry Eustace 6 9-2 (C, D)	3 (a) 70856-BARNEYS GIFT (398) D Faulkner 5 9-9	1       (5)       80-98       AZURE STAGE (15) E Dunlop 9-10
Hurdle. My selection was a mile-and-a-half Flat winner for Heather Main and won readily	Brown, Almaty Star, 12 Mick's Spirit. 2023: No corresponding race. WOLVERH	BETTING: 9-4 Camacho Man, 4 Laurentia, 7 Foinix, 8 Miss Sligo, 10 Crazy Maisie, Barneys Gift, 12 Fighting Poet, 14 Atwixaday. 2023: No corresponding race.	12 (3) 441385 SUBALTERN (47) Miss A Murphy 91 (D)R Kavanagh (7) 63 ST         13 (1) 997 HOT PATOOTIE (29) SDow 9-0
for his new yard in a two-mile Huntingdon Novice Hurdle two weeks ago. Despite being less than fluent over the	NEWSBOYBOUVERIE5.30 WHERE'S CLARE5.30 WHERE'S CLARE6.00 COME ON JOHN6.00 BALQAA6.40 WAKE UP HARRY6.30 VIXEY7.00 STREAK LIGHTNING7.00 BEYLERBEYI7.30 THOUGHTFUL GIFT7.30 ENZOS ANGEL8.00 DEQUINTO8.30 CLOSE OF PLAY8.30 Q TWENTY BOY8.30 ELDEYAAR9.00 ONE COOL DREAMER9.00 ETRETAT	GOING: Standard. COURSE: Left-handed, very tight Tapeta all- weather track of 1m, with a 330/d nun-in. Races over 6f and 7f start on separate chutes. DRAW: Little effect. TOP TRAINERS: A Caroll 86-946 (9.1%), M Appleby 74-642 (11.5%), P Evans 71-608 (11.7%). TOP JOCKEYS: L Morris 122-1049 (11.6%), D TOP train. TIME BLINKERS: 5.30 Cyclonite, 9.00 Bella Grazia. ST RUN SINCE WIND OP: 7.00 Blackjack, St RUN SINCE WIND OP: 7.00 Blackjack, St RUN SINCE WIND OP: 7.00 Blackjack,	1 (8)         SAHARA VIEW S bin Surror 4 10-2 (F)
hurdles early on, the son of Zarak took the lead two out and stayed on well to	5.30         GET RACEDAY READY EBF RESTRICTED MAIDEN STAKES (5) (2-Y-0) 5f Winner £3,942 (11 run)         SPOT FORM ©           1         (2)         4 BANTZ (2) W Haggas 9-7	Bit State         PROFITABLE RACES FOR FAVS: 8.00.           PROFITABLE RACES FOR FAVS: 8.00.         PROFITABLE RACES FOR FAVS: 8.00.           T.30         DOWNLOAD THE RACECOURSE APP RACEDAY READY HANDICAP (6) Im 1f Winner £2,983 (13 run)           1 (11)         341127 ODD SOCKS HAVANA (8) R Merzies 69-8 (CD)	12 (14)       22 UNDER SIEGE (18) A Bading 39-5
hold off Vivid Pink by two and a quarter lengths. He is sure to improve for that run and his mark of 102 seems lenient on his handicap	9 (i) 2 WHERE'S CLARE (15) C Johnston 9-2 (SF)	8         (12)         6-3527         MASTERPAINTER (95) (V) M Dods 4 9-7         C Beasley         72         6           9         (7)         2506-8         CLOCH NUA (22) Mrs Stella Barclay 5 9-6 (CD)	5 (5)       88-62       REACHING HIGH (26) SIM Mixture 9-0 (8F) (SF)Rigoscote 0-93       ST         6 (6)       4923-7       SPACEPORT (39) W Muir & C Grassick 9-0D Tudhope       87       G         BETTING: 11-4       Reaching High, 3 Educate, 4 Sea The Thunder, 9-2 User Amistoso, 5 Calvert, 14 Spaceport.       Tudhope       87       G         4.338       CHRIS MOYLES LIVE AT LEICESTERRACES 15TH JUNE       HANDICAP (4)       7f Winner £5,234 (8 run)       90       6F         1       (4)       0636-4       METABOLT (27) D Loughnane 59-9 (8F, D)
debut. On the all-weather at Lingfield, LUNAR SHADOW (6.15, nb) is the pick in the opening Download The Raceday	2         (4) 852236         BALQAA (13) Mrs Stella Barclay 6 9-9 (SF)         C Noble ●68         ST           3         (5) 5352/6         MCCANN THE MAN (31) Andi Brown 6 9-9         T Jakes (5) 60         ST           4         (13) 554438         COME ON JOHN (22) M Attwater 5 9-8 (CD)         L Morris         66         G           5         (10) - 27020         STRATEGIC FORTUNE (22) J Butler 79-8 (CD)         C Beasley         65         G           6         (10) - 96327         HIGH COURT JUDGE (24) David Dennis 4 9-7 (EW)         R Hornby 64         ST           7         7) -35257         PRINCE HECTOR (22) J Batler 79-8 (CD)         Paula Muir (3)         65         6           8         (1) 2-4558         DILLYDINGDILLYDONG (94) James Owen 69-0         A Keeley (3)         64         57           9         (1) 729944         SAD TIMOTHY (29) (H) R Stephens 49-0         D Probert         62         ST           10         89-376         C APTAIN ST LUCIFER (63) Suzzame France 79-0         T Eaves         58         ST           11         (9) 375449         C APALICLISTE (15) (H) D Folays 4 9-0         S D E Sousas         59         ST	8.000GET THE INSIDE TRACK WITH RACEDAY-READY.COM HANDICAP           (8) 963-00 GLORY CALL (22) 0 Pears 4 9-9 (CD)         D Muscutt 66 ST           2 (10) 05489- DUNNINGTON LAD (337) P Winks 4 9-9	3 (5) 123-88 MOTHER MARY (24) R Hughes 49-9 (0)
Ready App Handicap over a mile and a half. The course-and- distance winner is admirably consistent, finishing in the first three six times from	12 (6) -06806 BEAU GESTE (42) Å Carroll 8 9-0 (CD)	9 (9) 532357 COAST (36) 5 Dixon 5 9-0 (CD)	1         (5)         7-0016         MRS TRUMP (16) P Midgley 4 9-9 (0) (SF)
her last eight completed races. She made a pleasing comeback run after a break when runner-up to Another Run at	6 (3) 347180 NIGHTS OVER EGYPT (38) R Menzies 4 9-5C Fallon 79 G 7 (6) 162468 CIRCLES (22) (B) A McCann (IRE) 5 9-3 (CD) Jakes (5) 79 SL	19) 736752         XESSAAR POWER (8) (V) P McEntee 49-9 (D) (SF)         L Morris 65         ST           2 (0) 315636         BLUE COLLAR LAD (24) MIC Haynes 5-96 (CD)         T Jakes (5)         G3         G3         ST         ST <th>BETTING: 5-2 Alfred Cove, 4 Liberty Bay, 5 Mrs Trump, 7 Atty's Edge, 10 Zeno, Enchanted Night, Company Minx, 12 Porfin, 16 Viewfromthestars. <b>IN FORM</b> <b>TRAINERS:</b> M Herrington 5-8 (62%), Harry Derham 3-6 (50%), D Skel- ton 17-37 (46%), M Wigham 4-10 (40%), S England 6-16 (38%), E Walker 8-23 (35%), G Hanmer 3-9 (33%), L Horsfall 2-6 (33%), N Henderson 3-9 (33%), Sir M Prescott 5-15 (33%), W Knight 4-12 (33%), J Candlish 2-7 (29%), O Greenall &amp; J Guerriero 4-14 (29%). Horsfall 2-6 (32%), Constant England 6-11 (55%).</th>	BETTING: 5-2 Alfred Cove, 4 Liberty Bay, 5 Mrs Trump, 7 Atty's Edge, 10 Zeno, Enchanted Night, Company Minx, 12 Porfin, 16 Viewfromthestars. <b>IN FORM</b> <b>TRAINERS:</b> M Herrington 5-8 (62%), Harry Derham 3-6 (50%), D Skel- ton 17-37 (46%), M Wigham 4-10 (40%), S England 6-16 (38%), E Walker 8-23 (35%), G Hanmer 3-9 (33%), L Horsfall 2-6 (33%), N Henderson 3-9 (33%), Sir M Prescott 5-15 (33%), W Knight 4-12 (33%), J Candlish 2-7 (29%), O Greenall & J Guerriero 4-14 (29%). Horsfall 2-6 (32%), Constant England 6-11 (55%).
Southwell in March despite not getting a clear run. And Alan King's (above) six-year-old should strip fitter for this in the hands of Hollie Dovle.	Image: Constraint of the second sec	BETTING: 4 Kessaar Power, 9-2 Q Twenty Boy, 6 Eldeyaar, Due Date, 7 Blue Collar Lad, 8 Kodi Hawk, 10 Gidwa, 12 Fantasy Navigator. <b>9.00</b> Imit 104yds Winner £2,983 (10 run)           1         (7) 273-47 LUMIERE D'OR (22) J Tate 9-11	JOCKEYS: Jonathan England 6-11 (55%), Harry Skelton 17-32 (53%), Paula Muir 2-5 (40%), Callum Rodriguez 6-18 (33%), Jamie Spencer 2-7 (29%), David Probert 4-15 (27%), Caoilin Quinn 1-4 (25%). TOP DOG'S BAGS SHEFFIELD 11.01 Kilmins Shadow (3-2-1) 11.18 Cahir House (3-5-6) 11.34 Black Lantern (4-2-5) 11.52 Trickys Nala (3-2-1) 12.09 Classy Chico (3-4-2) 12.28 Belle Yue Annie (6-4-5) 12.42 Lemming Pepper (4-6-1)
Main rival Damascus Steel is passed over until he learns to settle better in races.	<ul> <li>Status for borrow borrow (17, 22, (n) 5 c million 6 of management of the second second</li></ul>	5       95-666       GOLDEN MYRRH (25) R Beckett 9-9 (BF) (F)	Lantern (4-2-5) 11.52 Tinckys Nala (3-2-1)         Allwick Wystery (2-3-5) 1.42 Watermil(r-1- 12.09 Classy Chole (3-4-2) 12.26 Belle Vue Annie (6-4-2) 12.26 Belle Vue 12.59 Hollywell Oddsox (4-3-6) 1.17 Horr- tree Badger (1-6-3) 1.33 Old Fort Daytona (1-2-4) 1.51 Thormfield Queen (2-5-6) 207         Allwick Wystery (2-3-5) 1.42 Watermil(r-1- (4-2)           The second state of

