



Selected stores and lines. Subject to availability. Serving suggestion, Asda Stuffed Jalapeño 150g, £2.50 (£1.67 per 1009), Asda Snack Sausage Rolls 16 pack 480g, £2.50 (52p per 1009), Asda Vine Laves 150g, £3 (£2 per 1009), Asda Pesto Olives 150g, £3 (£2 per 1009), Asda Mozzarella Pearls with Pesto 100g, E3 (£2 per 1009), Asda Mediterranean Inspired Dell Platter 137g, £3 (£2) per 1009), Asda Mozzarella Pearls with Pesto 150g, £3 (£2 per 1009), Asda Mediterranean Inspired Dell Platter 137g, £3 (£2) per 1009), Asda Sa (£2, £1 per 1009), Asda Kada Servi Dried Tomatoes and Mozzarella 150g, £3 (£2 per 1009), Asda Chargrilled Peppers 150g, £2,50 (£1.66 per 1009), Asda Garlic and Herb Olives 150g, £3 (£2 per 1009), Asda Chargrilled Peppers 150g, £2,50 (£1.66 per 1009), Asda Garlic and Herb Olives 150g, £3 (£2 per 1009), Asda Savi Dried Dell Platter 137g, £3 (£2 per 1009), Asda Chargrilled Peppers 150g, £2,50 (£1.66 per 1009), Asda Garlic and Herb Olives 150g, £3 (£2 per 1009), Asda Chargrilled Peppers 150g, £2,50 (£1.66 per 1009), Asda Chargrilled Peppers 150g, £3 (£3,40 per 1009), May exclude Asda Express and small stores, see ASDA.com/smallstores

WONDER DRUGS Reduces tumour risk

By SAM BLANCHARD FAT jabs are being touted the cancer-buster of as the future after studies showed they cut the risk of the disease.

The injections, best known by brand names Wegovy and Ozempic, are already known to tackle Type 2 diabetes, heart disease, stroke and could even ward off dementia.

could even ward off dementia. Now, research has shown obese people who have the jabs are 19 per cent less likely to develop cancer than those who do not. Dr Julie Gralow, chief medical officer at the American Society of Clinical Oncology, said at the society's annual conference: "There are so many potential and and health

society's annual conference: are so many potential already proven healt benefits to these drugs, that it would be icing on the cake if we saw that they were also reducing cancers. "The data is prom-ising and absolutely there will be more investigation."

The cancer-beating potential of the jabs – known as GLP-1



Big potential . . . flab buster jab

Big potential ... flab buster jab receiptor agonists – was identified in US research on 20,000 obese people. Further analysis of 1.2 mil-lion people with Type 2 diabetes found their bowel cancer risk was halved if they had the injections. Dr Cindy Lin, from Case West-agonist therapy may be protective against cancer. Other findings suggest the jabs prevent a relapse in breast cancer patients. Notwere, obesity is a major risk for de not know if it is merely the weight bust that is reducing the risk or some-thing else in the drug.

less risk of getting cancer for those using the jabs



ROB Burrow's wife and kids lay flowrous burrow's wire and kids lay now-ers for the tragic rugby league star. Emotional Lindsey arrived at Head-ingley with Macy, 11, Jackson, four, and Maya, eight. Ex-Leeds Rhino Rob died at 41 of motor neurone disease.





Majority cut . . . Modi India PM Modi set for close poll win

By NICK PARKER

By NICK PARKER INDIAN Prime Minister Narendra Modi was set for a historic third term yesterday but with a vastly reduced majority. It is a rare electoral setback for a leader who has held a tight grip on the nation's politics. Mr Modi's ruling Bhar-atiya Janata Party has lost its majority in par-liament for the first time in a decade. It is depending on its allies to get past the half-way mark required to run the world's largest democracy.

to run the world's largest democracy. For Mr Modi, whose approval ratings have been the highest among world leaders, the result is the first sign of the ground shifting. Now 73, he took power ten years ago, riding his Hindu nationalist base but faces claims he is increasingly authoritarian.

Pic cop's jail let-off

A POLICE officer dodged a jail term yesterday after posting images of Hamas lighters on WhatsApp days after the October 7 attack that killed 1,139 people in Israel. PC Mohammed Adil was sacked and given a community order for sup-porting a proscribed orga-nisation after telling a court he hoped to retrain and study for a PhD. Adil, of Bradford, West Yorks, admitted posting two images at Westmin-ster magistrates' court. He was sentenced to an 18-month community ser-vice order and given 160 hours of unpaid work. He was also fined £199.

Real final tussle rap

ONE of Real Madrid's security staff has been charged with assaulting a Wembley steward after the Spanish side's Cham-pions League final win. Maria Hernandez, 52, is accused of attacking the stadium staff member after the 2-0 victory over Borussia Dortmund. The charge came to light after Madrid com-plained over treatment of players' friends and fam-ily, claiming stewarding had been heavy-handed. Two of Madrid's sec-urity detail were said to be involved in a row over who was accredited to be in the playing area after the trophy ceremony.

SUMMIT SPECIAL

Jack Adams, ten, from Gloucester, is on course to climb 100 peaks in Wales in 50 days for a fundraising challenge.



By AMIR RAZAVI

ROSE Bertram looks like she's licking forward to her boy-friend Kylian Mbappe moving to Real Madrid. The curly-haired Belgian beauty, 29, clutched a lollipop as she posed in a blue bikini for PrettyLittleThing. It comes after striker Mbappe, 25, *right*, confirmed his transfer from PSG. Real fans will hope he doesn't suck.

EXCLUSIVE

Bruno

Gonioli

Bruno going, with Alan in the frame

IN

BGT SET TO DROP JUDGE e comic al id hir BRUNO Tonioli is set to be By CLEMMIE MOODIE

dropped from Britain's Got Talent — with Alan Carr a

Talent — with Alan Carr a potential replacement. The ITV show is changing dates as part of a £100million shake-up, leading to a filming clash for Dancing with the Stars judge Bruno, 68. Last night, a source said of the former Strictly panellist: "Once it became clear auditions were start-ing in October, as opposed to Janu-ary as per the previous 17 series, it became clear Bruno may not be able to take part. "He's committed to the US, but the new format for BGT is non-negotiable because the show will effectively be replacing Ant and Dec's Saturday Night Takeaway. "Bruno has been a real hit with his fellow judges and viewers so it

By CLEMMIE MOODIE would be incredibly sad to see him go.² It could mean an opening for Alan, 48, who was reportedly in about joining before Bruno got the coveted judging role. He has also worked on BBC travel shows with BGT panellist Amanda Holden. The source said "conversations have only just begun". But they has been mooted - his chemistry formula - and he would bring a fantastic comic edge to the panel. "A decision will have to be made in the coming weeks." The talent show is reaching the end of its five-year contract in post of its five-year contract in how be screened later in the year, relacing Saturday Night Takeaway. Clementine.moodie@thesun.co.uk



JOEY: ISLE SAVE YOU!

ELECTION 2024 CHEERS (& JEERS)

The crowd

here today pay their taxes and

don't want to be

screwed over

- ARMY VETERAN

TRISTAN BARBER

WINNER OF 1478 B

IN ESSEX 1024





THEY'VE got a Cliff Richard impersonator and Roy **Chubby Brown doing turns** in Clacton this summer.

Yesterday another king of comebacks, Nigel Farage, was running through his repertoire

Initing through his reperiotes on the resort's pier.
And a crowd of several hundred crammed beneath a Ferris wheel apped up his every word.
"Hello, Clacton!" Farage bellowed to wild cheers as if he was starring in a Radio 1 roadshow.
Balanced on a picnic table in the distribution of a fish and chip restaurant, he told the adoring throng: "With the hants of "We lover you Nigel, we do".
The dol political trouper knows to work a crowd. But in truth, he'd to work a crowd. But in truth, he'd won them over years ago.
For this is Brexit-on-Sea, where work the distribution on the Essex coast, the saide resort of 53,000 twice voted to ra UKIP MP.
Jittle wonder Farage, 60, cherry-picked the constituency to break his Westminster duck. It's his eighth attempt at being elected to Parliamet.
Some in the crowd wore Donald former band brought along their pet up baseball caps and r.-shirts, promising to be tough on immigration and telling local voters: "You won't get any woke PC nonsent."
Mad he received a rapturous the tories had brought along their pet up the borders to misse from me."
Mad he received a rapturous for voten telling his audience the tories had berough along they are splained: "They opened up the borders to a span reading: "Nigel Farage for the sase from me."
Mad he received a rapturous there when telling his audience the foreise had berough along they appended they deserve to parl and they below the set of the the set of the sadimet with a roar of a formal same met with a roar of a mean parlies there man and they below a span recording: "Farage explained: "They opened up the borders to a work we there name only as a wictoria and said she did the cause farage is "an a said she did the cause farage is "an a said she did the cause farage is "an a said she did the cause farage is "an a said she did the cause farage is "an a said she did the cause farage is "an a said she did the cause farage is "an a said she did the

she Farage

Farage is "an a*****e". Yet earlier the former Ukip boss had been given a rock star's wel-come on Clacton Pier. After watch-ing Farage drop his electoral scatter bombs, retired pub-lican Judith Forster,

Cheers . . Nigel enjoys visit before soaking with milkshake by Labour fan Victoria Thomas-Bowen

62, commented: "Nigel had the crowd eating out of his hand. He really sticks it to the establishment." Friend Nicolette Barda, 65, added: Friend Micolette Barda, 60, audeu: "Immigration has to be curbed. I think Nigel will do better on that than Labour or the Conservatives." Clacton and its surrounds has long been a retirement destination for London's East Enders.

long been a retrement destination for London's East Enders. It's an area that has its share of hardships. The constituency includes Jaywick, the poorest neighbourhood in England. Research for a local health pro-gramme showed half of all people over 16 in the town were economi-

cally inactive and one in five have never had a job. Enjoying a cup of tea outside the Moon and Starfish Wetherspoons, Clacton born-and-bred David Bye, 77, revealed: "I've seen Clacton go from a booming holiday resort into ground for London." David, who served I7 years in the Navy, wants Farage to push for veterans rights and for more help pensioners. The veteran added: "Nigel's got charisma, he's a popular guy. The fories here have shot their bolt. We wanted out of Europe but the

trouble is the Government gave us a wishy-washy deal." Supping a Guinness, Army vet-eran Tristan Barber, 44, said: "The

eran' Tristan Barber, 44, said: "The crowd here today was made up of ordinary, hard-working people. "They pay their tax and just don't want to be screwed over." Chris Mankelow, 40, believes Farage can turn the area around. The ex-support worker insisted: "I think Nigel is the most charismatic politician in the country. "I first really noticed him in the jungle on I'm a Celebrity. "He was such a salt-of-the-earth, charming character that I backed

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AT END OF THE PIER SE

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Frying start Farage addresses crowd in Clacton-on-Sea yesterday

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High hopes . . . would-be MP is star turn in speech in front of Clacton pier

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him to win it." Eating chips on the seafront, undecided voter Marilyn Dixon, 70, said: "A lot of what Farage says does make sense. I definitely won't vote Tory." A bookie was giving odds of 11/4 on Farage to win the Tory-held seat. He had finished his end-of-the-pier show by tell-He had tinished his end of-the-pier show by tell-ing the crowd: "Send me to Parliament to be a bloody nuisance." After this raucous After this raucous reception, there's little doubt he would be that.

SHAKE, BATTLE AN told hundreds of Reform UK supporters on the seafront he

My

supporters on the seafront he would spend the next month being "a bloody nuisance" to the main parties. He even held up Monday's Sun, report-ing he was standing, as he had a pint in Wetherspoon pub the Moon and Starmilkshake brings all the people to the

rally

fish. But when he left, the 25-year-old pushed her way through the crowds to hurl her McDonald's drink. As she fled, she told The Sun that Mr Farage was "an a*****e". Cops later arrested Victoria Thomas-Bowen on suspicion of assault. A picture on her Facebook page from the Jer-emy Corbyn era is captioned: "Vote Labour for the many

not the few." In 2019, Mr Far-age was covered head-to-toe in milkshake in Newcastle. He laughed off the latest incident, posing with a McDo-nald's milkshake and, echoing the 2003 Kelis hit Milkshake, joking: "My milkshake brings all the people to the rally." • Additional reporting by THOMAS GODFREY and JULIA ATHERLEY The Sun Save - Para Tan

The Sun Says - Page Ten

KEIR'S TAX STUMBLE: PAGES 6 & 7

OF THE DAY •It's raining, everyone's tired, and yesterday was a pretty s**t day9 - CABINET MINISTER JOHNNY MERCER GOES VIOLENTLY OFF MESSAGE WINNER OF THE DAY

QUOTE

li

A BONE-DRY Rich-A BONE-DRY Rich-ard Tice, who 24 hours earlier could have been the one rinsing milkshake from his hair... if anyone knew who he was. 1



ACTIVISTS aboard the Reform open-top battle bus, who seemed to spend most of their day try-ing not to be knocked out by low-hanging branches.

ELECTION WHISPERS

TORY aides could not volunteer quickly enough to go to Salford for last night's debate. They said they would have done anything to escape the funereal atmo-sphere that has blackened Concernition LIO Conservative HQ.

POLITICOS heading north out of Westminster might have smelt something fishy on the Avanti West Coast mainline. They can thank the Labour shadow cabinet minister who decorated the carriage floor with sushi. Soy Jenkins, anyone?

TORY spinners have long revelled in Labour largesse, mocking John "Two Jags Prescott and Ed "Two Kitchens" Miliband. But they might have to eat their words after installing their battle bus with two ovens.

EDUCATION Secretary Gillian Keegan headed to colleague Flick Drummond's seat yesterday to lend some Cabinet heft to her campaign. But she was left red-faced after Flick was a poshow a brave choice no-show — a brave choice given Keegan's been on the warpath over truancy.

STARMER & SUNAK ELECTION 2024

By HARRY COLE, MARTINA BET and JACK ELSOM

RISHI Sunak and Sir Keir Starmer clashed angrily over tax last night in the first election TV showdown - with the PM repeatedly warning of a £2,000 hit to families under Labour.

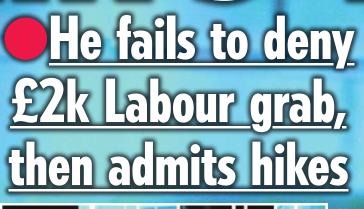
families under Labour. In their first bruising head-to-head, Prime Minister Mr Sunak said the man hoping to replace him is coming for "your work, your car, your pension – you name it, Labour will tax it. It's in their DNA". Sir Keir refused ten times to deny taxes would be increased under Labour, as the pair also clashed on the NHS, borders and their own trustworthiness. He slammed Tory "chaos" and said they had put up taxes to the highest level in 70 years, calling the PM an "expert" at it. They also traded blows on immi-gration and the European Court of Human Rights. The PM said he would put Britain's borders before a foreign court every time.

Human Rights. The PM said he would put Britain's brorders before a foreign court every time. Sir Keir, an ex-human rights lawyer, said he would never pull out of our international agreements. Taxes dominated the debate. A fired-up Mr Sunak said: "Beyond raising your taxes and raiding your pensions, no one knows what Labour would actually do. "But you know what I would do? I'll cut your taxes, protect your pensions and reduce immigration." In their tense first battle, the pair also bloodied each other on the NHS and the ghost of Liz Truss haunting the Tories. Early in the clash, Mr Sunak warned the public: "The choice for you at this election – stick to our plan and illegal migrants will be on those planes. With Labour, they will be out on our streets." In the first of two TV battles, first blood went to the PM, who left the Labour boss gawping when he put him on the spot over resolv-ing the long-running junior doctors' pay dispute. The audience sided with Mr

The part him on the spot over resolv-ing the long-running junior doctors' pay dispute. The audience sided with Mr Sunak, who told the Labour leader he will not meet their demands of a 35 per cent rise as he does not want to increase taxes to pay for it. Both leaders confirmed they did not intend to raise income tax, national insurance or VAT. But Mr Sunak directly accused Sir Keir of planning a "retirement tax" because he was not matching the Tory "triple lock-plus" commit-ment to increase the personal allowance for pensioners. The PM said: "If Labour are elected, pensioners will pay tax. I do not think that is right." He told Sir Keir: "You should explain to everyone why you think pensioners will be paying a retire-ment tax under your government. "Why do you want to put up their taxes?" Sir Keir shot back by comparing Mr Sunak's spending commitments to the unfunded tax cuts announced by his predecessor Ms Truss. Sir Keir did admit Labour will "raise some specific taxes".

Sir Keir did admit Labour will Faise some specific taxes". He mentioned slapping VAT on private schools and scrapping a tax-break loophole for non-doms.

Their exchanges were equally





Before the showdown ... the leaders line up with host Julie Etchingham

BIG MOMENT

SIR Keir insisted he would not turn to private healthcare even if a loved one was on a long NHS waiting list. After a question from cancer survivor After a question from cancer survivor Janet, of Telford, who told how she lost a relative waiting for surgery, Rishi said he would go private in that scenario. But Sir Keir said: "No. I don't use private health. I use the NHS. "That's where my wife works, in one of the big hospitals; as I said, it runs through my DNA."

tetchy on immigration. Mr Sunak trumpeted his Rwanda plan and insisted planes will take off within weeks of his re-election to provide or offociation determent

weeks of his re-election to provide an effective deterrent. Sir Keir responded by saying the high number of migrants coming over are the Tories' fault. He said: "The Prime Minister says it's too high. Well, who's in charge? "He's the most liberal Prime Minister we've ever had on immi-gration. Eighteen months ago he said that he would stop the boats. "This year alone, 10,000 people have crossed on boats. That's a record number. So again he's made

1.683

a promise and he's completely failed to keep it." Mr Sunak asked Sir Keir: "What would you do with people who come illegally?" The Labour leader said: "We word the about

SILLIEST MOMENT

A TONGUE-in-cheek football query from "Gareth, on his way to Germany" saw both men asked: "What is the best leadership approach, play it safe or take

leadership approach, play it safe or take some risks to win?" Rishi said: "You need to have a clear plan and take bold action." Sir Keir echoed: "Game plan, bold action, good squad. I think England are going to do very well. Gareth's built a squad just like I've got a brilliant Shadow Cabinet."

The Labour leader said: "We need to smash these vile gangs. I do not believe it is impossible to smash these gangs. What I will not do is engage in an expensive gim-mick, the Rwanda scheme. If he believed it was going to work, why has he called an early election?" He added: "There's a pattern of behaviour here. He said waiting lists would fall, they've gone up, he said he'd stop the boats, record

BEST ZINGER

SIR Keir drew rare laughter from the audience when he mocked the Prime Minister over NHS waiting lists being on their way down. The Labour chief said: "They were 7.2 million, they're now 7.5 million. "He says they're coming down — and this is the guy who says he's good at maths." Mr Sunak blamed strikes by

Mr Sunak blamed strikes by healthcare workers, which led to groans from the audience.

numbers are coming. The promises he makes are not worth the paper they are written on. "We do have to deal with this problem, we have to smash the gangs that are doing it. "I've taken down terrorist gangs in my past, I've seen how it can be done. We'll have a Border Force Command if I'm Prime Minister." But Sir Keir did say he would consider processing migrants in a third country "if that was possible to do it in compliance with inter-national law". Elsewhere, Mr Sunak defended his "bold decisions" on green policy

while still meeting net zero targets as he sought to draw another dividing line with Labour. He said: "The contrast is clear at this elec-tion because Keir Starmer will reverse all the changes I've made. That is going to cost you all thousands of pounds." Sir Keir responded: "This £2,000 he keeps saying it's going to cost is absolute garbage. Describing renewable energy as a huge opportunity, he said: "That means cheaper bills, renewables are cheaper not just in the short-term but in the long-term. "It also gives us the next genera-

1987-967

CLASH IN FIERY TV DEBAJ

DUIT streets em o Í



Cut and thrust . . . Sir Keir and Rishi take questions at their podiums



THE gloves came off as Rishi and Sir Keir got personal. The Labour leader accused the PM of

The Labour leader accused the PM of "betting against the country" as a banker during the financial crisis. But Rishi hit back at the former human rights lawyer, saying: "I'd rather have had my job than work for extremists like Abu Gatada and Hizb ut-tahrir."



RISHI Sunak edged last night's debate by 51 per cent to 49 per cent against Sir Keir Starmer, according to a snap YouGov poll of viewers immediately after the show. The next debate, on the BBC this Friday, will feature seven main parties, but neither Rishi Sunak or Sir Keir will be there, instead sending Penny Mordaunt and Angela Rayner on their behalf. and



Call . . . charity Leaders told 'sign Veterans Pledge'

By HARRY COLE

By HARRY COLE THE Sun today urges and Rishi Sunak to sign help For Herces' Veter-ans Piedge. Ahead of this week's D-Day celebrations, we are backing the charity's call for whoever wins the July 4 election to keep a dedicated Veterans Minister in the Cabinet. By signing the pledge they would agree to keep they would agree to keep they mould agree to keep the benefits and com-pensation they deserve. The leaders are also asked to promise veterans "the benefits and com-pensation they deserve." The for Herces boss fames Needham said: "The mext Government must do more to support have served our country." The Sun Says – Page Ten

Troubles 'betrayal

SIR Keir Starmer was accused of betraying veterans by vowing to repeal the law protecting them from Troubles-related witch-hunts. He claims the Legacy Act, which stops decades-old prosecutions, has no support from Northern Ireland parties.

old prosecutions, has no support from Northern Ireland parties. But Tory MP James Heappey, a former Army officer, called the policy an "absolute disgrace". Veterans Minister Johnny Mercer warned Labour would restart prosecutions of elderly soldiers if it got in.

Lab grey vote bid

LABOUR has ruled out

LABOUR has ruled out raising the state retire-ment age. Shadow Secretary of State for Work and Pensions Liz Kendall made the pledge on the campaign trail with party leader Keir Starmer. She also refused to match the PM's promise of a tax break for older people, instead offering a housing and NHS shake-up to help them. On a visit with Sir Keir to Bolton, she said: "I want people to have more years of good life."

BEST AUDIENCE MOMENT

AUDIENCE member Paula, from Huddersfield, said she batch-cooked at weekends — so she did not have to put her oven on at peak times. er oven on at peak times. She put both leaders on the spot, explaining that she found it hard to make ends meet and was worried for her future. "I don't think you understand what this is like for me," she told them.

tion of jobs. Other countries have realised renewables is the future – they're in the race. "I want us to win the race. The question I ask is why not Britain?" Mr Sunak said he was "not going to impose thousands of pounds of costs on you to arbitrarily change your car, convert your boiler". "Sir keir said the Prime Minister was "making it up as he goes along" and insisted clean power by 2030 was a promise he would keep despite his U-turn over £28billon on green spending. "Following the debate, senior aides and ministers tore chunks off each

other in a room at the Coronation Street experience in Manchester. Cabinet ministers Michael Gove and Victoria Atkins led the charge

and Victoria Atkins led the charge for the Conservative Party. Mr Gove said: "Keir Starmer was flat on the canvas at the end of that. Can you tell me a single thing that Keir Starmer said that allows you to be better informed as to what he would do as prime minis-ter? No." Meanwhile, Labour's Jonathan Ashworth berated Mr Sunak, saying: "He's so weak he couldn't knock the skin off a rice pudding." *harry.cole@thesun.co.uk*

49% STARMER

SUNAK

again: "Please, gentlemen, we will lower our voices."



51%



Nazanin TV story

A BBC drama will exam-ine the jailing of Nazanin Zaghari-Ratcliffe in Iran. The British-Iranian, 46, was detained "for spying" in 2016 on a family visit and only returned to the UK in March 2022. The four-parter will also look at the struggle of her husband Richard. It will be based on the upcoming book A Yard

upcoming book A Yard Of Sky: A Story Of Love, Resistance And Hope, written by the couple.

ROLL WITH IT

Snack fans will mark today's National Sausage Roll day by scoffing three million of them, four times more than normal.



Targeted . . . Guy's Hospital

CYBER attack has led to operations at several being hospitals

Some patients were repor-tedly being told they may be waiting weeks for procedures to be rescheduled. King's College Hospital and Guys and St Thomas' Trust –

By JANE MATTHEWS

Including the Royal Brompton, Harefield and Evelina Children's Hospital – all in London, have been affected. Their IT contractor Synnovis, which serves NHS pathology labs, confirmed it had been hit by a ransomware attack. It said blood transfusions were particularly badly affected. CEO Mark Dollar said: "It is

HOSPITALS IN CYBER

still early days and we are trying to understand exactly what has happened." The attack, where hackers seize control of an IT system and demand payment to release it, was discovered on Monday. Synnovis and the hospitals said they had set up a taskforce to try to deal with the crisis. But operations were cancelled or diverted to other hospitals as supplies of blood were

TALK

disrupted. Blood-testing may also be held up – posing a risk to emergency diagnosis and care. Oliver Dowson, 70, had his op at the Royal Brompton cancelled on Monday. He said: "The staff on the ward didn't seem to know what had happened, just that many patients were being told to go home." Experts say it will take weeks rather than days to get the system working properly again.



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



by JEROME STARKEY BRITS could earn £10,000 to £15,000 pay hikes -and a suntan - under new rules that let them join Australia's army. Those who have already been in Oz for a year will be allowed to serve from next year. A digger, as Aussie soldiers are known, earns almost £30,000 in basic training compared with just £18,700 in the UK. And a newly qualified private would earn £38,400 there compared with £23,500 in Britain.

with £23,500 in Britain. Australia relaxed strict rules on who can join its forces amid fears of looming war with China. Aussie Defence Minister Richard Marles said strength was key to "resist coercion" and stop adversaries blocking trade routes. But it has stoked fears it will worsen UK recruitment.

Surge in syphilis

THE number of straight people with syphilis is on the rise amid soaring cases of the sexually transmitted infection.

cases of the sexually transmitted infection. Numbers in England are at the highest level since 1948, says the UK Health Security Agency. In all, 9,513 cases were diagnosed last year. While most were in gay men, UKHSA said there was a 22 per cent rise in syphilis in heterosexual men and women. The statistics also show there were 85,223 cases of gonorrhoea last year -the highest since 1918. Chlamydia accounts for nearly half of the 401,800 STIs recorded last year.

MINI MONUMENT

Artist David A. Lindon, 54, of Bournemouth, has made the world's smallest Stonehenge model – less than a millimetre tall.



TODAY: Bright with sunny spells but there will be scattered showers across Scotland, Northern Ireland and northern England, some heavy. TONIGHT: A largely dry evening with lengthy clear intervals. However, there is a threat of some showers developing across western areas.

OUTLOOK: A bright but breezy day tomorrow with sunny spells and a threat of showers, mostly across northern areas, and may be heavy and thundery. Showers on Friday.



3

10

18

PUZZLES: PAGE 38

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.

9

21

21

TODAY'S BIRTHDAYS



ACTOR MARK WAHLBERG, 53, *left*, comedian ROSS NOBLE, 48, *right*, rapper DAVE, 26, jazz saxophonist KENNY G, 68, and Arsenal defender KIERAN TIERNEY, 27 •Last night's Health Lottery: 16, 19, 30, 32, 41. Bonus ball: 29 EuroMillions: 6, 7, 9, 14, 43. Lucky stars: 3, 4.

> We are always after good stories and we pay big money for them every day. Call our news desk and we'll call you straight back

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Trouble in store ... Jimmi. Right, where paint was allegedly stolen

I didn't do it, can I

B&Q it?

Biden's son got gun with *'crack lie'*

By ALEX DIAZ

<text><text><text><text><text><text>



Heskey foots bill for £1.6m tax fight

By LUKE CHAFER

EX-football ace Emile Heskey has been ordered to pay almost £200,000 costs from his legal battle with the taxman. The former England striker, 46, landed the bill in a dispute with HMRC over unpaid tax of £1.6million. He was being taken to

Instead of £1.6million. He was being taken to court over 15 penalty notices issued in 2005. Heskey was due to face a High Court trial in 2019 but it did not take place when he admitted liabil-ity for the debt. Specialist cost judge Mark Whelan yesterday ruled he should pay £194,794.42 in legal fees. He said the sum was "reasonable and propor-tionate" for the case. Interest is not included in the calculation, mean-

Interest is not included in the calculation, mean-ing that the star may end up paying even more. Heskey did not attend the hearing and was not represented.

BBC star legal threat - Page 23



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HE DENIES PILFERING PAINT P COBBLES ROW 1

By SARAH RIDLEY and JONATHAN KANENGONI

CORRIE star Jimmi Harkishin was taken to a back room at B&Q after security suspected him of pinching

a pot of paint. The actor, 59, who earns a six-figure salary playing shopkeeper Dev Alahan, has now been banned from the DIY store despite denying theft. Jimmi was confronted last Wednesday in B&O's ware-house at Cheetham Hill in Manchester. A source said: "He was taken to the back room and held there for ten-15 minutes. "The cameras were watching him the whole time and the staff weren't bothered about who he was. He was treated just like everyone else." Police were not called but staff say bosses handed the actor a letter banning him from the store. Jimmi, who has played Dev since 1999, denied wrong-doing. He claimed: "This was a misunderstanding over a sample pot of paint bought from elsewhere." It sunderstood he is con-sidering an appeal. It a 2004, he was arrested and cationed for allegedly swapping price tags on North West London. Weeks later, the dad of three was pictured taking cocane, triggering a break from the soap to undergo drugs counselling. Ex-England footballer Glen Jon-the-spot fine in 2007 after he and a friend tried to pich a toilet seat and taps from B&Q in Dartford, Kent. B&Q declined to comment on the Jimmi allegations. *sarah.ridley@thesun.co.uk*



FORMER Corrie star Charlie Lawson faces a ban from running any more companies after failing to pay debts. Lawson, *left*, who was Jim MacDonald in the soap, has missed deadlines to repay £37,000 from the 2018 failure of his Cheshire-based deli.

But debts at Prestbury's Farm Shop

COBBLES ROW (2)

have passed £50,000 with liquidators' fees of £14.500 included.

The 64-year-old, last seen in the soap in 2018, has been threatened with legal action. Liquidators claim Lawson and

his wife Debbie "may be unfit to be involved with managing the affairs of a company in the future".

But they also admitted there is little likelihood of any funds being available to pay creditors.

Lawson's agent said "the matter is in hand and ongoing".



THE staggering courage of our D-Day heroes as they began the Nazis' final defeat 80 years ago tomorrow is a vivid reminder of the debt we owe our veterans.

Thousands of young lads poured on to the Normandy beaches under a hail of shellfire and bullets. Many were killed.

You can read about them on Pages 26 and 27. As one survivor says, it is vital Brits never forget the "price of freedom' from tyrants like Hitler. But nor must we neglect veterans of all our conflicts -

including the Falklands, Northern Ireland, Iraq and Afghanistan. That's why today we urge both the Tories and Labour – whichever should hold power after July 4 – to commit to the Help For Heroes Veterans' Pledge. To keep a Cabinet-level minister protecting Veterans Affairs. To launch a

review into the chaos over medical discharges. To ensure all veterans get every penny of the support they deserve.

Labour has talked a good game on security, even promising a new Armed Forces Commissioner to look after Forces families. But there is a worrying new chink in the Starmer armour:

An extraordinary vow to relaunch probes into Our Boys' actions during the Troubles 50 years ago, even after the Tories shut them down in law.

Starmer complains it means IRA terrorists now have an amnesty too. Except in reality our veterans were virtually alone in being prosecuted.

So he would once again have 70-yearold ex-squaddies living out their twilight years in fear of snap judgments they made as teenage rookies in the white heat of 1970s Northern Ireland.

Honour our veterans, Keir, by not reopening old wounds.

_eft it late

THE time to seek reform of the ECHR, or vow to leave it, is during your decade or more in power.

Not while preparing for a fifth election the polls predict you are likely to lose. The case for quitting this meddling

Strasbourg court has been overwhelming for years. It is as crystal clear now as the politicisation and over-reach of its judges, especially on immigration.

But even if Rishi Sunak stayed in No10, could he ever get such a radical move past an already divided Tory Party? It's hard to see it.

ast straw.

GORMLESS yobs who chuck milkshakes over politicians must face a hefty fine and a night in the cells.

We are sick of self-righteous morons making a "statement" by assaulting MPs or candidates they dislike. It doesn't matter if it's Farage, Sunak or Starmer. It's an obnoxious attack both on the politician and democracy in an era which has seen two MPs murdered. Cops made arrests yesterday. Good.

Time to end this brainless fad.

8 EASY WAYS TO BOOST HEALTH EVERY DAY... NO GYM REQUIRED

GET YOUR NAILS DONE

NAIL bars are popping up all over the high street - and scientists believe getting a A Japanese study showd that the light-hearted chit-chat you have at the salon – known as "superficial self-disclosure"

as supericial self-disclosure - is associated with increased positive emotions. Study author Prof Atsushi Kawakubo said: "Our research suggests that engaging in salon nail care, with light self-disclosure disclosure, can provide

a boost to one's psy-chological state."

EAT AN APPLE EVERY DAY

THE old wives' tale of "an apple a day keeps the doctor away" could be true – as the fruit may protect the brain from harmful substances. A US study of 2,800 50-year-olds found those who ate fewer flavonoid-rich 50-year-olds found those who ate fewer flavonoid-rich foods, such as apples, were up to four times more likely to develop dementia over a 20-year period. Food scientist Dr Vincent Candrawinata said: "it's amazing to think that a simple fruit like an apple can

an apple can an important role."

USE YOUR NON-DOM HAND

DOING everyday activities, like brushing your teeth or stirring a pan, with your non-writing hand

pan, with your non-writing hand can help make a healthier and more adaptable brain. A 2016 study by Washington University School Of Medicine found 89 per cent of subjects experienced increased speed, accuracy and smoothness in their non-dominant hand after ten days of writing exercises. Research-ers believe

ers believe this was a result of new neural pathways being ated. cre



RETRO walking – or walking backwards – dates back to the 19th century as a hobby, with some people doing thousands of miles in reverse. And modern-day research reveals the practice can have real benefits for your health and hrain

real benefits for your health and brain. Janet Dufek, an expert in biomechanics at the Univer-sity of Nevada, found walking backwards for ten to 15 minutes a day over a month can increase flexibility in the hamstrings.

hamstrings. It can also strengthen the muscles in the back respon-sible for spine stability and flexibility.

endy diets. EMMA PIETRAS Veals the entific scientific findings that are easy to fit in for a healthier, happier life

HUFF AND PUFF FOR 4.4 MINS

THE WAY FORWARD

... going

games with your children

TAKE THE STAIRS **INSTEAD OF LIFT**

IT is widely known that taking the stairs instead of the lift is better for our health. For those who don't exercise,

For those who don't exercise, just marching up and down can help improve blood sugar and cholesterol levels as well as reduce blood pressure. Professor Stamatakis says: "For someone who doesn't consider themselves an exer-ciser, stair walking is tremen-dously effective.

"Going up and down a few flights with effort during the day for a total of five minutes is a good target."



takes one nour 40 minutes for the average person. But a March study by Prof Emmanuel Stamatakis, of Syd-ney University, found walking 64 minutes a day – 6,000 to 8,000 steps – can enhance overall health. He says: "You do not have to overall health. H do not have to go for an hour-long hike each day. The walking accumu-lated by partic-ipants was the kind you clock up in everyday up in e activity.

