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KEMI: MY HEART BREAKS WHEN TORIES TURN TO REFORM

By **Sam Lister** Political Editor

KEMI Badenoch says her "heart breaks" when Tories tell her they intend to vote for Reform – because their hopes will be dashed.

She admitted that "no seat is safe" in this election, even hers with a 20,000-plus majority.

But the Business Secretary insisted the Tories can turn it around despite Reform's pitch for her party's voters.

Ms Badenoch spoke out as Nigel Farage held a bombastic rally and one of his candidates defected to the Conservatives, over the racism row that has

TURN TO PAGE 4



TV REVIEW

MIKE WARD
TV Critic



AHEAD of this teatime clash in Gelsenkirchen, England boss Gareth Southgate needs to convince us he hasn't lost the plot. I'm wondering what he's telling his players.

"These Slovenians are there for the taking!" may well be his battle cry.

If so, will anyone dare point out: "It's Slovakia, gaffer. Slovenia was last Tuesday!"

Of course, this game is one England should win easily. Slovakia are 45th in the world, 40 places below us. But then Slovenia were 57th and that didn't help us much.

"I know we need to be better," we hear Southgate confess before kick-off, reflecting on the joyless performances he's overseen at this tournament to date.

Well, indeed. The hope is that he and England have finally learnt some lessons, and not just about Central European geography.

"This could be the game that makes people realise England have finally turned up," suggests ITV's Ian Wright.

Yes, it could. Or it could be the game that makes people realise England were never destined to, that Southgate is a spent force. I fear it's been looking that way.

Early signs suggest the Turkish ref is keen to play his part in the drama, flashing yellow cards as if for fun. Could a petty lemon-shirted jobsworth yet again spell doom for England at a major football tournament?

Excuses

Perhaps. But, let's not make excuses. The teams' own ineptitude could be more than enough to do that. After 25 minutes, Slovakia go 1-0 up. Deservedly so. And that's where we remain at the break.

"More booze at half-time," remarks commentator Sam Matterface. I take his advice. A pint of Tesco Merlot numbs the pain a little.

Only later do I realise Sam has actually been saying "more boos".

Five minutes into the second half, Foden at last pings the ball into Slovakia's net. Roughly 60 seconds later, VAR chalks off his goal for offside.

Deep down, I know it's game over. While I try to stay upbeat, I've seen this film way too often not to remember how it ends.

And then, in the dying seconds of stoppage time, something weird yet amazing happens.

Against all odds, England equalise.

A brilliant overhead kick from Jude Bellingham. England fans go mad.

Seconds into extra-time, those fans go madder still. So do I. Harry Kane, astonishingly, has put us 2-1 up.

Surely we can't pull this off..?



Heroes...Harry Kane and Jude Bellingham



Music to his ears...Ed Sheeran celebrates



Ecstasy... England fans in Blackpool cheer the win

Saved



Family affair...Jude Bellingham has a special hug for his mum Denise

AN EVENING of agony ended in pure ecstasy for England football fans last night – thanks to a heroic goal from Jude Bellingham.

England looked doomed to crash out of Euro 2024 in Germany as Slovakia led 1-0 in injury time.

But an amazing overhead kick from Bellingham, with no more than a minute to play, made sure the game went to extra time.

A rejuvenated England pounced again within a minute of the added period when skipper Harry Kane headed in a goal to give them a 2-1 lead that they managed to hold on to as Slovakia pressed to equalise.

Fans at the stadium in Gelsenkirchen – including singer-songwriter Ed Sheeran – and millions watching on TV at home were ecstatic as England went through to

By **Giles Sheldrick**
Chief Reporter

the quarter-finals. The relieved crowd sang Sweet Caroline while manager Gareth Southgate hugged his shattered players.

England will play Switzerland in the next round in Dusseldorf on Saturday but they will know they will need to play much better than they did last night.

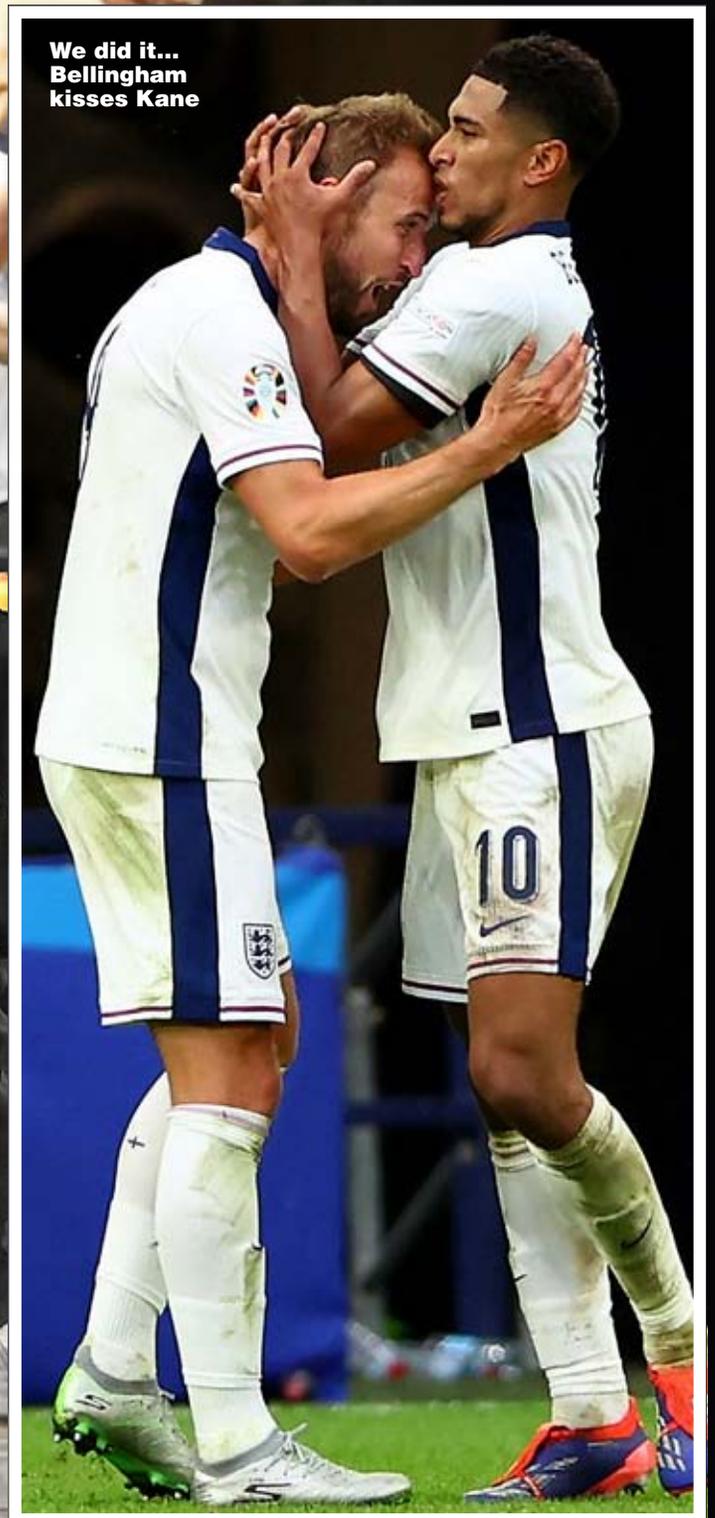
Brilliance

The team laboured to produce a reply after Slovakia scored early through Ivan Schranz and it was only Bellingham's last-minute flash of brilliance that saved the day.

Many had feared England were heading for the kind of abject

TO QUARTER-FINALS

Pictures: GETTY, ANDY STENNING, DAVE NELSON, REX



We did it...
Bellingham
kisses Kane

by the Bellingham

humiliation they experienced when Iceland knocked them out of Euro 2016.

Southgate has overseen vast improvements since taking over shortly after that tournament eight years ago, but he will be under immense pressure and scrutiny after squeaking through to his 100th match at the helm.

The Prince of Wales said last night he was on an "emotional roller-coaster" as he watched the nail-biter.

William, who is president of the Football Association, retweeted a photograph of England's goal heroes Bellingham and Kane.

Next to the image that showed Bellingham planting a kiss on the

**Shattered
...Gareth
salutes fans
after game**



forehead of Kane, the prince wrote: "Emotional roller-coaster! Let's go England! Quarter-finals here we come!"

Football pundit and former England defender Gary Neville said the side had to change "something dramatically" after their Slovakia scare.

He told ITV: "Sweet Caroline doesn't sound very sweet. Relief is the word. We've been very, very lucky and we should thank our lucky stars because we were woeful and we've been woeful now for four games."

"Not even in extra time did we play well and Slovakia were unlucky at the end.

"We've got to change something

dramatically and Gareth will realise he was so close to the edge."

Fellow pundit Ian Wright agreed that it was difficult to be optimistic, despite England making the last eight of the tournament.

He told ITV: "It's very difficult to look at England and feel confident going forward."

"We just showed that we've got two players who are capable of pulling it out of the fire for us."

Action

Experts estimate that 32 million pints of beer were sunk by 19 million watching the action in the biggest TV audience of the year – many, perhaps, for Dutch courage.

Despite being put through the wringer once again, supporters

packed out fan parks across the nation to soak up the sun and beer.

England's 35,000 pubs were also full of evening revellers enjoying a celebratory end to another warm weekend.

Should England make it to the final, experts forecast a one-off £172million hospitality spree.

The Glastonbury music festival banned showing the game from big screens, meaning 200,000 fans there missed watching the scarcely believable clash.

Sick days are set to treble today, with one HR manager, Alan Price, saying: "It looks like 'Hangover Monday' meaning absenteeism reaching a new high."

OPINION: PAGE 12; SPORT: BACK PAGE

'Reform voters won't

Labour backers support Kemi's pledge to protect women's spaces

LABOUR voters are more aligned with Tory policies on trans issues.

A survey for gender-critical group Sex Matters found 48% of 2019 Labour backers support the Conservative pledge to protect single-sex services, with just 20% against.

And 40% of Labour voters oppose a proposal by Sir Keir Starmer's party to amend the law to make it easier for people to change the sex on their birth certificates. That compares with 35% in favour of the move.

Maya Forstater, chief executive of Sex Matters, said: "This election campaign has proved that women's sex-based rights can no longer be dismissed as a fringe issue.

"These results show firm support for policies that protect those rights. "If parties putting themselves forward for government

want to represent the mainstream, they should take serious note of the overwhelming support for sex-based rights across the political spectrum."

Helen Joyce, director of advocacy at Sex Matters, added that the "message from voters is clear".

She said: "People are sick of constantly hearing about bizarre and harmful policies based on the regressive idea of 'gender identity'. They want an end to tedious debates that centre on the tiny minority of people who deny the reality of biological sex and ignore the great majority.

"Whichever party forms the next government needs to understand that the public strongly supports protections for sex-based rights, and is increasingly concerned about the legal falsification of records about people's sex.

"What some politicians refer to as a 'toxic debate' will only end when they clarify laws and

Forstater...politicians can't ignore our call

By **Katie Harris**
Political Reporter

policies to centre on the biological reality of sex and to reject invented notions of 'gender identity'."

It comes as Business Secretary and Equalities Minister Kemi Badenoch yesterday took aim at Labour leader Sir Keir for changing his position on trans issues.

She told GB News: "I think he is very conflicted, he is all over the place on this.

"People are all over the place when they don't have convictions and when they are just trying to tell people what they want to hear."

She added: "That's what you see with Keir Starmer. That's why we call him flip-flop Starmer." But Labour's national campaign coordinator

'Women's sex-based rights can no longer be dismissed as a fringe issue'

Pat McFadden insisted his party was well positioned when it comes to trans rights.

He said: "I think people have worked through this issue, I think we're in the right place now.

"We want to have a process for people who want to change their gender.

"We're not in favour of self-ID, we want to protect womens-only spaces but let's be kind to people."

The PeoplePolling survey of 2,146 British adults was carried out on June 26.



FROM PAGE ONE

engulfed Reform. Mr Farage is also under fire for his stance on Ukraine.

Ms Badenoch told GB News: "It does hurt. It is a difficult election. I'm fighting my seat like it's a marginal. Normally it would be a very reliable Conservative seat.

"There is no safe seat in this election. All of my colleagues are fighting like we are fighting marginals. I have a strong record locally. I think that it is going to be fine.

"But when I knock on doors I am meeting former Conservative voters voting Reform, and it breaks my heart because I know they are not going to get what they think they will get.

"I think we can still turn it around. What I would say to those voters is 'I understand'. We have all had our frustrations, even those of us who have been in Government.

"We think immigration is too high. The Prime Minister thinks immigration is too...but we are bringing it down."

Ms Badenoch, standing in North West Essex, is a potential future

'RUSSIA WEB' FEAR

ALLEGED Russian interference in the General Election campaign is "gravely concerning", Deputy Prime Minister Oliver Dowden said.

The Australian Broadcasting Corporation claimed five Facebook pages were carrying Kremlin talking points. Some expressed support for Nigel Farage's Reform UK party.

Mr Dowden said: "These revelations reveal the real risk our democracy faces."

Most of the administrators for each page are based in Nigeria. Online Russian propaganda has been linked to Africa in the past. Mr Farage dismissed the claims.

Tory leader. She urged the party to find a way to appeal to voters on the right it is losing to Reform and in the centre to the Lib Dems.

She said: "It needs to be [a party] that occupies the whole of the centre right, not just the centre.

"We're being hit on the left, being told that we're too right-wing, and hit from the right and being told that we're too left-wing. We've got to be a little bit broader.

"At the moment, we're a very broad church...which is why sometimes we disagree. You say too broad, but clearly not so broad that we haven't been able to keep Reform voters.

"There needs to be some kind of clarity that comes into place, people need to know that we are Conservative, people need to know that we are on their side, that we will defend them, that we will not let the left-wing activists come for them, we won't let Just Stop Oil block the roads."

Mr Farage told 5,000 cheering supporters in Birmingham he

Pictures: PHIL HARRIS, GETTY, PA



ALL change is bad, especially change for the better, a seasoned Westminster watcher used to joke.

But maybe he had a point.

Sir Keir Starmer's entire election campaign boils down to just that one word.

And it is a powerful one when voters are fed-up with the people in charge.

So far though, what that change amounts to is just anyone's guess.

The Labour leader has set out six small first steps he believes

ANALYSIS

SAM LISTER

Political Editor



can be delivered quickly and laid out a limited manifesto for power.

He has made firm promises that VAT, national insurance and national income will not increase under his leadership.

But it is often what goes unsaid at elections that has more impact. Within 100 hours

was offering an alternative to "slippery Sunak" and to Labour leader Sir Keir Starmer, who he said has "the charisma of a damp rag".

He said Britain was "a country that's forgotten where we come from, a country that doesn't seem to value our culture, our inheritance of what we wish to pass on for our children...I couldn't stand aside with all these things going on".

But hours later Reform candidate Liam Booth-Isherwood, contesting

Erewash in Derbyshire, said he was dropping out of the race and would instead endorse Tory contender Maggie Throup to "stop Labour".

He added: "Over the past few weeks, I have been increasingly disillusioned with the behaviour and conduct of Reform.

"Whilst I have campaigned alongside many decent, honest and hardworking people during the course of the General Election campaign in Erewash, the reports

get what they think'



Fiery...Kemi Badenoch hit out at Reform; fireworks at its rally yesterday

of taking power in 1997, Labour granted the Bank of England independence.

This decision of huge significance was not included in its election manifesto and continues to have ramifications to this day.

For this incarnation of Labour, the questions are not about whether it has been open about plans for such a major institutional change but whether it has been open about everyday issues.

Many taxes are still in play as

a way of generating extra funding after the election, including a grab on those who have invested their hard-earned cash for a rainy day.

But tackling the welfare system after a big rise in the number of people on sickness benefits appears not to be a priority. Sir Keir has refused to set a target for reducing small boats crossings or legal migration to the UK.

And he has studiously refused to say whether biological men can use women-only spaces,

including toilets, if they identify as female.

The desire to make a protest at the ballot box is understandable for voters on the right who are frustrated with the Conservative Party and want tougher action on these issues.

But wishing the Government was more right-wing while casting a vote that ushers Labour into No 10 risks a short-term bloody nose for Tories that comes with long-term pain for the nation.

of widespread racism and sexism in Reform have made clear that there is a significant moral issue within certain elements of the party.

"The failure of the party's leadership to not only take this matter seriously but also to fundamentally address it has made clear to me that this is no longer a party I want to be associated with."

The Tories claimed if 130,000 voters nationally did the same as him and switched to them "it

would be enough to stop Labour's 'supermajority'".

A party spokesman added: "A vote for Reform is a vote for Keir Starmer. Only a vote for the Conservatives can prevent an unaccountable majority for Labour, and the ruin this would bring for the country." A

Quit Reform...Liam Booth-Isherwood



Channel 4 journalist had recorded Reform campaigners in Clacton – the Essex seat where Mr Farage is standing – making racist comments including about the Prime Minister, who is of Indian descent.

Rishi Sunak will today hold a rally of Tory supporters and tell them: "We have four days to save Britain from a Labour

Starmers 'rain dance on cliffs of Dover can't stop the boats'

By **Sam Lister** Political Editor

THE Home Secretary says Sir Keir Starmer's plan to tackle illegal migration amounts to a "rain dance" on Dover's cliffs.

James Cleverly said Labour failed to come up with a way to tackle the small boats crisis.

And he warned that we will have to foot the bill for a growing number of asylum seekers, or grant them amnesty.

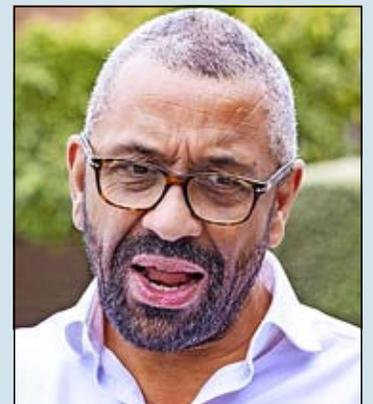
It comes as a shadow minister claimed Sir Keir's team worries about a crossing surge if the weather is good after the election.

Mr Cleverly said: "Right now, all we know is that Keir Starmer would stand on the cliffs of Dover to do a rain dance and hope that stops the boats."

"There would be no deterrent under Labour and that means the business model for people smugglers would still be viable – boats would cross in droves."

"We simply cannot give them that incentive by surrendering our borders to Labour."

A Home Office assessment found that if illegal migration to the UK continues to rise, the average hotel cost per person per night would rise from £126 this year to £178 in 2026, with the



Migration warning...Mr Cleverly

supported population increasing to 185,000. Total costs would be in excess of £32million per day.

Labour plans to clear the asylum backlog and set up a new Returns Unit. It will scrap the Rwanda plan and will not spend the foreign aid budget on the hotels, which the Tories say would leave a hole in its budget.

A spokesman said: "This is a ludicrous lie from an increasingly desperate Tory Party. This analysis is actually a costing of their own failing policies, not Labour's plans which will save the taxpayer billions."

OPINION: PAGE 12

DAILY EXPRESS VOTE Do you trust Labour to cut the number of illegal migrants arriving on small boats?



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Government. Labour would hike taxes by more than £2,000 for every working family, would shunt our politics to the left and change the rules to ensure that they can stay in power for decades.

"If they get the kind of majority, the 'supermajority' that the polls suggest, they will set about entrenching themselves in power."

"They will rewrite the rules to make it easier for them to stay in office and harder for anyone to

replace them. Once you have handed Keir Starmer and Labour a blank cheque, you won't be able to get it back.

"An unchecked Labour Government would be a disaster from which it would take decades to recover."

"We Conservatives will stand up for you and make sure your voice is heard."

OPINION: PAGE 12

'Labour simply don't care countryside and bulldozing



Choppy waters...UK fishermen

'Selling out UK fishing to cosy up to the EU'

EXCLUSIVE
By Sam Stevenson

FISHERMEN will be sold out if Sir Keir Starmer gets into power, the Environment Secretary claimed.

Steve Barclay's spoke ahead of the Brexit deal with the EU coming up for discussion in 2025.

Part of the talks will involve a decision on access to the UK's fishing waters and the quotas British fishermen are allowed to catch.

Mr Barclay said: "Keir Starmer wants to unravel Brexit and will surrender our hard-won new fishing quotas to cosy up to Brussels if he gets into No10."

Sally-Ann Hart, Tory candidate for Hastings and Rye, said: "Labour would not fight for our fishing fleets because they want to cosy up to the EU and sell out our fishermen."

Labour declined to comment.

Green shoots for economy

THE next government cannot be pro-growth without being pro-green, according to a business leader.

Rain Newton-Smith, chief executive of the Confederation of British Industry, will tell a conference in London today: "No more prevarication, no more rowed back commitments."

"Whoever forms the next government has to let the world know it's serious about the investment opportunities from net zero and that we're in this for the long haul."

EXCLUSIVE
By Steph Spyro Environment Editor

THE main housing policies of Labour pose a threat to Britain's green spaces and rural communities, senior Tories warned.

Housing Secretary Michael Gove said Sir Keir Starmer's plans for new homes will wreck our countryside.