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# ROB WAS SO CHEEKY D THE HE FATHOUSAND L Sam Burgess pays tribute to his inspirational former England team-mate

DM1ST

SPECIAL TRIBUTE Burgess had glowing words for his late friend Burrow



SAM BURGESS paid tribute to Rob Burrow by hailing the rugby league great's "heart of a thousand lions".

Leeds Rhinos legend Burrow died aged just 41 on Sunday after a four-and-a-half year battle with motor

neurone disease. Warrington boss Burgess, speaking ahead of Saturday's Challenge Cup final Wembley showdown with Wigan, played alongside the brilliant scrum-

half for England and Great Britain.

He also faced Burrow numerous times in Super League while Burgess' own father Mark also died from MND in 2007, so he knows only too well just how horrific the disease trulv is.

He said: "I'd obviously known Rob for a long time.

knew that four-and-a-half years ago. "It's a really sad day.

and sport in general, not just

"For that, many people will be

"He had the heart of a lion on the

forever in debt to him. That legacy

field and a heart of a thousand lions

England but across the globe.

will no doubt continue to grow.

remarkable

legacy in the

It's tragic news. But we

all knew it was coming

at some stage: it's the

"And he's left such a

remarkable legacy in

the MND community

reality of MND.

the best."

Burrow was scrum-half when Burgess made his Great Britain debut in 2007, announcing himself on the biggest stage with that huge hit on New Zealand's Fuifui Moimoi.

And the pair were also in tandem "It is a horrible disease. We all for Burgess' only previous Wembley appearance - Éngland's semi-final loss to New Zealand at

> the 2013 World Cup. 'He's left such a He added: "I also made my Super League debut for Bradford Bulls against MND community' Rob. He kicked the

winning goal for Leeds to win 26-24 at Headingley. I didn't bring that up much!"

Asked what Burrow was like, ex-South Sydney superstar Burgess joked: "A cheeky little bugger. He was great fun to be around, a great character and great competitor. He off it. I'm proud to call him a friend defied the laws of physics on the occasion for such a special bloke."

and wish all his family and friends 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 and the RFL are making plans to commemorate him on Saturday.

There will be a minute's silence ahead of the men's and women's Cup finals and fans will also be asked to applaud in the seventh minute noting Burrow's shirt number – in all four matches.

Burgess, 35, said: "Everyone will try and represent Rob in a great fashion, not just us.

"All eight teams competing there will look to put on a great spectacle: let's get a sold-out crowd, let's get it full and let's make it a special



### Cup can be celebration

ROB BURROW was a one-off.

We knew that in the rugby league world for many years having played with him, against him and knowing the person he was off the pitch.

He was a guy with a huge heart, huge sense of humour and huge commitment to his family as well.

But the wider world got to see that, too, and that's probably the positive you can take from the battle he had with Motor Neurone Disease.

He took that huge, courageous and brave choice to go public with that battle to show every centimetre, every little detail of what it looks like - declining in life against a brutal disease.

That's the bravest act he ever did. never mind his achievements on the pitch which are partly overshadowed. He



was an outstanding player of great calibre. That was epitomised, I think, by winning the man of the series for Great Britain in 2007 - having not been selected once on tour in 2006.

It showed the determination, steel and character of the guy.

Sunday was obviously a really sad day for the sport, the MND sufferers and its wider community and people who had a close relationship with Rob.

But he'll leave a long-lasting legacy far beyond the world of rugby league and

FEEDEN

DM1ST

TRY AND MIGHTY

The great Burrow storming in to score a try (and circle) for

circie, Rhinos

### **DARYL: BURROW HAD POW FACTOR**



#### BY DAVE CRAVEN

DARYL POWELL recalled being taken aback by iust how small Rob Burrow was - before being

blown away by his "phenomenal" talent. The Wakefield chief (above) gave the Leeds icon, who has died aged 41 after battling motor neurone disease, his full Rhinos debut in 2001. Former Great Britain centre Powell, 58,

coached 5ft 4in Burrow in the academy before giving the tiny scrum-half his first start in his first game as head coach.

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."

England centre Caitlin Beevers, who will play for Rhinos in the women's Challenge Cup final against St Helens at Wembley, said: "I grew up watching Leeds and the golden generation. "And I started out as a half-back playing in boys teams so Rob was always

> someone I aspired to be. "He was always around the club inspiring us all to make the most of our Leeds journeys.'

### WARRIOR DUO **TO MISS FINAL**

### BY DAVE CRAVEN

MATT PEET has remained cov about whether Wigan will fight the bans which have ruled out two key players for the Challenge Cup final. Adam Keighran and Tyler Dupree have both been hit with three-games suspensions following incidents in Saturday's win over Warrington - who they face again this weekend. Warriors have until midday today to decide whether they will appeal or not. Asked whether they will, boss Peet insisted: "I'm not exactly sure yet. I'm not sure. I'm going to get asked that a lot but I'll hold stock on that and speak to a

few

people.'





BY ALAN SMITH

BRITAIN'S fastest man Zharnel Hughes has suffered an Olympics injury scare after pulling out of this weekend's European Championships.

Hughes (above), who was among the favourites to win the 100m in Rome, hurt a hamstring racing in Jamaica on Saturday night.

And last year's world bronze medalist has less than four weeks to be fighting fit for the British Olympic trials, which are being held in Manchester on June 28-29. Matthew Hudson-Smith has also

withdrawn from the Euros less than a week on from breaking his own 400m European record but is not injured, while Imani-Lara Lansiquot and Nethaneel Mitchell-Blake are no longer set to compete over the 100m and 200m respectively.

Britain have named a team of almost 70 for the event. Keely Hodgkinson and Katarina Johnson-Thompson (below) are among the gold medal hopefuls

Meanwhile the athletics calendar is set to receive a major shake up from 2026 after the sport's governing body announced a new biennial competition featuring a prize fund worth a record £7.9million.



The inaugural Ultimate Championship will be held in Budapest from September 11-13, 2026 and will see eight to 16 of the highest-ranked athletes per event battle for a winning prize of £118,000.

It follows World Athletics' divisive decision to become the first sport that offers prize money to Olympic champions.

Gold medallists in Paris will receive £39,000, a move that has been criticised behind the scenes by the IOC and heads of other governing bodies.

Beyond World Athletics' drive to improve financial rewards for its biggest stars, the Ultimate Championship, which will run in alternate years to the World Championships, is their latest attempt to engage younger audiences.

"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," said president Seb Coe.

'The World Athletics Ultimate Championship will be high on action and excitement for fans, setting a new standard for track and field events.

'Featuring athletics' biggest stars, it will be a must-watch global sports event and means track and field will host a major global championship in every single year, ensuring for the first time that athletics will enjoy a moment of maximum audience reach on an annual basis."

### of fallen giant Burrow

UNCHING

the wider community, touching hearts, minds and spirits for years to come in the future through his unselfish commitment to fight with every last ounce of strength he had

Saturday will be an emotional day. In

would be Leeds and Castleford given

Of course, that's not the case but Warrington and Wigan are the other wo clubs you'd want there. They are clubs who get things

embody the human side of the game.

The greatest way to celebrate Rob (with Jamie Peacock, left) would be to have an amazing game and occasion where we can all take time, at some point, to remember what a guy he was.

the disease.

### while providing hope for sufferers of

an ideal world, the Challenge Cup final

Rob's affinity with those places.

right in terms of dignity and respect and have the right coaches [Sam Burgess and Matt Peet] who

DMLI

### FRENCH OPEN ROLAND GARROS

### Teen Mirra reflects on last-8 spot

BY NEIL MCLEMAN **RUSSIAN** teenager Mirra Andreeva silenced the boos to become the youngest woman to reach the French Open guarter-finals since 2005

The world No.38 won 7-5 6-2 against Moscow-born Varvara Gracheva - the last French player left in the singles.

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 a little bit, but then I just kind of adjusted it for my advantage. I



with it, and it actually was helping me a little bit to fire me up from inside." Aged 17 and 27 days, she is

the youngest female player to make the last eight here since Bulgarian Sesil Karatantcheva achieved the feat aged 15.

Andreeva will now face Aryna Sabalenka after the Australian Open champion won her 11th consecutive Grand Slam match this year without dropping a set. She beat Emma Navarro 6-2 6-3.

Elena Rybakina ensured all four of the top seeds reached the last eight by knocking out Elina Svitolina 6-4 6-3.

Wimbledon and the LTA will again provide financial support to Ukrainian players in the UK grass-court season.