STROLL FOR 64 MINS A DAY WE'VE all heard about walking 10,000 steps a day, which takes one hour 40 minutes for

STAND UP FOR

2.6 HOURS

IT is no secret that sitting less and moving more is better for health – and now an expert has revealed how long we should be on our feet for each day. Dr Christian Brakenridge, at Swinburne University of Tech-nology, said the optimum time is five hours and ter minutes, but even standing 2.6 hours a day is associated with better outcomes. He added: "The impor-tant thing is

"The impor-tant thing is to replace excess sitting

with any other activity, including standing

YOU have probably heard of HIIT (high-intensity interval training) but what about VILPA (vigorous intermittent lifes-tyle physical activity)? It involves short bursts of huffing and puffing – around 60 seconds for 4.4 minutes a day. Prof Stamatakis explains: "It is not a structured form of expercise but daily activity. If

"It is not a structured form of exercise, but daily activity. It should be something you find easy to slot into your day." Try running for the bus or playing high-energy games with

EXCLUSIVE

Strictly

star's



Cowell's audition dates for 'next 1D'

By ROD McPHEE

SIMON Cowell is looking for Britain's next mega-star boyband – and the search will feature in a new TV documentary. The music mogul, 64, has revealed audition dates in UK and Ireland arenas, hoping to find the next One Direction. It comes after The Sun exclusively told of

the next One Direction. It comes after The Sun exclusively told of Simon's plans in March. He helped the band achieve fame worldwide after they competed on The X Factor in 2010. Simon said yesterday: "Every generation des-erves a megastar boy-band. When you have a great group, it's like lightning in a bottle." The entrepreneur has joined forces for the show with production company Box To Box Films, who made Netflix's Formula 1: Drive To Survive. It is not known who will air the programme. Auditions are set to begin on luly 4

to Auditions are begin on July 4. set



TV's Hill: I made Ramsay kids cry

By ED SOUTHGATE

COMEDIAN Harry made Gordon Ramsay's kids cry – by dressing up as a gorilla on Halloween. Harry, 59, told how the chef's children, who were trick-or-treating, "burst COMEDIAN Harry Hill has told how he made

trick-or-treating, "l into tears" when he

trick-or-treating, "burst into tears" when he answered the door in the costume. He told fellow com-edian Kathy Burke's pod-cast: "I'd wear a gorilla suit when the kids were small. I made his kids cry. I didn't know they were his kids, hands up." And the You've Been Framed presenter joked the kids were likkely more upset with their dad than they were with him. Harry, who lives in Whitstable, Kent, said: "I mean, if you're Gordon Ramsay's kids, you're never far from tears. "It was probably un-related to me answering the door dresseed as a gorilla. Yeah, maybe he just shouted at them."



By AMIR RAZAVI **ACTRESS Ellie Bamber shows**

she is just the curl to play Kate Moss.

The 27-year-old wore her hair in ringlets, donned a blue sequinned dress and blue sequinned dress and clutched a ciggie to recreate the supermodel's look at her 30th birthday party in May-fair in 2004. She was accompanied by Mossy's real-life hairdresser and pal James Brown at the set in London. Ellie stars in Mose ^g.

set in London. Ellie stars in Moss & Freud, a movie telling of the friendship struck between Kate and artist Lucian Freud after he painted a nude portrait of her in 2002. It sold in 2005 for nearly C4million

£4million

ELLIE

<u>explicit</u> photos leaked

SHOW'S NEW CRISIS

By CARL GREENWOOD

STRICTLY has been rocked by another crisis with one of its stars having explicit pictures leaked online.

Images have been spread on the internet, leaving the target, who is known to millions of

Images have been s leaving the target, who fans of the BBC dance show, devastated. A source said: "It's a huge betrayal of trust and it has left them shaken. They will be taking action to get them taken down but it's a real blow. "This isn't even the first person from Strictly it's happened to – it's like there's another curse con-nected to the show." A string of stars con-nected with Strictly have had pictures and videos leaked online. Saffron Barker, Ricky Whittle, David James and Catherine Tyldesley have been victims in the past. It is yet another blow for the show, which is facing its biggest crisis to date over a legal battle with former pro Giovani Per-nice over alleged bullying. The 33-year-old Sicilian has faced a string of



allegations from former celebrity partners includ-ing Amanda Abbington and Laura Whitmore. Earlier this week Amanda described Gio as "asty" and said he was "awful to a few of us". The Sherlock actress says her stint on the show left her with PTSD. Gio has denied the allegations and hired a top law firm to represent him. *carl.greenwood@ thesun.co.uk*

KING ON THE M

BANKNOTES featuring King Charles' portrait are to be Charles' portrait are issued from today.

e: SPLASH NEWS

He will appear on notes of all value, with no other alter-ations to existing designs. New notes are expected to appear

gradually, only being issued to

replace worn ones. The change is a historic first, as no monarchs before his mother, Queen Elizabeth, were on Bank of England notes. D-Day Veterans Meet King – Page 15





Bear has repaid £22k sex tape cash

By MIKE SULLIVAN

By MIKE SULLIVAN CELEBRITY Big Brother winner Stephen Bear has bear of the second state of the second stat



Risk . . . thermostat

Chinese spy peril for smart homes

By LUKE CHAFER

HOMES that have smart

HOMES that have smart gadgets are in danger of being hacked by Chinese snoops, experts warn. An ever-growing net-work of interconnected devices – including ther-mostats, lighting and doorbells – pose "major cyber security risks" from criminals and data harvesters.

from criminals and data harvesters. also data barvesters. Also data linked to the web by modules and research shows that China sup-plies more than 60 per cent of them. A report by tech web-site geonode.com con-cluded: "Along with the convenience also comes vulnerability." Its cyber expert Josh

vulnerability." Its cyber expert Josh Gordon added: "The most potent weapon in the fight against cyber sec-urity issues is awareness. "Regular software updates, strong password practices and secure net-work usage are simple yet effective ways to protect yourself."



WITH a glistening tan covering his rippled abs and a white linen shirt billowing in the Majorcan breeze, Joey Essex strode into Love Island looking

breeze, Joey Essex strode into Love Island looking every inch the TV pin-up. "What you saying, boys! Girls – looking tidy. Nice," the Towie original greeted the Islanders, sending them into meltdown. Although Love Island viewers may have been taken aback to see a celebrity on the show, they shouldn't have been surprised it was Joey. After all, at just 33 he has appeared on 12 of telly's biggest fortune while doing it. And his Midas touch when it comes to illuminating these light entertain-ment shows is something ITV bosses will be more than aware of – in fact. Use the heady days of 2019, when that year's Love Island launched to 3.3million tor last summer's opener. Built st night Joey already seemed thave worked his magic on the dating show, with early figures suggesting 2.2million watched live may more expected to catch up now word of his arrival is out. Says to place on his oh-so-broad shoulders, but I've seen first-hand how the king of reality TV is more than capable of wearing the crowen. I first met Joey in Marbella – or Mays as it was called on The Only as the server, which early cover as the server the mean coverded as at

Tender embraces

series launch of the ITV2 show. **Tender embraces** Among the more guarded cast members such as Jessica Wright, Bobby Norris and Dan Osbourne, Joey was a breath of fresh air. The others sat scrolling earlier paparazzi photos of themselves sunbathing and subsequently ordered only sushi and vodka – apparently a potent mix to make their abs pop. But Joey was chatting to Press, tucking into French fries and even a plate of sweet pastry baklava. He seemed to have just one refreshingly normal way of working. Over the years, every time I met Joey he was unchanged – even when the questions I asked grew trickier. During Dancing On Ice last year he was accused of creating a "showmace" – a fling just for the cameras – with his skate partner Vanessa Bauer, with viewers convinced their gushing speeches and tender embraces were fake. But even as I doggedly grilled him, Joey remained good-natured, professional and totally himself. To often I encounter "reality" TV cast members who are as fake as their tast night his older sister Frankie told The Sum "He's definitely good with the camera, for sure, but he enjoys life, and that's I''' and the sistel the same now, but he's still the same now, but he's still the same now, but he's still the same person. He's just Joey, and he will be himself on there *[Love Island]*. It's like he's got the whole country "All the boys love his fashion and

be himself on there *[Love Island]*. It's like he's got the whole country rooting for him. "All the boys love his fashion and think he is jokes, all the mums love him and all the girls fancy him." Since finding fame on Towie in 2011, Joey has appeared in I'm A Celebrity, Splash!, The Jump and Ex On The Beach, among others. Throughout, he has remained loyal to the same agents at Neon Management, who first helped him sign up for Towie. It has made him a rich man through brand deals, property investment and film fees. So is Love Island just another pay



THESE POOLISH THINGS he Towie don club

'It would be lovely for him to come out hand in hand with the girl of his dreams and I really, really hope he does' - SISTER **FRANKIE**

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cheque or is he looking for love?

Chequé or is he looking for love? Mum of two Frankie said: "Joey is proper single at the moment but he's seen me with any the looks at them and the look at them the look at them and the look at them the look at them and the look at them the l

all I care about. It's difficult for me to meet girls on the outside, as they

outside, as they judge me. "I can't wait to be my authentic self and I just hope the right girl is in there for me. "I feel like I'm at a new chanter in

"I feel like I'm at a new chapter in my life and I look forward to people seeing that." Which brings us to the Joey Essex most people know – the dimwit, known for his "Reem" catchphrase and spouting such nonsense as

Wednesday, June 5, 2024 Sun 13



L-EARNING Educating Essex

OVEN READY Joey surprised viewers with his skills on Celebrity MasterChef

TOUGH ..., with Anthea Turner and Helen Skelton on Celebrity SAS: Who Dares Wins

HAPPY CAMPER . . Joey came fourth on Get Me Out Of Here!

C 0 C D

London being the country that borders Wales. He failed his GCSEs but later managed to scrape a D in general studies as part of docuseries Educating Joey Essex. Frankie said: "The thing is, he's so innocent, so if he doesn't know something he won't be afraid to say. "Everyone used to call him thick but he's not, he's just not going to

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him thick but he's not, he's just not going to pretend to know some-thing if he doesn't." Joey said: "I've gone from a boy to a man and I'm proud of the man I've become. "I look back on how I used to be, with the walnut-whip hair and the Ugg boots, a watch around my ankle

and my hair shaved into a fusey. It was all so fun and I enjoyed myself but I'm a grown-up version of my former self and I'm proud of the journey that I've been on. "I think, eventually, people will just see that I'm a normal guy." It certainly won't be Joey's first time dating in the spotlight. Since he found fame, his romances have included Towie colleague Sam Faiers, who temporarily became his fiancée, and Love Island's Maura Higgins. He has also taken part in dating shows Ex On The Beach and Celebs Go Dating – which means he has probably enjoyed more dates in front of a camera than in private. As Joey said on Monday night's Love Island: "This isn't my first rodeo, so boys, you better watch out, 'cos I'm coming for your girls." Sam Faiers told how their puppy

love was fraught with squabbles, while in 2020, Playboy model Lorena Medina dumped Joey after suspecting he had cheated on her with Rita Ora, who both denied anything happened. But somehow he has escaped a decade of fame with relatively few scandals, which is why he is the ideal saviour of Love Island, where some of the cast's rows have attracted Ofcom complaints. Joey comes to Love Island with the ultimate backer — its executive producer Mike Spencer, who was involved in casting him in Towie. Joey said: "It's almost as if we've been on this journey together because when I think back to my first memories of being on TV, Mike was always there to support me." What better way for Joey to repay his mentor than by reigniting the nation's passion for his biggest show?

24 HRS IN...RIVAL **GETS KISS-OFF**

Sam & Joey

JUST hours after his arrival on Love Island Joey was put to work as a heartbreaker – and

Love Island Joby was put to work as a heartbreaker – and sent one boy packing. He had just 24 hours to get to know the girls before stealing one and he chose make-up art-ist Samantha from Liverpool. Joey told the contestants: "Obviously I've got to keep my cards close to my chest. It's been tough. because I have got to keep my cards close to my chest. It's been tough. because I have got to keep my cards close to my chest. It's been tough. because I have got to know all of you girls on a nice level. "And obviously got to know all you boys on a cool level. I feel like we're tight and we're getting on

we're getting on well - but this is Love

Island ... " The reality star's decision meant Samantha's partner, hairdresser Sam, was booted from the villa.

from the villa. He said: "I'm disappointed to be leaving so soon as I wanted to work my magic and get to know everyone. "But when Joey walked in I had a feeling I might be in trouble. Samantha is a stun-

:11=

ning girl and I knew that they would get on." The drama came after the

N-ICE GUY ... with professional skat and ex Vanessa Bauer on Dancing On

Islanders played a game of dares that descended into

dares that descended into steamy snogs. Mental health nurse Mimii smooched Ayo, the model she has been filriting with since arriving despite being coupled up with recruitment man-ager Munveer. She said: "I'll give him his accolades, it was a good kiss." Elsewhere, per-sonal shopper

:11

Elsewhere, per-sonal shopper Harriett per-formed a lap dance for surveyor Ciaran and was one of three girls Joey chose to kiss. He also puckered up for Samantha and Welsh accounts manager Nicole.

Nicole. Romance appears to be blossoming for M&S worker Jess and Ronnie. They shared a steamy kiss on the terrace and she told the semi-pro footballer: "I'm happy with how things are going. I'm not going to complain."





'Distraught' . . . Olive Victim of robbery hanged

By MIKE SULLIVAN

BY MIKE SULLIVAN A WATCH dealer violenthy assaulted in a £2.8million robbery was found hanged heard yesterday. Oliver White, 27, was sid to have been dis-traught at being attacked and put in a chokehold. The following evening is body was found in woods close to his home out of the second second heard years of the second model of the second source of the second source of the second for the second second for the second second second second second second source of the second source of the second for the second second second second second second second for the second second for the second second for the second second for the second for the second second second second for the second second second second for the second second second second second second for the second second second second second for the second second second second second second second for the second second second second second second second second for the second seco

SHOUT OF DANGER

Two anglers were saved by a lifeboat crew who heard their distant shouts for help after their kayak sank off Northumberland.



By JAMES HALPIN

A CONSTRUCTION worker perches perilously on the end of a crane engulfed in thick black smoke yesterday morn-ing as a blaze ripped through a building site. Seven people were taken to hospital after the fire broke out on the ground floor of a ten-storey block being built in Canning Town, East London. Some 70 firefighters had it under control within an hour, with one person rescued using a 13.5metre ladder. The London Fire Brigade said CONSTRUCTION worker A

The London Fire Brigade said those admitted to hospital were suffering from smoke inhalation and three others were treated on site. The cause is unknown.

Fury after worker scrawls jibe on doughnut box

KRISPY Kreme fan collected his doughnuts from a store to find a rude message scrawled on the box: "Enjoy fatty." The customer noticed the jibe in pink marker pen only after picking up the pack of six treats. He said: "I think it was just an employee messing about and having what they thought was a

EXCLUSIVE by ED SOUTHGATE

laugh. I'm not usually offended but I was offended on behalf of other people who could be offended. I'm not one of those woke people, but it's unprofes-sional to do that. "If you do it with your mates, it's fine, but not the public. You don't expect it. "When I pulled him up on it, his face changed and he realised I was being serious. I don't

REFRESHING TASTE NO SUGAR

think the company is encourag-ing its staff to go off-script." The customer paid £4.99 for the doughnuts through the Too Good To Go app, which retailers use for left-over food that would otherwise be dumped. He collected the box of six, which would normally cost £14.99, from the chain's Gatwick Airport outlet as he headed off on holiday on Monday. But he was shocked by the message, saying: "I'm not going to eat them all by myself, am

Nectar Price**

Without Nectar **f**1075

Sainsbury's

Good food for all of us

I?" The customer complained to

I?" The customer complained to Krispy Kreme saying he would be wary of buying them again. He said the company offered a voucher and appeared to be taking the complaint seriously. A Krispy Kreme spokesperson said. "We are grateful to the customer for bringing this to our attention. We are in the process of speaking to our col-leagues and will fully investigate the complaint as any such instance would clearly fall far short of our high standards."

Catch one can. DU

nectar

Krispy Kreme

Bargain box . . . doughnuts

Find a Nectar can and win £100 worth of points.

GB 18 plus. Sainsbury's employees excl. Purchase promo 24x330ml pack of Diet Coke at participating outlets, between 29.5-18.6.24. If the pack contains a Nectar Can, you're a winner :100 x 20.000 Nectar points available. Retain Nectar Can, winner's label (attached to Nectar Can, you're a winner) of purchase to claim prize. Nectar Cans distributed at random in Sainsbury's outlets. Internet, phone & Nectar membership req'd to claim prize. Prize must be claimed by 18.9.24. Full T&Cs: coca-cola.co.uk/nectarcan. Promoter: Coca-Cola GB. **Nectar Price Terms and Conditions: I8- Nectar cardapp required. Available in supermarkets, excludes Locals. Nectar Price products vary by store size/online. Diet coke 24 pack (with Nectar 9p/100ml without Nectar 14p/100ml) Price valid until 1806.

find a

win £100 orth of points* love what you love

Nectar can



Trial's set for Amie murder accused

By ALEX WEST

A MAN accused of mur-dering a personal trainer on a beach is to go on trial in November. Nasen Saadi, 20, is

on a beach is to go on trial in November. Nasen Saadi, 20, is accused of stabbing to death Amie Gray, 34, He is also charged with the attempted murder of teanne Miles, 38, in the alleged attack on Durley Chine Beach in Bourne-mouth on May 24. She has since been dis-charged from hospital. Saadi appeared at Winchester crown court, Hants yesterday, via video link from prison. He was arrested at an address in Croydon, south London, on May 29. Judge Paul Dugdale fixed a trial date of November 25 and said it was expected to last three weeks. Saadi was remanded in custody. Lisa Bald, repre-senting him, said a bail application may be made after a plea hearing due



Targeted . . . author JK

JK's fear over troll threat of hammer

By AMIR RAZAVI

By AMIR RAZAVI AUTHOR JK Rowling feared for her familys safety after a troll threat-ened to kill her with a hammer, a court heard. Glenn Mullen, 31, who was said to have "strong views about gender equality", sent audio mes-sages to her and Labour MP Rosie Duffield on X/ Twitter in January 2023. Both women oppose new transgender rules. In the message to the Harry Potter author, Mul-kill JK Rowling with a big hammer." Prosecutor Frances her for her family." Mullen's message to Ms Duffield threatened to kill her with a gun. Mullen, of Manchester, previously admitted malic-cus communications.

cious communications.

westminster magis-trates court gave him a suspended jail term and a community order.



ETERANS MEET V



By MATT WILKINSON, Royal Editor

A D-DAY hero showed the King the dog tags he wore round his neck - still showing traces of blood from where he was shot. Arthur Oborne, Duke of Wellington's Regiment, was among veterans meeting Charles and Queen Camilla at Buckingham Palace ahead of this

Camilia at Buckingham Palace ahead of this week's 80th anniversary commemorations. He told them: "The dog tags were recovered after I got a bullet through the lung and there is some blood still on them."

and there is some blood still on them." Arthur, 100, revealed he was rescued by a friend and added: "As a family we will never forget it. We found he was killed the day after." Fellow centurian Bernard Morgan, of the Royal Air Force, showed off a pair of football boots he carried throught the war. He said: "I played 12 games includ-ing one on the landing craft going to Normandy. "There was Army person-nel on there. So we decided to have a football match, the Army versus RAF. I think it was a draw. The King laughed: "Oh really, how fantastic." John Dennett, 90, of the Royal Navy, recalled how he missed a bus back to the ship the night before because he was out dancing.



Bloodied . . . Arthur's dog tags

Bloodied ... Arthur's dog tags ing: "The lads we lost - it was colossal, it's frightening. That's when you feel grate-ful. I class myself as being very lucky." Jim Miller, 100, of the 11th Hussars, told the King and Queen: "Remembrance is so important. The younger gen-eration must learn about it and take it to heart." The conversations feature in BBCI's D-Day 80: Tribute to The Fallen, from 8.30pm tonight.



If Rishi and Keir's debate didn't hit home on housing, you can ask our experts

rightmove.co.uk/news/election



letters@the-sun.co.uk



QUIET LIFE ... Deacon **NO BIG SONG N** DANCE

PR guru Alan Edwards's memoir I Was There gives a fascinating insight into the world of mega celebs such as David Bowie and the Rolling Stones.

Alan says the Stones' Mick Jagger and Keith Richards were both old hands at the showbiz game but drummer Charlie Watts "wasn't the slightest bit interested in publicity" and "seemed to be in a world of his own".

It's a similar story with Queen guitarist John Deacon, who bowed out of the band in 1997 and now lives a quiet life with his family in South London. In 2021, drummer

Roger Taylor said: "I guess he just sits there counting his money." In other words, perhaps Charlie (RIP)

and John were/are the smartest in achieving the rock-star/normal geezer balance that keeps you

ane. All while still enjoying a hefty slice of the royalties being generated by the PR toils of the rest.

токуо **IS WAY** TO GO

NEW research shows that if you lose a precious item like, say, a wallet, in Japan the chances of someone handing it in are

handing it in are between 80 and 90 per cent. Last year, a record 30million items were handed in to police and a record £114million in cash. Part of the reasoning is put down to a culture of honesty and responsibility drilled in from a young age.

responsibility arrited in from a young age. Meanwhile, back in the UK, watch dealer Oliver White took his own life after being the victim of a violent attack in the shop

violent attack in the shop he worked in. The poor lad feared he might be held responsible for the £2.8million haul. And a visiting Chinese businessman who was tackled to the ground by two armed robbers for his expensive watch was in court last weak to see in court last week to see one of them sentenced to 40 months. He said: "If this happened in China he would have been jailed

for more than ten years." Sigh. What has become of us?

SPIDER-MAN star Tom Holland's appearance as Romeo in London's West End is causing post-show chaos at the stage door, where hundreds of fans wait each night for a mere glimpse of their hero.

Now theatre bosses have asked him to within ten minutes of the final curtain, to disperse the crowd, *right*, as

quickly as possible. "Tom is a pro and was more than happy to oblige," says a source. I'll bet. Like most Victorian theatres, the Duke of York's will have teensy-weensy dressing rooms, dodgy plumbing and dark, perilously narrow staircases dark, pe backstage.

2.3

So, rapidly escaping to the far more luxurious confines of home is no hardship.

One-man wrecking



Fobbing,

@janeM

A MALE contraceptive gel could soon be available that suppresses sperm prod-uction. Well done to everyone involved in the research. But the problem still remains ... will women ever trust men enough to rub it in offortivolv2 effectively?

Johnson in 2019. And a man whose party has had 14 years to come up with some hum-dinger policies he either doesn't have or has yet to ully disclose. As I wrote in April: "Sir Keir resembles a marathor with carrying a Ming vase across the finish line and shatter it." As for the third feasible contender – Lib Dem leader Sir Ed Davey – he's seem indiculous It's A Knockout-ster by by anyone other seriously by anyone other un his party faithful. Seevery last on them deliver with practised aploud. **Thorn in the side**

Thorn in the side

Will his Reform party win any seats beyond the strong possibility of Clacton, which gave Farage's previous party Ukip its one seat in the 2015 election? Doubt it Because despite

gave Farage's previous party Ukip its one seat in the 2015 election? Doubt it. Because, despite then garnering nearly four million votes, the first-past-the-post electoral system meant it ended up with just one MP - Douglas Carswell, who stepped down in 2017 and now works in the States. So it remains that Reform is only a threat to the main parties because of the votes it could potentially divert from their final tally. But if the one-man wreck-ing ball that is Nigel Farage wins a seat in the Commons, he'll be a highly entertaining then nin the victor's side for the next four years. So come on Clacton. Your country needs you to alleviate the political tedium.



SO TRUE Paloma GIVES US ALL FAITH

HOLLYWOOD movies HOLLYWOOD movies and Instasham frequently feed us the myth that women's bodies snap back in to shape after childbirth and their sex life rapidly resumes unchanged. So a mighty "hoorah" to singer Paloma Faith for telling her truth.

Wothing for me has Wothing for me has been as painful as the first time I had sex

postpartum," says the 42-year-old, who has two young daughters with former partner Leyman Lahcine.

Lahcine. "I resigned myself to living a life of painful sex for the rest of my days. It was not enjoyable or fun or pretty. I felt s**t." This is the experience of so many women and to hear a celebrity use her platform to break a taboo

platform to break a taboo and talk about it is

commendable. Now single, she also reveals she was once "loneliness" if not part of a couple, but has now learned to relish silences

and "enjoy my own company". Hear, hear. Loneliness and solitude are often confused as one and the same thing, but

they're not. Loneliness is an uncomfortable feeling of disconnection from others, while solitude is a chosen state of bliss.

As Albert Einstein once said: "I lived in that solitude which is painful in youth, but delicious in the years of maturity."

OH WOE IS JOEY

REALITY TV stalwart Joey Essex is the first "celebrity bombshell" to

be dropped on the new series of Love Island. The 33-year-old Essex lad says he's looking for the love of his life, and adds: "I just want someone to like me for me and not from what they see on TV." In which case, may I

humbly suggest that, rather than look for it among a group of natural show-offs happy to be filmed 24/7, he moves abroad where no one has

a clue who he is? But, then of course, without his "celebrity" status and the commercial endorse-ments it brings, he might have to get a proper job.

ball Nigel will break the political tedium IN May 1381, the furious villagers of Essex, started the Peas-ants' Revolt by marching to London in a protest over poll tax. Now, 643 years later, might the residents of its cohort of Clacton be about to deliver an equally stark message to Parliament by voting in Nigel Farage as their next MP? For years, this professional disrupter has been throwing bottles at mainstream politi-cians from the back of the room and, fresh from a suc-cessful stint in the TV jungle, the prospect of him lobbing political grenades from *inside* the House of Commons is a tempting one. I'm A Celeb-rity... Get Me In There. Whatever your party per-suasion, politics has just got interesting again. He even got yelattered with milkshake yesterday. over poll tax. Why the game

of hide and peek, Kate?

interesting again. He even oot splattered with milkshake yesterday. With the nation sedated into a virtual coma by the "blah blah blah" droning of the two mainstream parties, Farage is a one-man defibril-lator who will deliver a much-needed high-energy shock to political debate over the next month. He fired the first salvo on Monday with his Trump-like promise to "make Britain great again" – a deliberate dog whistle to the disaffected millions who feel abandoned by the Tories and Labour. The question is: Will Rishi Sunak and Sir Keir Starmer rise to the challenge? For as it stands, we have a man whose party has been in power for 14 years, and done little to resonate with voters, frittering away an 80-plus

KATE MOSS and a mystery man report-edly "parted like the Red Sea" after spotting photographers as they left the

theatre together. She "didn't seem keen to be seen with him in public", according to an

Minm. She went to see Cara Delevingne in Cabaret – one of the hottest shows in town – while wearing just her pants and a see-through skirt. Call me old-fashioned, but is this what passes as "incognito" these what passes as days?





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Wednesday, June 5, 2024 Sun 19 TWIST TO ABANDONED ELSA RID

16 Sept, 2017 Baby Harry (above) discovered wrapped in High Street South Balaan Street white blanket in **Plaistow Park** NEWHAN Greenway PLAISTOW 18 Jan, 2024 Baby Elsa dumped in shopping bag in 31 Jan, 2019 freezing temperatures in Newham Baby Roman (below) found in Sainsbury's bag by a bench in Newham By MIKE SULLIVAN and EMILY-JANE HEAP A HUNT was under way last night to find the parents of three newborns who were three newborns who were all abandoned at birth over all came as it emerged a one-hour-old girl – named Baby Elsa as she was found in a shopping bag on a freezing day in January – has two siblings dumped in similar fashio. DNA tests revealed that she has a brother, Baby Harry, and a sister, babadoned in parks immediately for a similar fashio. DNA tests revealed that she has a brother, Baby Harry, and a sister, babadoned in parks immediately. Delice are trying to trace the parents, saying they fear for their differ and need to understand why. The Met's Det Insp Jamie Humm sidt "Our work has focused on try-in each of these three cases to iden-tift the parents, without success." The babadoned babies were found thin 1.5 miles of each other in the Plaistow Park in September 2017. Histister, Baby Aman, was found 1.2 miles away in a children's play 19745 all abandoned at birth over Abandoned ... Sun story on Baby Elsa park on Roman Road in January 2019. She was in a Sainsbury's bag left by a bench in freezing weather. Baby Elsa was found, her umbili-cal cord still attached, in a shopping bag on a freezing street corner an hour after her birth on January 18 this year. Hospital staff called her Elsa after the character in Frozen. Baby Harry and Baby Roman have since been adopted. But the future of Elsa's care lies in the hands of East London Family a ruling until her birth is registered. Yesterday, Judge Carol Atkinson lifted reporting restrictions yesterday so the link between the three child-ren could be revealed. She aid it was important people knew there was a father and mother bis clear public interest," she added. Abandoned . . . Sun story on Baby Elsa



MILEY'S GIANT DOLLY DOLL

I'VE had some weird and wonderful gifts I'VE had some weird and wonderful gifts sent to me throughout my career – but nothing as kooky as one **MILEY CYRUS** received from her godmother, veteran country music legend **DOLLY PARTON**. Wrecking Ball singer Miley said: "Last Christmas she gave me a whole mannequin, done in her proportions and wearing her outfit

"Actually, I was just reading "Actually, I was just reading this fash set the

Anne-Marie

looking for

green talent

"No one else faxes. I have to access my lawyer's office because the lawyer is the only person who can still receive a fax receive a fax.

"Dolly wrote to me to say, 'How much do I love you? As much as my heart can hold and as far as my arms can

reach'. It gets me choked up. I just love her so much." And it seems that the apple doesn't fall

And it seems that the apple doesn't fall far from the tree, either. While Dolly wears fluffy heels instead of slippers at home, Miley says she likes to wear platforms when hitting the gym. She added: "The gym looks really tough, but then I've got my ivory Gucci slingbacks because they remind me of MARLYN MONROE. "I train in heels mostly. I'm interested in feminising the workout space, because so much of the workout equipment is ugly." It's a struggle to get me to go to the gym in trainers

to go to the gym in trainers so there's not a chance you'll see me on the treadmill in heels. But all power to you, Miley.

J-LO FILM REACHES BILLIONS

FINALLY some good news for **JENNIFER LOPEZ**. Netflix blockbuster Atlas, which she stars in, has

which she stars in, has been watched for 1.3billion minutes, with more than 11million views worldwide. On top of that, the film is one of the most watched here. Last month the

singer, *right*, was hit with rumours she was to divorce BEN

AFFLECK. Then her summer tour was axed amid claims ticket sales were lacklustre figures give her some comfort –

ANNE-MARIE

for aspiring new singers. The winner of the contest, run by water brand Volvic and which closes on June 14, will

Life's a peach or Gaga

LADY GAGA looks glowing as she takes a starring role in her sister Natali's lavish

wedding. The Rain On Me singer stunned in a tight black dress and heels as she attended the wedding rehearsal in Maine, in the US

The US. For the big day itself Gaga was a bridesmaid – and she looked like she had stepped straight out of Bridgerton in a peach gown. She was escorted by her entrepreneur partner Michael Polansky, *below* Last night those close to Gaga shut down speculation she was pregnant after fans commented on social media about her appearance. Regardless, it's set to be a huge year for her. The singer will return to the big

for her. The singer will return to the big screen in Joker: Folie a Deux alongside JOAQUIN PHOENIX. And last month Gaga teased her longawaited return to music with a new album.



ANNE-MARIE somehow manages to make this XL-sized lime green tracksuit work as she launches a nationwide hunt





Picture: JESAL-PATRIOT PICS-SPLASH / BACKGRID

Wednesday, June 5, 2024 Sun 21



PEGGY GOU will drop debut album I Hear You on Friday Eight years in the making, it features collaboration I Believe In Love Again with LENNY KRAVITZ as well as her 2023 smash hit (It Goes

Like) Nanana. The Korean-born DJ and Producer, who lives in Germany, said: "I was in survival mode as a kid. Since I was young I've had this attitude of, 'If you think I can't do it, then I'll learn. I can do it. I'll do it even better next time?" Pergou who will beading at

Peggy, who will headline at West London's Gunnersbury Park on August 17, said of her LP: "My aim was to create something timeless, and to be able to do that I needed more time to listen. "Now I feel like it's ready to be a ut there in the world."

be out there in the world.

CLASSICAL legend KATHERINE JEN-KINS has been added to the line-up for ANDREA BOCELLI's Hyde Park gig this summer. The mezzo-soprano will join MYLEENE KLASS and MATTEO BOCELLI at the show on July 5 which is part of July 5 which is part of American Express presents British Summer Time.

If I was excited before, I really can't wait

HEY, BIG SPENCER: OVER UP!



prepare to run 30 marathons over 30 days for charity this summer. And his wife VOGUE

WILLIAMS has told how he is falling in love with his fit new physique. She told RYAN TUBRIDY on Virgin Radio: "There was a post he posted the other day. I was like, 'Spenny, if you're

was like, 'Spenny, if you're gonna wear tight leggings, please can you wear shorts over the leggings for everyone else on Instagram?'. "He's loving getting the bod out because he's doing his charity run, 30 marathons in 30 days in the desert in August. So he's training

August. So he's training and I've never seen someone... he's going to drown in his own reflection.

"He's just always admiring himself. If he sees a mirror. he has to stop Maybe it's time to cover those up, Vogue.



had her dress on

from Spain.

pick up the margaritas

With

HOWELL DAVIES & JACK HARDWICK AMANDA HOLDEN left for Spain so soon after the BGT final, *right*, that she still

had her dress on. She shared this snap with me of her lounging by the pool as she prepared to start filming the next series of her BBC renovation show with ALAN CARR there. Ever the professional, Amanda is also still on air on Heart Breakfast this week, broadcasting live from Soain

Please take me with you next time, Mandy. I can

Picture: ZAK WALTON

EDD ING N BFCK URNE

Tour and cracking America come first

BECKY HILL has grafted to become one of the most successful British dance acts in years after first appearing on The Voice UK in 2012.

2012. But a bumper 24 months, which has included two Brit Awards, an Ibiza residency and countless hit singles, has come at a cost. Becky, *left*, has had to postpone her wedding to long-term partner Charlie Gardner after her schedule exploded with gigs on both sides of the Atlantic. Speaking as her second album, Believe Me Now?, is on track to become the biggest of her career and debut at No4 on Friday, Becky said: "I was planning to get married this year but it is just too crazy. "I have turned 30, I am releasing an album and I have an arena tour. I am

going to America in October. My partner offered to organise the wedding but I want to be involved in the process, so we have decided to push it back a year. "He wan't too happy but it is the right thing to do. I didn't want it to be really stressful. I know all weddings are stressful but I really wanted to make sure we enjoyed the planning and did it together." Becky and Charlie, *above right*, announced their engagement in January 2022 after he popped the question in the Maldives. And on new album ballad Man Of My Dreams, Becky gushes over finding The One. She sings: "Now we're connected, I'm never gonna let you go. You drew a heart in the sand and you got down on one knee. "Now the uncertainty is over. I will spend my days with the man of my dreams." Becky said: "My partner used to be a trance DJ and is now a festival booker. "He has helped not only with the inspira-

tion for me to write the album but also then bringing the album to life. "One of the things that attracted me to him was my Spotify playlist. I had all the big dance bangers from the Noughties and all the tunes he used to play." Becky wrote all 15 tracks on the new record but says she feared taking time out to travel the world after her second album left her worrying if she had lost her touch. She said: "I wondered if I could still write music. When you tour and play festivals for so long you think 's***, can I still do this? "I am constantly travelling around. I get really overwhelmed in airports. "I need to be really mindful of my health because you are constantly on the go as an artist. Airport food is s*** and sleeping on planes isn't real sleep." Just thinking about your schedule makes me tired Becky, but take it from me, you're killing it.



APRIL



Stabbed . . . Charlie _ad of 17 guilty of murder at party

By MIKE SULLIVAN

BY MIKE SULLIVAN A TEEN who stabbed a of crowded dancefloor at a party has been found ulity of his murder. The cosser was thest when a fight broke unite Cosser was thest when a fight broke thest when a fight broke unite three times in the out with the defendant. The youth, who cannot and angry after he and is friends were asked to is friends were asked to to wards a young woman. He stabbed Charlie, from Milford, Surrey, at from Milford, Surrey, at from Milford, Surrey, at the stabbed Charlie, from Milford, Surrey, at the stabbed Someone', and lace burned his clothes. The da, l6 at the time fuilt to murder but vithdrew the plea. He will be sentenced later.



CAVALRY horses Vida and Quaker nuzzle heads as they continue to recuperate — in the first pictures since sustaining multiple injuries as they bolted into traffic. They required surgery for chest and leg wounds after throwing Life Guards riders when they were spooked by builders during routine exercises in London in April. A total of opera hereage are off including A total of seven horses ran off, including rojan — seen, *right*, with grey Vida.

Trojan

The duo were seen enjoying the sunshine in the Chiltern Hills, Bucks, under the care of The Horse Trust — and last night the Army revealed the much-loved horses should make a full recovery. Lt Col Matthew Woodward, of the House-hold Cavalry, said: "We look forward to seeing them back on duty in due course."