And Dame Priti Patel slammed Labour's proposal for new electricity pylons that will ride roughshod over voters and nature.

Mr Gove, who is not standing for re-election on Thursday, said: "They don't want to give local people a say over housing and will go as far as ignoring local communities in development plans."

"Be in no doubt, Labour's flagship housing policies are a threat to our green spaces. They simply do not care about concreting over the countryside and bulldozing through the concerns of local communities."

The Labour Party manifesto has committed to building 1.5 million homes during the next parliament if Sir Keir becomes prime minister.

The party leader has pledged to "bulldoze through" planning restrictions even if it means overriding the concerns of

'Communities in the countryside should be quaking in their boots'

residents near new developments, it was stated. Rosie Pearson, chair of the Community Planning Alliance, said: "The relentless 'bulldozing' rhetoric from senior Labour people is alarming in the extreme."

"There seems to be no sense of balance. Nature and communities in the countryside should be quaking in their boots."

"Nor does there seem to be any recognition that voters love nature and are proud of the British countryside."

"Countryside is often second only to the NHS in polls and nearly 100,000 people marched for nature in London last weekend."

"We can have all the things we need, from housing to renewables to a grid upgrade, without riding roughshod over voters and nature."

Labour plans to launch a house building blitz within days of gaining power, Sir Keir has stated.

At least three housing announcements – including a local authority-led review of the green belt – are expected to be made within the first two weeks of a Labour Government.

The Labour leader said: "I want to hit the ground running. I want to make sure that we can make a start on this on day one."

Shadow Chancellor Rachel Reeves said there was an "urgency" for Labour to become the party of housebuilders because "we know that for kids like us today [from working class backgrounds], some of those opportunities [to own a home] don't exist". Former

COMMENT
MICHAEL GOVE
Housing Secretary

WHEN it comes to the countryside, Jeremy Clarkson is about right.

On farming, the words in Labour's manifesto when translated into English basically say: "We hate you, you meat-eating rural halfwits."

Their disdain for farming extends to the countryside more generally. A few days ago, a Labour source claimed: "I don't care if we flatten the whole green belt, we just need more houses in this country."

The truth is that this is exactly representative of what Keir Starmer and Angela Rayner are planning. They don't want to give local people a say over housing and will go as far as ignoring local communities in development plans.

The Conservatives have a plan to ensure more families have the security of owning their own homes whilst also protecting the green belt.

That means listening to local communities and building homes in the places that people want to live and work, alongside new roads, schools and more GP surgeries.

We will make the best use of brownfield land as we have done throughout our time in office, and build on our record of delivering over 2.5 million homes and the highest rates of house building for 30 years.

Be in no doubt, Labour's flagship housing policies are a threat to our green spaces.

They simply don't care about concreting over the countryside and bulldozing through the concerns of local communities.

A vote for the Conservatives is a vote to protect the countryside. Keir Starmer must be stopped from getting an unaccountable majority, which is a threat to our countryside as we know it.

Warning...
electricity pylons and new housing estates in rural spots could be a problem, say Tories



home secretary Dame Priti called it "shameful" that Labour wants to "build over our countryside".

She has been campaigning against Labour's support of more than 100 miles of new electricity pylons across East Anglia, including in her Witham constituency in Essex.

Dame Priti, right, warned the plans will damage family

homes, local recreational grounds and the countryside.

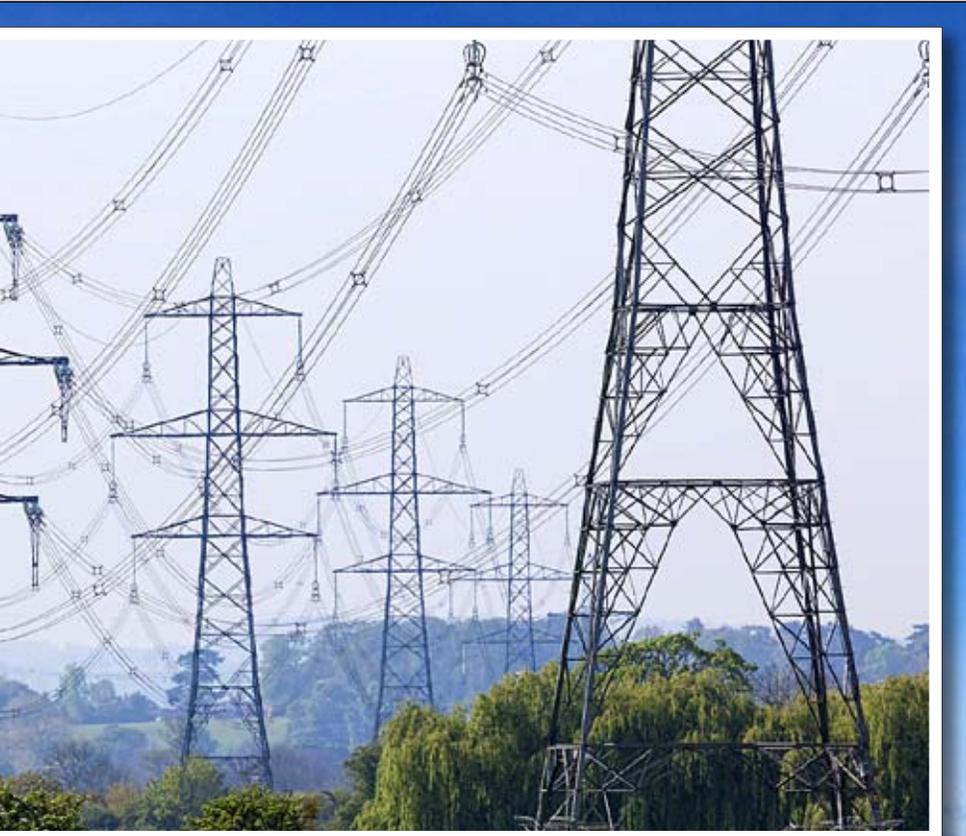
She said: "Communities are angry that Sir Keir Starmer has been boasting that he'll ignore the views and concerns of local people."

"Britain's electricity transmission network can be upgraded with new technology and alternatives, like tunnelling or an offshore



TO RURAL COMMUNITIES

about concreting over the through local concerns'



grid, not giant pylons. The Conservative Party has listened to these concerns and our manifesto pledges to review the planning policies for pylons.

"It's only by voting Conservative on July 4 that local communities will have a MP who will defend them and oppose pylons."

The Labour Party was contacted yesterday for comment.

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'Inheritance tax threat' to farms run by families

EXCLUSIVE
By Sam Stevenson

SIR Keir Starmer's party has been branded "totally blind" and "frankly dangerous" over the needs of the countryside.

Its inheritance tax plans would be a disaster for family-run farms, thanks to a secret plot unveiled by Environment Secretary Steve Barclay. It would unleash a bombshell £1 billion tax raid on farmers.

Labour branded the claims "desperate nonsense" but refused to rule out scrapping inheritance tax relief for farmland when approached by the Daily Express.

And now Greg Smith, Conservative candidate for Mid Buckinghamshire, has warned that removing the lifeline it would "kill" family businesses.

Speaking to the Express from a family-run farm near Princes Risborough, Bucks, he said: "If we do get a Labour Government and they do remove the inheritance tax relief, virtually every family-run farm in this country will die."

"Because there is no way those smaller farms could survive if they were forced to sell off chunks of land to meet an inheritance tax bill. And that is where Labour are totally blind to the realities of rural communities and frankly dangerous."

Devastating

"If we want a future for family farming, that cannot be allowed to happen because when those farms are handed down so much of them would have to be sold off to pay the inheritance tax bill they just would not be viable. If people want to protect our countryside and food security, then we cannot have a Labour Government."

Earlier this month, the Environment Secretary warned that Shadow Chancellor Rachel Reeves would be forced to scrap the tax lifeline to plug a £35 billion "black hole" from unfunded spending commitments.

Agricultural property relief, which allows landowners to pass down farms to their children with no penalty, protects farmers.

Removing this lifeline would saddle the average farm with a devastating £600,000 bill based on the average farm having a land value of about £2 million. The Conservative manifesto commits to including a business tax guarantee, pledging to retain inheritance tax reliefs for family farms.

Mr Smith said: "Too often the mandarins of government have never lived in the



FEARS FOR THE 'FABRIC OF OUR WAY OF LIFE'

BUSINESSMAN James Mackellar and three generations of his family live on his diversified farm.

Orchard View Farm near Princes Risborough in Buckinghamshire is a stalwart enterprise in the area, ploughing three-quarters of a million pounds worth of business into the local economy every year.

But Mr Mackellar, 50, fears Labour's inheritance tax plans could be a "massive problem".

He added: "If you want to break up the fabric of British farming very quickly, that is just the way to do it."

When it came to who to back in July's General Election, Mr Mackellar was clear it was local, not national or party political, issues that really concerned him most. He said: "We have got plenty going on locally – I am about local issues right here."

countryside and do not understand the needs of those living in rural areas."

Labour said: "Our farmers have been abandoned by this Conservative Government."

"They have been undercut by poorly negotiated trade deals, locked behind unnecessary trade barriers blocking the export of high-quality produce and face skyrocketing energy prices forcing thousands out of business."

"Labour will introduce a new deal for farmers to turbocharge rural growth and boost Britain's food security."

DEMAND FOR A SEAT IN CABINET

Don't dare ignore the views of 13m-strong army of older voters!

Picture: TIM ANDERSON



'It is time for our voices to be listened to'

By Giles Sheldrick

THE appointment of an Older People's Minister cannot come soon enough for Maureen Childs.

The mother of four sits on the committees of the British Computer Society and Digital Divide Specialist Group, and is a member of the Central London Branch of the BCS after completing an IT degree aged 50.

But, despite her determination to fight for the rights of fellow OAPs, the 85-year-old feels forgotten. Technology's rapid progress has left many older people isolated and in despair of coming to grips with the internet.

Maureen said: "We need a non-partisan commissioner looking out for us and giving us a voice. It feels like we don't count."

The former university lecturer feels a commissioner needs to take key issues, like pensions or access to the NHS and adult social care, and make OAPs' voices heard.

She said: "The situation is diabolical for older people. We need someone to make sure our voices are heard, because it's about time they were."

EXCLUSIVE

By Giles Sheldrick Chief Reporter

THE country's growing army of older voters has warned politicians to give their needs immediate attention after the General Election with a voice at the heart of government.

It comes as new statistics show that by the end of the next parliament in 2029 there will be 14.6 million people aged 65-plus in the UK – an 11% increase on 13.2 million today.

Campaigners are calling for a minister for older people in government and a commissioner for older people and ageing, independent of government but equipped with powers to hold it to account.

Both positions should be created as soon as the new administration is formed after the election, they say.

Caroline Abrahams, of Age UK, said: "We need politicians on all sides to be better informed about the views and experiences of older people and, frankly, to care more about older people's outcomes, and be bolder about acting to help them."

The push for the new posts by Independent Age, Age UK, the Cen-

'We need politicians, on all sides, to care more about older people's outcomes'

tre for Ageing Better and the National Pensioners Convention follows a Daily Express campaign to put issues affecting older people at the centre of policy making.

Before Parliament was dissolved, Caroline Nokes, chairman of the women and equalities committee, told women and equalities minister Kemi Badenoch: "Despite the UK's ageing population and the fundamental challenges and opportunities this presents, there is insufficient focus on ageing and older people."

"The case for a commissioner for older people's rights in England is now overwhelming."

She added: "There is strong evidence of very high prevalence of harmful ageist attitudes and discrimination across UK society."

Pensioners champion Baroness Ros Altmann, 68, was set to be made minister for ageing by former prime minister David Cameron in 2015, but the move

Support bid...
Caroline Nokes and Ros Altmann



was vetoed by the Department for Work and Pensions.

She said: "Many just want old people to disappear. Decisions affecting

their lives are made by people more than half their age and the emphasis on technology to access vital services like car parks, banks and helplines has seen them cast adrift.

"We need someone to stand up for this generation."

Carole Easton, of the Centre for Ageing Better, said: "Ageism is the

most widespread form of discrimination in the UK."

The list of concerns for older people is growing. They include the effects of technology, the social care crisis, a state pension that is the lowest in Europe and the lack of retraining opportunities for those who want to work past retirement age.



Hospitals...patient fears

Shortage of nurses 'can lead to deaths'

By News Reporter

HOSPITAL patients are allegedly being left to die because of staff shortages, according to a report.

Research by the Royal College of Nursing suggested that only one-third of shifts had enough registered nurses on duty.

The survey of more than 11,000 nursing staff revealed significant numbers in accident and emergency and outpatient departments reported having more than 51 patients to care for.

One nurse working in the community in the South-West, said: "We have days when we have 60 visits unallocated because we don't have enough staff."

"Every day we are asked to do more. We are always rushing."

Complex

Another, working in the South, said: "We leave over 50 patients requiring nursing care unseen on a daily basis due to poor staffing levels. This leads to increases in hospital admissions and death."

Professor Nicola Ranger, RCN acting general secretary, said: "Without safety-critical limits on the maximum number of patients they can care for, nurses are being made responsible for dozens [of patients] at a time, often with complex needs."

"It is dangerous to patients and demoralising for nursing staff."

"When patients cannot access safe care in the community, conditions worsen and they end up in hospital where workforce shortages are just as severe. This vicious cycle fails staff and patients – it cannot go on."

"We desperately need urgent investment in the nursing workforce but also to see safety-critical nurse-patient ratios enshrined in law."

A DISAPPOINTMENT of the General Election campaign has been the almost total lack of discussion about the implications of an ageing population.

It's one of the most significant trends affecting us, yet you wouldn't think so from the debate.

What's more, when it is mentioned at all, it is often described in doom-laden terms whereas, in reality, living longer is something we should all celebrate.

Having increasing numbers of older people brings opportunities as well as risks – for example, having more experienced

COMMENT

CAROLINE ABRAHAMS
Age UK



workers pre-retirement and more potential volunteers post-retirement.

It would be good to see these and other benefits recognised and for the conversation about ageing to be more balanced and constructive.

I hope Age UK can help to change this over the next few years – but we can't do it all on our own.

decision-makers. The arguments in support of these posts are compelling. There are ministers for all kinds of groups including, for example, disabled people and children. With a growing older population, why not one for older people too?

Fragmented

When I propose this, the answer I often get is that it would be better for each government department to play its part, rather than "putting all your eggs in one basket". The result is

that policies for older people are fragmented.

The case for a commissioner is just as strong, especially given the success of these roles in Wales and Northern Ireland. Why should England's (and Scotland's) older people lose out?

Charities like Age UK do our best to project older people's views, but the key difference with a commissioner is they have statutory powers, so ministers have to listen.

Whichever party wins the election, we and others will continue to campaign for these important roles.



Exciting...Taylor Swift

V&A set for exhibit on Taylor

By **Kerri-Ann Roper**

SEVERAL objects on loan from Taylor Swift's personal archive will go on display temporarily at the Victoria and Albert Museum this summer.

Visitors will be able to see archival material and costumes, with many on display for the first time.

Items will be displayed in conjunction with the permanent galleries at the V&A in London and entry will be free.

The museum's Kate Bailey hopes the exhibit "will inspire visitors to discover more about the performer, her creativity and V&A objects".

Taylor Swift: Songbook Trail runs at the V&A in South Kensington from July 27 to September 8.



Confession...Campbell

Naomi was 'awkward' over body

By **Mark Jefferies**

NAOMI Campbell confessed she felt "awkward" at school because she was picked on about her figure.

The supermodel said she was "very skinny and quite tall" so kids labelled her Olive Oyl from Popeye.

Naomi, 54, said: "My neck's quite long, so I used to shrug down so it wouldn't be so long. I felt awkward."

"Dance would make me forget about that."

She told the Cambon podcast that dance also helped her learn to pose and aided modelling.

Naomi marks 40 years in the industry this year with a V&A exhibition of her wardrobe and runway collections.

Made it...Lyla and Tony meet Queen after party setbacks



Private royal tea for child heroes

THE Queen made dreams come true by inviting two child fundraising heroes and their families to Buckingham Palace for a private garden party.

Tony Hudgell, nine, who was abused so severely by his birth parents he had to have his legs amputated, was asked after he missed a formal garden party when he became stuck in traffic.

His disappointment then was recorded online.

Musicals

But royal aides quickly responded: "Fancy trying again another day?"

Tony had sandwiches, scones and King's Guard-designed iced biscuits while the Rifles Band played tunes from musicals and pop songs.

Brain tumour patient Lyla O'Donovan, 11, of Catterick, North Yorkshire joined in – she too had missed the May party, with ill-health. They saw

By **Emily Ferguson**
Royal Editor

the Changing of the Guard then met the Queen and had tea in the garden summer house, and Camilla awarded Tony, of West Malling, Kent, his BEM.

Tony, who co-founded the Tony Hudgell Foundation, was the youngest-ever recipient of a New Year Honour when he was given the gong for services to the prevention of child abuse.

He has also won Pride of Britain and UK Points of Light awards.

His adoptive mother Paula Hudgell said: "Tony chatted to the Queen as if they were old friends and she was lovely with him."

Lyla's dad Paul said: "She's glad she missed it now as she's got to meet the Queen. We always cherish everything we do." He serves with 6 Rifles – the Queen is the unit's Colonel-in-Chief.

EXPRESS
EXTRA

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VIP guests...Lyla and Tony at Palace

By **Stephen Beech**

JEREMY Clarkson has bought a pub in the Cotswolds as he embarks on his latest venture – despite pals telling him it will be a "total disaster".

The former Top Gear presenter, 64, says he paid "less than £1million" for The Windmill, near Burford, Oxon.

He wants his boozer to have "dogs and families round the fire" while serving all-British ingredients – with a ban on fruit machines and "confusing" toilet signs.

Refurbishment

Jeremy said: "I decided last year that I'd like to buy a pub."

"I dreamt, as many men have dreamt in the past, of chatting with the regulars about nothing of any consequence and then having a Sunday roast with my family at my own



Clarkson's pub

Star buys country boozer in 'dream' move

table. I had failed to get planning permission to turn a barn on my farm into a restaurant but I still wanted somewhere where I could sell all that we make here. And my own beer in the taps too."

Not put off by that failure to open a diner at his Diddly Squat Farm in nearby Chadlington, he said that his pub will employ 80 people but it may not open

until later this year as extensive refurbishment work is required.

Jeremy added: "I've been told time and again people just don't go to country pubs any more. I think there are good reasons for that."

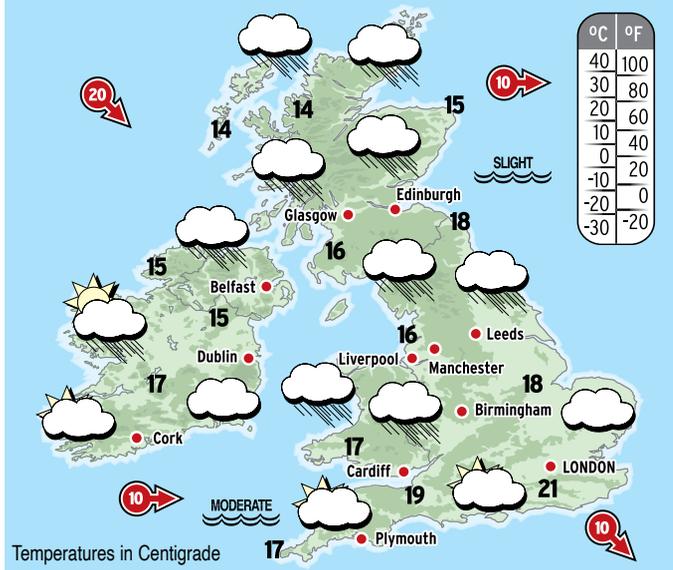
"Fun is in short supply and fun is what I want to put back. There will be bar billiards, there will be darts."

But the star may not be downing pints any time soon. He added: One small but annoying detail. I've just received word from my doctor that my liver is a bit stiff and that I really need to quit drinking for a while."



Cheers...Jeremy Clarkson, left, is the new owner of The Windmill, above

WEATHER FORECAST



Today's summary: Mainly cloudy with some rain

North West: Wet and overcast with light rain, becoming showery later. Freshening north-westerly winds. High 15C (59F).

Northern Ireland: Cloudy with outbreaks of rain or drizzle, mostly light. Freshening north-westerly winds. High 15C (59F).

Wales: Light rain in the morning, turning more showery later. Mostly cloudy with sunny breaks. High 18C (64F).

Midlands: Dull and grey with outbreaks of light rain and drizzle. Moderate north-westerly winds. High 17C (63F).

North East/Yorks: Grey and wet with patchy light rain and drizzle expected. Moderate westerly winds. High 17C (63F).

Scotland: Light rain, sometimes turning more heavy in places. Cloudy with a few sunny spells. High 18C (64F).

East Anglia: Mainly cloudy with the chance of a shower later on. Moderate westerly winds. High 19C (66F).

London/South East: Mostly cloudy with the risk of an isolated shower later. Moderate south-westerly winds. High 21C (70F).

