

THE Sun

Tuesday, June 4, 2024

THE PEOPLE'S PAPER

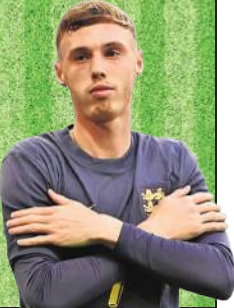
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thesun.co.uk

ENGLAND.....3
BOSNIA.....0

GOAL
KING
COLE

SEE SUNSPORT



1ST CELEB CONTESTANT

JOEY JOINS
JAMA ISLE

SEE PAGE 9



Isle be there...
Joey Essex and
show's Maya



FARAGE BLASTS TORIES & LABOUR

● Leads Reform
and runs for MP

● Rishi to place
cap on migrants



By HARRY COLE

NIGEL Farage yesterday piled into the General Election battle — with a barrage of attacks on the Tories and Labour.

He took control of the Reform Party and announced he will run to be MP for Clacton, Essex.

PM Rishi Sunak unveiled plans for a strict annual cap on immigration while a poll put Keir Starmer on course for a 194-seat majority.

Full Story — Pages 4 and 5



In with a
shout...
Nigel Farage
yesterday

NIGEL BARRAGE

TRIAL BOOST VACCINE FOR SKIN CANCER ON NHS HALVES risk of death

A SKIN cancer vaccine being trialled on the NHS could halve the risk of death or relapse, a study has found.

It is an early boost for the health service's Cancer Vaccines Launch Pad that was announced last week.

Moderna's vaccine is the first of its kind to tailor the treatment to each individual patient using Covid jab-style mRNA technology. Experts led by New York University found that it cut the risk of cancer growing back or the patient dying by 49 per cent compared to standard treatment with the drug pembrolizumab.

The infusion was tested on 157 patients after surgery for stage 3 or 4 melanoma skin cancer.

After around 30 months, 75 per cent of those who had the vaccine plus the medication were still cancer-free, compared to 56 per cent on just the medication. Speaking at the American Society

By **SAM BLANCHARD**

of Clinical Oncology conference, Cancer Research UK's Professor Charles Swanton, said it was "extremely impressive".

He added: "The new vaccine approach is another piece of the puzzle that will hopefully allow more patients to be cured or fewer patients to suffer relapse."

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

Melanoma is the less common but more deadly form of skin cancer – with 17,000 cases and 2,400 deaths each year in the UK. A second study revealed at the ASCO meeting found another vaccine slashed the risk of relapse in breast cancer survivors.

Scientists at the University of Vienna tested tecemotide on 400 women with early breast cancer. They found 81 per cent were alive and cancer-free after seven years, compared to 65 per cent who had just standard chemotherapy.

sam.blanchard@thesun.co.uk



Picture: GARY STONE

ANDY RIDES AGAIN

By **EMILY-JANE HEAP**

THE Duke of York looks neither up nor down as he rides a horse.

Deadpan Prince Andrew, 64, was spotted riding the steed around the grounds of Windsor Castle yesterday.

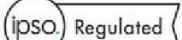
Meanwhile, his ex-wife Sarah Ferguson has told HELLO! magazine that she, the King and the Princess of Wales are supporting each other throughout their cancer battles. Sarah, right, said: "Family unity is key."



Picture: DAVID VENNI

CORRECTIONS & CLARIFICATIONS

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Benefits IT glitch

ABOUT half a million people missed out on child benefit due to a payment glitch.

The cause is unknown but three in ten of all payments scheduled yesterday were not made.

Some parents said they would struggle to make ends meet. One said: "It's been a really stressful day. It's left me in tears."

HMRC apologised and said it was working to urgently resolve the issue – which would not affect any payments due today.



Dr Vincent... alert

CANCER DRUG ROW

By **SAM BLANCHARD**

A BREAST cancer drug rejected for use on the NHS could be twice as good as chemotherapy but its availability is in doubt.

Breast Cancer Now director of research Dr Simon Vincent said: "Thousands of people with HER2-low secondary

breast cancer are being denied access to Enhertu on the NHS in England."

NHS guidance body Nice said: "A price making it a cost-effective use of NHS resources could resolve this."

TALK TV WEATHER With **NAZANEEN GHAFAR**

11 ABERDEEN
13 GLASGOW
14 EDINBURGH
14 BELFAST
14 DUBLIN
15 LIVERPOOL
15 MANCHESTER
18 LEEDS
18 BIRMINGHAM
18 NORWICH
18 CARDIFF
15 BRISTOL
16 PLYMOUTH
20 SOUTHAMPTON
20 LONDON

WED 19° THU 20° FRI 18° SAT 16°

TODAY: A dry start to the day, but wet and blustery weather will move across the UK from the north-west with spells of rain and showers. Breezy.
TONIGHT: Rain will continue pushing south-eastwards and clear into drier weather with clear spells. But scattered showers will linger over Scotland.
OUTLOOK: It will be bright but slightly unsettled throughout tomorrow and Thursday, as there will be a mixture of sunny spells and scattered outbreaks of showers.

SUJIKO

PLACE the numbers 1-9 in the spaces so that the number in each circle is equal to the sum of the four surrounding spaces. Solution on Puzzles page.

7	22	16	
			8
	20	18	

PUZZLES: PAGE 38

WE PAY FOR YOUR STORIES

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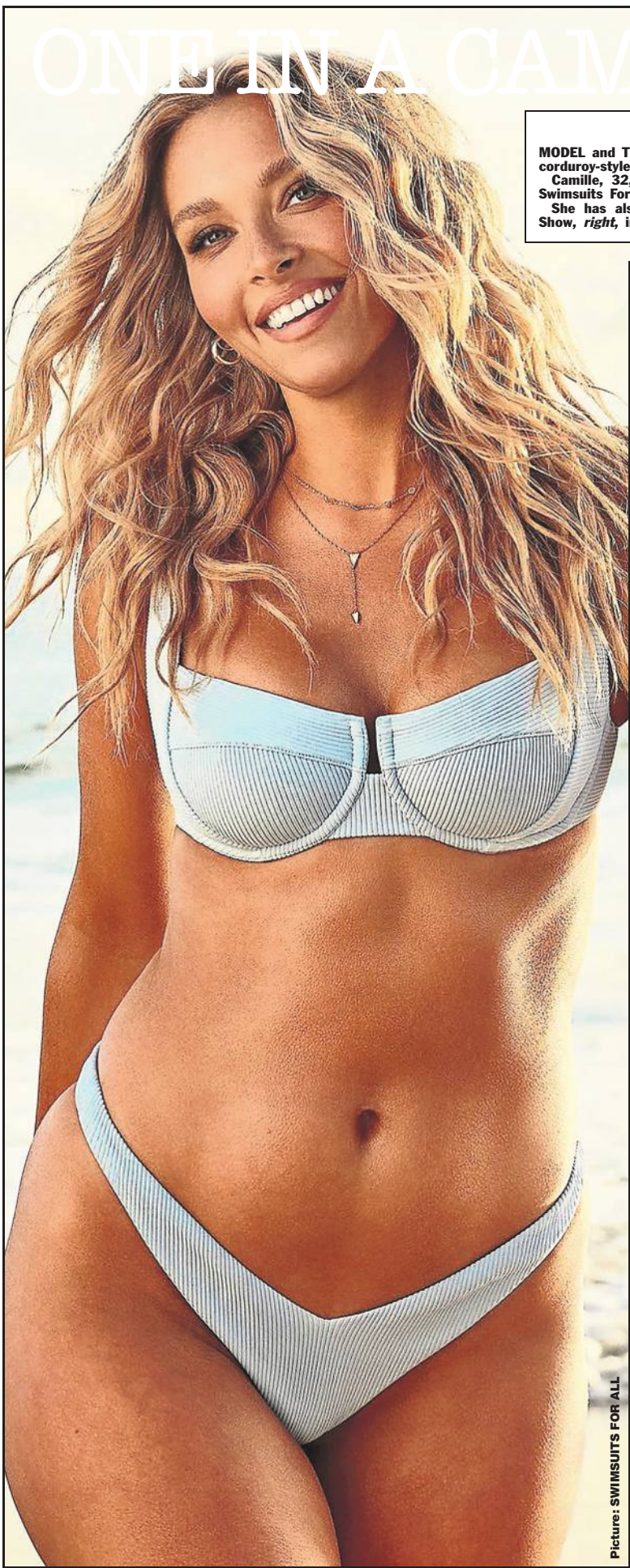
TODAY'S BIRTHDAYS

HOLLYWOOD actress **ANGELINA JOLIE, 49**, left. The Chase presenter **BRADLEY WALSH, 64**, right. The Saturdays singer **MOLLIE KING, 37**, model **BAR REFAELI, 39**, England cricket captain **BEN STOKES, 33**, former Corrie star **BROOKE VINCENT, 32**, and ex-England rugby captain **CHRIS ROBshaw, 38**.

ONE IN A CAMILLE-ION

By AMIR RAZAVI

MODEL and TV presenter Camille Kostek strikes the right cord — in a corduroy-style two-piece bathing outfit. Camille, 32, was modelling part of her collection for clothing firm Swimsuits For All. She has also appeared at the Sports Illustrated Swimwear Runway Show, right, in Miami with fellow models Xandra Pohl and Alix Earle.



Picture: SWIMSUITS FOR ALL

STAR TOM TOLD TO DODGE PLAY FANS



Quick exit . . . Tom waves as he leaves



EXCLUSIVE
by STEPHEN MOYES

TOM Holland has been told to dash after starring in *Romeo and Juliet* to prevent love-struck fans causing chaos outside the theatre.

Admirers of The Spider-Man star have been blocking the road as they crowd round the stage door of The Duke of York Theatre in London's West End.

Police and council officials met with bosses and told Tom to leave within ten minutes of the final curtain.

A source told The Sun: "Tom is a pro and was more than happy to oblige."

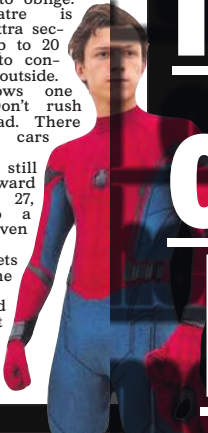
The theatre is employing extra security with up to 20 staff trying to control throngs outside.

Video shows one warning: "Don't rush into the road. There are still cars coming!"

But people still surged forward as Tom, 27, ducked into a chauffeur-driven Mercedes.

All tickets for the Shakespeare classic sold out in just two hours due to a mad scramble by fans.

Romeo, Romeo, get the hell out of there, Romeo



HOW THE BOSS CHANGED MY LIFE



PAGES
26 & 27

ELECTION 2024

BLOW FOR SUNAK



Handover . . . Farage and Tice

By
HARRY COLE
Political Editor

NIGEL Farage vowed to spearhead a "political revolt" last night as he joined the General Election battle in a stunning U-turn.

The new leader of Reform UK said his bombshell decision was a response to what voters were telling him, adding: "Something is happening out there."

And he released a campaign video online, declaring: "I believe in Britain. These boring idiots that lead the Labour and Conservative parties are not worth the space. Let's make Britain great again."

Bookies made Mr Farage evens to take the Essex seat of Clacton, once held by Ukip, after he ousted previous Reform boss Richard Tice and threw his hat in the ring for an eighth tilt at Parliament.

His shock return is a blow for Rishi Sunak, threatening to split the Tory vote. The PM's team hit back by warning a vote for Farage would only make a Labour win more likely – leading to tax rises and even Britain rejoining the EU.

However, Mr Farage predicted his return to the front line would damage both major parties.

He told a London press conference his "aim in this election is to get many, many millions of votes".

And he continued: "When people start to realise in the Red Wall, with Reform second to Labour, when they start to realise that actually in those seats it's a Conservative vote that's a vote for Labour, it's a Conservative vote that is a wasted vote, then I think we might just surprise everybody."

He added: "We are appealing to Conservative voters, we are appealing to Labour voters."

Mr Farage went on: "The people's army has got its voice back."

"There is a rejection of the political class going on in this country in a way that has not been seen in modern times."

The Brexiteer had for weeks denied he was planning another tilt at a Commons seat, and that Mr Sunak's snap decision left Reform little time to prepare.

He told The Sun's Never Mind The Ballots show it would be "very difficult to win" a seat in July, and insisted: "It's even harder to win when you're Nigel Farage because the other side will cheat."

"I needed a really good run at this and six weeks wasn't enough. I thought, why not travel round the country and actually get a proper debate going?"

But, after a weekend of fishing and reflection, he felt a "terrible sense of guilt" at sitting out the July 4 showdown.

Standing in front of a huge Union Jack, he continued: "I can't

I believe in
Britain...
let's make
Britain
great again

We are
appealing to
Tory voters
and Labour
voters

Picture: DARREN FLETCHER

FARAGE'S 8TH BID TO BECOME AN MP



NIGEL Farage has tried to win a seat in Parliament seven times but always fallen short.

His first bid to be an MP came in 1994 but his closest was in 2015 when he won 16,000 votes in South Thanet. In 2010 he came third in the Buckingham constituency – and survived a light aircraft crash, above, the same day.

let down those millions of people, I simply can't do it – it'd be wrong.

"I've been travelling all around the country. I've had the honour of appearing with Piers Morgan on Question Time among other things."

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

He is now set to face Labour's deputy Angela Rayner and Tory

leadership hopeful Penny Mordaunt in a BBC TV debate on Friday.

First taking aim at the Tories, he said: "They are split down the middle on policy and frankly they don't stand for a damn thing."

"I think there's every chance we'll get more votes than the Conservative Party. I genuinely do. They are on the verge of total collapse."

He then explained: "The crucial part of this campaign will be getting those people who are saying now they'll vote Labour – but I suspect in many cases that's

through disgust. So the really big message here is what I'm really calling for, and what I intend to lead is a political revolt."

"Yes, a revolt. A turning of our backs on the political status quo. It doesn't work. Nothing in this country works any more. The health service doesn't work. The roads don't work."

"We know that taxes will stay high. We know that mass immigration will continue regardless of which party wins power."

"We know that people will get

poorer. We also know that crime, or fear of crime, will get worse."

"None of our public services are up to scratch. We are in decline. This will only be turned around with boldness."

Watched by supporters including businessman Charlie Mullins and actress and singer Holly Valance, Mr Farage said up to this point the election campaign "is the dullest, most boring we have ever seen".

Mr Tice said: "Sunak thought he'd got one ahead of us. I asked Nigel to be the leader of Reform

Rallying cry . . .
Mr Farage speaks
out yesterday

BRITAIN

AS FARAGE RUNS FOR MP



Target . . . Clacton is the seat the Reform leader will contest

● FARAGE TO LEAD 'REVOLT'

● TORIES SAY IT BOOSTS KEIR

PM VOWS CAP ON MIGRANTS

By JACK ELSOM

AN annual migration cap will be imposed if the Tories are re-elected, Rishi Sunak pledges today.

The PM announced plans for a fixed limit after net arrivals hit a monster 685,000 last year.

It is a bid to neutralise the threat to the Tories from Nigel Farage's Reform UK and Labour's vow to reduce arrivals.

Mr Sunak has not put a figure on the cap – but will tell the Migration Advisory Committee to recommend how to return net

immigration to what he calls "sustainable levels".

It would then be for MPs to vote on the cap.

Mr Sunak, below, said last night: "We've taken bold action to cut the number of people coming to this country."

"The plan's working but migration levels are still too high – so we're going further."

"Labour's migrant amnesty will make the UK a global magnet for illegal immigrants – and they have no plan to reduce net

migration, while we have a clear plan to stop the boats and put a legal cap on numbers."

Many Tory MPs have called for a hard annual cap on net migration.

Immigration minister Robert Jenrick led demands for an Australia-style ceiling.

Mr Sunak has already banned care workers bringing their families – and imposed a £38,000 minimum salary requirement for skilled worker visas. He also blocked postgraduate students bringing dependants.

Stats show annual net migration settling at about 315,000 by 2028.



NEVER MIND THE BALLOTS ..HERE'S THE GOSS

QUOTE OF THE DAY

"We think this election needs a bit of gingering up"

— NIGEL FARAGE ANNOUNCING HIS RETURN TO REVITALISE THE 'Dullest, Most Boring' Campaign Ever

WINNER OF THE DAY

LIB Dem deputy boss Daisy Cooper and activists spoiled Rishi Sunak's fun by sailing behind the PM with orange placards aboard an £840 hire boat in Oxfordshire. TV cameras captured every moment, but thankfully there was no Ed Davey to fall overboard.

LOSER OF THE DAY

THERE are few safe seats for the Conservatives but Giles Watling would have assumed Clacton was one. Last week the 71-year-old former Bread actor was posting online while walking his dog, surely thinking a low-key campaign would be all he needed to win. Now he'll face off against Nigel Farage.

ELECTION WHISPERS

NEVER one to shy away from a fashion statement, Angela Rayner wore a bright red "Vote Labour" necklace aboard her very own battle bus.

Coming soon to the Labour Party shop?

ELECTION WHISPERS

RISHI Sunak isn't tempted by the delicious peri-mac cheese or fully loaded chips when he visits Nando's.

Our super healthy Prime Minister orders a side of broccoli.

ELECTION WHISPERS

GRANT Shapps telephoned Sky News' energetic newsman Sam Coates while he was telling viewers the Defence Secretary will lose his seat. He promptly hung up after discovering he was live on air.

Something's happening out there...

UK, and to my delight, he accepted." Asked if there was any tension between the pair over the role swap, Mr Farage added: "Richard is more than happy for me to put my head and shoulders firmly over the parapet and take the flak."

"So I'm coming back as leader of Reform UK, but not just for this election campaign. I'm coming back for the next five years."

He claimed Reform could form the Opposition in the next parliament – and could even be the largest party at the General

Election in 2029. He said: "That is the ambition, simple as that."

Last night the Tories said his return risks paving the way for Sir Keir Starmer to "rejoin the EU, impose a retirement tax on pensioners and hike taxes on hardworking Brits".

A spokesman added: "Farage knows that Reform won't win any seats, but he doesn't seem to care that a vote for Reform only helps Labour. He's doing exactly what Keir Starmer wants him to do."

"Just yesterday, EU insiders

openly voiced their expectation that Starmer would seek a softer Brexit deal, opening the door to rejoining the EU all together."

"That would mean uncontrolled immigration and betraying the will of the British people. Is Farage really willing to risk undoing his life's work by handing Starmer a blank cheque to rejoin the EU?"

"Only a vote for us can deliver a secure future for our country."

● Additional reporting by TOM GODFREY and JACK ELSOM

The Sun Says – Page Ten



At launch . . . Mullins and Valance

ELECTION 2024

POLL PREDICTS A

By MARTINA BET

LABOUR is complacent and indifferent towards the rights of women, author JK Rowling said yesterday. The Harry Potter writer blasted the party for dismissing a Tory pledge to enshrine the rights of biological sex over gender.

She targeted former Labour spin doctor Alastair Campbell after he accused Tory Kemi Badenoch of "weaponising" the issue of trans rights. Writing on X/Twitter, Attack... Rowling



JK'S FEARS OVER WOMEN'S RIGHTS

Ms Rowling said: "Badenoch is also Minister for Women and Equalities. Thanks once again for highlighting Labour's complacency and indifference towards the rights of half the electorate." The Tories want providers of single-sex services and spaces, including sports, to be

able to exclude trans women without fear of being sued for discrimination.

Equalities Minister Ms Badenoch stressed they are not seeking to change the Equality Act but to clarify it in order to re-emphasise "what should be the status quo".



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SCAN TO FIND OUT MORE



Defeat looms... Sunak's facing a hiding. Right, Lib Dem leader Davey

SIR Keir Starmer will sweep into Downing Street with a bigger landslide than Tony Blair in 1997, according to the latest polling.

The Labour leader is on course for a 194-seat majority – giving Rishi Sunak the biggest electoral kicking in living memory and the loss of several current Cabinet Ministers.

If the poll proves correct on July 4, the win would be the highest margin since Stanley Baldwin's 208-seat majority for the Conservatives in 1924.

Sir Keir is projected to become Prime Minister as his party racks up more gains than at any election since 1945 – smashing through Boris Johnson's 2019 "Red Wall".

The survey of 58,000 voters shows Labour set to win 422 seats with the Tories reduced to a paltry rump of 140 MPs in the Commons.

The polling was conducted before Nigel Farage revealed he would be standing as a candidate for Reform.

Focus will now move to the ITV debate showdown tonight, where Mr Sunak will attempt to land blows on Sir Keir as part of a damage limitation exercise.

One ex-Tory minister last night said: "Nobody in Tory circles I spoke to wanted the election over the summer. The campaign is so bad that I can believe this polling. We also haven't even felt the full Farage effect yet." One Tory candidate said: "Rishi has to turn this around in the TV debates and the manifesto."

Senior Tory strategists have yet to see their 20-point poll deficit reduced despite the PM promoting a whole host of popular policies.

Mr Sunak has attempted to make the running with headline-grabbing policies including national service, a tax break on pensions for OAPs and ending "Mickey Mouse" university courses.

Labour's lead is set to be bigger than that projected back in March when they were on course for a 154-seat majority, according to the same big poll.

The election result forecast comes just days after the PM told The Sun he expected England to win the Euros this summer in Germany and he would return to Number 10.

But the polling shows the Conservatives would be on track for their lowest number of MPs since 1906.

Cabinet big beasts are tipped to lose their seats in the devastating analysis by pollsters YouGov.

Chancellor Jeremy Hunt would be the biggest casualty of the July 4

By RYAN SABEY, MARTINA BET and THOMAS GODFREY

vote, with fellow victims including Defence Secretary Grant Shapps.

High-profile names such as Alex Chalk and one-time leadership hopeful Penny Mordaunt could see their Commons careers at an end.

Former Cabinet Minister Jacob Rees-Mogg would also find himself losing his seat.

Senior figures such as Education Secretary Gillian Keegan and Common Sense Minister Esther McVey are seen as being at risk.

The polling reveals that Labour is set to make major inroads in all areas of England. The result would be better than Mr Blair's 179-seat majority for his first-term victory in 1997.

Sir Keir's party are set to hold more seats than the Tories in London and the East of England, smashing through the "Blue Wall".

The mega poll, known as an MRP, models the outcome of the election based on every constituency across Britain.

The Lib Dems are set for a boost under leader Ed Davey, going from 12 seats to 48. The Greens would double their haul to two seats.

Another MRP poll from More in Common and The News Agents podcast released shortly after also predicted a Labour landslide, with 382 seats to the Tories' 180.

While a Labour win on that scale would not match Mr Blair's, it would mean the opposition seeing the most substantial single-night gains since the end of World War Two.

However, More in Common's director Luke Tryl pointed out Labour's majority could be smaller, as the Tories are projected to lose 43 of the seats by just four points.

A Tory source last night said they did not comment on polling.

ryan.sabey@thesun.co.uk

RAYNER NUCLEAR 'WAR'

ANGELA Rayner risked sparking another Labour civil war last night after admitting she does not regret voting against Trident.

The party's deputy leader said she is "absolutely committed to nuclear defence", but defended her 2016 vote against replacing nuclear submarines.

Party leader Sir Keir Starmer said his commitment to the deterrent

was "absolute", and denied a party split on Trident.

But former Defence Secretary Ben Wallace blasted Labour for "trying to rewrite history" on the deterrent.

Meanwhile, Sir Keir yesterday vowed to have a dedicated veterans minister in his Cabinet.

He said: "We've been committed to veterans for a long time."

HUGE LABOUR LANDSLIDE

RED-HOT FAVOURITE

Sir Keir campaigning yesterday

Sun

CABINET

WHAT THEY WANT TO SEE IN TV DEBATE:

OUR Sun Cabinet reveal what ordinary people want to see when the party leaders square up in the studio. They also react to Nigel Farage becoming Reform leader.

TRANSPORT SEC Grant Davis

FARAGE has his finger well and truly on the pulse of the nation.

If Sir Keir Starmer felt that it was going to be a shoo-in for Labour, this could make him think twice.



HEALTH SEC Bhasha Mukherjee

I'D like Rishi to be a bit more relatable. I don't know if it's a defence mechanism, but I do think people have really got to see him at a more human level.



DEFENCE SEC Hugh Andree

I DO not agree with everything Nigel Farage stands for but at least he does not flip-flop and there's no doubt that he has a personality and character.



EDUCATION SEC Carrie Ann Booth

KEIR and Rishi need to remember that people often vote for the person, not the party. They should use this to connect with the average voter, not stay on a pedestal.

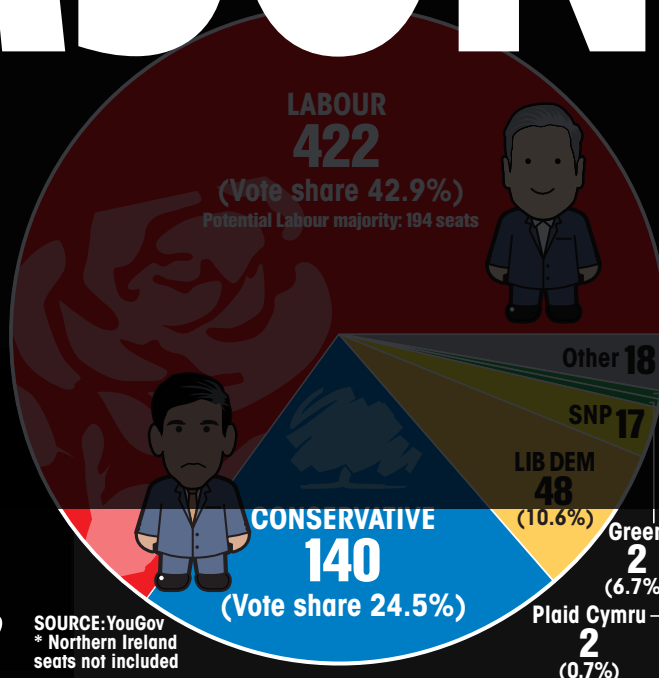


HOME SEC Jonathan Taylor

I WOULD like to hear a bit more about the boats and the illegal immigrants, but no one's come up with anything you could say, 'well, that will work'.



CRIMSON TIDE



SOURCE: YouGov
* Northern Ireland seats not included

● KEIR 'TO WIN BY 194 SEATS'
● MAJORITY 'A 100YR RECORD'

TAKEAWAY MINUS

Fast food spending in first drop since lockdown



Deliver-no... drop in spending

BRITS are thinking twice about ordering in, figures show — with spending on takeaways dropping for the first time since lockdown.

Expenditure on fast food and deliveries fell 0.2 per cent last month.

That was the first decrease recorded since 2020. The dip

By **ASHLEY ARMSTRONG**

comes after firms, including McDonald's, Pizza Hut and KFC, recently reported a slip in their own sales.

Covid restrictions had ushered in a boom for dialling up for food and pushed many chains into offering deliveries.

The research by Barclaycard said that 54 per cent of Brits claimed they were cutting back on takeaways to save money.

Meanwhile, 53 per cent admitted to reducing their meals out in restaurants in a bid to look after their finances.

Brits had already been cutting back on takeaways but high food inflation means meals are costing more than ever.

Prices are rising faster than the average rate as firms pass on higher staff costs.

An Indian takeaway is five per cent more expensive than a year ago, the Office for National

Statistics reported. A takeaway chicken and chips is up six per cent, while a Chinese meal is now four per cent.

Overall consumer card spending growth slowed to a three-year low last month as rising household bills and wet weather led to cautious budgeting.

Spending rose one per cent on the year in May, the smallest rise since February 2021.

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'I can see'... Mr Farley

Cecil, 91 given 1st artificial cornea

By **SAM BLANCHARD**

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

Cecil Farley faced a year's wait for the sight-saving op after a human cornea transplant failed.

But he was offered a contact lens-style replacement for his inner cornea — the clear layer at the front of the eyeball.

It was stitched to the eye and positioned inside a gas bubble.

Mr Farley, of Chobham, Surrey, said it let him see wife Elizabeth, 83.

He added: "I can still see my wife after 63 years. We can carry on as normal and live life."

Frimley NHS ophthalmologist Thomas Poole said: "It is a great advancement for care."

He hopes artificial corneas will reduce the need for human donors.

D-Day vet dies at 98

A ROYAL Navy D-Day veteran has died aged 98 just a few days before the 80th anniversary of the Normandy landings.

Able Seaman Lewis Curl, a member of the Bognor Regis branch of the Royal Naval Association, passed away in hospital in Chichester, West Sussex.

A Royal Navy spokeswoman said that he served with the Navy from 1942 to 1946.

Mr Curl also survived the sinking of a freighter which was bombed off the French coast. He was later told shipmates had placed bets on whether he would make it.

Emperor to mourn

THE Emperor of Japan will be the first world leader to lay a wreath at Queen Elizabeth II's final resting place.

Emperor Naruhito will come to Britain for six days later this month.

He is scheduled to pay a private visit to the late Queen's tomb at Windsor Castle's St George's Chapel, in what is considered a mark of respect.

Royal sources say the state reception resulted from an invitation from the Queen before her death in 2022.

Some planned events have been cancelled as to not distract from the July 4 general election.

CAUSE FOR ALARM

Pro-Palestine university students are plotting to set off fire alarms during their exams and stage a co-ordinated walkout.

POLLING STATION →

DOWNING STREET SW1
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NEVER MIND THE BALLOTS
ELECTION COUNTDOWN

THE Sun

Keep up to date with the latest politics news with The Sun's election show, hosted by Political Editor Harry Cole.

EVERY WEEKDAY AT THE SUN.CO.UK, SUN SOCIAL CHANNELS AND YOUTUBE

Mel's on high Cs

By **AMIR RAZAVI**

SPICE Girl Mel C shows her pride in Liverpool as the city is named godparent of Cunard's newest ship Queen Anne.

Mel, 50, was one of five female Merseysiders there for the vessel's naming ceremony. The 113,000-tonne ship, below, carries 3,000 passengers. It is in Liverpool as part of her maiden voyage around the British Isles.

SHOW'S 1ST CELEB CONTESTANT

Isle candy... Samantha and Mimi and, inset, show host Maya Jama



JOEY'S ESSEX APPEAL

He joins Isle to find love

JOEY Essex has become Love Island's first celebrity bombshell.

The reality TV star is so desperate to find love after a string of failed relationships that he applied for the dating show.

Thrilled ITV bosses launched a military-style operation to keep his arrival in the villa under wraps.

Speaking exclusively to The Sun before landing in Majorca, Joey, 33, said: "I feel like Joey Bond, the name's Essex, Joey Essex. It felt like a military operation, not even the journey itself but the process of even getting through the application and to this point."

"I got on the plane to Ibiza. I made sure I wore my mask when I went out for dinner and then we got the boat over to Majorca to a villa hidden in the mountains in the middle of nowhere."

"I'm extremely single right now, so I'm praying that I'm going to walk out of the villa hand in hand with the love of my life. That's my main aim and all I care about."

"It's difficult for me to meet girls as they judge me based on a persona so I think this experience will allow people to see the real me."

Since finding fame at 21 on *Towie*, Joey, left, has appeared on everything

EXCLUSIVE by FELICITY CROSS

from *I'm A Celebrity... to Dancing On Ice* and is now worth £8million through savvy property investments.

He has dated Rita Ora, Maura Higgins and, most recently, his skate partner Vanessa Bauer.

Now, he is hoping for better luck with this year's contestants such as Samantha Kenny, 26, and Mimi Ngulube, 24.

Joey said: "I just want someone to like me for me and not from what they see on TV."

The Sun Says
— Page Ten

I'm praying I'll walk out of the villa hand in hand with the love of my life

— JOEY ESSEX

ELECTION 2024

FARAGE TO RUN SHOCK

THE
Sun
SAYS

Nigel's nuke

FOR two weeks we have endured a mostly dull and petty election campaign. That all changed with a bang yesterday.

Nigel Farage detonated a bomb under the two main parties and all their pledges, squabbles and gaffes. It looks like grim news for the Tories especially.

Reform's new leader and Clacton candidate will try to make our out-of-control immigration central to the July 4 election – along with the sense that everything in Britain is broken.

Both will resonate with millions of angry voters disenchanted with the Tories but not sold on Labour.

As ever with Farage's parties, though, what are his detailed solutions? Rhetoric and complaint is easy. How would Reform fix our problems – and get the Whitehall machine to co-operate?

There will doubtless be rows now over whether Farage gets to debate with Rishi Sunak and Keir Starmer on TV. It would certainly be box office.

The Tories meanwhile will argue that voting for Reform simply ensures Labour an even bigger majority to force through policies Farage and his supporters will detest, especially on immigration and closer ties with Brussels.

A fair point... though Farage insists that he will slash Labour's vote too. And that he has only been tempted back by a voter "revolt" he is sensing against **BOTH** the big parties – which the polls and pundits haven't yet detected.

He may be right.

If not, he may simply have handed Starmer a massive majority on a plate.

Bomb U-turn

OUR need for a nuclear deterrent has been constant and unwavering since our enemies first got the bomb in the 1950s.

What **HAS** wavered is the support for it from Keir Starmer and his Labour front bench.

It is hard to reconcile him as a global security strongman when until 2019 he campaigned to install Jeremy Corbyn, co-founder of West-hating peacenik rabble Stop The War, as Prime Minister.

Plus, the most strident of the anti-nuke brigade now sitting alongside the Labour leader is David Lammy – who could be our Foreign Secretary in less than five weeks.

Have they all changed their tune, suddenly alive to the realities of deterrence and the global threat? Or would they lobby Starmer, as PM, to change tack?

This question could not be more crucial. Nothing trumps national security.

Fool for love

GOOD luck to Joey Essex, first celeb to seek a partner on Love Island.

Asked once to name the country bordering Wales, the loveable dimbo said: "London?"

Thank heaven ITV flew him out to the set in the Med.

He might have tried to drive.

Reform is polling at around **11%** but with him as leader it could surge to **17%**

His fame on the right may be the **death warrant** for PM Rishi's campaign



GRIN IT TO WIN IT
... Farage yesterday

NIGEL FARAGE swaggered on to the General Election stage yesterday.

With typical bombast, he called an "emergency" press conference to declare himself new leader of Reform UK and its candidate for Clacton in Essex after initially declining to stand for election.

He had lobbed a political hand grenade – but will his shock-and-awe tactics make any difference to the election race?

As a former Downing Street pollster I believe Farage's decision to stand could sign the death warrant for the Conservatives in this campaign.

The former Ukip leader may be a seven-times loser in fights for Westminster seats but he is box office.

Arguably, the most consequential politician of his era, he turned Ukip from fringe oddballs into the vanguard of the Brexit revolution.

And a stint in the Australian jungle on I'm A Celebrity has only widened his appeal.

Strongman approach

Reform UK is currently polling at around 11 per cent but a survey by my company JL Partners last month suggested a Farage-led Reform would surge by six percentage points.

Some of that support will come from Labour but the overwhelming core of Reform voters are those who voted Tory in 2019.

Rishi Sunak had hoped to win them back as the campaign went on.

That is why you have seen right-leaning policy announcements like National Service.

Plus they hoped right-wing voters could be cajoled back into the fold by warning them that if they vote for Reform they will end up with a



By
JAMES JOHNSON
Co-founder,
JL Partners pollsters

Labour MP and Sir Keir Starmer as Prime Minister.

Now Farage has thrown the cat among the pigeons.

People in JL Partners focus groups didn't know who former Reform leader Richard Tice was.

But they all know who Farage is and they like his frank-talking, strongman approach.

The 60-year-old former City trader phrased it himself that people are "very fond of Richard, but they know me a little bit better".

Before the jungle, they thought Farage was just some super-posh, out-of-touch politician but their opinions have changed. They now think he's relatable.

Someone described him in the focus group to me as a friendly sergeant major, which is quite a good way of summing it up.

We have polled that around a third of Reform voters would be open to voting Conservative.

I would expect that number to plummet thanks to the Farage effect.

His approval rating with Reform voters is +80.

That is as close to God-like status in polling terms as you can get.

Clacton – where Farage is standing – was a Ukip stronghold which Douglas Carswell won for the party in 2014.

Yet he may lose and Reform may fail to win

a single seat across the country – and they could still upend the electoral apple cart.

Take a typical swing seat. If Reform swipes over ten per cent of the Tory vote it may hand a swathe of MPs to Starmer he otherwise wouldn't have had.

Farage was his usual showman self yesterday in a series of combative interviews.

With a typical flourish he invited the media to join him in Clacton today, promising that the seaside town has a great Wetherspoons.

Yet many will find his forceful campaigning style refreshing.

At his press conference he railed: "Nothing in this country works any more."

"The health service doesn't work. The roads don't work. None of our public services are up to scratch."

Empty promises

"We are in decline. This will only be turned around with boldness."

It's a message which will strike a chord with voters.

Many on both right and left are fed up with politicians mouthing empty promises.

And Farage will offer an electoral solution for those who do not feel immigration has been properly tackled.

The Brexit king is clearly relishing a fresh brawl in the political bear pit.