### Novak wins another epic but is doubt for quarters

BY **NEIL McLEMAN** from Paris @NeilMcLeman

NOVAK DJOKOVIC claimed he is a doubt to play in the French Open quarter-finals after needing a "maximum dose" of painkillers for a knee injury during his latest five-set win.

And the world No.1 slammed the slippery condition of the main court after fighting back to beat Francisco Cerundolo.

Djokovic only finished his five-set victory over Lorenzo Musetti at 3.08am in the early hours of Sunday morning.

And back on Court Philippe-Chatrier yesterday, the defending champion appeared to be limping to a shock defeat against the No.23 seed Cerundolo (circle) when he needed treatment for a right knee injury in the second set.

He pulled up in agony chasing a drop shot in the fourth set and he fell heavily behind the baseline in the final set to prompt another rant at officials – and boos from the

the fourth set – and had a break point to serve for the match at 5-5. But after being only five points from defeat, the Serbian superstar shook off his latest injury to win 6-1 5-7 3-6 7-5 6-3 in four hours and 39 minutes.

It was the longest match of Djokovic's Roland Garros career -

and followed the four hours and 29 minutes he needed to beat Musetti. Djokovic, who triumphed just before 9pm local time, won two five-set thrillers in under 42 hours.

But the Serb, 37, revealed: "For the last couple weeks I have had slight discomfort in the right knee. It is wear and tear. Then, in the third game of the second set, I slipped and fell. That affected the knee.

"I didn't know whether I should continue or not. I got the medications.

"After the third set was done, I asked for a doctor to come and give me something extra. That was the maximum dose that kicked in. I

crowd. The Argentinian led 4-2 in started to feel less limitations in my movement. I don't know what will happen tomorrow or after tomorrow, if I'll be able to step out on the court and play. I hope so. Let's see what happens." Djokovic had unsuccessfully

asked for the clay court to be swept regularly during the match to smooth out the surface.

"There was very little, almost no clay on the court today," he claimed.

Ďjokovic's victory also broke two records he had shared with Roger Federer. It was his 370th win in Grand Slam matches to reach his 59th Grand Slam quarter-final. He is now just three wins away from a new record of 25 Grand Slam singles titles.

If fit, Djokovic will now play Casper Ruud in a repeat of last vear's final after the No.7 seed beat Taylor Fritz 7-6 3-6 6-4 6-2.

Alex De Minaur became the first Aussie man to reach the last eight here since his mentor Lleyton Hewitt in 2004. He saw off No.5 seed Daniil Medvedev 4-66-26-16-3.



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### **RUGBY UNION**

### **FT T20 WORLD CUP**

### **ENGLAND v SCOTLAND** BARBADOS, 3.30pm



BY MIKE WALTERS

JOS BUTTLER warned England will have to be "right on it" to avoid another white-ball meltdown in their Twenty20 World Cup opener.

The reigning champions begin their defence of the crown against Scotland

in Barbados today. Buttler's side flopped in the 50-over format seven months ago, losing six out of nine games including a shock defeat by Afghanistan.

And the England captain (above) is demanding "100 percent intensity" after the Scots sprang a massive upset at their last one-day meeting in 2018. Buttler said: "We expect a tough

challenge and we're all excited for that. "They've come here to try and win games. They want to beat us and we want to beat them, so it's pretty straightforward. Every game we have to be right on it."

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.



### LD SPIC Scots are determined to upset favourites England... again course in 2019, Scotland edged media. Currie's astonishing around the pool at the hotel putting some headlines out

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 of shocks.

The bookies have already called it as a mismatch between peashooters and mortar fire, with Buttler's men 1-20 to open their defence of the crown convincingly.

But 13 months before Eoin Morgan's side became world champions over the 50-over

a high-scoring game at The Grange by six runs.

Fired by Calum MacLeod's 140 not out off just 94 balls, they Bradburn's call to go 'hunting history' despite Jonny Bairstow's violent 54-

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 sensational catch last year which attracted more than mid-air grab against Hampshire was headlined the "greatest

Born and raised in Dorset, answered coach Grant Currie - whose father is Scottish – admits he's

county team-mate and England warhead Iofra Archer.

camps today but Currie (above) 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 and I'm sure we'll have a 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."

Currie has an outstanding T20 international record so far – 19 wickets at 10.15, with an economy rate below five - and admitted England's batting arsenal is "daunting". But he warned: "I see it as an

absolute free hit. We've got

the Scots were up for "taking a few scalps along the way and

the glory of Scotland's 2018 victory in Edinburgh lives on.

As for MacLeod, now retired,

He said: "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."

He said: "It was a magic moment in Scotland's history, I was honoured to have been part of it and I'm absolutely desperate to see another now." PROBABLE TEAMS: 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

SUPER MAN Wiese (circle) sealed the game for Namibia as he grabbed a wicket

Namibia had looked on 73 for three after 14 overs, but a collapse set up the super over. Jan Frylinck

off 48 balls and Wiese was left needing two runs off the final ball. A leg bye and a missed shy at the stump set up the final over.



### Curry just too hot to stay home BY ADAM HATHAWAY

TOM CURRY is back in the England squad and is set to tour this summer despite playing just 34 minutes since the World Cup.

The Sale flanker (above) had hip surgery in January but came off the bench in Sharks 31-23 semi-final defeat to Bath on Saturday.

England head coach Steve Borthwick has named an updated 33-man training group ahead of the trip to Japan and New Zealand.

But Saracens' Elliot Daly will not tour because of the forthcoming birth of his first child.

Back-row Curry put in a dynamic performance at the Rec and has persuaded Borthwick he should be fit to face the All Blacks.

Curry's twin brother Ben is also 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 No.8 Tom Willis, Ben Earl, Jamie George and Nick Isiekwe.

Props Dan Cole and Joe Marler, who were not in camp last week, have been added to the party. Borthwick could not name players from Northampton or Bath ahead of Saturday's Premiership final.

England meet in Bagshot todav for a four-dav training camp with Borthwick announcing his touring squad on Monday.

They play Japan in Tokyo on June 22 then head to New Zealand for Tests in Dunedin on July 6 and Auckland on July 13. ■ POLICE have confirmed they have launched an investigation into

Saturday's fracas at Bath. Sale lock Jonny Hill was allegedly involved in a scuffle with a spectator at the end of Bath's Premiership semi-final win. Hill is currently injured

and was not plaving. Sale and Bath are both investigating and the RFU are waiting on their reports before deciding whether to charge Hill, who could be hit with a playing ban.



sides made 109, Namibia smashing 21 from their six balls with Wiese hitting a six and a four

and captain Gerhard Erasmus adding two fours.

After performing with the bat,

course for an easy chase at

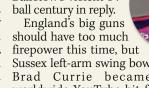
anchored the innings with 45

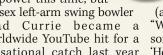
while conceding just 10 runs.

there".



ton





spinner Keshav Maharai before

South Africa cruised to a six-

wicket victory with 22 balls to

Opener Quinton de Kock

against the Netherlands on

against Bangladesh.

Klaasen finished on 19 not out.

South Africa's next match is

Saturday while Sri Lanka will try to

get their campaign back on track

top-scored with 20, while Heinrich

catch of all time".

"shamefully" never worn a kilt and is teased by

They will be in rival

### nothing to lose and everything to gain. Spinner Mark Watt warned

### 30 million views on social NORTY BOY FLOORS SRI LANK

spare.

#### ANRICH NORTJE blew away Sri Lanka's batsmen with a devastating spell of bowling to get South Africa off to a flying start at the T20 World Cup.

The Proteas paceman (right) finished with 4-7 from four overs as Sri Lanka were rushed out for just 77 at the Nassau County

International Stadium in New York. There were also two wickets each for Kagiso Rabada and

DM1ST

### **RESULTS & FIXTURES**

### Palmer 60 (pen) Att: 50,061 Alexander-Arnold 85

#### GERMANY (0) ... .... 0 UKRAINE (0) GIBRALTAR (0) ...... 0 SCOTLAND (0) ...... 2 Christie 60 Adams 85

U21 INT'NAL: Turkey U21 2 Scotland

### CRICKET

ICC WORLD TWENTY20 - GROUP B — Namibia v Oman (Bridgetown): Oman 109 (19.4 overs; R Trumpel-Oman 109 (19.4 overs; R Irumpel-mann 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 (PW) York): Sri Lanka 77 (19.1 overs; A Nortje 4-7); South Africa (2pts) bt Sri Lanka by 6 wickets. CVCI INC

### CYCLING

CYCLING CRITERIUM DU DAUPHINE (Gannat - Col de la Loge, 142km)—Stage 2: 1 M Cort (Den) UnoX Mobility 3hrs 21mins 42secs, 2 P Roglic (Slo) BORA-hansgrohe, 3 M Jorgenson (USA) Team Visma | Lease a Bike Overall: 1 M Cort (Den) UnoX Mobility 7hrs 23mins 2secs, 2 P Roglic (Slo) BORA-hansgrohe +4secs, 3 M Jorgenson (USA) Team Visma | Lease a Bike +6. TENNIS

Team Visma | Lease a Bike +6. **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) Svitolina (Ukr) 6-4 6-3, M Andreeva (Rus) bt V Gracheva (Fra) 7-5 6-2. (2) Sabalanca (Bit bt (22) E Nagram A Sabalenka (Blr) bt **(22)** E Nava (USA) 6-2 6-3.