South: Mostly cloudy with scattered showers, mainly later on in the day. Moderate westerly winds. High 19C (66F).

South West: A dull day with patchy drizzle for a time. Brighter later on. Moderate westerly winds. High 20C (68F).

Channel Isles: Dry and fine with sunny spells and variable cloud as well. Freshening westerly winds. High 18C (64F).

Sea: North Sea: Moderate. Irish Sea: Rough. Channel: Moderate.

UK OUTLOOK TOMORROW: A few light showers in Scotland, Northern Ireland and the north of England. A mostly cloudy day, but with early sunshine for the south of England.

SIX-DAY FORECAST

	TUE	WED	THU	FRI	SAT	SUN
	min max					
London	12 20	12 19	11 21	12 21	12 21	12 21
Belfast	10 16	9 15	10 15	9 15	10 15	9 15
Birmingham	11 17	10 16	10 18	10 18	10 18	10 19
Cardiff	12 19	10 16	11 17	11 17	11 17	11 19
Glasgow	10 15	10 15	10 14	9 14	10 15	9 16
Manchester	11 15	10 16	10 15	10 16	10 16	10 17
Newcastle	10 17	9 16	10 16	9 17	10 17	10 17
Norwich	11 17	11 17	10 18	10 19	11 19	11 20
Plymouth	12 20	11 17	12 18	12 18	11 18	12 18

24 hours to 5pm	SUN (hrs)	RAIN (ins)	TEMP (min) (max)	Britain yesterday	Lighting-up times	Moon, sun and tides
Aberdeen	1.8	0.00	12 17	Glasgow	3.0 0.00 9 17	MOON rises: 1.15am, sets: 4.55pm
Aberporth	4.7	0.16	8 14	Hull	2.9 0.07 11 17	SUN rises London: 4.48am, sets: 9.20pm
Alnwick	1.9	0.00	10 14	Ipswich	2.1 0.00 13 18	Manchester rises: 4.44am, sets: 9.40pm
Belfast	1.4	0.03	10 15	Leeds	3.5 0.00 8 17	New Moon 05 July
Birmingham	2.1	0.04	11 15	Lincoln	3.9 0.08 12 17	HIGH TIDE
B'mouth	1.5	0.01	14 21	London	3.1 0.00 13 21	London B'ge (10.17am), (10.39pm)
Bristol	1.5	0.04	12 17	Manchester	0.2 0.10 8 15	Liverpool (7.29am), (8.10pm)
Cardiff	1.9	0.00	13 18	Oxford	1.8 0.00 12 17	Greenock (8.39am), (9.12pm)
Durham	3.7	0.00	8 16	S'hampton	4.3 0.00 14 21	Dover (7.43am), (8.03pm)
Edinburgh	0.8	0.00	9 18	St Andrews	2.6 0.00 9 18	
Britain	Warmest: Frittenden 21C (70F)			Glasgow	10.04pm-4.37am	
Extremes:	Coldest: Redesdale 4C (39F)			London	9.20pm-4.48am	
(24 hours to 2pm yesterday)	Wettest: Elphin 0.55in.			Birmingham	9.33pm-4.50am	
	Sunniest: Jersey 8.1hr.			Bristol	9.30pm-4.58am	
				Newcastle	9.47pm-4.33am	

Today	Europe forecast	Tomorrow
Amsterdam	Cloudy 18C/64F	Rain 17C/63F
Brussels	Showers 19C/66F	Drizzle 18C/64F
Dublin	Showers 18C/64F	Drizzle 18C/64F
Frankfurt	Showers 21C/70F	Rain 17C/63F
Geneva	Showers 24C/75F	Showers 22C/72F
Lisbon	Fair 26C/79F	Sunny 30C/86F
Madrid	Drizzle 29C/84F	Sunny 31C/88F
Paris	Cloudy 22C/72F	Drizzle 20C/68F
Rome	Fair 28C/82F	Sunny 28C/82F

Around the world yesterday		
City	C	F
Amsterdam	Cloudy	20 68
Athens	Sunny	32 90
Barcelona	Fair	24 75
Berlin	Fair	25 77
Budapest	Sunny	32 90
Cairo	Sunny	31 88
Cape Town	Sunny	19 66
Casablanca	Sunny	23 73
Corfu	Sunny	36 97
Dublin	Cloudy	14 57
Dubrovnik	Sunny	32 90
Faro	Sunny	23 73
Florence	Sunny	28 82
Gibraltar	Sunny	24 75
Guernsey	Cloudy	16 61
Hong Kong	Shwrs	31 88
Istanbul	Sunny	30 86
Jersey	Cloudy	17 63
Lamaca	Sunny	32 90
Las Palmas	Sunny	25 77
Los Angeles	Sunny	22 72
Luxor	Sunny	40 104
Malaga	Sunny	30 86
Malta	Sunny	27 81
Malta	Sunny	33 91
Melbourne	Shwrs	11 52
Miami	Fair	31 88
Moscow	Sunny	27 81
Nairobi	Fair	19 66
New Delhi	Rain	34 93
New York	Fair	26 79
Nice	Sunny	25 77
Nicosia	Sunny	36 97
Perth	Sunny	18 64
Prague	Fair	27 81
Singapore	Thndr	24 75
Stockholm	Rain	18 64
Sydney	Rain	14 57
Tel Aviv	Sunny	31 88
Tenerife	Sunny	25 77
Toronto	Rain	23 73
Tunis	Sunny	33 91
Venice	Fair	30 86
Vienna	Sunny	32 90
Warsaw	Sunny	33 91

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We love our cake and eat it too...

By David Jarvis

WE eat four billion slices of cake every year, a poll has found. And those in the North-East and Yorkshire have the sweetest tooth, munching four each week. A spokesman for pub chain Farmhouse Inns said: "When it comes to sitting down and relaxing, a cup of tea and a cake seems to take some beating." People from the South-West, North-West, West Midlands and East Midlands eat some three slices a week while those in London and the South-East average just one.

Magic ingredient...olives

'Diabetes staved off by olives'

By Stephen Beech

OLIVES could keep diabetes at bay and beat obesity, research shows. Findings suggest that elenolic acid – found in mature olives and extra virgin olive oil – can lower blood sugar levels and promote weight loss. Scientists hope it could pave the way for a cheap and safe natural product for aiding the conditions. After one week, obese mice given elenolic acid weighed "significantly" less and showed better blood sugar regulation.

Not all processed foods bad for you

CUTTING back on ultra-processed food may not always result in a healthy, nutritious diet, it is claimed.

So-called UPFs are widely viewed as unhealthy as they contain high amounts of saturated fat, sugars and salt. But foods like unsweetened apple sauce, filtered milk and canned tomatoes are classed as ultra-processed, even though they are "nutrient dense".

Researchers say the system used to label foods based on the level of processing does not look at nutritional values. They also found foods labelled as minimally processed can be dearer, have a shorter shelf life, and provide a poor diet.

Dr Julie Hess, of the US Department of Agriculture, said: "It is possible to eat a low-quality diet even when choosing mostly minimally processed foods."

Researchers created two breakfast menus with jam on toast and eggs. Both received a low healthy-eating score on the Nova assessment system for processed foods. But the less processed menu was more than twice as expensive and reached its expiry date three times faster without delivering any additional nutrition.

Dr Hilda Mulrooney, of London Metropolitan University, said "rejecting foods on the basis of their degree of processing would risk removing many foods which could add considerable nutritional value to diets".

Many UK foods classified as ultra processed, including cereals, make "important contributions" to diet, she added. The findings were presented to the American Society for Nutrition conference in Chicago.

Regulate

Prof Dongmin Liu, of Virginia Tech, US, said the acid "seems to mimic the physiological conditions of eating to directly promote gut metabolic hormone secretion, which helps regulate energy balance and metabolic health".

The concentration of acid is very low in the food, so benefits would most likely not be gained from olives alone. Findings were presented at Nutrition 2024 in Chicago.

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WIMBLEDON 2024

Pictures: CLICK NEWS, STEPHEN LOCK/I-IMAGES



McEnroe serves up his old retro look

JOHN McEnroe proves he still cannot be serious as he recreates his iconic Eighties tennis look.

The Wimbledon triple singles champion sported his former signature brown curly hair with red headband and tennis whites as he walked through a Surrey tennis club at the weekend for an advert.

Badboy

Racquet in hand, he stomped along in retro red and white socks plus high-top tennis shoes.

The Grand Slam tournament gets under way today and former badboy Supremac harked back to his SW19 triumphs by copying his Wimbledon-winning look from

By **Helen Barnett**

1981 – the same year he famously shouted at his first-round umpire “You can’t be serious. You cannot be serious!”.

BBC commentator McEnroe, 65, is usually seen with a short crop of silver hair these days but he went back in time to film the ad.

There are 19 British players to follow at this year’s All England Championships including Emma Raducanu, who has recovered from wrist and ankle surgeries.

The 21-year-old, second on Centre Court today, skipped the French Open to be fully fit for Wimbledon and said: “I feel good in my body. There are no doubts.”



Wig..McEnroe in the ad. Left, bare-headed and, below, at the age of 20



From **Liz Perkins** at Wimbledon

TENNIS fans face an anxious wait to see if Wimbledon hero Sir Andy Murray will be fit enough to appear on Centre Court one last time.

The British star, 37, has endured a tough 10 days since he was forced to retire at the Queen’s Club Championships with a back injury.

He revealed yesterday the resultant back surgery “wasn’t insignificant”.

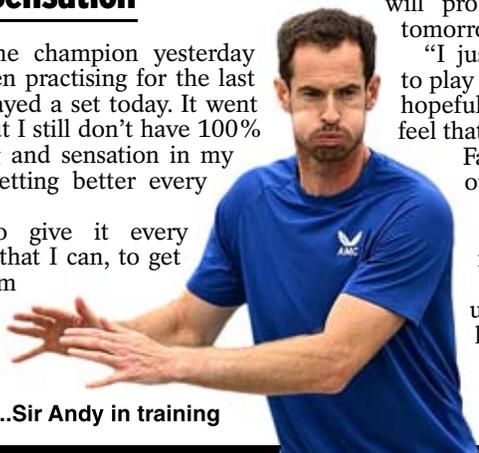
Sir Andy said the biggest risk in returning to the court was his small wound reopening, as he has stitches in his back after having a large cyst removed.

Wimbledon begins today with Sir Andy scheduled to face Czech player Tomas Machac, 23, in the first round tomorrow.

Sensation

The two-time champion yesterday said: “I’ve been practising for the last few days. I played a set today. It went pretty well, but I still don’t have 100% sort of feeling and sensation in my leg yet. It’s getting better every single day.

“I want to give it every single chance that I can, to get there. I am going to play another set tomorrow. I



Fitness battle...Sir Andy in training

Will injured Andy be fit for farewell on centre court?

am doing some physical testing in the morning to see how far off I am. Then I will probably make a decision tomorrow evening after that.

“I just want the opportunity to play one more time out there, hopefully on Centre Court, and feel that buzz.”

Fans were seen camping outside the courts yesterday as they queued for tickets on the eve of the famous tournament.

Wimbledon has beefed up its security this year by hiring more than 1,000 guards to counter any attempts by protesters to stop play.



Camp court... fans queue for tickets



Collapse...Visletto bridge

Four dead in Swiss rain horror

By **Allister Hagger**

FIERCE storms in Switzerland and northern Italy at the weekend left at least four people dead.

The bodies of three people were recovered following a landslide in the Maggia valley near the Italian border.

Storms and heavy rain pounded southern and western Switzerland on Saturday and overnight causing flooding in which one man died.

Camping sites along the Maggia river were evacuated and a section of the Visletto road bridge collapsed.

The Rhone burst its banks, flooding a highway and a railway line. One man was still missing yesterday.



Attacked...Katie Piper

Katie’s acid fiend is up for parole

By **Charlotte McLaughlin**

THE man behind the acid attack on Loose Women panellist Katie Piper is up for parole.

Daniel Lynch, 47, was jailed for life with a minimum term of 16 years in 2009 for the rape of the former model and for telling Stefan Sylvestre, 34, to throw acid on her.

A spokeswoman for the Parole Board confirmed yesterday that there will be a private hearing for Lynch on July 23 and 24.

The attack in 2008 left Piper, now 40, blind in one eye. She has undergone more than 250 operations. She went on to found the Katie Piper Foundation to support burns victims.



DAILY EXPRESS

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Kemi's vital message for all wavering Tory voters

KEMI Badenoch has brought passion and determination to a largely uninspiring Conservative election campaign and, no matter what the outcome this Thursday, must rank as a future leadership contender.

But the impressive Business Secretary admitted yesterday that, even with a majority of 20,000, she is fighting as if her seat were marginal thanks to the threat of lifelong Tories defecting to Reform UK.

No wonder Ms Badenoch's heart is breaking, especially in the light of Reform's racism row and Nigel Farage's controversial comments over Ukraine.

For its part, Reform held a 5,000-strong campaign rally yesterday but, despite such evident support, Ms Badenoch is right to insist the race is still far from lost.

The defection of Reform's Erewash candidate Liam Booth-Isherwood to the Conservatives yesterday, claiming a "failure of leadership" over the damning racist slurs apparently voiced by a canvasser for the party, provides perhaps a glimmer of light.

With four days to go, Rishi Sunak's party needs to go all-out to persuade wavering Conservative voters they are on their side.

If not, they risk electoral oblivion. But far more importantly, the future of the country is at stake.

No Labour migrant plan

WHILE the Tories' flagship Rwanda scheme is far from perfect, at least it was a plan. Had it been given time to work, the relocation of illegal migrants and asylum seekers to Africa for processing and resettlement would almost certainly have proved a deterrent to those heading for these shores illegally.

Labour, by contrast, appears to have no plan to tackle the small boats crisis. As of last week, 13,195 people had crossed the Channel in 2024 – more than in the same period in each of the previous four years.

Indeed, Home Secretary James Cleverly described Labour plans as amounting to a "rain dance" on the Dover cliffs – praying poor weather will deter arrivals. Less humorous is the bill if illegal migration continues to rise: an extra £635 per family.

The Tories believe just 130,000 voters currently considering a vote for Reform or the Liberal Democrats could stop Labour forming the next government and delivering chaos. With issues this important still unresolved, we urge electors to think hard before casting their vote on Thursday.

Nail-biter...now nail it!

IT could not have been more patchy but England scraped victory against Slovakia yesterday after going down by a goal in the first half.

Gareth Southgate's team – on paper by far the stronger side – refused to accept defeat, but it was a nail-biting finish. Now we all need to get behind the team ahead of the quarter-finals. Come on, England!

Squandered Tory chances open way for Starmageddon



Evasive...Sir Keir Starmer is asking for blank cheque



Leo McKinstry

Daily Express columnist

AT THE heart of this strange election lies an intriguing paradox. Our country stands on the verge of the biggest earthquake in our party system since Labour eclipsed the Liberals as the voice of the left exactly a century ago. Yet the scale of this potentially seismic change has not been reflected in the prosaic, unedifying campaign.

From the deluge of banalities uttered by politicians, you would never know that the unwritten British constitution could be about to face its sternest test in modern times.

Westminster's binary system depends on the existence of a credible opposition, but it is conceivable that Labour could gain a majority of more than 400 seats, with the Tories reduced to less than 50 MPs.

From the Commons chamber to the corridors of Whitehall, Sir Keir Starmer and his Cabinet could soon enjoy the kind of all-conquering dominance never before seen in Britain.

The polls, of course, may be wrong, as they were in 2015 when David Cameron unexpectedly won a majority, and in 2017 when nearly all the opinion surveys pointed to an easy win for Theresa May, only for Jeremy Corbyn to come close to victory.

FORECASTS are particularly difficult for this election due in part to the large number of undecided voters. According to the Tory peer and respected analyst Lord Ashcroft, half of the electorate has still to make up its mind.

The picture is further complicated by the rise of Nigel Farage's Reform UK movement, which has even overtaken the Tories in some recent polls.

It is hard to assess the final impact of Reform, given media attacks over allegations of racism in its ranks and Farage's stance on the war in Ukraine.

But if the polls are remotely

accurate, then the Tories are in for an unprecedented hammering, worse than 1906, when they were left with just 156 MPs. What is remarkable about Labour's impending sweep to power is that there is little public enthusiasm for it.

In Labour's two previous landslides, in 1945 and 1997, the mood was optimistic but there is none of that today.

The public is apprehensive rather than buoyant, resigned rather than excited. Incredibly, for a man who looks like he is about to win the greatest ever Parliamentary majority, Starmer's

favourability rating is a dismal minus 20, compared to Tony Blair's plus 18 in 1997.

Starmer's lack of appeal is partly a reflection of his stodgy, earnest political character, which makes him an awkward performer in the public arena.

If he wins this week, he will only be the seventh Labour Prime Minister and, in terms of length of Parliamentary service, he will be the least experienced, though he is better equipped by temperament for the job than his immediate predecessor, the neurotic Gordon Brown.

On the other hand, he pos-

Picture: REX

sesses little of Blair's charisma or Clement Attlee's detached clarity or Jim Callaghan's avuncular reassurance.

In policy terms, the figure that Starmer most resembles is Harold Wilson, who was also a passionate believer in state planning, and governmental restructuring, though ultimately his approach only created waste, disillusion and bureaucratic sclerosis, exactly the fate that could befall Starmer.

BUT in personality terms, there is a striking parallel between Starmer and the first Labour Prime Minister, Ramsay MacDonald. It was his pioneering achievement in winning more MPs than the Liberals in the 1923 and 1924 elections that cemented Labour's position as the alternative government to the Tories.

Yet he never seemed to know what he actually wanted to do with power when he had it.

He was regularly accused of being shifty, evasive, and driven by vain ambition rather than principle, all accusations levelled at Starmer.

Just like MacDonald, Starmer hides his intentions behind screens of woolly verbiage. As a result, the electorate has little idea of what Sir Keir will do once he reaches Downing Street. His interviews have been so opaque and his manifesto is so vague that he is effectively asking for a blank cheque.

Despite remaining in the dark, voters seem willing to oblige, so great is their contempt for the Tory Government. That is the motivating factor behind Labour's ascendancy rather than any desire for left-wing rule. In the wake of their 2019 election win, the Conservatives had an opportunity to reshape British politics.

They squandered the chance in such spectacular fashion that they have opened the way to Starmageddon – and their own possible demise.

'Sir Keir Starmer's favourability rating is a dismal minus 20'

James Whale



STRAIGHT TALKING AND TAKES NO PRISONERS

Don't gamble with privilege of power

I'VE written before about the low calibre of our elected politicians and wannabe MPs. But the election betting scandal takes the biscuit. Why on earth would anyone risk placing a bet on something almost no one except you knew about?

Anyone with half a brain knows the days of popping into the bookies clutching a grubby fiver are long gone. These days it's all computer aided and abetted at the click of a button. And bookmakers will spot odd trends of unusual bets instantly.

Are we not paying our representatives enough? Or are decent, intelligent people just so sick and tired of politics that they aren't going into it? I do know we need a sea change in how politics works. Democracy is under threat, otherwise.

CASE in point... Labour's Mid-Buckinghamshire candidate Carissma Griffiths, pictured. She referred to war-time PM Winston Churchill and the royals as "racists" in Facebook posts uncovered by the Express – and claimed Britain had only been "the good guys" a few times in history.



On June 13, 2020, she described Churchill as a "racist", who was "responsible for thousands of African deaths directly" and was "at the most brutal and brutish end of the British Imperial spectrum".

In another post in 2021, she claimed "England doesn't want to own up" to the "evil in its history" and that's "why we... go on and on about the war because it's one of the only times Britain was on the right side of history".

It baffles me why anyone would want to be an MP for a country they clearly dislike so much. Let's hope mid-Bucks voters don't give her the opportunity to do more damage.

THE LONDON Metropolitan University has warned staff and students not to use the term "illegal immigrant", over fears the phrase could cause offence. Instead of the "dehumanising" phrase, they are urged in the university's inclusive language guide, to use the term "undocumented".

It has also advised not using gendered language – replacing "boyfriend", "girlfriend", "husband" or "wife" with the umbrella term "partner".

In a similar vein, "mums" and "dads" should be referred to as "parents" or "caregivers".

When they're wasting time and effort on this sort of rubbish, it's no wonder British universities are slipping down the global rankings faster than Tory election hopes.

Slow Joe shows less sense than a toddler

Picture: MARTIN BUREAU/AFP/GETTY

HOW on earth is it possible for Joe Biden to continue as president of the world's most powerful country after *that* abysmal presidential debate performance?

Bumbling, incoherent, nonsensical! The man was beyond dreadful.

Someone in the Democrats really needs to put Sleepy Joe – or maybe we should say Slow Joe – out of his misery once and for all.

I've heard five-year-olds speak more clearly.

After Biden fumbled one particular line in a barely audible rasp, Donald Trump remarked: "I really don't know what he said at the end of that sentence; I don't think he knows what he said either."

And normally it's Trump who sounds deranged.

But it wasn't just the 81-year-old's inability to



DEPRESSING: But either Donald Trump or Joe Biden will sit in the Oval Office come November

keep his train of thought or get his words out properly.