EXCLUSIVE by AMIR RAZAVI **BBC Breakfast star Charlie** Stayt and his wife are facthe threat of banking Ing the threat of bank-ruptcy, The Sun can reveal. The popular telly presenter, 61, and fellow broadcaster Anne, 58, were both served petitions by HMRC on Monday. Their TV and broadcasting firm Stayt Limited was £6,409 in the red

MRC's court threat

in accounts filed in December and covering to the end of March 2023. The couple, who have two child-ren, bought their four-bedroom home in Twickenham, South West London, for £800,000 in 2002, and it is now worth up to £2.3million. Public school-educated Charlie

began his career on radio before moving to TV, where he worked for ITV. He fronted Five News's cover-age of the 9/11 terror attacks, and also worked for Sky News. He joined Breakfast in 2006 and has been involved in some memora-ble moments alongside co-host Naga

Munchetty, 49. In 2020, Naga asked Charlie when he had last seen "a beaver". He replied, before dissolv-ing into giggles: "Well, it's probably been a while, if ever, in fact." He was also praised for his prob-ing questioning of sullen pop star Lady Gaga, after she endorsed Hillary Clinton ahead of the 2016 US election with Donald Trump. A rep for Charlie was approached for comment yesterday. The BBC said it does not com-ment on personal matters. *amir.razavi@thesun.co.uk*



Busy . . . office mea 82% of workers eat lunch at desks

By ALEX GOSS

By ALEX GOSS EIGHT in ten workers eat lunch at their desk as they are "too busy" to have a break, a poll says. Researchers found 82 per cent of people have their midday meal "al-desko" at least once a week, with 46 per cent doing so on most days. It also found that six in ten completely skip having a lunch break. Of those polled, 36 per cent agreed modern office culture encourages staff to power through work

cont agreed modern office culture encourages staff to power through work with no time for lunch. And 53 per cent wished they had more breaks. Phil Thomson, from Lipton Ice Tea who com-missioned the survey of 2,000 people, said: "Few take a break, even as work-life balance is a popular topic. "Stopping work for lunch can lift your mood and help you feel ener-gised. A lunch break is a simple way to boost health and productivity."



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NOW ŪĤ

By RICHARD MORIARTY A DRIVER killed another



Star Trek . . . Quinto

Shouting Spock is banned by bistro

By AMIR RAZAVI

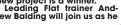
STAR Trek actor Zachary Quinto has been banned

Quinto has been banned from a restaurant after allegedly shouting at staff and reducing the host to tears. Quinto, known for play-ing Spock in the reboot of the sci-fi franchise, allegedly yelled "like an entitled child" while demanding a table, according to the venue.

an entitled child" while demanding a table, according to the venue. The venue posted: "An amazing Spock, but a terrible customer." Manita bistro, in Toronto, said it would not welcome the US star back unless he made a formal apology. The bistro continued: "Made our host cry and the rest of our brunch diners uncomfortable." Restaurant co-owner

ainers uncomiortable." Restaurant co-owner Ian McGrenaghan said Quinto took out his frus-trations on staff, adding: "We aren't above criti-cism, but we are above being demeaned." Outletch some hour hour

Quinto's reps have been approached for comment.



G

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EMILY'S RED HOT

By AMIR RAZAVI

EMILY Ratajkowski looked EMILY Ratajkowski looked effortlessly stylish in scarlet on her first day of filming Netflix romcom Too Much. The model and actress, who turns 33 on Friday, will star alongside comedian Megan Stafter and White Lotus actor Will Sharpa

Statter and White Lotus actor Will Sharpe. Stephen Fry and Richard E Grant have also joined the cast. Emily teamed her off-the-shoulder red dress with match-ing fingernails and orange sunglasses as she walked on the New York set.

Having a bad say at office

By ALEX GOSS

By ALEX GOSS "TOUCH base" and "blue-sky thinking" have been voted the most hated office phrases. "Low-hanging fruit", "re-inventing the wheel" and "synergise" complete the top five – with a third of workers admit-ting they do not under-stand corporate jargon. And one in five fears in has caused them to miss out on a promotion or pay rise, according to the survey of 2,000 by bingo firm Tombola. Psychologist Ruth Kudzi says leaders should be "inclusive" with lan-guage and encourage workers to ask if they do not understand phrases. Samantha Wilcox, digi-tola, said: "There are poblizious as to what these phrases mean, causing them to feel frustrated." phrases mean, causing them to feel frustrated."

STAND-UP DOWNED

A statue of the late comedian Victoria Wood was toppled by a taxi which ploughed into it, in Bury, Gtr Manchester.





EXCLUSI

COMPLAINTS about couples causing too much rumpus with their rumpy-pumpy saw council noise police called in more than 150 times last

noise co

in more than 150 times last year, figures reveal. Neighbours said the moaning, groaning, headboard-banging and even outdoor sex was stopping them getting a good night's kip. In 2023, noisy nookie prompted 152 investigations, some involving officials bringing in sound monitors or having to pore over diaries detailing weeks of disturbance. The figure was up from 139 recorded the previous year. But it was far from fun for com-plainants who said neighbours' constant humping left them short of sleep and suffering from anxiety. One said: "I have tried to talk to them by knocking on their door but they didn't open and carried on. I've

By MICHAEL HAMILTON

 By MICHAEL HAMILTON

 been told they're doing it in the privale if is coming into the private if it's coming into the privacy of my own home."

 The figures for England, obtained by The Sun, show London borough plaints with 52, followed by Rotherham on 17 and Manchester with 15.

 In Stropshire, one couple walked naked in their garden and had noisy open are sex. Another couple, in preterborough, at least went inside but set o close the windows.

 Mad in Wigan, a couple agreed to bond in Wigan, a couple agreed to bond in Wigan, a couple agreed to bonking began to annoy neighbours.

 Manchester Council dealt with one energetic couple whose "jumping and another randy pair in Bradford prompted complaints from.





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Director Danny a gents for loo help

EXCLUSIVE by ALEX WEST

FILM director Danny FILM director Danny Boyle has been hailed as a "gentleman" by locals after saving a public toilet from closure. Cash-strapped Somerset Council closed three blocks in Cheddar in efforts to cut costs. But one was re-opened

efforts to cut costs. But one was re-opened after Danny, 67, paid to use the Cheddar Gorge attraction as a location for the next sequel to 2002 horror 28 Days Later. A local said: "He's a gentleman." The cash will keep the Darbela block onen until

The cash will keep the Daghole block open until September. But local hos-pitality businesses have complained about the impact of the remaining closures – with visitors asking to use their facili-ties instead. The British Toilets Association said: "Danny Boyle's intervention will be welcome news to the half-a-million people who visit the area."



Convicted . . Fernandez

Fugitive rapist is whining gig-goer

By ROBIN PERRIE

A RAPIST composer has

A RAPIST composer has been going to concerts after fleeing justice – and moaning about the lack of refreshments. Agustin Fernandez, 66, was found guilty in his absence in 2020 of a string of sex offences. He fled Newcastle for his native Bolivia, where has been reviewing classical performances. In one he moaned about the lack of "a sim-ple coca tea". In another Fernandez, a former pro-fessor at Newcastle Univ-ersity, whined: "Why, with a good space and, apparently, staff, wasn't there a cafe or bar?" He was convicted of 13 offences at Newcastle forown court, including five of rape and six of sexual assault. He later pleaded his innocence in a blog, lik-ening himself to Oscar Wilde. Northumbria Police have said enquiries to find him are ongoing.



FOREVER REMEMBERED ... British Normandy Memorial

MIKE RIDLEY

LIKE ghosts, they stand above the beaches where they fell.

The beaches where they fell. Exactly 1,475 soldiers, sailors and airmen under British command died on D-Day, June 6, 1944, as part of the battle to free France from Nazi occupation. And now every one of those brave souls is represented by a silhouette, stood head bowed, in the long grass overlooking Gold Beach, one of five landing spots for the Allied invasion. The fivures are in front of the British

bowed, in the long grass overlooking Gold Bach, one of five landing spots for the Allied invasion.
The figures are in front of the British Normandy Memorial, where 22,442 names of the second symmetry of D-Day and the ensuing Battle of Normandy are carved for ever on three giant slabs of limestone. Those who visit the memorial this week to mark the 80th anniversary of D-Day will viness the true scale of the blood shed to liberate Western Europe.
Each silhouette was lovingly created by hundreds of volunteers in honour of those who gave their lives so that we could live in freedom.
The 2000 visitors on Thursday, including See life-like steel silhouettes of two women among those ranks of men.
Nurse Dorothy Field and Mollie Evershed rare the only two females whose names are the only two females whose names are are the only two females whose names.
Magust 7 they were tending the downded on board hospital ship SS Amsterd.
The 350ft converted passenger ferry had hit a German mine while the two-monthing Battle for Normandy raged on land.
As the ship began to sink, Matron Field, 23, and Sister Evershed, 27, helped get 75 soldier who had just had his leg amputated.
The heroic nurses went below to try to save the other 104 wounded men when the sign and sank just.
The touching People's Tribute silhouettes for Normandy raged on land.
The touching People's Tribute silhouettes for hor down and sank just.
The touching People's Tribute silhouettes for Normandy raged on land.
The touching People's Tribute silhouettes for Normandy raged on land.
The down and sank just had his leg amputated the other 104 wounded men when the splosion.

'Terribly sad'

'Terribly sad'Five years ago he put silhouettes of 10h orar Oxford and since then he has created the second since the heat second second since the heat second second second second since the heat second se

figures.

organisations could create the military figures. Dan says: "Even with hundreds of volunteers it has cost about £70,000 to get this over to Normandy. The pegs alone to keep the silhouettes in place should have been £24,000. We got a deal on them of £7,000." The couple and their sons Josh and Luke have devoted their lives for weeks to make the silhouettes. Janette says: "We haven't had any holidays or anything like that this year. It's what we've been prepared to do to get the project to Normandy. "The rewards have been incredible – I mean, just the feedback we've had from visitors when we've been at the memorial. "We opened up the workshop for

memorial. "We opened up the workshop for three months for 80 groups to come in and do a two-hour workshop with us to help paint and assemble the silhouettes. "People's involvement and their enth-usiasm, their motivation, pushed us to make it a project for the people. "We've called it the People's Tribute For Your Tomorrow. "So many people around the world are

LIFESAVERS ... Mollie, *above*, and

Your Tomorrow. "So many people around the world are suffering, just like these guys suffered. "We are so, so lucky to be in this country. We have so much that maybe we take for granted."



ADD CONTRACT



道 ulale Hitzin will

To donate to Standing With Giants go to standingwithgiants.co.uk/support-us Pictures: ARTHUR EDWARDS, AMANDA WALDEN, SIMON DAWSON

TO HONOUR D-DAY HEROE







DARK DAYS . silhouette n honour of Ilen soldiers

ere th

and Jack

From Mike Ridley on the ferry Mont St Michel

SALUTE

... Ron, Bernard

Ferry Mont St Michel WITH the Normandy coast in the background, two 98-year-old veterans hurled a wreath into the sea where thousands of their comrades died 80 years ago. Able Seaman Alec Penstone, in a white Naval beret, stood beside Private Harry Birdsall on the deck of ferry Mont St Michel. The giant ship slowed down at the point where, on June 6, 1944, more than 75,000 British and Canadian troops prepared to land.

1944, more than 75,000 British and Canadian troops prepared to land. Just 29 Normandy veterans were there yesterday to witness the moving service to honour the dead. Expert submarine detector Alec, of Shanklin, Isle of Wight, spent a week off the D-Day beaches hunting German subs. Part of his job was to bury his fallen comrades at sea. He said: "We had to stitch them inside their hammocks. A chain would then be fixed to their feet, so when they went overboard they would be standing up." Harry, from Wakefield, West Yorks, served as a driver with the Royal Army Service Corps. He said: "I felt sorry for all those poor devils that have lost their lives. "If it wasn't for them we wouldn't be here. So we're very appreciative of what they did." Alec added: "We are com-memorating their memory, not ours. We're commemorating what they gave up. "To my dying day I will rem-

what they gave up. "To my dying day I will rem-ember the most wonderful heroes. Many of them are our shipmates, but they gave their lives for this country." On board, RAF Sergeant Bernard Morgan, 100, Able



TRIP ... leaving from Portsmouth

Seaman Ronald Hendrey, 98, and Jack Mortimer, 100, posed

for a selfie. Ronald, of Clacton-on-Sea, Essex, was a teenage cordite-loader aboard HMS Ulster, which shelled German pillboxes

loader aboard HMS Ulster, which shelled German pillboxes at Gold Beach for hours. Recalling the moments before the attack, he said: "We were terrified, I have never known a ship go so quiet, because veryone was thinking the same thing, 'Is this my last day on earth?' "It was the only day I've ever seen the barrel of a gun blister with the heat - because we fired so much ammo that day. "I remember seeing my first body, a US airman floating fully clothed, and he looked so damn smart. We wanted to pull his otficers said no." Today the veterans will remember their fallen comrades at Bayeux Cemetery. Tomorrow they will attend a service with Charles and Camilla at the British Normandy Memorial.



Wednesday

TV GUIDE

BBC **ONE**

- 6am Breakfast News, entertainment and weather reports. (S) 9.30 Rip Off Britain Consumer affairs show investigating issues around the UK. (S) 10.15 D-Day 80: The Allies Prepare A celebration of the D-Day landings' 80th anniversary. (S) 1.00 BBC News (S)
 2.00 Doctors A new arrival makes waves at The Mill. (S)
 2.30 Clean It, Fix It The team visits Bristol to help a busy house of pipe young preforeinged. (P. S)
- nine young professionals. (R,S) 3.00 Escape To The Country Sonali Shah helps a couple from the largest town in Dorset to move
- to rural Devon. (R,S) **3.45 Garden Rescue** The team help Sylvia and Matthew in
- Wokingham. (R,S) 4.30 The Finish Line Liz, Michael,
- Rachel, Kyle and Emma compete. (S) 5.15 Pointless Quiz hosted by Alexander Armstrong and Lucy Porter. (R,S)
- 6.00 BBC News (S) 6.30 Regional News (S) Followed by Party Election Broadcast By The Liberal Democrats

- BBC TWO
- 6.30 am Homes Under The Hammer Property auctions. (R,S)
 7.30 Clive Myrie's Caribbean Adventure (R,S) 8.00 Sign Zone: See Hear (S,SL) 8.30 Rick Stein's Food Stories Rick
- tries rhubarb pizza and goes coracle fishing in Wales. (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)
- 2.49 Five Bedrooms (R,S)
 3.30 The Farmers' Country Showdown Following attendees at Stroud Farmers' Market. (R,S)
 4.15 Ocean Giants The lives of
- whales and dolphins. (R,S)
- **5.15 Flog It!** From Hopetoun House near Edinburgh. (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 visits the district of Vedado, the most modern and affluent part
- of Havana, (S)

- 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 Another helping
- of topical studio discussion from a female perspective. (S)
- 1.30 ITV News (S) 1.55 Regional News (S)
- 2.00 Dickinson's Real Deal David Dickinson, Karen Dalmeny, Simon Schneider, Aidan Pass and Laurie Scully assess items in Newport. (R,S)
- items in Newport. (R,S)
 3.00 Lingo Quiz hosted by Adil Ray. (R,S) Followed by Local Weather
 4.00 Tipping Point Ben Shephard hosts the arcade-themed quiz in which contestants drop tokens down a choice of four phytra in
- down a choice of four chutes in the hope of winning a £10,000 jackpot. (R,S) 5.00 The Chase For Soccer Aid With
- Lianne Sanderson, Dion Dublin, David James and Shaun Williamson. (R,S)
- 6.00 Regional News (S) Followed by Party Election Broadcast By The Liberal Democrats 6.30 ITV News (S)



- 6.30 am 3rd Rock From The Sun Triple bill. (R,S) 7.45 Everybody Loves Raymond
- Four episodes. (R,S) 9.40 Frasier (R,S)
- 11.10 Ramsay's Kitchen Nightmares **USA** Gordon Ramsay gives the owners of La Galleria 33
- an ultimatum. (R,S) 12.05 C4 News (S) 12.10 Ramsay's Kitchen Nightmares USA A Brooklyn man struggling to run two restaurants. (R,S)
- 1.10 Car S.O.S Fuzz Townshend and Tim Shaw enlist the help of
- actor Roger Moore. (R,S) 2.10 Countdown Krishnan Guru-Murthy is in Dictionary Corner. (S) 3.00 A Place In The Sun Double bill.
- Looking for a holiday home in the Algarve. Then, Jasmine Harman helps Gloria and Russell find a holiday home in Valencia. (S) 5.00 Sun. Sea And Selling Houses
- The Rodriguez sisters help fitness-mad couple Kris and Ali relocate to Spain. (S)
- **6.00 Four In A Bed** The third visit of the week is at String of Horses in Cumbria. (S) 6.30 The Simpsons (R,S)



- 9.15 Jeremy Vine (S) 11.15 Storm Huntley (S) 12.45 Friends Double bill. Monica fights tooth and nail with a fellow bride-to-be for a special
- wedding dress. Then, Joey is nominated for an award. (R,S) 1.40 5 News (S) 1.45 Home And Away Cash won't
- back down at Stevie's media event. (R,S) PREMIERE Living Next To Danger Roxanne Robinson's daughter goes missing and suspicion falls on her new
- neighbours. Thriller with Kristi Murdock. (2023) 000 (S) 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 (S) 6.00 Police Interceptors Officers
 - Gav Hall and Dan Mottishaw are in hot pursuit of a suspected drug dealer. (R,S) Followed by **5 News Update**

Common sense guaranteed.

Join us from 6.30am today.

7.00 The One Show: D-Day Special Alex Jones and Jermaine Jenas join in the D-Day commemorations. Surviving Royal Navy Wrens talks about their roles and a veteran gets to see an original Dakota transport aircraft. (S)

8.00 EastEnders

George offers to become a silent partner on Junior's business deal and Vinny plans a family meal to create some unity. Bianca squabbles with Reiss

over her fall out with Whitney. (S) 8.30 D-Day 80: Tribute To The Fallen Kirsty Young presents as the 4,600 headstones of those that

fell on D-Day are individually illuminated across the Bayeux War Cemetery to commemorate the 80th anniversary. (S)

10.00 BBC News (S) 10.30 Regional News (S)

- 10.40 The King's Speech The younger son of George V FILM struggles to cope with an uncontrollable stammer, prompting his wife to enlist the aid of an eccentric Australian speech therapist. The support and friendship of the doctor prove invaluable when a crisis places the repressed prince on the throne, just as the outbreak of the WWII leaves the country in need of a strong king. Fact-based drama starring Colin Firth and Geoffrey Rush. (2010)
- 12.30 Celebrity Bridge Of Lies (R,S) Then Weather For The Week Ahead 1.20-6am BBC News (S)

- 7.00 Your Garden Made Perfect (3/6) Designers Tom Massey and Helen Elks-Smith come up with alternative designs for garden in St Albans, Hertfordshire. But the owners want different things. Presented by Angela Scanlon. (R,S)
- 8.00 Springwatch

(7/12) The over 18 Wildlife Hero winner is announced, lolo is hoping to catch a glimpse of a badger clan and Megan enjoys a bit of a raptor fest. (S)

9.00 The Misadventures Of Romesh Ranganathan (2/3) Romesh travels to Rwanda to discover its unique culture, experience its wildlife and find out how the country has healed and rebuilt itself after the 1994

genocide. (S) 10.00 Inside No 9 (5/6) A talented piano-tuner is forced to confront the power of a

centuries-old curse by the owners and servants of a large country house. (S)

- 10.30 Newsnight Headline analysis presented by Victoria Derbyshire. (S) Followed by Weather
- 11.05 Unspun World With John Simpson Global news stories. (S)
- 11.30 D-Day: The Unheard Tapes (1/3) The biggest seaborne invasion in history. (R,S) 12.30 Sign Zone: See Hear (R,S,SL)
- **1.00** Cold Case Investigators: Solving Britain's Sex Crimes (R,S,SL) **2.00-3am** Saving Lives At Sea (R,S,SL)

7.30 Emmerdale

Marlon is frustrated, Lydia is concerned, and Will is unconvinced by Rose's attempt to make amends. (S) 8.00 Coronation Street

Dee-Dee endures a difficult first meeting with Joel's parents, the Institute launches legal action against Toyah, Kevin and Abi discover that peace of mind comes at a high price, and Glenda confides in Michael her doubts about suing George. (S)

9.00 Who Wants To Be A Millionaire? Celebrity Special The Masked Dancer host Joel Dommett and Ninja Warrior UK

presenter Chris Kamara take up the challenge, hoping to win as much as £1million for their Chosen charities. As ever, lifelines including Phone a Friend, Ask The Host and 50-50 are available to them if they get stuck. Hosted by Jeremy

Clarkson. (R,S) 10.00 ITV News At Ten (S) 10.30 Regional News (S) 10.45 Peston

- Political magazine show hosted by Robert Peston, featuring major interviews with MPs,
- guests and cultural figures. (S) 11.40 British Touring Car Championship Highlights
- Championship resents highlights of the third meeting of the campaign, held at Snetterton. (S)
 12.55 Shop On TV 3.00 My Mum, Your Dad (R, S, SL) 3.50 Unwind With UN (S) 2.55 When the first state of the state of the UN (S) 2.55 When the first state of the state of the UN (S) 2.55 When the first state of the state of the SNE state of the SNE state of the SNE state of the SNE state of the SNE state of the sta ITV (S) 5.05-6am Wheel Of Fortune (R,S,SL)

TALK alexa dab + 🕨 YouTube & Smart TV 7.00 C4 News (S) 8.00 Location, Location, Location 7.00 Nick Knowles In South America

E, Kirstie Allsopp and Phil Spencer catch up with couples who

Listen here:

- catch up with couples who needed help getting on the same page before they could settle on a new home. (S) 9.00 24 Hours In Police Custody Cameras follow every twist and turn as detectives investigate a premeditated knife and gun attack on the doorstep of a man's house in Luton. (S)

10.00 Queenie (3 & 4/8) Double bill. Using men as a distraction from her heartbreak, Queenie settles in to peak fun mode but her demons quickly begin to catch up with her. Then, being forced to spend Christmas with her mum sends Queenie down a dark path as she succumbs to feelings she's been trying to suppress. (S)

11.1024 Hours In A&E An elderly woman is admitted with two severe leg fractures, while a man appears with an injured finger that he caught in a kebab slicer. (R,S) **12.10 The Piano** It's time for the

chosen amateur pianists to get ready for the big stage. (R,S,SL) **1.05** FILM God's Own Country. Drama starring Josh O'Connor. (2017) ○○○○ (S) 2.50 FILM Stage Mother. Comedy drama starring Jacki Weaver. (2020) ○○○○ (S) 4.25 Iris Prize Best British Shorts (S) **4.55** Grand Designs Australia (R,S) **5.50-6.30am** Countdown (R,S)

- (1/3) Nick Knowles sets off on an ambitious adventure around the continent. (S) Followed by **5 News Update**
- 8.00 The Motorway The bank holiday brings mayhem when patrollers discover a car on the M60 that is leaking fuel and is on fire. (S)
- 9.00 Casualty 24/7: Every Second **Counts** (4/16) Sister Rachel is in

charge of the hub, every patient should have an initial assessment within 15 minutes of arrival, but an influx of patients has meant the wait

time is longer. (S) 10.00 Trauma Room One

(4/8) A neurosurgeon races to stop a 21-year-old Caitlin from becoming blind. A brain cyst endangers Toni's life and a massive deformity of the spine causes Steven to be operated on. (R,S)

- 100991200 011 (R,S) 1009921200 2011 011 (8/10) An unconscious woman is found on the street. (R,S) 12.05 Motorway Cops: Catching Britain's Speeders (R,S) 1.00 Distain's Company (2011) PlayOJO Live Casino Show (S) 3.00 Center Parcs: Britain's Poshest Holiday Camp (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 Cyw 12.00 Newyddion 12.05 Richard Holt: Yr Academi Felys 12.30 Heno 1.00 Codi Hwyl 1.30 Garddio A Mwy 2.00 Newyddion S4C A'r Tywydd 205 Prynhawn Da 300 Newyddion S4C A'r Tywydd 305 Nôl I'r Gwersyll 4.00 Awr Fawr 500 Stwrsh 600 Darlleidad Etholiadd Gan Phalid Cymru 652 Pel-Droed Rhyngyddiol 5.57 Newyddion S4C 700 Heno 7.30 Newyddion 8.00 Pobol Y Cym 825 NEW Ma'i Off 'Ma 8.55 Newyddion 9.00 Y Gymraeg: Hawl Pob Plentyn 10.00 Rownd A Rownd 10.30-

11.35pm Yr Anialwch BBC ONE WALES: 6.55-7pm A Party Election Broadcast By Plaid Cymru 10.40 BBC Wales Live 11.10 [ELM] The King's Speech (2010) Tam Celebrity Bridge Of Lies 1.45-6am BBC News BBC TWO WALES: 7pm Clive Myrie's Caribbean Adventure 7.30-8pm Beechgrove Garden ITV WALES: 6.20-6.30pm Party Election Broadcast By Plaid Cymru





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BROKEN HEART ... Ekin-Su EKIN-SU

TELLS ALI N BOOK

LOVE Island winner EKIN-SU CULCULOGLU is to release a

CULCULOGLU is to release a tell-all book about her life. She will open up on childhood trauma, bullying, and boyfriends as well as life after finding fame on the ITV dating show. It comes after she broke her eilengen or av DAVIDE

silence on ex DAVIDE SANCLIMENTI's cheating and how she "f***ed up" by entering Celebrity Big Brother. Ekin-Su teased the release

Ekin-Su teased the release this week on her Instagram, and I can now reveal the book, called Be Your Own Best Friend, will be published on August 29. She said: "You're going to know why I am the way I am. "From childhood traumas to extreme bullying to boyfriends continuously breaking my heart, why I felt

boyrriends continuously breaking my heart, why I felt abandoned. "So it's everything – my experience with Davide, there's a lot in there. "I'm done hiding."

TV has confirmed ADAM and RYAN HOMAS will host new game show 99 To Beat. As I exclusively revealed earlier this year, it will see 100 contestants compete in simple but quirky games, with the sole aim of not coming last. The brothers said: "It really is the ultimate family show."

HARRY'S **JAMIE DIG 'SO RUDE**

HARRY HILL admits his Noughties series TV Burp was sometimes too rude about telly celebrities - including

JAMIE OLIVER. He told Waitrose's Dish podcast: "Jamie was always really up for it – we'd done some jokes – but there was that time I probably was a bit too mean. On Jamie's Ministry



Of Food, he was trying to teach the public how to cook. There was this graphic, you would end up with 64,000 people all cooking spaghetti bolognese

JOKE ... Hill <u>bolognese</u> simultaneously. You know, a national mince shortage, so I did this thing, 'If one person tells another not to watch, then two of them tell two other people' It was really quite rude. You'd go to an award ceremony and you'd see these people and think, 'Oh, I've been really rude about you'."

More listings: Pages 30 & 31



Olivia gets tuck in to surgery 2

PRICE OF PERFECTION BACK OLIVIA ATTWOOD is fast becoming ITV's golden girl with a string

ing ITV's golden girl with a string of gritty documentaries. She has hit the bullseye again as her plastic surgery series The Price Of Perfection is confirmed for a return. Bosses were so impressed with view-ing figures for the show's debut earlier this year that they are upping the epi-sode count from five to six. The new series will see Olivia, who rose to fame on ITV2 dating show Love Island in 2017, again explore eye-opening cos-

SITTING

PRET

serie

eye-opening cos-metic treatments. And there will be more episodes dedicated to sex organ ops after Olivia, *left*, looked Olivia, left, looked at the ways men try to lengthen their penis in the first series. An insider said: "Olivia has been solidifying herself as a documentary presenter since her first series, Getting Filthy Rich, brought huge suc-cess to ITV. "And The Price Of

Perfection was no different, with Olivia once again happy to get up close and personal with some of the world's most backline surgering and the source of th

STACO

"The last series looked into breast augmentation and penis surgeries, and viewers can expect more where that came from for series two. "If fans were shocked by what they saw in series one, watch out for what's to come."

saw in series one, watch out for what's to come." In The Price Of Perfection, Olivia investigated the high risks associated with going under the knife. It was the latest in a string of shows for The Loose Women panellist, who has also presented Olivia Attwood vs The Trolls, about online abuse, and Meets Her Match, her own reality show with husband Bradey Dack. Earlier this month it was revealed Olivia was in Greece filming a new ITV dating show, which tames badly behaved men.

which tames badly behaved men. The second series of The Price Of Perfection shoots this summer and will air in early and 2025.

NADIYA WISE ON WAST



THINK TWICE ... cook returns

NADIYA HUSSAIN is back on the menu at BBC Two The 2015 Bake Off winner's Cook Once, Eat Twice sees her get crafty in the kitchen as she teaches viewers how to make ingredients stretch further, spinning leftovers into new dishes.

new dishes. Over six episodes later this year, she will create bakes for batch cooking and freezing, and use otherwise-wasted ingredients to make meals. Each episode includes two "cook once, eat twice" recipes, and three with solutions to save on the boundbul budget with helps

solutions to save on the household budget, with help from a guest chef. Nadiya said: "The show really taps into the way I learnt to cook growing up, where nothing ever went to waste. But we always had vibrant, wonderful ford on the table wonderful food on the table. "I love the challenge of creating a meal out of food

scraps or giving our leftovers a new lease of life."

BBC Three comedy drama Boarders will be back for a second series. It follows five black teenagers from the inner city as they get to grips with life at a boarding school and stars JOSH TEDEKU, JODIE CAMP, BELL, SEKOU DIABY, BELL, SEKOU DIABY, MYLES KAMWENDO and ARUNA JALLOH.

JESSICA: Y GAY WAKE-UP

BABY Reindeer's JESSICA GUNNING has revealed it took more than 30 years to realise she was part of the LGBTQ community. The actress, 38, who was in the 2014 film Pride about babian and nay activites

In the 2014 film Pride about lesbian and gay activists who raise money for the miners' strike, told the Reign podcast: "I came out in November 2022 and that was November 2022 and that was a mega, mega thing for me. "I'm surrounded by gays. All my friends are gay, and so it wasn't that I was repressing anything. It was just I didn't think I could be. For so long, I felt a little bit almost alien." She added: "I was a big old gay, and I was like, 'That's what it's been'. It took me 36 years, but I did it."

Wednesday

FREEVIEW

BBC THREE 7pm The Fast And The Farmer-ish 7.30 Shark Tank 8.50 The Catch Up; Ryan Tricks On The Streets 9.00 Confessions Of A Teenage Fraudster 9.45 Dave's Games. Short film about rival video-game shops. 10.00 FILM Bones And All. Horro romance starring Taylor Russell. (2022) **12.05** Back To Life **1.00** I Kissed A Girl **1.50-2.35am** I Kissed A Girl: The Reunion

BBC FOUR freev

7pm Great British Railway Journeys 7.30 Cornwall's Red River 8.00 Full Circle With Michael Palin 8.50 Michael Palin: The Art Of Travel 9.00 The Jet Stream And Us 10.00 Roy Clarke Remembers: A Foreign Field **10.15 FILM** A Foreign Field. Comedy drama starring Alec Guinness and Leo McKern. (1993) **11.45** Parkinson Interviews Alec Guinness **12.25** Alec Guinness: Talking Pictures **110** Great British Railway Journeys **1.40-2.45am** Just Barbara ITV2

6am CITV: Craig Of The Creek 6.15 Teen Titans Gol 6.40 Jurassic World Camp Cretaceous 7.05 Mr Bean: The Animated Series 7.20 Scooby-Dool Mystery Incorporated 7.45 Be Cool, Scooby-Dool 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 10.05 G'wed 10.40 Family Guy 11.35 American Dad! 12.35 Bob's Burgers 1.35-2.10am Extraordinary

ITV3 free

6am Classic Emmerdale 7.00 Classic Coronation Street 8.05 Endeavour 10.15 The Royal **11.20** Heartbeat **1.40** Classic Emmerdale **2.40** Classic Coronation Street **3.40** Marple **5.45** Heartbeat **8.00** Midsomer Murders. A woman is stabbed to death during a Jane Austen re-enactment. **10.00** Wire In The Blood **11.50** The Royal **12.40** Bless This House **1.05-2am** Upstairs, Downstairs

ITV4

6am World Of Sport 6.15 Minder 7.10 The 6am World Of Sport 6.15 Minder 7.10 The Sweeney 8.10 The Adventures Of Sherlock Holmes 9.15 Magnum, PI 10.20 Kojak 11.25 Isle Of Man TT 12.25 The Adventures Of Sherlock Holmes 1.35 Magnum, PI 2.40 Kojak 3.40 Minder 4.50 The Sweeney 6.00 BattleBots 7.00 Cycling: Criterium Du Dauphine Highlights 8.00 British Rally Championship. The Jim Clark Rally. 9.00 Isle Of Man TT. The first Metzeler Supertwin TT race of the week. 10.00 No Room For Error. The elite band of brothers continue to push their physical limits. brothers continue to push their physical limits. **11.05** All Elite Wrestling: Collision **1.00** Isle Of Man TT 1.55-2.25am The Protectors

6am Hollyoaks 7.00 Ramsay's Kitchen 6am Hollyoaks 7.00 Ramsay's Kitchen Nightmares USA 9.00 Brooklyn Nine-Nine 10.00 Young Sheldon 11.00 Modem Family 12.00 The Big Bang Theory 2.00 Brooklyn Nine-Nine 3.00 Modem Family 4.00 Young Sheldon 5.00 The Big Bang Theory 7.00 Hollyoaks 7.30 Come Dine With Me 8.00 Dance Moms 9.00 Celebrity Goglebox 10.00 Gogglebox 11.05 First Dates 12.10 The Big Bang Theory 1.15-2.10am Brooklyn Nine-Nine

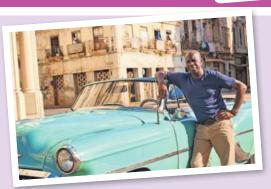
ENTERTAINMENT



Sky Showcase 9pm Documentary portrait of singer-songwriter Amy Winehouse

SKY SHOWCASE

6am Sky News Breakfast 7.00 Kay Burley 8.00 UK Border Force **9.00** Stargate SG-1 **11.00** Uptown Otters **12.00** The Flash **1.00** SEAL Team **3.00** Hawaii Five-0 **4.00** S.W.AT **5.00** The Simpsons 6.00 The US Office 7.00 The Simpsons. Double bill. Bart makes friends with a child who is famous influencer. Then, Cletus discovers his wife has a secret. **8.00** A League Of Their Own: Mexican Road Trip. The gang takes MLS-style penalties in front of 60,000 fans. **9.00 FILM** Amy. Documentary. (2015) **11.30** Resident Alien. Harry and Asta team up with an unlikely ally. Last in the series. 12.25 Ted 1.10-2.10am Brassic



HAVANA BALL ... Clive with vintage motor on his trip to Cuba

MORE4

8.55am A Place In The Sun 10.25 A New Life In The Sun 11.25 Find It, Fix It, Flog It 12.30 Come Dine With Me 3.10 Four In A Bed 5.50 Château DIY 6.55 Car S.O.S 7.55 The Dog House 9.00 Building The Billion Pound Cruise Ship. The construction of one of the largest and most advanced cruise ships in the world. **10.00** 999: On The Front Line **11.05** 8 Out Of 10 Cats Does Countdown **12.05** Emergency Helicopter Medics **1.10-2.15am** 999: On The Front Line SKY MIX 1

Tam 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 11.00 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 The Real Manhunter 11.00 Britain's Most Evil Killers 12.00 Grimm 1.00-2am Caribbean Cops



BBC Three 10pm Taylor Russell and Timothee Chalamet star in Bones And All

DAVE

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 7.00 Would I Lie To You? At Christmas 7.40 Richard Osman's House Of Games 9.00 QI XL 10.00 Mad Dogs. A charismatic entrepreneur promises to bring the boys home if they complete a mysterious and risky mission. **11.00** Have I Got A Bit More News For You **12.00** Mock The 12.40 Would I Lie To You? At Christmas 1.20-2.30am Live At The Apollo

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 5.40 Billions 7.50 Game Of Thrones. Tyrion's plans bear fruit. **9.00** The Sympathizer. The General begins to suspect The Sympanizer interest and support of support there is a mole. **10.10** The King. Claudia learns of new information on Mancuso's case. **11.10** The King. Bruno decides to risk everything to save himself. Last in the series. **12.10** The Pacific **1.15-2.25am** The Newsroom **SKY WITNESS**

6am Air Ambulance ER 7.00 Border Patrol 8.00 UK Border Force 9.00 Send In The Dogs 10.00 Brit deer Fordie Sub Steff in The Dogs 10.00 Brit 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 Fire Country. The crew responds to a deadly explosion at an abandoned mine. **10.00** The Good Doctor. Dr Glassman struggles to manage Hannah. **11.00** The Rookie: Feds **12.00** FBI **1.00-2am** FBI: International

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?