Men's Doubles 2nd rnd: T Machac

(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). **Men's Doubles 3rd rnd: (1)** M Granollers (Spa) & H Zeballos (Arg) bt (15) H Nys (Mon) & J Zielinski (Pol) 6-2 6-1, (9) M Arevalo (Esa) & M Pavic (Cro) bt (6) K Krawietz (Ger) & T Puetz (Ger) 7-6 (7-3) 7-6 (7-5), (11) S Bolelli (Ita) & A Vavassori (Ita) bt M Purcell (Aus) & J Thompson (Aus) 6-3 6-4, (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 Heliovaara (Fin) & H PATTEN (Gbr) w/o, (2) R Bopanna (Ind) & M Ebden

Menovdara (Hin) & **H PATTEN** (Gbr) w/o, (**2**) R Bopanna (Ind) & M Ebden (Aus) bt N Balaji (Ind) & M Angel Reyes-Varela (Mex) 6-7 (2-7) 6-3 7-6 (10-8).

trivago

Reyes-Varela (Mex) 6-7 (2-7) 6-3 7-6 (10-8).
Women's Doubles 2nd rnd: A Anshba (Rus) & A Detiuc (Cze) bt (6) L Kichenok (Ukr) & J Ostapenko (Lat) 3-6 7-6 (7-5) 6-2, (9) L Annie Fernandez (Can) & E Routliffe (Nzl) bt E Hozumi (Jon) & M Ninomiya (Jun) 6-0 6-1, M Kostyuk (Ukr) & E Gabriela Ruse (Rom) bt (7) M Bouzkova (Cze) & S Sorribes Tormo (Spa) 6-3 6-4, (8) C Dolehide (USA) & D Krawczyk (USA) bt A Potapova (Rus) & Y Sizikova (Rus) 7-6 (7-3) 6-1, (5) C Gauff (USA) & K Siniakova (Cze) 6-1 6-2, (2) N Melichar-Martinez (USA) & E Perez (Aus) bt X Wang (Chn) & Y Yuan (Chn) W/o,

Mixed Doubles 1st rnd: E Shibahara (Jpn) & N Lammons (USA) bt P Badosa Gibert (Spa) & S Tsitsipas

(Gre) w/o, Mixed Doubles 2nd rnd: (1) E Perez Mixed Doubles 2nd rnd: (1) E Perez (Aus) & M Ebden (Aus) bt L Kichenok (Ukr) & M Pavic (Cro) w/o, (4) D Krawczyk (USA) & K SKUPSKI (Gbr) bt H WATSON (Gbr) & J SALISBURY (Gbr) 6-15-7 10-7, S Zhang (Chn) & M Arevalo (Esa) bt A Muhammad (USA) & A Behar (Uru) 4-6-7-5 10-8, U Eikeri (Nor) & M Gonzalez (Arg) bt B Krejcikova (Cze) & J Vliegen (Bel) w/o,

**TODAY'S DIARY** 

(7.45pm unless stated) International Matches Rep of Ireland v Hungary...... (Live on Premier Sports) Portugal v Finland..... Women's European Champiachia Qualifati

**Championship Qualifying** Group A3 Sweden v Rep of Ireland (5.30)... France v England (8pm) .....

Group B2

Israel v Scotland (3pm). Slovakia v Serbia (5pm)

Group B3 Herzegovina v Malta (3pm) I 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 Nepal (Dallas, 4.30pm).

### 0 New Blues boss hails 'dream job' & vows to bring back good times

DM1ST

### BY JOHN CROSS Chief Football Writer

ENZO MARESCA has

promised to deliver success and 'make the fans proud' after finally being confirmed as Chelsea boss.

The 44-year-old has signed a five-year contract with an option of a further year which underlines just how much faith they are putting in the former Leicester manager.

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 single season in his charge, the club is disappointed Enzo has decided at this stage that he no longer wants to be part of our vision." The former Juventus

midfielder said it was a "dream' to take over – but the reality is

quickly in terms of silverware and getting back into the Champions League.

Chelsea agreed an £8million package with Leicester to snap up Maresca, who has only been a manager for 18 months having previously also 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: "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

he will be expected to deliver align with those of the club." Maresca beat the likes of Kieran McKenna and Thomas Frank to the Chelsea job and is regarded as someone from the Pep Guardiola coaching model.

Chelsea also wanted Maresca because of his ability to work and develop young players, including Cole Palmer, 22, and Romeo Lavia, 20.

The Londoners expect another busy summer of ins and outs, but Maresca will work within the club structure while having a say on transfers.

Mauricio Pochettino left last month after leading Chelsea back into Europe and is on Manchester United's potential shortlist if they replace Erik ten Hag as part of a club review.

Leicester are now looking for a new boss while Maresca's coaching team come with him and include Willy Caballero, Danny Walker, Michele De Bernardin, Marcos Alvarez, Javi Molina and Roberto Vitiello.

Ben Roberts will join the staff as goalkeeper coach while Bernardo Cueva will lead the set-piece department.

### **BISSOUMA THEFT** TERROR BY ALAN SMITH

TOTTENHAM'S Yves Bissouma has been left badly shaken after thieves sprayed him with tear gas before making off with his £260.000 watch.

MOMENT

**OF YOUTH** 

Chelsea are keen for Maresca to work with youngsters like Lavia (left) and Palmer

The attack happened early on Sunday outside the five-star Majestic Barriere hotel in Cannes, where Mali international Bissouma (left) was on holiday with his wife.

French police said the midfielder escaped serious injury despite being blasted in the face with gas, before the two robbers fled the scene in a car.

Bissouma and his wife later returned to London after cutting their holiday short. Spurs said: "We are aware of the incident and we will

continue to check on the welfare of Yves and his family."



**P** U ETHAN AMPADU looks set to end his marathon season with the Welsh captaincy.

Wales are without regular skipper Aaron Ramsey for this week's friendlies against Gibraltar and Slovakia, while vice-captain Ben Davies is sidelined with a calf injury.

Joe Rodon withdrew from the squad yesterday, paving the way for Ampadu (left) to

axibba: captain Wales - starting versus Gibraltar on Thursday. Wales manager Rob Page

said: "Ethan's had the armband at Leeds and he is

definitely captain material. "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's robust.'



### **EXCLUSIVE** BY **JOHN CROSS** Chief Football Writer

BEN YOUNG has been a part of a World Cup and a Euros - and is now helping the greatest player of all time.

Young, 37, is Inter Miami's head of strength and conditioning, with the club boasting a stellar cast list including Lionel Messi, Luis Suarez, Sergio Busquets and Jordi Alba.

A graduate with a sport and exercise science degree from the University of Gloucestershire, Young started his career in rugby under Eddie Jones at Saracens before moving into football.

He worked with the Lionesses at two World Cups, a Euros as the lead boxes, he pushes

BY SIMON BIRD

Middlesbrough.

MICHAEL CARRICK will be

backed for a promotion push

after signing a new deal with

The former Manchester

had one year left on his deal.

but yesterday penned an

extension to remain on

Teesside until 2027.

United and England midfielder

Carrick, 42, is searching for

physical performance coach and was part of Gareth Southgate's set-up at the Qatar World Cup before moving to Miami in 2023.

His role in sport has become irreplaceable, and the likes of Messi especially at the age of 36 are benefitting from Young's expertise.

<sup>\*</sup>Messi is first in, last out, a true professional," said Young. "He does his own individual activation and strength sessions, he

will even be in training the next day after being in an international camp in Argentina.

"He's in his rhythm, his routine and that is why he's at the top and has stayed there. "He ticks all the himself but also does all his recovery work.

'We always want to make sure that the players can thrive in the most intense parts of the game and you do that by the training we expose them to.

We systematically expose the players to various training stimuli that mimic the demand of the game and when appropriate we exceed the game demands ensure they to are



completely prepared for the toughest of moments. To offset this work we are also continually educating the players on the importance of recovery, nutrition and make sure your recovery is good and sleep in that process to make sure they can keep training and playing at that intensity.

"Messi is getting individual treatment, massage and recovery which shows the importance of having people close to you who you can relv on.

Messi's arrival has made Inter Miami the hottest

'Messi is still back in training even if he's just returned from Argentina'

ticket in town – he scored Miami's first goal in Saturday's 3-3 draw with St Louis City - and the world's greatest player is helping transform the sport in a way David Beckham did with LA Galaxy.

Young, a dad of two whose family now live in the States, has great experience having worked at the Football Association and with some of football's biggest names. Close relationships are vital for a coach in his field and Young added: "It's about meeting the player at the right level and then beginning that coaching relationship of both challenge and support.

"Once you have trust and buy-in you can start to influence their training to ensure they are achieving their targets.

have stated that if two clubs with the same owners qualify for the

same competition, only one is allowed to enter. This would normally be the team which finished higher in their respective

league. Nice finished fifth in Ligue One - while United ended up eighth but qualified by winning the FA Cup.



BY JEREMY CROSS

JADON SANCHO has thanked Borussia Dortmund for rescuing his career - and will now push to secure a permanent move to the German side.

Sancho was out in the cold at Manchester United after a bust-up with Erik ten Hag, until Dortmund

re-signed him on loan in January. He helped Dortmund reach the Champions League final, and he is now hoping United and Dortmund can agree a deal that will see him sold to the Bundesliga club.

The 24-year-old (above) said: "What a crazy six months. We win together, we lose together, these moments only make us stronger!

"I can't thank you enough for welcoming me back the way you all have during these last six months."

### **MOURINHO:** 'M TURKING **IT STEADY**

JOSE MOURINHO admits he is feeling out of his comfort zone after taking over at Turkish side Fenerbahce.

And the former Chelsea, Manchester United and Tottenham boss warned his trophy-laden history is no guarantee of success in his latest managerial venture.

Asked what hope he could offer fans of the club who have not won the Turkish title in 10 years, Mourinho (right) said: "Zero promises - but a



huge commitment and passion and work and empathy in relation to them.