He was just as unsteady on his feet.

After 90 minutes of standing, he could barely exit the stage afterwards – his wife Jill literally had to give him a helping hand down the small set of steps.

Trump, who is no spring chicken at 78, appeared measured and in control, but evaded giving detailed answers. For that reason, I found the entire debate thoroughly depressing.

Especially because the world is still dependent on America, whatever Americans might think, to police nefarious dictators and keep the global balance.

The lives of millions are dependent on which man will sit in the Oval Office come November.

Our politicians may be far from perfect, but if their recent election arguments seemed like school yard scraping, this was more like kindergarten level.



Horses are wild, beautiful beasts, not selfie props

I'M A huge fan of horses. They are hard-working and unappreciated animals.

Yes, they can occasionally and quite literally kick off – and may I use this opportunity to wish Princess Anne a speedy recovery after she was injured by a horse on her Gloucestershire estate – but they do so much for us humans generally without fuss.

So it really riles me when you see silly tourists provoking them.

Just recently, we saw a woman who appeared to be knocked to the ground by a King's Guard horse on Whitehall.

A social media video showed her standing far too close before face-planting to the floor.

Not everyone was convinced by this over-dramatic performance.

The horse gave her a nudge at best. It was her choice to stagger like a drunkard before diving like a second-rate Premiership footballer.

It's quite simple, really.

Stay back and take your photos from a safe distance.

The guards and horses are there to do their job – and it's not to be in your selfie.

IT AMAZES me that none of the major political parties seem to have any ideas when it comes to stopping the small boats. Illegal (sorry, "undocumented") migrants are

not going to stop coming after the election.

Sticking our heads in the sand is not going to change anything.

And Labour has made it clear it's going to immediately

dump the only deterrent, the Rwanda scheme (no doubt at a cost of many tens of millions of pounds).

So what's left?

Answers on a postcard to Number 10, please.

MODERN-DAY OLYMPICS IS ALL GREEK TO ME...AND NOT NEARLY GREEK ENOUGH

DID YOU realise the Olympics is happening only a few weeks away across the Channel? Paris, to be exact. Well I admit I do know, but so many other things seem more important.

The world is in chaos, there are elections galore... oh, and the Euros (come on, England)! Now, this might upset some people,

but I'm not a huge fan of the Olympics. Being completely honest, I couldn't care less about it.

It's become far too political and so far removed from its Greek origins. The original competitors were amateur athletes.

They entered for the fun or the love of it – and they were shunned for making money.

Now sponsorships and merchandising dominate proceedings. The professional sportsmen and women all talk the same – endlessly obsessed with times and goals – and any real characters have long slipped away.

In fact, I couldn't name one competitor for this summer.

EXPRESS



Today's exclusive highlights from express.co.uk

● Follow all the coverage from SW19 as Wimbledon tennis championship starts

● How to make Jamie Oliver's 'soft and silky' fried eggs - delicious and ready in five minutes

● See our live updates on the latest news from the Holly Willoughby kidnap trial



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Emotional... Michael J Fox and Chris Martin on stage



Star fans... Tom Cruise with Gillian Anderson and Simon Pegg



Twain peeks.. crowd tries for a glimpse of Shania set

It's GlasTwainbury!

Shania's cowboy chic and hits wow the crowd

WORTHY Farm became a sea of cowboy hats and leopard print as Shania Twain played Glastonbury's Legends slot yesterday.

The Canadian singer burst on to the Pyramid Stage with her hit *That Don't Impress Me Much*.

Fans had hoped the 58-year-old might enter on horseback, as she did in Las Vegas, but the *Man! I Feel Like A Woman!* hitmaker opted instead for a troupe of drag queens holding puppet pony heads on flag poles.

Despite some timing and microphone issues, she soon got into the swing of things – shedding her floor length magenta pink tulle robe to reveal a black sequin mini dress.

Shania accessorised with a black rhinestone-encrusted cowboy hat and fishnets, long black gloves plus knee-high leather boots, wearing her flowing blonde hair down to her hips.

Saying it was “so moving” to see a massive crowd, the pop-country powerhouse added: “This really is a city.

Treasure

“It’s a community. And I do feel the privilege of being here. I really will treasure this for ever.”

Ahead of the performance, Glasto organiser Emily Eavis said Shania “really embraced” its spirit, spending time on site on Saturday.

Her show-stopping set, including ballad *You're Still The One*, came after Coldplay headlined the stage the night before, for a historic fifth time.

Band frontman Chris Martin, 47, welcomed a host of special guests during the two-hour set including Michael J Fox, who performed with them despite living with Parkinson's.

Martin called Michael, 63, “our hero forever”, revealing the band formed after bonding over his 1985 film *Back To The Future*.

The actor was wheeled on to play guitar with Coldplay for two numbers, including an emotional *Fix You*. He was diagnosed with young-onset

By Helen Barnett

Parkinson's a year after *Back To The Future Part III* came out in 1990 and retired from on-screen work in 2020.

Coldplay, who first appeared at Glastonbury 25 years ago, drew celebrity fans, including actors Tom Cruise, Gillian Anderson and Simon Pegg as well as Chris's girlfriend Dakota Johnson.

The hit-filled set list kicked off with *Yellow* and included *The Scientist*, *Clocks* and *Viva La Vida*. But Chris also serenaded fans with off-the-cuff songs about people in fancy dress who were shown on the big screen.

The camera eventually landed on Glastonbury's founder Sir Michael Eavis, 88, with Martin singing: “As humans go, you're the best of all sorts.

“You're a musical charmer, you're the world's greatest farmer. Whoever got knighted wearing shorts?

“Thank you, Michael, thank you for everything, we love you, everybody loves you.”

Elsewhere, Cyndi Lauper downplayed any hitches she faced in her Saturday set.

Asked if she enjoyed the show, the US singer, 71, told BBC Breakfast: “Yes, I did, I mean I had a few technical things, wardrobe difficulties, but I had fun.

“Sometimes, you're up there and the sound is like, ‘Whoa’. But [it] doesn't matter because the spirit is there – and that was great.”

Glastonbury enjoyed glorious weather this year but the Met Office warned of “some light rain mid-morning” as crowds prepared to leave the Somerset site today.

Football fan festival-goers struggled to keep up with the Three Lions yesterday – the England v Slovakia game was not shown as the 5pm kick off clashed with big sets.



Hat a girl... Shania Twain dazzled in rhinestones on stage

FOUR HOURS OF QUEUEING FOR £200 OF FOOD

MUSIC fans spend an average of around £200 each on food at a multi-day festival, a study found.

The survey of 1,000 adults who have camped at such an event showed they typically spend £42 a day while queuing for an average total of almost four hours for food.

It found 51% try to live off snacking rather than main meals but that 78% feel ripped off by what's on offer.

Almost 80% bring some of their own food with them.

The survey found nearly 70% of festival-goers have ordered a takeaway after returning home – with pizza the top choice followed by a Chinese and then fish and chips. Reasons for

By Helen Barnett

choosing a takeaway include being too tired to cook, convenience and a lack of food in the fridge, according to the research commissioned by the pizza brand Papa Johns.

● AROUND 5.5million cigarette butts will be littered across the country's 30 biggest festivals this summer – enough to fill seven two-man tents, according to a study by Keep Britain Tidy. It urged smokers to use small portable ashtrays to dispose of stub-ends.

By **Peter Allen**
in Paris

Far-right heading for victory in French poll

FRANCE was last night on its way to voting in its first far-right government since the Second World War.

It follows a massive parliamentary election win for Marine Le Pen. She declared “democracy has spoken” after her party – the National Rally – achieved 33% of the popular vote in the first leg of a two-round poll.

This compared to just 22% for President Emmanuel Macron’s Renaissance/Together coalition, and could lead to an absolute majority in the National Assembly for Ms Le Pen.

This would mean the party’s candidate for prime minister, 28-year-old Jordan Bardella, forming a government. In Henin-Beaumont

where she was elected without the need for a second round, Ms Le Pen said the party was finally preparing for power for the first time in its history.

She added: “In democracy, nothing is healthier than political change.



We need an absolute majority for Jordan Bardella to be appointed prime minister by Emmanuel Macron.”

The president was also left humiliated by a 28.5%

Triumph...Marine Le Pen

vote for the New Popular Front – an alliance of Leftist parties. Exit poll results that are usually accurate showed a record turnout of 67.5%.

All candidates who got over 12.5% of the vote and less than 50% yesterday in each of the 577 constituencies will now move on to the second round next Sunday. Mr

Macron remains as head of state until 2027, when he has to step down after two terms in office. Ms Le Pen is eyeing up the presidency.

Mr Bardella would focus on an anti-immigrant agenda. The last far-right leaders headed the Vichy regime that collaborated with the Nazis in the Second World War.

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Pictures: PA

Traditional wetland is new 'hotspot' for dragonflies



Scarce... Chaser species

A WETLAND reserve cared for by the National Trust for 125 years has been deemed a “dragonfly hotspot” because of its value to the insects.

Wicken Fen nature reserve Cambridgeshire was given the title by the British Dragonfly Society. The designation, one of just 23 by the group in the UK, recognises its abundance of habitats which the insects need for their lifecycle, the variety of species there and its easy access for visitors.

The Trust said 22 of the UK’s

By **Steph Spyro**

57 species of dragonfly and damselflies – whose ancestors pre-date dinosaurs – can be seen on Wicken Fen’s rare undrained East Anglian land.

Such reserves are key to the survival of the insects as they are increasingly displaced from further south and the Continent by climate warming.

Tim Coleshaw, from the society, said it is hoped the award “will inspire people to love these fantastic insects”.

Title...Wicken Fen reserve



Vigil for Zara, murdered on walk home

By **Matthew Young**

DRESSED in white, families and well-wishers joined the aunt of tragic Zara Aleena to walk “with all murdered women in their hearts” in a call to end the violence.

Farah Naz spoke to crowds about her niece, 35, who was killed by Jordan McSweeney as she walked home in Ilford, East London, almost exactly two years ago.

She was joined by the parents of Sarah Everard and representatives of Sabina Nessa and Jan Mustafa – all tragic victims – on a silent vigil and march. She said: “Let’s walk with Zara in our hearts. Let’s walk with all murdered women in our hearts. Let’s hold them in our hearts and let them live again.”

Sarah, 33, was murdered by police officer Wayne Couzens as she walked home. Sabina, 28, was killed walking through a park, and the body of Jan, 38, was found in a freezer. McSweeney, 30, is now serving a life sentence.



Tragic...Zara and, below, her killer McSweeney



Pictures: PHIL HARRIS



In our hearts...well-wishers and families of murdered women fall silent yesterday. Inset, aunt Farah Naz

By **Andy Russell**

Tenerife police call off search for missing Jay

VOLUNTEERS vowed to carry on the hunt for missing British teenager Jay Slater yesterday after Spanish police called off their official search in Tenerife.

A mass effort was organised on Saturday but only six volunteers turned up to help 24 police and fire crews scour ravines, trails and paths in the Rural de Teno nature reserve. It is near the remote village of Masca where Jay, 19, was last seen.

A sweep of the area with dog teams, drones and a helicopter has failed to find any trace of the apprentice bricklayer from Oswaldtwistle, Lancashire. He has not been

THOUSANDS TURN OUT FOR PROTEST AGAINST CITY FLATS BEING LET OUT TO TOURISTS

By **Natalia Penza**

MORE than 15,000 protesters took to the streets of Malaga in another anti-mass tourism demo.

Banners read “We feel strangers in our own city” and “Malaga is for the people of Malaga, tourism forces us out”.

Marchers’ slogans also included “One more tourist is one less local resident” and “Padlocks out of our neighbourhoods” – a reference to coded key holders on tourists’ blocks of flats.

The demo was organised by the Malaga Tenants Union with the backing of some 50 organisations, including Greenpeace and Oxfam, under the rallying call of “Malaga para vivir, no para sobrevivir” meaning “Malaga to live in, not survive in.”

A right-wing group tried to hijack the protest in the Plaza de la Merced by shouting “Council



Squaring off...demo in central Malaga as thousands of locals protested, right, against tourism ruining their city



housing for nationals” but were stopped by calls of “Fascists out”.

The slow-walk protest ended in the Spanish city’s Constitution Square at the weekend with the reading of a manifesto that said: “We’re not going to allow ourselves to be expelled from our own city. We’re not going to allow Malaga to become a theme park emptied of local residents.”

Santiago Perez, 67, who was on the march, said: “I’m not against tourism but I want it to be regulated so we have quality tourism not the drunken type of tourism holiday rentals attract.”

Earlier this year, stickers were plastered on Malaga flats with messages including “F*** off from here”, “Stinking of tourists” and “A family used to live here”.

A second anti-mass tourism protest on Mallorca is planned for the island’s capital Palma on July 21. Organisers claimed 25,000 marchers took part in the first one there on April 25 when some visitors were booed and insulted as they dined on the demo route.

Similar actions have taken place on Ibiza, Menorca and across the Canary Islands.



Jay Slater...vanished after night out

seen since June 17 after he went to an Airbnb near Masca with two British men following a night out in the island’s party hot spot of Playa de las Americas.

The Tenerife police said yesterday: “The search is now over but the investigation remains open.”

A spokesman refused to elaborate on whether it was now a criminal investigation, and the two men Jay was seen with have been ruled out

as “not relevant” to the case. The decision to end the search was taken at a senior level after a meeting between investigators and mountain rescue teams.

Jay’s parents Warren Slater and Debbie Duncan, as well as a number of his friends, have flown to

Tenerife to help over the past two weeks. The Spanish authorities say the case has been clouded by “inaccurate” conspiracy theories online but Jay’s family have called in social media sleuth Paul Arnott.

The climber, who has spent more than a week in Tenerife, said yesterday

he was preparing to move his search to a new area.

Rachel Hargreaves, a family friend who is on the Canary island, said: “Nothing has changed. We will continue to search for him.”

Jay’s phone last pinged near a look-out point where search teams

gathered on Saturday to begin the last day of the operation.

Warren said he was “disappointed” after only six volunteers joined the search.

Debbie added the family were living through a “nightmare” and thanked those who have helped.

Pub's not the best place if you have a hangarover

IT may not be the best choice for a quiet pint – this pub garden is just 50ft from an airport runway.

Drinkers can feel like the jets are coming down to join them at The Airport in Manchester.

The popular pub's aviation decor includes engine-shaped booths, while outside The Hangar, right,



By **Hannah Van De Peer**

lets customers eat and drink undercover just beyond the perimeter fence of the city's international airport. Pub worker

William, 24, said: "Most people who work here have been here for years, so they must love seeing the planes."



First glass... drinkers at The Airport. Below, trick photography



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'Share Elgin Marbles with the Greeks'

By **Charlotte McLaughlin**

A FORMER boss of the British Museum has called for the Elgin Marbles to be shared with Greece – and for foreign visitors to be charged entry to help fund the deal.

Sir Mark Jones claimed the path forward over disputed historic items was to make a series of agreements.

Such deals, as well as necessary building repairs, would be costly but getting tourists to pay an entry fee may be one answer.

Sir Mark, right, was interim director following the furore over thefts last year.

And he said: "The way we are going to benefit from, rather than falling out, over different claims to different objects is by creating partnerships around them, instead of creating conflicts around them. That's expensive. At the

moment, work is entirely funded by private philanthropy. But in the long run, it would make more sense to use some of the funding that would come in from charging overseas visitors to create a better-funded system of global partnerships.

"If we were ever to find a way to create a partnership with the Greeks over the Parthenon Marbles, we would need to fund it."

Those statues came from friezes on the 2,500-year-old Parthenon temple in Athens and have been on show at the London museum for more than 200 years since they were removed by Lord Elgin. Greece wants them returned, alleging they were illegally acquired.



FREEDOM FOR UKRAINE

Children killed by missiles

Pictures: REX, PA

By **Frances Millar**

THREE children were among seven civilians killed by a Russian missile attack on a town in southern Ukraine.

Officials published photos of picnic blankets covering bodies in a park in Vilniansk, with craters in blackened earth next to the charred remains of a building.

At least 36 people were wounded and authorities declared a day of mourning yesterday. Vilniansk is in the Zaporizhzhia region, north of the front line of the two-year war, and Russian forces occupy part of the province.

Local governor Ivan Fedorov said the strike damaged homes, a shop and "critical infrastructure" in Vilniansk, which had a population of around 14,300 prior to Russia's invasion.

Russia continues to stretch Ukrainian forces on a 600-mile front. Moscow has stepped up air strikes to drain Ukraine's resources, often targeting energy facilities.

After the Vilniansk attack, President Volodymyr Zelensky urged Kyiv's Western allies to help bolster air defences and provide long-range munitions.

Shelling

In Ukraine's war-torn eastern Donetsk region, eight civilians were killed and 14 wounded by weekend shelling.

A civilian was killed and five wounded in the southern Kherson region, said governor Oleksandr Prokudin.

His counterpart in Kharkiv in the north-east, governor Oleh Syniehubov, said four people were injured there. The region has seen fierce battles in recent months as Russia's cross-border push threatened Ukraine's second-largest city.

The Russian Defence Ministry claimed yesterday that its forces shot down three dozen Ukrainian drones over six regions in Russia's south-west overnight.

Debris from one drone fell on a village in the Kursk region, blowing out windows and damaging roofs and fences, according to regional governor Aleksey Smirnov.

In the city of Lipetsk, further north, a drone was shot down as it appeared to target an industrial zone, local governor Igor Artamonov said.

No casualties were reported in either of those incidents.



Training: Jake Catterall

Runner's 1,200-mile journey over Alps

By **Frances Millar**

AN ultra-distance athlete is preparing to run – and climb – his way across the entire length of the Alps on a 1,240-mile route never tackled before.

Jake Catterall, 32, who is originally from Loughborough in Leicestershire but now lives in Amsterdam, starts his quest on July 8 and expects to take around 35 days.

He intends to cross eight countries and scale almost 70 vertical miles – the equivalent of climbing Mount Everest 12-and-a-half times.

Jake wants to inspire others, saying: "The message is the most important thing for me – which is that I want people to say yes to more of what they love."

He will become the first person to attempt the new red route for crossing the Alps set by the Via Alpina association.

Jake has previously cycled a full 800-mile circuit of Iceland non-stop and run 3,110 miles across Europe from Norway to Spain.



Ruins...damage and distressed locals in Toretsk, Donetsk. Above: Vilniansk

Calling all old mobiles

By **Martyn Landi**

SMARTPHONE users are being urged to donate their old devices to help those who are most in need.

Virgin Media O2 and environmental charity Hubbub have urged people to give mobiles to Community Calling.

They would go to domestic abuse victims and the disadvantaged, helping them to access essential services with the help of free data.

The organisers say 44% of people wrongly believe charities do not accept smartphones.

Up to 15 million unwanted devices are thought to be sitting unused in homes.

Woman is charged after 'jail cell sex video' probe

By **Stephen Beech**



Arrest...Linda De Sousa Abreu

A WOMAN has been charged with misconduct in a public office after a social media video appeared to show a female prison officer having sex with an inmate in a cell.

Metropolitan Police detectives launched an investigation on Friday "after officers were made aware of a video allegedly filmed inside HMP Wandsworth" in South West London.

The shocking clip seems to show a woman in uniform performing a sex act on an unidentified prisoner before apparently having intercourse with him while another inmate films on a mobile.

Someone appears to try to enter the cell at one point and the man filming

can be heard saying to the person on the other side of the door: "Give me a minute, one second."

The person videoing tells his friend to carry on before adding: "This is how we roll in Wandsworth."

Linda De Sousa Abreu, 30, of Fulham, West London, was arrested on Friday and is due to appear at Uxbridge Magistrates' Court today.

A "deeply concerning" inspection at the Category B jail in May found evidence of severe overcrowding, vermin, drugs, violence and rising self-harm.

A watchdog said the prison should be

put into emergency measures after the check raised concerns over continuing failings in security after the high-profile escape of Daniel Khalife last September.

Khalife, 21, who is due to go on trial at the Old Bailey in October, has pleaded not guilty to the charges against him.

Chief Inspector of Prisons Charlie Taylor wrote to Justice Secretary Alex Chalk following the May inspection to issue an "urgent notification" for improvement.

There are more than 1,500 inmates housed at the Victorian jail, which was built in 1851. Great Train robber Ronnie Biggs escaped from Wandsworth in 1965 before fleeing Britain.

30-SECOND CHALLENGE

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

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

Today's answers can be found in the puzzles pullout

YOUR ANSWERS

Beginner	9	+56	÷5	-6	SQUARE IT	+13	50% OF THIS	-17	÷7	
Intermediate	312	5/8 OF THIS	+163	50% OF THIS	+17	4/7 OF THIS	REVERSE THE DIGITS	-155	x6	
Advanced	616	6/11 OF THIS	-77	6/7 OF THIS	-26	TAKE THE SQUARE ROOT	+25	x9	-46	

THE NATIONAL LOTTERY

SATURDAY, JUNE 29
LOTTERY
 7 11 19 25 29 31 6
THUNDERBALL
 1 3 15 23 27 7

FRIDAY, JUNE 28
EUROMILLIONS 10 16 18 22 35 1 10
THUNDERBALL 3 9 21 22 38 2
 THURSDAY, JUNE 27
SET FOR LIFE 8 15 27 32 33 5

THE HEALTH LOTTERY

SATURDAY, JUNE 29
1 13 18 42 45 31
 FRIDAY, JUNE 28
13 32 38 42 50 6
 The society benefiting from all draws in the month ending June 30, 2024, is LEW Health CIC T/A HL London West.