Farage added: "I've done it before. I'll do it again. I will surprise everybody."

A man who has been supporting Donald Trump in his bid to be re-elected US President, Farage has all his confidence on the stump.

"I think there's every chance we'll get more votes than the Conservative Party," he said yesterday. "I genuinely do."

It won't come to that but the Tories must now be seriously worried just how many seats they might end up with.

With Starmer tacking to the centre, the Prime Minister will need more policies to appeal to voters on the Tories' right flank.

Rishi Sunak will certainly have to start making plans for Nigel.



UNDER THREAT... Rishi Sunak



Idol... fan with Wayne

Fan's 1yr bike ride to meet hero Roo

By RICHARD MORIARTY

A FOOTIE fanatic cycled 8,699 miles from Mongolia to Manchester to meet his idol Wayne Rooney. Ochirvaani Batbold, 27, rode for a year and went through 19 countries.

The Man United supporter, who slept in a tent during his £7,000 trip, said his biggest challenges were the cold weather, wind, and mountains.

The meeting was arranged as surprise after he wrote to the club.

He thought he was getting a tour of Old Trafford when the club great appeared and chatted to him for 20 minutes.

Ochirvaani, a professional footballer in Mongolia, said: "It was like speaking to my friend."

"It was a dream. I will never forget that feeling." Wayne told him: "You should be really proud of what you've done."

Suburb's crow hell

CROWS have been attacking passers-by in scenes reminiscent of Hitchcock's *The Birds*.

The birds have been targeting mums, schoolchildren and cyclists.

Some victims were hospitalised by the attacks in Dulwich, South London.

Ingrid Davidson said her daughter was clawed three times and left with a bleeding head. She said: "She was brave but it was pretty frightening."

Another victim said: "It was pretty terrifying. Felt like something out of Hitchcock."

The birds are said to be protecting their young as it is fledgling season.

1999 teen killing rap

A MAN has appeared in court charged with the 1999 kidnap and murder of teenager Victoria Hall.

Steve Wright, 66, appeared at Ipswich JPs' court by video-link from custody yesterday.

He is accused of killing the 17-year-old, from Trimley St Mary, Suffolk.

Her body was found in a ditch five days after she vanished on the way home from a nightclub.

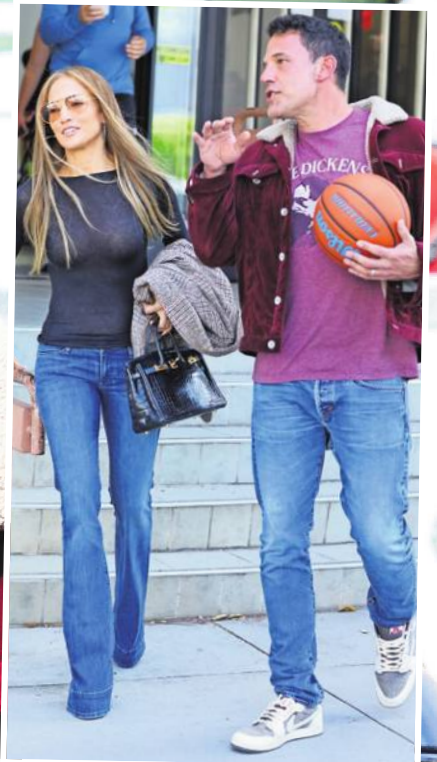
Wright, formerly of Ipswich, is also accused of an attempted kidnap.

He appeared again before Ipswich crown court and was remanded in custody for a plea hearing on September 2.

FLIGHT FRIGHT

Having a drink and a nap on a long-haul flight puts a dangerous strain on the heart, research in Germany suggests.

J-LO'S PECK FOR AFFLECK



Ball or nothing... couple after game

By AMIR RAZAVI

JENNIFER Lopez and Ben Affleck share an awkward peck on the cheek amid rumours their on-off relationship is at another Lo point.

The singer, 54, and actor, 51, are thought to be living separately but watched Ben's son Samuel play basketball in Los Angeles before leaving together.

J-Lo has cancelled a 34-gig US tour to spend time with her family.

The couple married in 2022 — 20 years after they were first engaged.

£260K WATCH MUGGING

THIEVES TEAR-GAS TOTTENHAM STAR



MUGGERS sprayed tear gas in the faces of Tottenham star Yves Bissouma and his partner as they stole his £260,000 watch.

They also ripped three diamond rings from her fingers in the attack.

The two thieves pretended to ask for selfies as they attacked... ace Bissouma

By EMILY-JANE HEAP

confronted the £30million midfielder, 27, and his unnamed partner in French Riviera resort Cannes in the early hours of Sunday.

The couple had just arrived to check in to the five-star Majestic Barrière Hotel on the main promenade when the masked men pounced.

A police source said: "They were clearly part of a very well-organised gang. Both were waiting outside the

hotel, and struck when the couple were dropped off by a chauffeur-driven limousine at about 4am.

"At first the men acted as if they wanted to pose for photographs with the star, but then it became clear they were wearing masks."

"The couple tried to get into the hotel, but were confronted with a locked door and then gas was sprayed in their faces. A Richard Mille watch was taken, along with three diamond rings, before the

men escaped in a Renault Megane."

Mali international Bissouma and his partner were so shocked they returned to London within a few hours.

Prosecutors hope the attack may have been captured on CCTV, along with the getaway car's number plate.

The source said such attacks were increasingly common across France and especially in upmarket places such as Cannes.

emily-jane.heap@the-sun.co.uk



Victim... Demi

Lover left Demi, 25, for dead in crash

By ALEX WEST

A DRIVER is facing jail after he fled a car crash — leaving his girlfriend in the wreckage with fatal injuries.

Demi Leigh Mabbitt, 25, died a week after the smash on April 5.

Cameron Jones, 29, had been at the wheel of the Audi S3 but vanished from the scene in Merthyr Tydfil, South Wales.

He was later tracked down by police.

Jones admitted death by dangerous driving at the town's crown court.

He also pleaded guilty to causing death by driving while uninsured.

He will be sentenced later this month. Judge Tracey Lloyd-Clarke told him that "an immediate custodial sentence" would follow due to the severity of the offences.

Ms Mabbitt's dad Paul said: "Our beautiful girl was taken far too soon, there are no words to describe the heartache and pain we are feeling."



TV stalker... Martha

Just 3/10 stalkers are sent to prison

EXCLUSIVE
by RICHARD MORIARTY

JUST three in ten people convicted for "Baby Reindeer" stalking offences gets an immediate prison sentence, figures show.

Ministry of Justice data revealed a record 2,940 people were tried on stalking charges in 2022, with 2,077 convicted.

Of those, 634 got an immediate jail term.

Another 530 landed a suspended sentence, 716 got a community penalty, 94 were fined and 34 had a conditional discharge.

The average jail sentence is one year, with some offenders released within just months.

It comes after Netflix drama *Baby Reindeer*, featuring obsessed Martha Scott, increased awareness of the crime.

Victims' charity Paladin said: "These figures are the tip of the iceberg."

The ministry said that prison terms for stalking had nearly tripled in the last decade.

AFTER ROD'S DO WITH HIS 8 KIDS

ORLANDO BLOOM, MIRANDA KERR & KATY PERRY



'SISTER ACT'... Katy and Miranda at G'Day USA Arts Gala last year

PIRATES Of The Caribbean star Orlando and model Miranda have had one of the most amicable divorces in Hollywood. The pair announced they were splitting in 2013, after three years of marriage. Former Victoria's Secret Angel Miranda, who has 13-year-old son Flynn with Orlando, said in 2017: "It was the right thing to do. We weren't bringing out the best in each other. There's no hostility there, we'll always be friends."

Miranda, 41, has been married to Snapchat founder Evan Spiegel, 33, since 2017 and is also mum to their three sons, Hart, six, Myles, four, and three-month-old Pierre.

Orlando, 47, *inset*, is engaged to singer Katy Perry, 39, with whom Miranda has formed a genuine friendship.

She said in 2020: "I adore Katy, and I just

feel so happy that Orlando has found someone that makes his heart so happy."

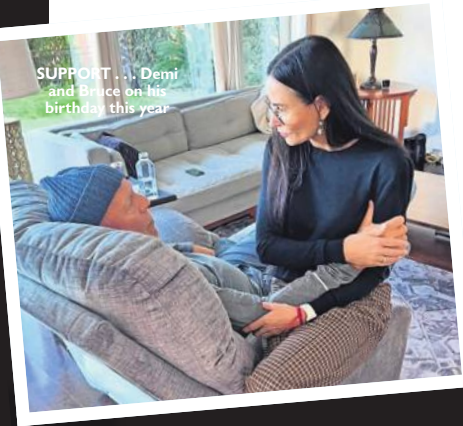
Katy, who has three-year-old daughter Daisy with Orlando, has called Miranda, "My sister from another mister, my health and wellness guru, and the heart of our family."

She even presented her with an Excellence in the Arts Award last year. She said in her speech: "Some of you might be confused about why I'm introducing Miranda. That doesn't play into the antiquated narrative of ex-wives and new wives."

She then joked: "And yes, it's true, most of the media would like to see us mud wrestle... including Evan."

"But we are here to lead by love because Miranda is love, and as a lot of you know, love comes in many family iterations."

SUPPORT... Demi and Bruce on his birthday this year



KIM KARDASHIAN & BIANCA CENSORI

WHEN Kim filed for divorce from rapper Kanye West in 2021 their split was by no means amicable.

The former couple, who were married for seven years, share four children, North, ten, Saint, eight, Chicago, six, and five-year-old Psalm.

In 2022, Kanye, 46, attracted controversy after making a series of anti-semitic comments and praising Adolf Hitler.

And speaking later that year, 43-year-old Kim admitted that she struggled with her ex.

Breaking down in tears, the reality star said: "It's hard. Co-parenting is really f***ing hard."

Last year Kanye and new partner Bianca Censori, 29 — who has been pictured in a host of very revealing outfits — reportedly received a lifetime ban by a boat company in Venice after sharing an intimate moment on board.

Despite all this Kim, who is believed to be single, and Bianca were spotted together watching Kanye perform his new album in



GO WEST!... Bianca and Kim support Kanye

San Francisco earlier this year. They were also joined by Bianca's mum and sister, as well as Kim's children Saint and Chicago, while eldest daughter North took to the stage with her dad.

Now Kim, who founded clothing brand Skims, has been accused of

copying Australian architect Bianca's risqué style.

Well, they do say imitation is the sincerest form of flattery.

CHRIS MARTIN, GWYNETH PALTROW, DAKOTA JOHNSON

COLDPLAY singer Chris and Hollywood star Gwyneth were the IT couple of the early Noughties after reportedly meeting backstage at one of the band's gigs in 2002.

They tied the knot the following year and had two children, Apple, 20, and Moses, 18.

But with a phrase that sparked widespread mockery, the couple announced they had decided to "consciously uncouple" after a trial separation in 2014.

Gwyneth, 51, went on to find love with *Glee* co-creator Brad Falchuk, 53, in 2014, with the couple tying the knot four years later.

Chris, 47, *right*, has been dating *Fifty Shades* of Grey actress Dakota Johnson, 34, on and off

since 2017. Gwyneth, who founded lifestyle brand Goop in 2008, has previously said she is "very good friends" with Dakota, adding: "I love her so much."

"She's an adorable, wonderful person."

The two women regularly hang out, have been snapped enjoying a cosy meal together and were even pictured holding hands last year.

The exes go on holiday together with their respective partners and, in 2019, the foursome were pictured on the beach in the Hamptons, in New York.

It was recently reported that Chris had proposed to Dakota, so who knows, maybe Gwyneth will turn out as her maid of honour.



GOOD FRIENDS... Gwyneth and Dakota at Gucci event in 2021



ROCKER Rod, who has been married three times, tied the knot with second wife, Kiwi model Rachel, in 1990, just three months after meeting the then 21-year-old in a Los Angeles nightclub.

The couple had two children before Rachel ended their marriage nine years later.

He said at the time: "I couldn't believe it. I was a rock star. You don't dump a rock star! It knocked me for six. It was a huge shock."

But he met Penny, a model and photographer, days later and they married in 2007, a year after his divorce came

& 2 WIVES...OTHER 'BLENDED' FAMILIES

BRUCE WILLIS & DEMI MOORE

WHEN Hollywood stars Bruce and Demi announced their shock split in 1998 after 11 years of marriage they cited "irreconcilable differences".

The former couple, who have three daughters, Rumer, 35, Scout, 32, and Tallulah, 30, finalised their divorce two years later.

In 2005, Demi, 61, married fellow actor Ashton Kutcher, 46.

Four years later, Bruce, 69, married British model and actress Emma Heming, 45 – with Demi and Ashton

as wedding guests. The couple have two daughters, Mabel, 12, and Evelyn, aged ten.

The Die Hard star has said of his friendship with his ex: "It's generated a lot of interest because everyone can understand resentment and envy in the break-up of a marriage but they don't understand how I can get along with my ex like that."

"Demi and I made a choice to put the kids first, and we're really lucky that it turns out we all have fun

together." And speaking about his blended family in 2009, he said: "We've become like a tribe."

Bruce was diagnosed with language disorder aphasia in 2022, which later turned into frontotemporal dementia.

Since then his family – and Demi who split with Ashton in 2013 – have rallied round.

In March Demi shared a photo of her ex clutching her arm as he celebrated his birthday.



FAM-TASTIC... Rumer, Demi, Bruce, Scout, Emma and Tallulah at Demi's book party in 2019



MOST people probably think that being friends with an ex is never truly possible. Unless you're a celebrity, it seems.

We revealed yesterday how Rod Stewart joined his wife Penny Lancaster AND ex-wife Rachel Hunter to celebrate his son Liam's wedding in Croatia.

Penny, 53, and Rachel, 54, beamed as they posed together at the lavish

ceremony alongside Rod and Rachel's daughter Renee, 32. Rock legend Rod, 79, was joined by all eight of his children – from five mothers.

Posting the pictures online, Rachel, who is also mum to groom Liam, 29, said: "Literally no words other than high vibe energies when two families and friends come together to celebrate this incredible union."

EMMA PIETRAS delves into other cases in the celebrity Ex Files...

ONE'S COMPANY, FOUR'S ALLOWED

... Rod with Alana, Penny, Kelly and Rachel at daughter Kimberly's 40th in 2019

THE WAY TO INNER PEACE



By **ULRIKA JONSSON**

DON'T they look grand posing in their slinky dresses.

The picture, *below*, of Penny and Rachel, with Renee between them, says: "Look at us, all happily blending, being besties. No bad blood here!" And it IS a lovely pic.

Whatever water has gone under the bridge, it's clear that Rachel and Penny are happy to put on a united front for the sake of the (adult) children.

And let's face it, Rod has a lot of kids. Last count eight. With 123 women, I believe.

He seems like a mellow fellow and not one to bear a grudge. Our Rod is a lover not a fighter and maybe some of that has rubbed off on his exes.

And I'm all for it. I get on with my exes' wives. God knows, they might hate me but we're perfectly civil. I'm not sure we'd be skipping down the hill holding hands but I don't feel an ounce of animosity or regret or envy.

Bottom line is if my ex had cheated with a woman who then became his wife (not happened yet and I shall not be getting to the church ever again), then I wouldn't feel so willing to suggest coffee at Costa.

If there's no "crossover" period, I'm more than happy that we all get on – for the sake of the children.

But I would also do it for the sake of my own inner peace.

If you start hating your ex's new partner, all you're doing is eating yourself up, from the inside out.

It's better to connect, if you can. After all, at one point you liked the same thing.

Tastes change but the sisterhood can still be useful. Even if only just on the surface.

No hand-holding required though.

EX FILES

ROD STEWART... AND, ER, ALL FOUR OF 'EM!

through. The couple have two sons, Alastair, 18, and Aiden, 13.

Speaking on TV's Loose Women in 2017, Penny revealed she had become friends with Rachel, despite their earlier differences.

She said: "Rachel and I, over the years, we've grown up and both have a lot more in common

now. We sit and chat and we've got over that silly period ten, 15 years ago.

"It's about being adults. We've moved on. And from the beginning I knew I wasn't dating just Rod, I was in a relationship with his family.

"I saw how all his children were getting on and I wanted my future children to do that as well." Rod

has two children – Kimberly, 44, and Sean, 43 – with first wife, actress and model Alana Stewart, 79.

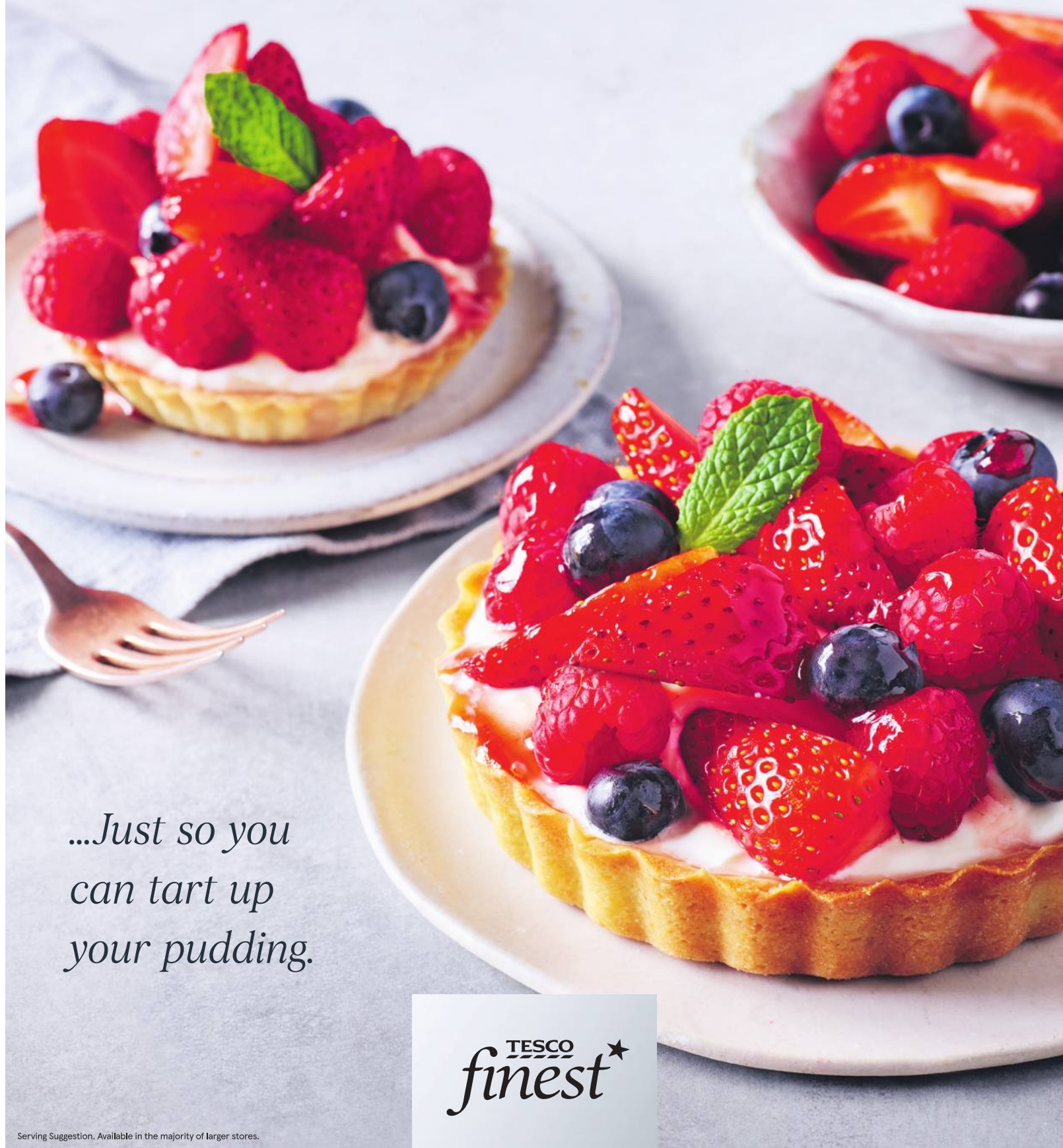
He also shares daughter, Ruby, 36, with former partner and Sports Illustrated model Kelly Emberg, 64. His first daughter, Sarah Streeter, who was born in 1963 when Rod was 17, was brought up by her adoptive parents.

Rod has remained on good terms with Alana, Kelly and Rachel, and was snapped posing with his three exes and Penny at daughter Kimberly's 40th birthday in 2019.



SHINING EXAMPLES... Penny, Renee and Rachel at the family wedding

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Our food is killing us...like ciggies did in the 1950s



RACY... Madonna concert

RISQUE GIG? OF COARSE

MADONNA penned a book called *Sex*, heavily featuring her genitalia, and simulated masturbation on stage. In other words, she is not Westlife. She doesn't sit cross-legged on a stool in a Tweed skirt and nice blouse and gently pelt out the words to 4 Minutes.

She's about as unLike A Virgin as is possible.

So news that a "fan" is suing the superstar – plus Live Nation and four Californian concert venues – for subjecting audiences to “pornography without warning” is slightly bemusing.

The lawsuit, filed by a chap called Justen Lipeles, states: “Imagine taking your 11-year-old sister to a pop concert when, in the middle of the concert, the women on stage remove their tops and are completely topless.

“They then begin to out act sexual situations including cunnilingus and digital penetration* among other pornographic type situations.”

The real question is why anyone in their right mind would take a child to a Madonna gig in the first place.

*Not a sentence I ever envisaged writing in this column, but hey.



KAY BURLEY might do well to stick to Tinder going forwards.

The Sky News doyenne admits to “sliding into” Vladimir Putin's DMs on Instagram after the Russian dictator “liked” one of her posts.

Not v Richard Curtis, but whatever floats your boat, Kay.

[OK, OK, she was trying to land an interview but still.]



SOVIET UNION? ... Kay and Putin

MORE young people than ever are developing cancer, with cases rising twice as fast among the under-50s as in the elderly.

Long after smoking became an activity non-grata, and we learnt that 10,000 steps a day instead of sitting on our fat a**es all day long was a good thing, why are we dying younger and quicker than ever? I'm putting it out there: Ultra-processed foods are killing us.

Maybe a lawsuit from Kellogg's/McVities/Mars is incoming – because unless you cram turkey twizzlers down a baby's throat from birth, locked in a lab cage like a beagle – there's no real hard

and fast science behind the claims. We just know that shovelling processed crap, filled with additives, down that hatch isn't how we are programmed to eat.

The figures, published by Cancer Research UK, show cancer rates among Britons aged 25 to 50 have increased by 24 per cent since the Nineties.

Rising rates in bowel cancer are especially worrying.

Experts blame the “major change in Western diets over the past 30 to 40 years”, such as sweeteners in UPFs.

And, of course, sugar and fat-laden UPFs are linked to obesity, another major, stand-alone cause of cancer.

Breakfast cereals, sweets, packaged meats, flavoured yoghurts, crisps, sliced

white bread: They're polishing us off quicker than we can polish them off. Which, like a Pringle, is pretty quick.

These foods are the smoking of 1950s. Back then, puffing away was heavily glamourised. It was seen as cheap, legal and socially acceptable.

Today, the same applies to UPFs which are also dirt-cheap, legal, socially acceptable – think about all the Hollywood product placement and drinks companies sponsoring our biggest TV shows – and they're similarly addictive.

Controversial BOGOF deals, which Boris Johnson toyed with axing before realising it wouldn't be a vote winner in a cost-of-living crisis, only fuel the pandemic. For that is what this is.

Dr Chris van Tulleken's best-selling book, *Ultra-Processed People*, should become mandatory reading in schools.

Health Secretary Victoria Atkins and her Labour counterpart Wes Streeting should be using it as a guidebook.

But they're probably not.

Our largest food charity, the British Nutrition Foundation, which says it “exists to give people, educators and organisations access to reliable information on nutrition”, is funded by almost every food company you can think of, including Coca-Cola, Danone, Nestle and PepsiCo.

Last year the British Nutrition Foundation Healthy Eating Week was sponsored by... Coca-Cola.

Ignore the sweet talk

For years, McDonald's sponsored the Olympics.

Scientific studies are regularly funded by these companies – no guessing how the findings are muddled as a result.

At present, 60 per cent of our daily calories come from UPFs. That's a disgrace.

Policy makers need to listen to the science and ignore the sweet talk of the UPF big dogs.

There can be no conflict of interest when it comes to the nation's health.

Labels on food must more prominently display fat, calories, sugar and salt and breakfast cereals, marketed for kids, shouldn't come adorned with fluffy cartoon characters.

Kellogg's Froot Loops, for example – which have Toucan Sam as their official, multi-coloured mascot – contain 25 per cent sugar.

No wonder our kids are a bunch of manic, E-numbered fatties.

In the words of Dr Chris: “The financial influence exerted by UPF-makers on science stinks as badly as an old pub ashtray.”

“For the sake of the nation's healthy, it just needs to stop.”

NEW stats show there are 16,000 new cases of melanoma diagnosed every year. So why are we still being taxed VAT on sunscreen?

Australia and several states in the US are exempt from SPF tax. We should be too.



Charley lights up golf

CHARLEY HULL is my kind of woman.

The British golf pro has gone viral after casually lighting up a crafty fag on the course mid-way through the US Women's Open.

Stopping to sign autographs for fans, cigarette dangling, she has apparently taken up smoking. For, er, stop

smoking. Increasingly plous women, especially women, Charley is a breath of fresh air. Absolutely literally.

... and she's a pro.

check that someone, not me, had indeed enjoyed a spending spree on my credit card.

The nice man told me not to worry, he'd sort it and cancel all transactions. He then recited my correct home address and asked if the rubber ear plugs were mine.



(What sort of criminal mastermind goes on a £5,000 spending spree, rounding off with “six silicone ear plugs for sleeping” priced £4.99?).

The by now less-nice man, with lots of suspicious noises and passing trains behind him, vehemently insisted I didn't change

my password as it was “unnecessary”. When I eventually hung up, realising I was being done all over again, he frantically started calling back on loop, becoming increasingly more aggressive.

It wasn't a pleasant experience, and is, I suspect, a worrying sign of things to come in our tech-heavy world.



INSPIRING... Rob

RHINO ROB A CHAMP TO ALL

THE tragic death of Rob Burrow is heartbreaking. What a man, and what a legacy.

Most of us, given an effective death sentence aged 37, as he was, with devastating, incurable motor neurone disease, would retreat, spending our last months with friends and family. Not the ex-Leeds Rhino. He gave himself to us all.

Rob's stoicism and bravery inspired a nation, even those unfamiliar with his sporting endeavours.

Doubling his life expectancy – from two years to four – he went on to raise millions for charity, increasing crowd awareness for MND.

A posthumous honour at Sports Personality of the Year surely awaits, and with the building of an MND centre in his name, his memory lives on.

In Rob's own words, first the disease “comes for your voice. Then it takes your legs. It tries to rob you of your breath. But it can't sap your spirit”.

Certainly in the case of Rob Burrow, it never did.

MAN UP, BEEB...

WISELY, Kemi Badenoch has vowed to define “sex” as biological in the eyes of the law should the Tories win the General Election.

Our national broadcaster appears to have no such design for change.

Last week, Radio 2's news bulletin referred to the surge in cases of “people with prostate cancer”.

Don't know about you, ladies, but my prostate's been giving me gyp for weeks, now. Sigh.



BIO BID... Kemi

Suicide Met rap

THE Met Police worsened the mental health of a sergeant who then killed herself, a coroner ruled.

Trainer Nicola Forster had PTSD from working on the 2017 Grenfell Tower fire – and claimed a manager bullied her.

The 45-year-old was found dead at home in Biggleswade in 2022.

Beds coroner Emma Whitting said line management contributed to a “significant deterioration” in her mental health.

DINGHY PAIR HELD

Two men arrested over a girl, seven, crushed to death in a Channel dinghy await extradition to France from London.

HOAXER ‘REAL VILLAIN’ OF WEMBLEY INVASION



By JOE HADDEN

A PRANKSTER who paid fans to storm the pitch at the Champions League final was branded the “real villain” as the first invader appeared in court.

Russian streamer Andrey

Three-year ban . . . Lubnenko

Judge bans gullible fan

Burim was singled out by the judge as he handed a football banning order to Ukrainian Manchester City fan Yevhenii Lubnenko, 29.

Burim is said to have offered each of the pitch invaders £250,000 for the stunt. Uber

driver Lubnenko and two others tried to invade Wembley's pitch on Saturday wearing T-shirts emblazoned with “Mellstroy” – Burim's screen name.

Lubnenko, who lives in Los Angeles, admitted breaching the Football Offences Act and was

banned from attending any matches in England and Wales for three years and fined £264. But District Judge Michael Snow said: “The real villain is the Russian who is offering people money to take part in what you would describe as a prank. But I can't punish him as he is not here.”

However, Judge Snow admitted that the banning order was “wildly irrelevant” as it would not stop Lubnenko from attending matches in the US.

VIRGIN RADIO PRIDE UK 2024

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Leader . . . Xi Jinping

China in ‘MI6 spy pair bust’

By JEROME STARKEY

CHINA claims it has busted a top-level spy couple working for MI6. It accused the husband and wife team of having stolen state secrets for almost a decade.

The couple, named only as Wang and Zhou, worked in a government agency, leader Xi Jinping's spy-hunters say.

It is the latest tit-for-tat espionage claim amid rock-bottom London-Beijing relations.

China's Ministry of State Security accused MI6 of turning Wang when he studied in Britain in 2015.

UK spooks posed as graduates to befriend him and offer him money and he later recruited his wife Zhou, they say.

It was not clear whether the suspects would face charges or trial. But in a chilling message the ministry said it had taken “decisive measures” against Wang.

Lad, 14, in stabbing

A BOY of 14 stabbed a stranger with a kitchen knife just because he had bumped into him, a court has heard.

The lad and a 13-year-old pal attacked Charlie Shenton-Jones at Gloucester bus station, the city crown court was told.

Their victim was knifed in the stomach but the injury was minor.

The 14-year-old admitted wounding with intent and having a knife and got a 12-month rehabilitation order with three-month tag curfew.

His pal got a referral order at youth court.

LIGHTNING SHOCK

Eighteen people – including children – were injured when lightning hit a tree in a park near Prague, Czech Republic.

Golfers' new arm



By LUKE CHAFER

A BOY of ten gets to grips with golf as he tries out his new prosthetic arm.

Freddie Tarr tested it alongside children including Joanie Melady, left, at a coaching session at Woburn Golf Club, in Milton Keynes, Bucks.

The arms are among a range made for various sports by specialist Koalaa.



Triathlete . . . Rebecca

Cyclist in time trial killed by van slam

By ALEX WEST

A TEAM GB triathlete was killed during a cycling time trial when a van driver smashed into her, a court heard.

Mum-of-two Rebecca Comins, 52, was hit from behind on a dual carriageway and sent flying.

Vasile Barbu, 49, allegedly failed to manoeuvre around the Welsh veterans champ even though the outside lane of the A40 near Raglan, Monmouthshire, was empty.

Another rider said Barbu had passed him so closely that it caused him to wobble.

Barbu told police he saw Rebecca, who had competed in the Great Britain Age-Group Team, and gave her room but admitted causing death by careless driving.

However, the Romanian, of Abergavenny, is also accused of causing death by dangerous driving, which he denies.

The Cardiff crown court trial continues.



'Let down' . . . Zara

Tortured by Zara's murder 'failings'

By MIKE SULLIVAN

THE family of murdered Zara Aleena is tortured by fears her death could have been prevented, an inquest heard yesterday.

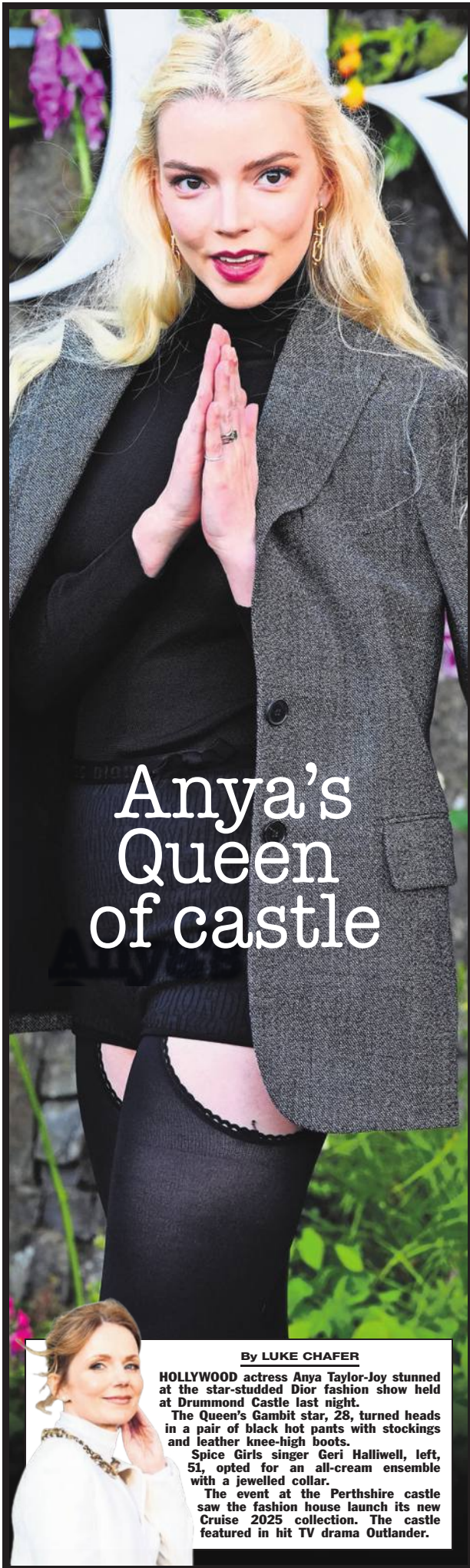
The law graduate, 35, was sexually assaulted and murdered by Jordan McSweeney, 30, as she walked home in 2022 — nine days after he was freed from jail on licence.

Zara's aunt, Farah Naz, told the jury the "crumbling justice system" contributed to the murder in Ilford, East London.

She said that her family is "tortured with the thought Zara's death was preventable".

Ms Naz added: "We've been campaigning so our daughters, sisters, friends can be safe and protected as Zara never was."

A pathologist report said she died from head injury and neck compression. The inquest continues in Walthamstow to consider if "actions or omissions of state bodies" contributed to her death.



Anya's Queen of castle

By LUKE CHAFER

HOLLYWOOD actress Anya Taylor-Joy stunned at the star-studded Dior fashion show held at Drummond Castle last night.

The Queen's Gambit star, 28, turned heads in a pair of black hot pants with stockings and leather knee-high boots.

Spice Girls singer Geri Halliwell, left, 51, opted for an all-cream ensemble with a jewelled collar.

The event at the Perthshire castle saw the fashion house launch its new Cruise 2025 collection. The castle featured in hit TV drama Outlander.



EXCLUSIVE

TOP COP IN PROBE ON ROYAL JAG 'SCAM'



Royal link . . . Cmdr Findlay, left, meets Charles on thank-you visit to police HQ

Cmdr allegedly dodged speeding fines in limo

By MIKE SULLIVAN

A MET commander who ran policing operations at the Queen's funeral and King's coronation is under criminal investigation over the alleged misuse of a Jaguar car.

Commander Karen Findlay is alleged to have dodged prosecutions for speeding and going through red lights while using the motor in her own time.

She is suspected of falsely claiming to be on official police business at the time of the alleged motoring offences.

Cmdr Findlay, 56, is being investigated by the Independent Office for Police Conduct

over allegations of gross misconduct and for the criminal offence of perverting the course of justice.

The Met has put her on restricted duties,

On duty . . . Jag at Queen's funeral

while her move to become assistant commissioner at the British Transport Police has been put on hold.

Cmdr Findlay, who moved to the Met from Grampian Police in 1993, has also been captain and coach of Scotland's women's rugby team.

In London, she won plaudits for her work at the 2012 Olympics. She had the Jaguar for overseeing policing of the Queen's funeral in 2022, at King Charles' coronation in May last year — and was pictured with the King during a thank-you visit to police HQ.

But the rented car was not returned until the end of last year, reportedly leaving the Met with a £42,000 bill.

The IOPC confirmed it was looking into a complaint she kept the car for personal use and "failed to follow the proper process" following receipt of notices of intended prosecution for driving offences.





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OR WHATSAPP THE
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bi

NO EXCUSE NOW, NOEL

NOEL GALLAGHER is keeping his 2025 diary nice and free... just in case that much-hoped-for **OASIS** reunion does come about.

The **HIGH FLYING BIRDS** frontman said he has been busy working on the band's follow-up to their album of last year, *Council Skies*.

But after finishing his tour he wants to take some time out before releasing the next LP.

Noel, *below*, said: "This year is earmarked for demos, next year will be, 'Right, what kind of record are we going to do?'."