DRAMA 7.10am London's Burning 8.00 Doctors 9.15 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 **5.15** Birds Of A Feather **6.00** Waiting For God **6.40** Are You Being Served? 7.20 Last Of The Summer Wine 8.00 The Bletchley Circle 9.00 New Tricks 11.20 Soldier, Soldier 12.30 Lovejoy 1.40-2.50am Call The Midwife REALLY

6am Celebrity Fantasy Homes 7.00 Teleshopping 8.00 Salvage Hunters 10.00 The Yorkshire Auction House 11.00 Antiques Road Trip **12.00** Money For Nothing **2.00** The Repair Shop **3.00** Antiques Road Trip **5.00** The Yorkshire Auction House **7.00** Antiques Road Trip **9.00** The Face Doctors **10.00** Botched

Bariatric **11.00** Help! My House Is Haunted **12.00** Unexplained: Caught On Camera **1.00-2am** Paranormal: Caught On Camera

Engineering 10.00 Adolf Hitler's War 11.00 World War Weird 12.00 Great British Railway Journeys 1.00 Antiques Roadshow 2.00 Bangers & Cash 4.00 The World At War 5.00 World War Weird 6.00 Antiques Roadshow 7.00 Canal Boat Diaries 8.00 Great Coastal Railway Journeys 9.00 Bangers & Cash: Restoring Classics 10.00 Bangers & Cash 11.00 Abandoned Engineering 12.00-1am Great British Bailway Journeys W 1

6.10am MasterChef Australia 8.00 Tipping Point 11.00 DIY SOS: Grenfell 1.00 Tipping Point 4.00 My Dream Home 6.00 Tipping Point Lucky Stars 8.00 DIY SOS: The Big Build 9.00 Nick Knowles' Big House Clearout **10.00** Red Flag **11.00** Bradford On Duty **12.25** Louis Theroux's LA Stories 1.50-3am Prison Girls QUEST

6am How Do They Do It? 6.30 Shed And Buried 7.00 The Repair Shop 8.00 American Pickers 10.00 Chasing Classic Cars 11.00 Massive Engineering Mistakes 12.00 How Do They Do It? 2.00 Salvage Hunters 3.00 Shed And Buried 4.00 Find It, Fix It, Flog It 5.00 Salvage Hunters: The Restorers 6.00 Wheeler Dealers 7:00 Aussie Gold Hunters 8:00 Salvage Hunters 9:00 Celebrity Yorkshire Auction House 10:00 Find It, Fix It, Flog It 11:00 How Do They Do It? 12.00-1am Wheeler Dealers

4.00 Last Of The Summer Wine 5.20 Porridge 6.00 Keeping Up Appearances 6.35 Dad's Army 8.00 Still Open All Hours. Granville is determined to change Gastric's image. 8.40 The Thin Blue Line. Raymond celebrates the Queen's birthday, 9.15 Dinnerladies, Bren's past catches up with her. **10.00** The Royle Family. Barbara walks out on Jim. **10.40** Harry Enfield And Chums, Comedy sketches, **11.20** The Office **12.00** Still Open All Hours **12.40** The Thin Blue Line **1.15-2am** Dinnerladies **COMEDY CENTRAL**

8am Michael McIntyre's Big Show 9.00 Takeshi's Castle **10.00** Impractical Jokers: Dinner Party **11.00** Home Improvement **12.00** Last Man Standing **1.00** Friends **9.00** Michael McIntyre's Big Show. The comedian's family entertainment series returns. **10.00** Lee Evans: The Ultimate Experience. The comedian's funniest routines. **11.50** Stephen Merchant: Hello Ladies. The Office co-creator's 2011 stand-up comedy show. **1.45-2.20am** Most Ridiculous Thrill Seekers

ALIBI

7.10am Murdoch Mysteries 9.00 The Coroner 10.00 Elementary 11.00 Shakespeare & Hathaway: Private Investigators 12.00 Father Brown 1.00 Death In Paradise 2.00 Murdoch Mysteries 4.00 Elementary 5.00 Father Brown 6.00 Shakespeare & Hathaway: Private Investigators. Frank and Lu are framed. 7.00 Elementary. Sherlock and Joan delve into New

CLIVE MYRIE'S CARIBBEAN ADVENTURE BBC Two

4-PAGE SECTION

AFTER Mike Tyson pulled out of his fight with Jake Paul, the YouTuber should have given Clive Myrie a call. He shows off his unlikely boxing skills in the latest

episode of his travelogue, where he heads to Cuba. The host is given a lesson by a steely old boxing coach, who

got so into it, you wouldn't have been surprised if he got in his car and persuaded Clive to run alongside him, Rocky Balboa style.



LIVE World Pool Championship. Coverage of the first session on day three of the tournament. **3.00** LIVE ICC Men's T20 World Cup. India v Ireland. 7.30 LIVE World Pool Championship. Coverage of the second session on day three .9.30 Sky Sports News 10.00 Sky Sports News At Ten 10.30 Back Pages Tonight 11.00 Sky Sports News 12.00 Live ICC Mer's T20 World Cup. Papua New Guinea v Uganda. 1.00-5.30am Live ICC Mer's

SKY SPORTS PREMIER LEAGUE

Stories 8.00 Gary Neville's Soccerbox 9.00

SKY SPORTS FOOTBALL 6am EFL 9.00 EFL Greatest Games 10.00

Cup Retro **12.00** EFL Greatest Games 1.00 Championship Retro 3.00 EFL Cup Retro 5.00 Best Goals Of The Carabao Cup 2020/21 5.30 Best Goals: Efl Cup 2021-22 6.00 Best Moments From The Championship Play-Off Final (1993-2019) 6.30 Best Moments From The League 1 & 2 Play-Off Final (1993-2019) 7.00 Championship Retro 9.00 EFL Cup Retro 11.00

York's criminal underworld. 8.00 Death In Paradise. Camille's best friend collapses on stage. **9.00** Alaska Daily. New series. After a fall from grace, award-winning journalist Eileen Fitzgerald leaves her New York life behind to join a daily metro newspaper in Anchorage, Alaska Drama series, with Hilary Swank. **10.00** Death In Paradise. Poole investigates the death of a strangled English tourist. **11.05** Elementary 12.05 Why Women Kill 1.05-2am Unforgettable

SKY COMEDY 8am Will & Grace 9.00 The Conners 10.00 Run 10.30 Veep 11.40 Entourage 12.50 High Maintenance 2.10 Veep 3.20 Entourage 4.30 Run 5.00 Will & Grace 6.00 The US Office 7.00 The Conners 8.00 Will & Grace 9.00 Barry **10.15** And Just Like That **11.45** The Tonight Show Starring Jimmy Fallon. American chat show. 12.45-2am Silicon Valley 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** Kindig Customs. The shop has been perfecting the process in building the CF1s. **8.00** Supertruckers. Simon has his hands full cleaning up after moving a 40-tonne vehicle. **9.00** Border Control Poland 11.00 Combat Dealers: Reloaded 12.00 Gold Divers 1.00-2am Border Control Poland

ty last night into the ring in a rough-and-ready Havana gym, has more boxing pedigree than Jake. Joanna Rodriguez is looking

where he's looking to explore family connections. Indeed, he reveals his surname originates from Cuba, which he intends to delve into

in later episodes. The Mastermind host and car fanatic is unleashed inside a

garage specialising in classic motors, all imported from America pre-1959. He dons his overalls to look under the bonnets and is left truly mesmerised by the engine work, and proudly recalls how his dad restored numerous

Best Goals: EFL Cup 2022/23 11.30 Best Goals: Efl Cup 23/24 **12.00** EFL Greatest Games **1.00-2am** Championship Season Review

SKY SPORTS ACTION 6am NFL Highlights 7.00 State Of Origin Rugby League **10.00 [LIVE]** State Of Origin Rugby League. New South Wales Blues v Queensland Maroons. **1.00** Xander Zayas: Fighter Canvas **1.30** NFL Bitesize Highlights **1.45** NFL Highlights **2.00** Fight Night International **4.00** NFL Bitesize **4.15** NFL International 4.00 NFL Bitesize 4.15 NFL Highlights 4.30 NFL Bitesize 5.00 Women's State Of Origin 6.00 State Of Origin Rugby League 7.00 NBC's Pro-Football Talk 9.00 State Of Origin Rugby League 10.00 Women's State Of Origin 11.00 NFL Bitesize 11.45 NFL Highlights 12.00-4.30am LVE ICC Men's T20 World Cup. Papua New Guinea v Uganda

SKY SPORTS ARENA Gam NRL 7:00 Premier League Darts 10:15 PDC Classics 10:45 My Icon: Leon Pryce 11:00 LVE World Pool Championship. Day three. 3:30 PDC Classics 5:00 LVE World Pool Championship. From Green Halls in Jeddah, Saudi Arabia, 9.30 PDC Classics **11.00** State Of Origin Rugby League **12.00** The Insiders **1.00-5am** Premier League Darts

SKY SPORTS CRICKET

8am ICC Men's T20 World Cup 2.10 Best Of ICC WT20 2.30 ICC Men's T20 World Cup 3.00 LIVE ICC Men's T20 World Cup. India v Ireland. 7.30 ICC Men's T20 World Cup 8.30 Dreams Of A Nation 9.30 ICC Men's T20 World Cup 12.00 LIVE ICC Men's T20 World Cup. Papua New Guinea v Uganda. **1.00-5.30am LIVE** ICC Men's T20 World Cup. Australia v Oman.

SKY SPORTS GOLF

SKY SPORTS GOLF 9am PGA Tour Golf 10.00 How The 2002 Ryder Cup Was Won 1.00 US Women's Open Golf 2.00 PGA Tour Golf 3.00 In Bloom: The Justin Rose Story 4.30 Fitzpatrick: The Boss Of Brookine 5.30 Golf Academy 6.00 PGA Tour Champions 7.00 PGA Tour: The Cut 7.30 European Challenge Tour Golf 8.00 Nicklaus: Reflections Of The Memorial Tournament 8.30 PGA Tour: The Cut 9.00 US Women's Open Golf 10.00 PGA Tour Golf 11.00 Nicklaus: Beflections Of The Memorial Tournament Reflections Of The Memorial Tournament 11.30 PGA Tour: The Cut 12.00 European Challenge Tour Golf 12.30 PGA Tour: The Cut 1.00-2am PGA Tour Champions

RADIO



Virgin Radio 6.30am Chris Evans chats with bestselling author Sebastian Junger

VIRGIN RADIO DAB virginradio.co.uk 6.30am Chris Evans 10.00 The Ryan Tubridy Show 1.00 Jayne Middlemiss 4.00 Ricky Wilson 7.00 Bam 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 Rever 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 1053, 1089MW talksport.com 6am TalkSPORT Breakfast With Alan Brazil 10.00 Sam Matterface And Danny Mills 1.00 Shebahn Aherne & Jacobs 4.00 TalkSPORT

to represent her country at the Olympics now Cuban authorities have relaxed rules allowing females to compete. No wonder Clive faked being No wonder Cilve taked being knocked out by the heavyweight in order to leave the bout in one piece – much to the dismay of his coach. Boxing is one of three big passions Clive gets to enjoy as he steps foot in the country,

And you could argue Clive "The Maestro" Myrie's opponent, when he finally got

SPORT

TNT Sports 1 1.15pm Great Britain take on Spain in the Men's FIH Hockey Pro League

SKY SPORTS MAIN EVENT

6am Sky Sports News 7.00 Good Morning Sports Fans **10.00** LIVE State Of Origin Rugby League. New South Wales Blues v Queensland Maroons. Kick-off at **10.05**. **1.00**

T20 World Cup. Australia v Oman

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 5.00 PL Review 7.00 Premier League Newcastle: The Entertainers 9.30 Southgate: Life As England Manager 10.00 Class Of '92: Full Time 11.00 PL Retro 1.00-3am PL Years

YESTERDAY

6.10am Scouting For Toys 8.00 Abandoned



cars while working as a "This is heaven," he beams, and that's before he's even

taken one for a spin. Next up was music, as he visited a traditional music hall to find out how Cuban rhythms conquered the world and

Vista Social Club. Clive gets on the drums and plays along to an uptempo number, once again brimming with enthusiasm before he stands up and dances with locals, losing himself in the

moment. You can't say he's not You can t say no stand enjoying this trip. STUART PINK

TNT SPORTS 1 Gam WRC Review 7.00 WWE Monday Night Raw 9.30 Premier League Stories 10.00 Hockey 11.00 [W] Hockey, Great Britain v China. Push-back at 11.00. 1.00 No Filter Football 115 [WE Hockey, Great Britain v Spain. 3.15 MotoGP Rewind 3.30 [WE Hockey. United States v Germany. 5.30 Badminton Weekly 5.45 LVE Hockey. Ireland v Germany. Push-back at 5.45.7.45 MotoGP Highlights 8.45 No Filter Football 9.00 LVE MLB. Washington Nationals v New York Mets. 12.15 MLB Plays of the Week 12.45 MotoGP Rewind 1.00-2am Lique 1

TNT SPORTS 2 1.30pm Badminton Unlimited 2.00 Triathlon 1.30pm Badminton Unlimited 2.00 Trathion World Tour 2.30 UEFA Europa League 4.00 UEFA Europa League & Conference League Magazine 5.00 MLB Highlights 6.00 MLB Plays of the Week 6.30 UVE MLB. Boston Red Sox v Atlanta Braves. Start-time at 6.35. 3am-1.30pm LIVE Badminton. Coverage from the Indonesia Open Round of 16.

TNT SPORTS 3 6am MotoGP 9.30 MotoGP Chequered Flag bam MotoGP 9.30 MotoGP Chequered Flag 10.30 UEFA Champions League Magazine 11.00 AFL 5.00 WWE SmackDown 6.00 WWE Raw Highlights 7.00 TNT Sports Reload 7.30 Ultimate Pool 9.00 WWE Raw Highlights 10.00 Serie A – Full Impact 11.00 Ligue 1 12.00 Fight Week 12.30-3.30am UFC

12.00 Fight Week 12.30-3.30am UFC PREMIER SPORTS 1 6am Top 14 Rugby Union 8.00 United Rugby Championship 10.00 International Football 12.00 NHL ice Hockey 2.00 Sporting Greats 2.30 NASCAR Highlights 3.30 URC In 60 4.30 LaLiga Match Highlights 4.50 LVE International Football. Slovakia v San Marino. Kick-off at 5.00. 7.00 LaLiga Specials 7.30 International Football 9.30 MotorSport 10.00 Asian Golf Tour Highlights 11.00 NASCAR Highlights 11.00 NASCAR Highlights 12.00-2am International Football

EUROSPORT 1

6am Golden Trail World Series 6.30 Roland-Garros 9.30 LIVE Roland-Garros. Coverage of day 11 of the French Open. 5.00 Roland-Garros 7.00 Roland-Garros Courtside 7.30 LIVE Roland-Garros. Concluding coverage of day 11 of the French Open. **10.30** Roland-Garros Courtside **11.00** Roland-Garros **1.00-**2am Porsche Supercup

Drive With Andy Goldstein And Darren Bent 7.00 Kick Off 10.00 Sports Bar 1.00 Extra Time 5.00-6am Early Breakfast

TALKSPORT2 DAB talksport.com

6am Sportsday 9.00 TalkSPORT Exclusives 1.00 The TalkSPORT 2 Social 5.00 TalkSPORT Exclusives 7.00 TalkSPORT Exclusives 5.00-6am Early Breakfast

TIMES RADIO DAB thetimes.co.uk/ 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 Rickie, Melvin And Charlie 12.45 Newsbeat 1.00 Dean And Vicky 3.30 Vick, Katie And Jamie 5.45 Newsbeat 6.00 Jack Saunders 8.00 Mollie King 10.00 Sian Eleri 11.00 Benji B 1.00 Big Weekend-Live

Sets 2.00 The Radio 1 Interview 2.15 Playlists 2.30 6 Degrees From Jamie And Spencer 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 Gary Davies 12.00 Jeremy Vine 2.00 Scott Mills 4.00 Sara Cox 7.00 Jo Whiley 9.00 The Folk Show With Shaun Keaveny 10.00 Trevor Nelson 12.00 OJ Borg 3.00 Dance Sounds Of The 90s With Vernor Kay 4.00-6.30am Owain Wyn Evans



SO BRAVE . . . training for D-Day

D-DAY 80: THE ALLIES PREPARE, BBC One, 10.15am: A live event from Portsmouth, where the Allies departed for the beaches of Normandy 80 years ago. It is hosted by Dame Helen Mirren and presented by Anita Rani and JJ Chalmers.

Featuring spoken-word testimony delivered by well-known faces and musical known faces and musical performances supported by a tri-service orchestra, it marks a pivotal moment in our history. This is followed later by D-Day 80: Tribute To The Fallen (BBC One, 8.30pm) from the Bayeux War Cemetery in Normandy and Southsea Common, Portsmouth, presented by Kirsty Young. As darkness falls, each of the 4,600

1

headstones of those that fell will

headstones of those that fell will be be illuminated in tribute. NICK KNOWLES IN SOUTH AMERICA, Channel 5, Tpm: Nick is in 'one of the most exciting, exhilarating places I've ever seen' - Chile and Argentina. He throws himself into the experience by displaying the.

He throws himself into the experience by climbing the Andes Mountains, be it only on the "baby slopes", and kayaking dangerously close to precarious glaciers in Grey Lake at Torres del Paine National Park. And what better way to end the first episode than with Chile's



But it has a Patagonian twist – the Calafate sour. BOTCHED BARIATRIC, Really,

10pm: This new series is not for the squeamish, as it provides a very graphic and fascinating look at correctional surgeries across America.

America. Tonight, we meet Latoya, 46, who has been left with a 10lb mass dangling between her legs after a botched hernia repair. But before Dr Kahn and Dr Kundo can remove the pendulum-like lump and excess

skin, they need to get her weight under control with a gastric

ALASKA DAILY, Alibi, 9pm: The two-time Oscar-winner Hilary Swank stars in this enjoyable drama as talented and strong-

After her high-profile journalism career falls apart, Eileen is persuaded by her Elleen is persuaded by her former colleague to leave New York City behind and join a newspaper in Anchorage, Alaska. The story of several missing

indigenous women instantly grabs her interest. But fitting in with her new colleagues and the locals is not

verv easv



Film4 9pm Josh Brolin stars in Sean Penn's crime drama Flag Day

SKY CINEMA PREMIERE 615am Ride On (PG, 2023) **** 8.35 Bonus Track (2023) *** 10.25 Some Other Woman (15, 2023) *** 12.00

Boonie Bears: Guardian Code (PG, 2023) *** 1.40 Ride On (PG, 2023) **** 4.00 Bonus Track (2023) *** 5.45 Blue Beetle (12, 2023) *** 8.00 The Exorcist: Believer (15, 2023) *** 10.00 Cult Killer (15, 2023) *** 12.00-1.35am Some Other Woman (15, 2023) ★★★

SKY CINEMA MONSTERS 8.40am Monster Trucks (PG, 2016) ★★ 10.30 A Monster Calls (12, 2016) ★★★★ 12.30 King Kong (12, 2005) ★★★★ 3.40 Critters Attack! (15, 2019) ★★ 5.15 The Reef: Stalked (15, 2022) ★★ 6.50 Jurasic Park (PG, 1933) ★★★ 9.00 Jaws (12, 1975) ★★★★★ 11.05 Doom (15, 2005) ★★ 12.55-2.35am Critters Attackt (15, 2019) ★★ SKY CINEMA ACTION

8.45am Gods Of Egypt (12, 2016) ** 11.00 The Scorpion King (PG, 2002) *** 12.45 The Dark Knight Rises (12, 2012) ***** 3.40 Snow White & (12, 2012) ***** 3.40 Snow White & The Huntsman (12, 2012) *** 5.55 The Mummy: Tomb Of The Dragon Emperor (12, 2008) *** 8.00 King Arthur: Legend Of The Sword (12, 2017) *** 10.15 Knights Of The Zodiac (12, 2023) *** 12.15-1.55am Shaolin Soccer (PG, 2001) ***

FILM4

 FILM4 receive 14

 11am The Sound Barrier (U, 1952) ****

 1.20 The Sons Of Katie Elder (U, 1965)

 **** 3.45 Von Ryan's Express (PG, 1965) *** 6.10 Cast Away (12, 2000)

 **** 9.00 Flag Day (15, 2021) ***

 11.15 Bad Boys (15, 1995) **** 1.35

 3.50am Bombshell (15, 2019) ****

TALKING PICTURES free 11.05am Tokyo Joe (PG, 1949) *** 12.50 Tour Of Scotland In 1958 1.10 It's Great To Be Young! (U, 1956) **** 3.05 Way Of A Gaucho (U, 1952) *** 5.00 Johnny Ringo 5.30 Bonanza 6.30 The Road To D-Day 7.00 Dixon Of Dock Green *** 8.00 The Human Jungle 9.05 Gideon's Way 10.10pm-12.15am The Cater Street Hangman (PG, 1998) * * * **GREAT! MOVIES fr**

1pm Killer In Red (PG, 2018) ***** 2.55** Killer Night Shift (15, 2018) **** 5.00** Witness Unprotected (2018) **6.50** The Rundown (12, 2003) **** 9.00** The Green Hornet (12, 2011) **** 11.25pm-1.45am** Cold In July (15, 2014) **** * GREAT! ACTION freev**

 Ipm The Texas Rangers (PG, 1951)

 *** 2.40 Coroner Creek (U, 1948) ***

 4.35 Wild West Chronicles 5.05 Field
 Punishment No 1 (12, 2014) *** 7.05 Collision Course (PG, 2012) *** 9.00 Brothers In Arms (15, 2019) Action thriller. *** 11:10pm-1.05am Assault On Station 33 (15, 2021) ***



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BeGambleAware.org

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

HUBBY TAKES ADVANTAGE **OF ME WHEN HE IS DRUNK**

vr Deidre

EMPTY wine and beer bottles hidden in weird cupboards all around the house tell me my husband is doing nothing to cut

down his drinking. He has admitted he has a problem but he won't get help. He reckons he can sort it on his own but over the last couple of years things have become much worse. It is off the scale

is off the scale. I am 45 and my husband is 47. We have been together for 20 years. I have tried talking to him about this when he is sober but he won't discuss it. Nothing gets through to him, despite me having cried and shouted at him to show him how this affects me. He is a different person when he is drunk and makes me do things of a sexual nature that I hate. If I don't do what he wants Loet the

If I don't do what he wants, I get the silent treatment for days because he knows this affects me more than if he were to shout at me.

Were to should at me. **DEIDRE SAYS:** Nobody should be forced into doing anything sexually against their will. You are perfectly entitled to refuse, no matter how he behaves towards you afterwards. This is sexual assault under UK law. Being drunk is no defence and I would urna you to contact rapacties or uk

Being grunk is no defence and i would urge you to contact rapecrisis.org.uk (0808 802 9999). My support pack Have You Been Raped? will help you think this through. You can get support for his drinking from adfam.org.uk, which helps the families of alcoholics.

Sün TRAVE

Pregnant by my cheat boyfriend

Dear Deidre

19

MY boyfriend went out to celebrate my pregnancy and had sex with another woman.

woman. I really thought he was looking forward to being a dad, so I have been blindsided by discovering he went behind my back at what should have been a special time. I am 31 and my boyfriend is 33. We have been together for three years. He's not my usual type and my friends even asked me what on earth I was doing when we began dating. But I loved his impulsiveness and passion and fell for him. I was overjoyed when I discovered I was pregnant. But soon he became snapp with me. Then I realised he never let his phone out of his sight. I followed my instinct and went through his mobile and found there were messages to and found there woman. They were absolutely filthy. When I confronted him, he tried to justify his behaviour by saying we were on a break at the time. But the timine

his behaviour by saying we were on a break at the time. But the timing



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 es a personal res within one working day.

didn't add up. I saw he had been on three dates with her. The last one was a week after he knew about the baby. I left him and went to my parents' house. Since then I have only seen him once, when I popped back to our flat to

get some belongings. I know I will never forgive or probably forget. I simply don't trust him. I am the product of parents stay-ing together for the sake of the children – and it was miserable. I don't want history to repeat itself. He has put no effort in to sort this out. **DEIDRE SAYS:** To find out that your boyfriend cheated on you will under-standably hurt. He is someone you thought you had a future with. You ar eright that while trying to sort out a relationship for the sake of children is a very good reason, it is not enough to stay together – unless both partners are doing their best to improve their connection.

Now you need to decide whether it is possible to rebuild the intimacy and trust between you, or if you would be better off ending it

ending it. Please talk to your partner and ask him to be completely honest with you, if you believe he is capable of that. Nothing will excuse his behaviour. But if you part, he will still have a legal obligation to provide for his child financially. My support pack Cheating – Can You Get Over It? will help you decide.

SARAH'S SUSPICIOUS



Dear Deidre

A WOMAN I met online says she wants to be with me but I am torn. She lives in Romania

and is studying at university. I am a 25-year-old man and she is 21. We only met three months ago and have been talking every day since. We have talked about the future and being together.

We have taked about me future and being together, something she says she really wants. What concerns me though is that she is now asking for more money than I can afford on my salary as a cell-centre agent for an

call-centre agent for an insurance company. If it was just a couple of hundred pounds I wouldn't I while a point is two the is asking for thousands – money I simply don't have. While I really like her and don't want to let her down, my

friends keep telling me it is a scam. I want to help her but I don't want to get hurt. **DEIDRE SAYS: Your** friends could well be right,

or please be wary. I'm afraid I get plenty of emails from people who have been romance

Scammed in this way. You have never met face to face, which is a key part of getting to know someone. The internet is notorious for this kind of deception. It's never a good idea to send money to someone you have only met online. You can get advice about internet cons through actionfraud.police.uk (0300 f23 2040). My support pack Love Online explains more about the pitfalls of these kinds of relationships. scammed in this way

hot topic

SO many of us struggle to find love and it can be

find love and it can be incredibly challenging to cope when you don't meet that special person. Watching others in happy relationships while you spend your time aimlessly swiping through numerous profiles can be extremely disheartening. So much so one in five young singles disheartening. So much so, one in five young singles searching for a partner no longer uses dating sites previously registered with. If you're struggling with your dating life, my support pack Finding The Love Of Your Life can help.

offer to go to counselling. Ask what it would take for her to give your relationship another chance. But if she insists she has moved on, there is not much you can do to make her change her mind. She may feel embarrassed about having to move in with you and wants her friends to think your relationship is back on track. The housing charity Shelter (shelter.org.uk) might be able to help you with advice on your specific situation. Please have a think about how this set-up will be affecting your sons. If you are confused then

be affecting your sons. If you are confused then they will be too. It would be good to talk this through with your wife. My support pack When Parents Fall Out explains more.

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- & car pai
- Three breakfasts and three dinners self-service

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Clothes by Boohoo and BoohooMAN

ar Deidre

EVEN though my wife and I broke up two years ago, we are back living in the same house and I am desperately in love with her. I'm 39 and my wife is 37. We have been married for eight years and have two boys aged six and four. When we split up, my wife moved out. She lived with her parents and a few of her friends put her up too, but it didn't work out and after a year she had nowhere to stax. nowhere to stay. We had kept in touch because of our children so I

offered her the chance to rent one of the rooms at I was so pleased because I'm still in love with her.

TOUCH

CONTINUES TOMORROW

I'M STILL IN LOVE WITH MY EX-WIFE

Secretly, I hoped we could sort out our differences and get back together. She has been renting out this room for just over a

year. It is amazing to have her living back at home but she keeps telling me she has moved on. However, she acts and talks to her friends as if we are still together. I have heard her on her phone and seen messages that back this up. I don't know what to think. Do I wait for her to come around or move on? DEIDRE SAYS: Tell your wife you love her and

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



ADMIRING the freshly painted nursery, Kylie Evans lets out a sigh of contentment as she

feels the baby kick. She is 36 weeks pregnant with her first child, who she has already named Hudson Ray after her late grandad.

named Hudson Ray after her late grandad. Husband Mick, who at 63 is 28 years older than Kylie, is every bit as delighted. But he is not the baby's father. Kylie conceived using sperm from a stranger who has the same blue eyes, bald head and medium build as her other half. Kylie, from Manchester, says: "In an ideal world, Mick would be the bio-logical father, but it wasn't possible. "The fact were having a baby at all feels like a miracle and he will be as much our baby's parent as I am." The couple met in 2008 at the pub where Kylie was working. She was 19 and Mick, a cleaner, was 47. "I'd never fancied an older man before but there was something about Mick that I fell for," says Kylie, who now works in a sandwich shop. "He was the life and soul of the party and had twinkly eyes. **'I'd hasn't been an**

'It hasn't been an

easy pregnancy'

"I did the chasing and at first he'd bat away my flirting, telling me he was old enough to be my father. "In fact, he is six years older than my dad. Eventually, he succumbed to me constantly asking him out but told me he had two children and that he'd had a vasectomy as he didn't want any more.

had a vasectomy as he didn't want any more. "Back then, kids were the last thing on my mind, I just wanted Mick." Within 18 months, the couple had moved in together and although Kylie's 57-year-old dad Mark and mum Michelle, 56, initially disap-proved because of the age gap, they soon came round. Mick's daughter Laura, 32, is three years younger than Kylie and his son Aidan, 28, is seven years younger, but they have always accepted Kylie. Mick is often mistaken for Kylie's dad, which the pair find funny. In 2015, Mick proposed while they were on holiday in Greece and last year they married at Bury register office.

were year office

office. When Kylie was in her mid-twenties, her biological clock started ticking. "Suddenly, I desperately wanted a baby," she says. "It didn't take much to persuade Mick as he loves being a dad and our relationship is so strong." They explored Mick having a vasec-tomy reversal, but the doctor said it was unlikely to work. In 2018 they asked to be referred to

By MEL FALLOWFIELD and KATIE PEARSON

a fertility specialist. Kylie says: "When

a fertility specialist. Kylie says: "When tests showed I had polycystic ovary syndrome and wasn't ovulating, I burst into tears. "I tried to accept that we'd never have a baby but the urge became even stronger." The couple hoped to try IVF but at the time, Kylie, who is 4ft l0in, weighed nearly 25st and was a size 26 so was told she didn't qualify. "I desperately wanted a baby, so I was determined to lose weight," she says. "But as no diet had ever worked, I knew I'd need weight-loss surgery." In January 2022, the couple flew to Latvia, where Kylie had a gastric bypass at a cost of £7,000. Within a year, she'd lost llst and was delighted when tests showed she was ovulating.

was delighted when tests showed she was ovulating. In July last year, she and Mick found a fertility clinic locally that offered artificial insemination. She says: "We chose the donor together and although you can't see a photo, we asked for a man with the same characteristics as Mick." Kylie got pregnant at the first attempt but had an early miscar-riage.

attempt but had an early miscar-riage. Their next attempt failed but in October, and after spending 7,500, Kylie conceived. "I was excited but scared I'd miscarry again," she says. "But after our 12-week scan I finally allowed myself to believe we were going to be parents. "It han't been an easy pregnancy, though. I had severe morning sickness and was in hospital with kidney stones, so this will be my first and last baby.

stones, so this will be my first and last baby. "But we're so excited and Mick is as

"But we're so excited and Mick is as thrilled as me. "He will be Hudson's dad in every way that matters. "And he'll be a good one, as he's brilliant with his children and grand-children." Beflecting on Mick's are Kulis who

children." The control and grand-children." Reflecting on Mick's age, Kylie, who is due in July, is realistic. "I wish he was younger, but only because then he'd be around longer for me and Hudson Ray," she says. "But he's young at heart and he'd do anything for me, including let me carry another man's baby. I feel so lucky."

carry anouner many carry lucky." Mick says: "I'm not thinking about it being another man's child. "I knew I wanted a baby with Kylie once we'd been together for a while and now we're having one, I've been there every step of the way.

for a write and now were step of one, I've been there every step of the way. "It will be great being an older dad, and I can't wait to push a pram again."

EXCITED Kylie is 36 weeks pregnant

BUMPY JOURNEY . Kylie and Mick

Mum's awesome exam-themed breakfasts for GCSE daughter. At fabulousmag.co.uk

Broody Kylie Evans, 35, took drastic action when she discovered her husband was unable to give her the baby she longed for...



Edited by LYNSEY CLARKE and JOEL COOPER

THE FAB DAILY TEAM: Digital Commissioning Editor Claire Dunwell, Contributing Editor Nikki Watkins, Senior Feature Writers Kirsten Jones and Alex Lloyd, Feature Writer Yasmin Harisha, Fashion Editor Clemmie Fieldsend, Deputy Fashion Editor Abby McHale

Make your windows sparkle: **NEWSPAPER V BLACK TEA**



HACK 1: Use newspaper. Try newspapers to clean glass for a smudge-free surface. Use gloves to keep hands free of ink.

INK. Lynsey says: "I thought my windows would be filthy after doing this, but they came up well. It was my hands that were filthy, so do use gloves." RATING: 6.

Heidi says: "Fibres used to make newspaper are soft enough to be safe to use on glass, but ink may leak and you'll be left with streaky marks. It's a lot easier to spend £1 on a windowcleaning spray.'

HACK 2: Black tea. Tea contains tannic acid and will work in a similar way to work in a similar way to vinegar. Brew a big pot and let it cool before you get to work on windows and mirrors. Lynsey says: "Surprisingly, this worked really well. My windows have never been shinier." RATING: 8.

Heidi says: "A cheap and effective hack that really works. The tannin in the tea is shiny. Use a soft cloth though, as kitchen towel can be rough and cause scratches."

Blitz grimy saucepans: **BIO WASHING POWDER V BAKING SODA**



HACK 1: Boil bio washing HACK 1: Boil bio washing powder. Once your dirty pan has cooled, fill with water and add 1 tbsp of biological washing powder. Put the pan back on the hob and bring to the boil. Leave to simmer for ten minutes, then rinse. Lynsey says: "A great hack for really filthy pans that you can't get clean in the sink alone."

alone." RATING: 10.

Heidi says: "Bio washing powder contains enzymes that break down food and stains, so combined with the heat of boiling water, this hack really works. Alternatively, you could use a dishwasher tablet."

HACK 2: Baking soda. Heat some water on a lowmedium heat for five minutes then add some baking soda. If the pan is severely burnt, try adding 2 tsp of lemon juice too to create a fizz reaction and break down any grime. Lynsey says: "This took a long time and didn't work as well as I'd hoped. RATING: 2. HAI ING: 2. Heidi says: "The active ingredients – baking soda and lemon – will likely be too diluted to remove food."



COCA-COLA V WHITE VINEGAR

the shower head soak for an hour. Next, use an old toothbrush to clean the head. After replacing the the shower head, run it on hot to

He shower head, thin to motion of flush all the cola through. Lynsey says: "This was incredibly effective. After soaking for an hour, nearly all the limescale had disappeared, with no scrubbing involved whatsoever. Impressive."

Heidi says: "The acids in Coca-

Cola can break down dirt, grime and limescale. But if your shower

RATING: 9.





head is very dirty, it may not be strong enough."

HACK 2: White vinegar. As above, but soak the shower head in distilled white vinegar mixed with water instead.

Lynsey says: "I loved this method too. It worked well and the vinegar was even cheaper than Coke. No scrubbing involved." RATING: 10.

Heidi says: "White vinegar is acidic and will break down limescale build-up. But if your shower head is damaged, then soaking it in an acidic product may cause further harm."



TIKTOK is brimming with tips on how to clean everything from windows to ovens and shower heads.

In fact, #cleantok content has had more than 114 BILLION views, while #cleaninghack has had almost four billion. Many

hacks involve items you already have at home, but which ones work best?

Heidi Phillips, owner of Tergo Specialist Cleaning Services, says: "Although social media can be an amazing place to find useful cleaning hacks,

remember that not every one will work.

"And some are actually dangerous."

Mum-of-three LYNSEY HOPE compares popular tricks and marks them out of ten while Heidi delivers her expert verdicts.