"No promises but obviously the main target, the main dream is to win the Turkish Super Lig.

"When people look at me they think I did six finals, I won five of them. People think immediately big but I think we have to go step-by-step. It means I'm not in my comfort zone."



BY JACOB LEEKS

KYLIAN MBAPPE described his move to Real Madrid as a "dream come true" after completing his transfer.

Mbappe has signed a five-year deal worth £12.8million per year after tax, and has been handed a handsome £86m signing-on fee to be paid across the course of the contract.

He first began talks with Madrid in February after deciding to call time on his spell with Paris Saint-Germain.

Now he has officially arrived, with the Frenchman (above) posting a series of photos from a tour he went on at the club as a child to show his long-standing association with them.

Mbappe said: "A dream come true, so happy and proud to join the club of my dream, Real Madrid. Can't wait to see you, Madridistas.'



CARRI ON AS BORO'S BOSS five key signings to help Boro back into the Championship play-offs at least after a near

miss last term. Carrick said: "Having that attachment, that trust and that belief within the club is really important.

'We've certainly got that that's what still gives me the great feeling that I had when I first walked through the door."

### BY JEREMY CROSS UEFA are expected to give Manchester United the green

light to play in the Europa League next season. United were in danger of being demoted to the Europa Conference League, due to the fact investor Sir

EUROPA

Jim Ratcliffe (above) also owns Nice, who have also qualified for the Europa League. UEFA rules

FRANCE V ENGLAND GROUP 3, 8PM WOMEN'S EURO 2025 QUALIFIER

### MEAD VOW: WE CAN STILL FRY THE FRENCH

ENGLAND forward 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 with four points, five shy of tonight's opponents after victory over the Republic of Ireland, a draw with Sweden and Friday's 2-1 loss to Les Bleues in Newcastle.

Sarina Wiegman's side need to finish first or second in their group to guarantee themselves a ticket to next summer's tournament in Switzerland.

Mead (above) said: "We're very frustrated with Friday. We've got a team of winners, everyone is pushing for a starting place and that's the competition within the team.

"Everyone is fighting for positions. Things don't always go right - that's football - and there's no one more than the players who get

frustrated and want to pick the hell out of the game the other night. "But we've analysed it and feel we can put in a good performance on Tuesday night and beat France comfortably."

Wiegman will be without firstchoice goalkeeper Mary Earps, who sustained a minor hip injury at St James' Park and withdrew from the squad on Sunday.

Birmingham City keeper Lucy Thomas has been promoted from the standby list, while Hannah Hampton is set for a fourth England start.

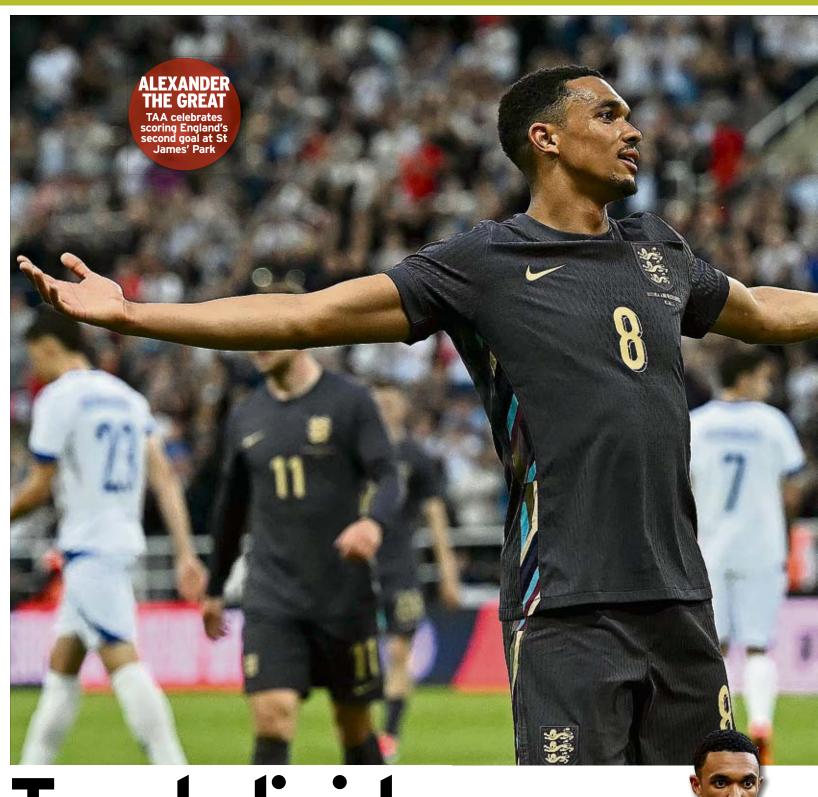
Wiegman (inset) has no other fresh injury concerns ahead of the France encounter, after which players will have a period of rest before returning to St George's Park for the first of three training camps and a behindclosed-doors fixture against the Netherlands, which precedes the final round of group fixtures in July.

The Lionesses will conclude the group stage with their Republic of Ireland home leg at Carrow Road on July 12th before travelling to Gothenburg to face Sweden away.

The Swedes sit second in the group, level with the Lionesses on four points, but with a superior goal difference. Mead added: "We've got a big target on our backs since winning the Euros, but we have enough quality in this team to be able to play against any team and beat them.

"Most people would probably say it's the group of death, but you've got to beat the best to be the best."

### LAND 3 Alexander-Arnold 85, Kane 89



# Trent divides opinion... but he's too good to be a bit-part player

### INTERNATIONAL FRIENDLY ST JAMES' PARK



IT is almost six years to the day since Trent Alexander-Arnold made his England debut, being handed his first Three Lions jersey by Prince William the day before a friendly against Costa Rica at Elland Road.

Since then, on the international stage, it has been far from regal progress for one of the most talented players of his generation.

Åt club level, he has collected winners' medals in the Champions League, the Premier League, the FA Cup, the EFL Cup, the FIFA Club World Cup and the UEFA Super Cup.

The extent of his influence on the Liverpool team of Jurgen Klopp's era cannot be overstated. But four months shy of his 26th birthday, Alexander-Arnold has only 24 England caps.

He has appeared in only two tournament games, both numbingly dull contest to

of which were group-stage fixtures taking place after England's qualification for the knockout stages had been confirmed.

To a certain extent, circumstances have conspired against him, an injury keeping him out of the 2021 Euro finals, for example. And when he was seen exclusively as a right-back, the competition for places in that position was fierce and Gareth Southgate clearly shared the widespread concerns about the Liverpool man's defensive reliability. But, belatedly, this is Trent

2.0. This is Trent, the midfield option. And he just about showed enough in this suggest he actually is an option for a starting place in

a midfield that will be anchored by Declan Rice. Unsurprisingly, it was his range of passing that caught

the eye. There is, of course, always a caveat when analysing this sort of match. It is a friendly against limited opposition, played with only a fraction of

the intensity of Euro 2024. Nonetheless, the range of his distribution was occasionally impressive, from the raking invitation for Eberechi Eze to the incisive, short ball to Cole Palmer that prompted one of England's better first-half attacks.

But in truth, it was all a bit pedestrian and Alexander-

**Chief Sports Writer** Arnold was far from faultless, one careless lay-off forcing Marc Guehi into a challenge

that earned him a booking. And it would have been more encouraging to see Alexander-Arnold make more forays forward rather than concentrate on a quarter-backing role as he did in the first half here.

He was certainly not overadventurous but you would guess Southgate is not a great fan of over-adventure.

And to that extent, the England boss might not have been as bored as everyone else inside St James' Park. Eze and Palmer caught the

eye – the Chelsea man opened the scoring from the spot and Harry Kane

wrapped it up late on. But this was strictly the support team and, realistically, of the line-up that kicked off, only Jordan Pickford is guaranteed starting place against Serbia on Sunday week.

And quite a few will miss the cut when the final squad is announced on Saturday.

Alexander-Arnold, whose corner-kick deliveries were predictably good, will make the cut but the odds are still probably against him starting the first match.

But he should be an option for Southgate when the coach finalises his midfield combination.

Alexander-Arnold will continue to divide opinion like few other elite footballers do. One thing is for sure – he is too good to be a bit-part player.

Ånd the late showreel volley that gave him his third England goal proved exactly that.



CLARKE'S BIG CALL TO GET SCOTS FIRING BY MICHAEL GANNON

STEVE CLARKE is considering sending out a striker SOS for young gun Tommy Conway.

The Bristol City hitman was on target for the Scotland Under-21s in Turkey last night while the senior side struggled to break down Gibraltar.

Clarke's men eventually saw off the minnows 2-0 but it took an hour before Ryan Christie made the breakthrough and Che Adams (above) smashed in a second late on.

The Scotland boss is still weighing up his attacking options after the brutal body blow of losing Lyndon Dykes for the Euros.

Clarke has yet to make his call but he admitted Conway (below), 21, has shot to the top of his list after finding the net for Scot Gemmill's kids.

He said: "It was nice that Tommy scored. He is a good boy, Tommy, and he is certainly in my mind.

"Can we replace Lyndon like for like? No. Would it have been a better performance with I vndon in the team? Probably, no,

because they dealt very, very well with high balls into the box.

to find a little bit more craft from certain players on the pitch to unpick that type of defence."

Clarke admitted Scotland will need to be more clinical in Germany - they face the hosts in the opening match on Friday week - after wasting a glut of chances against Gibraltar.

But the manager was happy with the victory after going seven games without a win following Euro qualification.

Clarke said: "Nice to win, nice to get a clean sheet, obviously.