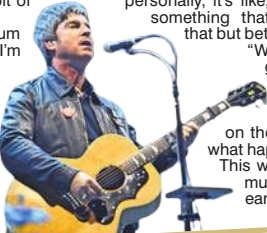
"Then 2026, it'll probably be out, but that's all very tentative."

"I want to take a bit of time off."

"If I make one album every five years I'm alright."

"I like to amass a load of songs first. I work every day."

"The tours are so long now I definitely wouldn't want anything out next year." Speak-



ing on the **PAUL WELLER** Fan podcast, Noel went on to talk about the success of *Council Skies*: "I'm wise enough now to know that with that record I reached a certain level of perfection with it, with the sound and the way that it is and the songs and all that."

"The mistake that I made when I did that with *Morning Glory* was to go back into the studio and just carry on. I need to let that record land, for me. Once it stops selling, whatever, but for me I need to let it land."

"I don't give a f*** what anyone else thinks about it. For me, personally, it's like, 'How do I do something that's different to that but better than that?'"

"What I'm not going to do is rush into making another record, go out on the road and see what happens."

This will no doubt be music to **LIAM**'s ears.

JAMES ARTHUR – who triumphed on *The X Factor* in 2012 – will be in good company when he headlines *A Perfect Day Festival*.

Britain's Got Talent choir *Northants Sings Out* will be doing a homecoming gig at the event at *Delapré Park*, *Northants*, on June 16. They narrowly lost out to singer *SYDNEY CHRISTMAS* in Sunday night's final despite being loved by the judging panel. Tickets are available now from aperfectdayfestival.com.



CAPITAL IS TAY-KING IT TO THE MAX

SWIFTIES across the nation rejoice – you can now listen to **TAYLOR** 24/7 on Capital radio.

It has opened pop-up station *Capital (Taylor's Version)* which will play non-stop hits from her back catalogue, including tracks from 1989 (*Taylor's Version*), *Red* (*Taylor's Version*), *Midnights* and *Folklore*.

A Capital spokesman said: "We were so excited to create this pop-up radio station to celebrate Taylor Swift, *inset*."

"It's set to be a fan favourite, with not only the greatest songs but top trivia and tour news."

"We'll be on air until it's 'So Long, London', and we hope all the Swifties join us for the ultimate tour celebration."

Taylor's final date in the capital is on August 20, so fans can tune in from now until then. Enjoy!

IT'S the record we've been waiting to drop for yonks and finally **MEGAN THEE STALLION** has named the release date for her new album, *Megan*.

The American rapper confirmed it will be out on June 28.

It's the follow-up to her 2022 album *Traumazine* and will feature her tracks *Cobra*, *Hiss* and *Boa*.

I am sssssure the rest of the record will be just as special.



WE'VE had country records from **MILEY CYRUS** and **BEYONCÉ** – now **KYLIE MINOGUE** fancies a turn in a cowboy hat.

The Aussie, *above*, revealed her yet-to-be released country-inspired song *Midnight Ride* at the *Outloud Music Festival* in Nashville, in the US, with her collaborators **DIPLO** and **ORVILLE PECK**.

Kylie has been working with producer **LOSTBOY**, the mastermind behind her 2023 mega hit *Padam Padam*.

Her 2018 album *Golden* was dedicated to her love of country music, so we can't wait for *Midnight Ride*.



TRY THIS
FOR SIDE...
Rachel Stevens
pulls pose
on stage

RITA ORA is deep into recording her fourth album – but fans will have to wait a little longer before hearing it.

Speaking exclusively to our Jack in her dressing room backstage at the *Mighty Hoopla Festival* in London at the weekend, Rita said: "The album is going really well. I'm taking it just one song at a time."

"I'm not sure it will be ready for this year though. But the great thing about my label is that I have the time and they are really chill like that."

Also on the bill were **RACHEL STEVENS** and **DELTA GOODREM**.

Rita, whose new single *Ask & You Shall Receive* is out now, was with her husband, film director **TAIKA WAITITI**, and we spotted him recording Rita's set on his iPhone.

She used their relationship as inspiration for third album, *You & I*, but now Rita says she wants to go back to her fun-loving, carefree style.

"I'm a bit bored of that [my marriage] now [as inspiration]," Rita said. "I want my music to move on, have fun and do what makes me feel good."

"If it doesn't make me feel good, I'm not doing it and I've found that very liberating."

Hear hear.

Mighty
night,
Rita



CHAT... Rita with our Jack and, *above*, performing at festival

ELLIE HENMAN'S

amre

With
HOWELL
DAVIES
& JACK
HARDWICK



SILVER LINING... Delta Goodrem at festival



TOP OF THE CROPS... Rita in vest top and shorts plays Mighty Hoopla



SMILE!... Taika films wife's set

STING TOPS RADIO TWO PRES GANG

PRESTON is famous for inventing the word "teetotal", but now it's about to go totally crazy. This year's Radio 2 In The Park will take place in the Lancashire city's Moor Park with **STING** and **PET SHOP BOYS** as the headline performers.

On Saturday, September 7, acts include **SNOW PATROL**, **CRAIG DAVID**, **TRAVIS**, **KIM WILDE**, **SUGABABES**, **PIXIE LOTT** and **SHAZNAY LEWIS** before Sting, *inset*, rounds off the night.

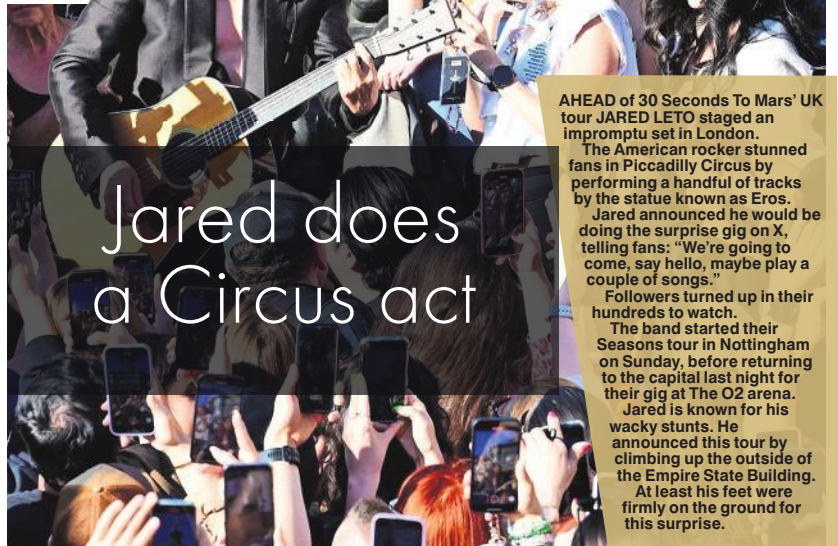
The following day Pet Shop Boys top the bill with **MANIC STREET PREACHERS**, **SISTER SLEDGE**, **PAUL HEATON**, **GABRIELLE**, **SHED SEVEN**, **DELTA GOODREM** and **HAIRCUT 100** playing too.

Sting, *inset*, said: "I've never been to Preston so I'm really looking forward to joining the Radio 2 line-up as the Saturday headliner."

"Of course I'll sing Roxanne and Every Little Thing She Does Is Magic, but there will also be some deep cuts as well."

Pet Shop Boys' **NEIL TENNANT** told **ZOE BALL** on air yesterday: "We're going to be doing the greatest hits show, there's a possibility we might have a special guest."

Neil stayed tight lipped... but I'm sure it won't be long until someone lets slip who it might be.



Jared does a Circus act

AHEAD of 30 Seconds To Mars' UK tour **JARED LETO** staged an impromptu set in London.

The American rocker stunned fans in Piccadilly Circus by performing a handful of tracks by the statue known as Eros.

Jared announced he would be doing the surprise gig on X, telling fans: "We're going to come, say hello, maybe play a couple of songs."

Followers turned up in their hundreds to watch.

The band started their Seasons tour in Nottingham on Sunday, before returning to the capital last night for their gig at The O2 arena.

Jared is known for his wacky stunts. He announced this tour by climbing up the outside of the Empire State Building.

At least his feet were firmly on the ground for this surprise.

PALOMA: SEX WITH EX A PAIN

Faith's exclusive extract from raw new book

FOR more than a decade it looked as though pop star **PALOMA FAITH** had it all.

But with her brutally raw honesty I've become accustomed to over the years, the singer has given her fans a warts-and-all insight into her life with her new book **MILF: Motherhood, Identity Love and F***ery**.

The autobiography, Paloma's first, reveals how she coped with the breakdown of her 13-year relationship with artist Leyman Lahcine and built herself back up.

And without the usual sugar-coating PR spin you'd expect from most big stars, Paloma opened up about how difficult their relationship became following the birth of their first daughter in 2016.

Sharing an exclusive extract from the book, which is out on Thursday, with me, Paloma wrote: "Nothing for me has been as painful as the first time I had sex postpartum."

"I felt guilty because it was by now seven months since I had given birth so thought I should have an obligatory try."

"I would say it took nearly two years for me not to feel any pain during sex. That's a hell of a long time. It wasn't erotic at all."

"In the end I decided to wince through it. I wanted to reconnect with my partner again. If I am honest I resigned myself to living a life

of painful sex for the rest of my days." In February 2021, Paloma had her second daughter, and the same symptoms came back.

Paloma added: "It was not enjoyable or fun or pretty. I felt s***. I also felt like a woman who had been cut off from herself."

"No wonder I was off sex. I resigned myself to a sex life of not the most painless sex I had ever had once a fortnight."

Following the couple's break-up in 2022, Paloma went on to write her candid new record *The Glorification Of Sadness*.

The album was based on the breakdown and in her book, as well as going into detail about her heartbreak, Paloma also writes about her struggles with fame and her hatred of celebrity parties.

She writes: "Some of those events actually fill me with self doubt and anxiety."

"I might be dressed up and away from the kids for a night but quite often I'm hiding in the toilets texting my real friends about how I really feel."

But rather than being a sob story, Paloma's memoir is more about how she has learned to love herself than wanting to tear down any man who has wronged her. Paloma

writes: "I have never been alone. I had my first relationship at age 13 and that lasted three years. The longest I have spent single was nine months, and even then I had people I was flirting with."

"Now I am single and the mother of two children with a failed relationship with their father and two subsequent failed attempts at relationships after that."

"I have realised something about myself. I was convinced I was terrified of loneliness. I was convinced I would not feel whole unless I attached myself to a couple, a team, a unit. But I realise today that I am too tired to do that at this moment in my life."

"My children are still so small and require so much. I may change my mind of course but for the first time in my life I relish the silences alone after the children go to bed, the prospect of eating in bed, of sleeping without another body waking me."

"For the first time in my life I enjoy my own company. I don't fear the future, however, it may turn out."

I have huge respect for Paloma for her honesty. Not many stars are this candid.



SPLIT... Leyman and Paloma in 2016

SunSAVERS

sunsavers.co.uk Instagram: @sunsavers Facebook.com/thesunsavers

DEAL OF DAY



MAKE like the Love Island cast and warm up beside a fire pit. This Home Steel one is usually £50, now £33 at argos.co.uk.

SAVE: £17

CHEAP TREAT



THESE new Milky Way croissants are out of this world. A pack of four was £2.30, now £2 at Iceland.

SAVE: 30p

What's new?

DOWNLOAD the Asda Rewards app to save more on your big shop. Connect the app to your Asda online shopping account or scan the app barcode at the till to start building your cashpot.



GOLDEN FUTURE... fake tan

EARN YOUR TANNING SEASON BRONZE MEDAL

Glow on, you can do it

LOVE Island is back on our screens and the cast are looking tan-tastic. Want to bronze without breaking the bank? Use these budget tanning tricks for a flawless glow.

SUPER DUPE: Avoid splashing out on top tanning brands with a trip to B&M. If you want a tanning mist, the Tantalize brand, at £2.50, is a brilliant dupe for St Tropez's Purity, which is £12.10 at Amazon. Prefer the original? Home Bargains is selling St Tropez tanning serum, RRP £35, for just £3.99. In stores only.

THROW THE TOWEL IN: Prepping skin is crucial for a streak-free tan. Exfoliation is a key but instead of spending money on mitts or scrubs, repurpose an old towel. The rough texture is perfect for sloughing off dead cells, leaving skin ready to absorb the tanning product evenly.

Rub the towel gently over your skin in circular motions, focusing on rough areas like elbows, knees, and ankles.

SOCK IT TO 'EM: No tanning mitt? No problem. Pop a couple of old clean socks on your hand and use them to buff in your tan instead. Wash your hands thoroughly after applying.

THAT'S HANDY: Areas of dry skin, like elbows, knees and ankles, can absorb more tanning product, resulting in dark patches.

To avoid this, apply hand cream to these places before tanning. The cream creates a barrier to prevent the tanning product clinging to dry skin, ensuring a natural-looking tan. This easy trick helps you achieve a seamless glow.

REMOVAL SERVICE: If you end up with streaks or dark patches, don't fork out for a tanning remover. Instead, gently rub the area with a cotton pad soaked in lemon juice or leftover make-up remover. This should lighten the area.

Then apply more tanning lotion if needed.

GLOW FOR IT: For a flawless Love Island-inspired glow, mix sparkly eyeshadow into body cream and rub it into your skin.

●All prices on page correct at time of going to press. Deals and offers subject to availability.

TOP SWAP



£90

RELAX in this lovely rattan chair, £90, from Primark, above, or sit pretty by choosing the Phoenix Acacia seat, £69, at Dunelm, below.

SAVE: £21



£69

Little helper

DOUBLE the Father's Day fun at Côte Brasserie, which is hosting two days for dads, June 9 and June 16. Dine in with the £25pp set menu and Dad gets a free bottle of Meteor IPA.



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ABC123

ENJOY a chilled glass of wine for less. Néd Sauvignon Blanc was £10, now £8.75 in store at Asda.

SAVE: £1.25

HOT RIGHT NOW

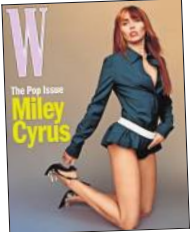
KEEP cool at night with the Silentnight Restore bedding range. Get 15 per cent off, including a pillow-cooling gel pad, at sleepypeople.com.

GOLDEN MILEY

By ELLIE HENMAN

MILEY Cyrus dazzles in a gold sequinned dress — but keeps it just as glam in the gym.

The singer, 31, told **W Magazine**: “I train in heels, mostly. I’m interested in feminising the workout space because so much of the equipment is ugly.”



Fury over Antiques’ blunders on D-Day

By ALEX WEST

ANTIQUES Roadshow viewers have put the boot into the BBC over errors in its D-Day special.

They spotted the goofs on maps showing south coast ports, where thousands of Allied troops set off for Operation Overlord in June 1944.

The programme moved Weymouth 30 miles to the east, apparently confusing it with Poole.

On another map, Amsterdam was mixed up with Rotterdam — and nudged 50 miles south.

One viewer said they were stunned something so basic could be wrong on a flagship programme.

They added: “Some poor researcher is probably getting the hairdryer treatment right now.”

Another said: “It’s a good job those who planned D-Day didn’t make such basic errors.”

The BBC noted the Weymouth error, saying: “This has been corrected for future broadcasts.”

12ft wing ‘dino’ find

A **GIANT** flying cousin of the dinosaurs has been unearthed in Britain.

The pterosaur fossil, found in Abingdon-upon-Thames, Oxon, includes three well-preserved pieces of wing bone.

Experts from Portsmouth and Leicester universities found the beast had a maximum wingspan of more than 12ft.

It suggests pterosaurs from the Jurassic period grew much larger than was previously thought.

Portsmouth’s Prof David Martill said: “It’s notable for its size. It’s absolutely huge for a Jurassic one.”

1st WOMAN MEX PM

Left-wing scientist Claudia Sheinbaum, 61, has been voted Mexico’s first woman president in a 60 per cent landslide.

Picture: ALASDAIR MCLELLAN / W MAGAZINE

CORRIE DEAL

PLATT TO THE FUTURE

Helen to overtake Bill

EXCLUSIVE by FELICITY CROSS, Deputy TV Editor

CORRIE’S Helen Worth has signed a new deal which is likely to see her overtake Bill Roache’s record number of appearances.

Helen, who plays Gail Platt, has 4,453 — 320 episodes behind the 92-year-old’s total of 4,773 as Ken Barlow.

But her rolling yearly contract — worth as much as £250,000 — should see her move ahead as she is appearing more frequently.

A source said: “Coronation Street has some of the longest-serving stars across all of TV but Bill’s record was always thought to be untouchable. Helen’s deal means she’s within touching distance. It’s her involvement in so many big storylines that gives her such an appearance rate.”

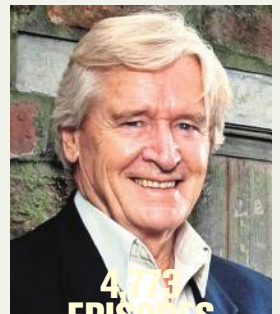
Bill appeared in the first episode in December 1960.

Helen, 73, first appeared in July 1974. She said of playing six-times wed Gail: “I don’t ask questions, I just get on with the job.”

felicity.cross@thesun.co.uk



4,453
EPISODES



4,773
EPISODES

**Homes are
always at
the top of our
agenda.**

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

rightmove 
believe it

CRUISE ELECTS RISHI LIMO



The *Lost Samurai* ... Tom tries to open Sunak's Audi, mistaking it for his own Mercedes



Top fun ... Cruise waves as he enters correct car, before PM arrives



TOM Cruise makes a film bloop — as he is caught mistakenly trying to get into the official car of Prime Minister Rishi Sunak. The *Top Gun* star, 61, left, tried the handle of the black Audi — believing it to be his own Mercedes — after flying in to London Heli-

By **EMILY-JANE HEAP**

port in Battersea on Thursday. But Tom quickly realised, before smiling and waving to his fans and getting in the right car. Mr Sunak, right, arrived later after flying in from campaigning in Devon.



Fox snap cops in the clear

By **MIKE SULLIVAN**

TWO Met police officers who posed for a photo with Laurence Fox have been cleared by force bosses — because they did not know who he was.

The pair were in a picture the political agitator, 46, posted on his feed on X/Twitter, with the caption "good cops", leading to questions from some social media users.

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

"We have no plans to take any action against the officers involved who we believe were acting in good faith."

Former Lewis actor Mr Fox gave a speech at a protest organised by Tommy Robinson in Westminster on Saturday.

It was the latest in a string of controversies — including being sacked by GB News for making unflattering remarks about journalist Ava Evans on air.

FORWARD DEFENCE

Cricket star-turned-PM Imran Khan's conviction for leaking state secrets has been overturned by a high court in Pakistan.

RUGBY HERO ROB'S LAST WORDS

BE BRAVE...DON'T WASTE A MOMENT

By **ROBIN PERRIE**

RUGBY league hero Rob Burrow urged his family "Don't waste a moment" in an emotional final video.

Dad-of-three Rob died five years after being diagnosed with motor neurone disease.

But he had dedicated himself to raising awareness and funds for the MND community. And in poignant footage released last night, Rob said: "I hope I have left a mark on the disease."

"I hope it shows to live in



Pride ... family of Rob, inset, at event

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." The recording of the 41-year-old's final words, to be played only after he died, was revealed on the BBC One special programme There's Only One Rob Burrow.

Meanwhile, Rob's best friend said yesterday his legacy will live forever as work began on a £6million medical unit in his name.

The launch of the Rob Burrow Centre for Motor Neurone Disease at Seacroft Hospital, in Leeds, took place yesterday, attended by Rob's parents and sisters.

Former Leeds Rhino teammate Kevin Sinfield, who raised millions with him, said Rob's name would be "at the forefront of everything we do".

He said: "What's really important is Rob Burrow continues to live forever."

robin.perrie@the-sun.co.uk



Launch ... Kevin yesterday

BLACK LACE STAR GIBB DIES AGED 70



CHEESY LISTENING . . .
Colin, left, in Black Lace on
Top Of The Pops in 1984



By
OLIVER HARVEY
Chief Feature Writer

HE will be fondly remembered by many as the man who recorded The Worst Pop Song of All Time.

Yet Black Lace star Colin Gibb – who has died “unexpectedly” aged 70 – would much rather have been a serious rock star than release the 1984 novelty hit Agadoo.

But with his trademark bleached feather-cut hair and Hawaiian shirts – known as “wally wear” – he eventually embraced the wacky image to go with the infuriatingly catchy tune.

Instantly recognisable, he would be serenaded with Agadoo’s bizarre lyrics wherever he went.

Those lines, while hardly Shakespearian, have been belted out across dancefloors on the Costas for generations: “Agadoo, doo, doo/Push pineapple, shake a tree” “Agadoo, doo, doo/Push pineapple, grind coffee/To the left, to the right/Jump up and down and to the knees/Come and dance every night/Sing with hula melodies.”

It may be nonsense, but the song has sold more than a million copies and was only kept off the Nol spot by George Michael’s debut solo hit Careless Whisper.

However, in 2003 a panel of music experts in Q magazine named it The Worst Song of All Time, labelling it “magnificently dreadful”.

Lift engineer

The panel added: “It sounded like the school disco you were forced to attend, your middle-aged relatives forming a conga at a wedding party, a travelling DJ act based in Wolverhampton.”

At the time Colin said Black Lace had played the song live so many times “you go numb”, adding: “But at least we get paid for it.”

The Leeds-born guitarist died suddenly on Sunday, just days after announcing his retirement.

On May 13, he had posted on Facebook: “Well, all good things must come to an end.”

He played a final show at Hotel Villa de Adeje Beach in Tenerife shortly afterwards.

His wife Sue posted: “I love you Colin, 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.”

Real name Colin Routh, he joined the four-piece Black Lace while working as a lift engineer in 1976.

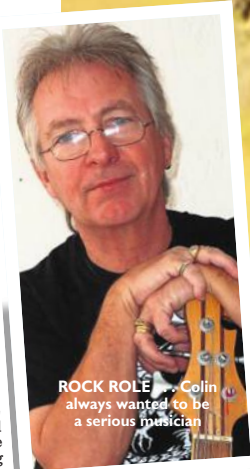
The band toured the UK, playing the summer season at Butlins holiday camps in Skegness and Filey.

In 1979 they were chosen to represent the UK in the Eurovision Song Contest with their song Mary Ann.

They finished seventh, the single peaking at No42.

With the band’s fortunes not improving, two members quit, leaving just Colin and fellow guitarist Alan Barton.

Then in 1983 their record label suggested they record a novelty song called Superman.



ROCK ROLE . . . Colin
always wanted to be
a serious musician

Colin wanted to Doo more than sing ‘worst pop song of all time’ (HE DREAMED OF BEING A ROCK GOD)

Colin recalled: “I said ‘No’, but they insisted. We just did it and handed over the recording.”

“It wasn’t something we wanted to do but then we saw what Superman was doing – filling the space on dance floors.”

It was a hit, reaching No9. Then the following year the label came up with an even cheesier song – Agadoo.

It was hardly Colin’s idea of a banging hit. Years later he said: “Rock music is what I love. At one point I used to be in an Eagles tribute band.”

But Agadoo became a worldwide sensation, with Black Lace making ten Top Of The Pops appearances.

More novelty hits followed and success brought Colin a fleet of cars including a Porsche and a Jaguar.

Then his showbiz world came crashing down, first when the record label’s distribution company went bust, taking some £70,000

worth of royalties from Agadoo. A hefty tax bill was followed a decade later by bankruptcy, and his relationship with Alan Barton had also become seriously strained.

Colin left Black Lace but when Alan also quit in 1987, Colin rejoined the live band, who were still a draw for Costa holidaymakers until the final show last month.

Widow Sue says Colin had spoken of wanting mourners at his funeral to wear Agadoo-style “s**t shirts”.

A fitting send-off for a man who made a career from cheesiness.

ARGH-HAIRDOO
... Colin with his
trademark feather
cut in band’s heyday



Getting bigger . . . tits

Obeakity crisis as Brit birds love nuts

By JOE HADDEN

BRITISH great tits are bigger than their continental cousins – because they are gorging on garden feeders full of nuts.

The average UK bird has a 0.3mm longer beak than the ones in Europe, research has found.

And experts have linked it to us being more generous in how much food we put out.

The study by Oxford University found that Brits spend twice as much on bird feeders than other Europeans.

Its researchers analysed the beaks of great tits for 70 years – and say they have seen a rapid increase since the 1970s.

Prof Robin May, from Gresham College in London, said the contrast could become even more stark in years to come.

He said: “This is driving evolution. In hundreds of years we may end up with two distinct populations in Britain and Europe.”



Caged . . . Stewart, 55

Crystal meth to Oz gang is jailed

By MIKE SULLIVAN

THREE drug exporters who shipped £4.3million of crystal meth from Britain to Australia have been locked up.

Cargo industry worker Yvonne Stewart, 55, used her connections to run the supply route with Kevin Filkins, 54, and Robert Hamilton, 53.

They sent three loads, including one labelled “two glass Buddhas”, to New South Wales.

But the drugs were clearly visible and British and Aussie police dismantled their network.

Stewart and Filkins have now been jailed for 12 years. Hamilton, who also grew cannabis, got 13 years and six months.

They were convicted of drug exportation at Croydon crown court.

Australian Federal Police’s Det Supt Callum Hughes said: “This should serve as a warning; the risk of lengthy imprisonment far outweighs the short-term benefits.”



DUO . . . Colin and Sue

DOGS' DR DEATH

Kingpin of 'barbaric' animal-fighting ring jailed

DOG-fighting ring members including a kingpin known as Dr Death have been jailed for animal welfare crimes.

A court heard that animals were starved to fighting weight before sickening bouts, often to the death. Others suffered serious injuries

By **ROB PATTINSON**

including broken legs — but mangled dogs were treated with makeshift medical kits rather than by vets.

Judge Jamie Sawyer, sentencing three men and a woman convicted at Chelmsford crown court, said the gang showed "a shocking level of barbarism".

The fights took place in England, Ireland and France and

key evidence came from a phone belonging to Phillip Harris Ali, 67 — dubbed Dr Death.

It included photos and videos of dogs and gruesome match reports detailing how the animals were set upon each other, sent via an encrypted messaging app. Ali, of Chigwell, Essex, got five years' jail for ten offences under the Animal Welfare Act.

Stephen Albert Brown, 57, also of Chigwell, got two years and

six months for five offences. Billy Leadley, 38, who had a dog fighting pit at his home in Takeley, Essex, got four years for 12 offences. His hairdresser wife, Amy Leadley, 39, was not directly involved but got an 18-month community order for offences linked to the cruelty.

All four were banned from keeping dogs for ten years.

Evidence... dog-fight training picture



Package lost 2 yrs

A WOMAN weeding her garden found a parcel she ordered two years ago. It contained a dress

Meg Johnson, 30, bought online from Vinted. She paid £10 for it to be delivered — and when it failed to arrive she complained to Yodel who insisted it had been.

Meg suspects it was tossed over her wall in Tonyrefail, South Wales.

She said: "The dress had decomposed." Yodel was asked to comment.

ASTON THRILLER

A 1950 Aston Martin driven by F1 legend Sir Stirling Moss is tipped to sell for £1.2million at auction in West Sussex.

MO KOPS
A CROP

By **SARAH RIDLEY**
LIVERPOOL'S Mo Salah sparks rumours of a hair transplant — by having it chopped off.
The procedure can involve a buzzcut.
Egyptian Mo, 31, shared the pic without his flowing yet receding locks, right, while on international duty.

Cleaver... Fitzgerald

Attack on wife over bruv fling

By **ALEX WEST**

A RETIRED banker flew into a rage with a meat cleaver when his wife admitted cheating on him with his brother.

Steven Fitzgerald, 68, tried to take an overdose when told of the one-night stand years earlier — but his wife of 47 years, Lorraine, stopped him.

He then grabbed the cleaver, held it to her throat and punched her when she broke free.

Prosecutor Emily Jermin said: "He told her, 'This is what you deserve'."

A week later, he smashed up their home, hurling his wife's phone out the window, before pushing her into a mirror and down the stairs.

She suffered eye, spine, neck and pelvis injuries.

Ex-Lloyds TSB worker Fitzgerald admitted ABH, assault and making threats with the cleaver. He was jailed for a year at Cardiff crown court.

Ma twins kill denial

A MOTHER yesterday denied killing her four sons after they died in a horrific house fire.

Leyton and Logan Hoath, aged three, along with Kyson and Bryson, four, had allegedly been left alone when the blaze ripped through the house in December 2021.

The two sets of twins were pulled from the inferno in Sutton, South London, by firefighters but could not be saved.

Deveca Rose, 29, denied manslaughter and cruelty at the Old Bailey. A trial will begin on September 9. She remains on bail.

POKE ALARM

Firefighters put out a kitchen fire after a pet dog leapt on a hob, jabbing the ignition switch, in Thirsk, North Yorks.

THE **Sun**

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Necklace... pentacle

Prisons' Pagans' incense allowed

By JULIA ATHERLEY

MORE than 1,000 prisoners now consider themselves Pagans, official figures show – but naked worship is banned.

Followers, who believe nature is sacred, are allowed items central to their beliefs including incense, crystals, rune stones, pentacle necklaces and wands.

They may celebrate festivals such as Midsummer and Samhain, but under prison rules are not allowed Skyd – or naked – worship.

Ministry of Justice data found 1,172 out of 84,372 prisoners in England and Wales stated that they were Pagans.

It accounts for 1.4 per cent of the prison population, making Paganism the fourth most popular religion inside.

Six Pagans at Peterborough women's prison told lags' mag Inside Time: "It isn't a dark religion."

"We believe in kindness towards others."



At court... Davies

Hound in kill order after 2nd savaging

By ALEX WEST

A DOG which savaged a chimney sweep has been ordered to be destroyed.

Katie Foster was bitten on her leg and both arms by three-year-old Cane Corso Hendrix.

She was attacked while working at the home of the brother of the dog's owner Glyn Davies, 60.

A court heard he asked Ms Foster not to report the December 2022 attack in Winchester. Hants, as it was already on a "dog behaviour contract" for a previous attack.

Recorder Richard Tutt said the dog – an Italian breed of mastiff – was "a danger to public safety" in his destruction order.

Davies, of Basingstoke, got a four-month suspended jail sentence at Winchester crown court after admitting that the dog was dangerously out of control.

He also got an unpaid work order and must pay £500 compensation to Miss Foster.

40YRS SINCE SPRINGSTEEN'S CL

"YOU can't start a fire without a spark."

So sang Bruce Springsteen on *Dancing In The Dark*, the spark that would light the rock 'n' roll inferno of *Born In The U.S.A.*, released 40 years ago today.

Born In The U.S.A. is a masterpiece. A searing songbook of hard-luck Americana that touched the souls of the 30million people – so far – who bought it and helped catapult it to No1 around the world, securing its place as one of the best-selling rock albums of all time.

And it turned the 34-year-old, bandana-wearing, ripped jeans-sporting son of Long Branch, New Jersey, into a pop superstar, turbocharging his private campaign to become a rock 'n' roll legend, a working-class hero who, as he admits, hasn't done a day's real work since he was 15.

Bruce had arrived on the global stage.

Move over Madonna. Jog on Jack Bow down to The Boss.

It would take another year for the fire of June 4, 1984, to engulf me.

I "taped" *Born In The U.S.A.* off friend's dad and played that over and over until I found my own copy at car boot sale months later.

Now that iconic album cover, sh by celebrity snapper Annie Leibovitz was on my shelf.

When I turned ten, all I wanted was Bruce Springsteen.

It is a mark of the – sometimes criticised – pop accessibility of *Bo In The U.S.A.* that it could captivate my pubescent brain with its grow up tales of working for the man.

From the opening synth bars of the title track – a bombastic room shak whose satirical denunciation arrogant America is still as vivid today – I was hooked.

I hadn't even had a paper rour but somehow I was empathising with the hard-bitten men of New Jersey working on the highway, laying down the "blacktop". Whatever that was.

It was an education.

'Most misunderstood pieces of music'

Maybe I learned more from the three-minute records than I ever did in school.

I was calling my friends "baby" and dreaming of "busting out" of my home town of Chesterfield, Derbyshire in search of a better life. And all the while just looking for a lover who could come on in and cover me. Or at the very least give me a kiss.

Me and three pals even performed the album during a school assembly, miming along with microphones made of toilet roll tubes covered in foil as *No Surrender* blared from the twin cassette player my friend Berkeley's parents had bought him when they came good on the Football Pools.

We wanted to play the whole album until the headmaster objected: "Just the three songs, eh lads? We haven't got all day."

Crushed, but elated all the same.

Morning assembly at Deer Park Primary School was not quite the three sold-out nights at Wembley Stadium that Bruce would play during his £70million-grossing world tour of the album.

But God it felt good.

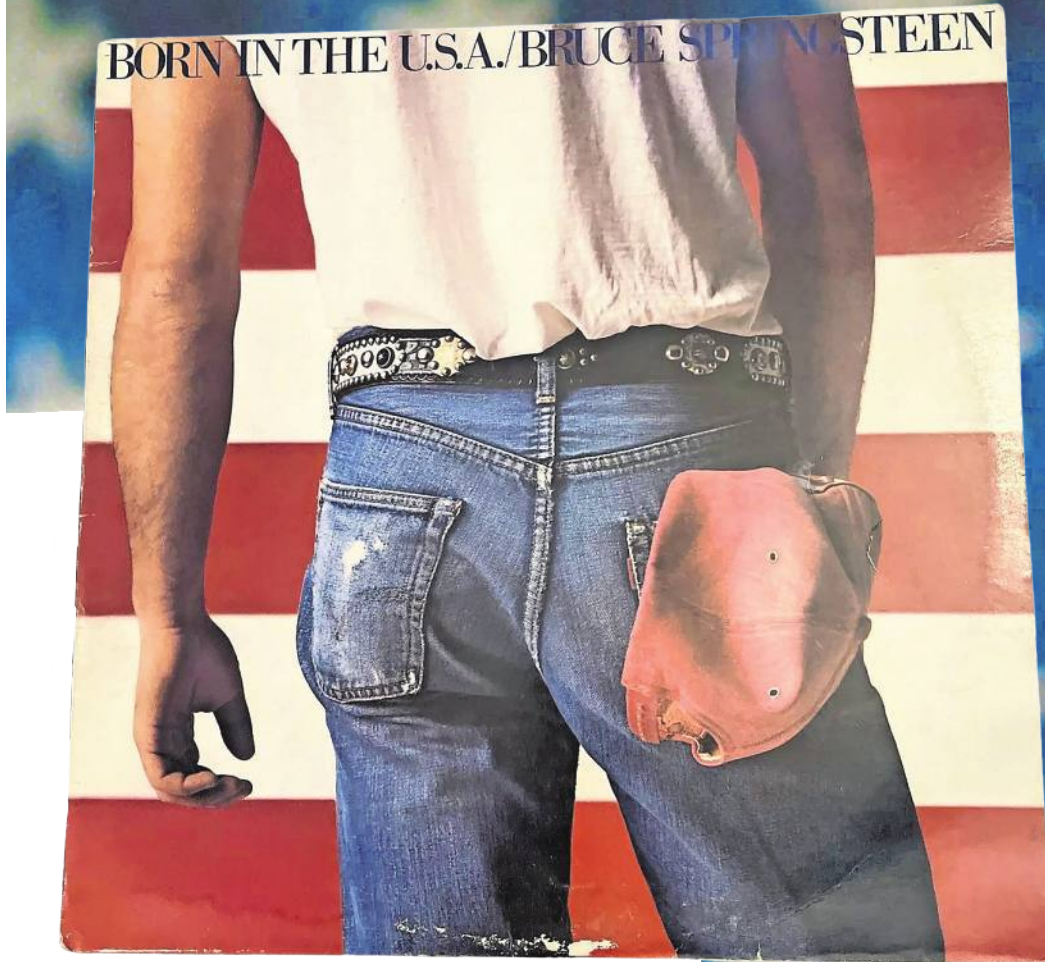
They were glory days all right. The local *Our Price* was besieged with orders from young fans after that unforgettable show (probably).

With our squeaky voices and jumble-sale singlets we proved that *Born In The U.S.A.* is not just an album for the ages but an LP for all ages.

There is something about its variety – from *Dancing In The Dark*'s unabashed pop to country-tinged songs such as *Darlington County* to the rock 'n' roll spirit of *No Surrender* and the R&B flavour of platonic love letter *Bobby Jean* – that helped it take root in the lives of so many lives.

Here was a man whose previous album, *Nebraska*, had been a dark lo-fi LP of quiet ruminations (and murder!), now turning the dial up to 11 and breaking out the synthesizers that would come to define the sound of the 1980s.

Launching *Dancing In The Dark* as the album's first single in May 1984 was a masterstroke. It instantly recast



to be was
Springsteen. I called friends 'baby' and dreamed of 'busting out' of Chesterfield. The Boss taught me more than school.

REBORN I



By
COLIN ROBERTSON

Bruce, the chronicler of the parts of America that Hollywood had little interest in, as someone who could have some fun. Someone you could dance to.