PHONE POLL RESULTS

We asked in our poll on Friday:
Should an audience be paid to take part in TV election debates?
YES: 4%
NO: 96%

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SUDOKU

Fill in all the squares so that each row, each column, and each 3x3 square contain all the digits from 1 to 9

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

This is the Quick Sudoku for the solver in a hurry. For today's solution call: **09071 812 571** (Calls cost 80p per minute plus your telephone company's network access charge)
 For extra clues call: **09013 225 602** (Calls cost 75p plus your telephone company's network access charge)
MORE PUZZLES - PULLOUT SATURDAY'S SOLUTION

8	9	4	6	2	1	3	5	7
3	6	2	8	5	7	4	1	9
5	1	7	4	9	3	6	2	8
6	7	1	9	3	4	2	8	5
2	5	8	7	1	6	9	3	4
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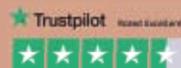
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Around the UK - in 80 buses...

By Adam Dutton

SAVVY traveller Andrew Cowell used the £2 bus fare cap to complete a 1,000-mile trip across England and Wales in 13 days. Andrew, 48, rode 80 buses from 39 firms, passing through more than 20 counties. The rail operations planner from Allestree, Derbys, began on June 10 with a 115-mile trek to Lancaster, then headed east to the Lincolnshire coast and the South West, ending in Bangor.

Explore

The most buses he took in a day was eight that ferried him 100 miles from Canterbury to Chichester. He said: "It's a wonderful way to travel because you can take everything in and when there is a stop in a town or I have to change I have a chance to explore. "I always like to travel to Cornwall. The best bit of the journey was Polperro to Polruan. It's basically a minibus that goes down a country road." His travel bill was £165 and he spent £200 on cheap B&Bs.



No stopping him...Andrew Cowell on his travels and the Polruan minibus squeezes along part of its route

By Robert Kellaway

THE special talents of a charity volunteer have been recognised for the way she helps military veterans who are suffering the terror of post-traumatic stress by pairing them with assistance dogs.

Jane Hoare, 57, travels the country looking for those special animals that can transform the lives of those battling to recover their mental health.

Among the veterans who nominated her for the Soldiering On award – in recognition of her unpaid work at the charity Service Dogs UK – is Jordan Chapman, 46.

He insisted: “She saved my life, it’s as simple as that.”

The father of six, from Coulsdon in Surrey, served in the Royal Regiment of Fusiliers with two tours of Northern Ireland from 1997 to 2001. Jordan later joined the ambulance service.

The sights and experiences he endured in both roles left him “broken” and close to taking his own life.

He was diagnosed with PTSD in 2018 and tried counselling and many charities before his wife suggested a dog might help. He then found Service Dogs UK online.

Jordan said: “I was one of the veterans who nominated Jane because she literally saved my life. Without her, I would not be here today.

Terrified

“The day I went to meet the charity I was terrified and Jane was the first person I felt I could just sit with and let her see how broken I was.

“She has a real ability to put the right dog with the right person – and she found Teddy for me.

“The difference he made to my life is hard to describe and explain.

“I was too frightened to even go into a supermarket for a bit of shopping, I was barely functioning as a man, a husband or a father.

“Teddy made it OK. I went into a supermarket and bought a loaf of bread.

“It sounds pathetic now but Teddy and Jane just transformed my life.

“I’m now working as a mentor for the charity and Jane has become a real friend. She really deserves this award.”

Mother-of-one Jane, from Emsworth in Hampshire, explained her work, saying: “Not every dog is suitable for this very important role so we have to find the animals that

‘Jane saved my life... it’s as simple as that’

Dog charity worker nominated for her PTSD crusade



Team work...Jane and assistance dog Milo. Left, Jordan with Teddy. Inset, Garry who set up Service Dogs UK



can cope with it. People with PTSD often have issues with anger and sudden outbursts, so the dogs have to be able to cope with, say, a chair being thrown.

“All animals will be alarmed by such an event but some will be much less disturbed by it than others depending on their tempera-

ment. A lot of the dogs we see have been abandoned by their owners, particularly after Covid, and have separation anxiety so are quite hard to find homes for.

“This is not a problem for us at all because our assistance dogs need to be with their veterans 24/7 so it works really well.”

Service Dogs UK was founded by retired police sergeant Garry Botterill,

61, who had joined the force after six years in the Royal Navy.

He said: “I met officers suffering with PTSD and I was astonished by how badly affected they were, it changed people completely.

“I knew the United States and the Netherlands were way ahead of the UK and were using assistance dogs with really good outcomes. I did research and set up Service Dogs UK.

This award nomination is thoroughly deserved by Jane.”

Garry launched the charity in 2015 and since then has paired more than 50 veterans with dogs that have helped them cope with PTSD.

The Soldiering On Awards is a programme recognising outstanding achievement in the Armed Forces. The finalists attend a reception at the House of Lords on July 23.

Surge in posties being bitten by family pets



Threat...42 dog attacks every week

POSTAL workers were savaged by dogs 2,206 times last year – a 15% annual increase.

The shocking figures show there are an average of 42 dog attacks on posties in the UK every week with the number resulting in serious injuries to staff more than doubling.

The Portsmouth and Belfast postcode areas were high-risk hotspots with each seeing 62 attacks by dogs on posties in the 12 months up to the end of March.

The Royal Mail figures also revealed a “concerning” 148% surge in incidents causing serious injury, leaping from 33 in the previous year to 82.

Among the victims was Kirsteen Hobson, a postwoman based at Oban in Scotland, who had to undergo plastic surgery to have her lip rebuilt after it was torn off by a customer’s

By Stephen Beech

dog. Such attacks on Royal Mail staff resulted in more than 2,273 days of absence in 2023/2024 with the longest period of sick leave being 197 days.

Some 1,078 of the attacks, 49%, took place at the front door while 26% happened in gardens, drives or yards, with 7% in the road.

There were 389 injuries suffered through the letterbox, accounting for 18%.

Such incidents were the subject of a 2020 High Court ruling that states dog owners can be prosecuted if their pets have free access to the letterbox and cause injury to any delivery person, whether the owner is at home or not.

The figures were released at the start of Dog Awareness Week, which encourages

responsible pet ownership. Royal Mail bosses are appealing to dog owners to ensure they understand the often devastating impact of attacks on posties, and take proper measures to ensure their pets pose no threat.

Lizz Lloyd, Royal Mail’s health and safety director, said: “We are saddened and disappointed to see attacks on our staff continue to increase.

“Dog attacks have a devastating effect on our people and we are appealing to owners to think twice when the postman calls.”

Dave Joyce, from the Communication Workers Union, said: “Dog bite incidents and severe dog attacks are having a very concerning increase and upwards trend across the UK. That constitutes a growing risk for postal workers.”

HICKEY



WHILE Stephen Fry has now been cleared of wrongdoing by colleagues at Marylebone Cricket Club, weeks after publicly criticising the organisation, when will he next dare show his face?

A former MCC president, Fry, *pictured*, recently provoked fury after announcing the organisation “stank” of privilege and was full of “beetroot-coloured gentlemen”. With plenty of fellow MCC members still understandably sore with cricket obsessive Fry (who later apologised for comments made at the Hay Festival), they next gather in force at Lord’s to watch England take on the West Indies on July 10.



Time to mend fences, Stephen?

ALMOST 30 years since the death of his best friend and Hi-de-Hi! actor Simon Cadell, Gyles Brandreth has touchingly officiated as celebrant at the marriage of the late star’s son Patrick.

Gyles enjoys recounting a meeting between Cadell (Hi-de-Hi’s Jeffrey Fairbrother) and Carry On legend Kenneth Williams. “He told Simon he was the most brilliant actor of his generation,” Brandreth recalls. “Simon was thrilled until I explained later that Kenneth had thought he was Simon Callow.”

AFTER the Duchess of York announces she wants a role in steamy Netflix drama Bridgerton, broadcaster Jo Elvin warns on Radio 4: “As somebody who’s done quite a few stints of live television with Sarah Ferguson... lovely woman, but good luck! Herding cats, netting water, comes to mind when sticking to a script.”

ACTOR and Citizen Smith star Robert Lindsay frankly admits to becoming besotted with leading ladies.

Reflecting on bonding with cast members, he chuckles on the Rosebud podcast: “In my case usually female, because I love females so much.” Lindsay adds: “I fell in love with Jo Lumley, also *pictured*, when doing [2011’s]



The Lion In Winter. You can’t help it.”

Did he dare mention this to second wife Rosemarie at the time?

ONE of the more ludicrous elements of the recent US presidential debate was the sight of Joe Biden and Donald Trump squabbling over who was the better golfer.

Donald has long been proud of his golfing prowess and predictably takes exception to unflattering claims made by past celebrity playing partners – rocker Alice Cooper, movie star Samuel L Jackson and boxing champ Oscar De La Hoya have all accused him of bending the rules on the fairways.

Trump’s insisted: “That’s a terrible thing to say about people, especially me.”

PREACHY Scottish star Alan Cumming urges American fans: “Please make sure you vote and please vote Democrat.”

What about on this side of the Atlantic? Outspoken in his backing for Nicola Sturgeon and Scottish independence in the past, Mr Cumming has so far proved less keen to voice public support for the SNP’s unexciting leader John Swinney. These luvvies can be a fickle bunch!

Are we on the ‘Great silence’...

EXCLUSIVE
By Dr David Whitehouse

COULD we have just discovered evidence of intelligent life in space? Signs of an ancient super-civilisation relatively close to our solar system? It might sound like science fiction, but it’s not as far-fetched as you might first think.

We may have discovered alien megastructures circling seven stars.

They are ancient, dim stars – so-called red dwarfs, the most common kind of star in the universe – and they are giving off more heat radiation in the form of infra-red light than expected. Could it be that an advanced civilisation has surrounded their parent star to harvest its energy?

The telltale sign of what is termed a Dyson Sphere is dimmed optical light but excess infra-red as the sphere gets warm. The idea was proposed in the 1930s but formulated by the physicist Freeman Dyson in the 1960s. Other possible explanations may have to be ruled out first but already astronomers have turned other instruments towards these stars in the hope of detecting any deliberate radio signals they might be emitting. We don’t know yet if it’s proof of ET... but we can’t rule it out.

Whatever the outcome, there has never been so much optimism and hope in the deep-space community that we might finally find life in space, possibly intelligent life.

New telescopes, new instruments, new targets and vast computing power, using emerging AI tech, are revolutionising SETI – The Search for Extra-Terrestrial Intelligence.

It’s taking place on many fronts. Recently the James Webb Space Telescope (JWST) from its vantage point far beyond the Moon, trailed the mysterious moon of Saturn called Enceladus.

Its aim was to analyse the plumes of material it spreads out into space that are believed to come from a liquid ocean just beneath the icy crust of this small world.

It’s just one of a number of ice moons in our solar system that might have incubated life. In a few years we might have samples of Mars, possibly returned by a Chinese spacecraft, that could help us understand if there is life there.

WE HAVE found many planets around other stars by catching their star dimming slightly as they move across it. The JWST is particularly interested in scrutinising the atmospheres of these planets looking for biomarkers. It’s a difficult task considering the problems of observation and the great variation in such planets and their atmospheres. But perhaps after many years of observations the evidence might reach a decisive point?

At the moment of peak transit, when the planet is seen at the

As the search for ET enters an exciting new phase, aided by AI and the next generation of radio telescopes, a leading space commentator warns we might want to be slightly careful what we wish for

EXTRA TERRESTRIAL: Steven Spielberg’s classic alien visitor from 1982 movie, ET



centre of its passage, astronomers have looked for a radio signal believing that aliens would use this special time to send out a beacon for anyone to detect who has worked out this cosmic code.

We also have plans to look at what’s termed our own anti-stellar point in case any aliens have worked out we are here and are using this effect to synchronise communication.

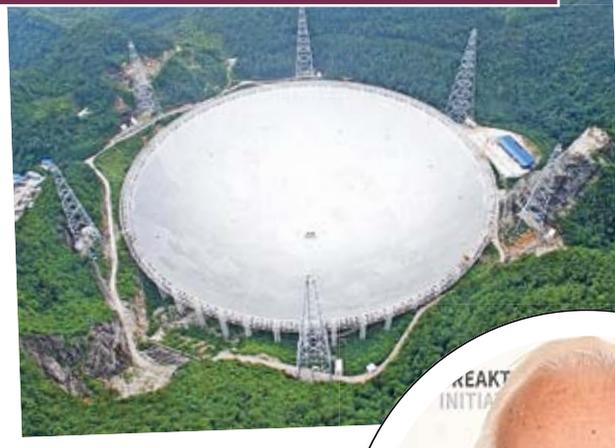
Towards the end of this year the much anticipated Vera Rubin Observatory in Chile will begin using advanced detectors to survey the entire sky every few days. It will see almost everything, especially anything that blinks or moves. Eventually it will be producing so much data that AI will be needed to help sift it. Perhaps somewhere in that data are tracers of life that we have yet to conceive but which AI programs could spot.

In China, the world’s largest radio telescope – called FAST, was built to search for alien signals. It has already found many

verge of breaking the and do we want to?



SNAP HAPPY: The Large Synoptic Survey Telescope, above, is the largest digital camera ever made. Below, the Aperture Spherical Telescope in China



OUR GLORIOUS GALAXY: Supernova remnant Cassiopeia A, main. Inset right, SETI expert Frank Drake



might not penetrate into space as deeply as we thought. If this is the case then perhaps we have been lucky.

As you read this, there are countless alien sunrises taking place across planets in our galaxy and far beyond. The morning skies of alien worlds will come in many forms and witnessed by countless strange minds, ceremonies and rituals. Right at this moment, the first and last days of civilisations – billions and billions of them – are taking place with their associated tragedies and triumphs.

SOMEWHERE in a distant galaxy a star will explode and destroy a billion sentient creatures who have no means of fleeing. Elsewhere billions of giant world ships silently ply the spaces between the stars carrying the libraries of forgotten worlds, looking for new homes.

Imagine aliens out there are trying to communicate, sending messages travelling in-between the stars, all hoping to be detected. Faint traces of individual voices, cries and calls like distant sounds in a night-time jungle, artificial intelligence programs moving between star clusters, libraries encoded in quantum-entangled particles, souls moving at light speed. Maybe some are from young species, such as ourselves?

Some might say they survived, or perhaps endured. Some would boast they conquered, some are tales of the vanquished but all will say: "I am here."

Is alien contact our future? Would it make us better? Would we cower in the face of incomprehensible cosmic power? We should talk about these things while we can before the story of humanity takes a turn into the unknown when our lives, our sense of being and even our dreams are changed, or one might say, invaded.

I have an inclination and a dream to believe that the universe is full of life.

I have no proof, but I believe we are not the only creatures, sentient or otherwise, biological or mechanical or both, mortal or eternal, who look into the cosmos in our different ways and differing levels of understanding and wonder what it is that we share.

No human knows anything about aliens. Until we find them, or they find us, we will not be ready. Afterwards, it will be too late.

● Dr David Whitehouse is a writer and broadcaster and author of *The Alien Perspective* (Icon Books, £10.99)

candidate signals, some remain unexplained but none so far have passed the critical threshold of confirmation.

Also in action is the biggest initiative to detect ET – the Breakthrough Listen project. It's an international collaboration of observatories and telescopes to make targeted searches as well as piggybacking on routine observations just in case something unusual is seen. It will include the under-construction Square Kilometre Array of radio telescopes in Australia that everyone expects to revolutionise astronomy.

Never before has there been such a powerful coordinated effort to find life out there and if we succeed it will change us all.

Our first serious searches began in 1960 when we realised that the newly constructed radio telescopes – like the one at Jodrell Bank in Cheshire – could send

and receive signals across interstellar distances. That year Frank Drake pointed an American radio telescope at a star called Epsilon Eridani and immediately detected pulses – just what he expected might be coming from ET.

For a while he dared to hope that it might be that easy to find aliens, and by implication, the galaxy being full of life. But it was not to be that easy. He had picked up a secret spy plane.

Since then more than 60 serious searches have scanned the sky and found nothing.

Scientists call this "The Great Silence".

Why, after decades of searching the skies for any sign of intelligent alien life, have we found nothing? Many expected to do so by now, some are surprised we haven't.

But the mood is changing. The first stars appeared over

10 billion years ago and the Earth is 4.6 billion years old.

Imagine what aliens older than our planet would be like for they are bound to be older than us as we are a 100-year-old technological species living in a 10 billion-year-old galaxy.

It is possible we could detect such a message from aliens tomorrow. Should we reply? Anyone with access to a radio telescope could send a message back to them. We do not speak with one voice.

There could be a reply from the Vatican, the Chinese Communist Party, from independent Mullahs, from the Trump Organisation or from the Planetary Society.

What would they make of that? Would it be safe for us to tell them we are here?

We need to talk about what we would do about aliens.

Some scientists believe it's too late and that our radio leakage could have already alerted anything out there to our presence. Modern analysis suggests our old TV and radio programmes, and stray radar signals

'Why after decades of searching the skies for aliens have we found nothing? Many expected to do so by now'

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Edited by HANNAH BRITT

My son's death has given me a purpose

It broke us all in one way or another," says Debbie Turnbull, as she describes the day she lost her 15-year-old son Christopher to accidental drowning.

"Just after 4pm, my husband John came in from work and immediately asked where Christopher was," she says.

"I told him Chris was at a local beauty spot he liked to go to in Capel Curig, near where we live in Wales.

"But John had heard on the car radio someone was in trouble in the water there and he just said, 'he's dead'.

"I looked at John, he was grey, and I knew in that second that Christopher was gone."

It was August 14, 2006, and the police were soon heard knocking at their door in Rhos-on-Sea, confirming their worst fears.

"But I knew the day Christopher was born, that he wasn't going to be here for long," says Debbie, 65, who describes herself as spiritual. "I told my best friend that, and we've never forgotten.

"Christopher came here for a reason – and what I do now is that reason," she says.

Debbie now helps to prevent other families experiencing similar heartbreak, through her non-profit organisation River and Sea Sense (RASS), which educates young people about the risk of open water.

Her message will be even louder on July 25, which is World Drowning Prevention Day.

In May, she received an MBE from Princess Anne for her services to water safety education for young people and their families, during a "beautiful, emotional day".

"Princess Anne spent quite a bit of time with me. I will hold dear the experience for years to come," she says.

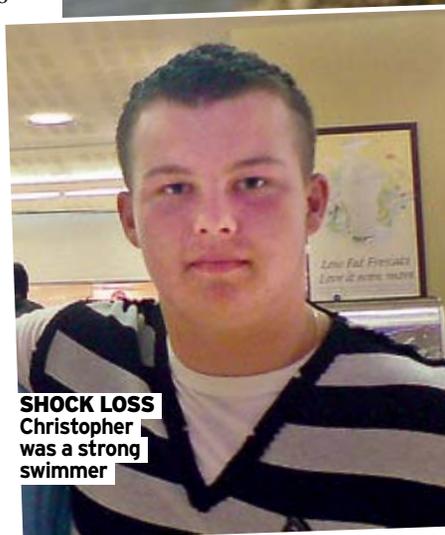
"It's almost 18 years since Christopher drowned, and I hope this award powers me forward to achieve the things I have felt I couldn't in the past because of a lack of confidence," she says.

This includes a book she's writing about Christopher, called From Loss to Legacy.

"Receiving an MBE is wonderful, but I'm about what I can do to support others as a Trauma Informed Practitioner and the lives I can save through drowning prevention," Debbie says.

Dawn Whittaker, the Chair of the National Water Safety Forum (NWSF) and co-author of the UK Drowning Prevention Strategy, says: "I have lost track of how many thousands of children Debbie has spoken to about

After Debbie Turnbull's only child drowned in a river at just 15, she dedicated her life to preventing it from happening to other young people



SHOCK LOSS
Christopher was a strong swimmer

water safety in the 18 years she has been educating and campaigning, and she has undoubtedly saved lives, influencing behaviour as well as educating young people about risks.

"Education is key to saving lives," says Dawn. "Open water is not inherently dangerous, but it does have risks if the person is jumping in from height, swimming after drinking alcohol, chooses a higher-risk location such as weirs or tidal water with rip currents without preparing and doesn't understand the risks of cold water and the impact it can have physiologically.

"It's also really important to recognise that around 40 per cent of people who drown every year did not intend to enter the water – they may have slipped or been trying to help someone else or a dog."

The most recent figures from the Water Incident Database (WAID)

show that in 2023 alone there were 236 accidental drownings in the UK.

Inland water, such as rivers, canals, lakes, reservoirs, and quarries, continue to be the leading locations for accidental drowning, accounting for 63 per cent of deaths and over half of the deaths were a result of recreational activities.