'What I would say, and I said this to the lads at half-time... if we want to keep improving as a team, when you create that number of chances in the first half, and good chances, you have to score them."

Clarke admitted he suffered a major scare when Leeds defender Liam Cooper limped off at the Estadio Algarve - but he is hoping there will be no more bad news

He said: "It looks like a knee-on-knee collision, sore for a couple of days. Fingers crossed it should be fine.

'Of course I was worried. Every time someone goes down, you get a collision, you stay down.

"You get some who try to pull the wool over the referee's eyes but Liam doesn't stay down very often."

DMLI

3

Γ

Palmer 60 pen, Alexander-Arnold 85, Kane 89

### **BOSNIA-HERZEGOVINA**

### RATINGS by JOHN CROSS

### **ENGLAND**

Pickford6
Konsa7
Dunk6
Guehi BOOKED7
Trippier7
Gallagher6
Palmer7
Alexander-Arnold7
Eze7
Bowen7
Watkins
SUBS: Maddison (Palmer 61) 6, Kane

(Watkins 62) 6, Wharton (Trippier 62) 6, Branthwaite BOOKED (Guehi 62) 6, Grealish (Eze 63) 6, Gomez (Dunk 73) 6

### MAN OF THE MATCH



**COLE PALMER** Scored and was quite lively on his first England start

### **BOSNIA-HERZEGOVINA**

Vasili	7
Ahmedhodzic	6
Bicakcic	6
Katic	6
Gazibegovic BOOKED	6
Saric	
Tahirovic BOOKED	5
Radeljic	6
Hairadinovic	
Demirovic	

SUBS: Huseinbasi (Saric 63) 6, Mujakic (Bicakcic 74), Hadzikadunic (Radeljic 74), Tabakovic (Demirovic 74), Burnic (Gigovic 82), Muharemovic (Ahmedhodzic 82)

Gigovic





### Chief Football Writer

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 took an hour and a VAR decision to get them going.

Cole Palmer marked his first start for England with the all-important breakthrough goal followed by his trademark to warm himself because he was ice cold from the penalty spot.

After his outstanding and prolific season for Chelsea, Palmer might have given Gareth Southgate real food for thought.

He looks nailed-on to make the final squad and is in good enough form to apply some pressure to the starting line-up.

Trent Alexander-Arnold got a spectacular second and, after

celebration, rubbing his arms just have passed his midfield audition. Then Harry Kane (left)

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 by the time the tournament starts. But, in truth, we did not learn a hit and miss first half, might too much else other than this down but Eberechi Eze took

was the more experimental of the two warm-up friendlies.

Iceland at Wembley on Friday night should provide a bigger send-off.

England boss Southgate might have hoped for a bit more from his players in what was a dull first half, although this was a long way from the team which will start against Serbia in their opening group match on June 16.

Southgate brought on the big guns as the clock ticked

### **INTERNATIONAL FRIENDLY** ST JAMES' PARK

# Southgate's fringe stars make slow start... but then light up Newcastle

**Cole stakes** 

Euros claim FROM BACK PAGE to take (the penalty)! That was never going to happen. Cole showed what he is about.

"There is more to come as he feels more comfortable in the group and we get to feed him the ball as he needs it. He can play in a couple of positions and there is no reason he can't have a big impact with us.

"It was lovely for him to get his first goal. At half time we said be patient and get the ball through to Cole in particular, and if you keep patient, and with more quality, the game will open up. The scoreline reflected the performance.

"There were numerous good performances. Eberechi Eze caught the eye. The way he glides past people. He played with that freedom and swagger.

"Conor Gallagher played with maturity. Adam Wharton showed what he has been doing in training. He sees pictures early and he looked comfortable.' Southgate will trim his

33-man squad to 26 on Friday ahead of the Iceland game. He explained: "We have to balance the needs in every area of the pitch, not just get the best individuals in.'

his chance as he showed some nice touches on the left wing. While the first half was dull

and produced little, England got better and more dominant and they look a totally different proposition when their big guns are on the pitch.

England barely had a look-in before the break as Ollie Watkins was denied by Nikola Vasilj and the Bosnia-Herzegovina keeper also made a smart stop with his legs from Ezri Konsa. But England were much better after the restart as

they looked sharper, more dangerous and pinned their opponents back.

The breakthrough came on the hour. And don't you just love VAR? Who on earth wants to scrap it when it helps England like this..

Norwegian referee Rohit Saggi missed it but the video assistant spotted Benjamin Tahirovic's push on Konsa and the penalty was given after a check. Kane was just about to come on when the spot kick was given and you could see

him laughing, desperate to take it. But Palmer (celebrating with team-mates, right) slotted home with great composure.

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 Palmer was hooked straight after scoring.

The second came after 84 minutes – and it was a beauty. Grealish, battling for his place in the 26, showed his quality England needed.

with a beautiful ball over the top to find Alexander-Arnold. The Liverpool full-back turned midfield creator then volleyed home into the far corner with the most beautiful technique. He has to be a major option for the starting XI.

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



### THE HEART OF A **THOUSAND**

Sam Burgess pays tribute to Rob Burrow, his special and cheeky former GB team-mate

### BOS

# Palmer kicks off an England goal spree in Newcastle

#### BY SIMON BIRD

COLE PALMER staked his England claim with his first senior international goal as the Three Lions eventually eased to victory.

mirro

sport

Harry Kane also grabbed his 63rd goal for his country – and proved his fitness for the European Championship after suffering a bad back.

Boss Gareth Southgate insisted Palmer can "have a big impact" as he works out his Euros plan. The star has now netted 28 goals in 51 appearances for club and country this season and again demonstrated he is lethal from the penalty spot. Asked if Palmer could be a starter,

Southgate said: "Kane was trying to get on TURN TO PAGE 59



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INTERNATIONAL FRIENDLY

ST JAMES' PARK

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DM1ST



Take a break 

### **Quizword & Crossword**

Two sets of clues, two different answers - all on the same grid. Choose one or the other.

### Quizword

### ACROSS

- 6 Stage play by Howard Brenton first produced at the Royal Court, London, in 1973 (12)
- 8 Manuel –, military leader; de facto head of state of Panama from 1983-89 (7) City and major oil
- centre in Oklahoma, US, on the Arkansas River (5) 10 Ancient kinadom in
- the Old Testament east of the Dead Sea (4)
- 12 1973 stage play by Edward Bond (3,3)
- 14 Marie –, winner of the 1911 Nobel Prize in Chemistry (5)
- 15 Ronald –, US president from 1981-89 (6) William –, Archbishop of 16
- Canterbury from 1633-45 (4) 19 1977 horror film
- starring Marilyn Chambers and Frank Moore (5) 21 Ettore –, Italy-born
- car manufacturer who died in France in 1947 (7) **22** 2008 novel by David Lodge (4,8)

BOX1: What

painter Fra Angelico?

Swedish (C) French (L)

**BOX2:** In which year was Duran Duran bassist

John Taylor born? 1960 (L)

BOX3: Which of

these is a sturdy

Stanchion (I)

Buttress (S) Mainstay (Z)

upright fixture that provides support for another object?

Italian (S)

1965 (l) 1970 (K)

nationality was the

Solutions in tomorrow's Daily Mirror

The name game

the letters corresponding to your answers to fill in the name.

BOX4: Rhinoplasty

is a plastic surgery procedure for which part of the face?

BOX5: In which sport are the Texas

Rangers a professional team?

BOX6: Who wrote

The Sense of an

**Ending?** Ben Okri (G) David Mitchell (H)

Julian Barnes (H)

the 2011 Booker Prize-winning novel

American football (Q)

Forehead (Q) Cheek (T)

Baseball (M) Hockey (V)

Nose (O)

DOWN

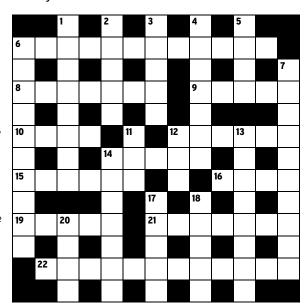
### 1 Capital of the state of Tripura, India (8) 2 Georges –, French composer of operas Carmen and Djamileh (5) 3 1996 Dubai World Cup winner ridden by Jerry

- Bailey (5) 4 and 13 2008 film comedy starring Sean Maguire as Leonidas (4,3,8)
- 5 Popular British bridge bidding system that started to evolve in the mid-1930s (4)
- 6 Hill in Paris; highest point of the city (10) 2002 novel by Tony Parsons (3,3,4) 7
- 11 The –, 1933 novel by C S Forester (3)
- 12 Metallic element; symbol Sn (3)
- 13 See 4 Down14 Capital of Wales (7)
- 17 William de Wiveleslie scientist after whom surveying instrument the topographic – level is named (5)
- 18 James –, British theatre critic who authored nine-volume

champion (4)

diary Ego (5) 20 Max -, 1934-35 World Heavyweight boxing

Hidden in the grid is the name of a gymnast. Answer the questions, then rearrange



DOWN

3

7

14

1 Saves from destruction (8)

Pursue stealthily (5)

4 Small acting role (3.4)

Thin and tattered with

Remains (5)

Jelly type (4)

6 Wildly funny (10)

12 Young male (3)

13 Clothes closet (8)

Specious excuse (7)

**18** Expel from a property (5)

20 Intellectual powers (4)

age (10)

17 Manner (5)

11 Strike (3)

### Crossword

- ACROSS 6 Deep emotions (12)
- 8 Red smoked sausage (7)
- 9 Vestibule (5)
- 10 Therefore (4)
- 12 Look through in a casual manner (6)
- 14 Fulcrum (5)
- 15 Place inside (6) 16 Poke (4)
- 19 Own up to (5)
- 21 Greek
- restaurant (7)
- 22 Difficult to account for (12)

CHECK THE SOLUTIONS NOW! Call 0903 659 6060 (80p/min) to hear FULL SOLUTIONS to CROSSWORD and QUIZWORD,

and to hear 5 EXTRA CLUES for CROSSWORD and QUIZWORD too! Or text CROSSCLUE or QUIZCLUE to 61011 (£1/text) for 5 clues.