The accompanying video, shot, somewhat surprisingly, by Scarface director Brian De Palma, showed us a new Bruce too.

There he was, all smiles, bandana binned, bopping away... and dragging a young Courteney Cox on stage to dance with him.

Welcome to my disco, was the vibe. And discos across the world lapped it up, the 12in Blaster Mix having us dancing in the dark from Asbury

Park to Zimbabwe. It became a pop sensation, helping Bruce bag his first ever Grammy Award.

All for a song he wrote in one night and only after producer Jon Landau insisted that the album needed an instant, catchy single that would, says Bruce, "throw gasoline on the fire".

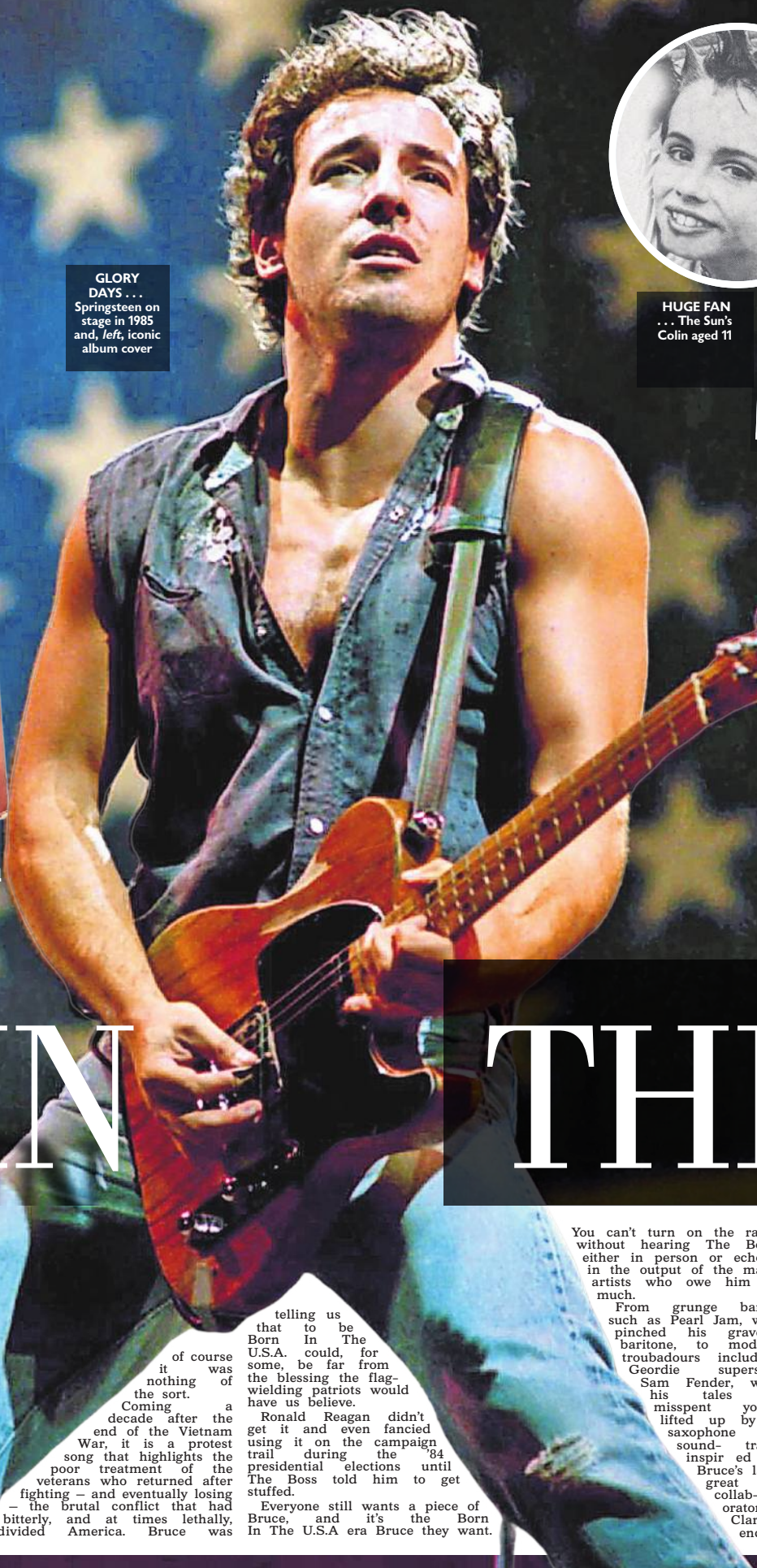
Born In The U.S.A. gave birth to seven singles in all. The title track, and it's opener, wasn't released until later that year and despite the album having "gone nuclear", as Bruce would later declare, it became a monster hit on its own, going triple platinum. "When I heard it

thundering back at me through... gargantuan studio speakers, I knew it was one of the best things I'd ever done," he wrote in his brilliant 2016 memoir *Born To Run*.

It is also perhaps Bruce's most controversial song, as he put it: "One of my greatest and most misunderstood pieces of music."

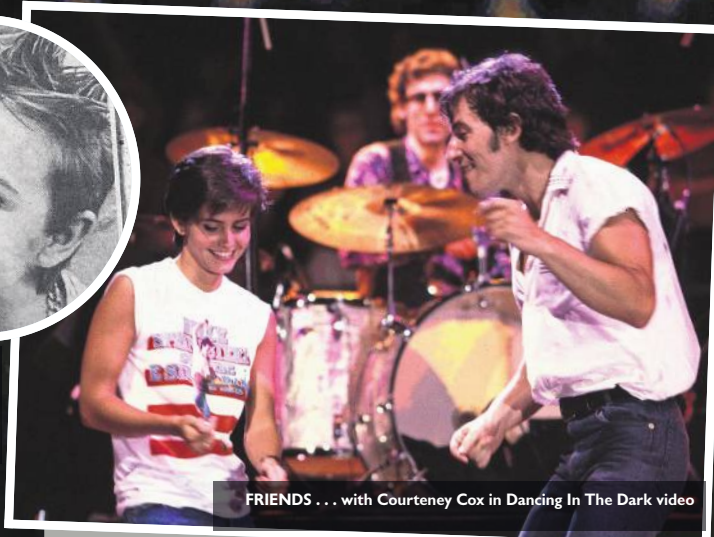
For the hard of hearing, *Born In The U.S.A.* was the ultimate jingoistic anthem, a hymn to the power and pride of America, a "YOO-ESS-AY" chant for all the knuckle-heads. But

CLASSIC...HOW IT CHANGED ONE BOY'S LIFE



GLORY DAYS...
Springsteen on stage in 1985 and, left, iconic album cover

HUGE FAN
... The Sun's Colin aged 11



FRIENDS... with Courteney Cox in *Dancing In The Dark* video

BORN TO HUM THE 12 TRACKS

SIDE ONE

Born In The U.S.A. - Single out Oct '84 (No 5 in UK)
Cover Me - Single out Jul '84 (No 16 in UK)
Darlington County
Working On The Highway
Downbound Train
I'm On Fire - Single out Feb '85 (No 5 in UK)

SIDE TWO

No Surrender
Bobby Jean
I'm Goin' Down - Single out Aug '85 (No 9 in US)
Glory Days - Single out May '85 (No 17 in UK)
Dancing In The Dark - Single out May '84 (No 4 in UK)
My Hometown - Single out Nov '85 (No 9 in UK)



BANDANA
... Bruce in Eighties and the album

IN THE U.S.A.

You can't turn on the radio without hearing The Boss, either in person or echoed in the output of the many artists who owe him so much.

From grunge bands such as Pearl Jam, who pinch his gravelly baritone, to modern troubadours including Georgie superstar Sam Fender, with his tales of misspent youth lifted up by a saxophone sound-track inspired by Bruce's late, great collaborator Clarence

Clemons. Some have even borrowed literally. One example is fellow New Jersey band The Gaslight Anthem, who feature Bruce on the title track of their latest album, *History Books*. They sing on 2008's *High Lonesome*: "And at night I wake up with the sheets soaking wet."

"It's a pretty, good song, baby you know the rest." You bet we do. I'm On Fire, the fourth single release from *Born In The U.S.A.*, is the first song I ever learnt off by heart (that wasn't Jingle Bells). The sparse and haunting track is one of the album's more downbeat songs - and at around 2min 35sec its shortest - but it is in these more melancholy tracks where you can find Bruce's most beautiful lyrics.

On *Downbound Train*, a hymn to a lost life and love, he sings: "Now I work down at the carwash where all

it ever does is rain." Oof! It still gets you.

Indeed, it is a testament to this collection of 12 songs that, with 21 albums to choose from, they still form a key part of Bruce's epic sets.

Yes, there were the years when you were more likely to hear him shout "Make America Great Again" than play *Born In The U.S.A.* but now it's back.

Last year I managed to bag a ticket to Bruce's show in London's Hyde Park, where he played **EIGHT** songs from the album to a grateful audience of 70,000.

A week later I had lunch with a friend who had been working on the show and had helped me get in.

He asked me how I got on. I told him I had tears in my eyes when he played *Born In The U.S.A.*

He looked at me, smiled, and said: "You and everyone else, mate."

telling us that to be Born In The U.S.A. could, for some, be far from the blessing the flag-wielding patriots would have us believe. Ronald Reagan didn't get it and even fancied using it on the campaign trail during the '84 presidential elections until The Boss told him to get stuffed. Everyone still wants a piece of Bruce, and it's the *Born In The U.S.A.* era Bruce they want. of course it was nothing of the sort. Coming a decade after the end of the Vietnam War, it is a protest song that highlights the poor treatment of the veterans who returned after fighting - and eventually losing - the brutal conflict that had bitterly, and at times lethally, divided America. Bruce was

Sunhealth+



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SWAP CHICKEN NUGGETS FOR CHICKEN DRUMSTICKS



ALWAYS a favourite with kids, these bites are heavily processed.

They tend to contain high amounts of sugar, fat, preservatives and trans fats – oils that bind them together – which inhibit the growth of “good bacteria” in your child’s gut.

Nutritionist Thalia says: “If you want to make your own nuggets out of pieces of chicken, it’s all about the

coating. You can try breadcrumbs and add in some herbs and spices to help increase your family’s plant foods for the week.

“Or try making a coating with ground almonds, parmesan, egg and flour.

“Alternatively, if you want to keep it simple, serve them chicken drumsticks, which can also be fun for them to eat.

“Unlike nuggets, drumsticks contain just one ingredient.”



SWAP BREAKFAST CEREALS



WHEN you are rushing to get kids off to school, cereal is the easiest go-to.

However, health charity Action on Sugar found 47 per cent of the breakfast food contained a third of the maximum sugar recommendation per 100g for a four to six-year-old.

Research has suggested that diets high in sugar can negatively affect gut function and erode the lining.

Guts aside, sugar has consequences for health including on weight and teeth.

Look for alternatives that are whole-grain and sugar-free, says Dr Justine

AS busy parents, heating up a store-bought pizza or some turkey dinosaurs is often the easiest way to feed the kids quickly.

But did you know all those handy ready-made meals could be making your job harder in the long run – by making your child badly behaved?

That’s because every piece of food you give your little ones feeds trillions of bacteria living in their guts.

These micro-organisms not only help to break down the nutrients in their meals, but also contribute to their feel-good chemicals.

In fact, 90 per cent of serotonin and 50 per cent of dopamine is made in the gut – and these are two of the key neurotransmitters that kids need to feel calm and happy.

Gut reaction

However, ultra-processed foods, which are high in refined flours, cheap oils, sugars, starches, additives, preservatives and colourings, prevent the growth of the good bacteria that help to make these chemicals.

Studies show that the make-up of the microbiome affects kids’ behaviour as early as primary school.

Research in the journal mBio found a link between the type of bacteria in the guts of children aged five to seven and their behaviour.

A further study in the European Journal of Clinical Nutrition showed that children who often ate junk food at four years old were more likely to be hyperactive by the age of seven.

Dr Sarah Brewer, nutritional consultant for Nutrigrums vitamin gummies, tells Sun Health: “A growing body of research suggests

that the food children eat has a significant impact on their behaviour.

“It’s not just the emulsifiers, sugar and artificial additives such as colourings they ingest, but also the (lower) quality of the fibre and (lower) level of vitamins and minerals they get, which affects the balance of bacteria in their gut.

“These bacteria and other microbes, plus the substances they produce, are known as the gut microbiome.

“The microbiome influences the production of serotonin in the gut lining, for example, which in turn affects the brain – mood, sleep and other behaviour patterns.”

As well as making it harder for children to sleep and regulate their behaviour, an unbalanced gut microbiome could make it more difficult for them to do well at school, warns registered nutritionist Thalia Pellegrini of thaliapellegrini.com.

She says: “Research has found that children who eat a diet high in ultra-processed foods have lower cognitive scores than those who consume a diet based on unprocessed or minimally processed foods.”

Foods that are high in fibre, on the other hand, can help stabilise blood sugar, which may help with mood and attention – while the nutrients in a healthy diet support their growing brains, according to the British Dietetic Association.

It comes as research found UK children have a diet that is “exceptionally high” in ultra-processed foods, with more than 67 per cent of their daily calorie intake coming from these items.

But the good news is that by making a few simple swaps to your kids’ favourite foods, you can help them grow the gut bacteria they need to feel happier, and behave better... win, win!

● **Tanith Carey, with Dr Angharad Rudkin, is author of What’s My Tween Thinking? Practical Child Psychology For Modern Parents.**

SWAP READY-MADE PIZZA FOR DIY



SHOP-BOUGHT and ready-made pizzas tend to be high in salt and fat, especially the saturated type, according to the World Cancer Research Fund – and the toppings are largely to blame.

Saturated fats are often associated with animal fats, like red meat or dairy, which are the cornerstone of many pizzas.

A high-fat diet has been linked to unfavourable changes to the gut microbiome.

Research has found that eating a lot of animal fats increases inflammation in the gut, hampering



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thesun.co.uk/health
Email us at
health@thesun.co.uk

Ask Dr Zoe

Your health questions answered
See page 30

FOR PORRIDGE

Butler, head of research and nutrition expert at plant-based charity, Viva.

Good choices include Weetabix or Shreddies, she says.

Making porridge is also better value for money – and can be dressed up in the mornings to look more exciting for kids.

Try dollops of yoghurt, peanut butter, banana slices, sprinkles of cinnamon, raisins or flaked almonds – all of which help good bacteria in the gut to flourish.

Dr Butler says: "This will give them lots of healthy fibre here too to keep their microbiome happy."



IN



OUT

SWAP CRISPS AND CHIPS FOR POPCORN

DEEP-FRIED foods like chips and crisps are high in salt and saturated fat, which may irritate the gut.

If your child is still craving the crunch, offer them homemade popcorn which is made of just one ingredient – corn kernels – and is therefore unprocessed.

Only offer nuts and popcorn to kids over the age of five who have all their teeth as they can pose a choking hazard, says Lucy Upton, child nutritionist for kefir product brand Biotiful Gut Health.

She says: "For younger children, you

could try offering options like oatcakes or crackers with peanut butter which would make a nutritious, gut-friendly swap."

If your child is still missing crisps, nutritionist Thalia says: "Go for lightly-salted kind, rather than the flavoured ones – because the more flavours they have, the more additives have been added in."

"Offer them to kids with dips that can support the gut – bean dips are a good source of fibre, or a yoghurt-based dip is also a good option."



IN

Turn your little devils into angels with simple food swaps

CUTTING BACK ON JUNK WILL HELP MOOD, SLEEP AND HAPPINESS



PIZZA WRAP

the production of feel-good chemicals. But you can make the Italian dish at home and it will be delicious as well as healthy.

Dr Butler says: "Swap for healthy pizza made with a wholemeal base topped with plenty of fresh veggies such as peppers, onions, mushrooms and olives."

"All these are not only packed with healthy vitamins, minerals and fibre, they are also good for growing gut-friendly bacteria."

For a healthy high-fibre snack, put tomato puree on a wholemeal wrap, add thin layer of toppings and put in the oven for ten minutes, or even less in an air fryer.

SWAP ICE CREAM, CAKES & BISCUITS FOR JUICY LOLLIES & FLAPJACKS

FOODS like ice-creams, chocolate bars and biscuits contain emulsifiers.

These are chemicals added to stop the ingredients from separating and extend their shelf life.

Studies in mice have indicated that emulsifiers may cause imbalances in the gut and inflammation.

If your child wants an icy treat, offer them homemade lollies made of fruit juice.

You can also quickly make homemade ice cream using a banana, which contains fibre and phytochemicals that

promote the growth of good bacteria in the gut.

Blend a frozen banana adding small amounts of milk until it is a creamy texture. Then you can add in dark chocolate chips – which are high in antioxidants – or cocoa powder.

If you want alternatives for cakes and biscuits, Dr Butler says: "Swap for flapjack-style oat snack bars with added seeds and dates and topped with walnuts, or oatcakes with nut butter."

Desserts like carrot cake or chocolate-covered strawberries at least have a portion of vit or veg.



OUT



IN

SWAP FIZZY DRINKS FOR SMOOTHIES

KIDS aged four to ten years are drinking the equivalent of almost half a bathtub of sugary drinks each year, according to Cancer Research UK.

These contain high levels of sugar, artificial colours and flavours which stop good bacteria growing. It also throws the microbiome out of balance, according to research published in the journal, PNAS.

Instead, offer children homemade smoothies, which are packed with gut-healthy fibre, vitamins, minerals and health-protecting antioxidants, says Dr

Butler. Or make your own versions of pop at home, says nutritionist Thalia, who adds: "Sparkling water with cordial will still be better than a fizzy drink that can contain up to six teaspoons of sugar per can."

Youngsters aged four to six and seven to ten should have no more than 19g (five cubes) and 24g (six cubes) of sugar per day, respectively.

Thalia says: "If you are mixing sparkling water with fruit juice, dilute to the proportions 1:5. Once kids are weaned off sugary drinks, you can try sparkling water with fresh fruit ice cubes – add chopped fruit like berries, mango or pineapple to ice cube trays and top with water."



OUT



IN

Sunhealth+

BURNS, choking, cuts and more – kids get into all sorts of trouble, some of it more frightening than others, some life-threatening.

Would you know what to do if your child or their friend were in a situation like this? If not, it's a good time to brush up on some skills, as it is Child Safety Week.

Follow pages on social media to keep your memory refreshed – @tinyheartseducation, @daisyfirstaid and @cprkids are great Instagram pages.

Some groups, such as London Ambulance Service, list pop-up events on their websites. You can drop in and learn life-saving skills for free on your lunch break.

If you are really serious about getting up on first-aid, visit redcrossfirstaidtraining.co.uk.

Could you suggest your children's school put on a training course one evening for parents who are eager to learn more?

A couple of my top things to remember. Firstly, regarding little ones who have been burned. Remove the clothing, or nappy, around the injured area (but don't if it is stuck to their burnt skin) and run the burn under cool water.

Secondly, if someone is choking, do not try to get the obstruction out with your fingers. Ask them to cough, and if that doesn't work, use back blows (between the shoulder blades).

Here's a selection of what readers have asked me this week...

FAMILY HAD CANCER – DO I GET PSA TEST?

Q I AM a 61-year-old male. Would it be advisable for me to have a PSA test?

I have asked my GP surgery but they don't seem that interested, although I lost my mum and my brother within six months of each other to cancer, and my sister has had breast cancer.

PSA tests are available on the NHS to all men over 50 if they choose to request one.

Lots of men are frustrated that PSA testing is not a regular NHS screening programme.

But the test isn't quite good enough to be used this way because the false-positive rate is up to 15 per cent and there are also false negatives.

The PSA test measures prostate-specific antigens in your blood.

An elevated level suggests a prostate issue but not necessarily cancer – other causes include an enlarged prostate and prostatitis.

It can help pick up cancer before you have any symptoms which is really useful for fast-growing types of prostate cancers.

And they're useful if you're at an increased risk of prostate cancer –

having it in the family and being black increases risk levels.

But the disadvantages are that there are some cases of cancer where the PSA level is normal, so it doesn't definitively rule out the disease.

The next steps after a raised result can be invasive – if a biopsy is needed that can result in pain, infection and bleeding, although most hospitals will offer an MRI first.

Prostate Cancer UK has an information sheet you may find useful to fill out and take to your GP.

This will reassure your GP that you have read and understood the pros and cons to a PSA test and are therefore making an informed decision.

Do mention that your family history is part of your concern.

All the answers to help you sort those niggling health worries

ASK Dr ZOE

Expert advice from **Dr Zoe Williams**, our very own resident specialist and practising NHS GP

Got a question for Dr Zoe?
Email her at health@thesun.co.uk

Q WHENEVER I am invited out I suffer palpitations, chest pains and feel sick.

The thought of leaving the house is too much for me so I let people down at the last minute. I am 63.

I only feel happy at home but I know it's not good.

I'm disabled and I think people feel sorry for me, or I feel I am putting them out by needing wheelchair access. I've even cancelled appointments at hospitals I am not familiar with.

Normally I am the life and soul of the party, and everyone says they love to see me.

I last left my house at the start of March.

A I can't imagine how difficult it's been to admit this so writing to me is a huge step in the right direction.

You're describing symptoms of anxiety which is triggered by the anticipation of leaving the home. You may be heading towards agoraphobia which is only usually formally diagnosed once symptoms have been present for more than six months.

This is treatable, and the sooner you get help, the easier it is to recover.

If you haven't already, do an e-consult with your GP (by video or phone). Explain you don't want a physical appointment.

The most effective treatment approach is exposure therapy using CBT



principles. This means taking small steps to work towards your goals alongside psychological support.

Call the hospital where you were supposed to have your appointments and ask if there's any solution.

If it's a scan or something you need to be physically present for, they can hopefully help. If it's to chat through the next steps, your consultant might be able to do this over the phone.

People with anxiety and agoraphobia have good and bad days. On your good ones, try to sit with your front door open or go into your garden.

Look on social media for some local wheelchair groups.

I've seen groups where non-disabled roller skaters take people in wheelchairs out for a ride around – that might not be your cup of tea but it's worth seeing what's around, as you won't be alone in feeling like your wheelchair is holding you back.

What was it about your last trip out that made you not want to go out again? Think back to when you started to feel like this and write things down.

Giving your GP and therapist as much information as you can when you have the consultation will help them help you get back to being the life and soul of the party.

I'm desperate to find happiness

Q I CAN'T seem to be happy about anything. What can I do?

A The specific symptom you seem to be describing is anhedonia – the lack of interest, pleasure or enjoyment from life.

Sometimes people will stop participating in the things that bring them joy, such as socialising, hobbies or seeing the grandkids. Other times these things just don't bring them joy anymore.

Potential causes include tiredness, stress and being overwhelmed by everyday life. You may have come across the term burnout, which is a state of physical and emotional exhaustion. It can occur when you experience long-term stress.

Anhedonia can also be a symptom of a

mental-health illness, such as anxiety or depression, so it's not to be ignored.

Have you spoken to your GP or a practice nurse about how you're feeling? Have you experienced poor mental health in the past or are these feelings new to you?

For women, declining hormones at the time of perimenopause or menopause can cause anhedonia alongside other mental health symptoms.

In men, low testosterone levels can cause these types of symptoms too.

Other medical problems that can affect our mood and mental wellbeing include thyroid issues or a head injury.

Keep track of your sleep, exercise, diet and work patterns. It could be that you start

to see triggers and patterns, and if so, put behaviours in place that alleviate some of the low feeling you're experiencing.

Look at aspects of your world – are you eating processed foods, on your phone late at night or wake up feeling unrested?

Giving your lifestyle a thorough MOT can help but I stress that you should be doing this alongside getting some medical help.

You can self-refer for CBT and other talking therapies on the NHS website or speak to your GP about your options.

Please don't settle for feeling this way.

Happiness is meant to be a transient emotion – we shouldn't feel it all the time but we should be content in our skin, life, job and environment.

TIP of the WEEK

TOMORROW the Sun Health team will be taking part in the Race for Life in Battersea, London. The challenge is one of hundreds of events in aid of Cancer Research UK across the UK this summer. In 2023, £33million was raised. Sign up at raceforlife.cancerresearchuk.org.



EVERY 15 minutes in the UK, someone is diagnosed with bowel cancer.

That is why this August, leading charity Bowel Cancer UK is running its Swim15 fundraising challenge.

People are encouraged to sign up and set their own swimming goal using the number 15, whether it be to swim for 15 minutes per day, 15km every week or over the month.

The charity's September event, Walkies 2024, asks dog owners to walk 43 miles over the month with their pet in a bid to highlight that there are 43,000 bowel cancer diagnoses every year.

Register for both events at fundraise.bowelcanceruk.org.uk.

Bowel cancer is the fourth most common cancer in the UK and more than nine out of ten new cases are diagnosed

GET IN THE SWIM...AND BACK DAME DEBS' CAMPAIGN FUND

in people over the age of 50. Before Dame Deborah James died of bowel cancer in June 2022 aged 40, she used her column in The Sun to help launch our No Time 2 Lose campaign.

She rigorously lobbied for the Government to bring the bowel cancer screening age down from 60 – and won. As a result, thousands of people in their 50s in England are now eligible for potentially life-saving screening. It will save around 4,500 lives every year.

Called a faecal immunochemical test, it

simply requires you to collect a small amount of poo and send it to the lab in a test tube.

In Scotland, screening starts at 50.

Though bowel cancer is the second deadliest form of the disease – killing 16,000 people per year – it is treatable. But early diagnosis is key.

Dame Debs set out to dispel embarrassment and urged people to check their poo and speak to their GP.

She also set up the Bowelbabe fund with Cancer Research UK, which has

raised more than £12.6million. If you have symptoms, regardless of age, ask your GP about an at-home test.

The five red-flag symptoms of bowel cancer are bleeding from the back passage or blood in poo, a change in normal toilet habits (such as going more frequently), a lump or pain in the tummy, extreme tiredness and losing weight.

Not everyone will have all the symptoms or they may be slightly different.

For example, poos that are ribbon-like can indicate a tumour in the rectum.

It can be embarrassing to raise these issues with your GP, or even seem trivial, after all, there are other potential causes of bowel cancer symptoms. But it could save your life, or be the difference between having a curable or incurable form of the disease.



FUNDRAISER... Dame Debs



dear deidre

Edited by **SALLY LAND**

No matter what the issue, I answer every single problem

Team: JANE ALLTON, HILARY FREEMAN, KALLY LEWIS, CATHERINE THOMAS, CHLOE STRATTON

HUSBAND PREFERS READING TO SEX

Dear Deidre

HE claimed to be too tired for sex... but then my husband sat in bed and read his book! He works hard and travels with his job installing vending machines in shopping centres and gyms.

He usually works from nine to five but the other morning he left at 6am and didn't come home until seven that night. He told me he was seeing his boss.

He insisted on having a shower before dinner because he said he hadn't had one in the morning.

After dinner, I went to bed early and dressed up in my nicest lingerie because I wanted sex.

He came upstairs and said: "Sorry, love, I'm too tired," but when he got his book out, I felt really rejected.

I said: "Has your fancy woman worn you out?" and he yelled back: "If that's what you think, that's up to you."

Has he got somebody else? He's 48 and I'm 45.

DEIDRE SAYS: It doesn't sound like it. Would you think about swinging from the chandelier if you'd had a long day at work and wanted to chill?

He may have wanted to relax, and reading is one of those calming things which helps. Tell him you love him and want to plan intimate time with him. OK, it takes away the spontaneity but sometimes a date in the diary helps you reconnect.

My support pack Saving Your Sex Life has other tips to help too.

hot topic

REALISING that your child may be overweight can stir up all kinds of emotions. You may be concerned about their health, or that they will be teased at school.

While it can be difficult to know how to address the issue without making them feel self-conscious, there are many steps you can take to improve their physical health.

Making changes to their diet and activity levels can make a world of difference.

If you are concerned, my support pack Worried About Your Child's Weight? can help.

Dear Deidre

I'VE got a big gig as a backing singer with a well-known band, which is a massive deal for me and I'm buzzing, but my best friend isn't happy for me.

She has always been like this and I'm not sure why. Singing is my number one love and she is an arty person so I always try to show an interest in her pursuits. I have been to a couple of her exhibitions and I always ask about what she's working on.

We text most days and when we do get together we have such a laugh but she never asks about my singing or even wishes me luck if I have got an audition coming up.

Friends that I'm less close to have come to watch

I want kids...but she wants lover

Dear Deidre

MY dreams of becoming a dad and starting a family were blown out of the water when my wife suggested we should have sex with other people.

Until that moment, I didn't think anybody could burst our bubble, but her request to make our relationship an open one did exactly that.

She's 32 and I'm 35. She runs an online sales business, and I'm a maintenance engineer. We have known one another for eight years. Our sex life is good and she's more adventurous than I am.

We have enough sex toys to open a shop and sometimes when I get home, she's dressed provocatively and ready for me to jump into bed.

Two weeks ago, she asked whether she could bring a guy from our local pub back for a threesome. I said no.

I told her I didn't want to be put on the spot. I don't want a messy situation, I've seen friends' relationships fall apart after threesomes.

My brother's partner has just had

HERE TO HELP YOU

IF YOU are worried about anything please get in touch with my team of counsellors and we will do our best to help you. Every email receives a personal response within one working day.

deardeidre@the-sun.co.uk

a baby girl and she's so special. Even as a bloke, I felt broody and wanted us to have a child.

I'd decided to suggest she stop taking the Pill but she caught me off-guard again by suggesting, "How about trying more of an open mar-

riage? I'd be happy if you practised safe sex".

I was horrified. Telling me to cheat is her way of deflecting the attention away from herself.

It's clear that if I find sex elsewhere, she'll hook up with this guy from the pub.

I took our vows seriously but she doesn't seem bothered about me any more.

DEIDRE SAYS: There is something missing from your wife's point of view but if she doesn't tell you what it is, how can you improve things?

She may be missing the thrill of feeling she's doing something naughty. But her request to open your relationship is a huge step and requires you both to cross a very big boundary.

You're not comfortable so don't fit in with her plans. Does she want to stay in a committed marriage with you, or continue with this hedonistic lifestyle?

She can't have both. It would crucify you to agree with what she's suggesting.

If she's staying but feels unhappy, seek support from a sex and relationship counsellor to see if you can move forward. Cosrt.org.uk can help you find a reputable therapist.

PARTNER'S SMOKING HAS STUBBED OUT OUR PASSION

Dear Deidre

SEEING my fitness freak partner smoking again has really affected me.

I lost my mum to cancer and she smoked all her life.

When we met, my partner, who is 38, told me she used to smoke. I'm a 41-year-old guy and I own a gym so I know how important it is to look after yourself and how bad smoking is - doesn't everyone?

If she'd been a smoker when we met, our relationship wouldn't have gone the distance but I thought her smoking days were behind her.

She went out with some friends three weeks ago. When she came back, I could smell cigarettes. I called her out on it and she shrugged and said, "I just fancied a cigarette". She's now smoking regularly. I have seen them in her handbag.

Our sex life has taken a dive because I can't bear the stench of stale tobacco. Is this the end for us?

DEIDRE SAYS: It depends on how strongly you feel about her and how committed she is to smoking.

Find a moment when you are both calm and ask her whether anything is worrying or stressing her because you are concerned she is putting her health at risk. Tell her you love her and you want to enjoy the intimacy you once shared but her smoking again is changing how you feel about intimacy.

My support pack Giving Up Smoking will help direct her to organisations that can help her to kick the habit.

stories

deidre's photo casebook

SARAH'S SUSPICIOUS IN-LAW: DAY 2



Clothes by Boohoo and BoohooMAN

CONTINUES TOMORROW

BEST PAL NEVER GIVES ME PRAISE

me sing and they always take an interest but my bestie refuses to acknowledge that this is my vocation.

We are both 38 and we've been friends since we met at college where I was doing a music degree and she was studying English. Both of us have partners and we make an effort to meet up at least every couple of months - but she never asks about my music. It's making me question our friendship.

DEIDRE SAYS: First of all, congratulations on

your gig. I'm sorry your friend doesn't have the same enthusiasm, which is likely down to envy.

You were together at college so perhaps she figured you'd be on the same success trajectory.

She doesn't acknowledge your achievements which says more about her than it does about you. Perhaps she sees you as more successful and is struggling with that perception, believing she can't achieve the same satisfaction.

Or perhaps she's worried your music will take you away from your friendship.

If you value your friendship, you can continue to enjoy it as it is, or you can call her out on it.

My support pack Standing Up For Yourself will help you with this conversation.

GET IN TOUCH

If you are worried about something, my team is here to help. Please contact and follow us.