Spruce up plants: **MAYO V WASHING-UP LIQUID**

HACK 1: Rub with mayo. Clean dusty houseplants with some mild soap and water, then use a paper towel and rub a drop of mayo into the tops of leaves to make them extra vibrant. Lynsey says: "It did bring the leaves up nice and shiny, but it was a bit messy, so I doubt I'd do this again." RATING: 3.

Heidi says: "Although the oil in the mayo will make leaves shine, it could damage them by clogging up the plant stomata, which can result in the plant not being able to absorb enough water. I wouldn't recommend it."

HACK 2: Washing-up liquid. Add a squirt of washing up liquid to a bowl and gently clean your plant's leaves with a damp cloth.



Lynsey says: "My plants looked cleaner than ever

Make your hob gleam: **BABY OIL V WD40**

HACK 1: Baby oil. Put a dab of baby oil on to a clean cloth and rub the whole surface clean on vour stainless steel or ceramic hob.

ceramic hob. Lynsey says: "This did a great job of getting rid of finger marks and smudges from my hob, but the fire risk was a worry though. I had no idea baby oil was flammable, but it is, as it contains paraffin. This puts me off using it again." RATING: 1. RATING: 1. Heidi says: "Although baby

oil will give stainless steel a lovely shine, it won't clean it. You also need to bear in mind that it needs to be thoroughly polished off, or you are risking fire next time your hob heats up."

HACK 2: WD-40. Use a squirt of WD-40 and wipe your hob with a microfibre cloth.

Lynsey says: "The smell was off-putting, but it did bring the hob up well. In all honesty, even though it seemed to work, I wouldn't use this trick again because WD-40 is flammable." RATING: 3. Heidi says: "Although WD-40 is safe to use on stainless steel, it shouldn't be used in food preparation areas, and it is also flammable."

Follow Heidi on Instagram: @tergospecialist cleaning



PICNIC season has finally arrived – and let's hope it is here to stay!

But instead of the

takes only five minutes – and would be great to impress guests at a barbecue. All those flavours and lovely colours from the herbs and veggies

will taste super fresh in the sunshine. Plus, the chicken teriyaki salad will have you feeling full all day.

Just add a glass of rosé.

CHICKEN TERIYAKI SALAD

With Fabulous Food Editor KIRSTY SPENCE

Preparation time: 5 minutes, plus 20 minutes marinating Cooking time: 15 minutes Cals: 602 Sat fat: 4g YOU NEED: 3 tbsp soy sauce 2 tbsp mirin 1 tbsp rice vinegar, plus extra for drizzling 1 tsp caster sugar 2 tbsp honey 1 tbsp sesame oil, plus extra to drizzle 2 chicken breasts, flattened with a rolling pin 300g (dry weight) basmati 2 tsp vegetable oil 1 cucumber, peeled into ribbons 2 large carrots, peeled into ribbons

2 baby gems, torn 2 avocados, sliced

Black and white sesame

seeds, to serve METHOD: Mix the soy, mirin,

METHOD: Mix the soy, mirin, vinegar, sugar, honey and sesame oil together, then pour over the chicken breasts and marinate for at least 20 minutes. Meanwhile, rinse the rice and put in a pan with 600ml water and a pinch of salt. Bring to the boil, cover and simmer for 3-4 minutes, then turn off the heat and steam with the lid on for 5-6 minutes. Remove the lid and fluff up with a fork. Heat the

vegetable oil in a frying pan. Cook the chicken over a medium-high heat for about 4-5 minutes.

Return to the pan with the marinade and simmer until sticky but not dry. Toss the cucumber and carrot with sesame oil, vinegar and a pinch of sugar. Divide the rice between four

plates, add the carrot, cucumber, baby gem and avocado. Then top with the chicken and spoon over the sauce. Scatter with sesame seeds.

BLACK-EYED BEAN FETA SALAD R

Serves 4-6 Preparation time: 5 minutes Cals: 258 Sat fat: 60 YOU NEED: 2 x 400g tins black-eyed beans, drained and rinsed 150g cherry tomatoes, quartered 1/2 cucumber, deseeded and cubed Handful radishes, thinly sliced 1 avocado, diced Large handful rocket Small bunch flat-leaf parsley, chopped 2 tbsp chopped mint 200g feta, crumbled Juice 1/2 lemon 1 tsp extra virgin olive oil rocket and herbs. Toss well



juice with a pinch of sugar, sea salt and freshly ground black pepper. Whisk in the extra-virgin olive oil, pour over the salad and toss well to combine.

Recipes: Lisa Faulkner Photography: Maja Smend



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The page where you tell Britain what you think

I WAS very sad to read that Colin Gibb, *pictured*, of Black Lace had died. Agadoo may have been named the worst pop song of all time, but for the last 40 years, this record has always got people of all ages on to the dance

floor. Colin's legendary song will still be played for many years to come. RONNIE ANDERSON Exmouth, Devon

I DON'T know what's more shocking – how muggers sprayed tear gas in the face of Spurs - motor ANK A

-10

footballer Yves Bissouma, or the fact he was wearing a £260,000 watch, which is the price of a house in some parts. While it's nice to have lovely possessions, it only makes people walking targets for thieves. It must have been a shock for him and his nartner sene.

must have been a shock for him and his partner, espe-cially when the thieves pretended to ask for self-ies. It's a warning for celebrities not to flaunt their wealth. MIA SHELBY Bonbridge.

Banbridge, County Down I SEE the Duke of York

is living well off taxpayers' money, out riding now he doesn't work any more. I felt sorry for the horse he was riding at the weekend.

J C HAYES Sidmouth, Devon

ED BALLS, pictured, should be taken off Good Morning Britain, he seems to me to be using it as free advertising for the Labour party. Either that or he show, keeping his thoughts to himself. I can't watch it when he is on.

ANNA JONES Stratford-upon-Avon, Warks

At least Nigel speaks for us

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Don't forget to include your ame. Standard text rates from

our provider apply THE friendship between the late Rob Burrow and rugby pal Kevin Sinfield has been inspiring. BOB DIXON, Surrey

BOB DIXON, survey NIGEL FARAGE won't win in Clacton, the locals are unlikely to be impressed by him. CLIVE, Coventry,

I HOPE Keir Starmer watches his back now Angela Rayner's got an ally in Diane Abbott back. VIC, Kidderminster, Worcs

PEOPLE should veto the Maldives over them banning anyone with an Israeli passport from entering their country. DAVE, Ossett, West Yorks

Lordshill, Southampton

Yardley Wood, Birmingham



Farage we have someone to make this election a bit

AT last, with Nigel

this election a bit more exciting. The former Ukip leader has taken the reins of Reform UK and thrown his hat into the ring to run for Parliament in the Clacton constituency. Having listened to his Press conference, he sounds like he might actually put the British people first for a change. NiGEL NEWTON Romford, Essex

Romford, Essex

Romford, Essex THE return of Nigel Farage will certainly shake up both Labour and the Tories. His Reform UK party will attract many voters with its pledge to stop out-of-control immigration – an issue Farage has opposed for ages. The voter revolt he speaks of is out there, and he fully intends to capitalise on it. **TERY ARMSTRONG**

TERRY ARMSTRONG Newcastle upon Tyne

they will haemorrhage votes to Reform UK. Maybe the biggest mistake Rishi Sunak has made was not offering Mr Farage an olive branch. **PADPY MAXWELL**

NIGEL Farage planning to run as an MP? That reminds me of the Pet Shop Boys song What Have I Done To Deserve This?. Send him back to the I'm A Send him back to the Celebrity jungle, please. RITA SINGLETON

Armagh WOULD have voted for Farage I WOULD have voted for Farage before his outburst about wanting to destroy the Conservative Party. It shows his true colours – this is about him and not the country. He will try to bring the Tories down because they didn't want him. After this, nobody will want him.

Lordshill, Souindompion WITH Rishi Sunak punch drunk on the ropes and Sir Keir dodging the Ghost of Corbyn, surely this eighth attempt at becoming an MP is Nigel Farage's best, and last, chance. SYD VAUGHAN Verdel Wirden Burgharm WITH the issue of immigration high on many voters' list of priorities, there is no doubt that Reform UK will take many votes from the Conservatives. And this PETER WAREING Haslingden, Lancs

NIGEL is the bogeyman the Conservatives feared – and now

will be music to the ears of a certain Sir Keir Starmer. DAVID WEBSTER Taunton, Somerset

AFTER saying he would not stand, Nigel Farage has done the same thing he's been accusing Labour and Conservatives of

Labour and Conservatives of doing – and that is a U-turn. A bit hypocritical isn't it, Nigel? I have always looked up to you for speaking the truth, but don't you think this is a bit childish?

IAN HILL Doncaster NO doubt the Conservatives will be saying that any vote not for them is letting Labour into power. But if that is all they can base their argument on, then they don't deserve our votes. Just look around. The whole country is falling apart. Nothing works any more. Reform UK is the product of fory failure. Good luck to them. **TERY DURANCE** Southport, Merseyside WHAT is Rishi Sunak playing at? We are having an election and his priority is what makes male and female genders. The country is on its knees, and he's going on about gender. There are more important things to be sorted out, like the conony, the NHS and defence. Twe voted Conservative for many years, but this lot have made a right pig's ear of everything. But who do we put in their place?

political party their manifesto ree (or afforda THE first to promise in reinstate f promise in their manifesto to reinstate free (or affordable) dentistry to pensioners and less-well-off people will get my vote. NHS dentists are as rare as hen's teeth!

BeGambleAware.org

JANET BIDDISCOMBE Nether Compton, Dorset



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GEMINI May 22 - June 21

benait. So take time to get in touch with people you feel could help you succeed. Love is full of surprises too. Someone who irritated you now seems perfect. This choice may take time for friends and family to accept, but they will. Luck wears a blue hat.

LEO July 23 - August 23

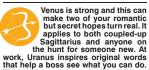
when you describe an event or item to a friend and find other people rate the way you express yourself, it can be the start of something useful, rewarding career. In love terms

When you describe an event

The zodiac's smartest sign,

Mercury, is working on your behalf. So take time to get in





work, Uranus inspires original words that help a boss see what you can do. The luck factor brings an old neighbour back into your life.



meet someone who is the spitting image of your favourite former partner, it could start a special something. If you are in love, do not rely on guesswork. Ask that question.

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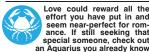
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Wednesday, June 5, 2024 Sun 37



Love at first sight may not be your usual way but it could happen to you today. Bold planet Mars is in your zone of secrets and dreams, making you assertive, es-pecially when someone you have been interested in for a while turns up at a local event. This time around, you cannot, and should not, hold back.

CANCER June 22 - July 22



Love could reward all the effort you have put in and seem near-perfect for rom-ance. If still seeking that special someone, check out an Aquarius you already know by sight. Work-wise, you can read a boss's mind, suss out what they are working on in private and find ways it could benefit you. could benefit you.

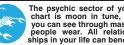
VIRGO August 24 - September 22



You have the flair and heat of

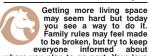
more amazing when you are intro-duced. Yes, this can be The One.





The psychic sector of your chart is moon in tune, so you can see through masks people wear. All relation-ships in your life can benefit from this, but especially any linked to passion. At home, a skill that made the family well-known in the past could resurface in you. Luck visits door number 33.

CAPRICORN December 22 - January 20



where you plan to go next. Your love style is warm and wonderful as you understand what a partner really needs from you. But what do you need?



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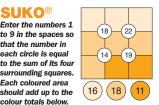
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BRAINBUSTER

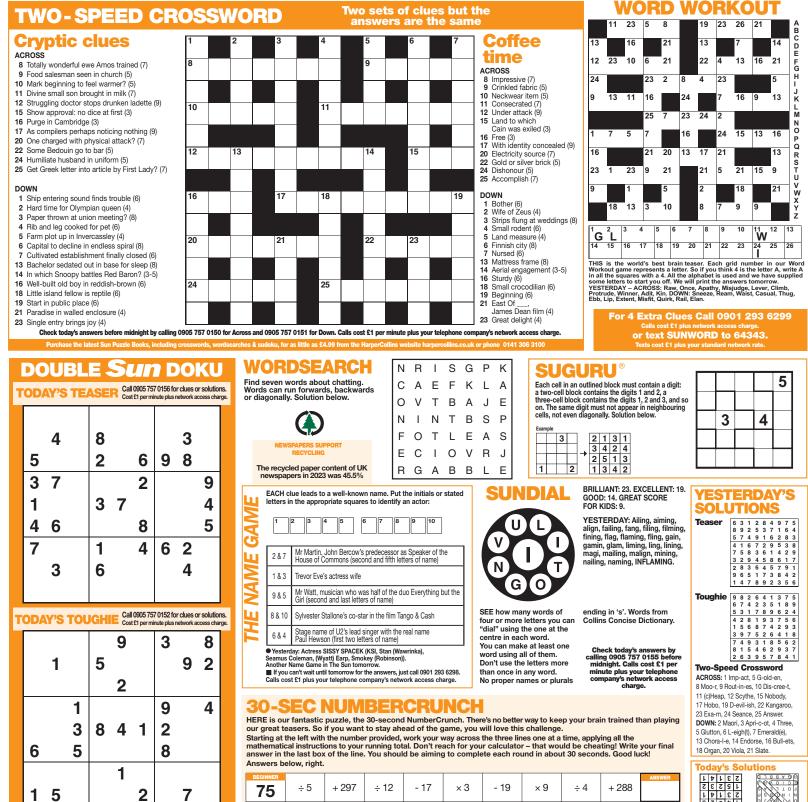
Who is missing from the following sequence?

George, George, George, George, William, ?, Edward, George

SUKO[®] Enter the numbers 1 to 9 in the snaces 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



PAGE 2 SUJIKO SOLUTION: Top line 943 middle 621 bottom 587



Calls for extra clues and answers last no longer than two minutes (Sundial answers may vary). Helpline: 0333 202 3390 (9am-5.30pm). Service provider: Spoke, W1T 4HD

6

3

2

beginner 75	÷5	+ 297	÷ 12	- 17	× 3	- 19	× 9	÷4	+ 288	ANSWER
INTERMEDIATE	Half of it	+ 438	÷5	+ 458	÷ 13	- 35	× 6	+ 150	2/3 of it	ANSWER
ADVANCED 694	- 609	20% of it	+ 1665	Half of it	- 74	÷ 13	- 49	400% of it	+ 4561	ANSWER



Wednesday, June 5, 2024 Sun 39



R Ν Δ S J Α Υ S 7 Ν F С

jackpot prize to be won - plus £43,000 in Instant Wins up for grabs!

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Iran claims . . . Standard BANK IN ť RAP

STANDARD CHARTERE has been accused of laundering billions of pounds worth of transactions for terrorist groups in fresh whistleblower claims.

claims. The allegations are part of a case against the bank which claims it made "countless illegal transactions" between 2008 and 2013 for Iran-linked entities. The bank, the kit sponsor for Liverpool FC, is alleged to have handled transactions for Hamas, Hezbollah, the Taliban and al-Qaeda.

Hezbollan, the laliban and al-Qaeda. Claims have been made by Standard Chartered's former head of foreign exchange and a currency trader, who have examined £78billion in everyoney deale

examined £78billion in currency deals. Standard Chartered has paid £1.5billion in fines to regulators for breaching sanctions against Iran. A company spokesman dismissed the allegations as "fabricated claims". Shares in Standard Chartered sunk by 5 per cent.



BP down 18.30 to 462.90 CENTRICA up 1.05 to 142.25 HSBC down 3.10 to 690.20 LLOYDS up 0.24 to 55.64 M&S up 5.50 to 311.60 down 6.20 to 313.50 **ROYAL MAIL** up 0.20 to 335.40 SAINSBURY'S down 0.80 to 278.60 SHELL down 59.50 to 2,723.00

TESCO down 0.10 to 312.00

ASDA FUE DST WO

ASDA is now the priciest fuel retailer, shattering its long-held reputation for being the best value for drivers. It is selling petrol for 2.1p more a litre than supermarket rivels Tosco Morrisons and

more a litre than supermarket rivals Tesco, Morrisons and Sainsbury's, the RAC says. Asda is charging an average of 147.38p, compared with its rivals' 145.25p. The RAC also found the chain, now owned by the Issa brothers, had the biggest gap between its cheapest and priciest forecourt — at 35.2p.



GOING SN



NICOTINE pouches have become big business for AMERICAN BRITISH TOBACCO in the cigarette giant's strategy shift towards "smokeless world". а

Like its rivals, the maker of Rothmans, Dunhill and Vogue cigarettes is trying to solve sliding sales of fags with what it calls "reduced-risk" products

it calls "reduced-risk" products such as snus, little pouches of tobacco placed on the gums. It is already making £lbilion from non-cig sales. BAT yesterday said it expects a stronger second half with even big-ger profits from its new products, helped by the success of its non-tobacco Velo nicotine pouch brand. But boss Tadeu Marroco warned illegal disposable vapes were denting sales of its own e-cig

products, which include Vuse. BAT is the UK's third biggest vape-seller but the company now also enjoys success selling "modern oral" products, its term for nicotine pouches that slide under the lips. Long popular in Scandinavia, they have spread elsewhere as alternatives to smoking. Nicotine pouches are tobacco-free whereas snus contains tobacco and is illegal to buy in the UK but not banned. A Professional Footballers'

Association study showed last week almost one in five pros have tried nicotine pouches at least once, believing it enhanced performance or helped them to relax. However, there are rising concerns about the increased risk of mouth lesions and oesophagus and nancreatic cancer

and pancreatic cancer. BAT said its tobacco-free brand,

legally sold in the UK, has a 10.3 per cent share of the market and it plans to expand in emerging markets.



£180K FOR **N** EF'S

THE boss of **JD SPORTS** is being handed a £180,000 "disturbance allowance" to help him with the troubles of moving for the job. Regis Schultz, who took over at the self-styled "King of Trainers" in September 2022, is getting £60,000 a year for the next three years on top of a £300,000 relocation allowance, the company's annual report reveals. Mr Schultz, *left*, moved from Dubai to London to lead the FTSE 100

retailer. Disturbance allowances are intended to cover the incidental costs associated with moving to a new home. JD Sports' annual report revealed Mr Schultz received £1.58million in total pay for the past year, down from the £2.9million he bagged the previous year when the company spent £2.2million buying him out of his bonus he would have received as boss of UAE retailer AL Entroime Al-Futtaim

Since joining, Mr Schultz has unveiled

a five-year plan to open up to 350 stores a year and to boost sales. But JD last week said UK sales dipped by 6.4 per cent in the first quarter of this year as bad weather put shoppers off. The Frenchman, 55, is not alone in bagging big accommodation expenses. The boss of **BARCLAYS**, C.S. Venkata-krishnan, received £6,550 a month in housing allowance for his move from New York to London when he was made chief executive in 2021.

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SPORTS ROUND-UP: RESULTS & FIXTURES

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WOMEN'S SINGLES OTR-FINALS - (1) Swiatek (Pol) bt (5) M Vondrousova (Cze) 6-0 6-2; (3) C Gauff (USA) bt (8) O Jabeur (Tun) 4-6 6-2 6-3. **MIXED DOUBLES QTR-FINALS** - (4) D Krawczyk (USA) & N Skupski (GB) bt S Zhang (Chn) & M Arevalo (Esa) 7-6 (8-6) 6-4.

(Chir) co... CRICKET ICC MEN'S T20 WORLD CUP GROUP B

England v Scotland Bridgetown: Scotland 90-0 (10 overs) Match abandoned, no result (1pt each).

GROUP C

GROUP C Afghanistan V Uganda Providence: Alghanistan 1855 (20 overs; R Gurbaz 76; 1 Zadran 70; Uganda 58 (160 vers; F F Farody 5-9), Afghanistan (2pts) win by 125 runs. GROUP D Netherlands v Nepal Dallas: Nepal 106-10 (19.2 overs; T J G Pringle 3-20; L V van Beck 3-18), Netherlands 109-4 (18.4 overs; N PO'Dowd Shon), Neth-erlands (2ptsd) win by 6 wickets.

CYCLING

CYCLING CRITERIUM DU DAUPHINE: Stage 3 (Celles-sur-Durolle to Les Estables, 1817/km) 15 Gez (Can) Israel-Premier Tent dh 122m 18s, 2 R Gregorie (Fra) Groupama-FDJ at same time, 3 L Nerurkar (GB) EF Educa-tion-EasyPost +3s. Overall - 1 Gez 11h 47m 20s, 2 M Cort (Den) Un-X Mobilly +3s, 3 Gregorie +4, 4 P Rogle (Ski) BORA-hars-grother +7, 1 Nerunkar +3s.

SPEEDWAY CAB DIRECT CHAMPIONSHIP - Plymouth 43 Redcar 47.

SOUASH

BRITISH OPEN (Birmingham): Men's 3rd Rnd - J Makin (Wal) bt Y Ibrahim (Eqv) 3-2.

TODAY'S SPORT

FRIENDLY INTERNATIONALS	
Denmark v Sweden	6.0
(Live on Premier Sports)	
Norway v Kosovo	
Belgium v Montenegro7	
France v Luxembourg	8.0

(Live on Premier Sports) Spain v Andorra...... .. 8.30

State of Origin: New South Wales v Queensland (11.05am). SQUASH - British Open (Birmingham).

SMITH awesome leader

TENNIS - French Open (Paris).



come down to how they perform against Australia or even net run-rate. Skipper Buttler insisted: "We expected a tough chall-enge but we were confident of chasing down that score. "The rain is a disappoint-ment for everyone. We'd like to tighten up on a couple of things but we scrapped hard. "Hopefully, we get a dry day against Australia on Saturday and we can get into the tournament." England bowled poorly, were guilty of a couple of

misfields and Mark Wood was misfields and Mark Wood was denied a wicket by a no-ball. There was an element of farce before the game even started as rain got under the covers and left a damp patch on a length. It was dried by a man with a leaf blower. Why the tournament is being played at the start of the Caribbean rainy season is another matter.

the Carlobean rainy season is another matter. After a 55-minute delay Jones pulled one six that shattered a solar panel on the roof of the Greenidge and Haynes Stand but rain



Youngster's some-Fin else

NORTHAMPTON'S Alex Mitchell reckons Saints have a Fin to

reckons Saints have a Fin to match Bath's Finn Russell in Saturday's Premiership final. Fin Smith and Scotland's maverick match-winner Russell go head-to-head in the battle of the 10s at Twickenham this weekend. Eighty-capper Russell, on £lmillion a year at the Rec, has guided Bath to the final just two seasons after they finished rock bottom in the league. But Smith, just 22 and two caps into his England career, has been voted RPA Players' Player of the Year. And Mitchell insists

By ADAM HATHAWAY

Northampton's youngster is up with Russell. He said: "We have got exactly the same thing. Fin has been awesome – he has been such a loaden

awesome – he has been such a leader. "It is mental to think how young he is and the way he bosses boys around regardless if it is Courtney Lawes or Alex Waller. "He has shocked me in a way of how good he has been in all aspects of the game, not just on the pitch but off it as well." Mitchell, 27, is now England's

scrum-half regular and is

well, we had an opportunity there."

regular scrum-half and is a certainty to be included when Steve Borthwick names his summer tour squad on Monday. But he admitted he was in awe watching Antoine Dupont for Toulouse in the recent Champions Cup final – and is sick of being compared with the French legend. Mitchell added: "It is a bit tough. It is annoying when it is your position because everybody looks at you and tries to com-pare. And you are not as good. "He's class – it is nice to have someone like that to try to get after and try to do the things he is doing."

Poult has air shot

IAN POULTER slammed British Airways after they left his golf bag at Heathrow Airport.

Heathrow Airport. The 48-year-old was heading to Houston for the LIV Golf tournament starting on Friday. He was told he did not have his clubs once the flight had left London. Poulter fumed: "FFS

Poulter fumed: "FFS @British Airways so disap-

"Just received the email three hours into the flight.

"I wouldn't have both-ered flying if you're not sending my golf clubs. sending my golf clubs. Can't swing fresh air." He added: "Talk about p***ed off.

p

"The golf bag wasn't over weight. I took it to over size and scanned it and watched it go down the belt. #Pathetic."

Poulter claimed Henrik Stenson's clubs were also left at Heathrow.

Sergio's a Red til '26

SERGIO PEREZ will remain Max Verstappen's Red Bull team-mate until the end of 2026 at least.

Mexican Perez signed a new two-year contract ahead of this weekend's Canadian Grand Prix.

Three-time world champ Three-time world champ Verstappen has confirmed he intends to see out his deal until 2028 with Red Bull despite interest from Mercedes amid the controversy over team boss Christian Horner this year

boss Christian Horner this year. Perez, 34, said: "It is a challenge like no other racing for Red Bull, both on track and off track — and one I love. "I think we have a lot of work to do, we have a lot more championships to win together."

Sport

THE BBC will NOT broadcast the European Athletics Championships live on television. Instead a package for iPlayer, website and app has been agreed for the event, which starts on Friday in Rome.

SHORT Boot for Broady

LIAM BROADY must sit out next week's Nottingham Open after banging his head on his car boot.

The concussion is a blow to the 30-year-old, who comes to life on grass. He reached the third round at Wimbledon last

year after beating No4 seed Casper Rudd. Broady, who has been rehabbing an ankle since

rehabbing an ankle since March, posted: "Was on track for next week but 1 hit my head on my car boot quite hard. "Tried to practise and got a pretty bad migraine." Fellow Brit Andy Murray posted a laughing emoji and said: "Think this is the first time I've read one of your tweets and believed it." one of your believed it."

AI'S B

TENNIS FRENCH OPEN Iga's a real Graf-ter

DOMINANT Iga Swiatek loving the similarities between herself and tennis icon Steffi Graf.

between firsten and termins icon Steffi Graf. Between 1987 and 1999, the German, 54, was crowned Queen of Clay on six occasions. And her 6-0 6-0 success over Belarus' Natasha Zvereva in the 1988 final took just 32 minutes. Swiatek, 23, has not lost at Roland Garros since 2021 and her latest victim – Wimbledon champion Marketa Vondrousova no less – was humbled 6-0 6-2 in 62 minutes. US Open champion Coco Gauff, who overcame Tuni-sian Ons Jabeur 4-6 6-2 6-3 in her quarter-

her quarter-final, should offer

By ROB MAUL

The second secon

she also likes to keep her privacy. "Now you can see that she's just enjoying life and she knows that she worked hard to have a little bit of peace right now. "I also heard from some people on tour that she was also kind of like an introvert, really in the zone and just focusing on tennis and what she wants to do. "That's what I heard

tennis-wise. These were totally different times. "Probably I don't have such a

good slice as her and volleys but it's nice that anybody

good slice as her and volleys but it's nice that anybody would compare me to her because she's great." Swiatek, who "does not care" if she is omitted from evening-time matches in Paris, said: "I try not to really focus on the scores. Sometimes I even forget what the score is!" She added: "I felt like I was in the zone today.

"It was pretty straightforward. I'm happy that I kept my

I'm nappy that focus." **NEAL SKUPSKI** will reach the mixed doubles final if he and American Desirae Krawczyk beat Taiwan's Hsieh Su-wei and Poland's Jan Zielinski.

Charity's Rob love

CHARITY bosses reported a huge spike in donations following the tragic death

ronowing the tragic death of rugby league legend Rob Burrow on Sunday. The Motor Neurone Disease Association saw more than £150,000 gifted in less than 48 hours.

Ex-Leeds scrum-half Burrow died aged 41 after raising millions and campaigning for greater awareness while living vareness while living th the condition for with 4¹/₂ years.

4½ years. MND Association chief executive Tanya Curry said: "It has been truly inspiring to see such an outpour-ing of love for Rob and his family and shows how much his story has moved the

shows how much mis story has moved the whole country." Daryl Powell gave Burrow his first start at Leeds as on 19 wore old Burrow start at Leeds an 18-year-old. The Wakefield "aid: "l'd a coach said: "I'd seen him as a scholarship player and thought, 'Who's this kid?'

"I thought he was too small then I saw him set off and was like 'wow, this kid's got something special'." up more new experiences as

RODRICK TAI is ready to Kuk

RODRICK TAI is ready to Kuk up more new experiences as the on the other side of the world takes him to Wembley. The 25-year-old has gone from sillage of Kuk in Papua New Guinea – a Unesco World Heritage site – to becoming a key player for an in Saturday's Challenge Cup final having been cleared of a high shot in last between the teams. Tai said: "There's no running water there – we just collect water for the rain – and only installed electric-try for and it's mainly way family. All we did you family, All we did you family. All we did you family



HOT ROD

Tai is ready for Saturday's final



Join us for an evening of opinions and stories with our panel of special guests. lickets just £5 and includes one free drink. 7.15pm start, doors open from 6pm. BUY TICKETS AT THESUN.CO.UK/EUROSEVENT

FOLLOWING IN HER FOOT-STEFS ... Iga Swiatek has drawn comparisons with Graf

LTOCKOVĬC

NJURED NOVAK IN SW19 SWEA1 CROCKED Novak Djokovic By ROB MAUL

faces a race to be fit for Wimbledon and the Olympics after pulling out of the French

after pulling out of the French Open with a knee injury. The Serb, 37, claims he "screwed up" his right knee because he was "slipping and sliding" on an unswept Court Philippe-Chatrier during his last-16 win over Francisco Cerundolo on Monday. MRI scans yesterday were not good and showed he has suffered a torn medial meniscus. As a result, the defending champion had to withdraw from today's quarter-final with Norwe-gian Casper Ruud, who progresses with a walkover. Djokovic (*right*) said: "I played with my heart and gave my all, and unfortunately, due to a medial meniscus tear in my right knee, my team and I

right knee, my team and I had to make a tough decision after careful consideration."

decision after careful consideration." He now has under four weeks to get ready for the first round of the champ-ionships in SW19, where he has been a seven-time winner.

winner. What is a more plausible scenario is that he skips the grass completely and focuses fully on the Olympics in Paris. The tennis at the Games will be held over

<text><text><text><text><text><text>

fourth-round clash, where he played through the pain barrier. Had it started on time – and that was in the hands of the event bigwigs – he may not have struggied so struggled so

much physically in the next round. His former coach Boris Becker, the three-time Wimbledon champion, told Eurosport: "It's a serious injury and it won't go away tomorrow.

"That leaves me a bit speechless

tomorrow. "That leaves me a bit speechless. You need your knees on grass, you really do slip all the time. "A torn medial meniscus is a serious injury and the question naturally arises as to whether surgery is necessary." There will be a new name on the French Open men's trophy on Sunday night and, whatever hap-pens, Jannik Sinner will become the new world Nol on Monday. Sinner, 22, was unaware of the drama happening with his rival in the locker room as it broke during the third set of his encounter with Grigor Dimitrov. He advanced to the last four with a 6-2 6-4 7-6 success over the Bulgarian in two hours and 29 minutes.

with a 0-2 or 1-to bactors of the the Bulgarian in two hours and 29 minutes. After being told he is the first Italian to reach the high point on the men's rankings, he replied: "It's every player's dream to become number one in the world. "Seeing Novak retiring, for everyone it's disappointing. So, I wish him a speedy recovery. "I try not to think about this. This is a tournament where I used to struggle a lot. Especially in the last two years. "I will enjoy being in the semi-finals and try to play my best."

18+ T&Cs and

Sport

BOURNEMOUTH have signed Kiwi keeper Alex Paulsen from Wellington Phoenix. The 21-year-old, set to play for New Zealand in the Paris Olympics, said: "I'm humbled, it means the world."

SHORT Six maul Masters

EXCLUSIVE By MATT HUGHES

ENGLAND'S Big Six are unhappy with Premier League chief Richard Masters opposing Fifa's expanded Club World Cup. Masters has backed the PFA's threat to strike in protest at adding games to a congested calendar. But the Premi's biggest

But the Prem's biggest clubs are desperate for a slice of up to £600million

slice of up to £600million prize money plus lucrative TV and sponsorship deals. Chelsea and Manchester City qualified for next year's inaugural 32-team tournament. But a senior source at one of the Big Six clubs said: "We all want to play in the Club World Cup and by publicly opposing it Richard is not represent-ing our interests.

"Only two teams have qualified for next year so talk of disrupting the league and player burnout is exaggerated."

Sport

EROL BULUT has penned a new two-year deal to extend his stay as Cardiff manager. The ex-Fenerbahce boss took the Bluebirds to 12th place in the Chammingstiz to 12th place in the Championship after his first season in charge.

SHORT

Villa loss limit plea

EXCLUSIVE By MARTIN LIPTON

PREM clubs have the chance to vote to loosen loss limits for next term by £30million this week.

Aston Vila are urging an increase in the "per-mitted losses" in Prem Profitability and Sustain-ality Rules from the current £105m to £135m over a three-year period. Everton and Nottingham Forest Forest were deducted points last term for PSR breaches, with promoted Leicester facing a similar

penalty next season. The proposal to up the limits after more than a units after more than a decade is to be tabled by Villa at the Prem AGM in Harrogate tomorrow but it is unclear how much sup-port it will receive. League chiefs also

League chiefs also want to agree the prin-ciple of the planned PSR replacement based on Uefa-style cost ratios". "squad

Sport

BURTON have named Mark Robinson as boss after Martin Paterson's exit. The 59-year-old leaves his role as Chelsea Under-21s chief to join the League One outfit. SHORT



MAURICIO POCHETTINO claims he

left Chelsea better equipped for a title challenge next season. The Argentine has broken his silence having parted company with the Blues last month after less than a year in charge

Charge. Pochettino will be back at Stamford Bridge on Sunday as boss of the Rest of the World XI in the Soccer Aid charity match.

the World XI in the Soccer Aid charity match. And he said: "We know there have been ups and downs but we always believed in this team and that we would arrive at a consistent level. "They deserve great credit in how they performed on the pitch. "I believe the experiences of this season, and the big improvement we saw, will only make the players stronger for the future. "To the owners, the sporting directors, we appreciate the opportunity to return to the Premier League at this great club and for the support you gave us, as well as from all the players, staff and fans. Thank you. "We understand how

By ANDREW DILLON

important this football club is and that is why we worked so hard to give you a Chelsea you can be proud of. "I am so pleased with the level the team reached and the way the players and staff have all worked so hard to increase their standards. They deserve great credit and I hope you felt that, too, in how they performed on the pitch." A run of five wins on the spin at the end of the season catapulted Chelsea into sixth place in the Premier League and back into Europe via the Conference League.

Sixth place in the Frence League and back into Europe via the Conference League. But Poch could not agree with the board over plans to reorganise the club's structure and left after talks with co-controlling owner Behdad Eghbali and sporting director Paul Winstanley. Yet he has no hard feelings about going back to the ground where he spont just one season trying to develop a raw squad of young players. Pochettino said: "I want to wish all of you the best for next season and beyond. "It is great that we have the chance to return to Stamford Bridge so soon with Soccer Aid this weekend and I hope that we get to see some of you there, too."



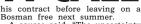
NZO'S **KEPA ARRIZABALAGA will seek** talks with new Chelsea boss Enzo Maresca as he faces up to an uncertain future.

to an uncertain future. The Spanish keeper's loan at Real Madrid is over after he slipped to third in the reckoning. Kepa, 29, has just one season left on the world record \$72.1million deal that took him to Chelsea in 2018. There may be a chance of staying in Madrid, with No2 stopper Andriy Lunin unhappy at having to make way for Thib-aut Courtois in last weekend's Champions League final. The arrival of new man Mare-sca at Stamford Bridge also

GOT K By ANDREW DILLON

means there may be a way back into the Premier League – but Kepa would only return if he gets guarantees of game time. That would require a heart-to-heart with the new head coach when the Italian returns from holiday this month.

when the Italian returns from holiday this month. Madrid would be happy to give Kepa another 12 months with a fresh loan deal or secure him on a free transfer. But that seems unlikely, with Chelsea looking to raise cash through the sale of players. His only other options are to find an alternative club or see out the remaining 12 months of



his contract before leaving on a Bosman free next summer. A source said: "The uncertainty over Chelsea's next manager has put everything on hold for a cou-ple of weeks. Kepa also wanted to make the most of winning LaLiga, the Spanish Supercup and the Champions League. "He will need to talk to Mare-sca and see what the future holds. He would be happy in Madrid or in London. If Lunin leaves Madrid, that could make it easier for everyone." Kepa (*left*) now has two Cham-pions League medals, having also been part of the triumphant Chelsea side of 2021 that beat Manchester City in Porto.