The figures also show a gender divide – 83 per cent of the fatalities are male.

Debbie's son Christopher was one such young man. A strong swimmer, he slipped off a ledge, fell into the river Llugwy and was dragged into an ice-cold whirlpool, a result of heavy rain days earlier.

Christopher's foot became trapped under a tree root, and an autopsy later revealed he had died from cold water shock and had suffered a minor heart attack.

"At every presentation, whether a school assembly or a keynote speech, I begin with saying that learning to

swim is not enough," says Debbie.

"Christopher was an amazing swimmer and played rugby, but he still lost his life to lack of knowledge as to the dangers of open water.

"I believe my work through RASS is my life purpose and I feel honoured to be able to deliver this work with my son's guidance.

"I don't need to feel a physical presence to know Christopher's around. And over the years I've had so many signs, often when I'm questioning if I'm doing the right thing.

"Angel Bay, near Llandudno, one of his favourite places, was where we took his ashes. I headed there for peace of mind once and hundreds of white butterflies settled on me. They were on my head, my shoulders, and my arms, I could feel them. It was so unusual, people were staring. And then they all flew away as one.

"On the day of the inquest we had the biggest rainbow you've ever seen appear, and six weeks after his death,



DETERMINED
Debbie, and with husband John, getting her MBE

when we had a fundraising walk for the mountain rescue team, there was a huge pulsating rainbow the whole time, even though there was no rain.

"Christopher is in my heart, and I know he was with me when I picked up the MBE too."

While she has channelled her loss into crucial education and saving lives, Debbie says: "I have struggled with deep grief over the years and had to train to heal myself.

"But I am my own best friend and accept that I will be healing from my own challenges for the rest of my life.

"I have an amazingly supportive husband who grounds me, who I love more than he'll ever know, and close friends whom I trust with my life.

"Over the years I have met so many wonderful people, they show me love and support when times become really tough, often via social media.

"I'm also deeply grateful that Christopher's friends never forget to message me every anniversary, birthday and special day.

"I'm also regularly in touch with other people who have lost their children both through drowning and other reasons. We are there for each other no matter what.

"I'm grateful that I have a purpose in life, and the main thing I've learned is that above everything, you must absolutely live for today."

INTERVIEW BY VANESSA HOLBURN

■ For more on River and Sea Sense, visit riverandseasense.com and follow

WATER SAFETY TIPS

■ Stick to pathways alongside riverbanks and the coast, keeping clear of the edge so you don't lose your footing and fall in.

■ Never enter the water to rescue your dog. Most dogs manage to scramble out but some owners aren't so lucky.

■ Stay with others, and away from water, when you're drinking. Of the people who accidentally drowned in 2022, 26 per cent had alcohol and/or drugs in their system.

■ Don't jump into the water, even on a warm day, as you could go into cold water shock.

“

'He was an amazing swimmer but didn't know the dangers of open water'

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*Source: Kantar Total Market, UK, 52 weeks ending 24/12/2023. Boots No.7 Value Share of Mass Female/Unisex Skincare. Email ukgb@boots.co.uk to verify

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With more than 20 years of experience in science education and as a cosmetic chemist, Dr Michelle Wong has amassed a huge following as the voice of reason in the beauty industry.

Her insightful videos for her 550,000 Instagram and 560,000 YouTube followers (@LabMuffinBeautyScience) debunk myths about everything from exfoliants to eyeshadow.

Now the Australian-born expert has written *The Science of Beauty*, an eye-opening book in which she sorts fact from fiction to reveal the truth behind marketing claims, TikTok trends and treatments such as Botox.

She deploys evidence to explain which ingredients do what they say on the tin, and the ones to avoid so you don't waste your cash. Here, she busts some of the biggest beauty myths...

MYTH: You get what you pay for

Good news – effective skincare products needn't break the bank.

"The most evidence-based ingredients in skincare aren't that expensive," she says. "Retinol, niacinamide, and vitamin C, which are very effective, are reasonably cheap."

"Brands including Neutrogena, L'Oreal, and Olay invest a ton of money into research but, because of economy of scale, they can sell them a lot more cheaply than the really expensive skincare brands."

MYTH: You should never sleep in make-up

We don't need to follow a 10-step Korean cleansing routine just to avoid breakouts.

"The pigments in make-up generally aren't particularly irritating so sleeping in it isn't that bad," she says.

"But if you had your make-up on all day, it probably collected a lot of pollutants so wiping it off is a good idea. In fact, sleeping in make-up isn't that different to sleeping in a moisturiser that has collected those pollutants."

MYTH: Natural products are safer

There's no beauty industry consensus on what "natural" means, Dr Wong explains. "Lots of things in nature aren't good for us, from allergens to toxins, and a lot of ingredients that people are allergic to are natural ingredients found in essential oils and fragrances."



MYTH: Drink water for clear skin

Chugging eight glasses of water isn't the secret to a perfect complexion.

"If you don't have liver or kidney disease then your body is going to clear out toxins naturally," she says. "Drinking water just dilutes your urine. But it's still good to drink it or you'll get headaches."

MYTH: Dirty hair cleans itself

Hair doesn't magically shed its own dirt and grease, despite what you may have

The beauty myths busted

It's time to rethink everything you thought you knew about hair, skin and make-up. Beauty expert Dr Michelle Wong. Here she sorts fact from fiction...



heard. "Your hair and scalp can't sense how much oil is there," she says. "When people say they don't need to shampoo as often, that could be because they got used to that level of oil."

MYTH: You can't get rid of wrinkles

"Retinol reduces wrinkles by increasing collagen deep beneath the skin," says Dr Wong. "And hydroxy acids, which are chemical exfoliants, smooth out upper layers of your skin. Moisturiser will reduce the appearance of wrinkles too."

Prevention is always better than cure. "The biggest preventable cause of wrinkles is sun exposure, so wearing a daily sunscreen is a good idea. It's a lot cheaper and a lot more effective to prevent wrinkles than to try to undo them later."

MYTH: Silicones and sulfates damage hair

In fact, silicones and sulfates, chemicals found in shampoo and conditioner, can

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MYTH: Acne is caused by diet

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can increase acne.

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The biggest cause of wrinkles is sun exposure, so wear sunscreen

food. If you suspect a particular ingredient might be causing your acne, try taking it out and see what happens."

MYTH: Facial oils make skin less greasy

"There is this theory that using oils on your skin can signal to your skin to produce less oil," says Dr Wong.

"But your skin doesn't sense that you're putting more oil on your skin. If you have oily skin and put extra oil on your face, you won't have less oil on your skin. You'll just have different oils."

"But a lot of people find them helpful as moisturisers, especially if they have dry skin."

MYTH: Clinically tested products are more effective

It sounds impressive, but "clinically tested" is a meaningless term.

"It usually means the product has been tested but it doesn't tell you how"

So you need to do a deep dive online to find out more.

"Make sure it was tested on a skin type similar to yours. Usually they'll you the age of the people, their skin tone and how long it was tested for. Sometimes they've just tested on three people."

MYTH: You can treat cellulite

It's time to make your peace with orange-peel skin.

"Cellulite happens deep in your skin as bands of connective tissue pull your skin down towards the muscle," says Dr Wong. "That's what causes the dimples in cellulite."

Any benefits of cellulite treatment are unlikely to last more than a couple of hours. "It's a temporary effect from spreading out fluid collecting under your skin."

MYTH: Steaming clears pores

Placing your face over a bowl of boiling water is an age-old beauty treatment. But Dr Wong says: "The pores on our

face don't open and close with different amounts of heat.

"Steaming can be helpful because getting your face wet lubricates pores and makes it easier to get out dirt. But steam is also hot so it can irritate skin."

MYTH: Buy hypoallergenic products for sensitive skin

Dr Wong warns that not every potential allergen is tested in products marketed as hypoallergenic.

"When a brand says a product is hypoallergenic, they mean they avoided using common allergens. And brands don't always test their products on people with sensitive skin."

MYTH: Sunscreen causes vitamin D deficiency

Though sunscreen blocks some of the UVB rays that help skin to produce vitamin D, there's no scientific evidence linking sunscreen and a deficiency.

"Most likely, because you aren't wearing sunscreen all over your skin,

there are gaps where sun can get through and produce enough vitamin D. Usually vitamin D deficiency is associated with not going outside or wearing protective clothing all the time," she says.

MYTH: Make-up with SPF does the same job as sunscreen

"The SPF on any product is the protection you get if you apply about a quarter teaspoon to your face. But foundation isn't designed to be worn that thickly and you can't apply that much without looking very strange."

"With SPF in moisturisers, if you can apply a quarter teaspoon to your face then you're covered."

MYTH: Cruelty-free products are ethical

"Most cosmetic products aren't tested on animals," says Dr Wong. "But there are other ethical issues with cosmetics that 'cruelty free' doesn't capture."

"Animal testing is designed to ensure the safety of workers handling bulk ingredients, so avoiding animal testing is possibly unethical."

"Some ingredients use child labour and slave labour and that's not covered by 'cruelty free' either."

MYTH: Hair dryers damage hair

Using a hair dryer can be less damaging than allowing hair to dry naturally.

"Wet hair is more fragile. Air drying your hair means your hair is wet for longer," she says. "In general, air drying



and using a blow dryer on a low heat are probably equally damaging, and not very damaging at all."

MYTH: You only need sunscreen outdoors

"There are two types of UV radiation. UVB causes more burning but UVA is linked to ageing skin, darker pigment and some forms of skin cancer."

"UVA can penetrate glass so if you're sitting close to a window and the sun is shining on your skin then you probably need sunscreen."

MYTH: Gel nails are damaging

Gel nails aren't a problem, it's the removal process that can cause harm.

"If you start peeling off your gel nails, that can peel off the top layers of your nail," she says.

"For safe removal, get cotton wool, dip it in acetone, wrap it around the nail and soak it for 15 minutes. Then you should be able to push the gel off with no force."

In fact, gel nails are beneficial if your nails are weak.

"They can reinforce the nail and prevent chipping and breakage."

■ **The Science of Beauty by Dr Michelle Wong, £16.99, is published by DK**

INTERVIEW BY CHARLOTTE HEATHCOTE

expressyourself

Get in touch!
express.yourself@express.co.uk

Beauty news

■ This is one supercharged primer... Estee Lauder Futurist Peptide-Power Serum Primer, £39 (esteelauder.co.uk) holds make-up in place all day, infusing the skin with a blend of firming, smoothing peptides, and hydrating hyaluronic acid. A gel serum formula, it sits well over skincare and SPF without pilling.



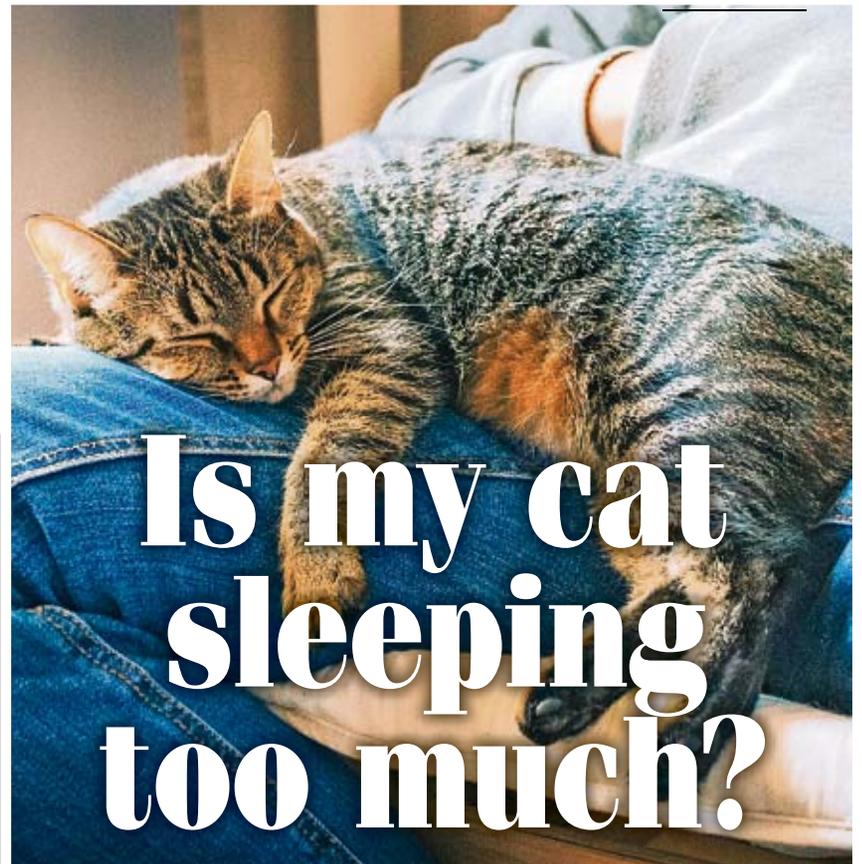
■ Created by esteemed perfumer Francis Kurkdjian, Dior's new Miss Dior Parfum, £107 (John Lewis) will be an instant classic. With notes of jasmine, rose and mandarin, it opens with florals and gourmand, making way for juicy fruits, until it settles to a dry-down of ambery woods. Absolutely delicious.



■ Elevate your daily lip balm with a subtle touch of pigment, using YSL LoveShine Candy Glow Tinted Butter Balms, £35 each (Boots). There are six pretty pink and red shades to choose from. Each floods the lips with hydration and nourishment (maracuja oil, shea, jojoba butters) while leaving a delicate sheen of colour.



Compiled by HANNAH BRITT



Is my cat sleeping too much?

Pampered Pets

OUR VET DAVID GRANT WORKS HIS MAGIC



Q My 11-year-old male neutered cat seems to sleep a lot. Apart from not eating I have no idea of what to look for if he becomes unwell. Can you advise when it's necessary to visit the vet?

A Cats are adept at hiding signs of illness. Although they are predators, they are also vulnerable to other predators in the wild and have adapted to hide the vulnerability caused by illness. Sleeping more than usual is a subtle sign that all is not well.

Many cats sleep between 12 and 18 hours a day, making it very difficult for owners to notice increased sleeping. Other subtle signs of illness include hiding more and mood changes, such as being more clingy or irritable.

If your cat hasn't had a health check recently, I recommend you make an appointment now.

Health checks usually consist of a physical examination plus blood tests to check for kidney and liver function and anaemia for example.

Following the all-clear, I suggest keeping a note of what is normal for your cat, while he is well. This makes it easier to pick up signs of illness.

Loss of appetite (also called inappetence) for 24 hours requires a vet consultation to minimise the risk of liver complications. Other reasons include drinking more than usual, problems with mobility, not being able to use the litter tray, weight loss, and grooming problems – either a failure to groom or overgrooming. All the above can be subtle and require good observation.

See also 'Be a detective for your cat's health' by International Cat Care (icatcare.org).

Q You mentioned recently a dog that barks when left alone. My three-year-old male Shih Tzu barks frequently and we can't find a way to make him stop. It can be quite annoying and frustrating. Have you any suggestions?

A Barking is an important and normal way for a dog to communicate, although at times inappropriately. Separation anxiety is a common cause of constant barking due to the dog's distress, but there are other causes.

Dogs bark when they are excited, bored, threatened or scared, or in response to visitors or seeing passers-by through the windows.

It may simply be because they are hungry and need feeding. There may also be an underlying health issue leading to pain or discomfort.

My suggestion is to check for any health issues first with your vet. If, as I suspect, the problem is behavioural, my next suggestion is to discuss with your vet a referral to a behavioural specialist.

It may well be that your vet already refers behavioural problems to a suitably qualified person, but if not, there are organisations that can help (see below). It is best that the vet and a behaviourist work together providing continuity of care and good communication with you, so that you are supported.

Behaviourists identify triggers and develop a tailored management programme. Initially more expensive, it is cost effective long-term.

The Animal Behaviour and Training Council (ABTC) sets and oversees standards of professional competence of ABTC registered behaviourists, visit abtc.org.uk for information.

● David Grant has been a vet for more than 50 years. Email questions to him at pamperedpets@express.co.uk. He cannot enter into individual correspondence.

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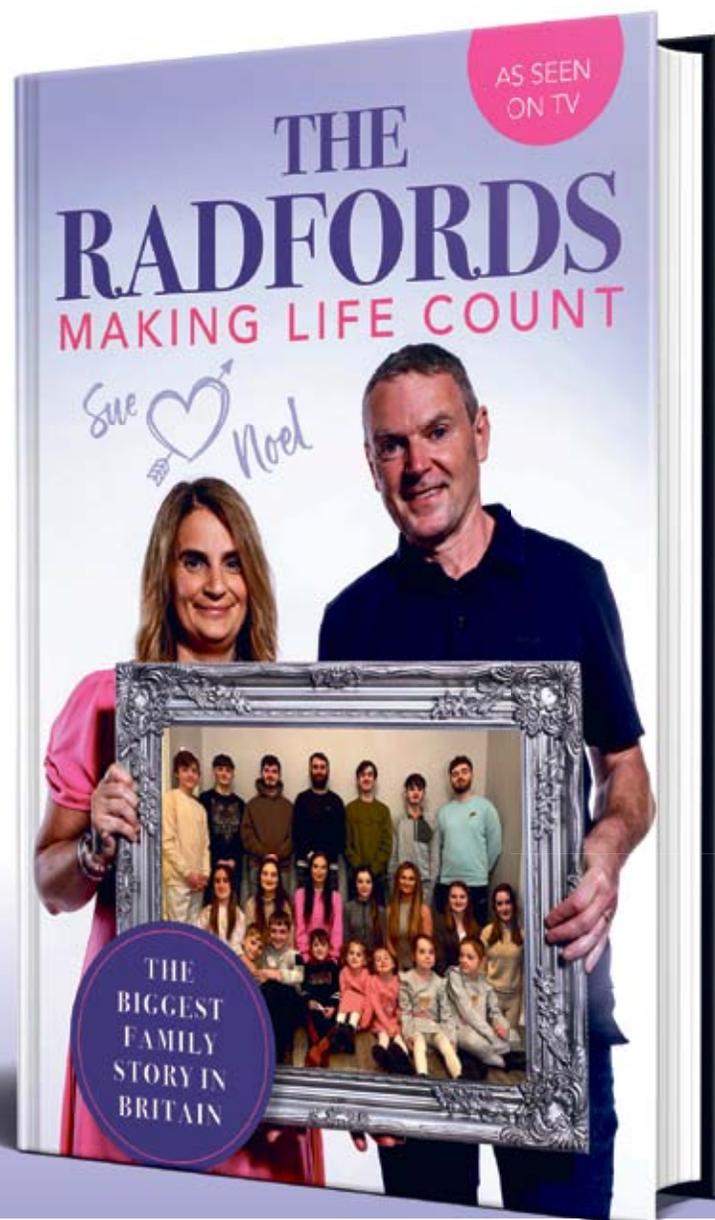
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JUST because a relative wants you to inherit some of their wealth – and even stipulates it in their will – it does not mean you get it.

Decisions made while they are still alive that might not have seemed significant at the time could make all the difference after they have died.

Ann Clark was in a quandary about her rights when she contacted Crusader a few weeks ago.

After her aunt Dorothy passed away recently her will was clear: all monies should be equally divided among Ann, her sister and Claire, another niece.

A few years ago Dorothy had arranged for Claire to be her joint bank account holder.

“After she died there seemed a delay in matters being settled,” Ann told Crusader. “I mentioned to a solicitor about Claire being the joint account holder.

“I was astonished when he said a joint account overrides a will and therefore my sister and I were not entitled to any of my aunt’s monies.

“He said I could contest the fact that the joint account was only for the current account not the deposit one, but said there was no guarantee and I could find myself out of pocket.

“This seems so unfair and I think others should be warned.”

● Ann’s name has been changed

Tough to account for wills dilemma



Picture: GETTY

LEGAL MINEFIELD: Wills can spring nasty surprises so get advice from a qualified solicitor

▶ THE authority of a Lasting Power of Attorney (LPA) was the crucial thing missing in this family’s case which highlights a common problem in disputes around wills.

“Unfortunately, adding someone’s name to a joint account doesn’t get around the importance of having a financial Lasting Power of Attorney in place,” advises Claire Davis, director at older people legal specialist The Association of Lifetime Lawyers (lifetimelawyers.org.uk). “This agreement would provide someone with the authority to deal with and make decisions about financial accounts. An LPA would ensure the funds would remain part of the aunt’s estate,” she says.

“The solicitor consulted was correct, the jointly held assets pass outside the will and

in the eyes of the law, pass without the need for a Grant of Probate, as the bank will assume they pass on to the joint account holder.”

As Ann was advised, to try to prove that the account was held on trust for the benefit of their aunt could be a difficult and costly process.

Davis explains: “I think the best they can hope for is that the joint account holder will pass the proceeds to the beneficiaries, but there is no easy legal route to ensure this without potentially costly litigation and proving the account was held by the joint account holder on trust with the aunt. Scenarios like this are why planning for later life and assets is so important.”

Speaking with a qualified solicitor can help. Costs vary so could be £400 to £600 plus VAT, also check for discounts.