Online: thesun.co.uk/deidre Instagram: @dear.deidre Facebook: @DearDeidreOfficial

X: @DearDeidre Post: Dear Deidre, The Sun, 1 London Bridge Street, London, SE1 9GF

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BBC
ONE
BBC
TWO
itv1
4
5

6am Breakfast (S)
9.30 Rip Off Britain (S)
10.15 The Moment Of Proof (R,S)
10.45 Expert Witness (R,S)
11.15 Homes Under The Hammer
 Featuring properties in London, Stoke and Surrey. (S)
12.15 Bargain Hunt Christina Trevanion presents the show from Oswestry, Shropshire. (R,S)
1.00 BBC News At One (S)
2.00 Doctors A young couple crash into The Mill. (S)
2.30 Clean It, Fix It The team helps a mother and daughter with little storage space. (R,S)
3.00 Escape To The Country Alistair Appleton helps a couple from Miami move to Cheshire. (R,S)
3.45 Garden Rescue An inhospitable space in Redditch gets a makeover by the team. (R,S)
4.30 The Finish Line Kelsey, Stuart, Terri, Alan and Emily compete in the quiz show. (S)
5.15 Pointless Quiz with Alexander Armstrong and Lucy Porter. (R,S)
6.00 BBC News (S)
6.30 Regional News (S) Followed by **Party Election Broadcast** By The Labour Party



9pm Esme Young and Patrick Grant judge in The Great British Sewing Bee

7.00 The One Show
 Alex Jones and Jermaine Jenas present another mix of nationwide reports and live studio-based chat. (S)
7.30 EastEnders
 Cindy sets a plan rolling to get George back and Eve has a row with Nish at the Vic. Harvey bonds with Maya and Kathy sets Reiss up with a business opportunity. (S)
8.00 Sort Your Life Out With Stacey Solomon
 (4/6) Stacey and her team help Cherelle and Tony Dowling, who have four children under the age of four, transform their chaotic two-bedroom home through a radical space-saving reorganisation. (R,S)
9.00 The Great British Sewing Bee
 (3/10) 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 travel. (S)
10.00 BBC News (S)
10.30 Regional News (S)
10.40 Tokyo Vice
 (7 & 8/10) Double bill. Jake makes a long overdue visit home to Missouri and a death at Cihara-kai causes an upheaval. Katagiri has a stroke of luck that might lead to a major breakthrough. Then, Katagiri loses the best lead he had. (S)
12.30 The Repair Shop (R,S) Followed by **Weather For The Week Ahead** **1.35-6am** BBC News (S)

6.45 am Garden Rescue (R,S)
7.30 Clive Myrie's Caribbean Adventure (R,S)
8.00 Sign Zone: Race Across The World (R,S,SL)
9.00 BBC News (S)
12.15 Politics Live (S)
1.00 Impossible (R,S)
1.45 Mastermind (R,S)
2.15 Great Coastal Railway Journeys (R,S)
2.45 Five Bedrooms (R,S)
3.30 The Farmers' Country Showdown Vegetable and fruit farmers Paul and Jackie gather their crops for the Winchester Farmer's Market. (R,S)
4.15 Ocean Giants Documentary exploring the lives of whales and dolphins. Narrated by Stephen Fry. (R,S)
5.15 Flog It! From Chiddingstone Castle in Kent. (R,S)
6.00 Richard Osman's House Of Games Ashley John-Baptiste, Simon Rimmer, Claire Sweeney and Esme Young compete. (R,S)
6.30 Clive Myrie's Caribbean Adventure Clive takes on a potential Olympic champion in the boxing ring. (S)



10pm Comedian Alan Carr joins Lucy on a night out in Meet The Richardsons

7.00 Your Garden Made Perfect
 (2/6) Neil and Clare need help redesigning their garden, which has a stunning view of rural Cheshire but does not work for their large family. Presented by Angela Scanlon. (R,S)
8.00 Springwatch
 (6/12) This edition celebrates the wildlife heroes who dedicate their time to nature and Iolo Williams seeks out the dormouse at Garston Woods. (S)
9.00 D-Day: The Unheard Tapes
 (3/3) The story of the bloody battle for Normandy that followed D-Day, narrated by soldiers on both sides and French witnesses, whose words are lip-synced by actors. (S)
10.00 Meet The Richardsons
 (3/6) Lucy goes on a wild night out in London with TV personality Alan Carr, while back in Hebden Bridge, Jon spends the night with his best friend, Matt Forde. (R,S)
10.30 Newsnight
 Analysis of the day's events with Victoria Derbyshire. (S) Followed by **Weather**
11.05 Colette A woman is persuaded to write up her semi-autobiographical tales Biopic starring Keira Knightley. (2018)  **12.50 Sign Zone: Hidden Treasures Of The National Trust** (R,S,SL)
1.50 Great British Railway Journeys (R,S,SL) **2.20** David & Jay's Touring Toolshed (R,S,SL) **2.50** Lifeline (R,S,SL) **3.00-4am** The Outlaws (R,S,SL)

6am Good Morning Britain (S)
9.00 Lorraine Entertainment and fashion news. (S)
10.00 This Morning Celebrity chat and lifestyle features. (S)
12.30 Loose Women More celebrity interviews and debate. (S)
1.30 ITV News (S)
1.55 Regional News (S)
2.00 Dickinson's Real Deal David Dickinson, Fay Rutter, James Layte, Simon Schneider and Jo Brayshaw head to Crewe to assess items brought in by members of the public. (R,S)
3.00 Lingo Sheila and Kelsey, Ian and Charlotte, and Elise and her mum Tracey compete in the quiz. Hosted by Adil Ray. (R,S) Followed by **Local Weather**
4.00 Tipping Point For Soccer Aid With TV presenter and UNICEF ambassador Charlie Boorman, ITVs' fishing aficionado Ali Hamidi and horse racing commentator Chris Hughes. (R,S)
5.00 The Chase Quiz show. (R,S)
6.00 Regional News (S) Followed by **Party Election Broadcast** By The Labour Party
6.30 ITV News (S)



7.30pm Rose makes a little mistake in tonight's episode of Emmerdale

7.30 Emmerdale
 Rose makes a faux pas, Marlon vents his concerns to Paddy, and Samson is thrilled. (S)
8.00 Beat The Chasers: Celebrity Special
 Bradley Walsh hosts as Nish Kumar, Chris McCausland, Mary Eaprs and Alexander Armstrong take on Mark Labbett, Anne Hegerty, Shaun Wallace, Paul Sinha, Jenny Ryan and Darrah Ennis, hoping to win big money for their chosen charities. (R,S)
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. (S)
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. (S)
11.10 ITV News (S)
11.40 Regional News (S)
11.55 ITV Studio Sessions
 (5/6) Becky Hill chats about her career, and also showcases some new tunes. (R,S)
12.20 Shop On TV 3.00 On Assignment (R,S,SL) **3.30** My Mum, Your Dad (R,S,SL) **4.20** Unwind With ITV (S) **5.35-6am** Made In Britain (R,S,SL)

6.30 am 3rd Rock From The Sun
 Three episodes. (R,S)
7.45 Everybody Loves Raymond
 Four episodes. (R,S)
9.40 Frasier (R,S)
11.10 Ramsay's Kitchen Nightmares USA Revisiting restaurants. (R,S)
12.05 C4 News Headlines. (S)
12.10 Ramsay's Kitchen Nightmares USA Part one of two. A failing Italian restaurant in Boston, Massachusetts. (R,S)
1.10 Car S.O.S Fuzz Townshend and Tim Shaw restore a car belonging to a busy doctor. (R,S)
2.10 Countdown With guest Krishnan Guru-Murthy. (S)
3.00 A Place In The Sun Double bill. Antonia and Ross seek their dream holiday on the island of Ibiza. Then, Ben Hillman helps Lizzie and Paul find a holiday home in Paphos, Cyprus. (S)
5.00 Sun, Sea And Selling Houses
 The Rodriguez sisters are in Alicante helping Dave and Paula find a holiday home. (S)
6.00 Four In A Bed The second visit of the week is to Ullswater View in the Lake District. (S)
6.30 The Simpsons (R,S)



10pm Queenie is left shell-shocked when her boyfriend Tom says they need a break

7.00 C4 News (S)
8.00 Emergency Helicopter Medics
 The East Anglian Air Ambulance crew have a difficult decision to make when critically-ill dialysis patient Gillian desperately needs fluids. Also, in Canvey Island, the medics take over the breathing of motorcyclist Sol who is bleeding from his ear. (S)
9.00 Grand Designs
 Kevin McCloud follows the progress of North Lincolnshire born-and-bred Danny who plans on building a stylish, sustainable and affordable home among the trees in his garden. (R,S)
10.00 Queenie
 Double bill. (1 & 2/8) Drama based on the novel by Candice Carty-Williams about the life 25-year-old Jamaican British woman Queenie Jenkins. Then, as she moves into her new house share, Queenie tries to put on a brave face but when she realises that Tom isn't coming back any time soon, she takes steps to numb her loneliness. (S)
11.10 The Rest Is Politics
 Discussion with Alastair Campbell and Rory Stewart. (S)
12.10 Sky Coppers (R,S,SL) **1.05** Taskmaster (R,S,SL) **2.00** Ramsay's 24 Hours To Hell And Back (R,S,SL) **2.50**  The Watermelon Woman. Drama starring Cheryl Dunye. (1996) **3.00** (S) **4.15** Iris Prize Best British Shorts (S) **4.25** Britain's Most Luxurious Hotels (R,S,SL) **5.20** Beat The Chef (R,S) **5.50-6.30am** Countdown (R,S)

6am Milkshake!
9.15 Jeremy Vine (S)
11.15 Storm Huntley (S)
12.45 Friends Double bill. Joey tells a fellow cast member that her character is to be killed off. Then, Chandler hears a startling revelation. (R,S)
1.40 5 News Headlines. (S)
1.45 Home And Away Theo's searching for Valerie and Kirby has little sympathy left. (R,S)
2.15 The Baby Snatcher A woman suspects a photographer drugged her and was planning to steal her child. Thriller starring Ali Liebert and Matreya Scarrwener. (2021)  **4.00 Bargain-Loving Brits In The Sun** Documentary following Brits who moved to Spain, swapping the damp and grey conditions of the UK for a new 'cheap-as-chips' life in the Spanish sun. (R,S)
5.00 5 News At 5 Updates. (S)
6.00 Police Interceptors Phil Broughton is hot on the heels of dangerous driver heading towards Nottingham city centre. (R,S) Then **5 News Update**



9pm Joining forces with the Tuyuka Tribe in Into The Amazon With Robson Green

7.00 Sell By Dates: The Surprising Truth
 Demystifying the dates and the small print on food packaging with journalist Harry Wallop, restaurant critic Jimi Famurewa and other experts. (S) Followed by **5 News Update**
8.00 The Yorkshire Vet
 Julian Norton heads back to the place he trained to be a vet, Cambridge University. Plus, a goat struggling to feed her kids is brought to the practice. (S)
9.00 Into The Amazon With Robson Green
 (3/3) 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. (S)
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,S)
11.05 Crimes That Shook Britain
 (2/6) Raoul Moat's case. (R,S)
12.05 Ultimate Police Interceptors (R,S) **1.00** PlayOJO Live Casino Show (S) **3.00** Inside Tiffany's: The World's Most Famous Jewellers (R,S) **3.50** Bargain-Loving Brits In The Sun (R,S) **4.40** Wildlife SOS (R,S,SL) **5.05** House Doctor (R,S,SL) **5.30** Entertainment News On 5 (S) **5.35** Fireman Sam (R,S,SL) **5.45-6am** Paw Patrol (R,S,SL)

REGIONAL VARIATIONS

S4C: 6am Cwyl 12.00 Newyddion 12.05 Ewrd I Dn 12.30 Heno 1.00 Flasiwn Drefn 1.30 Ffermio 2.00 Newyddion 2.05 Prynhawn Da 3.00 Newyddion 3.05 Ken Owens: Y Sheriff 4.00 Awr Fawr 5.00 Stwnsh 6.00 Cymry Ar Gyntas 6.05 Prynawn Da 6.30 Newyddion 7.00 Heno 7.30 Newyddion 8.00 Pobol Y Cwm 8.25 Rownd A Rownd 8.55 Newyddion 9.00 Y Llinell 11.00 Pêl-Droed Rhyngwladol 11.00 Pum Merch, Tri Chopa, Un Cwch 12.30 12.05am Codi Hwy! BBC ONE WALES: 6.55pm A Party

Election Broadcast By The Welsh Conservatives 7.00-9.00  Match Of The Day Wales 10.45 Tokyo Vice 11.40 Tokyo Vice 12.35-1.35am The Repair Shop BBC ONE NORTH WEST: 8.00 TWO WALES: 1.45pm First Minister's Questions 2.45 Westminster 3.15 Great Coastal Railway Journeys 3.45 Five Bedrooms 4.30-5.15 The Farmers' Country Showdown 6.30 Hair Bikers: Nambrian BBQ 6.45  Match Of The Day Wales 7.00 The One Show 7.30-8pm EastEnders ITV WALES: 6.20-6.30pm Party Election Broadcast By The Welsh Conservative Party 11.40 ITV Election Interviews: Plaid Cymru 11.55pm-12.20am Sharp End

FILMS      (R) Repeat (S) Subtitles (SL) Sign Language (HD) High Definition



By **ROD McPHEE**
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Sun **tvbiz**

FUN PROMISE... writer Harlan

FAB WAY TO LURE JENNIFER

THERE is no coincidence that thriller writer HARLAN COBEN cast two of Absolutely Fabulous' biggest stars in his gripping Netflix shows – as he's a huge fan of the sitcom.

He was behind this year's Fool Me Once, which featured JOANNA LUMLEY, and his breakthrough drama saw JENNIFER SAUNDERS join 2020's The Stranger.

But to get Jennifer on board, he had to promise the funny factor on set. Harlan told the Radio Times: "I was a big Ab Fab fan for a long time."

"When we were doing The Stranger, they sent a huge list of actresses, and I remember saying, 'What about Jennifer Saunders? She'd be perfect'. They said, 'Well, she only does comedy'."

"I wrote Jennifer a letter saying she'd have a lot of fun." The US writer has two more shows in the works for Netflix – Missing You and Run Away, which are based on his books.

FANS of Bridgerton finally get the scene they have been waiting for between Penelope and Colin (NICOLA COUGHLAN and LUKE NEWTON) in the second half of the new Netflix series. Released on June 13, one of the four episodes will include them getting frisky in front of a mirror.

TWIST IN TALE FOR DOC JOB

CHOREOGRAPHER Jack Murphy is behind the romantic dances set in Bridgerton's lavish ballrooms.

But he jumped at the chance to get away from yet another 19th century number for once and to step into the Swinging Sixties. He directs the moves in Saturday's Doctor Who episode Rogue on BBC One, when Time Lord NCUTI GATWA appears at an alien Regency-style ball.

Jack only agreed to the job if he could choreograph The Twist, which was seen in The Devil's Chord episode that aired last month.

He said: "I was asked if I'd be interested in working on the Regency episode. "I said 'Yes, I would love to, so long as you let me do the Twist because I'm never allowed out of the 19th century'."

More listings:
Pages 34 & 35

Who Dares Troy

NEXT year's Celebrity SAS Who Dares Wins will star yet another footballer – this time TROY DEENEY.

The former Watford striker follows WAYNE BRIDGE, JOHN FASHANU, JERMAINE PENNANT and ASHLEY CAIN who have all had to draw on their most challenging moments on the pitch to get through the show. A TV insider said: "Footballers' competitive streak seems to lend itself to taking part.

FOOTIE'S DEENEY IS IN SAS REALITY CONTEST

Troy is likely to discuss some of the most upsetting elements of his life in the interrogation room with the instructors. "Often the celebrities taking part reveal deep-rooted problems that only manifest themselves fully when they're pushed to the limit in the

competition." Troy has talked in the past about his struggles with alcohol and anger, and how both could lead to fights. In 2012 he was jailed for affray after an incident outside a nightclub, and in an interview he once said: "I genuinely

used to love a drink. I lived for the weekends, and if that ended up in a scrap, so be it. "Now I look back and think, 'What an idiot' – but I'd never change my past because it genuinely made me who I am. "I am still working on being completely teetotal and the anger issues are a work in progress." I'm sure the show's SAS instructors will work on those with you, Troy.

AID TRIP... Tom with Theara, 14, in capital Phnom Penh



TOM'S SOC & AWE IN CAMBODIA

CHEERS... with kids in riverside community



HARMONY... Tom and kids have a singalong



AS we prepare to watch Soccer Aid for Unicef this weekend, TOM GRENNAN has been hitting the gym – and visiting Cambodia to meet youngsters due to benefit from the event.

The Bedford-born singer will join fellow celebrities competing for England and trying to end their side's five-year losing streak in the fundraiser against the World XI team.

But for him it is about something much more important than the match. Tom, right, said: "Being

asked to actually go to Cambodia and see where the money that is raised goes, and who it goes to, has completely shifted my whole view on what Soccer Aid is about.

"We are raising money for these kids to have a chance in life, for these kids to have a playground, or these kids to have a life."

Soccer Aid for Unicef is on Sunday at Stamford Bridge and will be live on ITV1, STV and ITXV. To donate, see socceraid.org.uk/donate.

SHIVERS FOR SHIV AND JIM

IT will air at the height of summer – but don't expect to see JIMMY DOHERTY and SHIVI RAMOUTAR outside without a coat.

The duo are behind new Sunday morning show Farmhouse Breakfast on ITV. But the episodes – which see the pair cook in the open air and showcase rare animals and forgotten countryside crafts – were filmed ahead of the hot weather.

Jimmy said: "There was a day when I had three layers on. Lucky it's all filmed under



FARM... hosting duo

an open-sided barn so you only had to hear, and not feel, the rain."

Jimmy and Shivi are hoping to tackle the decline in daytime TV viewing with their new "wholesome" series.

Jimmy explained: "Farming hasn't always been popular on TV, but now everything outdoors has really taken off. There's definitely an appetite out there for programmes you can lose yourself in."

They will be joined by guests including kids' presenters DICK and DOM, The Chase boffin JENNY RYAN and Drag Race star BAGA CHIPZ.

A DRAMA based on a book by Liane Moriarty, who was behind Prime Video series Nine Perfect Strangers, will air on the BBC. The broadcaster acquired Apples Never Fall, which follows the Delaney family as they fall apart after the arrival of a stranger. The seven-part series airs later this year.

Tuesday


4-PAGE SECTION

FREEVIEW

BBC THREE *Freeview 23*

7pm Phoenix Rise **8.00** Shark Tank **8.40** The Catch Up **8.45** Zen Motoring **9.00** FILM House Of Gucci. Fact-based crime drama starring Lady Gaga. (2021) **11.30** Fresh Cops **12.30** Charlotte In Sunderland **1.30** The Film Fan's Guide To Liverpool **1.40-2.10am** Fresh Cops

BBC FOUR *Freeview 9*

7pm Volcanoes Of The Solar System: Horizon **7.15** War Walks **7.45** Wendy Craig Remembers: Butterflies **8.00** Butterflies **8.30** Not In Front Of The Children **9.00** Rigs Of Nigg **10.00** Against The Tide: Storyville. The story of two Indian fishermen from an indigenous fishing community. **11.35** FILM Aquarela. Images capturing the raw power of water by film-maker Viktor Kossakovsky. (2018) **1.00-2am** Vasa: The Ghost Ship

ITV2 *Freeview 6*

6am CITV: Craig Of The Creek **6.15** Teen Titans Go! **6.40** Jurassic World Camp Cretaceous **7.05** Mr Bean: The Animated Series **7.20** Scooby-Doo! Mystery Incorporated **7.45** Be Cool, Scooby-Doo! **8.10** What's New Scooby-Doo? **8.35** Scooby-Doo And Guess Who? **9.00** World's Funniest Videos **9.30** Totally Bonkers Guinness World Records **10.00** Love Bites **12.00** Dress To Impress **1.00** Wheel Of Fortune **2.00** Family Fortunes **3.00** Veronica Mars **4.00** Dawson's Creek **5.00** Dress To Impress **6.00** Celebrity Catchphrase **7.00** Family Fortunes **8.00** Bob's Burgers **9.00** Love Island. The series continues for the cast of gorgeous singles. **10.05** Extraordinary **10.50** Family Guy **11.50** American Dad! **12.50** Bob's Burgers **1.45-2.40am** Hey Tracey!

ITV3 *Freeview 19*

6am Classic Emmerdale **7.00** Classic Coronation Street **8.05** Endeavour **10.10** The Royal **11.15** Heartbeat **1.40** Classic Emmerdale **2.35** Classic Coronation Street **3.45** Marple **5.55** Heartbeat **8.00** Midsomer Murders **10.00** Wire In The Blood **12.00** The Royal **12.55** Bless This House **1.20-2.15am** Upstairs, Downstairs

ITV4 *Freeview 26*

6am The Best Of The 90s **6.10** The Protectors **6.40** Minder **7.35** The Sweeney **8.40** Magnum, P.I. **9.40** Kojak **10.45** Isle Of Man TT **11.50** The Adventures Of Sherlock Holmes **12.55** Magnum, P.I. **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. Coverage of the clash in Saint-Etienne. **10.25** Isle Of Man TT **11.25** No Room For Error **12.15** All Elite Wrestling: Rampage **1.35-2.35am** Isle Of Man TT

E4 *Freeview 13*

6am Hollyoaks **7.00** Ramsay's Kitchen Nightmares USA **9.00** Brooklyn Nine-Nine **10.00** Young Sheldon **11.00** Modern Family **12.00** The Big Bang Theory **2.00** Brooklyn Nine-Nine **3.00** Modern Family **4.00** Young Sheldon **5.00** The Big Bang Theory **7.00** Hollyoaks **7.30** Come Dine With Me **8.00** Dances With Mom **9.00** Celebrity Gogglebox **10.00** Gogglebox **11.05** First Dates **12.10** The Big Bang Theory **1.20-2.15am** Brooklyn Nine-Nine

MORE4 *Freeview 16*

8.55am A Place In The Sun **10.25** A New Life In The Sun **11.25** Find It, Fix It, Flop It **12.30** Come Dine With Me **3.40** Four In A Bed

ENTERTAINMENT



Sky Atlantic 10.05pm Alicent tries to track down Aegon in House Of The Dragon

SKY SHOWCASE

6am Sky News Breakfast **7.00** Kay Burley **8.00** Caught On Dashcam **9.00** Stargate SG-1 **11.00** Uptown Officers **12.00** The Flash **1.00** SEAL Team **3.00** Hawaii Five-0 **4.00** S.W.A.T. **5.00** The Simpsons **6.00** The US Office **7.00** The Simpsons **8.00** Rob & Romesh Vs Art. The comedians create exhibitions for the Saatchi Gallery. **9.00** A League Of Their Own: Mexican Road Trip. The gang takes MLS-style penalties in front of 60,000 fans. **10.00** The Walking Dead: The Ones Who Live. Post-apocalyptic horror starring Andrew Lincoln, Danai Gurira and Pollyanna McIntosh. **11.15** Hold The Front Page **12.15** S.W.A.T. **1.15-2.10am** Resident Alien



SKY-BLUE THINKING . . . Coventry cop Stu "Cardio" Spencer

5.50 Château DIY **6.55** Car S.O.S **7.55** Grand Designs **9.00** PopMaster TV. With contestants from London, Sheffield, Glasgow, Surrey and Tyne and Wear. **10.00** Do You Remember...2000? **11.05** 24 Hours In A&E **12.10** PopMaster TV **1.15-2.20am** 999: On The Front Line

SKY MIX *Freeview 11*

7am Border Security: Australia's Front Line **8.00** Nothing To Declare **9.00** Motorway Patrol **10.00** Highway Patrol **11.00** Stop, Search, Seize **12.00** Motorway Patrol **1.00** Border Patrol **2.00** Border Security: Australia's Front Line **3.00** Nothing To Declare **4.00** Stargate Atlantis **5.00** Stargate SG-1 **6.00** Stargate Universe **7.00** Star Trek: Voyager **8.00** The Rookie **9.00** FBI: Most Wanted. Barnes goes on a risky undercover mission. **10.00** An Unexpected Killer **11.00** Britain's Most Evil Killers **12.00** Grimm **1.00-2am** Caribbean Cops



BBC Three 9pm Lady Gaga stars in the fact-based drama House Of Gucci

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 **12.00** Storage Hunters UK **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 **7.00** Would I Lie To You? The Unseen Bits **7.40** Richard Osman's House Of Games **9.00** QI XL **10.00** Mad Dogs **11.00** Have I Got A Bit More News For You **12.00** Mock The Week **12.40** Would I Lie To You? The Unseen Bits **1.20-2.30am** Live At The Apollo

DRAMA *Freeview 20*

7.10am London's Burning **8.00** Doctors **9.20** Classic Holby City **10.40** Classic Casualty **11.40** The Bill **12.40** Classic EastEnders **2.00** London's Burning **3.00** Lovejoy **4.15** Tenko

SKY ATLANTIC

6am Urban Secrets **7.55** True Blood **10.05** Billions **12.15** Game Of Thrones **1.20** The Sopranos **3.30** True Blood **5.45** Billions **7.55** Game Of Thrones. Arya makes a plan. **9.00** The Tattooist Of Auschwitz. Gita helps a young woman give birth in their block. **10.05** House Of The Dragon. Alicent enlists help to track down Aegon. **11.15** Band Of Brothers **12.20** Domina **1.20-2.30am** The Deuce

SKY WITNESS

6am 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 **12.00** 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. Road disasters captured on video by drivers' dashboard cameras. **9.00** The Equalizer. Dante's old partner is taken hostage while working undercover in an illegal casino. **10.00** FBI: Most Wanted. Two police officers are killed by an unknown shooter. **11.00** The Rookie: Feds **12.00** The Good Doctor **1.00-2am** Fire Country

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 **12.40** 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

FOOTBALL COPS Channel 4

TAKING your son or daughter to their first match can be a seminal moment in the life of some football-loving parents. But not every fan treats the occasion with such pride, such as the supporter accompanied by his 14-year-old lad who got nicked at the turnstiles for possessing cocaine. That's the type of modern footie fan specialist police officers up and down the country have to deal with at every home match. This new four-parter, shot during the 2022-2023 season, follows the Dedicated Football Officers (DFOs) assigned by



last night

each club to police fans – home and away – and ensure games are not marred by trouble. Despite the threat of violence, they all appear to enjoy their jobs as it marries their two loves of football and policing. In last night's opener we met three of them, including Stu Spencer, Coventry City's DFO, known as "Cardio" by his colleagues after he suffered a heart attack while chasing a bag-snatching crook. He's Cov sky blue through and through, and was a youth

player, who feels his position within the police is second only to playing football.

We see Cardio meet his oppo from Sunderland ahead of the teams clashing in Coventry, and tucking into a sausage, bacon and egg butty (*probably not a great idea when your nickname is Cardio*) at a greasy spoon, as they discuss tactics and swap info on fans.

Pubs are often hotspots for fights, and all boozers the fans use are heavily monitored, as are groups of fans who turn up

SPORT



Sky Sports Main Event 3pm England and Harry Brook take on Scotland

SKY SPORTS MAIN EVENT

6am 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. **3.00** **LIVE** ICC Men's T20 World Cup. England v Scotland. **7.30** **LIVE** ICC Men's T20 World Cup. Netherlands v Nepal. **8.30** **LIVE** World Pool Championship. Coverage of the second session on day two of the tournament, which takes place at Green Halls in Jeddah, Saudi Arabia. **9.30** Sky Sports News **10.00** Sky Sports News At Ten **10.30** Back Pages Tonight **11pm-6am** Sky Sports News

SKY SPORTS PREMIER LEAGUE

6am PL Greatest Games **7.00** PL Highlights **10.00** PL Years **12.00** Gary Neville's Soccerbox **1.00** Premier League Best Goals **2.00** PL Highlights **3.00** Premier League **3.30** PL Highlights **5.00** PL Review **7.00** Premier League Icons **7.30** PL 100 Club **8.00** Gary Neville's Soccerbox **9.00** Southgate: Life As England Manager **9.30** Fabregas & Henry: Christmas Special **10.00** Class Of '92: Full Time **11.00** PL Retro **1.00-3am** PL Years

SKY SPORTS FOOTBALL

6am EFL **9.00** EFL Greatest Games **10.00** EFL Cup Retro **12.00** 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 **9.00** EFL Cup Retro **11.00** Best Goals Of The Carabao Cup 2020/21 **11.30** Best Goals: EFL Cup 2021-22 **12.00** EFL Greatest Games **1.00-2am** Championship Season Review

9.00 Shakespeare & Hathaway: Private Investigators. Frank and Lu investigate the drowning of a former beauty queen. **10.00** My Life Is Murder. Alexa sets out to prove the innocence of a champion thoroughbred blamed for the death of his handler. **11.00** Elementary **12.00** Why Women Kill **1.00-2am** Unforgettable

SKY COMEDY

8am Will & Grace **9.00** The Conners **10.00** Run **10.35** Veep **11.45** Entourage **12.50** 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 US Office **7.00** The Conners **8.00** Will & Grace. Two episodes. **9.00** Curb Your Enthusiasm **11.00** The Tonight Show Starring Jimmy Fallon. American chat show. **12.00** Divorce **1.20-2.35am** Barry

DISCOVERY

6am 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 **1.00** Barnwood Builders **3.00** Gold Rush **4.00** Alaska: Homestead Rescue **6.00** Demolition Down Under **7.00** Bitchin' Rides. Challenges mount at each stage of this Hot Rod build. **8.00** Supertrucks. Trucker Broomey is tasked with transporting a 55-tonne aircraft tow truck. **9.00** Gold Rush: Parker's Trail. Parker travels the gold-filled Madeira River deep into the Brazilian wilderness. **11.00** Gold Divers. Chris McCully is forced into a dangerous solo dive. **1.00-3am** Gold Rush: Parker's Trail

RADIO



Virgin Radio 10am Ed Gamble chats with Ryan Tubridy about his memoir Glutton

VIRGIN RADIO *DAB virginradio.co.uk*

6.30am The Chris Evans Breakfast Show With Webuyanycar **10.00** The Ryan Tubridy Show **1.00** Jayne Middlemiss **4.00** Ricky Wilson **7.00** Ben 10.00 Olivia Jones **1.00** Sean Goldsmith **4.00-6.30am** Steve Denyer

TALKRADIO *DAB talkradio.co.uk*

6.30am Mike Graham **10.00** Julia Hartley Brewer **1.00** Ian Collins **4.00** Jeremy Kyle **7.00** Kevin O'Sullivan **10.00** Petrie Hosken **1.00** Paul Ross **5.00-6.30am** James Max

TALKSPORT *105.3 108.9MHz talksport.com*

6am TalkSPORT Breakfast **10.00** Sam Matterface **1.00** Shebahn Aherne & Baker

for games with no tickets, just a desire to fight.

The episode features minor violence, usually captured via CCTV, so there's no Green Street-style hooligan brawling, it's more of an insight into the overall policing operation.

Plus, there are amusing moments, the best coming from Cardio who revealed the most outrageous excuses particular fans gave for their unruly behaviour, including the Coventry supporter who ran onto the pitch letting off flares in his team colours, later telling police it was a "gender reveal" stunt for a baby boy.

They didn't believe him...

STUART PINK



DRAMA . . . Dionne as Queenie

QUEENIE, Channel 4, 10pm: If you are after a new, homegrown drama fix, look no further than this eight-part drama, adapted from Candice Cary-Williams' best-selling debut novel of the same name.

In the first of tonight's double bill, we meet 25-year-old Queenie (Dionne Brown), a Jamaican-British woman living in South London who finds herself facing "a quarter-life crisis".

After a traumatic experience at a doctor's appointment, things go from bad to worse as Queenie tries – and fails – to impress her boss (Sally Phillips) at the newspaper she works for, and a disastrous evening with her



picks

boyfriend Tom's family results in real problems for her relationship.

It is a relatable, funny and easy watch as Queenie tries to find her way in life, while also juggling the expectations of her friends and family. Continues tomorrow.

SUNAK V STARMER – THE ITV DEBATE, ITV1, 9pm: Anyone unsure about who will be getting their vote in next month's General Election should tune into the first head-to-head debate between Prime Minister Rishi Sunak and

Labour leader Sir Keir Starmer. Presented by Julie Etchingham, the hour-long event will give both leaders the chance to set out their stalls, examine each other's election promises and take questions from the public.

INTO THE AMAZON WITH ROBSON GREEN, Channel 5, 9pm: It is the final instalment of Robson's trip of a lifetime – but there is still plenty to see.

He begins by canoeing through the Anavilhanas Archipelago, a beautiful labyrinth

of islands and lagoons, where he gets to enjoy one of his favourite pastimes, fishing.

Later, he heads back to Brazilian city Manaus for a spot of birdwatching, and spends time with the indigenous Tuyuka tribe.

A breathtaking end to what's been a horizon-widening series.

THE GREAT BRITISH SEWING BEE, BBC One, 9pm: It's Holiday Week and the sewing room is channelling the French Riviera, with the contestants asked to create a chic garment that could be worn to soak up the sun.

But, as host Kiell asks, who will sail away with garment of the week, and who will have to say au revoir?

DAVID BELL

TNT SPORTS 1

6am UEFA Champions League **7.30** Ligue 1 **8.30** Serie A **9.30** Inside Serie A **10.00** MotoGP **1.30** MotoGP Chequered Flag **2.30** WRC Review **3.30** MotoGP Rewind **3.45** UEFA Europa League & Conference League Magazine **4.45** Wembley Stadium: A Stage For Icons **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 **12.00-3am** **LIVE** MLB. New York Yankees v Minnesota Twins. Start-time at 12.05.

TNT SPORTS 2

1.30pm Badminton Unlimited **2.00** Hockey **8.00** WSL Championship Tour **9.00** Fight Week **9.30** UFC **12.30** Hexagone MMA **3am-1.30pm** **LIVE** Badminton. Coverage from the Indonesia Open Round of 32.

TNT SPORTS 3

6am AFL **12.00** Hockey **2.00** T100 Triathlon World Tour **2.30** Premiership Women's Rugby **3.30** Gallagher Premiership Rugby Union **5.30** MotoGP **9.00** MotoGP Chequered Flag **10pm-6am** Hockey

PREMIER SPORTS 1

6am Karate Combat **7.30** 2024 Trail Menorca **8.00** United Rugby Championship **10.00** International Football **12.00** NHL Ice Hockey **2.00** Sporting Greats **2.30** Transworld Sport **3.30** NASCAR Highlights **4.30** MotorSport **5.00** Football's Greatest **5.30** International Football **7.30** Premier Extra **7.35** **LIVE** International Football. Republic of Ireland v Hungary. Kick-off at 7.45. **9.45** LaLiga Match Highlights **10.05** Football's Greatest **10.35** International Football **12.30** URC In 60 **1.30-4.30am** **LIVE** NHL Ice Hockey. All the action from a game in the NHL.

EUROSPORT 1

6am Climbing Show **6.30** Roland-Garros **9.30** **LIVE** Roland-Garros. Coverage of day 10 of the French Open. **12.00** **LIVE** Roland-Garros. Further coverage. **2.00** **LIVE** Roland-Garros. Continued coverage of day 10 of the French Open. **5.00** Roland-Garros **7.00** Roland-Garros Courtside **7.30** **LIVE** Roland-Garros. Concluding coverage of day 10 of the French Open. **10.30** Roland-Garros Courtside **11.00** Roland-Garros **1.00-2am** British Speedway

4.00 TalkSPORT Drive With Andy Goldstein And Darren Bent **7.00** Kick Off **10.00** Sports Bar **12.00** Extra Time **5.00-6am** Early Breakfast

TALKSPORT2

6am Sportsday **9.00** TalkSPORT Exclusives **1.00** The TalkSPORT 2 Social **5.00** TalkSPORT Exclusives **6.00** Cricket Collective **8.00** TalkSPORT Exclusives **12.00** TalkSPORT Exclusives **5.00-6am** Early Breakfast

TIMES RADIO

6am Aasmah Mir And Stig Abell **10.00** Matt Chorley **1.00** Andrew Neil **2.00** Jane Garvey And Fi Glover **4.00** John Pienaar **7.00** Kait Borsay **10.00** Carole Walker **1.00** The Story **1.30** Highlights From Matt Chorley **2.00** The Best Of Times Radio **5.00-6am** Rosie Wright

RADIO 1

97.6-99.8FM bbc.co.uk/radio1 **7am** Greg James **10.30** Newsbeat **10.32** Rickie, Melvin And Charlie **12.45** Newsbeat **1.00** Dean And Vicky **3.30** Newsbeat **3.32** Vick, Katie And Jamie **5.45** Newsbeat **6.00** Jack Saunders **8.00** Tara Kumar **10.00** Sian Eleri **11.00** Martha **1.00** Drum & Bass Mix **1.30** Drum & Bass Mix **2.00** Workout Anthems **3.00** Relax **4.00** Dance **5.00-7am** Arielle Free

RADIO 2

88-91FM bbc.co.uk/radio2 **6.30am** Zoe Ball **9.30** Vernon Kay **12.00** Jeremy Vine **2.00** DJ Spooky **4.00** Sara Cox **7.00** Jo Whiley **9.00** Jamie Cullum **10.00** Trevor Nelson **12.00** OJ Borg **3.00** Pick of the Pops **4.00-6.30am** Jason Mohammad

MOVIES



Film 4 10.50pm Kuhoo Verma stars as Sunny in the premiere of comedy Plan B

SKY CINEMA PREMIERE

8.40am My Big Fat Greek Wedding 3 (12, 2023) ★★ ★★ **10.15** Bonus Track (15, 2023) ★★ ★★ **12.00** Force Of Nature: The Dry 2 (15, 2024) ★★ ★★ **1.55** Blue Beetle (12, 2023) ★★ ★★ **4.05** Ride On (PG, 2023) ★★ ★★ **6.20** Bonus Track (15, 2023) ★★ ★★ **8.00** Force Of Nature: The Dry 2 (15, 2024) ★★ ★★ **10.00** Blue Beetle (12, 2023) ★★ ★★ **12.10-2.05am** The Exorcist: Believer (15, 2023) ★★ ★★

SKY CINEMA MONSTERS

6.45am Monster Family 2 (PG, 2021) ★★ ★★ **8.35** Hotel Transylvania 3: A Monster Vacation (U, 2018) ★★ ★★ **10.20** Monster Trucks (PG, 2016) ★★ ★★ **12.10** Jurassic World (12, 2015) ★★ ★★ **2.20** Critters Attack! (15, 2019) ★★ ★★ **4.00** Godzilla (PG, 1998) ★★ ★★ **6.25** Cloverfield (15, 2008) ★★ ★★ **8.00** King Kong (12, 2005) ★★ ★★ **11.10** Jaws (12, 1975) ★★ ★★ **1.20-3.10am** Doom (15, 2005) ★★

SKY CINEMA ACTION

6am Assassin Club (15, 2023) ★★ ★★ **7.55** Welcome To The Punch (15, 2013) ★★ ★★ **9.40** The Island (12, 2005) ★★ ★★ **12.00** King Of Killers (15, 2022) ★★ ★★ **1.35** The Mummy Returns (PG, 2001) ★★ ★★ **3.45** The Dark Knight (12, 2008) ★★ ★★ **6.20** The Scorpion King (PG, 2002) ★★ ★★ **8.00** The Dark Knight Rises (12, 2012) ★★ ★★ **10.50** The Island (12, 2005) ★★ ★★ **1.15-3am** Welcome To The Punch (15, 2013) ★★ ★★

FILM4 freeview 14

11am Reach For The Sky (U, 1956) ★★ ★★ **1.45** Outcast Of The Islands (PG, 1951) ★★ ★★ **3.50** Oliver! (U, 1968) ★★ ★★ **6.45** A Good Year (12, 2006) ★★ ★★ **9.00** The Craft: Legacy (15, 2020) ★★ ★★ **10.50** Plan B (18, 2021) ★★ ★★ **1.00-3.25am** The Blue Caftan (12, 2022) ★★ ★★

TALKING PICTURES freeview 82

1.55pm The Aviator (PG, 1985) ★★ ★★ **3.55** The Day Will Dawn (U, 1942) ★★ ★★ **5.55** The Beverly Hillbillies **6.30** Scotland Yard **7.05** The Road To D-Day **7.35** Dangerous Assignment **8.05** Manhunt **9.05** Mairagret **10.55** Cellar Club With Caroline Munro **11.00** The Stepfather II (18, 1989) ★★ ★★ **12.45-12.50am** Cellar Club With Caroline Munro

GREAT! MOVIES freeview 34

9am Secrets At The Lake (PG, 2019) ★★ ★★ **11.00** Secrets Of My Stepdaughter (12, 2017) ★★ ★★ **1.00** Dating To Kill (12, 2019) ★★ ★★ **2.55** Grandma Dearest (PG, 2020) ★★ ★★ **5.00** Born And Missing (PG, 2017) ★★ ★★ **7.05** Dragon Wars (18, 2007) ★★ ★★ **9.00** Cut Bank (15, 2014) ★★ ★★ **10.55pm-1.15am** Killerman (15, 2019) ★★ ★★

GREAT! ACTION freeview 42

1pm Wrangler (12, 1989) ★★ ★★ **3.10** Ride Lonesome (12, 1959) ★★ ★★ **4.55** Hell River (PG, 1974) ★★ ★★ **7.05** Polar Storm (PG, 2009) ★★ ★★ **9.00** Into The Ashes (15, 2019) ★★ ★★ **11pm-1am** Hitman: Redemption (15, 2018) ★★ ★★



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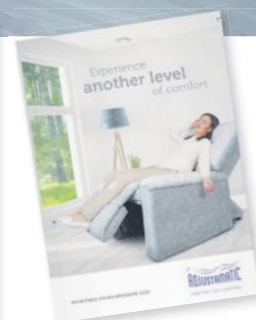
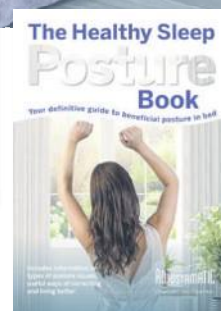


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letters

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The page where you tell Britain what you think

WHAT a lovely young man Jude Bellingham, pictured, is.