SEE YOU IN COURT . . . how we reported City's Prem legal threat back on February 10



From Back Page

From Back Page rock the league in the countdown to City's 115-charge case that could drag on until next year. Many of them relate to claims that City deliber-ately hid the real source of millions in "sponsor-ship" funding — allegedly from their Abu Dhabi owners. But the Etihad club deny the allegations. In documents lodged ahead of next week's hearing, which is set to last a fortnight, City will argue the rule changes introduced in February — which state deals must pass a "fair market value" test — were designed by Prem chiefs and rival clubs to "discriminate

Prem chiefs and rival clubs to "discriminate against Gulf owners". And City will demand damages from the Prem, led by Richard Masters, if they are successful. That is because the rules were first brought in one of direct scourage to

as a direct response to the Saudi-backed takeover of Newcastle in 2021.

of Newcastle in 2021. City's stance is that sponsors linked to club owners should have the right to determine how much they want to pay, irrespective of any inde-pendent valuation. In another part of City's 165-page document, they also argue the two-thirds majority rule — which has been in place since the establishment of the Prem three decades ago

establishment of the Prem three decades ago — represents the "tyranny of the majority". Victory on that aspect of the case would throw the ENTIRE Prem rulebook un inth the air

the ENTIRE Prem rulebook up into the air. It is understood at least half of the Prem's 20 clubs will support the League. What is less clear is whether a City win would impact on the ongoing 115 charges against them. City might use a posi-tive decision as a reason to downplay the signifi-cance of any breaches.



From Back Page the end of my career. You have to think about that. "If I play there for two years, I will be able to earn an incredible amount of money. Before that I had to play football for 15 years." City keeper Ederson is also open to a Saudi move. Midfield ace De Bruyne is preparing for Euro 2024 with Belgium after a season in which a serious

2024 with Belgium after a season in which a serious hamstring injury restricted him to only 26 matches. The father of three, who has scored 102 goals in 382 games for City, told Belgian TV station VTM: "For Michele, an exotic adventure is OK. "And my eldest is now

"And my eldest is now eight years old and knows nothing but England.

"He also asks how long I will play for City. Once the moment comes, we will have to deal with it."

ROBBO: I'M EXCITED NEW BOSS COMING



ANDY ROBERTSON believes the time has come to move

the time has come to move forward with Arne Slot. He feels Jurgen Klopp's successor at Liverpool can spark a new era of achievements now the German's long goodbye is finally over. Former Feyenoord boss Slot officially took over on Sunday and defender Robertson is now looking ahead, not back.

officially took over on Sunday and defender Robertson is now looking ahead, not back. The Scot said: "I'm excited about the new manager coming in. "I haven't spoken to him - I think he's leaving us to focus on the Euros. But it's a new challenge. "The old era was pretty special and I've got a lot to thankful for. "But I'm excited now by the new manager coming in - new ideas, new voice - and I'm really excited for what can come with that. "Tve got no doubts that we can keep the momen-tum going. From all the reports we've had, the man-ager is very good and I can't wait to see that up close." Taking over from such a success-ful and popular figure as Klopp will be a huge challenge for 45-year-old Dutchman Slot (above). However, Klopp led the Kop in a chant of Slot's name on the pitch after his last game in charge, a 2-0 victory over Wolves. Liverpool left-back Robbo, 30, now save the supporters have to

victory over Wolves. "Hopefully the: Liverpool left-back Robbo, 30, now says the supporters have to follow that show of support and get right behind the new manager. Preparing for Scotland's Euro

By KEN LAWRENCE

2024 bid as captain, he added: "For

2024 bid as captain, he added: "For minded. The last eight, nine years were pretty special the unknown but if has to be excit-ing. The squad's in a good place, we had a good season last season the unknown but if has to be excit-ing. The squad's in a good place, we had a good season last season get back in the Champions of the season we ended up with a trophy as well [the Carabao Cup]. You have to take that as a positive. "Klopp has left the club in a really good place, so now we have to carry it forward. "The manager will come in and he will recruit a me hell want to bring in some new faces. "We showed for large parts of last season that we could challenge for the league and that has to be the the manager has won trophies

"The manager has won trophies before and he'll want that feeling again. We've got to be at our best to try to achieve that." The Tartan Army hero added of Klopp: "When I'm old, I'll look back on fond memories and so many good times – and it wouldn't have been possible without him. "Hopefully there are still good times to come with club and coun-try. I'm very appreciative for what Klopp did for me, for my family, for the whole club – he made our dreams possible."



FUN IN SUN

Lucs like day trip was so Braziliant

LUCAS PAQUETA put his spot-fixing charges to one side with a day out at Universal Studios. a day out at Universal Studios. The West Ham midfielder visited the theme park in Rio de Janeiro with his Brazil team-mates ahead of the Copa America kicking off on June 20. He was joined by Wolves' Joao Gomes, Andreas Pereira of Fulham, Aston Villa ace Douglas Luiz, Arsenal's Gabriel Martinelli and Newcastle star Bruno Guimaraes (*rightl*). Bruno Guimaraes (right). Despite ban fears, Paqueta is free to play for Brazil and could feature in Saturday's

friendly with Mexico in Texas.





MBAPPE ... Euros bid

Mbappe's **Real sorry**

By JACK ROSSER

KYLIAN MBAPPE admitted his Real Madrid move has "overshadowed" France's "overshadowed" France's Euro 2024 preparations. But the World Cup win-ner, 25, is focused on correcting the "black spot" on his Les Bleus career in Germany, after missing the penalty which saw them crash out of Euro 2020 in the last 16. On injuing Real on a free On joining Real on a free from Paris Saint-Germain, Mbappe said: "I have responsibilities as France captain and this situation overshadowed the team." After refusing to sign a new PSG deal last sum-

mer, Mbappe was forced to train with the kids and spoken to "violently". But he added boss Luis

Enrique and sporting director Luis Campos "saved me" and "without them I'd never have set foot on the pitch again".

It's Mit of setback

By JAKE SANDERS

SERBIA geared up for their Euro 2024 opener against England by losing 2-1 in Austria.

2-1 in Austria. Patrick Wimmer and Christoph Baumgartner netted for the hosts inside 13 minutes before Stra-hinja Pavlovic pulled one

hinja Pavlovic pulled one back for the Eagles. The Three Lions face Aleksander Mitrovic and Co in Gelsenkirchen on June 16. SLOVENIA, who England meet in their final Group C match in Cologne on June 25, beat Armenia. Jan Mlakar and Josip Ilicic scored either side of Josip Ilicic's 56th-minute equaliser in Ljubljana. Bruno Fernandes scored twice with Diogo Jota and

twice with Diogo Jota and Ruben Dias also on target in PORTUGAL'S 4-2 win over Finland

Ben blow for Scots

BEN DOAK was last night ruled out of Euro 2024 as Scotland's injury curse struck again. Liverpool winger

Doak, 18, had been the wildcard pick in boss Steve Clarke's 28-man provisional pool for the finals in Germany.

But the gifted Anfield teenager is the SIXTH player to be ruled out of Scotland contention. Dykes, Lewis Ferguson, Aaron Hickey, Nathan Pat-terson and Jacob Brown are already missing. Bristol City striker Tommy Conway, 21, has been drafted in to replace Dykes and will now get the chance to book a place in Clarke's final 26-man squad.



France.....

England's automatic Euros spot hopes — as they ended France's epic unbeaten run at home. Russo nodded home after Georgia Stanway's opener to put the visitors in command.

By SANDRA BROBBEY

ALESSIA RUSSO helped reignite

in command. And despite their foes' fightback, the Lionesses left with a first away

England.....2

S1

win against Les Bleues for 51 years. It was also a first defeat at home in 20 competitive matches for the hosts – a run dating to the 2019 World Cup quarter-finals. Boss Sarina Wiegman was vindi-cated in her decision to stick with the line-up that lost 2-1 to France at St James' Park on Friday. And it means England stay level on points with second-placed Sweden.

Wiegman said: "We are in a better position now. The group's totally open. We worked so hard for victory." Sweden had clinched a 1-0 win in the Republic of Ireland, so England had it all to do in Saint-Eiteinne. After an early Ella Toone shot on her 50th England appearance failed to trouble France Keeper Pauline Peyraud-Magnin, the visitors grabbed the game by the scruff of the neck. Stanway fired them in front with a bullet from the edge of the box on 21 minutes after a nifty interchange involving Russo and Lauren Hemp. Russo then left the hosts stunned when she bagged No2 in the 34th

minute to cap a classy individual showing. And ahead of next month's qualifiers, the Arsenal forward said: "We know that our standards have

"We know that our standards have to be higher. "We let them slip a bit recently. We know the potential we have and we saw flashes of it tonight." France boss Herve Renard shuffled his deck in the second half – with Delphine Cascarino and Sandie Toletti replacing Amandine Henry and Sakina Karchaoui. And Kadidiatou Diani netted from the spot on 72 minutes after Leah Williamson caught Grace Geyoro.



HIGH SCHOOL ROOSICAI

Show tunes 'n JT foot rub

CHELSEA'S captain, leader, legend John Terry used to have his feet rubbed until te fell asleep. Wayne Rooney has claimed the Blues great and team-mate Frank Lampard took a Chelsea masseur to England duty in order to tuck them in a tnight. Rooney also revealed he used o sing along to the songs from Oliver Twist while getting a massage with the Three Lions. The former England skipper (below) said: "That's true. I used to love the 'Boy For Sale' bit. "I used to get a massage at early the last ones after me ware always JT and Lamps. "Bill, who was the chelsea masseus, was there and he'd massage them, then they'd op into bed and get their feet out under the bed, and he'd massage them until they fell asley. "Massage their feet

them until they fell asleep. "Massage their feet until they fell asleep then he tucked them in. I swear!"

then ne turves in. I swear!" However, Lampard and Terry were not the only ones said to have bizarre bedtime rituals during the old England camps. Rooney leaves a hotel hairdryer on to help him sheep – but that it once made him miss a Three Lions team meeting ahead of his international debut against Australia.

his international debut against Australia. Staff had to grab a spare key from reception and get into Rooney's room to wake him up, Speaking on Gary Neville's Stick to Football podcast, the Manchester United legend said: "I've done that a few times where I've fallen asleep. I like to

By JACK ROSSER

<text><text><text><text><text><text><text>

2024 ENGLAND SQUAD BAT



KIER WE GO . . . Trippier is all set for Euros

GARFT **RIP**

By DAN KING

KIERAN TRIPPIER has told England boss Gareth Southgate: I'm ready to

<text><text><text><text><text><text><text>



JARROD BOWEN jokes that going to the Euros would be a welcome break from the 'carnage" of life with a

"carnage" of life with a young family. But the West Ham star is deadly serious when he talks about how much it would mean to make the cut for Germany, after missing out on the 2022 World Cup in Qatar. Bowen, 27, has twin daughters with partner Dani Dyer, who also has a three-year-old soit from a previous relationship. The Hammers forward said: "The girls have just turned on and when you come away you miss them. "It's my first experience with

miss them. "It's my first experience with children. It's difficult not seeing them and my missus' little one as well. When I'm on FaceTime with

By **DAN KING**

my missus, they're all causing carnage – crawling around the house, and the little one running. "Sometimes I'm glad I'm here. Going to the Euros would be a bit more time off!" Bowen acknowledges that being a proud dad, son and brother is an extra motivation to strain every sinew to earn a place on the plane to Germany. He said: "To FaceTime them during down time, they recognise you and get excited. "It gives you that bit of a buzz because

t excited. It gives you that bit of a buzz because you know what you have got back home. I am a

family-orientated man, with my mum, dad, brothers, sisters and

"I had my dad and brother at the game against Bosnia, and Hereford to Newcastle is a long

the game against bosona, the Hereford to Newcastle is a long old way. "Family is the most important thing to me and, of course, it gives you that drive. "From where I've come from, to go to a major tournament would be the pinnacle." Bowen suffered World Cup agony 19 months ago. After his senior England debut earlier in 2022, some indifferent form at the wrong time saw him left out of the 26-man squad for Qatar. But Bowen had an outstanding 2023-24 campaign with 20 goals and providing ten assists in 44 Hammers appearances in all competitions. Although he faces

stiff competition in England's squad as a wideman, he is feel-ing more at home after starting the last two friendly matches. Asked how he would handle the pressure of knowing that Gareth Southgate must leave seven players out of the squad he submits to Uefa, Bowen said: "I take every challenge head on. "That's when I'm at my best, playing with no feat. "I've been in positions before with squads. Now I feel a bit more mature as a player, I've had a few more opportunities and gained confidence from it. "I want to come here and play my football, do what I know I can do and have been doing at club level, especially this season. "It's trying to play my game to the best of my ability and let everything take care of itself."



2024 COUNTDOWN JUST 9 ONEY ... last chance Ivan's bid

Bosnia and Herzegovina as Southgate wanted to give minutes to fit-again Harry Kane, who has struggled with a back injury. Southgate confirmed Toney will be involved against Iceland but added: "I have got to get Harry Kane right. "Sometimes the priori-Kane right. "Sometimes the priori-ties of what's required and what you would like to see, as well, means you can't achieve all of those objec-tives. Simple as that." Toney, 28, was out until January serving an eight-month betting ban and failed to score in his final eight games for Brentford. But the striker netted a penalty in Three Lions' 2-2 draw with Belgium in March and has trained well with Southgate's squad.

on Ice til

very end By CHARLIE WYETT

By CHARLIE WYETT IVAN TONEY will get a last-ditch chance to grab a Euro 2024 spot. England boss Gareth Southgate must deliver his final 26-man squad to Uefa before the 11pm deadline on Friday — just over an hour after the final whistle against Iceland at Wembley. Toney did not feature in

Toney did not feature in Monday's 3-0 win over Bosnia and Herzegovina as

2-2 draw with Belgium in March and has trained well with Southgate's squad. Kane, who scored the third goal against Bosnia, had not played since Bayern Munich's 2-1 Champions League loss at Real Madrid on May 8. The former Tottenham striker is set to start on Friday so Toney may have to come off the bench. Manchester City trio Phil Foden, Kyle Walker and John Stones plus United's Kobbie Mainoo will also return after being given extra days off following the FA Cup final. Mainoo and Foden joined the squad yesterday. Southgate must axe seven players from his provisional group. Eberechi Eze improved his chances with a decent display against Bosnia while Jack Grealish also impressed as a sub. Toney, keeper Dean Henderson, Joe Gomez, Jarrad Branthwaite, Jarell Ouansah, Curtis Jones and

Henderson, Joe Gomez, Jarrad Branthwaite, Jarell Quansah, Curtis Jones and James Maddison are those

in danger of being axed.

Bowen up for break _from his family! SEE PAGE 49



DAYS UNTIL BIG KICK-

ADAM GRABS 3 LIONS CHANCE AND NOW HAS SHOT TO START

WHARTON had not even ADAM

ADAM WHARTON had not even played for England Under-21s until March, let alone the senior team. International football, particularly ahead of a major tournament, is all about grabing your chance when it comes - when it is a few weeks' time he - when when it is a few weeks' time he a household name. Outstanding in 15 Premier League starts or Palace following his \$18million move, Wharton could now be part of Gareth Surgate's 26-man Euro 2024 squad. The service is fit, boss Southgate knows in Gelsenkirchen in 11 days. They are also in the opener against service in central midfield. If when the provisional 33-man and the serve of the serve

on Monday. Since Opta stats began in 2008, Wharton became the only midfielder to attempt 30-plus passes on his England debut on his England debut and complete every single one – 36 out of 36.

Games

Assists

Duels won

Tackles

one – 36 out of 36. Wharton's rise has been meteoric. In March, he was selected for the Elite League squad, formerly

By CHARLIE WYETT

known as the Under-20s. He played 55 minutes in a 5-1 win over Poland. A few days later, he was parachuted into the U2Is' squad and came on as a 68th-minute sub in a 7-0 thrashing of Luxembourg in Bolton. By then, Wharton had already hit the was handed a brutal lesson on his debut in a 4-1 hammering at Brighton. Wharton told SunSport in May: "It wasn't the best start. I got caught on the ball and then they went on to score from that. It was a wake-up call. "It helped me as much as it was a bad moment at the time. Without that, I wouldn't have learned that lesson." Wharton has not looked back wharton has not looked back when the plunge - but now Bayern Munich are hovering.

have have recognised his quality. There's a lot still ahead of him. "Players like Toni

"The other players we recognised his uality. There's a lot

and Luka Modric have been Kroos

Kroos and Luka Modric have been around for a decade and know how to control the rhythm of a game. "That's a step beyond where we're at with Wharton and Mainoo. They're really tender in their development. "They're doing really well and we're excited about working with them. "But we've got to be realistic about what that's going to look like in terms of controlling the tempo at the highest possible level — which is also a step none of them have seen." So, Southgate will maybe call on Alexander-Arnold, who started against Bosnia in central midfield but switched to right-back before scoring a cracker for 2-0. Despite being aged 25, the Liverpool man has only won 24 England caps. The Three Lions chief said: "It is a role he is discovering. He is hungry to learn and has been since I talked to him about playing there a year or so ago. "We will have different challenges in this tournament and we are going to have to have different knays of solving problems that teams pose us. "The Thate ad difficult international career because of the strength in depth in that area. "We havent always been able to give

"We haven't always been able to give him the amount of football that his talent deserves.

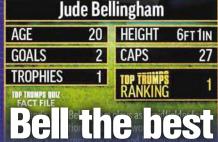
him the amount of football that his talent deserves. "But we always tried to find a way to do that – and I think he knows that and appreciates that." Southgate was then asked whether Alexander-Arnold would be comfortable in that central role at a tournament. He replied: "That is the unknown. Obviously with Gallagher, with Mainoo, even with Whatton, you know exactly what they can and what they can't do. "None of these players can do every-thing so you are trying to work out what is the right balance. "Obviously, Declan is going to be in there so what is the balance with him? It could be different for different games. "I think we will play against a back five at certain times and we have got sort options.

"Both in terms of what we start with but also how we can adapt the team during matches."

SINCE records began in August 2008, Adam Wharton is the only midfielder to attempt 30 or more passes on his England debut and complete EVERY one. In his 28 minutes on the pitch against Bosnia and Herzegovina, he completed 36 passes — Trent Alexander-Arnold posted the most for the Three Lions on Monday (90 in the full 90 minutes).

Wharton is the 20th player representing Crystal Palace to line up for England.





JUDE BELLINGHAM has trumped Real Madrid team-mates Vinicius Jr and Kylian Mbappe to be crowned the best player in the world. Iconic card game Top Trumps have ranked the England star No1 in their World Football Stars Top 200 series — beating the likes of Erling Haaland and Lionel Messi.

he's jad min was back in action for Ange Postecoglou four days after featuring for South Korea in the Asian Cup in Qatar – where he played six games over barely three weeks. Burgess added: "The travel demands on South American and Asian players with European clubs is unsustainable. From Back Page

From Back Page to the amount of football he has under his belt. Even before turning 21 on June 29, Bellingham has clocked up 18,571 first-team minutes. Yet David Beckham played 3,929 at the same age, Steven Gerrard 7,034, Michael Owen 11,719 and Wayne Rooney – who made his Prem debut at just 16 – 15,481. Darren Burgess, formerly Arsenal's head of elite performance, unveiled the stats at a FifPro summit in London. And he warned: "Young players' careers are at

And he warned: "Young players' careers are at risk because of the amount of football they are expected to play. "If you look at those Bellingham numbers, the strain on him is absolutely obscene." Tottenham's Argentinian defender Cristian Romero travelled 81,000 air miles this season – more than three times around the world – and that was without Spurs in Europe. Skipper Son Heung-

travel demands on South American and Asian players with European clubs is unsustainable. "Stats show us that even at the biggest clubs, an average of eight players will play 50 per cent of a club's entire minutes, with the other 22 in the squad playing the remaining 50 per cent. "Coaches put their best players on the pitch, even if they are in danger. "More than half of all players say they have been forced to play when injured – and 82 per cent of coaches admitted they selected players they knew needed a rest. "It adds up to both a physical **AND** mental risk if we continue like this. "Players are just not recovering properly from games or seasons."

Phil 'n Jude set to mix things up

GARETH SOUTHGATE aims to swap the positions of Phil Foden and Jude Phil Foden and Jude Bellingham at Euro 2024. And the England boss reckons fans worry too

much about formations. Foden is set to start on Foden is set to start on the left flank, with Bellingham as a No10 — but they will interchange during matches.

during matches. Southgate said: "It's about where they start and where you want them to end up. That's the key. "In the way Jude was defending on the left for

By CHARLIE WYETT Real Madrid, he wasn't stuck out on the left. And I think that's how the modern game is. Every-body with the ball is in a

body with the ball is in a completely different area. "You write a formation down but you're never in it really. So it just helps for the teamsheet. "Jude's playing the season very high up the pitch for Madrid. Defen-sively a bit of a mix. He's defended as a 10 or as a left winger at times."



9

since. Liverpool and Newcastle were interested when the Eagles took the plunge – but now Bayern Munich are hovering. Asked about Wharton's impact in his first senior call-up, a smiling Southgate said: "There is no question he has impressed us. I'm really pleased. "He showed in the cameo what we've seen in training in the last week and what we've seen with his club. "He is a very calm boy. He seems to have taken eard when you talk to him, he is unflappable – as he was on the pitch. "That ability to picture early and play it forward, that isn't something you should underestimate. "The other players have recognised his

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30

By MARTIN LIPTON JUDE BELLINGHAM risks being burned

JUDE BELLINGHAM risks being burned out by his "obscene" playing schedule. The Real Madrid ace has been given a week off by England boss Gareth Southgate before the Euros after lifting the Champions League on Saturday. Bellingham, 20, racked up 47 games in his debut Bernabeu season — and could play another seven if the Three Lions reach the final in Germany. International players' union FifPro are urging caution over the midfielder due *Turn to Page 51*

FINAL LOP

rmiral

FLY RETTER

DRAMA e

KEVIN DE BRUYNE could quit Manchester City this summer because of the

summer because of the "incredible money" on offer in Saudi Arabia. The Belgian playmaker, 32, has one year left on his contract at the Etihad, where he has won 16 major trophies – including six Premier League titles and the Champions League. But

By NEIL CUSTIS

City's £375,000-a-week star admitted a mega-move to the Middle East is appeal-ing and has discussed it with wife Michele. De Bruyne said: "At my age you have to be open to everything. You're talking about incredible amounts of money in what may be of money in what may be Turn to Page 46

v Prem war

By MARTIN LIPTON MANCHESTER CITY'S bitter war with the Prem ramped up after they accused them of discrimination against Gulf owners.

Guilt owners. City's lawyers will lock horns with the Prem in a court case starting on Monday over new finan-cial rules that limit UAE commercial deals. In an unprecedented challenge, Sheikh Man-sour's four-in-a-row

challenge, Sheikh Man-sour's four-in-a-row champs claim the "unlaw-ful" related party rules – affecting companies linked to a club's owners – should be torn up. This stunning move will *Turn to Page 46*

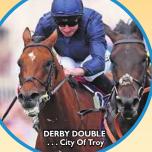
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Troy's Derby dream

CITY OF TROY looks likely to head to the Irish Derby on June 30. Aidan O'Brien's star bounced back to his very best when running away with the Derby on Saturday, a month after his 2,000 Guineas flop. It was unclear after Epsom where he was going to run next, and the horse was cut into 3-1 favourite for the Coral-Eclipse by the bookies. But the Irish Derby is believed to be the preferred option of O'Brien and the Coolmore 'Lads', and the

By JACK KEENE

colt is odds-on for the big'un at the Curragh. O'Brien said: "He has all the options. "Ryan and I will talk with the lads and they will make the decision." The colt will then be trained towards the Grade 1 Travers Stakes at Saratoga in New York in August, with the race a likely springboard to set up a crack at the Breeders' Cup Classic at Del Mar.



Sun's winning of

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By CALLUM JAMIESON

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CHARLIE FELLOWES has his Eye set on a breakthrough Royal Ascot Group 1 win.

The Newmarket trainer plans to drop **The Wizard Of Eye** back to six furlongs for the first time in three years for a tilt at the Queen Elizabeth Jubilee Stakes

<text><text><text><text><text>

By GRAHAM CLARK

it would be great to finally do it at Ascot. 'You have to run the horse in

"You have to run the horse in the race you think is right for them and I strongly believe this is the right race for him." Giving the dad-of-two even more cause for enthusiasm to roll the dice at the top table with The Wizard Of Eye is the

anlams

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with The Wizard Of Eye is the lack of a standout speedster. He added: "I think the three-year-old sprinters are good but there is no six-furion superstar out there. T just think if you were going one with him then this is the race. "Ascot suits him really

him really well and he is not slow. It's worth It's worth a shot."

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... easy Victoria Cup win for The Wizard Of Eye

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Charlie's Wizard can cast Royal Ascot spell

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2.27 BECOME A NOTTINGHAM MEMBER 'HANDS & HEELS'
APPRENTICE HCAP (6); £3,402; 1m. (10 runners)
1 (7) 3-53588 CONCERT BOY 14 (B*) K Scott 4-9-11 Rhys Elliott (5) 94
 54-2764 TWILIGHT GUEST 14 (P) G Margarson 4-9-10 Katrine Holm (7) 96
3 (9) 3-05900 SPARKLE IN HIS EYE 72 (D) M Hammond 8-9-9 Alex Fielding 87
4 (4) 023870- RED EVELYN 277 (D) J Butler 6-9-8 Dominique Van Der Kraats (5) 89
5 (1) 4/806-9 KEEPER'S CHOICE 137 (D) A Wintle 10-9-7 Taryn Langley (5) 82
6 (3) /7650-6 NEW TYCOON 33 (B*) L Bailey 4-9-7Tom Kiely-Marshall 83
7 (10) 97969-0 TRUE NATION 153 (P) R Fahey 4-9-4 Ethan Tindall (7) 93
8 (6) 8732653 FANZONE 33 (B) L Bailey 7-9-0Kyle McHugh (5) 96
9 (8) 0468-45 CHANNEL PACKET 127 (P;C,D) M Appleby 10-9-0 Jack Enright (3) 099
10 (5) 650-467 PROFITAR RULES 98 R Teal 4-9-0 Courtney Thomas (7) 84
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WHERE FAVOURITES FINISHED: 8 1 5

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4		STAKES (5); 2-y-o; winner £3,725; 5f. (11 runners	s)				
1	(1)	BERMUDA PRINCESS W Haggas 9-2 Cieren Fallon	_				
2	(7)	5 CLOUD STREET 18 A Watson 9-2 Laura Coughlan (3)	99				
3	(4)	COEUR JAUNE D O'Meara 9-2 Daniel Tudhope	_				
4	(6)	FACOULTY K De Foy 9-2 David Probert	-				
5	(5)	LEOVANNI K Burke 9-2 James Doyle	_				
6	(3)	LOVE ROCK Mohammed 9-2Rob Hornby	_				
7	(9)	PATHETIC FALLACY J Butler 9-2Ray Dawson	_				
8	(11)	SHOSTAKOVA C Cox 9-2Richard Kingscote					
9	(10)	7 SMALLBROOK LANE 23 C Cox 9-2William Cox 9	96				
10	(2)	SUNSHINE SOUL G Boughey 9-2 Billy Loughnane	-				
	(8)	TAALA C Hills 9-2Saffie Osborne					
BE	TTING	11-4 Bermuda Princess, 4 Taala, Leovanni, 6 Shostakova, 7 Cloud Street	et				

WHERE FAVOURITES FINISHED: 2-6 6 1-2 8 2023: Beautiful Diamond 9-2 Clifford Lee 10-3 (K R Burke) drawn 6, 10 ra DON'T MISS FIVER FRIDAY RACEDAY JULY 3.27

19 HCAP (4); £5,496; 6f (13 runners) **7**Q1

1 41-743 SERGEANT PEP 30 (D) (3) C Cox 4-9-9...Oliver Timms (7) 98 Runs: 16 Wins: 3 (2S,A) Places: 2 £23,640 Consistent, on a good mark and good 7lb claimer booked, shortlisted 2

2 2/78-6 CELSIUS 25 (12) T Clover 8-9-9. Jack Mitchell 94 Runs: 29 Wins: 7 (SAF2G) Places: 4 £73,691 Continued struggles on return, may build on that, remains risky option Run £73691

43669- HAVANA PUSEY 271 (CD) 1) Gallagher 4-9-9.... Darragh Keenan 7 Wins: 1 (F) Places: 2 £ 83 (1 1<u>)</u> 96 Runs: £10.247 Finishes fast, race should be set up to suit her, still unexposed, player

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5 2-6964 ABOVE 18 (P,T;D) (5) R Cowell 7-9-6 Billy Loughnane 97 Runs: 39 Wins: 5(3A,GS,G) Places: 9 £99,869 3lb below last winning mark, hinted at return to best of late, dangerous 31. 100

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 Alistair Rawlinson
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 Wins: 4 (F.3A)
 Places: 1
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 Back to form from nowhere at Donny, only 4lb higher, obvious appeal
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(10) R Fahey 4-9-4...... Connor Murtagh 93 Runs: 16 Wins: 3 (2A,G) Places: 2 £27,379 Mainly consistent, fallen to a dangerous mark on best, one to consider

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 (2)
 D & C Kubler 6-9-4.
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 Lightly raced, always likely to need return from absence, market guide
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9 900-49 AS IF BY CHANCE 33 (CD) (13) N Tinkler 6-9-4....Faye McManoman 90 Runs: 37 Wins: 5 (2F,652G) Places: 9 £39,651 Good runs on AW of late and he's better on the turf, out-run lofty odds 09

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 FANTASY MASTER 25 (P;CD)

 (4)
 D Holland 6-9-3
 Ray Dawson 97

 Runs: 31
 Wins: 4 (S,F,2G)
 Places: 7
 £69,600

 Course specialist, return to form at Ascot last time, very interesting
 5
 5

 With State
 ALADY DREAMER 23 (T,V;D)
 (8)
 T Ward 4-9.2.
 David Probert
 95

 Runs: 15
 Wins: 2 (F,A)
 Places: 7
 E22160

 Slow start cost her last time, yard in great order, can run into placings
 11

21410- GLENDOWN 208 (P;D) 012 £25,839

 013
 135709
 BEELZEBUB 11 (H,P,T;D)

 (7)
 A Haynes 4-8-11
 Kieran O'Neill

 Runs:17
 Wins: 3 (3A)
 Places:1
 E18,5

 Perhaps flattered by York run, more headgear now tried, down list
 State
 State

BETTING: 7-2 Tyke, 11-2 Sergeant Pep, 6 Above, 8 Lady Dreamer, 10 Celsius, Rock Opera, Fantasy Master, 12 Abbey Heights, Glendown WHERE FAVOURITES FINISHED and 2023: No corresponding race.

Sunracing FORM

SERGEANT PEP (9-6) 5-1 led, pushed and kept on one pace final furings. 3rd of 9 (bit 39/4) to Triace (8-11) (Windsor 6f hcap (4) 55,286 good). CELSUS (9-6) 2-1 rear, os how, 6th of 8 (bit 6) to Haymaker (9-6) (Noting-hams finace) (425,526 good). How find (10th 99/4) to Zouzanna (9-6) (Ascot 6f hcap (4) 25,216 good). ABOVE (9-5) 5-1 wide off the pace in close up, ridden 27 out, 7th (bith 87/4) (26 ran) (bith 30/10 to Zouzanna (9-6) (Ascot 6f hcap (4) 25,726 good). ABOVE (9-5) 5-1 wide off the pace in close up, ridden 27 out, 7th (bith 87/4) (26 ran) (bith 30/14) to Zouzanna (9-6) (Ascot 6f hcap (4) 25,726 good). ABOVE (9-5) 5-1 wide off the pace in close up, ridden 27 out, 7th (bith 6f /4) (bith 37/4) to Akkadian Thunder (9-7) (Newcasite 7 thcap (4) 52,727 AW). (Ascot 6f hcap (4) 25,718 good). (Both 7/4) to Atkadian Thunder (9-7) (10th 7/4) to Katey Kontent (9-4) (Windsor 7/4) to Katey

hcap (4) E5.286 good). FANTASY MASTER (9-4) 20-1 tracked leaders, ridden If out, kept on, 6th of 26 (bin 2/4) to Northolff (3-6). Behind, never a factor, 18th (bin 8//4) ABBEY HEIGHTS (9-6) 12-1 in touch, ridden 2f out, 17th (bin 8//4) (26 ran) (Ascot 6f hcap (4) E10.808 good). AS IF BY CHANCE (3-9) 25-1 keen close up, ridden 2f out, 9th of 10 (bin 5//4) to Akkadian Thunder (9-7) (Newcaster 7h cap (4) E4.972 AW). LADY DREAMER (8-7) 14-1 slow away, high a state 1/h cap (4) E4.972 AW). LADY DREAMER (8-7) 14-1 slow away, riv,110 katek kontent (4-4) (Windsor 6f hcap (3) E9.398 good to firm). GLENDOW (10-9) 14-1 tracked winner, ridden 2f out, wakened, last of 10 (bin 9/4) to Dickleburd (10-9) (New-caste 6f amat hcap (4) 24.888 AW). BEELZEBUS (9-2) 80-11 near, pushed along 2f out, ran on, never a danger, shn d/21 (bin 5//4) to Tinter (9-7) (Yok 6f hcap (4) E10.488 good to sot). EACH-WAY THIEF

RHYHMIC INTENT (3.57 Nottm) was back to form at Ascot last time. Have an ew double with CHARGING THUNDER (8.15 Kempton) who was a good third at Newcastle last time out.

TEMPLEGATE Fanzone 2 57 ...Taala

...Lady Dreamer ...Graham Phoenix Passion (nb) 4.27

4.27 4.57.SNAPCRACKLEPOP (nap TEMPLEGATE'S TRIO: Saint Bibiana (Newton Abbot) and Phoenix Passion (double, Nottingham) with Cracksking (Kempton). TOM PEPPER'S DOUBLE: Snapcracklepop (Nottingham) and Swift

2.27..... 2.57.....

3 97

SUNRATINGS' NAP: GRAHAM (3.57 Nottingham).