10

BOX7: Which of these

lays the largest egg in

BOX8: On a dartboard,

BOX9: What was the

nickname of the Kills guitarist Jamie Hince

on the band's first

relation to its body size of any species of

bird in the world?

Hummingbird (U) Kiwi (S)

which number is directly opposite 20?

Emu (G)

3 (I)

16 (F) 9 (X)

album?

Heron (S) Hilltop (W)

Hotel (U)

Solutions in tomorrow's Daily Mirror

Solutions in

tomorrow's Daily Mirror

film?

Abigail (G)

Damsel (T)

Arcadian (P)

BOX10: Millie Bobby

Brown (pictured) starred as a princess escaping a dragon in which 2024 fantasy

**Two-speed coffeebreak** 

and get your brain in gear

Two sets of clues - but the answers are the same.

### **Cryptic clues** ACROSS

- 1 Victor to point to target (6)
- 4 Stick to pale daughter (4) 7
- Leave out of room itself (4)
- 8 Time to jump (6)9 School yet to deal with inflammation (4)
- Weapon gets record points (4) 10
- 12 Firm around middle (4)
- 14 Total or just part, say (3)
- Feline to get married (3) 16 17
- Ready for home, we hear (4)
- 20 Crazy flyers (4)23 Loot wasted on utensil (4)
- **24** Priest upset band (6)
- **25** Long story about a gas (4) **26** Great deal of service (4)
- 27 Longs for time with Poles (6)

### DOWN

- 1 We sat around? Rubbish (5)
- **2** Boffin of inner depth (4)
- OK bloke (5) 4 Clever women's group get
- directions (4) 5 Declare at cricket
- match (6)
- 6 Imagine being armed,
- perhaps (5) Step around vermin (4)
- Remove during jousting (4)
- 15 Carve me out a leader (6) 16 Met to design symbol (5)
- Easy to work with small composition (5) 18
- 19 Decorate new red ship (5)21 Heard a girl cry (4)
- 22 Row about rite (4)

### Solutions in tomorrow's Daily Mirror

TERMS & CONDITIONS: Calls cost 80p/min plus your phone company's access charge. Texts cost £1 + 1 standard network rate message. SP Mi Telecom Ltd. Helpdesk 0330 880 6060. Min age 18+. All lines close midnight tonight except where stated. Std Trinity Mirror Rules apply, see www.mirror.co.uk/rules.

### **30-sec brain teaser**

Boost your brain power with our 30-second test. Start with the number on the left and follow the instructions. Beginners should aim to complete the puzzle in 30 seconds. Intermediates should finish their own puzzle and the Beginner's Challenge. Genius players have 30 seconds to complete their own plus the Intermediate. Good luck!

Solutions in tomorrow's Daily Mirror

BEGINNER 48	+33	Take the square root	+14	×3	+15	÷7	-4	×4	ANSWER
INTERMEDIATE	80% of this	+152	5/6 of this	-134	÷12	+123	<b>7/8</b> of this	+228	ANSWER
ADVANCED 629	+31	<b>7/12</b> of this	+148	Reverse the digits	Increase by	-247	Take the square root	×6	ANSWER

G

0

### Mirrorgram

### Solve our G E ten-letter anagram Solutions in tomorrow's Daily Mirror

1		2			3		4	5		6
					7					
8							9			
					10	11				
			12	13				14		
		15								
16				17	18					19
		20	21					22		
23					24					
		25								
26					27					
	L	1	ı		1	ı		L	L	L

### **Quick clues**

8 Season (6)

12 Heart (4)

14 Arithmetic

problem (3) 16 Male cat (3)

9 Eve swelling (4)

10 Fencing sword (4)

- ACROSS 1 Champion (6) 4 Magician's apparatus (4)
- 2 Technology enthusiast? (4) 7 Neglect (4)
  - 3 Man's name (5)

DOWN

- 4 Sagacious (4)
- **5** Affirm (6)
- 6 Reverie (5)
- 11 Nuisance (4) **13** Evict (4)

1 Squander (5)

Stamp a

22 Layer (4)

- 15 design (6)
- 17 Badger's burrow (4) 16 Emblem (5)
- 20 Flying mammals (4)23 Implement (4) Treatise (5) 18

TWO-SPEED COFFEEBREAK 0903 659 6060 (80p/min)

B

- 19 Gown (5)
- 24 Decorative line (6) 21 Expression of woe (4)
- 25 Epic narrative (4)

**CHECK THE SOLUTIONS NOW!** 

- 26 Large amount (4)
- 27 Aches (6) Solutions in tomorrow's Daily Mirro

### 2 DAILY MIRROR TUESDAY 04.06.2024

P

DM1ST

Tarç tim	e:	40 se	our co	to com	nplete	this p	úzzle -	- can y	you do	bette	r? We'	ve	14			13		11	10	7	6	9	11	26	14
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	X		5 -	GERI	MANY	2-1			are	like ssword	٩c														

### Just a bit of fun

Which one of our three definitions is correct? VISCID

Semi-fluid
 Face-to-face
 Contagious matter

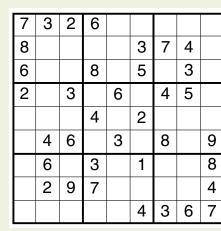
Solutions in tomorrow's Daily Mirror

Scribble pad 🖾

	Arrow Word	Travel permit Swimming costume	V	Feral	V	_ Eve, TV series	•	Male deer	V	_ Rooney, pictured	V	Material placed beneath a carpet	•		đ	91	A
	Arrow Words are like crosswords,							Prickle on a plant	•								PI
OFFICIAL	but the clues are printed inside	Light shoe		Arrest		Meadow Keep clear of				European river		Yellow alloy		5/2	-	*	
TOURNAMENT MAGAZINE	squares on the grid. Write your			•		•		Diving waterbird		V		•		14.	K	51	
FREE GIANT WALLCHART INSIDE	answers in the blank squares in	Ground- dwelling monkey	Fixes up		By way of Wealth	•			German <u>man</u> Large area of trees							1	50)
SALE SALE	the direction indicated by the arrows.		V		V			Last Oval shell						12			T
EURO2024	Solutions in tomorrow's Daily Mirror	Criminal deception		Stool _, police informer				•			Droop Fever	•			Lettuce type Instinct, film	7	DNA units
							Oily  Everything				•			Wet spongy ground	-		<b>•</b>
		Not in good health		Chablis, e.g.		Generat- ion	-			In that place		First version of something written	Ornamen- tal jar for flowers				
				V				Be engaged in learning Bother		V		V		Wireless		Rudely brief	
		Alcoholic spirit Therefore				Soap suds	-						Food grain Savagely cruel	<b>`</b>		۷	
							Bishop's district		Paper- folding art		Counting frame	•	•				
		Observe				Entrance	-		V		Craze	•			Tennis racket string		Climbs up
Includes team profiles, quizzes, interviews,		1			5	Asian desert		Limits							V		<b>•</b>
venue guide and a				- United						_ Shearer, pictured	Frame of mind	Large snake	-			Facility	
FREE GIANT WALLCHART!		2.4	2			Small pleasure craft		Greek letter		V	V			Hot drink	-	۷	
WALLCHART!		and the second se										Royal	-				
WWW.REACHSPORTSHOP.COM				-		Cause to remember		Native New Zealander	•					Employ	-		
Also available in selected WHSmith, supermarkets and newsagents												Quotes					

Su-doku corner

### EASY SU-DOKU



### **SU-DOKU TOUGHIE**

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

DM1ST

**KILLER SU-DOKU** 

11

the left corner.

Enter the solutions to the

anagram of its neighbours,

plus or minus one letter.

Definite article

Engrave

Scoundrel

Tossed

1

2

3 Gag

4

5

6 Hone

7 Hack

clues in their numbered

Each word must be an

lavers of the wall.

23

Solutions in tomorrow's Daily Mirror

The rules for Su-doku couldn't be easier. All you have to do is fill the empty squares Solutions in tomorrow's Daily Mirror

so that each row, column and 3x3 block contains all the numbers 1 to 9.

The rules for Su-doku are easy, but this one's a toughie! Each number from 1 to 9 must appear only once in each horizontal and

2

3

4

5

6

7

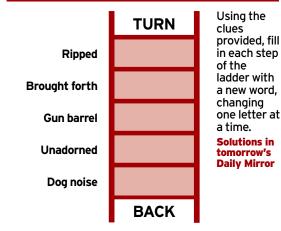
vertical line, and only once in each 3x3 grid. Solutions in tomorrow's Daily Mirror

CHECK THE SOLUTIONS NOW! Call 0903 659 6060 (80p/min) to hear SU-DOKU 5 NUMBER CLUES or FULL SOLUTIONS to the easy and toughie su-dokus. Or text EASYCLUE or TOUGHCLUE to 61011 (£1/text) for 5 CLUES.