The 20-year-old Real Madrid star's first thought after his team won the Champions League at Wembley was to introduce his mum Denise to Jose Mourinho, as she's a huge fan of his.

Jude calls her his "Queen", and clearly appreciates everything Denise does for him.

STEPH THOMAS
Dinbych, Clwyd

I FIND it unbelievable that a survey found around half of those aged 18 to 34 know very little about the D-Day landings of

World War Two, which took place 80 years ago.

We must never forget the courageous sacrifices those brave people made. I have much respect and gratitude to them all.

ROCKY WEBSTER
Taunton, Somerset

AS soon as one rubbish show ends, we get another. From Britain's Got Talent to Love Island!

BRIAN RHODES
Witney, Oxon

I'D like to point out to Amanda Holden, pictured, that Britain's Got Talent is

about the talent on show, not her in her revealing dress.

Doesn't she realise that children are watching BGT?

COLIN MANNING
Stratford, East London

IN yesterday's Sun Home Secretary James Cleverly spoke about migrancy numbers escalating under a Labour government.

I wonder if he has had his eyes shut over the last few years.

Migrant numbers have not come down on his shift, especially the illegal ones.

DAVID RYLEY
Plaistow, East London

Rugby's Rob a true hero

£50 LETTER
PEOPLE throughout the country and worldwide mourn the loss of rugby league legend Rob Burrow.

An inspirational man who was greatly admired for his skills on the pitch, but most of all for his courage and tenacity in his fight against motor neurone disease.

His determination to raise awareness and fundraising for MND charities saw him help bring in £20million, including £5.8million for a specialist centre for those with the disease.

It earned him the love and respect of everyone who saw him or knew him.

Sadly, Rob died aged 41, his life cut short too soon. Yet he accomplished more than many who live to be 100.

JEAN NORFOLK
Knottingley, West Yorks

HOW sad Rob Burrow has lost his battle against MND. I have followed his story from the beginning of his brilliant rugby career. He was a loving family man. My thoughts go to his devoted wife Lindsey and their children. RIP Rob.

DAVID FOXCROFT
Harwich, Essex

I WAS sad to hear the news about Rob Burrow. MND is an awful disease, which my wife sadly passed away from in 2010. Rob was a credit to his family for raising the spotlight on MND.

DIETER JOHANNSEN
Ramsgate, Kent

THE image of Rob's pal Kevin Sinfield carrying him over the finish line of the 2023 Leeds Marathon will remain with me for ever.

At only 5ft 5in tall, Rob knew he would have his work cut out

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STARMER made a big mistake reinstating Abbott. It will put a lot of people off voting Labour.

RAY, Redditch, Worcs

SO sorry to hear of Rob Burrow's passing. Although small in stature, Rob was a giant on and off the field.

EDDIE ASHALL, Wigan

WELL done David Beckham for being appointed an ambassador for our King's charity.

MICK HARGREAVES, Wrexham
TIME is up for Bruno Tonioli on BGT. He's an old man acting like a teenager. We need more sensible judges.
BRIAN LAWRENCE, Harlow, Essex

playing rugby but it worked in his favour.

RIP Rob. My condolences go out to your family. Another great sportsman taken far too early.

I pray that people continue to donate to MND charities and a cure for this terrible disease can be found soon.

JEAN GREENHALL
Kingswinford, West Mids

THE iconic moment that Kevin Sinfield carried Rob Burrow over the marathon finish line had my wife in tears - proof this tragedy touched hearts worldwide.

KEV WYMAN
Carlton in Lindrick, Notts

BRITAIN'S Got Talent winner Sydnie Christmas has an amazing

voice. She deserved her victory with her clever interpretation of songs, putting her own stamp on them.

NICK FLETCHER
Malton, North Yorks

THIS year's BGT was probably the best ever. It brings joy to lots of people at the weekend, like the variety shows did years ago.

Sydnie Christmas is brilliant but it seems unfair she took the win when she has performed in the West End. Surely that must give her an unfair advantage.

MARTIN ELDRIDGE
Weymouth, Dorset

WHAT a fix BGT was. Sydnie Christmas has already appeared in London musical Lazarus so her win is a travesty to all the talented amateurs.

BGT needs to change - no foreign acts or professionals. Otherwise, it will lose audiences like The X Factor did.

ANN FORSHAW
York

WOULD Keir Starmer please explain to the electorate how he offset the carbon created by his private plane ride to the clean energy jobs rally in Scotland?

STEVEN COPE
Queensbury, Bradford

I KEEP hearing there will be more industrial strikes if Labour win. But I believe that with unions, run by hard-left militants, funding the Labour Party, Sir Keir Starmer will simply cave in to any wage demands.

FRANK JOHNSON
Witham, Essex

WE should hire the residents of Majorca to stem our farcical Channel boats crossings. Their protests against tourists appear to have stopped would-be visitors in their tracks.

NIGEL NEWTON
Romford, Essex

Mystic Meg

with **MAGGIE INNES**

ARIES March 21 - April 20



As the sun and Venus meet, love takes an upturn linked to the open air - from special words spoken outside, to a meeting in a garden or conservatory setting. Nurturing love matters more than showing it off today, and staying in together can be all partners need. A money moon brings a memory of some lost cash.

TAURUS April 21 - May 21



Everything that makes you, you, is enhanced by the moon - and you can be your caring and kind self at home or at work. Follow what you know to be right today, not what everyone else tells you that you should. Your name spelled or written out in an unusual way can be your fast-track to luck.

GEMINI May 22 - June 21



Thinking and winning planets join up in your personal star space and you have such brilliant ideas. The more unusual these are, the more they could succeed, but this star set-up still expects you to put in the time, researching and checking. Love burns bright and blame can be forgotten.

CANCER June 22 - July 22



Your friendship zone shines with potential all day, but Saturn selects people who have always been there for you, quietly and calmly, as the best bets for luck and love. Let all pre-fixed opinions fall away and you can see just how perfect you and an old acquaintance are. Settled Cancers are ready to agree a deal.

LEO July 23 - August 23



The steadfast support of Saturn provides security for your latest wild ideas, but the moon today is very much on the side of caution. So get ready to dial down your risk-taking. Choosing people, projects and promises wisely is your key theme. But this leaves room for one cheeky new "J" introduction.

VIRGO August 24 - September 22



Planets of outrageousness and imagination join forces and you can't hold back from sharing those big ideas. No one can quite believe this brave new you. In love terms, you see a goal is impossible as it is, but can find a smart set of hacks to get around this. Single? A tall Sagittarius can be your One.

LIBRA September 23 - October 23



Mercury and Pluto make a team that rarely agree, yet come up with brilliant concepts. This can include a travel-based writing idea, and a gadget or shortcut linked to children's learning. It's just the start of what your new, open-minded outlook can achieve. At home, Uranus shakes up family feelings.

SCORPIO October 24 - November 22



Feelings may not be straight-forward, but they are real - so try not to ignore them. Accepting you can't always be on the same wavelength as everyone who matters to you, is your breakthrough moment. The luck factor links to two families who share one member. A wedding moon whispers "I do".

SAGITTARIUS November 23 - December 21



Even when you want to walk away, making yourself stay and setting out to find a shared solution is wise. It may not always be easy, but you know when it feels right. If you start the day single, the leader of a team who are all the opposite sex, can be such a perfect partner. The luck factor wears red and writes in blue.

CAPRICORN December 22 - January 20



A musical moon and a host of positive planet connections to your career chart make this a great day to take a music-based idea to the next stage. Even if it's something so small as changing the playlist at work, it can make a big difference. Pluto's money power is pent up, but you'll work out how to use it.

AQUARIUS January 21 - February 18



The closest people to your heart can be former rivals in everything from love, to sport, to career. You start to see how alike you are, how you could help each other. But do stay aware of what you're saying, don't give away too much too soon. Love is open and honest, but it may take time to get back to where you want to be.

PISCES February 19 - March 20



The luck of Jupiter and the logic of Mercury make a prize blend in your property zone. Decide where you want to live, but allow for a little flight of fancy too. This could include a house-based cash competition, perhaps on another continent. A friend who often lets you down, or stands you up, needs dealing with.

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puzzles

We've got all your favourite brain teasers

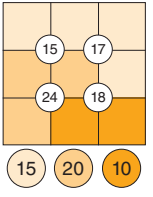
BRAINBUSTER

Find three new three-letter words that can go between these pairs to make six new words:

MAR__POT__RAM__ENT

SUKO®

Enter the numbers 1 to 9 in the spaces so that the number in each circle is equal to the sum of its four surrounding squares. Each coloured area should add up to the colour totals below.



PAGE 2 **SUJIKO SOLUTION:** Top line 752 middle 918 bottom 463

TWO-SPEED CROSSWORD

Two sets of clues but the answers are the same

Cryptic clues

ACROSS

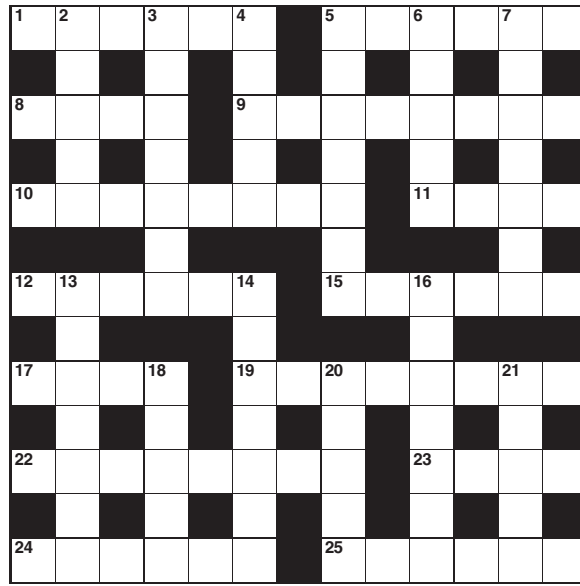
- 1 Influence thing done by little devil? (6)
- 5 Brilliant but not new inside information (6)
- 8 Marshy wasteland low by river (4)
- 9 Courses about popular standup acts? (8)
- 10 Tactful Native Americans in distance (8)
- 11 Old banger costing little has front missing (4)
- 12 Massage for chesty grass-cutter (6)
- 15 Lightweight don yob thrashed (6)
- 17 Vagrant brought in who boozes (4)
- 19 Hunk admits vice naughty (8)
- 22 One animal never out of bounds? (8)
- 23 Paper in mass cut back (4)
- 24 Might such a gathering raise the spirits? (6)
- 25 Comeback from academicians we respect (6)

DOWN

- 2 Indigenous person in Panama or Indonesia (5)
- 3 Portia when drunk swallows cold fruit (7)
- 4 Crowd proverbially there in riot (5)
- 5 Lover of food and punishment? (7)
- 6 Actress once left octet short (5)
- 7 Mostly male deer moving in shade (7)
- 13 Learner into Horace composed hymn tune (7)
- 14 Red nose treated in second (7)
- 16 Male set explosive for slugs (7)
- 18 Music producer showing heart? (5)
- 20 Woman one taking bow? (5)
- 21 Roofing stone is rubbish (5)

Check today's answers before midnight by calling 0905 757 0150 for Across and 0905 757 0151 for Down. Calls cost £1 per minute plus your telephone company's network access charge.

Purchase the latest Sun Puzzle Books, including crosswords, wordsearches & sudoku, for as little as £4.99 from the HarperCollins website harpercollins.co.uk or phone 0141 306 3100



Coffee time

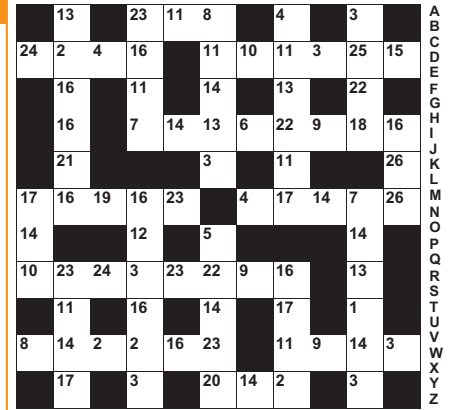
ACROSS

- 1 Forcible contact (6)
- 5 Gilded (6)
- 8 Heath (4)
- 9 Procedures (8)
- 10 Circumspect (8)
- 11 Mound (4)
- 12 Reaping tool (6)
- 15 Unimportant person (6)
- 17 Itinerant person (4)
- 19 Fiendish (8)
- 22 Large marsupial (8)
- 23 Academic assessment (4)
- 24 Spiritualist's meeting (6)
- 25 Solution (6)

DOWN

- 2 NZ people (5)
- 3 Yellowish-orange shade (7)
- 4 Trio or triad (5)
- 5 Greedy eater (7)
- 6 Janet of Psycho (5)
- 7 Green gem (7)
- 13 Lutheran song (7)
- 14 Sanction (7)
- 16 Rounds (7)
- 18 Church keyboard (5)
- 20 Stringed instrument (5)
- 21 Schedule (5)

WORD WORKOUT



THIS is the world's best brain teaser. Each grid number in our Word Workout game represents a letter. So if you think 4 is the letter A, write A in all the squares with a 4. All the alphabet is used and we have supplied some letters to start you off. We will print the answers tomorrow.
YESTERDAY - ACROSS: Stub, Over, Joust, Teams, Had, Copse, Often, Dodge, Quill, Sou, Wiles, Eight, Lazy, Yeti. DOWN: Trump, Bathe, Outdo, Exact, Kickdow, Singlet, Sag, Flu, Delta, Essay, Query, Ingot.

For 4 Extra Clues Call 0901 293 6299

Calls cost £1 plus network access charge.

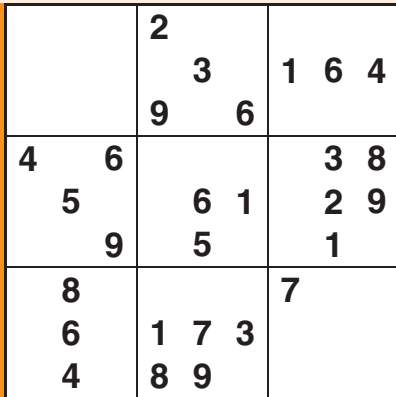
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DOUBLE Sun DOKU

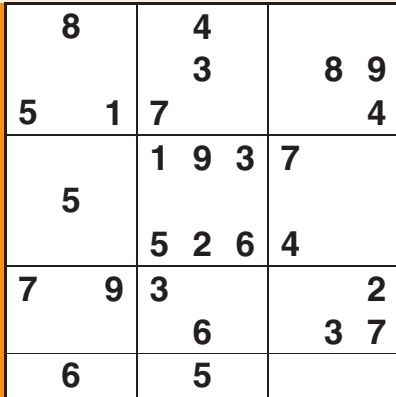
TODAY'S TEASER

Call 0905 757 0156 for clues or solutions.
Cost £1 per minute plus network access charge.



TODAY'S TOUGHIE

Call 0905 757 0152 for clues or solutions.
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Calls for extra clues and answers last no longer than two minutes (Sundial answers may vary).
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Service provider: Spoke, W1T 4HD

WORDSEARCH

Find seven words about heat. Words can run forwards, backwards or diagonally. Solution below.



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The recycled paper content of UK newspapers in 2023 was 45.5%



THE NAME GAME

EACH clue leads to a well-known name. Put the initials or stated letters in the appropriate squares to identify an actress:

1	2	3	4	5	6	7	8	9	10	11
11, 6 & 2	The three-letter stage name of the YouTube influencer who released the 2021 album All Over The Place									
4 & 8	Mr Wawrinka, tennis player who won the 2015 French Open men's singles tournament (first and third letters of name)									
1 & 9	Defender who is captain of both Everton and the Ireland national team									
10 & 7	Wyatt, Wild West figure, played on screen by both Kurt Russell and Kevin Costner (first and last letters of name)									
3 & 5	Mr Robinson, lead singer with The Miracles (first and last letters of name)									

● Yesterday: Model CINDY CRAWFORD (David Raya, Robert Wagner, (Saint) Christopher, Claire Danes, Robin (Knox-Johnston), Nick Frost, Daley (Blind). Another Name Game in The Sun tomorrow.
■ If you can't wait until tomorrow for the answers, just call 0901 293 6298. Calls cost £1 plus your telephone company's network access charge.

SUNDIAL



SEE how many words of four or more letters you can "dial" using the one at the centre in each word. You can make at least one word using all of them. Don't use the letters more than once in any word. No proper names or plurals

BRILLIANT: 18. EXCELLENT: 15. GOOD: 11. GREAT SCORE FOR KIDS: 6.

YESTERDAY: Abet, ballet, bate, bated, beat, beet, belated, belt, belted, beta, betel, beat, bleated, byte, date, dealt, debate, debt, delta, elate, elated, late, lately, leat, table, tabled, tale, tall, tally, teal, teed, tell, telly, BELATEDLY.

ending in 's'. Words from Collins Concise Dictionary.

Check today's answers by calling 0905 757 0155 before midnight. Calls cost £1 per minute plus your telephone company's network access charge.

30-SEC NUMBERCRUNCH

HERE is our fantastic puzzle, the 30-second NumberCrunch. There's no better way to keep your brain trained than playing our great teasers. So if you want to stay ahead of the game, you will love this challenge.

Starting at the left with the number provided, work your way across the three lines one at a time, applying all the mathematical instructions to your running total. Don't reach for your calculator - that would be cheating! Write your final answer in the last box of the line. You should be aiming to complete each round in about 30 seconds. Good luck!

BEGINNER	INTERMEDIATE	ADVANCED
73	89	844
+ 214	+ 178	+ 1482
÷ 7	Third of it	50% of it
+ 215	- 39	- 125
÷ 8	÷ 10	5/6 of it
- 26	× 9	+ 1451
× 11	- 37	÷ 12
- 27	× 8	+ 642
÷ 3	+ 482	÷ 5
+ 262	÷ 7	+ 4923
ANSWER	ANSWER	ANSWER

YESTERDAY'S SOLUTIONS

Teaser

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

Toughie

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

Two-Speed Crossword

ACROSS: 1 Mistle(a)-l, 5 Ra-b-id, 8 A-long, 9 C-ab-b-age, 10 Lacrosse, 11 Lar-r-d, 13 Social, 15 Bertha, 18 Crew, 19 Dynamite, 22 Pl-one-er, 23 D-rake, 24 N-ot-ed, 25 Sa-dness.
DOWN: 1 Measles(b), 2 Stoic, 3 Reg-i-o-n-al, 4 Locust, 5 Robe, 6 B-l-at-ant, 7 Dread, 12 De-man-d-ed, 14 Che-root, 16 Ageless, 17 C-yprus, 18 Cap on, 20 In an e, 21 Read.

Today's Solutions



80% OF UK BUSINESSES OWED MILLIONS IN MIS-SOLD ENERGY CONTRACTS!



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Mr Brown
IT Support Business Owner,
Poole, Dorset

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- No Win, No Fee Process
- Average Claim Value £25k+
- Start Your Claim TODAY!

FROM coffee shops to corporate giants, 80% of UK businesses use brokers to get the best energy deals. With news that 90% of these contracts have been mis-sold, 4 out of 5 businesses are now eligible to claim compensation. Make your claim now at **Business Energy Claim Back** where average payouts exceed £25k with some claims soaring into the millions...

Many UK businesses are currently unaware they're overpaying on their energy bills. The March 2022 OFGEM report reveals that about 80% of UK businesses using energy brokers could be trapped in mis-sold contracts, resulting in inflated bills due to hidden commissions.

RECLAIM WHAT'S RIGHTFULLY YOURS

Business Energy Claim Back is dedicated to uncovering these issues for businesses that have used brokerage services in the last 10 years. The average claim managed by *Business Energy Claim Back* exceeds £25,000, with some reaching into the millions, highlighting the substantial impact of these undisclosed charges.

Business Energy Claim Back offers a no-cost, comprehensive review of your energy contracts—a crucial step as many businesses may not even realise they've been affected. This approach ensures a fast, fair and honest assessment, guiding

businesses towards potential compensation. With an estimated 4.8 million businesses eligible for energy compensation, it's more than likely that your company could be one of them. Don't miss out on what you could rightfully claim back. Initiate your No Win, No Fee claim today with *Business Energy Claim Back*. It's not just about financial recovery; it also ensures fairness and transparency in your company's business energy dealings.

MAKE YOUR CLAIM NOW!

Don't miss this opportunity to reclaim what's rightfully yours now! Simply scan the QR code below to start your No Win, No Fee claim or visit www.beclaimback.co.uk. Making a claim won't cost you a penny, so there's nothing to lose and potentially a lot to reclaim.

“I didn't realise I had been mis-sold until I spoke to Business Energy Claim Back...they checked my contract and I received £21,000 compensation...fantastic service!”

Mr Brown, IT Support Business Owner, Poole.

START YOUR CLAIM HERE



Calling UK Business Directors or Stakeholders

Have you used an energy broker in the last 10 years?
Claim compensation now!



NO WIN, NO FEE! Reclaim mis-sold energy costs now
Discover your refund potential with Business Energy Claim Back. Free, no-obligation assessments reveal average claims over £25k, with some into 7-figures. Join thousands of UK businesses already reclaiming what's theirs. Start online or scan the QR code now.

www.beclaimback.co.uk



FTSE
100
DOWN
12.63
TO
8,262.75

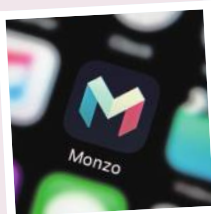
Sun business

By **ASHLEY ARMSTRONG**

✉ ashley.armstrong@the-sun.co.uk

🐦 @AArmstrong_says

£ =
£1.17 \$1.28
OIL
\$81.86
Brent Crude barrel
Petrol: **147p**
Diesel: **153p**



Bank... record growth

MONZO'S 1ST YEAR IN PROFIT

DIGITAL bank MONZO has reported its first annual profit since launching nine years ago and now has its sights on Europe and the US.

The bank, known for its bright coral-coloured debit cards, added 2.3million more customers last year to become the UK's seventh-biggest bank.

Boss TS Anil said the bank had a "landmark year of record growth" and now has nearly 10million customers. By comparison, rival challenger bank STARLING has 3.6 million customers while market leader LLOYDS has 30million.

Monzo posted a pre-tax profit of £15.4million for the year to the end of March, compared with a loss of £116.3million last year.

The bank said the profits had given it confidence to open an office in Dublin, which it described as a "gateway" to help it expand across Europe. It is already plotting a launch in the US after raising nearly £500million in April.

SHARES

BARCLAYS
down 0.80 to 219.20
BP
down 6.95 to 481.20
CENTRICA
down 0.35 to 141.20
HSBC
down 3.10 to 693.30
LLOYDS
down 0.12 to 55.40
M&S
up 4.10 to 306.10
NATWEST
up 4.70 to 319.70
ROYAL MAIL
down 1.00 to 335.20
SAINSBURY'S
up 2.20 to 279.40
SHELL
down 29.00 to 2782.50
TESCO
up 1.10 to 312.10

FRIDAYS' BAR AXE

THE owner of TGI FRIDAYS has scrapped its cocktail bar business — amid slumping sales.

HOSTMORE yesterday said that it would shut its last remaining 63rd+1st, named after the New York streets of the first TGI Fridays.

The business said that stripping out the extra costs should boost earnings.

It came as TGI Fridays' sales have sunk by 10 per cent so far this year.

£7BN DRUG DROP

AROUND £7billion was wiped off drug giant **GSK** yesterday after a court ruled it must face trials on whether a former medicine causes cancer.

A US court in Delaware has said more than 70,000 legal claims against its Zantac heartburn drug could go

ahead. The medicine, also known as Ranitidine, has been pulled from the market.

GSK shares dropped by as much as 10 per cent yesterday, erasing almost half the gains made this year.

Experts say Zantac lawsuits could cost the firm £31billion.



AROUND one in five new first-time buyers took out a mortgage beyond 35 years, according to **UK FINANCE**. More have stretched their terms to make monthly payments more affordable. Most first-time buyers end up moving or remortgaging.

M&S PAY BOOST

THE boss of **MARKS & SPENCER** has seen his pay packet double in size after the retailer's turnaround.

Stuart Machin will receive £4.7million including bonuses and share awards, compared with £2.7million the previous year, after M&S reported

the best financial performance since 1997. Meanwhile, his outgoing co-chief exec Katie Bickerstaffe will also receive £4.4million in total pay.

At **SAINSBURY'S**, chief exec Simon Roberts saw his pay slip from £5.2million to £4.9million after lower profits.

LONDON FAST FASHION LISTING



Modelling Shein gear... influencer Lele Pons

ONLINE retail giant **SHEIN** could be fashioning a London stock market revival with the biggest listing on record.

The company, described as **ASOS** and **BOOHOO** on steroids, has been valued at £50billion in recent fund-raising and doubled profits to £1.5billion last year.

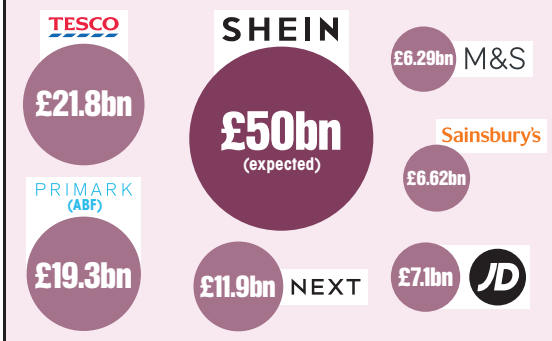
It is now gearing up to press the button on a mega flotation in London after fearing that tensions between the US and China would derail a New York Stock Exchange listing.

A float would be a big boost after a long drought of new listings and welcome change in the wave of companies ditching London for New York.

Shein — pronounced She-in — is planning to file a confidential prospectus to the financial regulator as soon as this week, according to Sky News.

The size of Shein would mean that it would dwarf previous largest London listing **GLENCORE**, which floated with a £36billion valuation in 2011. It would become one of the UK's top 15 most valuable companies and also be worth almost as

HOW SHEIN DWARFS RETAIL RIVALS



much as rivals **TESCO**, **NEXT** and **PRIMARK** owner **ASSOCIATED BRITISH FOODS** combined.

Sources suggested the filing could slip to later this month.

Kathleen Brooks, research director at **XTB**, said: "While this filing does not indicate when its IPO would take place, it could be in the next few months."

It is understood Shein's senior team have told politicians they

are relaxed about tax changes to its "small parcel loophole". Rival retailers have accused Shein of abusing the tax system by sending goods from China to customers' homes in small parcels and avoiding import duties.

Shein's chairman Donald Tang has met with Chancellor Jeremy Hunt and Labour confirmed that they had also had several meetings with Shein.

CITY'S TIME TO SHEIN

BOTH the main political parties have made it clear they want to revive the London stock market.

But how much are they, and investors, willing to hold their nose in order to snare **SHEIN**?

The Chinese fast fashion giant has made its billions by mining social media data to spot the trends and pumping out cheap clothes to Western shoppers.

It churns out more than 6,000 new products on its site every day, made in over 5,000 third-party contracted factories. Some

COMMENT

City funds have already raised concerns about how it can really ensure fair treatment of workers. Shein has faced allegations about cotton sourced from Uyghur forced labour camps.

Critics also argue Shein has been built on systemic theft of intellectual property, with small designers accusing the site of ripping off their ideas, while bigger brands Dr Martens, Ralph

Lauren and Levis have all sued for copyright infringement.

It also ships small parcels to customers, rather than paying import duties. This hurts British retailers who cannot compete because they pay higher taxes.

Politicians will argue that listing in London will mean Shein will be under more pressure to be transparent.

But there are still fears Shein's arrival could be a fashionable flash in the pan, while its lasting legacy is a lot shoddier.

GOT A STORY?

✉ ashley.armstrong@the-sun.co.uk

🐦 @AArmstrong_says

Contact me...we're always open for **Sunbusiness**

Edited by
LISA MINOT

● **TURKEY** is 32C – seven nights' B&B at the 3★ Leytur Hotel near Dalaman is from £291pp including flights from East Midlands on July 3. See thomascook.com.

hot spots

● **KEFALONIA** is 29C – a week self-catering at the 3★ Erietta Studios in Svoronata is from £385pp, including flights from Bristol on June 19. See olympicholidays.com.

CRUISE THE RIVERS FOR UNIQUE VIEWS OF EUROPE

TAKE to the rivers of Europe this summer. Inland cruising can take you to the heart of ancient towns and cities, with time to enjoy the joys of stunning countryside as, for example, you sail from the dramatic scenery of the Rhine Gorge to the splendour of the Danube's Wachau Valley. **LISA MINOT** suggests some great summer cruises for value and sunshine.



Simply gorgeous

BANK ON IT . . . the beautiful countryside of the Rhine gorge

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FAB FOR FOODIES

EMERALD Cruises' eight-day Sensations of Lyon and Provence is a foodie's dream along the Rhône and Saône rivers.

The tour begins with a visit to the Hospices de Beaune, home to the biggest wine auction in Burgundy. You'll also enjoy cheese and olive tasting on board the luxurious Emerald Liberté.

Sample traditional Lyonnaise cuisine in Lyon, the gastronomic capital of France, and digest your lunch on a guided walk or bike ride through the city.

In Avignon, enjoy a Provençal dining experience on board, expertly prepared by French TV chef Fabien Morreale.

The cruise starts from £1,699 per person – down from £3,485, representing savings of £1,786 – based on June 22 departure.

Includes flights, transfers, meals, wifi and active excursions. For details see emerald-cruises.co.uk.

TEMPTING TRIO

VISIT three countries in eight days on Avalon Waterways' The Rhine & Moselle for Wine Lovers: Canals, Vineyards and Castles cruise. Sailing from Luxembourg on Avalon Imagery II, you'll explore the waterways, wine regions and historic hills in the company of a Master of Wine who will host lectures and tastings, and give tips on food pairings.

You'll make your way through Germany along the Moselle to Cochem and visit the Reichsburg Castle before sailing through the dramatic Rhine Gorge.

With stops in Rudesheim and Engers, your final German city is Cologne before you sail onwards to Amsterdam.

The cruise begins on October 10. Prices are from £1,500pp including complimentary wine and beer with meals as well as shore excursions and premium tea and coffee. See avalonwaterways.co.uk or call 0330 058 8243.

DELICIOUS DANUBE

CRUISE through Austria, Hungary and Slovakia on board the Tui Skyla's Danube Treasures seven-night sailing. Departing

from Budapest, highlights include the chance to explore Vienna's extravagant palaces, enjoy the Hungarian capital's buzzing nightlife and a trio of Austrian treasures including Linz, Durnstein and Melk with its imposing abbey.

The Skyla has two restaurants and bars as well as an expansive top deck for sunbathing and even al-fresco dining.

Leaving the UK on July 8, the all-inclusive cruise costs from just £1,275pp including drinks and meals, flights from Gatwick, 20kg of luggage, transfers and tips. See tui.co.uk/river-cruises.

PARIS SO PERFECT

SAIL on Paris on the Seine with CroisiEurope next month as the city prepares to host the Olympic Games.

This five-night round trip on board the MS Botticelli from the French capital sails through to the Normandy coast with stops in Poissy for a visit to the magnificent Palace of Versailles as well as the coastal gem of Honfleur and medieval architecture of Rouen.

The ship's upper deck is home to the restaurant and lounge bar with dancefloor, while the sun deck has a large shaded area for relaxing on as the miles drift by.

Five nights' all-inclusive, departing Paris on July 21, is from £686pp including all meals, drinks and port fees. Travel to Paris is extra. To book, see croisieurope.co.uk or call 01756 691 269.

VALLEY OF DELIGHTS

DISCOVER Portugal's Alto-Douro Valley on a seven-night cruise on board the A-Rosa Alva.

Beginning in Porto, the sailing laces its way across the Spain-Portugal border, stopping off to explore verdant vineyards, walled villages and olive groves.

Also calls at the ancient Spanish city of Salamanca. Prices for the August 14 sailing are from £2,029pp including return flights from Luton, transfers to the ship, seven nights' premium all-inclusive plus a dinner and tastings at Quinta da Avesada and Quinta da Roeda. For details see justgoholidays.com.



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- Complimentary Wi-Fi
- Club Lounge with 24-hour self-serve beverage station
- Complimentary daily Happy Hour
- All gratuities included in the price
- Welcome Back Credit - the more you travel, the more credit you earn toward future trips



DANUBE DREAMS

8 Day River Cruise Vilshofen to Budapest

Fly from London Heathrow - from £1,799pp*

Fly from Edinburgh and Manchester - from £1,889pp*

Prices based on 4 November 2024 departure.
Alternative dates & reverse routes available.



ROMANTIC RHINE

8 Day River Cruise Basel to Amsterdam

Fly from London Heathrow - from £2,099pp*

Fly from Edinburgh or Manchester - from £2,189pp*

Prices based on 29 June 2024 departure.
Alternative dates & reverse routes available.

0330 058 8241 | AvalonWaterways.co.uk | visit your travel agent

ABTA No. V3031
Savings of up to 50% off the cruise price with flights included are available on select 2024 departure dates. Book Select 2024 Cruises with Avalon Waterways and we will include return flights from £1,799 per person, based on a twin share in a Deluxe Stateroom. Offer is valid for NEW bookings deposited for travel on selected dates in 2024. The package price includes round-trip economy flights from London Heathrow, subject to airline availability. Departures from Manchester, Edinburgh, Birmingham, Bristol, Newcastle and Glasgow are available as a supplement. Please note this offer has no cash alternative, however, alternate schedules may be available at an additional cost. Limited to new bookings for UK originating travellers and economy class air tickets. This promotion cannot be applied retroactively to existing bookings, is combinable with welcome-back credits and can be withdrawn at any time. Offer does not apply to instant purchase air or groups of 8 passengers or more. Promotional discounts do not carry forward on voluntarily changed air bookings; other promotions at time of change may be available. Once ticketed, air reservations are subject to change/cancellation penalties of between £35 per ticket and 100% of ticket value. Flight schedules, routings and air carriers are at the discretion of Globus family of brands. For our full terms and conditions, please visit <https://www.avalonwaterways.co.uk/terms>. All the package holidays we sell are covered by a scheme of financial protection; all our flight-inclusive holidays are fully protected by the CAA's ATOL scheme and our non-flight holidays are fully protected by ABTA's scheme of financial protection. Good Housekeeping Reader Recommended survey of Avalon panoramic views, 112 Good Housekeeping readers, 2018.



O'con yer bike, pal

ESTEBAN OCON has been dumped by Alpine — just days after crashing into his team-mate.

He collided with fellow Frenchman Pierre Gasly on the opening lap in Monaco last month and was forced to retire.

Furious team principal Bruno Famin said there would be "consequences". Ocon, who will leave at the end of the season, has been handed a five-place grid penalty for Sunday's Canadian Grand Prix.

He said: "We had many ups and certainly some downs but it was an honour racing alongside you."

SPORTS ROUND-UP: RESULTS & FIXTURES

INTERNATIONAL MATCHES

ENGLAND (0) 3 BOSNIA-HERZ (0) 0

Palmer 60 (pen) Att: 50,061

Alexander-Arnold 85

Kane 90

GERMANY (0) 0 UKRAINE (0) 0

GIBRALTAR (0) 0 SCOTLAND (0) 2

Christie 60

Adams 85

U21 FRIENDLY

TURKEY (2) 2 SCOTLAND (1) 1

Yildirim 25

Destan 45

LEAGUE OF IRELAND PREMIER - Derry

City 3 Waterford 0, Sligo Rovers 2 Drogheda

Utd 1, St Patrick's Athletic 2 Dundalk 3.

CRICKET

ICC WORLD TWENTY20 - GROUP B

Namibia v Oman

Bridgetown: Oman 109 (19.4 overs; R

Trumplemann 4-21). Namibia 109-6 (20.0

overs). Namibia tied with Oman. Namibia

(2pts) won the super over.

GROUP D

Sri Lanka v South Africa

New York: Sri Lanka 77 (19.1 overs; A

Norlie 4-7). South Africa 80-4 (16.2 overs).

South Africa (2pts) bt Sri Lanka by 6 wickets.