IRIUS, Sun On Sunday, nap: STORM STAR (6.40 Kempton)

NOTTINGHAM RACECOURSE HOSPITALITY HANDICAP (4); £5,496; 1m 6f (8 runners) 3.57

M1

(4) J Osborne 6-9-11 Saffie Osborne Runs: 14 Wins: 2 (S,F) Places: 3 £23,7 Makes life tricky by slow starts, well treated if getting it right, places 241-03 GRAHAM 25 2

(2) R Hannon 4-9-9.....James Doyle 99 Runs: 13 Wins: 2 (F,G) Places: 3 £20,04 Hitting the line well over 1m4f of late, new trip to unlock more, player ...James Doyle •99 aces: 3 £20,045 Run 3

(a) 68305 RHYTHMIC INTENT 25
 (b) S Williams 8-99... Richard Kingscote 96
 Runs: 42 Wins: 4 (2S,GS,G) Places: 12 C128,244
 Losing run goes back to Sep 21, running with promise lately, chance

55445- SINGLE 291 (D) 05 (5) J Channon 7-9-7David Probert 90 Runs: 46 Wins: 3 (2F,GS) Places: 16 £83,565 Has gone well fresh and on a good mark but rarely wins, might place 90 683 560 6 133-48 ZIMMERMAN 11 (D)

(3) T Easterby 5-9-7....... Sean Kirrane 85 Runs: 27 Wins: 4 (2S,2GS) Places: 5 £53,292 Out of form in two runs this year, drop in trip probably not ideal, avoid

7 363-77 DREAMS ADOZEN 11 (V;BF,D) (7) C Johnston 4-9-4.... Billy Loughnane 94 Runs: 19 Wins: 3 (F2S) Places: 7 £47/20 No match for Animato last time but it was an improved run, in the mix

(6) D C/Meara 5-93 Daniel Tudhope 97 Runs: 32 Wins: 5(2F2GS,G) Places: 7 £63,082 Fast finisher has thrived in recent starts, still well weighted, one to note

BETTING: 7-2 Animato, 4 Graham, 11-2 Rhythmic Intent, 13-2 Dreams Adozen, 7 Wahraan, 15-2 Single, 8 Roost, Zimmerman WHERE FAVOURITES FINISHED: 1-2

2023: Bashful Boy 7-9-7, R Hornby 3-1 JtFav (D Pipe), dr 2, 8 ran. Sunracing FORM

WAHRAAN (9-6) 5-1 reluctant to leave stalls and lost 15 lengths, recovered to rear halfway, ridden 27 out, 11th of 20 (btn 12) to Dancing In Paris (8-13) (York 1)-m hcap (4) £12,885 good). (York 1)-m hcap (4) £12,885 good). (York 1)-m hcap (4) £12,885 good). (Wath Raw (9-10) 5-1 (9-10) 4-10 (9-10) (

A

SHERWOODS RESTAURANT HANDICAP (5) **4.27** SHERWOOD'S RESTAURANT Influence () 3-Y-O; winner £4,187; 1m (14 runners)

4 36-35 SHOW BIZ KID 33 (1) R Hannon 9-10...Alec Voikhansky (3) 95 Rus: 5 Places: 54,781 Ban well on hcap debut, didn't stay 1m2f since, can bounce back here

S 210-0 FRANCESCO BARACCA 18 (D)
 (8) E J-Houghton 9-7 Charles Bishop 91
 Runs: 4 Wins: 1 (GS) Places: 1
 Ranvery poorly on handicap debut over further, something to prove

405 SEAMORE 26 R Hannon 9-7..... Sam Hitchcott 06 (13) R Hannon 9-7...... Sam Hitchcott 8 Runs: 3 £46 Promise on debut but well beaten in two runs since, others stronger

7 7 14-311 PHOENIX PASSION 33 (D) (11) EWalker 9-6. Saffie Osborne O99 Runs: 8 (Wins: 3 (SGS, G) Places: 1 £15,23 On a roll, scrambled in at Goodwood off 2lb lower, leading contender

88

 8
 136-0
 RIBBLE RADIANT 21 (T*)

 (7)
 T Easterby 9-6
 Sean Kirrane
 8

 Runs: 4
 Wins: 1 (F)
 Ef64
 Beaten 42 lengths in a pair of handicap runs, would be a big shock
 Run £16 476 **6**9 268 RISEN AGAIN 25

J Ferguson 9-5.....ne Places: 1 (3) .. non-runner 93 es: 1 £2,702 Runs: 3 Places: 1 Level Should improve for the step up in distance on hcap debut, doesn't go

 IO
 36421 ROMAN SECRET 201
 (9)
 Relatey 9-4.
 Ethan Tindall (7)

 Runs: 6
 Wins: 1 (A)
 Places: 2
 £10,2

 Off the mark gamely latest, 4lb lower with rider's claim, in the hunt
 Figure 3
 Figure 3
 10

GOING: GOOD (GOOD TO FIRM IN PLACES)

ROMAN SECRET (9-b) 2-b-1 hanoy, ridden to lead final furlong, all out, bt Dunstan (9-t1) nk (11 ran) (Whampton Im 1f hcag (5) 52,373 AW).
BAYNOONA (8-9) 11-1 headway If out, stayed on close home, 3rd of 8 (btn 1%/a) to Miss Bielsa (8-9) (Whampton Im If mdt (5) (51 ad2 AW).

 11
 57-3 BAYNOONA 131

 (2)
 H Charlton 9-4
 James Doyle
 97

 Runs: 3
 Places: 1
 £1/201

 Steady improvement in novices, new yard for hcap debut, interesting
 51
 51
 ..James Doyle 97 12 5-3652 GREAT CHIEFTAIN 15 (B) (5) P & O Cole 9-4....David Probert 99 Runs 5 Places: 2 £4,6% Has looked rather slow in hcaps so far, needs a bit more, stay on late 95 54 614

85-45 MUTTASIL 33 H Eustace 9-2.....Daniel Tudhope 13 (14) 93

Runs: 4 Well held by Phoenix Passion on hcap debut, bred to do better, e-w £770 14

 14
 68246
 JOLTY JEM 23
 Cieren Fallon
 78

 Runs: 5
 Places: 1
 £4,670

 Never involved after a gelding operation last time, rank outsider for this

BETTING: 4 Phoenix Passion, 7 Baynoona, 8 Roman Secret, Great Chieftain, 10 Seamore, Muttasil, Drink Dry, 12 Show Biz Kid, 14 Jolty Jem. 16 Double Jump

WHERE FAVOURITES FINISHED and 2023: No corresponding race.

Sunracing FORM headed 5f out, led again 3f out, pressed 2f out, stayed on gamely, bt Hello Cotai (9-1) nk MUTTASIL (9-9) 9-4 tracked leaders, ridden 2f out, faded, 5th (btn 6i) (7 ran) (Goodwood

DOUBLE JUMP (9-2) 25-1 raced in 3rd in centre, ridden 1f out, no extra, 8th of 11 (btn 8) to The lce Phoenix (9-4) (Ascot 1m hcap (4) £8,191 good). SHOW BIZ KID (9-10) 13-2 tracked leader until halfway, pushed along 3f out, ridden 2f out, 5th of 6 (btn 11) to Lavender Hill Mob (9-10) (Goodwood 1m hcap (5) £5,574 heavy). **RIBBLE RADIANT** (8-4) 100-1 rear, last of 15 (well btp) to Diligent Besdey HDBLE PADIANI (0-7) 100-1 (ea), last of 15 (well btn) to Diligent Residev (8-4) (York 71 hcao (3) £2,885 good). RISEN AGAIN (9-4) 661-1 rear, pushed along and headway if out, kept on, sth of 14 (bin 5/₂) it Socialite (9-4) (Leicester 71 mdri (4) £5,234 good). ROMAN SECRET (9-6) 25-1 handy, ridden to lead final furlong, all out, bt Dunstan (9-11) hk (11 ran) (Whamgton Whangton) (Whamgton)

1¹/₄m hcap (5) £5,574 heavy). MARMADUKE LEMON (9-1) 10-3 keen, wide, close up, ridden 2f out 6th of 12 (btn 7¹/4) to Arcturian (9-8 (Whampton 7f nov auc (4) £6,156 AW) DRINK DRY (9-4) evens fav close up out, kept on but no thre

3rd of 8 (btn 4¹/4) to Post Rider (8-11) (Brighton 1m nov (5) £4,320 good). FRANCESCO BARACCA (9-7) 11-1 led

PRINCESCO BARACCA (9:7/ In1 led 81 out, pushed along and headed 31 out, ridden 21 out, hung right and taded 11 out, futh of 22 (bin 61/4) to Warket 1/pr heavy (4) E10,398 (bod). SEAMORE (813) 181-handy pushed along when outpaced 21 out, kept on one pace, 5th of 11 (bht 14) to Midnight Gun (9-7) (Nottingham Im nur.(5) 2378 nond to soft).

Herrich M. S. (1998) and (1999) and (1999)

CONFERENCES AT NOTTINGHAM HCAP (5)

4.57 value to winner £4,187; 1m 2f (9 runners)

80-266 TARAVARA 36 (4) S Pearce 6-9.9.....David Probert 95 ns: 26 Wins: 1(A) Places: 6 £22,974 decent form, should benefit from a return to 1m2f, not discounted Ru In dece

867716 PARTY ISLAND 25 (D) (3) D Coakley 7-9-9...... George Bass (3) 93 Runs: 38 Wins: 8 (S,7A) Places: 8 £41,552 Much better on the AW, ran flat last time at Lingfield, plenty of risks

3 3/362- FAR HORIZON 369 (2) C Longsdon 69-9... Aidan Keeley (3) 97 Runs: 7 Wins: 1(A) Places: 4 29,325 Absent since some fair runs last summer, may need this, market guide

4 439-95 TIME TELLS ALL 12 (5) D Carroll 4-9-8....Daniel Tudhope 82 FXR:9 Places: 3 C5.812 Couldn't get involved in a maiden handicap last time, no real appeal

(a) K Ryan 49-7. Shane Gray 91 (b) K Ryan 49-7. Shane Gray 91 Needs blinkers to help after two lesser runs this year, watch market

6 64755- LUCKY'S DREAM 198 (T;CD) (9) B Brookhouse 9-9-6....Jack Gilligan Runs: 43 Wins: 9 (F7AG) Places: 7 In good form without looking well handicapped, on the premise 6 Gilligan 94 £70,903 Bun

898-42 SNAPCRACKLEPOP 21 (BF,C) 707 (6) Muir/Grassick 5-9-5 . Billy Loughnane ●99 Runs: 23 Wins: 2 (GS,G) Places: 6 £23,072 Built on return with good run at Bath, well treated off this mark, player

8 76757- PLEDGE OF HONOUR 176 (CD)

(7) D Ivory 8-9-5.....Liam Keniry 85 Runs: 35 Wins: 5 (3F,2G) Places: 7 £66,684 Stout stayer, this trip probably not ideal on reappearance, down list 9

9 544131 SNOOZE LANE 62 (B) (1) S Hollinshead 5-9-4 Richard Kingscote 96 Runs: 22 Wins: 4 (A) Places: 5 ±25686 Back to winning ways at Wolves, unexposed on the turf, not ruled out

BETTING: 3 Party Island, 4 Snooze Lane, 9-2 Snapcracklepop, 15-2 Far Horizon, 8 Taravara, Leap Year Lad, 12 Lucky's Dream WHERE FAVOURITES FINISHED and 2023: No corresponding race.

Sunracing FORM

out, every chance, no extra, 6th of 7 (btn 12!) to Oman (8-7) (Chester 1/3m hcap (4) 510.192 good to firm) LUCKY'S DREAM (9-10) 66-1 every chance 2f out, one pace, 5th of 14 (btn 2/3!) to Duke Of Oxford (9-3) (Kempton 2m hcap (3) 527,731 AW). TARAVARA (9-1) 28-1 close up, ridden to chase leader 1f out, 6th of 13 (btn 5//sl) to Great Blasket (9-4) (Yarmouth 1m hcap (4) £5,653 good). PARTY ISLAND (8-8) 9-1 held up i PARTY ISLAND (8-8) 9-1 held up in rear, headway when not clear run from 21 out until close home, never in clear, stayed on, unicody, 6th of 7 there is the stayed on the stayed on the tym head (4) £11315 good).
FAR HORIZON (8-12) 41 keen, chased winner, ridden 21 out, kept on, btn 31 by Age Of Sail (9-7) (6 ran) (Chepstow 17/m head (5) £3473 good to firm).
TIME TELLS ALL (10-2) 20-1 slowly 2 away, plutged on, held, San effort 17/m mhead (5) £3465 good).
LEAP YEAR LAD (8-13) 9-1 went 2nd 71 (btn 2½)) to Duke Óf Oxford (9-3) (Kempton 2m hcap (3) 57,731 AW).
SNAPCRACKLEPOP (9-7) 7-2 fax handy, ridden 2f out, kept on , btn 1½ by Golden Phase (8-12) (13 ran) (Bath 1½m hcap (6) £2383 good).
PLEDGE OF HONOUR (9-5) 22-1 held, PLEDGE OF HONOUR (9-5) 22-1 heid, 7th of 9 (btn 11) to Heathen (9-13) (Southwell 1/am hcap (5) 23,873 AW). SNOOZE LANE (9-5) 4-1 if fav heid up, good headway 1f out, strong run final furlong, led final 100 yards, ran on, bt Graffiti (9-2) 1/3 (9 ran) (Whampton tm 1f hcap (6) £2,983 AW).

PROBETS PRINCE (9.00 Ripon) was speedy when winning here last time out. MANHATTAN

GAMBLED ON: FLOWER OF DUBAI (8.15 Kempton) was well backed before finish-ing third at Chelmsford. MIRAGE (6.55 Ripon) ran well at Newmarket latest. SUPER SPEED: HAVANA

TIC-TAC: L-H oval track of 1m 4f, straigh 6f course, flat with easy turns. DRAW: High best in sprints. FAVOURITES: (2019-2024): 235 have won out of 714 races (33%). LIVE ON RACING TV

HOT 'N NOT

TRAINERS with best record in last **14 days:** E Walker 8 winnes from 25 runners; G Boughey 8 from 32; K R Burke 11 from 51; D O'Meara 11 from 57;

Burke 11 from 51; D O'Meara 11 from 57; A Watson 8 from 46; W Haggas 5 from 35; R Beckett 6 from 47; R Hannon 5 from 44; T Easterby 9 from 87. JOCKEYS with best record in last 14 days: S Osborne 10 wins from 47 rides; D Probet 4 from 19; D Tudhope 8 from 41; James Doyle 6 from 36; R Kingscote 3 from 21; B Loughnane 6 from 48. TRAINERS who have had the most runners since last win: I Reliav 28: S

IRAINERS who nave had the most runners since last win: L Bailey 28; S C Williams 27; D Holland 27. JOCKEYS who have had the most rides since last win: F McManoman 50; S B Kirrane 47; A Keeley 38; C Bishop 36.

TOP TRAINERS

2019-2024 M Appleby 30-211, W Haggas 19-79, K R Burke 18-98, R Beck-ett 16-91, R Hannon 14-119, T Easterby 12-157, C Hills 11-54, G Boughey 9-39, C Cox 9-66, THIS SEASON: M Appleby 2. **TOP JOCKEYS**

2019-2024 James Doyle 22-82, D Tud-hope 16-75, R Hornby 16-85, R Kings-cote 16-117, C Fallon 15-91, D Probert 12-102, H Shaw 7-51, . THIS SEASON: S

TRAINER TRACE

FIRST RACE FOR NEW YARD: 4.27

FIRST RACE FOR NEW YARD: 4.27 Baynoona D Simocok to H Charlton; 4.57 Far Horizon M Scudamore to C Longsdon. RACEFAX: None. LONGEST TRAVELLERS: Concert Boy (2.27) trained by K Scott, Galashiels, round trip of 450 miles; Roost (3.57) trained by R Beckett, Kimpton Down, round trip of 338 miles; Graham (3.57). Seamore (427). Show Biz Kid (4.27). R Hannon, Marlborough, round tin 72 miles.

IN THE MONEY

MONEY TALKS: Marmaduke

Lemon (4.27) opened 9-2, unplaced at 10-3; Zimmerman (3.57) opened 9-1, unplaced at 13-2.**TOP EARNERS:** 3.27 Lord Rapscallion £181,580; 3.57 Rhythmic Intent £282,444; 3.27 Above £99,869; 3.57 Single £83,569; 4.57 Lucky's Dream £75,338; 3.27 Celsius £73,691.

UNDER ORDERS

UNDER ORDERS SEVEN-DAY WINNERS: None. BLINKERED FIRST TIME V18E: 2.27 New Tycoon; 2.27 Concert Boy; 4.57 Leap Year Lad. FIRST TIME V150R: None. FIRST RUN SINCE WIND OP: None. WEIGHTWATCHER: 2.27 Sparkle In His Eye (won off 81, down 6lb to 55); 3.27 Above (won off 80, down 6lb to 55); 3.27 Above (won off 82, down 8lb to 54); 3.57 Animato (won off 82, down 8lb to 74); 4.57 Snapcracklepop (won off 71, down 7lb to 64); Pledge Of Honour (won off 73, down 9lb to 64). OB JOCKFY: D Probert rides Single (3.57) for J Channon, 10 from 39, 26%.

SAINT BIBIANA can leave

prayers (3.10 Newton Abbot She has looked a different hors two excellent placed efforts before

at Stratford last time out. She rel

Shakespeare country and a 6lb ris brakes on the Georgina PHOENIX PASSION

Content Phoenix PASSION chance of landing Goodwood and Hot colt is impr books a few step mile is ideal and books a few step

on both starts this is comeback at Newbury before goi Berkshire track last time. He wer

this

is step up in distance can pay d **STORM STAR** (6.40 Kempton) was

debut at Newcastle 24 days ago. I and Oisin Murphy didn't have to win. You would expect him to tak

TEMPLEGATE'S LUCKY15 8.10 Newt 4.27 Notti 6.40 Kem 8.15 Kem

be hard to stop u be hard to stop to borne (*left*) who o **CRACKSKING** (8.1

lem

STE

RACIN

n (4.27) opened 9-2, unplaced

Osborne 2, J Gilligan 2

round trip 274 miles.

in association with T FOR TIPS, COLOURS & FORM CORAL*

JEWTON ABBOT

TEMPLEGATE

2.10	Pentire Head
2.40	Huelgoat
3.10	
3.40	Him Malaya
	Swift Hawk
4.40	King's Castle
5.15	City Roller
	TOM PEPPER
2.10	Puddlesinthepark
2.40	
3.10	Saint Bibiana
3.40	Him Malava
4 10	Swift Hawk (nh)
4.40	Colonel Lesley
5.15	City Roller

TIC-TAC: Left-handed flat, tight track of 1m, seven fences per circuit and a run-in of 300 yards. FAVOURITES: (2019-2024): 211 have won out of 552 races (38%). LIVE ON SKY SPORTS RACING

HOT 'N NOT

TRAINERS with best record in last TRAINERS with best record in last 14 days: K Burke 2 winners from 6 runners; L Horsfall 2 from 6; A Honeyball 4 from 15; P Builing 2 from 8; J Owen 8 from 36; D Pipe 3 from 14. J OCKEYS with best record in last 14 days: J Davies 3 wins from 9 rides; B Carver 3 from 12; J Tudor 5 from 20. TRAINERS who have had the most runners since last win: C Lambert 32. rides since last win: F Lambert 32

TOP TRAINERS

2019-2024 P Nicholls 45-154, D Pipe 20-147, J Tizzard 18-87, E Williams 15-91, s 15-91 P Hobbs & J White 13-94, S Mullins 12-87, P & M Bowen 11-50, K Burke 8-34. TOP JOCKEYS

2019-2024 H Cobden 43-166, S Bowen 18-74, B J Powell 18-105, H Kimber 15-84, G Sheehan 12-76, M G Nolan 12-80, A Wedge 12-87, N Scholfield 10-93.

TRAINER TRACE

LONGEST TRAVELLERS: Cillians Charm (4.10) trained by J Owen, Newmarket, round trip of 496 miles; Jaunty Belle (3.10) & Karannelle (4.40) trained by D Rees, Haverfordwest, round trip of 422 miles; Easy Bucks (2.10) trained by P & M Bowen, Haverfordwest, round King of 422 miles rdwest, round trip of 422 miles UNDER ORDERS

UNDER ORDERS SEVEN-DAY WINNERS: None. FIRST TIME BLINKERS: 2.10 Love Actually; 3.10 Mollie Brown. FIRST TIME VISOR; None. FIRST RUN SINCE WIND OP: Favori De Sivola (2.10), Langley Hundred (2.10), Afta Party (4.40). WEIGHTWATCHER: 2.10 Love Actually (won off 106, down 910 bto 97); Favori De Sivola (won off 115, down 101b to 05); 3.10 Maroochi (won off 86, down 51b to 81). JOB JOCKEY: C P O'Shea rides Gillans Charm (4.10) for J Owen, 3 winners from 5 rides, 60%. H Kimber rides Gorenbe Moonshine (4.40) for R Walford, 24 from 87, 28%. B R Jones rides Greatness Avaits (5.15) for B Pauling, 28 from 119, 24%.



the bookies saying their

, nap).

since going handicapping with

since going handicapping with re running out an easy winner ished stepping up to this trip in e in the weights shouldn't put the Vicholls runner. (4.27 Nottingham, nb) has every a hat-trick after good wins at Windsor. Ed Walker's Too Darn oving with every run and he still a head of the handicapper. This l he goes on any ground. He will under rising star rider Saffie Os-an boot home another winner. 5 Kempton, treble) has run well season. He was a rusty fifth on ng down in a tight finish at the tt close on his last run here and vidends.

ividends. s impressive when scooting in on

He was always up with the pace get too serious when landing the e a big step forward.

e a big step	forward.
on Abbot	SAINT BIBIANA
	PHOENIX PASSION
pton	STORM STAR
ton	CRACKSKING

NEWTON ABBOT ON FACEBOOK HAI (Class 4); £6,997; 3m 2f.	NDICAP CHASE
Class 4); £0,997; 5111 21.	(12 runners)
P1P5-21 BEHIND THE CURTAIN 12 D Pipe 10-12-0	
P/545P- FAVORI DE SIVOLA 218 (P,T) J Williams 9-11-11	
523P2-3 PENTIRE HEAD 21 (B,T;BF) P Nicholls 6-11-10	
494742/ GENERAL PROBUS 565 C Williams 10-11-9	
/52545- LANGLEY HUNDRED 45 (P,T) Hobbs/White 7-11-	
37332-2 PUDDLESINTHEPARK 16 (BF) E Williams 6-11-6	Isabel Williams (3) 94
765P5-4 EASY BUCKS 21 P & M Bowen 9-11-4	
P1123-1 LIGHTONTHEWING 16 (CD) S Gardner 9-11-4	James Best 99
4/4P4-P LOVE ACTUALLY 22 (B*) K Burke 8-11-3	Thomas Bellamy 84
34P46-3 ROBINSVILLE 27 (T) J Tizzard 7-10-3	Freddie Gingell (3) 90
2P51-P5 SEYMOUR PROMISE 16 (B,T) J Tizzard 8-10-2	Harry Kimber 94
144P2P- SHORTCROSS STORM 42 (B;CD) C Honour 9-10	-2Bryan Carver 85
NG: 7-2 Behind The Curtain, 9-2 Pentire Head, 11-2	2 Lightonthewing, 13-2
esinthepark, 8 General Probus, 11 Easy Bucks, 12 Land	ley Hundred

WHERE FAVOURITES FINISHED: 1 4 2023: Cresswell Queen 8-10-2 Harry Reed 7-2 (D Hamer), 5 ran.

RACING PARTNERSHIP NOVICES' F to the winner £4,805; 2m 6f.	IURDLE (4); value
to the winner £4,805; 2m 6f.	(9 runners)
6 EILEEN'S MILAN 24 P Nicholls 5-11-2	Lorcan Williams 78
87-P HENRY PICK 16 S Gardner 5-11-2	James Best 70
4186P-2 HUELGOAT 17 (P*,T) P Nicholls 7-11-2	Harry Cobden ●99
VICTORIA LINE F953 C Down 6-11-2	James Davies –
9 DARTMAN 12 S Davies 4-10-10	
15-3 GO JOHNNY GO 32 K Woollacott 4-10-10	Ben Godfrey 84
234P-7 DONTMESSWITHME 16 (T*) S Hosie 5-10-9	
P GOLDIES ROC 25 (P*) J Scott 6-10-9	
U/7- SWEET CARYLINE 198 J Tizzard 6-10-9	Brendan Powell 71
ING: 4-7 Huelgoat, 7-2 Eileen's Milan, 7 Go Johnny G	3o, 12 Victoria Line

 Bit Solution Rook 20 (F A) Sound Provide 10-9

 U/7. SWEET CARYLINE 198 J TIZZARD 61-09

 BETTING: 4-7 Hueigoad, 7-2 Elleen's Milan, 7 Go Johnny Go, 12 Victoria Line

 WHERE FAVOURITES FINISHED: 1

 2023: Sylvise Dance 9-10-4 Mr Joshua Newman 11-4 (K Woollacott), 6 ran.

 3.10
 NEWTONABBOTRACING.COM MARES' HANDICAP HURDLE (5); winner £6,152; 3m 3f.

 1
 1642P.7 SHIROCCO'S DREAM 23 (T) J TIZZARD 9-12-0

 1
 1542P.7 SHIROCCO'S DREAM 23 (T) J TIZZARD 9-12-0

 1
 1542P.7 SHIROCCO'S DREAM 23 (T) J TIZZARD 9-12-0

 1
 1542P.7 SHIROCCO'S DREAM 23 (T) J TIZZARD 9-12-0

 1
 1542P.7 SHIROCCO'S DREAM 23 (T) J TIZZARD 9-12-0

 2
 5723: ASINT BIBIANA 17 (T;D) (Nichols 7-14-0)

 3
 735745 HEURE DE GLOIRE 21 (B;T) D Pipe 7-14-9

 4
 747654 JAUNT Y BELLE 42 D Reas 61-08.

 5
 70768- JAUNTY BELLE 42 D Reas 61-08.

 5
 3/4690 STEP IT OUT GOD 29 (T) E Williams 51-04.

 4
 STEP IT OUT GOD 29 (T) E Williams 70-06.

 5
 3/4298 J SEVENOFUS 17 C Gray 81-02.

 10
 /82P-34 JAUNT Y ELLE 42 D Reas 61-08.

 5
 3/4298 J AUNT Y ELLE 42 D Reas 61-08.

 5
 3/4298 J SEVENOFUS 17 C Gray 81-02.

 8
 3/4298 J AUNT Y ELLE 42

FAVOURITES FINISHED: 1 xon Queen 6-10-6 Sean Bowen 13-8 Fav (P & M Bowen), 3 ran. ATTHERACES.COM NOVICE HANDICAP 3.40 CHASE (4); £5,360; 2m 5f (6 runners)

 CHASE (4); E5,360; 201 51
 (6 fulfillers);

 1
 15P4P- MULLINAREE 131 (H,T)

 S Hosie 8-12-0.
 Bradley Harris (3)

 Runs: 18
 Wins: 5 (5,4G)

 Places: 4
 £44,380

 Haant convirved in two runs over fences, very poor latest, dismissed

 2
 13P3-3

 HIM MALAYA 24 (T)

 P Nicholls 5-11-4.

 Haners: 5 (15,0)

 Places: 5

 Education of the state of

3 341-52 AMERICAN GERRY 16 (P) H Morrison 8-11-0......Freddie Gingell (3) 97 Funs: 25 Wins: 3 (3G) Places: 6 £32,369 Back to form with Newton Abbot win, still fairly treated, one to consider 93

5 5446-3 LELANT 17 (T) E Williams 6-10-9 Adam Wedge 90 Runs: 11 Places: 3 £6,665 Looked in need of the experience so far, needs to find more, down list 5

 Constant and the second s Centurion 10 Up For Appeal Lelant 12 Mullinaree WHERE FAVOURITES FINISHED: 2 1

2023: Chief Black Robe 7-10-9. Mr T Broughton 2-7 Fav (F O'Brien), 4 ran



RACING RESUL: LEICESTER 2.33: 1 PENTLE BAY. J P Spencer (5-1): 2 American Style (4-0): 3 High On Hope (4-1). 47 an (Calyxch 5-2 Fay). hd; hd. 6 Boughey. T: 66 (6): 52.30. 1500, 51.80. 2003, 51.80. 2003, 51.80. 2003, 51.80. 2003, 51.80. 2003, 51.80. 2003, 51.80. 2003, 51.80. 2003, 51.80. 2003, 51.80. 2003, 51.80. 2003, 51.80. 2003, 51.80. 2003, 51.80. 2003, 51.80. 2003, 51.80. 2004, 72.10. 2101, 72.20. 22005, 20.72.00. 233: 15.00. 2100, 227.20. 2206, 20. 2100, 227.20. 2206, 20. 2206, 20. 2206, 20. 2206, 20. 2206, 20. 2101, 227.20. 2201, 220. 2201, 220. 2210, 227.20. 2210, 227.20. 2210, 227.20. RACING RESULTS FROM YESTERDAY'S FOUR MEETINGS £2892.71. Trif: £2808.40. CF: £285.82. 2.45: 1 DO NO WRONG C Bewley (14-1);

2280271. Trif: 5280.840. CF: 5285.82. 2.455: 10D NO WRONG E Bewley (14-1); 2. The Wolf (6-1); 3. Crystal Moon (9-2); 6 ran (Tom Creen 114 4/su), 1/4; 1/3, 1 Landy, T: Cf: Su0; 25.80, 53.40. Ex: 568.80. Trif: 5253.40. CF: 823.80. NF: No Regrets. 3.15: 1 CHARISMA CAT T Cannon (16-5 fav); 2. Everest (10-1); 3. Rockola Vogue (7-2); 11 ran. 21; 11. A King, T: 5.420; 51.40, 61.70, 53.70. Ex: 536.20. Trifecta; 5140.40. CF: 523.80. 3.45: 1 CHETERSTON LLL'S Bouven (14-2); 1.40, 12.70, 53.70. Ex: 536.20. Trifecta; 5140.40. CF: 523.80. 3.45: 1 CHETERSTON LLL'S Bouven (14-2); 1.40, 12.40, 25.50. Ex: 2030. Trif: 4.20; 1.70, 12.40, 25.50. Ex: 2030. Trif: 4.20; 1.70, CF: 4.20, 17. NF: Shakiya. 4.20: 1 HEL HOUND J Burke (2-1); 2. Skylack Hijack (15-2); 3. Timetotalk (50-1), 11 ran (Backmersackme 4-7 fav), (1/4); 1/4, N. Mulholland, T: 63.10; 61.10, 52.40; CT). Ex: 257.07. Trif: 6307.40. CF: E18.39. NF: Kurma Beach, Noble Cave. 4.50: 1 MOSTLY SUMNY H Skelton (5-4 fav); 2. Glimpse Of Glory (4-1); 3. Royal Max (10-1), 10: nr. 141; 2.10. Setton, T: E238; 61.00, CF: 6838. NF: Banister, Foster's Fortune. 5.20: 1 THE BIG LENSE A Chadwick (72): 2 IFHE BIM VIENSE

5.08:1 MHS IRUMP M Winn (2-1 ray); 2 Alfred Cove (4-1); 3 Enchanted Night (11-2). 7 ran. 1/4; 11. P Midgley. T: £3; £1.60, £2. Ex: £9.70. Tric: £35.90. Trif: £33.40. CF: £9.75. NR: Atty's Edge, Zeno. P/POT: £474.80 Q/POT: £32.30

26.88.91mL sobalities / Fortune / 52.01 THE BG (LENSE A Chadwick 7.2), 2 Etham Valley (14); 3 Belvedere Blast (25-1), 6 ran (Lipa K 65 fav), 11; 7.4. J Owen, T: 94.80; 04.60, 05.90, 05. 65.00; 7ft (218), 06.72; 61.60, 05.90, 05. 5.50; 1 MALGO ROSE J Best (2-2); 2 Fine By M (17/2); 3 Honneur De Sivola (16), 11; 2 ran (Rocky Hill 9.4 fav), 7.4, 20], 5 Edne T, 15.50; 100, 25. 551190, CF: 924.24, NR: Bergentown, Dissociot / Liw, Jeffex L, Limpiraisa. **BODY 1:** 2474.80 (0):FOT : 522.30 **SOUTHWELL** 2.15: 1 LEGENDARY DAY B Hughes (11-1): 2 LeGendAmp (28-1): 3 Homme D'Un Soir (9-1). 14 ran (Mystic Man 4-1 fav). 22/4; nk. A Keatley. T: E1/220; 53.80, 95.10, 53.50. Ex: 6433. Tric:

nspector Lynley, Jeteye, Luminaries. P/POT: £3,448.90 Q/POT: £14.20

GOING: GOOD

4.10 NEWTON ABBOT COUNTRY SHOW HCAP HURDLE (3); £9,849; 2m 1f (11 runners)

1 30/5V- PISCAH PIKE 351 (T;D) J Snowden 9:12-0. Gavin Sheehan 80 Runs: 22 Wins: 5 (5G) Piaces: 5 £67/72 Absent since heavy defeat last year, lots of weight to carry, best left

02 *** * •** 4145-1 UGGY UGGY UGGY 25 3

K Burke 6-11-12 Miss Megan Bevan (7) **999** Runs: 11 Wins: 3 (3G) Places: 1 £26,900 Two narrow defeats since joining this yard, still unexposed, dangerous And the user of the second seco

25

 6 35130/ CILLIANS CHARM 406 (H;D) J Owen 7-11-6 ... Ciaran 0'Shea (7) – Runs: 10 Wins: 1 (S) Places: 4 £10,74 Useful form in Ireland when last spotted, new yard, market can guide 6 £10 7/1

707 98

£45 802

9 33-P AUTHOCELTIC 27 J Williams 4-10-12. David Noonan 96 Runs: 3 Places: 1 £10,037 Aimed high over hurdles so far, can do better in handicaps, interesting

 10
 1551P BELIEVE JACK 53 (B,T;D)

 C Williams 7-10-11.
 Jack Tudor
 91

 Runs: 10
 Wins: 3 (S,GS,G)
 Places: 1
 £15,606

 Two recent wins have come in sellers, more exposed than several, e-w
 1
 15,606

 Image: Construction of the second o Authoceltic, Tarahumara, 14 Pisgah Pike, Cillians Charm WHERE FAVOURITES FINISHED: 4

2023: Dancila 6-11-10. P Brennan 7-4 Fav (F O'Brien). 6 ran.

Л	40 BOOK OUR WINNING POST RESTAURANT HANDICAP
4	HURDLE (DIV 1) (5); £6,152; 2m 1f. (11 runners)
1	743178- AFTA PARTY F98 (H,T;CD) M Gillard 6-12-0Fergus Gillard 96
2	/U243-1 KING'S CASTLE 30 (T) J Scott 7-11-12 Bryan Carver @99
3	7594-7 ELECTRIC EDDY 18 N Twiston-Davies 6-11-8Finn Lambert (3) 83
4	3U420P- KARANNELLE 212 (H,T;CD) D Rees 9-11-7Sean Bowen 92
5	/1P21-7 GLANCE AT ME 24 (BF) A Martin 6-11-4 James Martin (5) 94
6	19267P- CAITLIN'S COURT 98 (C) J Frost 7-11-3 Harry Cobden 90
7	3126-47 GOOD IMPRESSION 12 (CD) B Llewellyn 9-11-2 Dylan Johnston (5) 95
8	251140- THE LONGEST DAY 212 (P,T) S Leech 8-11-1Jack Hogan (3) 93
9	11/4-23 COLONEL LESLEY 12 (BF,CD) A Jones 8-10-10James Turner (7) 96
10	13U4F-3 GORCOMBE MOONSHINE 20 (P) R Walford 7-10-6 Harry Kimber 90
11	6PP-8 WHAT AN ICON 20 (H) C Down 4-10-2 James Davies 75
	TTING: 11-4 King's Castle, 5 Colonel Lesley, 6 Good Impression, 8 Glance At Me,
10 /	Afta Party, Gorcombe Moonshine, Caitlin's Court, The Longest Day 12 Karannelle
Wŀ	IERE FAVOURITES FINISHED: 3 PU
201	23: Good Impression 8:10:13 Ben Jones 4:1 (B. I.I. Jewellyn) 11 ran

BOOK OUR WINNING POST RESTAURANT HANDICAP

J .	HURDLE (DIV 2) (5); £6,152; 2m 1f.	(10 runners)
1	0791P-5 CLINTON LANE 20 M Gillard 6-12-0	
2	5/U255- GREATNESS AWAITS F26 B Pauling 5-11-13	Ben Jones 95
3	316P7-P WESTERN SOLDIER 23 (H,T) J Tizzard 6-11-10	Brendan Powell 92
4	40U46-6 THURLEY 29 (H*) P Hobbs & J White 5-11-8	
5	/PP94-2 CITY ROLLER 27 (T,V) L Horsfall 6-11-6	
6	60/28P- ELUSIVE ENEMY 286 (H,T) A Gibbons 5-11-5	
7	4/1034- MISS MARETTE 98 (D) C Down 8-11-2	
8	694- OCEAN RIDGE 40 (H) D Faulkner 4-11-0	
9	127U59- DAANY 55 (H) J Tickle 7-10-10	
10	47P/3-0 MAC BE LUCKY 20 (D) E Williams 7-10-6	
	FING: 3 Greatness Awaits, 4 City Roller, Thurley, 7 Weste	
WHE	RE FAVOURITES FINISHED and 2023: See Division	1.

(5-2 fav), 12 ran. ns; 4l. D Dennis. T: £4.50; £1.80, £2.70, £1.40, Ex: £35.30, Tric: £84.59, Trif: £131.60, CF: £33.20, NR: Strategic Fortune. Following a stewards', Prince Hector 1st was disqualified and placed 2nd

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LINCFIELD 6.15:1 LUNAS SHADOW H Doyle (7-2); 2 Aiming High (7-2); 3 Damascus Steel (11-4 fav) 8 an. / 1/4; 1/4. A King. - 1 & 4540; 61:30 61:60, 61:20. Ex: 621:20. Tric: 627:93. Trif: 65:10. CF: 61:622. NR: Pour Me A Drink, 6.45: 1 AL QUDRA W Buick (4-5 fav); 2 Soldier's Heart (7-2); 3 The Fingal Raven (17:2), 9 rant. 2/4; 2/4. C Appleby. 7:15:1 LAOISMAN R Havin (6-4 fav); 7:15:1 LAOISMAN R Havin (6-4 fav); 7:2 Aimaty Star (6-1); 3 Harry Brown (11:2), 6 ran. //4; //4. S Woods. T: 62:25; CF: 61:52. NR: The Thames Boatman. 7:45: 1 (QUEN'S QUARD J Doyle

7.45: 1 QUEEN'S GUARD J Doyle 7.45: 1 QUEEN'S QUARU J Döyle (2:1 fav); 2 Invincible Speed (72); 3 Engineer (17:2), 5 ran. 2/4, 11. M Bell, T: 5; 15.0, 15:0, EX 59.40, TFK 29.5, CF 29.31. NR: Dapperling, Different Breed, 5.15: 1 THOMDO P Bradley (4-0); 2 Rinnovati (5:2), 3 Willowbank (5-1), 10 ran (5:30, 0:120, 115), 5: 104.50, TFK 105, 12 26.30, 0:120, 115, 5: 104.50, TFK 105, 12 Tff: 1983, CF: 21378, NR: Najolica.