If you want help with a problem or wish to applaud good service, we will do our best to help. We can’t always promise a reply but please contact The Crusader, Daily Express, One Canada Square, Canary Wharf, London E14 5AP. Email: crusader@express.co.uk. Only send document copies, not originals. ALWAYS INCLUDE YOUR PHONE NUMBER, thank you.

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YOU don't need me to tell you, I'm sure, that **WIMBLEDON** starts today. You don't need me to tell you that coverage begins at 10.30am on BBC2 and continues pretty much unbroken, in one form or another, until 10pm, other than when it's obliged to stop at 12.15pm – don't ask me why – for 45 minutes of **POLITICS LIVE**.

You also don't need me to tell you that from 2pm until 4pm there'll be simultaneous coverage on BBC1, and that hosting duties throughout the day will be shared by Isa Guha and Clare Balding, except when that Qasa Alom fellow



Mike Ward
previews
tonight's TV

pops up at 9pm with the new version of BBC2's **TODAY AT WIMBLEDON** round-up that I don't much care for.

You don't need me to tell you any of that stuff.

And yet it looks as though I've gone ahead and done so in any case, I guess just to be on the safe side. I know that it's only day

one but I'd hate the start of this year's tournament to slip your mind. I'd hate you to be half way through ITV1's repeat of **COOKING WITH THE STARS** (2pm), thinking: "Surely to God there's got to be something better to watch than this old twaddle?" before it dawns on you that there very much is.

I'd never forgive myself. As a viewer, I always look forward to the BBC's coverage of Wimbledon fortnight, if not quite as keenly since the ageist blighters did the dirty on poor Sue Barker.

It's strange, because I'm by no means a big tennis fan. I'm not sure I'm even a small one. For the other

50 weeks of the year, I have little interest in the game. Indeed, I've just looked at the latest top 10 rankings in both the men's and women's game and I've hardly heard of any of these people.

I suspect I'm not alone in that respect.

But maybe that's precisely it. That, plus the fact that British involvement this year looks unlikely to last much longer than it takes me to hang out the washing.

There's a lot to be said, I've come to realise, for watching a top-level sport you're not that emotionally invested in. It's so much easier on the nerves.

What could be more enjoyable,

on a summer's evening, than a Centre Court humdinger between two extremely talented players I've never actually heard of?

If they also happen to be from countries I'd struggle to find on a map, better still.

Elsewhere tonight, **BAKE OFF: THE PROFESSIONALS** (8pm, Channel 4) invites back the best three teams from each set of heats.

In the grandest of tonight's challenges, each team is asked to create a hanging showpiece entirely out of chocolate, to be suspended from the ceiling.

It must also be inspired by mythical beasts.

I'd have expected nothing less.

PICKS OF THE DAY



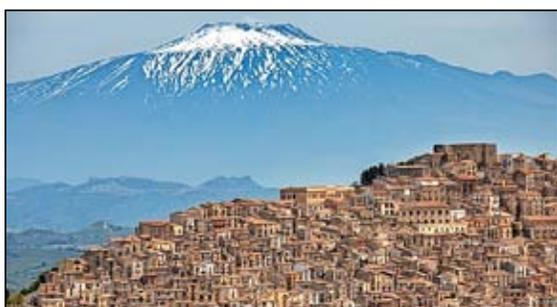
Sport: MOTD Live: Uefa Euro 2024, BBC1, 7.30pm

Portugal v Slovenia (kick-off 8pm). Coverage of the last-16 match from Frankfurt, where the sides meet for the first time in a competitive fixture. The Portuguese have built another talented squad after being crowned champions at Euro 2016, and secured top spot in Group F. They did slip up in the last fixture against Georgia, but will still start as favourites here, even though they lost to Slovenia in a friendly in March. Their opponents drew all three of their group matches, including a goalless game against England, which was just enough to see them reach the knockout stages of a European Championships for the first time in their history.



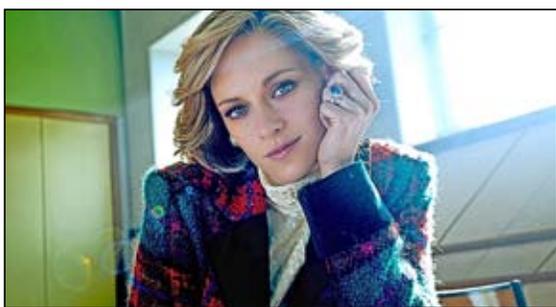
Factual: A Royal Guide To Funerals, 4Seven, 8pm

More than 250,000 people saw the late Queen Elizabeth lying in state in London before her 2022 burial. Prince Philip designed a bespoke Land Rover hearse for his departure in 2021. The royal family plan their own funerals from start to finish and this fascinating film charts the history and tradition of royal bereavement, a process steeped in tradition; from who keeps guard over the bodies and where they are buried to how the new monarch takes to the throne.



Travel: Sicily: The Wonder of the Mediterranean, BBC4, 7pm

Part one of two. Dr Michael Scott traces the history of Sicily, from the first arrival of ancient Greek settlers 3,000 years ago to the arrival of the Byzantine Empire. He begins his journey on the slopes of Mount Etna, Europe's largest active volcano, and discovers how the Greeks began to settle on Sicily's east coast – planting their olives and vines and building great city states that soon came to rival even Athens itself.



Film: Spencer, 4Seven, 9pm

In a biographical drama that describes itself as "a fable based on a true tragedy", Kristen Stewart (above) stars as Princess Diana. Set over three days in 1991, Diana arrives at Sandringham for Christmas with the royal family. Ignored by her husband, treated coldly by her in-laws, and subjected to a torrent of media attention, the former Lady Spencer begins to reckon with the realities of her situation and marriage.

Music: André Rieu: Love In Venice, Sky Arts, 8pm

The Vrijthof concerts have been going for 10 years and this anniversary was all the excuse André Rieu needed to make things extra festive and put on an unforgettable concert. For this special series the Dutch violinist had the Vrijthof square specially decorated in Venetian style. An evening full of wonderful Italian music, it features Rocco Granata, who sings his world hit Marina, with the Johan Strauss orchestra. Plus, André dances a waltz with one of his oldest fans (right).



DID YOU KNOW? TV sports presenter Clare Balding was a leading amateur flat jockey from 1988 to 1993 and Champion Lady Rider in 1990. Her memoir, *My Animals and Other Family*, won a National Book Award in 2012.



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Today's TV previews are on the previous page

All programmes are listed in British Summer Time (BST).

film ratings

★★★★★ Brilliant
 ★★★★ Very Good
 ★★★ Good
 ★★ Average
 ★ Bad

(R) Repeat

BBC One

6.00am Breakfast News headlines.
9.30 Morning Live Magazine.
10.45 Scam Interceptors The Interceptors go online dating.
11.15 Homes Under the Hammer The progress of properties in London and Kent. (R)
12.15pm LIVE Wimbledon 2024 Coverage of play on the outside courts on day one of the Grand Slam tournament from the All England Club, featuring men's and ladies' singles first-round matches.
1.00 BBC News at One; Weather
2.00 LIVE Wimbledon 2024 Isa Guha and Clare Balding present further coverage of day one from the All England Club, as the first round continues in the men's and ladies' singles. Wild card Elina Svitolina impressed on Centre Court at this stage last year, claiming a 6-4, 6-3 victory over five-time champion Venus Williams. Over on the No 1 Court, top seed Iga Swiatek prevailed over Zhu Lin 6-1, 6-3.
6.00 BBC News Headlines.
6.30 Regional News; Weather

BBC Two

6.30am Garden Rescue: Top of the Plots (R)
7.15 Bargain Hunt (R)
8.00 Sign Zone: The Repair Shop Experts restore the garden gate of what used to be Roald Dahl's mother's house. (R)
9.00 BBC News Headlines.
10.30 LIVE Wimbledon 2024 Isa Guha presents coverage of the opening day of the tournament from the All England Club, featuring men's and ladies' first-round matches.
12.15pm Politics Live Updates.
1.00 LIVE Wimbledon 2024 Isa Guha and Clare Balding present further coverage of day one of the Grand Slam tournament from the All England Club, featuring men's and ladies' first-round matches. Carlos Alcaraz will get proceedings under way on Centre Court, as is tradition for the reigning men's champion, having ended Novak Djokovic's streak of winning the title in each of the past four stagings of the tournament by defeating him in the final.

ITV1

6.00am Good Morning Britain A lively mix of news, current affairs and lifestyle features.
9.00 Lorraine Entertainment and the latest fashion news.
10.00 This Morning Topical daily magazine, featuring a mix of celebrity chat, showbusiness news, advice and discussion. Including Local Weather.
12.30pm Loose Women Celebrity interviews and topical debate.
1.30 ITV News; Weather
1.55 Regional News; Weather
2.00 Cooking with the Stars With Johnny Vegas, Shirley Ballas and Naughty Boy. (R)
3.00 Catchphrase Gameshow, with Stephen Mulhern. (R)
3.45 LIVE UEFA Euro 2024 France v Belgium (kick-off 5.00pm). Coverage of the last-16 match from Dusseldorf Arena, between two nations who have underperformed so far in the tournament. France finished second in Group D, following up a 1-0 victory against Austria with draws against the Netherlands and Poland.

Channel 4

6.25am Cheers Double bill. (R)
7.15 Everybody Loves Raymond Four episodes. (R)
9.05 Frasier Four episodes. (R)
11.05 Great Canal Journeys (R)
12.05pm Channel 4 News Summary Headlines.
12.10 Help! We Bought a Village A couple from Norwich find shoes in their bread oven. (R)
1.10 Car S.O.S Tim and Fuzz get help from James Nesbitt. (R)
2.10 Countdown Ranvir Singh is in Dictionary Corner.
3.00 A Place in the Sun Searching in Marbella. (R)
4.00 Renovation Nation Tracey and Rob try to restore a chapel in a Scottish castle.
5.00 A New Life in the Sun: Where Are They Now? Zak and Tony face up to the realities of managing a busy B&B at their chateau. (R)
6.00 Four in a Bed The first destination of the week is the Golden Grove Retreat in Carmarthenshire. (R)
6.30 The Simpsons Homer gets trapped in a cave. (R)

Channel 5

6.00am Milkshake! Children's TV.
9.15 Jeremy Vine Discussion.
11.15 Storm Huntley Debate on the day's talking points.
12.45pm Friends Double bill. The pals gather for Phoebe's birthday; Ross disagrees with Rachel's choice of nanny. (R)
1.40 5 News at Lunchtime
1.45 Home and Away Harper comes clean to Tane. (R)
2.15 FILM Twisted House Sitter (2021, 12) A woman crosses paths with a beautiful, affluent, entrepreneur, and decides to take over her life. Thriller, with Crystal-Lee Naomi. ★★
4.00 Bargain-Loving Brits in the Sun A woman who runs a rescue horse retreat. (R)
5.00 5 News at 5 Headlines.
6.00 Party Election Broadcast By the Conservative Party.
6.05 Police Interceptors An ill wind blows through Worksop when a Ford Focus seemingly fails to stop for Lewis and Rich, and police dog Quantum follows his nose to an outdoor toilet (R); 5 News Update



2pm, WIMBLEDON 2024: Clare Balding



9pm, TODAY AT WIMBLEDON: Carlos Alcaraz



3.45pm, UEFA EURO 2024: Kevin De Bruyne



4pm, RENOVATION NATION: Tracey and Rob



9pm, CASUALTY 24/7: EVERY SECOND COUNTS: Dr Mullen

7

7.00 The Bidding Room Items brought in by the public include an unusual piece of Japanese design.
7.30 LIVE MOTD: UEFA Euro 2024 Portugal v Slovenia (kick-off 8.00pm). Coverage of the last-16 match from Frankfurt Arena, where the sides meet for the first time in a competitive fixture. The Portuguese have built another talented squad after being crowned champions at Euro 2016, and secured top spot in Group F with a game to spare following victories over Czechia and Turkiye. They did slip up in the last fixture against Georgia, but will still start as favourites here. Their opponents managed to draw all three of their group matches, including a goalless draw against England.

7.00 LIVE Wimbledon 2024 Further coverage of day one of the Grand Slam tournament, as the first round continues in the men's and ladies' singles. Coco Gauff has been a popular player at SW19 since her debut in 2019, but she had a tournament to forget here last year, falling at the first hurdle to compatriot Sofia Kenin. However, she has since won her maiden Grand Slam at the 2023 US Open and also reached the semi-finals of both the Australian and French Opens this year.
9.00 Today at Wimbledon Qasa Alom presents highlights of the opening day's play, where the first round got under way in the men's and ladies' singles. Carlos Alcaraz was scheduled on Centre Court to begin the defence of the title he won.

7.30 Regional News; Weather
7.45 ITV Evening News A round-up of all the latest headlines, in-depth interviews and analysis of political developments and current affairs. Plus, the day's sports stories and weather reports.
8.00 Emmerdale Cain and Moira reconcile, and Belle panics.
8.30 Bradley & Barney Walsh: Breaking Dad The duo embark on the final leg of their European road trip as they explore more of Italy, engaging in gladiatorial combat. (R)
9.00 Coronation Street Kit goes behind Bernie's back to introduce himself to Paul and Gemma, Cassie helps Steve to take revenge on Tommy, George gets an update on Glenda's life from Michael, and Toyah disapproves of Leanne.

7.00 Channel 4 News A round-up of all the latest headlines, in-depth interviews and analysis of political developments and current affairs. Plus, the day's sports stories and weather reports.
7.55 Party Election Broadcast
8.00 Bake Off: The Professionals Liam Charles and Ellie Taylor welcome back the best three teams from each set of heats as they come together in a chocolate-fuelled pursuit. The first challenge is to create two batches of chocolate bars.
9.00 Skint: The Truth About Britain's Broken Economy with Tim Harford The writer and radio presenter provides a fresh analysis of Britain's broken economy ahead of the General Election and presents his ideas on how to fix it.

7.00 Traffic Cops A woman is suspected of drink-driving at 10am, while Andy Swift goes on the trail of a driver who has allegedly failed to stop. Plus, PC Boniface is almost hit by a car while he is clearing away debris (R); 5 News Update
8.00 Motorway Cops: Catching Britain's Speeders PC Martain Anderson hunts for a van linked to drug dealing and organised crime, while PC Will Hunter spots a van and is sure the driver is trying not to get noticed by the police.
9.00 Casualty 24/7: Every Second Counts A lorry has tipped over on its side in a country lane and the driver is taken to the hospital, plus an 82-year-old is rushed in after they were found collapsed at home.

10

10.10 BBC News at Ten
10.40 Regional News; Weather
10.50 Peacock Double bill. Liz has disappeared leaving an empty space at the gym that Andy and Jay compete to fill but with his body positivity classes struggling and his relationship drifting, Andy can't afford to lose; Andy starts his new job at a different gym but is soon spooked by high-energy fitness influencer Kara's talk of high standards. (R)
11.50 FILM My Week with Marilyn (2011, 15) A film student gets a job on a movie starring Marilyn Monroe and becomes a confidant of the troubled star. Drama, with Michelle Williams and Eddie Redmayne. ★★★★★
1.20am MOTD Top Ten - Defenders
1.50 Euro 2024 Match Replay **3.40 Weather** **3.45-6.00am** BBC News

10.00 The Royle Family Denise is a bag of nerves as her wedding day arrives, while Antony is being teased. Alone in the house after the others have left, Jim is tender in soothing Denise's nerves. (R)
10.30 Newsnight Headlines.
11.05 FILM The Peanut Butter Falcon (2019, 12) A young man with Down's syndrome runs away from his care home to pursue his dream of becoming a wrestler. Light-hearted adventure, starring Shia LaBeouf. ★★★★★
12.35am Sign Zone: The Panorama Interviews with Nick Robinson. Nick Robinson probes the policies of the Liberal Democrats in an interview with the party leader Ed Davey. (R) **1.05 Sign Zone: Countryfile** (R) **2.00 Sign Zone: Springwatch** (R) **3.00-6.30am** This is BBC Two

10.00 ITV News at Ten; Weather
10.30 Regional News; Weather
10.45 UEFA Euro 2024 Highlights Mark Pougatch presents action from the fifth and sixth last-16 matches in Germany, featuring France v Belgium and Portugal v Slovenia.
11.45 Boris Becker: The Rise and Fall The story of the bankruptcy trial of three-time Wimbledon champion Boris Becker and how he ended up being sentenced to two and a half years in prison for hiding assets and loans. (R)
12.40am Shop on TV **3.00 Tour de France Highlights.** Gary Imlach presents action from stage three, featuring a route from Plaisance to Turin in Italy. With commentary from Ned Boulting and David Millar. **3.50** Unwind with ITV **5.05-6.00am** Ainsley's World Cup Flavours (R)

10.00 24 Hours in A&E Seventy-nine-year-old Carole is rushed to A&E with signs of a stroke. Plus, Aiden, 10, comes to paediatrics with his mum after hurting his foot, and wrestlers Kieran and James come in after Kieran injures his knee.
11.05 The Killer Nanny: Did She Do It? Documentary re-examining the trial of Louise Woodward 25 years on. Featuring contributions from jury members, who discuss the factors that influenced their decision.
12.05am The Killer Nanny: Did She Do It?: double bill **1.55 Ramsay's 24 Hours to Hell and Back.** A Korean-inspired restaurant in Arkansas. (R) **2.40 The Simpsons** (R) **3.05 Car S.O.S** (R) **3.55 Grand Designs** (R) **4.50 Escape to the Chateau** (R) **4.55 Frasier:** double bill (R) **5.45-6.25am** Countdown (R)

10.00 Trauma Room One James, 63, is losing feeling and function in his hands and fingers, so surgeons at Liverpool's Walton Centre must act fast to remove disc and bone from his neck. Last in series. (R)
11.05 Police: Suspect No 1 A man is found in the early hours badly beaten at the side of the road with significant facial injuries and little recollection of what happened. DS Marriner and DC Weir start hunting for images from that night. (R)
12.05am Traffic Cops (R) **1.00 PlayOJO Live Casino Show** **3.00** Call the Bailiffs: Time to Pay Up (R) **3.50** Incredible Reunions: Pets & Their Owners (R) **4.40 Wildlife SOS** (R) **5.05 House Doctor** (R) **5.30** Entertainment News on 5 **5.35** Milkshake! Monkey (R) **5.45-6.00am** Paw Patrol (R)

12 midnight

ITV2 Freeview 6

6.00am CITV **9.00** World's Funniest Videos
9.30 Totally Bonkers Guinness World Records **10.00** Love Bites **12.00noon** Dress to Impress **1.00** Deal or No Deal **2.00** Supermarket Sweep **3.00** Charmed **4.00** Dawson's Creek. Pacey and Joey return. **5.00** Dress to Impress
6.00 **Celebrity Catchphrase** With Tom Allen, Fleur East and Simon Gregson.
7.00 **Deal or No Deal** Gameshow, hosted by Stephen Mulhern.
8.00 **The Masked Singer US** This special episode recaps the ninth series so far.
9.00 **Love Island** Week five in paradise and the pressure is rising for the islanders.
10.05 **Olivia Attwood: The Price of Perfection** Olivia meets brave women willing to discuss their vaginas.
11.05 **Family Guy** Double bill.
12.05am American Dad! **1.05** Celebrity Karaoke Club **2.05** Totally Bonkers Guinness World Records **2.40** Unwind with ITV **3.00-6.00am** Teleshopping

Dave Freeview 19

7.10am Whose Line Is It Anyway? USA
8.00 Special Ops: Crime Squad UK **9.00** Top Gear **12.00noon** Storage Hunters UK: four episodes **2.00** Extreme Fishing with Robson Green **3.00** Top Gear **5.00** Hairy Bikers Everyday Gourmets
6.00 **Rick Stein's Long Weekends**
7.00 **Would I Lie to You?** With Ben Miller, Henning Wehn and Doon Mackichan.
7.40 **Would I Lie to You? The Unseen Bits** Previously unseen material.
8.20 **Richard Osman's House of Games** With Kae Kurd, Zoe Lyons, Andrew Hunter Murray and Kate Robbins.
9.00 **QI XL** With guests Robert Webb, Phill Jupitus and Ronni Ancona.
10.00 **Have I Got a Bit More News for You**
11.00 **Taskmaster** With Jo Brand.
12.00m't Mock the Week **12.40** Alan Davies: As Yet Untitled **1.40** Dave Gorman: Modern Life Is Goodish **2.45** Whose Line Is It Anyway? USA **3.35-4.00am** Travel Man: 48 Hours in Berlin