TENNIS

FRENCH OPEN (Roland Garros, Paris):

Men's Singles 4th rnd - (1) N Djokovic

(Ser) bt (23) F Cerundolo (Arg) 6-1, 5-7, 3-6

7-5, 6-3. (7) C Ruess (Nor) bt (12) T Hamy Fritz

(USA) 7-6 (8-6), 3-6, 6-4, 6-2. (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 Aranyasyan (Rus) 4-6, 6-0, 6-1, 1-4

5-7. Rybakina (Kaz) bt (15) E Svitolina (Ukr) 6-4

6-3. M Andreieva (Rus) bt V Gracheva (Fra)

7-5, 6-2. (2) A Sabalenka (Bir) bt (22) E Navar-

ro (USA) 6-2, 6-3.

Men's Doubles 2nd rnd - T Machac

(Cze) & Z Zhang (Chn) bt R Haase (Hol) &

Van de Zandschulp (Hol) 7-5, 6-2. (8) M

Gonzalez (Arg) & A Molteni (Arg) bt A Bublik

(Kaz) & A Shevchenko (Rus) w/o. P Tsitsipas

(Gre) & S Tsitsipas (Gre) bt (4) I Dodig (Cro)

& A Krajcek (USA) 4-6, 7-5, 6-3. M Guinand

(Fra) & G Jaco (Fra) bt G Andreozzi (Arg) &

R Hijikata (Aus) 6-2, 7-6 (13-11). 3rd rnd -

(1) M Granollers (Spa) & H Zeballos (Arg) bt

(15) H Nys (Mon) & J Zielinski (Pol) 6-2, 6-1;

(9) M Arevalo (Esp) & M Pavic (Cro) bt (6) K

Krawczyk (Ger) & T Puetz (Ger) 7-6 (7-5), 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 (GB) bt

G Barrere (Fra) & L Pouille (Fra) 6-3, 6-3; (10)

S Gille (Bel) & J Vliegen (Bel) bt H Heliovaara

(Fin) & H Patten (GB) w/o; (2) R Bopanna (Ind)

& M Ebden (Aus) bt N Balaji (Ind) & M A Rey-

es-Varela (Mex) 6-7 (2-7), 6-3, 7-6 (10-8).

Women's Doubles 2nd rnd - (4) A Anshba

(Rus) & A Delcu (Cze) bt (8) L Kichenok

(Ukr) & J Ostapenko (Lat) 3-6, 7-6 (7-5), 6-2;

(9) L A Fernandez (Can) & E Routliffe (Nzl) bt

E Hozumi (Jpn) & M Ninomiya (Jpn) 6-0, 6-1;

M Kostyuk (Ukr) & E G Rusea (Rom) bt (6) M

Bouzlova (Cze) & S S Tormo (Spa) 6-3, 6-4;

(8) C Dolehide (USA) & D Krawczyk (USA) bt

A Potapova (Rus) & V Sizikova (Rus) 7-6 (7-3)

6-1; (5) C Gault (USA) & K Siniakova (Cze) bt

M Kolodziejova (Cze) & A Siskova (Cze) 6-1

6-2; (2) N Melichar-Martinez (USA) & E Perez

(Aus) bt X Wang (Chn) & Y Yuan (Chn) w/o.

3rd rnd - G Olmos (Mex) & A Panova (Rus)

bt (4) B Kragjicova (Cze) & L Siegemund (Ger)

6-3, 7-6 (7-5).

Mixed Doubles 2nd rnd - (4) D Kraw-

czyk (USA) & K Skupski (GB) bt H Watson

(GB) & J Salisbury (GB) 6-1, 5-7, 10-7.

TODAY'S SPORT

(7.45 unless stated)

INTERNATIONAL MATCHES

Rep of Ireland v Hungary.....

(Live on Premier Sports)

Portugal v Finland.....

Italy v Turkey..... 8.0

WOMEN'S EUROPEAN CHAMPIONSHIP QUALIFYING GROUP A3

Sweden v Rep of Ireland..... 5.30

France v England..... 8.0

(Live on ITV 1)

GROUP B2

Israel v Scotland..... 3.0

Slovakia v Serbia..... 5.0

GROUP B3

Bosnia-Herzegovina v Malta..... 3.0

Northern Ireland v Portugal..... 7.0

GROUP B4

Croatia v Kosovo..... 7.0

Ukraine v Wales..... 7.0

CRICKET

ICC World Twenty20 - Grp B: England

v Scotland (Bridgetown, 3.30pm). Grp D:

Netherlands v Nepal (Dallas, 4.30).

TENNIS FRENCH OPEN

Crock Djok's so Grand

WHINGEING Novak Djokovic celebrated a record 370th Slam singles win — despite "screwing" up his knee on a "slippery" court.

The Serbian came from 2-1 down in sets to beat Argentine Francisco Cerundolo 6-1 5-7 3-6 7-5 6-3 in 4hr 39min — his longest match at the French Open.

No player has won more matches than him across the four Majors in the Open Era — he had been tied with Roger Federer on 369.

The defending champ, 37, tweaked a neck muscle in the first set. Then, after

From ROB MAUL in Paris

three games of the second set, he took a medical timeout for right knee treatment.

Four games later, he called for the tournament supervisor Wayne McKewen and claimed ground staff were not SWEEPING the court enough — even though they do it before each new set.

Djokovic — whose previous tie finished at 3.06am on Sunday morning — blasted: "Explain to me, why is it such a big issue to get people to sweep the court?"

"I screwed up my knee because I made a quick move. I'm sliding and

slipping all the time. What's the problem to do it every second changeover?"

"You're a supervisor, you're representing us players. I'm telling you as a player it's not OK."

Djokovic also moaned about the brightness of a stadium light and a toddler's cry as he moved into the quarter-finals.

Russian MIRRA ANDREEVA, 17, will face Belarusian world No2 Aryna Sabalenka in the quarter-finals after she beat France's Varvara Gracheva 7-5 6-2.

Wimbledon will again provide accommodation costs for players from war-torn Ukraine this summer.



DOWN-BUT NOT OUT ... struggling Djokovic receives treatment during a medical timeout in the second set for a painful right knee

ENGLAND v SCOTLAND

T20 World Cup, 3.30pm sky sports cricket

STAY COOL

Jos' Jof warning on 'home' turf



JOS BUTTLER will try to calm Jofra Archer's emotions as the fast bowler re-launches his career on home soil.

Captain Buttler knows Archer's speed and skill are key to England's chances in the Twenty20 World Cup — beginning against Scotland in Barbados today.

But he warned people not to expect too much, too soon. Buttler said: "Jofra is a real cool, calm, collected guy, but I'm sure there's some emotion around it too."

"It's about understanding he might be feeling those things."

"I'm sure he'll have a lot of close friends and family here watching and he'll be desperate to perform well in front of them. We know what he is

By JOHN ETHERIDGE

capable of but we just need to let him be for a bit and not expect too much."

Bridgetown-born Archer, 29, played two matches in the rain-affected series against Pakistan last month — his first England appearances since March 2023.

But the World Cup is the real start of his comeback after years of frustration with back and elbow injuries.

This will be the first time he has played for England in the Caribbean.

Archer (left) has been allowed to do most of his rehab in Barbados and always been given a central contract. Now England want a return on their loyalty.

Buttler and coach Matthew Mott in particular are under pressure following England's dismal showing in last year's 50-over World Cup. Anything

less than a T20 semi-final spot could result in the sack.

The match between Namibia and Oman in Barbados yesterday was a low-scoring tie — 109 runs each — before Namibia won the Super Over.

It suggests runs and boundaries could be hard to come by. Buttler added: "We've played some games here so we know what conditions can be like."

"But it's important not to have too many preconceived ideas. We expect a tough challenge and we're excited for that."

While England are at full strength, Scottish seamer Josh Davey and batter Andy Umede opted to remain with Somerset.

Meanwhile, South Africa bowled out Sri Lanka for just 77 in New York and won by six wickets. Paceman Anrich Nortje finished with figures of 4-0-7-4. ENGLAND (likely): Salt, Buttler (capt & wk), Jacks, Barstow, Brook, Livingstone, Moeen, Jordan, Archer, Rashid, Wood.



AIR SHOT ... O'Sullivan (right) with pilot Erkilla

Ron's ref landing

By ROB MAUL

RONNIE O'SULLIVAN was flown to Finland for an exhibition clash... by a snooker REFEREE!

The Rocket took his seat on the 2½-hour flight out of Heathrow when the captain Sami Erkilla introduced himself.

O'Sullivan, 48, was even allowed to sit in the cockpit as the plane made its descent.

Erkilla is a part-time ref on the World Snooker Tour and has officiated at Qualifying School.

O'Sullivan posted a photo of the pair on Instagram, adding: "Huge thanks to captain Sami Erkilla who flew us to Helsinki today on Finnair and will also put on the white gloves to referee our show in Tampere."

"Was a great experience to be invited into the cockpit for the landing!"

Since losing in the last eight at the World Championship, O'Sullivan has had 19 days in China plus a week in Europe on lucrative exhibitions.

Race rap for Essex

ESSEX have been charged with failing to address racist language and conduct at the cricket club over a nine-year spell.

The top-flight county stand accused of breaching ECB Directive 3.3.

The Cricket Regulator claimed "there was systemic use of racist and/or discriminatory language and/or conduct at Essex, during the period between 2001 and 2010, which Essex failed to address."

"An independent panel of the Cricket Discipline Commission will hear the case in due course."

Essex said they had fully co-operated with the Cricket Regulator and would continue to do so.

Curry is in favour

TOM CURRY is back in the England squad after just 34 MINUTES of action since the World Cup.

The Sale flanker had his season wrecked by hip surgery before coming off the bench in Sharks' 31-23 Premiership semi-final loss to Bath on Saturday.

Curry has been included in an updated 33-man training party by Red Rose boss Steve Borthwick — ahead of Monday's squad announcement for the tour of Japan and New Zealand.

● COPs are looking into a scuffle involving England ace Jonny Hill on Saturday.

The Sale lock, 29, allegedly put a spectator in a headlock and left him with a cut above his eye.

LEEDS CHIEF PLEA

We must do more in Rob's name

TRIBUTE... scarves and shirts at Leeds' Headingley HQ and (below) Rob's family at site for MND centre

LEEDS RHINOS chief Gary Hetherington vowed rugby league needs to ensure Rob Burrow is never forgotten.

Fans outside Headingley yesterday laid flowers, shirts and scarves in memory of club icon Burrow, who died on Sunday, aged 41, after a 4½-year fight against motor neurone disease.

His family also attended an emotional groundbreaking for the Rob Burrow Centre for MND at the city's Seacroft Hospital after the former scrum-half and his old team-mate Kevin Sinfield raised £20million.

Hetherington said: "It's so poignant that should be happening now. That in itself will be a permanent memorial and reminder of Rob Burrow."

"What he's done with Kevin to promote awareness of MND is inspirational."

"Sport has come together, it's been a marvellous campaign and Rob's been at the heart of it."

"So while it's a very, very sad day, it's a very significant one."

"And now is the time to consider what else we can do to recognise his legacy at Rhinos and in the game in general."

At just 5ft 5in, one-club man Burrow won eight Super League

By GARY CARTER

titles, two Challenge Cups and three World Club Challenges before an MND diagnosis in December 2019 – two years after retiring.

The sport will pay further tribute with minute's silences at the men's Challenge Cup final between Warrington and Wigan as well as the women's final between Leeds and St Helens on Saturday at Wembley.

Warrington boss Sam Burgess, whose brother Luke played alongside Burrow at Leeds – and who lost his father Mark to MND in 2007 – said of his old England Test team-mate: "Rob had the heart of a lion playing and of 1,000 lions facing MND."

"We should all celebrate what

a special guy Rob was. The legacy he's left globally we can all celebrate but it's sad it's at the cost of his life."

Sinfield, Burrow's parents Geoff and Irene and his sisters Joanne Hartshorn and Claire Burnett were at yesterday's groundbreaking.

Burrow Sr was one of six people to dig the first spades in.

He said: "It's amazing what a little man can achieve. You can achieve big things."

"As Rob says, in a world full of adversity you must dare to dream. We're dreaming of when this opens."

Meanwhile, Wigan pair Adam Keighran and Tyler Dupree are banned for the Challenge Cup final.

Rob's name will live on — P23



By JAKE SANDERS

ROBERT MacINTYRE pledged his parents will be "mortgage-free" after dad Dougie helped him win a maiden PGA Tour title.

Father and son were in tears when MacIntyre claimed victory at the Canadian Open in his debut season on the American circuit.

Asked whether caddie Dougie will receive the usual ten per cent fee of his son's £1.3million cheque, MacIntyre said: "Yeah, he's going to get a nice paycheck. He'll do nicely out of it. He deserves it."

"My mum and dad will be mortgage-free and life's looking a bit better on that side of things."

"But he just wants me to do well because I'm his son and there's no angles to it."

MacIntyre, 27, made four birdies either side of the turn in his two-under-par final-round 68 to finish on 16 under, one clear of American Ben Griffin at Hamilton Golf and Country Club.

After becoming the first Scot to win on the PGA Tour since Martin Laird in 2020, he celebrated with his dad, who only became his caddie at late notice.

MacIntyre, part of Europe's winning Ryder Cup team last year, said: "I'm crying with joy but I'm laughing because I

MacIntyre title deed



FAMILY AFFAIR... champ MacIntyre and dad Dougie

didn't think it was possible. I wanted to win this for my dad."

"This is the guy who has taught me the game of golf and I just can't believe I have done this with him on the bag."

Dougie, head greenkeeper at Glencruitten Golf Club in Oban, added: "It's unbelievable."

I'm a grasscutter – not a caddie.

"I got phoned last Saturday night and I'm sitting on the couch at home at eight o'clock."

"And I'm thinking, 'Can I leave my job here? I'm busy at work'."

"Eight o'clock the next morning I'm on a flight out here... and wow."

THE Sun

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COE... 'new era'

COE'S £8m JACKPOT

WORLD ATHLETICS is set to hand out the biggest prize pot in the sport's history at its new biennial Ultimate Championship.

Athletes are to share a £7.9million prize pot.

Each winner pockets £120,000 — TRIPLE what any track-and-field gold medalist will earn at this summer's Olympics. The

By ROB MAUL

inaugural three-day event — featuring nearly 400 athletes from 70 countries — is to be staged in Hungary's capital Budapest between September 11-13, 2026.

The news comes after US sprint legend Michael Johnson proposed a potential rival track series in 2025.

WA president Seb Coe said: "The prize pot is significant to properly reward the athletes. This will, I hope, herald a new era in athletics."

Britain's fastest man ZHARNEL HUGHES has suffered an injury scare eight weeks before the Olympics. Hughes, 28, felt a hamstring twinge in a 100 metres race on Saturday.

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@davekidd_

Dave Kidd

CHIEF SPORTS WRITER

DEONTAY WILDER'S boxing career is — hopefully — over, after the former world heavyweight champion's fourth defeat in five fights. Yet there may never have been a more thrilling boxing trilogy than his bouts with Tyson Fury. Wilder drew the first and lost the next two but secured his legacy in those extraordinary contests — as one of sport's most explosive losers.

JOSE'S NOT FLAGGING...



NEW FAN CLUB...
Jose Mourinho greets
Fenerbahce supporters

Special One's made for Istanbul

WHILE manager of Galatasaray in 1996, Graeme Souness celebrated a cup final victory over Fenerbahce by planting his club's flag in the centre circle of their bitter enemies' home pitch.

Galatasaray versus Fenerbahce is one of the most ferocious rivalries in all of football.

And ferocious rivalries are the essence of all sport.

We invest far too much time and money in watching grown men play ball games for them not to rouse extreme passions. Even genuine hatred.

Souness never was a shrinking violet. His incendiary antics almost sparked a riot and are still remembered vividly in Istanbul 28 years later — with fondness by supporters of Galatasaray, with raging resentment by Fenerbahce fans.

The Scotsman only managed Galatasaray for one season but for a man who always understood football's need for needle, the place had a lasting effect on him.

Once out with a mate and his Turkish girlfriend, who was a Galatasaray fan, I messaged Souness.

He replied: "Tell her: 'Cim-bom-bom!'"

This is Galatasaray's nickname and their supporters' most common chant. The message was gratefully received, two decades after he'd left the club.

Souness will never forget Istanbul, that vast, chaotic city, with its myriad mosques, its incessant traffic, its mania for football and the fear and loathing between the clubs who contest its premier derby.

Which brings us to Jose Mourinho, who has taken over as manager of Fenerbahce on a two-year deal. Presumably because Fenerbahce know

what always happens in Mourinho's third season.

Some people are wondering why such a stellar name should find himself 'slumming it' in the Turkish Super Lig.

Many are wishing the Portuguese had filled one of this summer's many Premier League vacancies.

And many more had hoped Mourinho would follow the path of the princely Souness by jacking in management to take up full-time residence in a TV studio.

Mourinho is God's gift to punditry, as he proved on TNT Sports' coverage of the Champions League final on Saturday.

We had plain-speaking Jose, monsterring Vinicius Jr for diving.

We had waspish Jose, having a glorious dig at old foe Arsene Wenger, who — in his current role as a Fifa blazer — wants to change the offside law simply to make VAR look less ridiculous.

And we had rakish Jose posing for photos with Jude Bellingham's mum after Real Madrid's English Galactico told him she'd had a crush on the

old rascal for years. Sure, Mourinho can be dreadful — witness the appalling scenes in the car park when he confronted ref Anthony Taylor after his Roma side lost last year's Europa League final.

But football needs villains, it demands characters, it thrives on the idea any publicity is good publicity.

Next season, England's top flight will be dominated by earnest managers who lack either menace or hair. Pep Guardiola, Arne Slot, Enzo Maresca, perhaps Erik ten Hag.

A league of bald-headed men with trash-talking in short supply.

Mourinho made it clear he'd have accepted a Premier League job below his usual pay grade — West Ham or Brighton perhaps — but his come-and-get-me plea fell on deaf ears.

Tottenham felt beneath him when he accepted that gig five years ago.

And after being sacked by Spurs five days before a cup final, he became manager of Roma, where he reached two European finals, winning one.

As a manager, if not a pundit, Mourinho is out of fashion, his

football too cautious. His former rival Guardiola won the stylistic argument of the age.

Next season, Arsenal and Chelsea will be managed by the Manchester City manager's former assistants.

We will probably never see Guardiola at Spurs, Roma, Fenerbahce or any club outside of the European elite. And it's a pity because that would be fascinating.

At Fenerbahce, Mourinho will take charge of Premier League old boys Edin Dzeko, Dusan Tadic, Michy Batshuayi and Manchester United flop Fred.

What might Guardiola achieve with that sort of squad? We will never know.

Guardiola would never rival Mourinho as a media figure and probably wouldn't even want to.

The Portuguese is box-office gold not only for his dark charisma and his barbs. He is also deeply knowledgeable and an original thinker.

When I ghost-wrote his column for this newspaper during the last Euros, Mourinho gave brilliant insights — some of which even made it past his PR woman and into print.

Most people on Mourinho's downward career trajectory would have settled for Easy Street in the media.

Souness made that move to great effect at a younger age than Mourinho's current 61 years.

Mourinho recently acknowledged that he might never manage at the world's greatest clubs again.

But he still can't let it go. He craves competition. He invites jeopardy. He loves the smell of Napalm in the morning.

He was made for Istanbul. And when he first visits Galatasaray's Ali Sami Yen Stadium, don't be surprised if he plants a flag slap-bang in the middle of it.



FIERY... Galatasaray boss Souness plants flag on Fenerbahce's pitch

DREAM ON, UTD

FOR many years there was debate about which was the world's most famous football club: Manchester United or Real Madrid?

Few outside England would have argued for United but now this is no longer even a question.

After triumphing against Borussia Dortmund at Wembley, Real have 15 European Cups to United's three.

And this summer Kylian Mbappe and Endrick will link up with Jude Bellingham, Vinicius Jr and Rodrygo at the Bernabeu.

Now that's what you call a Theatre of Dreams.

EDIN TERZIC was able to inspire and organise his Dortmund side so well that they outplayed Real Madrid for most of the Champions League final on Saturday.

He also played a big part in Declan Rice's development as a coach at West Ham under Slaven Bilic before helping Jude Bellingham to flourish in an attacking role at Dortmund.

He is warm, engaging, tactically astute and will be a Premier League manager before long.

STRIKE IT OFF

THE next Premier League season ends on May 25, swiftly followed by World Cup qualifiers between June 6-10.

On June 15 comes the start of Fifa's latest monstrosity — a four-week-long, 32-team Club World Cup in the USA.

There, Manchester City and Chelsea get to play against teams with names like Mamelodi Sundowns, Wydad Casablanca, Camper Van Beethoven and Bombay Bicycle Club — some of which are actual clubs.

No wonder players are threatening strikes. It's exhausting just thinking about watching it all.

ENGLAND will never have a more hostile opening-bowling duo than Jofra Archer and Mark Wood, who will combine for the World T20 campaign which starts against Scotland today.

What a pity they are unlikely to stay fit for long enough to link up in The Ashes on bouncy tracks in 18 months.

The sight of trembling Aussies ducking their 96mph leather missiles would be sublime.



Lop loss to Saudis

WEST HAM face losing out to Saudi Arabia on a double Brazilian deal.

Julen Lopetegui's side have been trying to sign Flamengo defender Fabricio Bruno and Palmeiras winger Luis Guilherme.

A £12.5million move was agreed for Bruno, 28, while talks are ongoing over 18-year-old Guilherme, who is valued at £25m.

But there is a growing expectation they will both move to the Saudi Pro League after being offered huge contracts.

West Ham are targeting three signings this month to support new boss Lopetegui.



Carrick's new deal

MICHAEL CARRICK has signed a new contract to stay as Middlesbrough head coach until 2027.

The former England and Manchester United midfielder, 42, took charge in October 2022.

He led Boro to eighth in the Championship last term as well as to the Carabao Cup semi-finals.

Carrick said: "It feels like a big step as a statement but it doesn't change anything, it just carries on what we're trying to achieve."

MORECAMBE have appointed Derek Adams, 48, as boss for the THIRD time. He replaces Ged Brannan, who left in April.

MILAN GOD BID

AC MILAN are set to revive their interest in Everton defender Ben Godfrey.

The Serie A giants enquired in January but the Toffees were reluctant to do business as they fought relegation.

But Milan are ready to test the resolve of the cash-strapped Prem side by stepping up their interest in £10million-rated Godfrey, 26, who has only one year left on his contract.

Godfrey (above) joined the Merseysiders in a £25m deal from Norwich in 2020 and is also attracting interest from Borussia Dortmund.

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MADE A PAQUET

60 punters in £100k sting

LUCAS PAQUETA'S career is hanging by a thread as a result of bets placed on the Brazilian to be given a yellow card worth as little as £7.

SunSport can reveal the full extraordinary details of the alleged betting scam for the first time.

West Ham's midfielder, 26, is accused of deliberately getting booked in four Prem games – against Leicester in 2022, plus Aston Villa, Leeds United and Bournemouth, all in 2023 – to make money for friends.

It is understood around SIXTY people placed bets on Paqueta to be booked in one or all of those matches, with the stakes ranging from just £7 to £400, leading to combined winnings of **£100,000**. And in an ironic twist, the first gaming company to sound the alarm over suspicious betting patterns was Betway – the Hammers' main shirt sponsor.

Paqueta insists he is innocent and has vowed to clear his name but the FA want him banned for **LIFE** if he is found guilty.

The series of small bets were placed on Paqueta Island off the coast of Rio de Janeiro, sparking an investigation which resulted in the FA's charges of spot-fixing.

Their probe has already KO'd his £80million move to Manchester City but Paqueta's lawyers will argue evidence against him is

EXCLUSIVE by MATT HUGHES

purely circumstantial. The FA's investigation began last summer after they received an integrity alert from gambling companies due to the unusual number of bets placed on him to be booked traced to the island where he was born.

SunSport also revealed yesterday Paqueta asked not to play in the fateful game that triggered the FA's spot-fixing investigation – West Ham's opening game of this season at the Cherries – as he was on the verge of his move to City.

Paqueta's lawyers were yesterday granted more time to formally respond to the charges. The case is not expected to proceed to a hearing for several months.

Over six months elapsed between the FA charging Ivan Toney with betting offences before he was found guilty last summer.

And given that Paqueta's career is at stake, this case is likely to take even longer. There are also issues of jurisdiction to resolve, with the FA still in the process of collecting betting data from Brazil.

Paqueta has been left devastated by the charges, with West Ham having serious concerns over his mental wellbeing. He has returned to Brazil and hopes to play in the Copa America this summer.

The FA, Paqueta's legal representatives and West Ham were all approached for comment.

PREM



NEW CHELSEA MANAGER



BOEHLY... search

MADE

From Back Page

world, is a dream for any coach.

"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."

Maresca was chosen from a shortlist including Ipswich boss Kieran McKenna and Brentford chief Thomas Frank.

He guided Leicester to last season's Championship title to earn automatic promotion back to the Premier League.

Ex-West Brom midfielder Maresca worked closely with Pep Guardiola at Manchester City but has never picked a Premier League team.

Yet Chelsea — who have the option of a one-year extension on the deal — are confident he will deliver on their demands for possession-based football and get the club back in the Champions League.

Blues co-owner Todd Boehly tasked sporting directors Paul Winstanley and Laurence Stewart with finding a new manager.

And they said: "Enzo has proven himself to be an excellent coach capable of delivering impressive results with an exciting and identifiable style."

Leicester have begun their own search for a new boss but were unimpressed by Maresca's exit.

A statement read: "The club is disappointed Enzo no longer wants to be part of our vision."

Ex-Blues keeper Willy Caballero returns to Stamford Bridge as Maresca's No 2, having performed the same role at Leicester.

Turf time for Pardes

EXCLUSIVE

By ANDREW DILLON

ALAN PARDEW is an early contender for the vacant manager's job at Burnley.

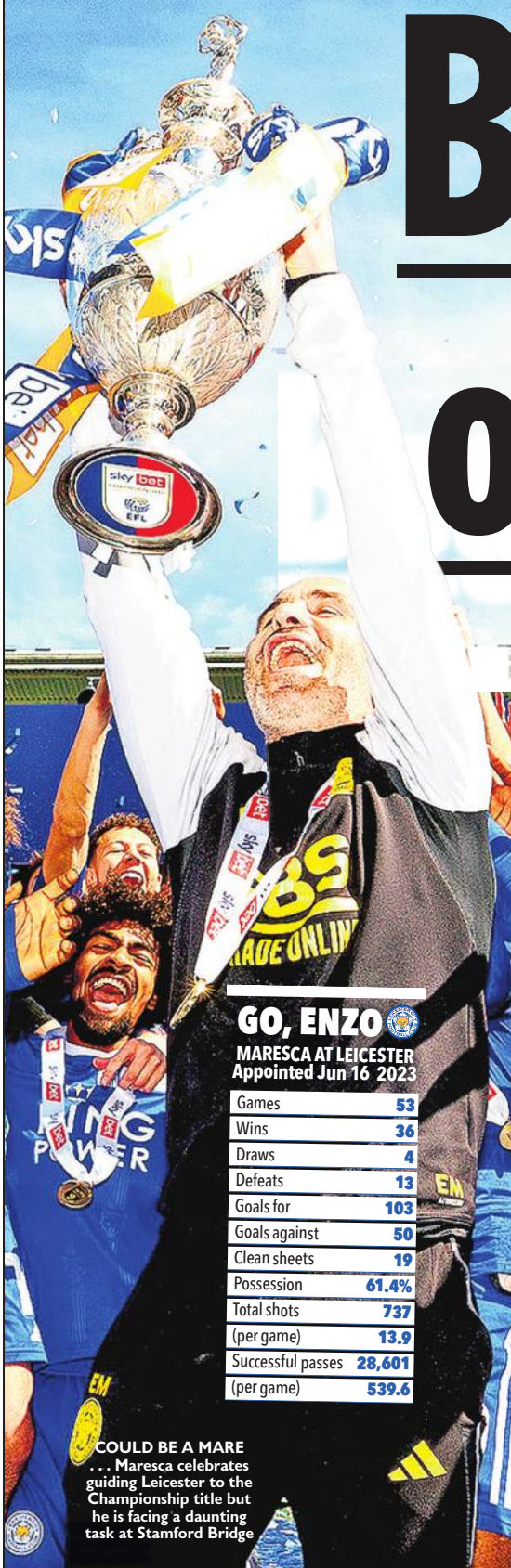
The Clarets have made contact with the former West Ham, Newcastle and Crystal Palace boss as they search for a successor to Vincent Kompany.

Pardey, 62, wants to get back into English football and is keen on the challenge to lead Burnley straight back up to the Premier League following their relegation.

He has also had spells managing Southampton, Charlton, West Brom and Dutch side Den Haag.

Former Chelsea boss Frank Lampard is another linked with the job, along with Scott Parker.

Kompany left Turf Moor last week to take up a surprise appointment as boss of Bayern Munich.



GO, ENZO

MARESCA AT LEICESTER
Appointed Jun 16 2023

Games	53
Wins	36
Draws	4
Defeats	13
Goals for	103
Goals against	50
Clean sheets	19
Possession	61.4%
Total shots	737
(per game)	13.9
Successful passes	28,601
(per game)	539.6

COULD BE A MARE
... Maresca celebrates guiding Leicester to the Championship title but he is facing a daunting task at Stamford Bridge

Beginning of the Enz

WILL AXEMAN BOEHLY REALLY BACK MARESCA FOR 5 YEARS?

HERE we go again then. Chelsea have found their man.

Enzo Maresca is the one, the right fit. And their leader for the long term after what we are told has been an exhaustive process — almost a fortnight.

That's an age in the life expectancy of the average head coach at Stamford Bridge.

'Long term' has been the pitch to the Italian — who has just won promotion with Leicester — backed up with a five-year deal that could stretch to 2030.

Where have we heard that before?

Graham Potter — Todd Boehly and Behdad Eghbali's first managerial appointment as co-owners after they sacked Thomas Tuchel in September 2022 — was sold the dream of a new Chelsea. No more hire and fire, more projects and process.

On appointing the then 47-year-old, forward-thinking Brighton boss Potter, Boehly said: "We look forward to supporting him in the coming months and years."

'You are our man, you will get time,' he was told. Before being sacked after seven months.

A frustrating 11-game spell under caretaker boss Frank Lampard followed. Bewildered backroom coach Bruno Saltor was shoved into the dugout for one game as caretaker.

Mauricio Pochettino was eventually hailed as the ideal fit for the project, the one to take them back to the top.

He left last month despite ending the season strongly as both sides decided they could no longer work together.

Not much 'long term' about any of that.

Now Maresca is the latest to step on the Chelsea treadmill as they want a young, progressive coach. Again.

The 44-year-old is already said to be watching videos of last season's games while on his summer holiday.

He cannot wait to meet the players and explain why he is the one who can get the best out of them. Again.

Some players who have joined the club in the two years since Boehly and Eghbali led a \$4.25billion takeover are on to their SIXTH coach already.

Blues insiders believe Maresca possesses a "champions' mentality" and Premier League experience has been "important" in his

By JACK ROSSER



hiring. Maresca was Manuel Pellegrini's No 2 for a short time at West Ham and boss of Manchester City's elite development squad.

What is key to his appointment is that the undoubtedly astute coach is willing to fit into Chelsea's way of working.

Poch, 52, was not keen on the sprawling structure, which the club would not compromise to fit the coach who had finally got a tune out of their unproven squad and secured European football next season.

Potter arrived and was handed a bloated, overpaid and overvalued squad to mould, one that was further added to in January 2023.

Instead of seeing the error of their ways in spending, the Blues doubled down last summer, splurging huge fees on talented but unproven players for Pochettino.

The Argentine had to put up with a lot. Football became a sideshow at times, undermined by ludicrous marketing stunts for a Boehly-backed film, Argyle, taking place just feet from Pochettino's dugout during a game against Fulham.

Maresca, with minimal managerial experience compared to predecessors, is unlikely to have the balls to butt heads with his new bosses, who clearly want more of a yes-man.

But it is more on Chelsea than their new manager to make this relationship work. If they want long term, it is time to show it.

Boehly and Eghbali have built an enormous backroom team. While Boehly is no longer truly involved day-to-day in terms of decision-making, the same cannot be said for his partner in crime. If things are to work, the approach has to change.

The fees paid for players like £100million Moises Caicedo, £106m Enzo Fernandez and £62m Mykhailo Mudryk have weighed them down enormously — a factor that appears not to have been considered too often.

Long-term projects do not often start with a billion quid blown in the early days.

It is time Chelsea started behaving like a serious club again or risk finding another man who is the perfect fit in a year's time.

FOUR SHOVED OUT THE DOOR

THOMAS TUCHEL

*Days in charge 100 (2022)

Games	7
Wins	3
Win%	42.9%

GRAHAM POTTER

Days in charge 206 (2022-23)

Games	31
Wins	12
Win%	38.7%

FRANK LAMPARD

Days in charge 85 (2023)

Games	11
Wins	1
Win%	9.1%

MAURICIO POCHETTINO

Days in charge 325 (2023-24)

Games	51
Wins	26
Win%	50.9%

* - after Todd Boehly's May 2022 arrival



LIKE CUT OF YOUR GIB... Adams gets second

Clarke gets Che boost

Gibraltar.....0 Scotland.....2

STEVE CLARKE was upbeat despite Scotland's underwhelming victory over minnows Gibraltar in Portugal.

A Ryan Christie strike and Che Adams' sweet volley ended their seven-match winless run since beating Cyprus 3-0 in a Euros qualifier last September.

It was a concerning performance with their Euro 2024 opener against hosts Germany just ten days away.

But boss Clarke said: "What we learned is that we can create chances and we just need to find the final finish. We need to work on it in training and their confidence in terms of finishing."

"When it comes to Che Adams – bang, goal. That's the kind of confidence you need to show at this level."

"It was just to stay patient, 2-0, clean sheet. Let's use it as a training exercise, which it was. We're reasonably pleased."

Leeds defender Liam Cooper hobbled off after coming on as a sub but Clarke said: "He's OK, we think it's just knee-to-knee contact. He's a tough man."

Real Kyller

KYLIAN MBAPPE signed for Real Madrid last night and walked into a club-v-country row.

The Champions League winners confirmed the arrival of the France captain, who will officially join on July 1 when his Paris Saint-Germain contract expires.

Mbappe (below), 27, who has agreed a five-year deal in Spain, said: "Nobody can understand how excited I am. It is a dream come true."

Thierry Henry suggested Real blocked the star's inclusion in his provisional squad for the Paris Olympics.

The Games start on July 26, just 12 days after the Euro 2024 final.

In March, France coach Didier Deschamps admitted it was "difficult" for Mbappe to go to the Olympics.

Henry said: "The last time I received so many rejections was at middle school."

"There have not even been negotiations. You ask, they say no and you leave."

But he added: "The list is open, the door is not closed to anyone."

Henry has named Crystal Palace duo Jean-Philippe Mateta and Michael Olise and Burnley's Maxime Esteve in his squad.

Beth to beat the Bleues

France v England
8pm, ITV4 **SPORTS**

BETH MEAD challenged England to "beat France comfortably" and reignite their automatic Euros qualification bid.

And boss Sarina Wiegman is hopeful injured keeper Mary Earps will be back for next month's camp ahead of ties with Republic of Ireland and Sweden.

After dropping to third in Group Three, Wiegman's reigning Euro champs need a win in Saint-Etienne tonight, with only the top two sides guaranteed a spot in Switzerland next year.

Winger Mead, 29, scorer in Friday's 2-1 home loss to Les Bleues, said: "No one more than the players want to pick the hell out of that game. But we've analysed it and feel we can beat them comfortably."

Earps, 31, has a hip injury but Wiegman revealed: "We expect her to be back for the next camp."

INTERNATIONAL
FRIENDLY

BIG-MATCH VERDICT



VOLLEY GOOD...
Alexander-Arnold fires
home England's second

SOCK IT 'N SEE

Trent midfield test gives Gareth plenty to ponder

TRENT ALEXANDER-ARNOLD likes to wear his socks rolled down to a ridiculous level.

But last night against Bosnia and Herzegovina, the Liverpool star knew he needed to pull them up – metaphorically speaking – if he was to have any chance of forcing his way into Gareth Southgate's starting XI for the Euros.

If everyone is fit, there is only one place up for grabs in the front six of the England team that will take to the field for the opening game against Serbia.

For the fifth time in his last six appearances, Alexander-Arnold was given the opportunity to line up in central midfield and try to show why it should be him next to Declan Rice in 12 days' time.

And his performance will have given the Three Lions boss some food for thought, even before his superb volley sealed victory.

Alexander-Arnold started like a man with something to prove and ended the game in style.

With just a minute on the clock, he released a first-time quarterback-style pass that Ollie Watkins narrowly failed to gather and carry into the endzone.

Not long afterwards, another instant ping found Eberechi Eze in space down the left.