Trif: 1938. CF: 1517.88. NR: Majolica. 8.45: 1 CAMACHÓ MAN R Clutterbuck (7-4 fav); 2 Piranheer (150-1); 3 Foinix (7-2). 11 ran. 1/4/; nk. L Horsfall. T: 62.75; (51.30; 625.90; 61.40). Ex: 6220.70. Trif: 61466.10, CF: 6381.12. J/POT: 150.000 P/POT: 28.20 Q/POT: 25.60

P/POT: E820 Q/POT: E5.60 **WOLVERHAMPTON** 5.30: 1 WHERE'S CLARE J Fanning (8-13 fav); 2 Bantz (11-2); 3 Oyclonite (25-1), 11 ran. 2/4 sin d: Ohnston. T: E142; E110, E150 6.00: 1 HIGH COURT JUDGE R Homby (7-2); 2 Prince Hector (8-1); 3 Stoic Syd

_								
		PON I					G	OING:
	TEM	IPLEGATE	то				VSSHOPCO	
	1 C F	Sonic Blue	6.20	M PEPPER		7.55 WEATHERB	£6.185: 6	f.
	0.20 6 55	Elegant Call	6.55		1	(1) 3010-85 TWELFTH KN	IGHT 18 (CD)	P Midgley 5-9-1
		Saisons D'Or		Saisons D'Or	2	 (7) 312-675 ABATE 21 (C (9) 48282-4 INTERNATIO 	D) A Nicholls 8 NAL GIPL 17	-9-7
7	7.55	Abate	7.55	Bay Breeze	4	(3) 49-6514 FORTAMOUR	3 26 (BF.CD) F	Haslam 8-9-4
E	8.25	Spanish Angel	8.25	Gis A Sub	5	(8) 0000-44 BAY BREEZE (6) 262-630 STRONG JOI	9 (CD) T East	erby 5-9-4
		Georgie Wooster		Angel Of The Bay	7	(4) 2122114 SIBYL CHAR	M 68 (D) Jarc	line 4-9-2
	TIC-TAC: R-H host in corints	oval, 1m 5f round, which join	s straight course 51	from finish. DRAW: Low	8		N 26 (D) G Tue	er 5-8-10 D) T Fasterby 4.
	Fahey 28-211,	TOP TRAINERS (2019-202 W Haggas 22-60. THIS SEA	SON: K R Burke 2	2, B Haslam 2, T Easterby	Ē	SETTING: 3 Fortamour, 5	Abate, 6 Twe	Ifth Knight, 7
	 ■TOP JOC 14-120 Hart 	KEYS (2019-2024): D Allan 13-118. THIS SEASON: J M	53-287, P Mulrer	nan 18-107, D Fentiman B Garritty 2 ONGEST	E	Breeze, 8 Sibyl Charm, 10 Ha VHERE FAVOURITES FINI	wana Pursuit, SHED and 20	Strong Johns
	TRAVELLER: E	Betweenthesticks (8.25) train	ed at West IIsley.	Round trip of 426 miles.				
		(: K R Burke won 6.20 in 2018 SINCE WIND OP: Dark Sun (6	& 2023. P Midgley	Won 8.25 in 2021 & 2022.		Sunra	acin	g FO
		SINCE WIND OF . Dark Sull (0		(1 SFORTS HACING	т	WELFTH KNIGHT (9-9)	9-1 tracked	(Ripon 6f h BAY BREEZ
	6.20 XIA	NET AND MARK LEA	CH WEDDIN	G CELEBRATION		leaders, ridden 1f out, on of 7 (btn 21/4) to Tinto (9-5	e pace, 5th) (Thirsk 6f	last of 4 (I
		OVICE STAKES (5); 2	-y-o; £4,711	; 5f. (11 runners)		hcap (3) £10.468 good to f	irm).	(9-10) (Red STRONG J
1	(11) 1 (6)	SONIC BLUE 34 (D) T Daso ARTAGNAN K Burke 9-4	ombe 9-11	Pierre Jamin 99		BATE (8-1) 28-1 led until 11 21 (btn 4 ³ / ₄ l) to Aleezda	ncer (8-13)	until 1f out
2 3 4						21 (btn 4 ³ / ₄ l) to Aleezda (York 6f hcap (2) £25,770 (NTERNATIONAL GIRL (9-	100d).	15th of 21 (I
4 5	(10) 8 (9) 7	KILO SUNSHINE 16 D Broc	ke 9-4	Jack Garritty 77	(["]	pushed along 2f out, staye 7 (btn 31/4) to Radio God	d on, 4th of	6f hcap (4) SIBYL CHA
6	(3) 0	SHAZANI 11 C Johnston 9-	1	Andrew Mullen 70	5	(Bipon 6f hcap (3) £12,885	dood).	leaders, ha 4th of 9 (b
7 8	(5)	WATCH BLUE POINT J Tat	e 9-4		• F	ORTAMOUR (9-9) 2-1 f	av pushed	(Newcastle
9	(7) (8)	KILO SUNSHINE 16 D Broc LOOM 20 R Fahey 9-4 SHAZANI 11 C Johnston 9- WATCH BLUE POINT J Tat ART DESIGN W Haggas 8- BLUE POINT EXPRESS C LADY LUZON 18 D O'Mear	o lohnston 8-13	Jason Hart –		along 3f out, headway 1f on, 4th of 13 (btn 2l) to H	avana Rum	ridden 2f
10) (2) 4	LADY LUZON 18 D O'Mear	a 8-13	Jason Watson 93	3	(8-6) WESTMORIAN (8-10 2f out, no impression, 7t) 11-1 ridden	Beauty Ch hcap (5) £4
в	ETTING: 9-4	SILVER FRETTLE S Spenc Artagnan, 7-2 Sonic Blue,	5 Loom, 7 Art De	sign, 8 Watch Blue Point				
2	HERE FAVO	URITES FINISHED: 2 by 9-7 Richard Oliver 20-	2 3 (KR Burke) di	rawn 2 7 ran		8.25 (5); value to	the winn	er £4,711;
Ē		DRKSHIRE ACCOUNT			1	(11) 43368-7 BETWEENTHE	STICKS 11 (P;	D) J Channon 4-
).55 / (5): value to the winn	er £4.711: 6	if. (9 runners)	2		2 (D) P Midgle	y 4-9-8 2-6
1	(5) /69790-); value to the winn BLUE JAY WAY 218 (P) J F	iches 4-9-12	Mia Nicholls (5) 72	4	(2) 97-8096 GIS A SUB 18	P Midgley 5-9	-6
2						 (10) 873871- BRIAN THE S (3) 9350-00 REFUGE 46 (NAIL 273 (P;C	D) P Morris 10-9 terby 7-9-5
4	(7) 24	CUAN 22 D O'Meara 4-9-7	11 aney 3-3-11	Jason Watson 96	7	(9) 90-3358 SAAHEQ 13 (P:D) A Nicholls	s 10-9-5
3 4 5 6	(3) 36 (4) 32-27	GOLDEN STRIKE 246 (D) F GUAN 22 D O'Meara 4-9-7 CASH IN 9 T Easterby 3-9-4 MANHATTAN MIRAGE 50 BARE ELEGANCE 12 B Ha DARK SUN 226 (T *) W Ha E EGANC CALL 226 T Econ	C F Davie 3-9-4	Duran Fentiman 87	8		26 (D) J Butler GEL 13 (D) B (5-9-4 Carr 7-8-12
7	(1) 33	BARE ELEGANCE 12 B Ha	slam 3-8-13	Andrew Breslin (3) 88	1	0 (4) 70-4067 ERNEST RUT	HERFORD 6 (B★;D) T Easter
8	 (9) 45- (2) 652- 	DARK SUN 226 (T*) W Ha	19as 3-8-13 orby 3-8-13	Adam Farragher 91	1 B	 (8) 5316572 STREET LIFE ETTING: 4 Herakles, 9-2 Bit 		
B	ETTING: 9-4	ELEGANT CALL 236 T East Manhattan Mirage, 3 Gold	len Strike, 4 Ele	gant Call, 7 Dark Sun, 10) S	ub. Saaheg, 10 Spanish An	ael. Betweent	hesticks
W	HERE FAVOL	Cuan, 14 Bare Elegance, 10 JRITES FINISHED and 20	Cash In, 100 Bli 23: No correst	ue Jay Way onding race.	2	VHERE FAVOURITES FINIS 023: Brian The Snail 9-8-1	0 Barry McH	ь ugh 8-1 (Р Мо
		unracin	a FO	RM		Sunra	acin	a FO
			<u> </u>					9 ³ /4) to Me
В	rear last of 1	AY (8-13) 200-1 always 1 (well btn) to Ledger (9-1)		MIRAGE (9-2) 6-1 led or t clear 4f out until ridder		BETWEENTHESTICKS midfield, ridden 2f out, H	ept on. 7th	app hcap (
	(Newcastle 1	m hcap (6) £3,140 AW).	2f out, head	led 1f out, faded quickly		of 13 (btn 4l) to Sixties	Chic (9-0)	SPANISH A
J	1f out, soon	E (9-4) 16-1 not clear run in clear, ran on, 4th of 6	(Newmarket	tn 31/4) to Kikkuli (9-2) 7f mdn (4) £5,154 good).) •	(Windsor 6f hcap (4) £5,6 HERAKLES (9-3) 5-1 led 1f headed finish, 3rd of 10 Bella Kopella (9-9) ZUF	out, ridden,	headway 2 5th of 9 (bl
	(btn 3 ¹ / ₄ l) to	Tajalla (9-10) (Hamilton 2) £20,616 good to soft).	BARE ELEG	ANCE (8-13) 33-1 rear 2f out, switched fina		headed finish, 3rd of 10 Bella Kopella (9-9) ZUE	(btn 11) to	(9-6) SAA ridden 1f
G	IOLDEN STR	RIKE (9-7) 4-6 fav made	furlong, sta	yed on close home, 3rd				(Chelmsfo SPEEDACUS
	unchallenge	vell, ridden clear run-in, d, bt Firebird (9-2) 11/41 (8	(Pontefract §	l) to Enchanted Life (9-9 of nov (5) £3,780 good).) (ley 5f hcap (5) £4,527 goo GIS A SUB (8-0) 8-1 every	chance, 6th	of 10 (btn 8
-	ran) (Ayr 6f r	ndn (5) £3,672 soft).	DARK SUN (9-2) 9-2 slow away, rear nal furlong, ran on, 5th	,	of 10 (btn 5l) to Tyke (8-11) 6f hcap (4) £5,653 good to	(Doncaster	ingham 6f ERNEST RU
C	leaders, rido	ndn (5) £3,672 soft). 15-2 held up behind len 2f out, one pace, 4th	of 12 (btn 3 ^a	/4) to Secret World (9-2) E	DRIAN THE SNALL (9-0)	11-2 SITIOOLIT	pushed alo
	of 6 (btn 5 ³)	(4) to A Girl Named Ivy mdn (5) £4,320 good).	(W'hampton	7f mdn (5) £5,373 AW). LL (8-13) 50-1 led, ridder		progress to challenge 2f up, quickened clear, le	out, shaken d 1f out, bt	7th of 10 (l (9-13) (Ripo
C	ASH IN (9-7)	14-1 rear, ridden 2f out,	and headed	If out kent on but held		up, quickened clear, le Phoenix Glow (9-3) 1 ³ /4l (1 ran) (Bath	STREET LI
	6th of 12 (b (9-7) (Bedca	14-1 rear, ridden 2f out, tn 9 ³ / ₄) to Jungle Land r 6f mdn (5) £3,780 soft).	btn 11/21 by P 6f nov stks (2	ilgrim (9-4) (15 ran) (York 3) £10,800 soft).	ΎF	6f hcap (6) £3,245 good to REFUGE (9-6) 16-1 struggli	o firm). ng halfwav.	final furlon by Stroxx (
	(0.7) (nedea		51110V 3tK5 (oj 210,000 3011j.		ridden and faded 1f out, la	ast of 11 (btn	class stks

- 7	OF VERIS RACING ARGIN 218	HANDICAP (5);
4	25 Sky SPORTS RACING VIRGIN 519 value to the winner £4,711; 1m.	(11 runners)
1	(8) 147-573 TOBETSO 18 (CD) D Carroll 4-9-10	Jason Hart ●99
2	(10)3335436 STAR SHIELD 18 (P;D) D O'Meara 9-9-8	
3	(6) 97482-8 NO SAINT 16 S England 4-9-8	
4	(2) 0757-43 GARDEN OASIS 14 (B;CD) T Easterby 9-9-7	David Allan 88
5	(9) 0-22231 SAISONS D'OR 23 (D) J O'Keeffe 9-9-5	
6	(11) 797-798 PRINCESS NIYLA 18 (D) A Brown 4-9-4	
7	(5) 24-6688 VONDELPARK 36 (P*:CD) S Ender 4-8-12	Joanna Mason 91
8	(4) 54-2454 LITTLE TED 40 (P:BF.C.D) T Easterby 7-8-11	
9	(7) 67494D5 KHATHAK 14 (T,V;D) R Fahey 5-8-11	Billy Garritty 89
10	(3) 065-151 MAKALU 17 (CD) R Carr 5-8-6	James Sullivan 98
11	(1) 9124-00 MR HEINZ 35 (B;D) S Whitaker 5-8-4	
	TTING: 7-2 Saisons D'Or, 4 Makalu, 9-2 Tobetso, 7 St	
	athak 10 Little Ted 14 Vondelpark	

WHERE FAVOURITES FINISHED and 2023: No corresponding race. WHERE FAVOURITES FINISHED and 2023: No corresponding race.
 Standard Standard

OICAP (4); value to (9 runners) -11..... Alex Jary (5) 92Mia Nicholls (5) 97 9.5Joanna MJoanna Mason 98David Allan 90 ... Paul Mulrennan 89Andrew Mullen 95 .0.2 son. We

GOOD

esponding race. DRM

(http://i.st.281.jood). EZE (9-4) 1:4 nidden If out (http://i.st.281.jood). EZE (9-4) 1:4 nidden If out (http://i.st.281.jood) EZE (9-4) 2:51.lood Johns CON (9-6) 2:51.lood Johns CON (9-1) 2:51.lood Joh Y APP HANDICAP

(5); value to the winner £4,711; 5f.	(11 runners)
(11) 43368-7 BETWEENTHESTICKS 11 (P;D) J Channon 4-9-9	Callum Rodriguez 91
(5) -166233 HERAKLES 22 (D) P Midgley 4-9-8	Paul Mulrennan 98
(1) 19-5598 ZUFFOLO 22 (D) M Dods 4-9-6	
(2) 97-8096 GIS A SUB 18 P Midgley 5-9-6	Mark Winn (3) 86
(10) 873871- BRIAN THE SNAIL 273 (P;CD) P Morris 10-9-5	Paddy Bradley 999
(3) 9350-00 REFUGE 46 (T;D) M & D Easterby 7-9-5	Lewis Chalkley (7) 88
(9) 90-3358 SAAHEQ 13 (P;D) A Nicholls 10-9-5	
(7) -800088 SPEEDACUS 26 (D) J Butler 5-9-4	Andrew Mullen 78
(6) -743125 SPANISH ANGEL 13 (D) R Carr 7-8-12	James Sullivan 96
(4) 70-4067 ERNEST RUTHERFORD 6 (B*;D) T Easterby 5-8	3-8 Duran Fentiman 83
(8) 5316572 STREET LIFE 83 (P;BF,D) P Morris 7-8-5	Aiden Brookes (5) 96
FTING: 4 Herakles, 9-2 Brian The Snail, 6 Street Life, 8 Er	nest Rutherford, Gis A
. Saaheg, 10 Spanish Angel, Betweenthesticks	

lorris) drawn 6, 6 ran. DRM

Arehen (9.3) (Nottingham 5f (6) 53.402 soft). ANGEL (9-8) 11-1 close up, 21 out, ridden and kept on, ton 4/3/1 to Dark Side Prince AHEO (8-12) 9-2 in touch, rout, 8th (bth Side Prince AHEO (8-12) 9-2 in touch, rout, 8th (bth Side Prince 35 (9-4) 65-1 ridden ff out, 8th 18) 10 Ray Vonn (9-8) (Nott-16 hcap (5) 23/02 good). UTHERPORD (9-8) 7-1 rear, long 21 out, never on terms.

ridden and faded ff our, last of 11 (bfn | class stks (6) £4,004 AW). 9.00 RIPON THEATRE FESTIVAL 2ND-7TH JULY HANDICAP (6); 3-y-0; winner £3,664; 1m. (10 runners)

 Chool 7 (6): 3-7-9; winner E3,664; 1.m.
 (10 runners)

 13)
 7816 GEORGIE WOOSTER 16 TE-Basterby 9-11.
 David Allan 96

 21)
 710-436 SALAMANCA LAD 33 (B,T+) D & C Kubler 9-9.
 David Allan 96

 21)
 710-436 SALAMANCA LAD 33 (B,T+) D & C Kubler 9-9.
 Paul Mulrennan 85

 31)
 526 BELLASO 16 G Tuer 9-8.
 Paul Mulrenna 85

 4)
 9242737- BAY OF AUSTRALLA 201 (T+) A Keatley 9-8.
 Mark Winn (3) 93

 5)
 34-5692 ANGEL OF THE BAY 5D & N Barron 9-6.
 Callum Rodriguez 409

 4)
 5-7624 HAVANA PRINCE 26 (CD) TOVIe & K WOOG 9-5.
 Tom Eaves 86

 2)
 090- PAPAGREY 242 TE asterby 9-1.
 James SUllivan 73

 9)
 10(10) 0776-72 CURIOUS MRS FOX 26 J Davies 8-8.
 Amie Waugh (5) 93

 9)
 16-73558 HOWARD'S CHOICE 16 G Tuty 9-0.
 Connor Beasley 80

 9)
 10(10) 0776-72 CURIOUS MRS FOX 26 J Davies 8-8.
 Amie Waugh (5) 93

 9)
 10(10) 0777-72 CURIOUS MRS FOX 26 J Davies 8-8.
 Amie Waugh (5) 93

 9)
 10(10) 0777-72 CURIOUS MRS FOX 26 J Davies 8-8.
 Amie Waugh (5) 93

 9)
 10(10) Crift-310, 10 Due Consideration, 12 Bay Of Australia, 14 Salamanca Lad WHERE FAVOURITES FINISHED and 2023: No corresponding race.

Sunracing FORM

SUMPACING FORMUL
 GEORGIE WOOSTER (9-10) 64 real, bt Kode Secret (9-2) 1/4 (10 ral),
 SALAMANCA LAD (9-0) 10-1 ridden 24 out, soon on threat, last 46 (btn f6) to Lavender Hill Mob (9-10) (20 ral), (27) 331-srear, headway cover if out, stayed on well inited, 74 HOWARD'S out, soon on threat, last 6 (btn f6) to Lavender Hill Mob (9-10) (20 ral), (27) 331-srear, headway cover if out, stayed on well inited, 74 HOWARD'S BelLASIC (9-4) 10-1 rare, pushed along haltway, never nearer, 6th of 11 (btn 77), BAY OF AUSTRALIA (9-5) 21 ridden 37 out, ridden 27 out, 7th of 11 (btn 77), b Roy GA USTRALIA (9-5) 21 ridden 37 out, ridden 27 out, 7th of 11 (btn 77), ho Roman Secret (9-6) (Whampfoth 11 for 01, 51 53 73 AW).
 ANGEL OF THE BAY (9-6) 25-1 efford 21 out, switched if out, went 20d final ran) (Redcar 7t ncap (6) 53,140 sott).

THE CURRAGH 4.50 MAIDEN STAKES; 2-y-o; winner €12,000: 7f. (10 runners) 1 (1) DANCE FOR CHESTER M Mulvany

1 (1) 2 (8)	DANCE FOR CHESTER M Mulvany 9-5 W Joyce DRIVERS SEAT J O'Brien 9-5 D McMonag	(5) ale
3 (2)	HILL ROAD A Murray 9-5 D Eg	an
4 (3)	4 HOTAZHELL 19 (BF) J Harrington 9-5 S Fol	
5 (10)	30 MOUNT PARNASSUS 30 (B*;BF) D O'Brien 9-5 G Ry	
6 (4)	48 NATIVE HONEY 11 J Bolger 9-5 R Clea	
7 (7)	5 RHODREEGO 11 D Dias 9-5 O McSweeney	(3)
8 (5)	SWAGMAN A P O'Brien 9-5 R Moo	
9 (9)	TILANI M Halford & T Collins 9-5 R Whel	
10(6)	3 YAMAL 19 G Lyons 9-5 C Kea	ne
	Iotozhell ●99, Rhodreego 97, Mount Parnassus 92. hell, 7-2 Yamal, 4 Swagman, 6 Rhodreego, 7 Hill Ro	ad
3 Hotaz	hell, 7-2 Yamal, 4 Swagman, 6 Rhodreego, 7 Hill Ro RISH EBF STAKES; 2-y-o; winner €14,700; 6f. (8 runner)	s)
3 Hotaz	hell, 7-2 Yamal, 4 Swagman, 6 Rhodreego, 7 Hill Ro RISH EBF STAKES; 2-y-o; winner 355 BESIEGE 7 J Halley 9-5. A Slatt	S) ery
3 Hotaz 5.2 1 (8) 2 (7)	hell, 7-2 Yamal, 4 Swagman, 6 Rhodreego, 7 Hill Ro IRISH EBF STAKES; 2-y-o; winner 61,4,700; 6f. (8 runner 355 BESIEGE 7 J Halley 95. A Statte KARAZHAL M Halford & T Collins 9-5. R Whel	S) ery an
3 Hotaz 5.2 1 (8) 2 (7) 3 (1)	hell, 7:2 Yamal, 4 Swagman, 6 Rhodreego, 7 Hill Ro NISH EBF STAKES; 2-y-o; winner €14,700; 6f. (8 runner 355 BESIEGE 7 J Halley 95. A Slatt KARAZHAL M Halford & T Collins 9-5. R Colg 9 SEA FORT 11 S Lavery 9-5.	S) ery an an
3 Hotaz 5.2 1 (8) 2 (7)	hell, 7-2 Yamal, 4 Swagman, 6 Rhodreego, 7 Hill Ro IRISH EBF STAKES; 2-y-o; winner 61,4,700; 6f. (8 runner 355 BESIEGE 7 J Halley 95. A Statte KARAZHAL M Halford & T Collins 9-5. R Whel	S) ery an an ee

11-10 Mother Nature, 5 Ob La Di, 13-2 Alinta, 7 Grateful 6.25 PREMIER HANDICAP; 3-y-o; winner (30,000; 5f.) 1100 54- MAJESTIC BEAUTY 26 (D) A Murry 9-2... 1400 54- MAJESTIC BEAUTY 26 (D) A Murry 9-2... 1400 54- MAJESTIC BEAUTY 26 (D) A Murry 9-2... 1410 54- MAJESTIC BEAUTY 26 (D) A Murry 9-2... 1410 54- MAJESTIC BEAUTY 26 (D) A Murry 9-2... 1410 54- MAJESTIC BEAUTY 26 (D) A Murry 9-2... 1410 54- MAJESTIC BEAUTY 26 (D) A Murry 9-2... 1411 54- MAJESTIC BEAUTY 26 (D) A Murry 9-3 D McDoreg 142 KORDER MODE 29 (D) D Murgh 9-3 D McDoreg 143 67- Moreg 74- Marce Prelistic D Murry 9-3 D Murcheg 74- Marce Stress 143 145 MCM Lego 17 (B) J D Murgh 9-3 D... C Maress 143 145 MARCE 16 (D) D Bury and 1-0... M Lordan 143 145 MING 200 (D) Murgh 9-3 D... Marcellage 10- Murgh 9-3 Murgh 10- Mergen 10- Murgh 10- Murgh 9-3 Murgh 10- Murgh 9-4 Murgh 10- Murgh 9-4 Murgh 10- Murgh 9-4 Murgh 10- Murg

GREYHOUND TIPS AND SP CHECK

S 21.00 TC 216.15, 357 Mitssie Debuily (14-6 £11.79), 4.16 Rathmeehan Bireda 2-1 (4-3-2 £25.82), 4.34 Crohane Rockie 3-1 (5-2 £25.82), 4.35 Harlequin Druids 5-6f (6-5 T £6.60 TC £23.32), 5.12 Springhill Beryl 10-3 (2-5 £8.87), 5.31 Curraghalla Blue 7-1 (2-3 £30.76), 5.49 Kingdom Hawk 2-1 (6-2-3 £7.83).

KEMPTON AW FLAT ACTION TONIGHT WITH TOP TIPS 4 (6) BOBBY BENNU R Varian 3-9-4 S De Sousa 5(4) 7 BULLET POINT 19 W Haggas 3-9-4 T Marquand 6(3) 80 HEV CRACKERS 28 (T+1) T Clover 3-9-4 C Planas (3) 9(3) 70 REACKERS 28 (T+1) T Clover 3-9-4 C Planas (3) 9(10) 97 REACAR MIK E1 Homon 3-3-4 R S Lavery 9(11) 07 SIGNATURE ELUE 14.J Osborns 3-9-4 N Calan 10(17) 27 SMART HERO 30 J Tale 3-9-4 N Calan 11(10) 4 TEN POUNDS 19 H Charlton 3-9-4 N Calan 11(18) 00 DISQUIETUDE 19.J Buiter 3-8-13 M Kashon 4-9, Summer Of Love 7-2 Murashah, 4 Ten Pounds, 5 Smart Hero 92. 2 Summer Of Love 7-2 Murashah, 4 Ten Pounds, 5 Smart Hero 92. Summer Of Love 7-2 Murashah, 4 Ten Pounds, 5 Mart Hero 94.

5.05 APPRENTICE HANDICAP (Class 5); winner £4,187; 7f. (11 runners) 1 30 088 POWERDRESS 17J.0sborne 4102 M Cole 7 311 POWERDRESS 18 (Pc,D) C Dwyref 700, J Leavy 16 288 EPIC EXPRESS 18 (Pc,D) C Dwyref 700, J Leavy 16 288 EPIC EXPRESS 18 (Pc,D) C Dwyref 700, J Leavy 16 288 EPIC EXPRESS 18 (Pc,D) C Dwyref 700, J Leavy (3) (7) (5) (6)

 2 (r)
 3ff1 POWDEHNIG / (D) M Herington 4-0-19ec/J Bradmain (b)

 3 (f)
 128 EPIC EXPRESS 18 (B (P,C)) C Owner 6-10-0.
 B wilkie

 3 (f)
 28 EPIC EXPRESS 18 (B (P,C)) C Owner 6-10-0.
 B wilkie

 3 (f)
 28 EPIC EXPRESS 18 (B (P,C)) C Owner 6-10-0.
 B wilkie

 3 (f)
 36 (f)
 36 (f)
 36 (f)

 3 (f)
 35 (f)

6.10

7 (9) 6 8 (6) 9 (3) 10(10) 11(8) *Jewel Of* 2 Jewel Of

BRINAT THA Babding 32
 Benchart 16 A Babding 32
 Benchart 18
 Benchart 22
 D Murphy
 SASSY SPREZZATURA 6 Baber 92
 D Murphy
 SASSY SPREZZATURA 6 Baber 92
 D Murphy
 SASSY SPREZZATURA 6 Baber 92
 D Murphy
 SASSY SPREZZATURA 6 Baber 32
 D Murphy
 SASSY SPREZZATURA 6 Baber 32
 D Murphy
 SASSY SPREZZATURA 6 Baber 340
 SASSY SPREZZATURA 6 Baber 4100
 SASSY SPREZZATURA 6 Baber 4 Baber 400
 SASSY SSASY 6

6 (9) 32.1 RASCAL RECKNELL 124 (D) K De Foy-9-4. B Sayette FS (5) -200 GALLOPING ON 48 (E+) C Cox 9-2 ... R Ryan 8 (D) 1-44 SPUN TO GOLD 19 (D) A Balding 9-1 ... O Murphy 9 (D) 1-44 SPUN TO GOLD 19 (D) A Balding 9-1 ... O Murphy 9 (D) 1-44 SPUN TO GOLD 19 (D) A Balding 9-1 ... O Murphy 9 (D) 1-44 SPUN TO GOLD 19 (D) A Balding 9-1 ... O Murphy 9 (D) 1-44 SPUN TO GOLD 19 (D) A Balding 9-1 ... O Murphy 9 (D) 1-44 SPUN TO GOLD 19 (D) A Balding 9-1 ... O Murphy 9 (D) 1-44 SPUN TO GOLD 19 (D) A Balding 9-1 ... O Murphy 9 (D) 1-45 SPUN TO GOLD 19 (D) A SPUN TO TO SPUN TO GOLD 19 (D) A SPUN TO GOLD 19 (D

Sun FORM

CLARST CARACTER (9-4) 9-1 one pace, held, 4th of 6 (bth 9/h) to Animeric (9-9) (Lingfield 1/)-m hcap (2) £23,183 good). GOOLOGOG(96 (8-13) 28-11 led from 3ft util 21 out, last of 8 (bth 77) to Yauban (9-9) (Naas 1/)-m Gro 3 £30,531 soft). NESANTY (4-9) 11-4 ran on well, led final 11 foyds, bt Way Of CHARGING THUNDER (9-7) 9-1 kept on 3 dc of 2 (bth 3/h) to Fairbanks (9-5) APTI an on, bth n kb y Hosanna Power (9-2) (14 ran) (Newcastle 1/)-m hcap (3) £13,934 A/W). CHARGING THUNDER (9-7) 9-1 kept on 3 dc of 2 (bth 3/h) to Fairbanks (9-5) APTI an on, bth n kb y Hosanna Power (9-2) (14 ran) (Newcastle 1/)-m hcap (3) £13,900 good). THE GOAT (9-10) 15-2 faded, tth of 2 (well bth) to Kyle Of Lochalsh (9-6) (Salaibury 1/)-m hcap (3) £12,370 soft). CHASE THE DOLLAR (9-9) 18-1 made al, than on, bt Tumer (9-2) (14 ran) (Newbury 1/)-m hcap (3) £12,370 soft). CHASE THE DOLLAR (9-9) 18-1 made al, than on, bt Tumer (9-2) (14 ran) (Newtony 1/)-m hcap (3) £12,370 soft). CHASE THE DOLLAR (9-9) 18-1 made al, 122,370 soft). CHASE THE DOLLAR (9-9) 18-1 made al, 122,370 soft). CHASE THE DOLLAR (9-9) 18-1 made al, 122,370 soft). CHASE THE DOLLAR (9-10) 18-1 made al, 122,370 soft). CHASE THE DOLLAR (9-10) 18-1 made al, 122,370 soft). CHASE THE DOLLAR (9-10) 18-1 made al, 122,370 soft). CHASE THE DOLLAR (9-10) 18-1 made al, 122,370 soft). CHASE THE DOLLAR (9-10) 18-1 made al, 122,370 soft). CHASE THE DOLLAR (9-10) 18-1 made (9-10) 12-1 mmer (9-10) 0-00 MONT 22-10 16 (9-11) m hcap (14 55,288 good). Charles (9-10) 18-1 made (9-10) 1-1 m hcap (9-10) 1-1 mer (9-2) 32-0 AGET DE LOVE 40 (H) (2 Falowse 4-9-8) K. Twhelan (9-2) 32-0 AGET DE LOVE 40 (H) (2 Falowse 4-9-8) K. Stott (9-3) 24-0 AGET DE LOVE 40 (H) 2-0 Solmse 0-9-10. Twhelan (9-2) AGA LET DE LOVE 40 (H) 2-0 Solmse 0-9-10. Twhelan (9-2) AGA LET DE LOVE 40 (H) 2-0 Solmse 0-9-10. Twhelan (9-2) AGA LET DE LOVE 40 (H) 2-0 Solmse 0-9-10. Twhelan (9-2) AGA LET DE LOVE 40 (H) 2-0 Solmse 0-9-10. Twhelan (9-2) AGA LET DE LOVE 40 (H) 2-0 Solmse 0-9-10. Twhelan (9-2) AGA LET DE LOVE 40 (H) 2-0 So

GOING: STANDARD TO SLOW

5.05Stockpyle ...Jewel Of London Ten Pou 6.40Storm StaStar Pupi 7.15.....Star Pu 7.45.Elefthe 8.15.CrackskiStarEleftheria TOM PEPPER 5.05 Stockpyle 5.35 Lucky Gift 6.10 Summer Of Love 6.40 Cat Ninja 7.15. ... Sunfal
 7.15.
 Sunfail

 7.45.
 Miss Information

 8.15.
 Flower Of Dubai

 8.50.
 A Gift Of Love

 BTIC-TAC. FAI + m round Polytrack
 A Gift Of Love

 Mone.
 TOP TRAINERS (2019-2024);

 A Baiding 91-555.
 JT Gosden 81-373.

 JUS 2620-X:
 Baiding 91-555.

 JUS 2620-X:
 Dovie 84-625.

 JUS 2620-X:
 TRAVELLER: Charging Thunder (8.15) Upper Helmsley. 538-mile round trip ■JACKPOT: 1-6. ■FIRST RUN SINCE WIND OP: Castle Peak (6.10). ■LIVE ON RACING TV

TEMPLEGATE

PS ALAUS SP CLASS HELD SP CLASS SP CLA

4.50 5.20 5.55 6 25 7.00

8.00

8 30

. Air Force One SATURN (nap ...Beatrix Powe ...Saturn Seven (nb

. Hotazhel

Zambales

GOING: GOOD

EAMONN HAMES



12 Saturn Seven, B tai sing 'reh, Ustimute, nauruhartunuch, 7 7 Bold Optimis, B Blanc De Noir, 10 Instrumter Prince 9.30 HANDDICAP; 3-y-o; winner €12,000; f. 1 (i) 416. CLONMACASH 201 (D) I upnin to 4... 1 (ii) 416. CLONMACASH 201 (D) I upnin to 4... 1 (ii) 416. CLONMACASH 201 (D) I upnin to 4... 1 (iii) 416. CLONMACASH 201 (D) I upnin to 4... 1 (iii) 416. CLONMACASH 201 (D) I upnin to 4... 1 (iii) 416. Stature 115. J Geophegan 10.0 P Harmett (5) 1 (iii) 15.3 SALAH BELLE 30 (D) S Lavery 9-13... R Origan 1 (iii) 15.3 SALAH BELLE 30 (D) S Lavery 9-13... R Origan 1 (iii) 16.3 SALAH BELLE 30 (D) S Lavery 9-13... N Bochred (5) 2 (iii) 14.8 SALAH BELLE 30 (D) S Lavery 9-13... N Bochred (5) 3 (iii) 14.8 SALAH EVCOVE 37 ELynam 9-5... W Lordan 1 (iii) 2.3 SUPAXITINE BEMPESS 15 K Coleman 9-5 J Heffernan N Moccullagh 1 (iii) 2.3 SUPAXITINE BEMPESS 15 K Coleman 9-5 J Mocsus S Nocros 2 (iii) 0.4 NOSATO 166 C Velid 9-4... N Moccullagh 1 (iii) 2.3 DARK VIPER 45 (P:BF) J Harrington 9-0... S Foley 2 (iii) 0.0 S (Pi

along 2f out, never on terms, (btn 9²/4) to Run This Way pon 6f hcap (6) 23,664 soft). **IFE** (9-6) 9-4 fav headway ong, ran on just failed, btn hd v (9-9) (7 ran) (Chelmsford 5f s (6) 24,004 AW).

GREATHOUGHAID CARACTERISTIC CONTRACT CO