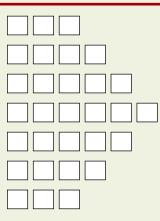
### Word Ladder

Wordsearch

FLIES



### **Brickwork**



### Solutions in tomorrow's Daily Mirror

### OUIZWORD

ACROSS: 1 Short, 4 Wight, 10 Horus, ACROSS: 1 Short, 4 Wight, 10 Horus, 11 Duchamp, 12 Pfeiffer, 13 Kali, 15 Radish, 17 Nardoo, 19 Dust, 20 Mandible, 23 Niigata, 24 Nervo, 25 Alder, 26 Botha. DOWN: 2 Horne, 3 Rosefish, 5 Inch, 6 Heat And, 7 The Paradine, 8 Adler, 9 A Prisoner Of, 14 Fandango, 16 De Stijl, 18 Dakar, 21 Birth, 22 Case 22 Case

### CROSSWORD

ACROSS: 1 Chasm, 4 Alias, 10 Norse, 11 Harbour, 12 Hesitate, 13 Chum, 15 Winner, 17 Patron, 19 King, 20 Clinical, 23 Organic, 24 Amass, 25 South 24 Strategy 25 Snubs, 26 Enter. DOWN: 2 Hurls, 3 Spectres, 5 Lord, 6 Another, 7 In the wake of, 8 Shuts, 9 Criminalise, 14 Maintain, 16 Nonagon, 18 Flock, 21 Chafe, 22 Knob

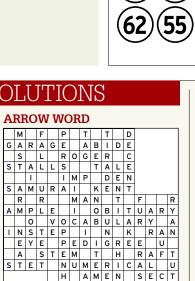
### TWO-SPEED COFFEEBREAK

ACROSS: 1 Mogul, 4 Scamp, 7 Rum, 9 Sponge, 11 Opus, 12 End, 13 Garment, 15 Rapture, 18 Dye, 19 Grab, 20 Gateau, 23 Era, 24 Total, 25 Eraid

5 Ample, 6 Pass the buck, 8 Mega, 10 Odd, 13 Gnu, 14 Roe, 16 Plant, 17 Rage, 18 Doe, 21 Art, 22 Tar.

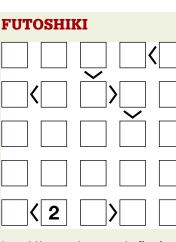
### SATURDAY'S SPEEDBREAKER

1=Y, 2=I, 3=U, 4=M, 5=V, 6=H, 7=L, 8=B, 9=E, 10=R, 11=G, 12=N, 13=A, 14=X, 15=K, 16=0, 17=Z, 18=C, 19=D, 20=S, 21=F, 22=T, 23=P, 24=Q, 25=W. 26=J.



# 

In the Daily Mirror every Saturday there's to be won in our Big Name orize crossword



Insert the numbers one to five in each row and each column, making sure that no number is repeated. The only symbols to guide you are the "greater than" (>) and "less than" (<) signs.

Solutions in tomorrow's Daily Mirror

HERE are the numbers for **Day 2** of Game 21 on your Bingo card.

TO WIN a full house £100 prize, all 15 numbers on the Game 21 grid must be correctly crossed off with the Daily Mirror numbers. If you're still short, buy the Sunday Mirror and the Sunday People for more numbers and another chance to win a  $\pm 100$  prize. TO CLAIM call 01420 525501 from 10am to 3pm on Mondays only. No responsibility is accepted for failure to claim in the stated hours. Calls charged at national rate. Standard Reach PLC rules apply, see mirror.co.uk/2024bingorules Full terms as previously published.

#### EASY SU-DOKU SU-DOKU TOUGHIE 6 8 4 3 1 5 2 7 9 4 2 3 1 6 8 5 9 7 5 7 2 9 6 4 8 1 3 9 1 3 7 2 8 6 5 4 4 2 3 1 4 7 5 3 6 2 8 9 1 4 7 5 3 6 2 7 5 6 3 2 9 1 8 4 2 9 4 5 6 3 8 1 3 7 8 6 1 4 2 5 9 6 4 2 5 9 7 8 3 1 9 1 5 8 3 2 7 4 6 3 6 8 1 9 2 5 4 7 1 4 5 8 3 7 9 2 6 2 3 6 5 7 1 4 9 8 8 9 7 2 4 3 1 6 5 2 8 4 9 5 1 6 7 3 5 3 7 2 4 6 9 1 8

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MI REC						N		

JUST A BIT OF FUN

magic

Leo.

2 One who practises

BRICKWORK Sod, Sold, Lodes,

Yodels, Doles, Lose,

WORD LADDER

Park, Part, Past, Last, List, Lift, Life.

5 4 3 7 6 8 9 2 1

30-SEC BRAIN TEASER Beginner 7; Intermediate 251; Advanced 231.

2 < 4 1 < 3 5

WORDSEARCH

NINER SHRINKAGE

NAME GAME

IAN WOOSNAM 1A, 2I, 3W, 4M, 50, 60, 7S, 8N, 9A, 10N.

Can y <mark>Solut</mark> i	ou fii <b>ions i</b>	nd all <b>n ton</b>	the l	listec w's D	l picn <b>aily N</b>	ic wo <b>Airro</b> i	ords i r	n the	grid	?					
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Α	U	Ζ	S	R	Е	Ρ	Μ	Α	Η	Ε	Ρ	L	Ζ	D	
R	S	Μ	J	Κ	D	W	G	Ν	С	Κ	С	Μ	D	Q	
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FLA			-			RAS	, .	. 23		SAUSAGE ROLLS					

PARK

WASPS

Trick DOWN: 1 Mister Right, 2 Urn, 3 Lug,

**YESTERDAY'S** SOLUTIONS

Bingo

10

15

12

Killer Su-doku is based on the traditional grid and

every column, every row and every 3x3 box must contain the digits 1 to 9. But the dotted squares

must be filled with numbers that add up to that in

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58

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Frm re call 0 ) E 789 4171 (80p/min\_network access charge) Tauros Anil May 1

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Gemini May 22 - June 21 There is something and the something of on a gio pprojeci

Canor July 2  $\mathfrak{S}$ 1 you can t a wid ma' ung a money or a ted di c s yn, consider getting a second opnion. Pause hoforo nutting getting a second oppoint. Pause before putting your name to al., thing. Are you allowing enotions to rule v, or nead? Refuse to give a lyte to an irresponsible friend or relaive, you a your own bit to pay Four ore carroons 7894174 (80p/min + network access charge)

Leo July 24 - August 23 A scall accident or incident in Sking a scunge fillend or colleague will be more amusing than painful. A dramatic character will be stirring up trouble and confusion in your life. You may have to juggle your finances or even dip into your savings in order to pay an unexpected bill.

### For more call 0905 789 4175 (80p/min + netw access charge)

Virgo Aug 24 - Sept 23 Supporting someone who needs to talk about their problems is all well and good but how is this affecting your health? It will be essential to know how much to give to others and how much to give yourself. If someone's words are making a big impression on you, take time away to recharge.

For more call **0905** 789 4176 (80p/min + network access charge)

For more call 0905 789 4179 (80p/min + network Capricorn Dec 22 - Jan 20

Someone close to you is in y high spirits right now. They will be trying to make a joke out of almost everything that's happening. Although this will be cuit annoying at times, especially there are serious matters bu need to discuss, you will still find it hard to keep a straight face. For more call 0905 789 4180 (80p/min + netword access charge)

Scorpio Oct 24 - Nov 22

Aquarius Jan 21 - Feb 19 You're sensing a need to be cautious when talking to a charming individual who asks you a lot of questions, some of which are personal. Either this person is craving attention or they are trying to charm something out of you. Be on your guard. You need to protect your own interests.

For more call 0905 789 4181 (80p/min + network access charge)

**Pisces** Feb 20 - Mar 20 You hadn't anticipated having to deal with an overwhelming domestic matter. A relative who vowed to take care of this is conspicuous by their absence. The more you go over it the more frustrated you get. Don't get too wound up. Seek advice from someone more reliable.

For more call 0905 789 4182 (80p/min + network

Calls cost 80p per minute plus your telephone company's network access charge - maximum of 5 minutes duration. You must be over 18 and have the bill payer's permission. Service provider Spoke. Helpline 0333 202 3390

### **Mirror**OFFERS SOUP CHEF PRO HOME-MADE SOUP IN MINUTES!

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www.highstreettv.com/DM088





### Salmon Good Food daily recipe to collect

### Creamy salmon, leek & potato traybake

Nestle leeks, potato and capers around salmon fillets to make this easy traybake for two. It's great as a midweek meal, or for a more romantic occasion

DM1ST

#### Ingredients

- 250g baby potatoes, thickly sliced
- 2 tbsp olive oil 1 leek, halved, washed and sliced
- 1 garlic clove, crushed 70ml double cream
- 1 tbsp capers, plus extra to serve 1 tbsp chives, plus extra to serve 2 skinless salmon fillets mixed rocket salad, to serve
- (optional)

Heat the oven to 200C/180C fan/ gas 6. Bring a medium pan of water to the boil. Add the potatoes and cook for 8 mins. Drain and leave to steam-dry in a colander for a few minutes. Toss the potatoes with 1/2 of the oil and plenty of seasoning in a baking tray. Put in the oven for 20 mins, tossing halfway through the cookina time.

> Meanwhile, heat the remaining oil in a frying pan over a medium heat. Add the leek and fry for 5 mins, or until beginning to soften. Stir through the garlic for 1 min, then add the cream, capers and 75ml hot water, then bring to the boil. Stir through the chives.

**Q** Heat the grill to high. Pour the Creamy leek mixture over the potatoes, then sit the salmon fillets on top. Grill for 7-8 mins, or until just cooked through. Serve topped with extra chives and capers and the optional salad on the side.





PREP: 5 MINS **COOK: 35 MINS** EASY **SERVES 2**