It is impossible to deny that England would gain from having someone in a central role with

By **DAN KING**



his fantastic ability on the ball. The question is and always has been, whether Alexander-Arnold is good enough at doing everything else that a national team with aspirations of lifting trophies needs a midfielder to do.

As far as you can judge from a performance against a team that has not qualified for the Euros, the answer is – definitely, maybe.

Southgate took advantage of an early break in play to call Alexander-Arnold over for a chat and he will have liked a lot

of what he saw. The Anfield favourite did not try to play the hero, making himself available to do the simple as well as the spectacular.

Only once in the first half did he try something that just wasn't on, with a ball round the corner to no one in particular.

And when Marc Guehi gave the ball away to gift Bosnia a chance, it was Alexander-Arnold who made up ground to get an important block on the shot.

Just after the break, he showed his value at the other end of the pitch again, with cute passes to Ezri Konsa and Cole Palmer.

After an hour, the experiment was over. Southgate's massive

reshuffle, with five subs at once, saw Alexander-Arnold revert to right-back – the position in which he made his name.

With Kyle Walker and Kieran Trippier well into their 30s and Reece James so fragile, he could yet make that position his own in time for the 2026 World Cup.

But England need someone to partner Rice in less than two weeks. And the fact is Southgate has two players who have spent more time in midfield this season than Alexander-Arnold.

One was alongside him at St James' Park, Conor Gallagher.

The other is Manchester United teenager Kobbie Mainoo.

Six years ago, Alexander-Arnold was in Mainoo's position.

He was 19 when he made his England debut in a World Cup warm-up game against Costa Rica and went to Russia. But he played just 79 minutes there, in the dead rubber against Belgium.

After missing Euro 2020 through injury, he had just 33 minutes of action in Qatar. That is a grand total of 112 minutes of major tournament football.

Of course, it is 112 more than either Gallagher or Mainoo have.

And Alexander-Arnold has been a champion of England, Europe and the world with Liverpool.

But as a right-back. And he has more years on the clock now, 25, than England caps.

Maybe, just maybe, his 24th England appearance will be a game-changer.



CLAPPY CHAPPY...
happy boss
Southgate

MAN IN THE MIDDLE

ALEXANDER-ARNOLD'S
MATCH STATS

		England rank
Minutes	90	1=
Goals	1	1=
Chances created	5	1
Shots on target	1	1=
Passes	101	1
Passes completed	90	1
Touches	121	1
Passes into box	12	1

INTERNATIONAL FRIENDLY

ENGLAND 3

PALMER 60 (PEN); ALEXANDER-ARNOLD 85; KANE 90

TOO NERD IT

Lions win after slow start but don't



COOL PALMER . . . Chelsea star strokes home the opener from penalty spot



HAUL THEY NEEDED . . . Kona's shirt is pulled and England get a spot-kick



GOT your tickets booked to London for England's open-top bus parade on July 15?

Maybe hold fire for a few weeks.

At Newcastle's St James' Park, Gareth Southgate's team delivered a generally uninspiring performance – apart from a couple of late goals – in the first of their two warm-up matches.

Cole Palmer, starting his first England game, scored from the penalty spot, although the only moment of real quality came through Trent Alexander-Arnold's terrific volley for 2-0.

Substitute Harry Kane grabbed his 63rd England goal at the end.

Although Euro 2024 fever has yet to sweep through the country,

By CHARLIE WYETT



England's first game against Serbia in Gelsenkirchen is just 12 days away.

So let's hope Friday's second warm-up against Iceland is better over 90 minutes than this one.

Obviously, it is ridiculously early to write off England's chances of being victorious in Berlin on July 14.

Yet this merely illustrated that the team's strength in depth is not as brilliant as some would have you believe. Some of Southgate's B-team failed to take their opportunities.

There was a bright first start from Eberechi Eze although he failed to cause any real damage.

Ollie Watkins, scorer of 27 goals for Aston Villa this season, rarely got a sniff before being replaced.

Marc Guehi and Lewis Dunk were in central defence but they were not really tested.

And there was also another trial in central midfield for Alexander-Arnold. Hopefully, he will get another run-out next to Declan Rice on Friday.

When Southgate made his five subs after the opening goal, Jarrod Bowen, and Adam Wharton were handed their debuts, which meant Alexander-Arnold moved to right-back – but he still got forward to deliver a terrific finish for his third England goal.

Jarrod Bowen did OK, while Jack Grealish, having played just ten minutes for Manchester City in

their final five games, got a 30-minute run-out.

He did well and set up Alexander-Arnold with a clever pass. He needs to do the same against Iceland to ensure he heads to Germany.

That appearance off the bench for Kane was his first game since Bayern Munich's Champions League semi-final loss to Real Madrid, when he was already struggling with a back problem, so at least he seems fine.

In fairness to Southgate, he has been handed all sorts of selection issues.

He had to give a few days' extra rest to those who played in the FA Cup final, while European champion Jude Bellingham will not return to the squad until the weekend.

And then there are the fitness

problems for both Luke Shaw and Harry Maguire.

It needs to be stressed that performances in these warm-up matches are not an accurate indicator of how a team will perform.

Ahead of the previous summer tournament three years ago, Euro 2020, in which England reached the final, they struggled to unconvincing 1-0 wins over Romania and Austria, with both games played up here in the North East at Middlesbrough.

Three years earlier, before the World Cup in Russia, England did not look like a team that would ultimately reach the semi-finals when struggling past Nigeria 2-1 at Wembley and seeing off Costa Rica 2-0 at Leeds.

Ahead of Euro 2016, England beat Portugal in a warm-up at Wembley.

7 The Three Lions have now won their last seven games against nations they have played for the first time, with an aggregate score of 30-6. Costa Rica (0-0 in 2014) were the last side they failed to beat at the first time of asking. They have also won 6 of their last 15 friendlies (D1 L1).

5 ENGLAND have won each of their last five internationals at St James' Park, keeping a clean sheet in all five. At this home stadium, Kieran Trippier became the fourth Newcastle player to captain England and the first since Michael Owen v Poland in October 2005.

30

BOSNIA & HERZEGOVINA 0

AROUND

get Euro parade ticket yet



	MATCH STATS	
ENGLAND	V	BOSNIA-HERZ
25	SHOTS	2
8	SHOTS ON TARGET	0
61%	POSSESSION	39%
653	PASSES	259
588	COMPLETED PASSES	199
11	CORNERS	2
4	TACKLES	14
7	FOULS CONCEDED	16
2/0	YELLOW/RED	2/0

HE'S THE GOVINA ...
Kane gives the scoreline a more flattering look



WHART A DEBUT ...
Southgate hails Wharton

PALM

From Back Page

plan for him was to have half an hour and then he will start against Iceland on Friday."

Palmer, 22, kept his cool to bag his first international goal on his first Three Lions start.

It virtually sealed his place in Southgate's 26-man Euros squad.

The attacker said: "It's a great feeling, your first goal for your country."

"Harry would have taken it but, thankfully, I did."

"Tonight wasn't my best game but hopefully I'll be on the plane to Germany."

Trent Alexander-Arnold hit a sublime volley before Kane got his 63rd for his country to seal the victory at Newcastle's St James' Park.

Southgate hinted Palmer is set for a key role at the finals in Germany.

He said: "He showed moments of what he's about. There's 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 different positions."

"He's had a fabulous season and there's no

It's a great feeling, your first goal for your country

— COLE PALMER

reason he can't have a big impact for us."

Palmer gave a stuttering England the lead on the hour with his penalty after a VAR intervention when Ezri Konsa's shirt was tugged.

There were concerns over Kane after his first season at Bayern Munich ended with a back injury.

But the former Tottenham hero said: "It's almost worked in my favour missing the back end of the season because it gave me a chance to get more of a rest than I would have."

"I'm not someone who takes too long to get sharp and it was nice to get a goal to get that feeling back again."

"I'm feeling good, a lot of the end of the season was precautionary."

"There is a big summer coming up, so we didn't want to take any risks with it."

Liverpool star Alexander-Arnold was once again used in midfield before a late switch to full-back, when he converted Jack Grealish's cross.

Southgate added: "Trent is still really learning and discovering the role."

"But you saw moments of quality with his passing."

One team got knocked out by Iceland and the other one returned from France with the winners' trophy.

Despite Bosnia being ranked 74 in the world, England struggled to cause them many problems.

Watkins, looking to continue his outstanding season, forced an early block from keeper Nikola Vasilj.

Palmer had created that chance for Watkins and then, from one of his corners, the Villa striker steered a header straight at the keeper.

Bosnia's only chance came following a sloppy pass from Guehi but Haris Hajradinovic's shot deflected off Alexander-Arnold for a corner.

England were better in the second half but they could not have got any worse.

After a Bowen shot was deflected for a corner, VAR spotted that Ezri

Konsa was having his shirt tugged by Benjamin Tahirovic and after consulting the screen, Norwegian ref Rohut Saggi awarded a penalty.

Palmer's strike was not great but it was still enough to beat Vasilj.

Alexander-Arnold then drilled his shot into the corner before Kane pounced after Bowen's shot hit Konsa on the line.

Within an hour of the final whistle, Southgate and his squad hurried off to Newcastle's airport for a flight to Southend.

From there they headed to the accommodation at Tottenham's training ground, which will be their base ahead of the friendly against Iceland.

It is after that game when Southgate will deliver the news to the seven unlucky players that they

will not be heading to Germany. After being given Saturday off to spend time with their families, the final 26-man squad will meet at St George's Park on Sunday before flying to Germany the following day.

They will stay at a remote base near Blankenhain.

Hopefully, Southgate and his squad will be away for just under five weeks.

But there is a hell of a lot of work to do.

HOW THEY LINED UP

ENGLAND: Pickford, Konsa, Dunk (Gomez 73), Guehi (Branthwaite 62), Trippier (Wharton 62), Gallagher, Alexander-Arnold, Bowen, Palmer (Maddison 61), Eze (Grealish 63), Watkins (Kane 62).

BOSNIA & HERZEGOVINA: Vasilj, Ahmedhodzic (Muharemovic 82), Katic, Radeljcic (Hadzizadunic 74), Bicakcic (Mujakic 74), Hajradinovic, Saric (Huseinbasic 63), Tahirovic, Gazibegovic, Gigovic (Burnic 82), Demirovic (Tabakovic 74).

WHAT A KON
... Bowen was robbed of first England goal by Konsa



THIS was the first England starting line-up without a player from Arsenal, Tottenham, Man City or Man United for almost 30 years — since a 1-0 win over Nigeria at Wembley in November 1994, Terry Venables' sixth game in charge.

ENGLAND'S NEXT FOUR

FRI Friendly
JUNE 7
ICELAND
Wembley 7.45pm

SUN Euro 2024 Group C
JUNE 16
SERBIA
Gelsenkirchen 8pm

THURS Euro 2024 Group C
JUNE 20
DENMARK
Frankfurt 5pm

TUES Euro 2024 Group C
JUNE 25
SLOVENIA
Cologne 8pm

thesun.co.uk/sport
Sun Sport

BAN HIM FOR LIFE

FA demand maximum Paqueta punishment

THE FA want Lucas Paqueta banned from football for LIFE.

West Ham's Brazil midfielder was charged with four counts of spot-fixing last month after being accused of deliberately getting booked in Premier League matches.

Paqueta insists he is innocent – but SunSport has learned the FA charge sheet

EXCLUSIVE by MATT HUGHES

includes a recommendation that he be banned for life if found guilty.

Stratford Town defender Kynan Isaac was given a ten-year suspension for betting on himself to be booked in an FA Cup tie in 2021.

While Lincoln City defender Bradley Wood copped a six-year exile for deliberately

getting a yellow card on two occasions in another FA Cup betting scam three years earlier.

However, FA prosecutors argue 26-year-old Paqueta's alleged offences are even more serious.

He is accused of influencing betting markets in an extraordinary conspiracy involving at least 60 people.

Full story — Page 47



Racing's No1 pullout FREE inside

HOT WATER
... West Ham star Paqueta

ENGLAND 3 BOSNIA & HERZ 0



MARESCA ... swotting

Enzo's on Made in Chelsea

By ANDREW DILLON

ENZO MARESCA is studying old Chelsea videos on holiday to swot up on his new club.

The Italian has been confirmed as the Blues' third full-time boss in under two years after signing a contract until 2029.

Chelsea will fork out £10million in compensation to newly-promoted Leicester, who expressed disappointment that Maresca left them after just one season.

Maresca, 44, agreed to become the new gaffer while in Marbella and is now sitting through hours of footage from last season's stormy campaign.

In addition to smashing Everton 6-0 and a pulsating 4-4 draw with Manchester City, there was a 5-0 thrashing by Arsenal and dismal home defeats to Wolves, Brentford and Nottingham Forest.

Maresca, who succeeds Mauricio Pochettino, said: "To join Chelsea, one of the biggest clubs in the



KEEP PALM AND HARRY ON

LION KING AND CUB
... Kane hails his 63rd England goal after Palmer (inset) nabbed his first

By TOM BARCLAY

CHEEKY Harry Kane tried to pinch Cole Palmer's first-ever goal for England.

Chelsea star Palmer kept up his 100 per cent penalty record with a tenth successful spot-kick to spark this Euros warm-up win.

But Three Lions skipper Kane wanted to run on as sub to take it.

Boss Gareth Southgate said: "He had the audacity to ask to come on and to score the penalty, which was never going to happen. The

Turn to Page 51



Cheeky Kane wanted Cole's pen

Troy not top of Form

AIDAN O'BRIEN says there is 'no doubt' City Of Troy is his best Derby winner — but the form boffins at Timeform disagree.

He was an easy two-and-a-quarter length winner in Saturday's Classic at Epsom, giving Aidan O'Brien a record-extending tenth Derby win.

And the superstar was given a rating of 127p, but that is not good enough to break into the top three Ballydoyle winners. The great Galileo stands alone at the top with 132,

By OWEN GOULDING

High Chaparral is next best on 130 and Camelot comes in third on 128. The highest-ever rating of 140 was handed to the legendary Shergar — who hacked up by 10 lengths.

However, O'Brien is adamant City Of Troy is a superstar. He said: "There is no doubt City Of Troy is our best Derby horse. He has the balance, he can quicken and he stays."

"Listen, he is an incredible horse."



GREDLEY RIDE
Callum Shepherd

Callum's Gredley gig

By TOM PEPPER

SNUBBED Callum Shepherd is back in the Gredley silks this afternoon.

It will be the first time he has ridden for the owners of Ambiente Friendly since they controversially jocked him off and replaced him with Rab Havlin for the Derby.

The Gredleys have since confirmed Havlin will keep the ride on Ambiente Friendly for the rest of the season.

The Epsom axe cost Shepherd a £35,000 windfall as part of his ten per cent of the prize-money the colt

earned for finishing second. Shepherd, 25, rides the Gredleys' User Amistoso in the 4.03 at Leicester for Newmarket trainer Michael Bell.

Elsewhere, silly ROB HORNBLY is set to miss Royal Ascot after picking up a seven-day ban for failing to weigh in on Surrey Belle at Nottingham on Sunday. He can fight the decision — but it is hard to see on what grounds an appeal would be successful.

Tuesday,
June 4, 2024

THE

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SIGNS LOOK GOOD FOR GEMINI

Jolly Roger reckons
he can Eclipse Troy

ROGER TEAL fancies his Gem to be a right sparkler if he bumps into Derby hero City Of Troy again.

Teal's star colt Dancing Gemini finished sixth — beaten just over eight lengths — in Saturday's Classic.

Many have hailed City Of Troy as a superstar since his win but bullish Teal reckons Aidan O'Brien's colt got some biblical-like good fortune.

He said: "I'm not scared of taking him on again in the Eclipse at Sandown — if he were to turn up for it."

"Obviously he's a very good horse and I knew it would be tough to beat him

By OWEN GOULDING

as he is trained by a genius. But you have to say he had a luckier run at Epsom than we did, that's for sure."

"You look at the replays and Epsom just parted like the Red Sea for City Of Troy! As for us, we were forced into a load of argy-bargy down the outside."

All being well, City Of Troy will run next in either the Eclipse on July 6, or in the Irish Derby the week before.

Teal said: "I'd love to have a go at him over two furlongs shorter in the Eclipse. I think Dancing Gemini's turn

Turn to Page 2-3



GEM A SPARKLER . . . Roger Teal (right) has big plans for his stable star Dancing Gemini

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FOR IT

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SOUTHWELL JUMPERS

GOING: GOOD

TEMPLEGATE

2.15Mystic Man
2.45Taste The Fear
3.15Charisma Cat
3.45Queens Venture
4.20Backmersackme
4.50Foster's Fortune
5.20Lipa K
5.50Eric Carmen

TOM PEPPER

2.15Isocrate
2.45No Regrets
3.15Ava's Angel
3.45Shakiyra
4.20Hell Hound
4.50MOSTLY SUNNY (nap)
5.20The Big Lense
5.50Malago Rose

TIC-TAC: Left-handed oval track of 1m 21. Seven fences per circuit with a 250yd run-in. **FAVOURITES:** (2019-2024): 814 have won out of 2,400 races (34%). **LIVE ON SKY SPORTS RACING**

HOT 'N NOT

TRAINERS with best record in last 14 days: Harry Derham 3 winners from 6 runners; D Skelton 14 from 36; S England 6 from 170. **JOCKEYS** with best record in last 14 days: J England 6 wins from 11 rides; H Skelton 14 from 29; J Bowen 4 from 19. **TRAINERS** who have had the most runners since last win: N Kent 35; E Williams 31.

TOP TRAINERS

2019-2024 D Skelton 39-199, F O'Brien 32-144, O Murphy 31-146.

TOP JOCKEYS

2019-2024 H Skelton 40-163, S Bowen 34-166, B Hughes 24-109, J O'Neill 23-103.

TRAINER TRACE

FIRST RACE FOR NEW YARD: 3.45 Queens Venture A Fitzgerald (Ire) to D Skelton; 4.20 Line Out C Bowe (Ire) to L Morgan; Traditute Tara W P Mullins (Ire) to P & M Bowen. **RACEFAX:** None. **LONGEST TRAVELLERS:** Letterston Lily (3.45) & Traditute Tara (4.20) trained by P & M Bowen, Haverfordwest, round trip of 562 miles; **No Way Pedro** (5.50) trained by Daisy Hitchins, Sherborne, round trip of 376 miles; **Ironed Out** (3.45), E Williams, Llanfarcarn, round trip 360 miles.

UNDER ORDERS

SEVEN-DAY WINNERS: Lipa K (5.20) won at Bangor (2m 4f). **FIRST TIME BLINKERS:** None. **VISORED FIRST TIME:** None. **FIRST RUN SINCE WIND OP:** Screened (3.45), Copper Beach (5.20), Robeam (5.50). **WEIGHTWATCHER:** 2.15 Romanor (won off 114, down 8lb to 105); Texard (won off 123, down 18lb to 105); 2.45 The Wolf (won off 128, down 8lb to 120); 4.50 Bannister (won off 111, down 8lb to 103); 5.50 Sammy Wong (won off 117, down 21lb to 96). **JOB JOCKEYS:** R McLernon rides Backmersackme (4.20) for E Mullins, 3 from 4, 75%; B Hughes rides Lapointe (3.45) for T Bulgin, 3 from 8, 38%.

Templegate

MULLIN IS 201 TIPSTER

Cookies at Lingfield today. An improved model this season when at Kempton two runs ago. Then a solid second at Doncaster on jockey William Buick (*below*) before he sees out this trip strongly. As he chinned right on the line at deny him four wins on the spin. n but for taking a false step near along and has loads of pace so furlong will be fine. One of his same here in September so the can do the trick (3.03 Leicester, been knocking on the door for le went down by a neck at Bath race at Lingfield. He was staying long here is right up his street. completes our Lucky 15. He has weather with three close seconds npton and Chelmsford. takes over for this turf comeback Tony Carroll whose Kondratiev us at the seaside yesterday.

MAGIC RASCAL
ALFRED COVE
DAMASCUS STEEL
LAOISMAN

2.15 PRESTIGE SAFETY HANDICAP CHASE (Class 4); winner £4,700; 2m (14 runners)

1	2465- SEA PRINCE 218	Kielan Woods	86
Runs:	18	Wins: 3 (3G)	Places: 3
Dropping down the weights but was in poor form when last seen, risky			
2	522-4 ISOCRATE 29	Jonjo O'Neill Jr	97
Runs:	6	Wins: 0	Places: 2
Front runner, makes hcap and chase debut off fair mark, interesting			
3	246-42 HOMME D'UN SOIR 9 (V;D)	James Bowen	95
Runs:	28	Wins: 4 (2S)	Places: 10
Back in form, ran well in defeat once again at Uttroter, makes appeal			
4	3135-3 CHASE A FORTUNE 24 (D)	Danny McMenamin	94
Runs:	17	Wins: 2 (S,G)	Places: 7
Front runner, will be taken on but has a very willing attitude, on the list			
5	123/6- LEGENDARY DAY F10	Brian Hughes	88
Runs:	4	Wins: 1 (S)	Places: 2
Out of form on the Flat, chase debut off a fair mark, hard to rule out			
6	1345-7 POST NO BILLS 31	Sean Bowen	90
Runs:	9	Wins: 1 (S)	Places: 4
Only beaten a handful or rivals this year, yard out of form, down the list			
7	5253-6 ROMANOR 26 (D)	Michael Nolan	93
Runs:	10	Wins: 9 (F,GS,GG)	Places: 12
Veteran, will have ideal ground and still capable of a big run, places			
8	631-34 TEXARD 12 (D)	Phillip Armonson	91
Runs:	33	Wins: 8 (4S,GS,GG)	Places: 4
Handicapped to his best after runaway win in April, others stronger			
9	P/207- ICARE GRANDCHAMP 187	Caolin Quinn	92
Runs:	8	Wins: 6 (11-6)	Places: 1
Jumping was suspect on chase debut, should do better, could place			
10	11P11- MYSTIC MAN 245 (P-C)	Ben Bromley	99
Runs:	15	Wins: 5 (4G)	Places: 2
Thriving, very game to win at Southwell, still unexposed, one to beat			
11	F/6P-4 BROWN MONDAY 12	Paddy Hanlon	82
Runs:	15	Wins: 1	Places: 1
Irish raider, record tells the story and he's not reliable either, down list			
12	1331-3 ABAYA DU MATHAN 17 (P,T;CD)	Robert Dunne	89
Runs:	73	Wins: 9 (2S,GS,GG)	Places: 19
Veteran, no secrets off this mark and lots of pace rivals, vulnerable			
13	68229- WE GOT YOUR BACK 55 (H,T)	Adam Wedge	87
Runs:	7	Wins: 1	Places: 1
Lightly raced, might improve for chasing switch but needs too, market			
14	/P341- TROPICAL TALENT 25 (T)	Henry Brooke	98
Runs:	6	Wins: 1 (G)	Places: 1
Scrambled in latest, remains very lightly raced, has no weight, player			

BETTING: 7-2 Mystic Man, 11-2 Tropical Talent, 7 Isocrate, 8 Homme D'un Soir, Chase A Fortune, 10 Legendary Day, Texard

WHERE FAVOURITES FINISHED: 3 1 2

2023: Captain Ivan 9-11-10, P Cowley 7-1 (L Morgan), 6 ran.

2.45 PRESTIGE FIRST AID TRAINING HANDICAP CHASE (4); winner £4,700; 3m (7 runners)

1	553P5- THE WOLF 41 (B,T;D)	Sean Bowen	92
Runs:	36	Wins: 4 (GS,G)	Places: 10
Stout stayer, out of form and wouldn't want a tactical race, down list			
2	3631-1 TASTE THE FEAR 28 (B;CD)	Luke Scott	89
Runs:	30	Wins: 7 (2S,G)	Places: 3
Front runner, good value for two course wins this year, one to beat			
3	1327-1 NO REGRETS 27 (V;D)	Sean Quinlan	98
Runs:	24	Wins: 5 (2S,GS)	Places: 6
Loves good ground, scrambled in off 4lb lower at Kels, make his mark			
4	1/313- CRYSTAL MOON 51 (P*,T;BF,D)	Callum Bewley	97
Runs:	11	Wins: 2 (GS,G)	Places: 7
Unexposed, 12lb rise for win looked to tell last time, pieces on, player			
5	/63P0- GALLOPING PRIDE 39	Thomas Bellamy	88
Runs:	9	Wins: 7 (1-2)	Places: 2
Lightly raced, yet to show a great deal but now goes chasing, risky			
6	F41P- DO NO WRONG 53 (D)	Callum Bewley	95
Runs:	22	Wins: 4 (GS,GG)	Places: 3
Made a dreadful mistake on return, can leave that behind, on the list			
7	12323- TOM GREEN 42 (T)	Mr Tom Broughton	96
Runs:	24	Wins: 5 (4S,F)	Places: 7
Running well over further, this trip should prove ideal for him, places			

BETTING: 5-2 Taste The Fear, 7-2 No Regrets, 4 Crystal Moon, 9-2 Tom Green, 8 The Wolf, 10 Do No Wrong, 14 Galloping Pride

WHERE FAVOURITES FINISHED: 1

3.15 PRESTIGESAFETYSERVICES.COM MARES' OPEN NH FLAT (DIV 1); winner £2,451; 2m. (11 runners)

1	EVEREST G (J Moore) 5-11-2	Niall Houlahan	91
2	0 HOT CHIQUE 28 (H*) M Rowley 5-11-2	Tabitha Worsley	83
3	4/34-7 NOBODY'S PERFECT 24 (H) B Aprahamian 5-11-2	James Bowen	71
4	3 ROCKOLA VOGUE 28 (Kilshena) McPherson 5-11-2	Kielan Woods	99
5	WILMCOE 28 O Murphy 5-11-2	Sean Bowen	88
6	AVA'S ANGEL 24 S England 4-10-11	Jonathan England	98
7	CHARISMA CAT 4 J O'Neill 4-10-11	Tom Cannon	91
8	POIRIDE 28 O'Brien 4-10-11	Liam Harrison	91
9	REMEMBER MOI (H*) G Nicholls 4-10-11	Miss Olive Nichols	71
10	SILVER PAGEANT 1 J Hanlon (Ire) 4-10-11	Patrick Hanlon	71
11	4 SUGAR GLIDER 41 (BF) C Boulbte-Brooks 4-10-11	Richard Patrick	85

BETTING: 3 Rockola Vogue, 7-2 Ava's Angel, 5 Charisma Cat, 6 Wilcombe, Poiride

WHERE FAVOURITES FINISHED: 2023: Aston Martini 4-10-11 Nico De Boilville 5-4 Fav (N Henderson), 7 ran.

3.45 PRESTIGESAFETYSERVICES.COM MARES' OPEN NH FLAT (DIV 2); winner £2,451; 2m. (10 runners)

1	2-9 EITHER WAY 28 (BF) N Henderson 5-11-2	James Bowen	91
2	69- JAKANA 51 F O'Brien 5-11-2	Connor Brace	78
3	LAPOINTE (H*) T Bulgin 5-11-2	Brian Hughes	95
4	SCREENED (T*) J Snowden 5-11-2	Gavin Sheehan	91
5	5- SHAKIYRA 323 (BF) F O'Brien 5-11-2	Jonathan Burke	95
6	IRONED OUT E Williams 4-10-11	Isabel Williams	91
7	0-3 LETTERSTON LILY 24 P & M Bowen 4-10-11	Sean Bowen	99
8	IF- PISMO BEACH 45 S Edmunds 4-10-11	Charlie Hammond	72
9	34- QUEENS VENTURE 58 D Skelton 4-10-11	Harry Skelton	92
10	4- SNAPAUDACIAHEROS 24 R Menzies 4-10-11	Nathan Moscrop	88

BETTING: 11-4 Letterston Lily, 4 Either Way, Screened, 5 Shakiyra, 8 Queens Venture

WHERE FAVOURITES FINISHED: 2023: Division 1

4.20 PRESTIGE SAFETY FIRE RISK ASSESSMENTS NH MAIDEN HURDLE (4); £4,193; 2m 4f. (13 runners)

1	4/11-66 BACKMERSACKME 20 (BF) E Mullins (Ire) 5-11-4	Richie McLernon	99
2	70P44-3 FIFTYFIVE 16 (T*) L Horsfall 5-11-4	Kevin Brogan	77
3	196P6 GLEN ROAD 12 Sue Smith 5-11-4	Nick Schofield	76
4	2/01- HELL HOUND 41 (T) N Mulholland 5-11-4	Jonathan Burke	97
5	P- NOBLE CAVE 40 (P*) J A O'Neill 5-11-4	Jonjo O'Neill Jr	72
6	3/7- SKYJACK HIJACK 219 J Candlish 6-11-4	Sean Quinlan	78
7	743750/ TIME TOTALK 526 F McSharry 6-11-4	Nathan Moscrop	91
8	TUMBLE TUMBLEWEED J Candlish 6-11-4	William Shanahan	91
9	P7- KAUTO CASTILLO 39 M Keighley 4-10-12	Sean Bowen	71
10	P6-6 LINE OUT 38 L Morgan 4-10-12	Adam Wedge	70
11	94/P MY DREAM 26 S Humphrey 6-10-11	James Best	70
12	TRADITUDE TARA 238 P & M Bowen 6-10-11	James Bowen	87
13	7-86 KUMA BEACH 13 L Morgan 4-10-5	Harry Reed	80

BETTING: 11-10 Backmersackme, 11-4 Hell Hound, 6 Traditute Tara, 8 Skyjack Hijack

WHERE FAVOURITES FINISHED: 1 4 2 2

2023: Delta Run 6-11-4 Harry Bannister 9-2 (R Bandey), 8 ran.

4.50 PRESTIGE H&S SERVICE HANDICAP HURDLE (5); £3,248; 2m (12 runners)

1	6/527- BANNISTER 40 (T;CD)	Charlie Hammond	85
Runs:	22	Wins: 4 (S,G)	Places: 4
Far too keen on stable debut, could leave that behind but to risky now			
2	21 MOSTLY SUNNY 14 (D)	Harry Skelton	99
Runs:	2	Wins: 1 (G)	Places: 1
Useful form on the Flat, off the mark in style over hurdles latest, player			
3	3482-1 CHICAGO GAL 25	Patrick Wadge	98
Runs:	8	Wins: 1 (G)	Places: 4
Finally off the mark in good style at Market Rasen, 4lb rise, in the hunt			
4	32- GLIMPSE OF GLORY 76	Jonjo O'Neill Jr	95
Runs:	2	Wins: 2	Places: 2
Showed ability in two opening runs, must improve in hcaps, places			
5	7674-1 FOSTER'S FORTUNE 25	Danny McMenamin	97
Runs:	7	Wins: 1 (G)	Places: 1
Won easily on handicap debut and a 7lb rise is far from harsh, in mix			
6	244-12 FOR THREE 14 (P,T;BF,D)	Jonathan England	96
Runs:	35	Wins: 5 (GS,4G)	Places: 10
Consistent, always runs his race but has no secrets, one to consider			
7	6/81-P SHE'S A ROCCA 25 (P;CD)	Sean Quinlan	88
Runs:	19	Wins: 4 (S,3G)	Places: 1
Inconsistent, no show on return and on tricky enough mark, down list			
8	/767F- INIGO 43	Caolin Quinn	92
Runs:	8	Wins: 1 (A)	Places: 2
Yet to play his hand when falling on hcap debut, impossible to rule out			
9	86P9- GREAT WARFORD 150 (P*)	Lewis Stones	78
Runs:	4	Wins: 1	Places: 1
Should do better in hcaps but is yet to show a great deal, ignored			
10	/403-9 TREASURED COMPANY 29 (D)	Nick Schofield	81
Runs:	15	Wins: 2 (GS,G)	Places: 2
Heavy defeats in three runs this year, would be a shock winner of this			
11	540- DRAGONBALL PRINCE 51 (P)	Henry Brooke	87
Runs:	3	Wins: 1	Places: 1
Well beaten in three starts, goes hcaping for in-form yard, market			
12	74PP-3 ROYAL MAX 28	Sean Bowen	83
Runs:	12	Wins: 2	Places: 2
Didn't look well handicapped on return to hurdling, others stronger			

BETTING: 3 Mostly Sunny, 11-2 Chicago Gal, 6 For Three, 13-2 Foster's Fortune, 15-2 Glimpse Of Glory, 10 Dragonball Prince, Inigo, 14 She's A Rocca, 16 Royal Max, Great Warford, 20 Bannister

WHERE FAVOURITES FINISHED: 3

2023: Allbetsoff 7-11-8, Jamie Hamilton 5-1 (M Walford), 9 ran.

5.20 PRESTIGE CONSTRUCTION SAFETY SPECIALISTS HANDICAP HURDLE (4); £4,066; 2m 4f. (6 runners)

1	14053-2 ELHAM VALLEY 21 C & A Pogson 7-11-9	Sean Bowen	94
2	110P-5 BELVEDERE BLAST 21 (D) A Keatley 6-11-6	Brian Hughes	85
3	23/257- COPPER BEACH 199 (D) Sue Smith 7-11-5	Peter Kavanagh	81
4	1P-13-2 THE BIG LENSE 28 (T*) J Owen 7-11-5	James Best	91
5	535F-1 LIPA K 7 O Greenall & J Guerriero 6-11-3	Henry Brooke	98
6	P2431-3 POZO EMERY 28 (V;CD) L Morgan 9-11-2	John Kingston	96

BETTING: 11-10 Lipa K, 5 The Big Lense, Pozo Emery, 11-2 Elham Valley, 8 Copper Beach

WHERE FAVOURITES FINISHED: FE

2023: Pink Eyed Pedro 12-10-13 Jack Tudor 9-1 (D Brace), 6 ran.

5.50 PRESTIGE SAFETY SERVICES PPE AND WORKWEAR HANDICAP HURDLE (5); £3,248; 3m. (16 runners)

1	/P7P-2 JETEYE 21 (P*,T;BF) S England 7-12-0	Jonathan England	88
2	60737- SAMMYLOU 181 (T) Kilahena & McPherson 11-11-3	Kielan Woods	89
3	1167-6 NO WAY PEDRO 17 (C) D Hitchins 10-11-0	Beau Morgan	90
4	23/255- FINE BY ME 231 N Twiston-Davies 7-11-7	Jamie Brace	71
5	544334- MALAGO ROSE 58 (P*) J Owen 7-11-5	James Best	91
6	552P-5 HONNEUR DE SIVOLA 21 (T) C Hobson 7-11-4	Benjamin Poste	90
7	PEP63F- EMOTIONAL ROLLER 126 (BF) Sue Smith 6-11-4	Tom Midgley	86
8	00/2F-3 ROCKY HILL 28 T Lacey 7-11-3	Stan Sheppard	93
9	189680- BERGENTOWN 200 J Candlish 7-11-0	Sean Quinlan	92
10	18P2-2 STRIDE OF HONOUR 13 (T*) M J Day 7-11-0	Harriet Tucker	97
11	49675-0 WILLWEKEEPPH 17 J Coulson 6-10-10	Tabitha Worsley	84
12	3P273-6 FOX'S SOCKS 25 (T) M Sowersby 9-10-9	Aaron Anderson	59
13	PP7-31 ERIC CARMEN 13 (C) G Hamner 8-10-9	Robert Dunne	98
14	423P-2 INSPECTOR LYNLEY 28 N Mulholland 7-10-8	Richie McLernon	99
15	P8449P- ROBAM 87 (P;CD) M Mullineaux 8-10-4	Kevin Brogan	96
16	6/7P-6 LUMINARIES 26 (P*) N Mulholland 7-10-2	Sean Bowen	75

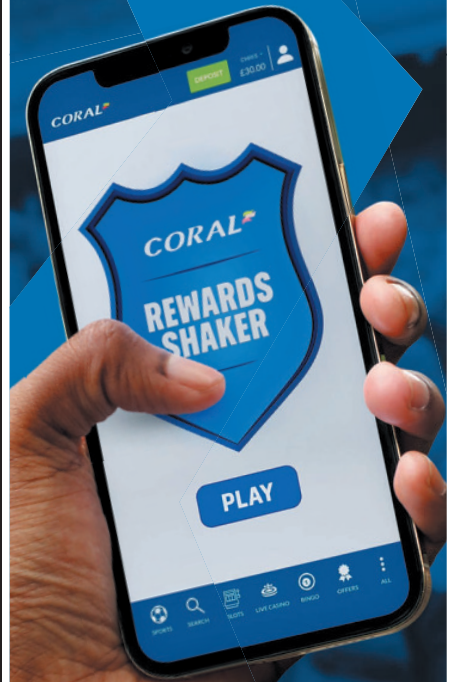
BETTING: 9-2 Eric Carmen, 5 Rocky Hill, 11-2 Inspector Lynley, Stripe Of Honour, 8 Malago Rose, 10 Fine By Me, Emotional Roller, Jeteeye

WHERE FAVOURITES FINISHED: 3

2023: Tommydan 8-12-0 Sean Quinlan 10-1 (J Candlish), 11 ran.

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