E4 Freeview 13

6.00am Hollyoaks **7.00** Ramsay's Kitchen Nightmares USA **9.00** The Goldbergs **10.00** Young Sheldon **11.00** Modern Family **12.00noon** The Big Bang Theory: four episodes **2.00** The Goldbergs **3.00** Modern Family **4.00** Young Sheldon **5.00** The Big Bang Theory: four episodes
7.00 **Hollyoaks** A shooting in the village throws suspicion on Freddie.
7.30 **Come Dine with Me** The first in a week of dinner parties from Hull.
8.00 **Dance Moms** Cathy seeks revenge.
9.00 **Gogglebox** The Eurovision Song Contest is among the shows appraised.
10.00 **Naked Attraction** A model and a veterinary student choose dates.
11.05 **First Dates** A reiki healer is set up on a date with a children's entertainer.
12.10am The Big Bang Theory **1.05** Brooklyn Nine-Nine **2.05** Modern Family **2.55** Dance Moms **3.45** Ramsay's Kitchen Nightmares USA **4.35** The Neighborhood **5.25-6.00am** Brooklyn Nine-Nine

Variations & S4C

WALES As BBC1 except: **1.35-1.45pm** BBC Wales Today. Headlines; Weather **6.30** BBC Wales Today. Headlines; Weather **7.00-7.30** Wales' Home of the Year. Owain, Mandy and Glen announce the winner of Wales' Home of the Year. **10.40** BBC Wales Today; Weather **10.50** The Abuser Headteacher **11.20** Peacock **11.50** Peacock **12.15-1.50am**
FILM My Week with Marilyn (2011, 15)
 Fact-based drama, starring Michelle Williams, Eddie Redmayne and Kenneth Branagh. ★★★★★
MERIDIAN As ITV1 except: **1.55-2.00pm** ITV News Meridian **7.30-7.45** ITV News Meridian **10.30-10.45pm** ITV News Meridian
CENTRAL As ITV1 except: **1.55-2.00pm** ITV News Central **7.30-7.45** ITV News Central **10.30-10.45pm** ITV News Central. Headlines.
ITV WALES As ITV1 except: **1.55-2.00pm** ITV News Cymru Wales **7.30-7.45** ITV News Wales at Six **10.30-10.45** ITV News Cymru Wales **11.45pm-12.40am** Sharp End. Headlines.
WEST As ITV1 except: **1.55-2.00pm** ITV News West Country **7.30-7.45** ITV News West Country **10.30-10.45pm** ITV News West Country

ITVBe Freeview 28

6.00am Unwind with ITV **6.30** Teleshopping
7.00 Unwind with ITV **7.05** Sugar Showdown **7.35** The Real Housewives of Cheshire **8.35** Masters of Flip **9.35** Buying and Selling **10.35** The Real Housewives of Cheshire **11.35** The Real Housewives of Atlanta **12.30pm** The Real Housewives of New Jersey **1.20** The Only Way Is Essex **2.05** Dinner Date **3.05** Million Dollar Listing: LA **4.05** The Real Housewives of Atlanta **5.00** The Real Housewives of Salt Lake City
6.00 **Masters of Flip** Kortney and Dave turn a craftsman house into a luxury retreat.
7.00 **Million Dollar Listing: LA** James and David struggle to get a word in edgways.
8.00 **Dinner Date** Shakir from Liverpool.
9.00 **Emergency Nurses: A&E Stories**
10.00 **The Real Housewives of Miami** Lisa and Larsa confront Lenny.
11.00 **The Only Way Is Essex**
11.45 **Singlestown** Meg and Nat arrive.
12.45-1.00am Unwind with ITV

Drama Freeview 20

6.00am Teleshopping **7.10** London's Burning **8.00** Doctors **9.20** Classic Holby City **10.40** Classic Casualty **11.40** The Bill **12.40pm** Classic EastEnders **2.00** London's Burning **3.00** Lovejoy **4.10** Tenko **5.15** Birds of a Feather
6.00 **Waiting for God** Tom and Diana take on a scheming estate agent.
6.40 **Are You Being Served?** The staff enter a dancing competition.
7.20 **Last of the Summer Wine** Compo's funeral day dawns.
8.00 **The Brokenwood Mysteries** Mike and his team investigate the murder of the Brokenwood Savings Bank manager.
10.00 **New Tricks** The team investigates the unsolved murder of a pornographer.
11.00 **Soldier, Soldier** A worrying event back home forces Michael Stubbs to contemplate his priorities.
12.10am Footballers' Wives **1.15** Call the Midwife **2.15** Classic Holby City **4.00-6.00am** Teleshopping

More4 Freeview 18

8.55am A Place in the Sun **10.25** A New Life in the Sun **11.25** Find It, Fix It, Flog It **12.30pm** Come Dine with Me: five episodes **3.10** Four in a Bed: five episodes **5.50** Chateau DIY
6.55 **Car S.O.S** The boys head to Somerset to restore a Jeep Grand Cherokee.
7.55 **Grand Designs** Kevin McCloud meets retired racehorse breeder John.
9.00 **PopMaster TV** Ken Bruce presents the last episode before the grand final, challenging contestants to recall facts and stats about their favourite chart toppers.
10.00 **8 Out of 10 Cats Does Countdown** With David Mitchell, Katherine Ryan and the Brett Domino Trio joining the panel.
11.05 **24 Hours in A&E** A 40-year-old woman arrives having been knocked over while crossing a road.
12.10am 999: On the Front Line. A man who has had a seizure. **1.15** Emergency Helicopter Medics **2.20** 24 Hours in A&E **3.25-3.55am** A Place in the Sun

BBC3 Freeview 23

7.00pm **Voting for the First Time?: Election 2024** Need-to-know information ahead of polling day.
7.30 **Eating with My Ex** Too Hot to Handle's Chloe Veitch is desperate to know why she was ditched.
8.00 **Top Gear** Richard Hammond tries out a £340,000 Lexus.
9.00 **NEW Paddy & Molly: Show No Mersey** Double bill. The lives and careers of two MMA fighters from Liverpool; Molly is in training for her own fight in Vegas.
10.00 **Eddie Hall: The Beast v the Mountain** Behind-the-scenes access to Hall's preparations for a bout with Hafthor Bjornsson.
11.00 **Him & Her** Double bill.
12.00m't Paddy & Molly: Show No Mersey **1.00** Eddie Hall: The Beast v the Mountain **2.00** The Plymouth Shootings **2.45** Him & Her **3.45-3.55am** Press X to Continue

BBC4 Freeview 9

7.00pm **Sicily: The Wonder of the Mediterranean** Part one of two. Michael Scott traces the history of Sicily, from the first arrival of ancient Greek settlers 3,000 years ago to the arrival of the Byzantine Empire.
8.00 **Digging for Britain** The discovery of an 8,000-year-old Neolithic underwater settlement.
9.00 **Archaeology: A Secret History** Discovering more about the ancient common man. Last in series.
10.00 **Stonehenge: The Lost Circle Revealed** A hidden secret of the bluestones of Stonehenge.
11.00 **Art on the BBC: The Story of the Nude** How TV has influenced understanding of the arts.
12.00m't Treasures of the Indus **1.00** Sicily: The Wonder of the Mediterranean **2.00** Archaeology: A Secret History. Last in series. **2.55-3.55am** Digging for Britain

GB News Freeview 236

6.00am Breakfast with Eamonn and Isabel **9.30** Britain's Newsroom **12.00noon** Good Afternoon Britain **3.00** Martin Daubney. Discussion.
6.00 **Dewbs & Co** Plain-speaking, straight-talking – Michelle Dewberry delivers her take on the day's news.
7.00 **Vote 2024: The People Decide** Complete coverage of the general election campaign. All the twists and turns as parties try to win votes and the keys to Number 10.
8.00 **State of the Nation** The countdown to election day is on.
9.00 **Patrick Christys Tonight**
11.00 **Headliners** Join the all-star comedy cast for an insightful look at tomorrow's headlines tonight.
12.00m't Vote 2024: The People Decide **1.00** State of the Nation **2.00** Headliners Replay **3.00** Patrick Christys Tonight Replay **5.00-6.00am** Headliners Replay

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Sport

SKY SPORTS MAIN EVENT

6.00am SSN Euro Report **7.00** Good Morning Euros **10.00** SSN Euro Matchday **10.00pm** SSN Euro Report **10.30** Back Pages Tonight **11.00pm-6.00am** SSN Euro Report

SKY SPORTS CRICKET

6.00am ICC Men's T20 World Cup **8.00** Jimmy Anderson's Greatest Spells **8.15** Best of ICC WT20 **9.00** ICC Men's T20 World Cup **1.10pm** Best of ICC WT20 **1.30** ICC Men's T20 World Cup **5.40** Best of ICC WT20 **6.00** ICC Men's T20 World Cup. South Africa v India. Another chance to see this year's final from Kensington Oval in Bridgetown, Barbados. **10.40** Best of ICC WT20 **11.00** Women's International One-Day Cricket **1.00am** Best of ICC WT20 **2.00** ICC Men's T20 World Cup **5.00-6.00am** Best of ICC WT20

SKY SPORTS FOOTBALL

6.00am EFL Cup Highlights **8.45** EFL Greatest Games **10.00** Championship Season Review **11.00** EFL Cup Highlights **11.30** EFL **6.30pm** Bundesliga Highlights Show. Action from the opening round of fixtures from the 2023-2024 Bundesliga season. **7.30** Women's Championship Show. News and highlights from the second division of women's football in England. **8.00** Women's Championship Show **8.30** Old Firm Derby Best Goals. A look at some of the very best goals scored in Old Firm derby clashes between Celtic and Rangers over the years. **9.00** EFL. Crystal Palace v Watford in the 2012/13 Championship play-off final. **10.00** EFL. Brentford v Yeovil Town in the 2012/13 League One play-off final. **11.00** EFL. Bradford City v Northampton Town in the 2012/13 League Two play-off final. **12.00m't** Retro League One **2.00** EFL Cup Highlights **2.30** EFL Greatest Games **4.00** EFL Cup Highlights **5.00-6.00am** EFL

TNT SPORTS 1

1.00pm Training Day **1.30** Gallagher Premiership Rugby Union **2.00** UEFA Europa League & Conference League Magazine **4.00** ABB FIA Formula E World Championship Highlights **5.00** ABB FIA Formula E World Championship Highlights. The Portland E-Prix second race. Action from the 14th round of the season at Portland International Raceway. **6.00** WRC Review **7.00** MLB Highlights **8.00** **LIVE** MLB Toronto Blue Jays v Houston Astros (Start time 8.07pm). Coverage of the American League match from Rogers Centre. **11.15** MLB Plays of the Week. A look at the most exciting plays from the past week's matches. **11.45** What I Wore. Liverpool star Thiago Alcanatara describes his passion for football via the shirts which have defined his life. **12.00m't** WWE SmackDown Highlights **1.00** **LIVE** WWE Monday Night Raw Watch CM Punk, Drew McIntyre, Seth Rollins, Rhea Ripley, Becky Lynch and more of your favourite WWE Superstars face-off inside the ring. **4.15** Ariel Helwani Meets. An interview with former WWE star The Undertaker. **5.15-6.00am** What I Wore. Michael Owen describes his passion for football via the shirts which have defined his life.

TNT SPORTS 2

6.00am MotoGP **9.30** MotoGP Chequered Flag **10.15** Badminton Weekly **10.30** Hockey **6.30pm** **LIVE** Ultimate Pool Coverage of Group 3 of the Ultimate Pool Pairs Cup, which takes place at the Players Pool & Snooker Lounge. **9.30** Fight Week. A look back at UFC 303. **10.00** UFC. Alex Pereira v Jiri Prochazka. **1.00am** UFC Reloaded **5.15** Crouchy and Cole **5.45-6.00am** Badminton Weekly

EUROSPORT 1

6.00am Tour de France - The Breakaway **6.30** Climbing World Cup **7.30** Golden Trail World Series **8.30** Cycling: Tour de France **9.30** Tour de France - The Breakaway. A round-up of the action and all the news following stage two. **10.00** **LIVE** Cycling: Tour de France Coverage of stage three, featuring a route of 230.5km from Plaisance to Turin in Italy. This stage is a longer third stage than the one that took place last year, when the competitors rode from Amorebieta-Etxano in Spain to Bayonne, a total of 193.5km. That stage was won by Jasper Philipsen, one of four stages that the Belgian managed to win across the course of the event in 2023. **4.45pm** Cycling: Tour of Flanders. Action from the men's one-day race. **5.00** Climbing World Cup. The men's and women's lead finals. **6.00** Archery World Cup. Action from the compound competitions in Antalya, Turkey. **7.00** Climbing Show **7.30** Marathon. Action from the Transvulcania Marathon. **8.00** Cycling: Tour de France **9.00** Tour de France - The Breakaway **9.30** Climbing Show. All the latest news from the world of competitive climbing. **10.00** Speedway Grand Prix. Action from round six in Gorzow, Poland. **11.00** Cycling: Tour de France. Stage three from Plaisance to Turin. **12.00m't** Tour de France - The Breakaway. News and comment following stage three. **12.30** Tennis: Wimbledon. Action from day one. **2.00** Cycling: Tour de France **3.00** Tour de France - The Breakaway **3.30** Tennis: Wimbledon **5.00-6.00am** Cycling: Tour de France

Entertainment & Factual

ITV3 Freeview 10

6.00am Classic Emmerdale **7.00** Classic Coronation Street **8.05** Agatha Christie's Poirot **10.30** The Royal **11.40** Heartbeat **1.40pm** Classic Emmerdale **2.40** Classic Coronation Street **3.50** Inspector Morse **6.00** Heartbeat **8.00** McDonald & Dodds. The duo are sucked into the world of Formula 1. **10.00** Wire in the Blood **11.50** The Royal **12.40am** Upstairs, Downstairs **2.25-2.30am** Unwind with ITV

ITV4 Freeview 26

6.00am Minder **6.55** The Sweeney **7.55** Dempsey and Makepeace **9.55** Magnum, PI **10.55** Kojak **12.00noon** BattleBots **1.00** Tour de France Highlights **2.00** **LIVE** Tour de France Live **4.45** Hot Shots **4.55** The Sweeney **6.00** BattleBots **7.00** Tour de France Highlights **8.00** MotoGP Highlights **9.00** River Monsters **10.05** **FILM** The Expendables 3 (2014/15) Action thriller sequel, starring Sylvester Stallone and Mel Gibson. **12.30am** Motorsport UK **1.30** Auto Mundial **1.55** Motorsport Mundial **2.25-3.00am** Unwind with ITV

5STAR Freeview 32

8.00am Bargain-Loving Brits in the Sun **10.00** Nightmare Tenants, Slum Landlords **11.00** Traffic Cops **2.00pm** Police Interceptors **5.00** Dogs Behaving (Very) Badly **6.00** Home and Away **7.00** GPs: Behind Closed Doors **8.00** Dogs Behaving (Very) Badly **9.00** When Holidays Go Horribly Wrong & Other Travel Nightmares. Stories of disastrous vacations. **10.35** Accused: Murdered My Tenant or Self Defence? **11.30** Serial Killer Wives **12.30am** Accused: Killer Mom or Innocent Parent? **1.25** Skin A&E **2.20** Casualty 24/7: Every Second Counts **3.10-4.00am** GPs: Behind Closed Doors

REALLY Freeview 17

6.00am Fantasy Homes by the Sea **7.00** Cruise TV with LoveitBookit **8.00** The Yorkshire Auction House **1.00pm** Money for Nothing **2.00** The Repair Shop **3.00** Celebrity Antiques Road Trip **5.00** Celebrity Yorkshire Auction House **7.00** Antiques Road Trip **9.00** The Travelling Auctioneers **10.00** The Repair Shop **11.00** Help! My House Is Haunted **12.00m't** Unexplained: Caught on Camera **1.00** Paranormal: Caught on Camera **2.00** Teleshopping **4.00-6.00am** Dr Jeff: Rocky Mountain Vet

5ACTION Freeview 33

9.00am Car Pound Cops **9.30** Outback Truckers **10.30** Traffic Cops **11.30** Police Interceptors **12.35pm** **FILM** Day of the Evil Gun (1968/PG) **2.25** **FILM** Drums Across the River (1954/PG) **3.45** **4.00** Outback Truckers **5.00** Traffic Cops **6.00** Police Interceptors **9.00** Quantum Leap **10.55** **FILM** Executive Decision (1996/15) **1.40am** Fights, Camera, Action! **2.40** Trucking Hell **3.35-4.00am** Car Pound Cops

SKY ARTS Freeview 36

6.00am Andre Rieu: Welcome to My World **7.00** Musical Masterpieces **8.00** The Joy of Painting **9.00** Tales of the Unexpected **10.00** Alfred Hitchcock Presents **11.00** Discovering: Glenn Close **12.00noon** The Joy of Painting **1.00** Tales of the Unexpected

BBC RADIO 1

97.6-99.8MHz **6.57am** Newsbeat **7.00** Radio 1 Breakfast with Sam and Danni **11.00** Rickie, Melvin and Charlie **12.45pm** Newsbeat **1.00** Matt and Mollie **3.30** Newsbeat **3.32** Going Home with Vick, Katie and Jamie on Radio 1 **5.45** Newsbeat **6.00** Radio 1's New Music Show with Jack Saunders **8.00** Radio 1's Future Artists with Sian Eleri **10.00** Radio 1's Power Down Playlist with Sian Eleri **11.00** Rock Show with Daniel P Carter **1.00am** BBC Introducing Rock on Radio 1 with Alyx Holcombe **2.00** Radio 1's Future Alternative **3.00-4.00am** Radio 1 Relax in Love **4.00-5.00am** Radio 1 Dance

BBC RADIO 2

88-91MHz **6.30am** The Zoe Ball Breakfast Show **9.30** Vernon Kay **12.00noon** Jeremy Vine **2.00** Scott Mills **4.00** OJ Borg **6.30** OJ Borg's Half Wower **7.00** Jo Whaley's Shiny Happy Playlist **7.30** Jo Whaley **9.00** The Blues Show with Cerys Matthews **10.00** Trevor Nelson's Magnificent 7 **10.30** Trevor Nelson's Rhythm Nation **12.00m't** Phil Williams **3.00-4.00am** Pick of the Pops

BBC RADIO 3

90.2-92.4MHz **6.30am** Breakfast **9.30** Essential Classics **1.00pm** Classical Live **4.00** Composer of the Week **5.00** In Tune **7.00** Classical Mixtape **7.30** Radio 3 in Concert **9.45** The Essay: Forever Songs **10.00** Night Tracks **11.30** Round Midnight **12.30-6.30am** Through the Night



The Cleaning Lady
Sky Witness, 9pm
We're past the halfway point in the second season, and Detective Flores (Diane Villegas, left) looks into Marco's death. Plus, Thony, Arman and Garrett team up to bring down Kamdar.

2.00 The Sky Arts Book Club Summer Reads Special **3.00** Harold Lloyd: Hollywood's Timeless Comedy Genius **4.00** Discovering: Tim Robbins **5.00** The Joy of Painting **6.00** Tales of the Unexpected **7.00** Alfred Hitchcock Presents **8.00** Andre Rieu: Love in Venice **11.20** Darbar Festival 2023 **12.20am** Isle of Wight Festival 2024 **2.20** Nina Simone: The Lost Album **3.45** National Trust: National Treasures **5.00-6.00am** The Art of Architecture

GOLD

7.20am The Fosters **8.20** Last of the Summer Wine **9.00** The Green Green Grass **9.40** My Hero **10.20** Are You Being Served? **11.00** Still Open All Hours **11.40** Last of the Summer Wine **1.00pm** The Green Green Grass **1.40** My Hero **2.20** Still Open All Hours **3.00** Dad's Army **3.40** Are You Being Served? **4.20** Last of the Summer Wine **5.35** Still Open All Hours **6.15** The Green Green Grass **6.50** Dad's Army **8.00** The Black Adder **8.50** Only Fools and Horses **9.25** The Young Ones **10.15** Victoria Wood as Seen on TV **10.55** The Black Adder **11.40** The Lenny Henry Show **1.00am** Only Fools and Horses **1.40** The Young Ones **2.25** Victoria Wood as Seen on TV **3.00-4.00am** The Lenny Henry Show

YESTERDAY Freeview 27

6.10am Train Truckers **8.00** Abandoned Engineering **10.00** The World at War **11.00** World War Weird **12.00noon** 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** Bangers & Cash **8.00** Abandoned Engineering **9.00** American History's Biggest Fibs with Lucy Worsley **10.00** Bangers & Cash **11.00** Abandoned Engineering **12.00m't** Great British Railway Journeys **1.00-3.00am** Train Truckers

ALIBI

7.15am Murdoch Mysteries **9.00** The Coroner **10.00** Elementary **11.00** Shakespeare & Hathaway: Private Investigators **12.00noon** Father Brown **1.00** Death in Paradise **2.00** Murdoch Mysteries **4.00** Elementary **5.00** Father Brown **6.00** Shakespeare & Hathaway: Private Investigators **7.00** Elementary. Joan searches for a missing woman. **8.00** Father Brown **10.00** Death in Paradise. A chef is stabbed to death. **11.20** Elementary **12.20am** CSI: Vegas **1.20** Murdoch Mysteries **3.10-4.00am** Why Women Kill

Radio

CHOICE

The Essay: Forever Songs
Radio 3, 9.45pm
Folk singer Karine Polwart tells the story of how she crafted an elegy in song for Al Beck, a local legend of rural East Lothian, just weeks before his death from cancer in 2020. In this first essay, Karine describes making the offer of the private gig and being overwhelmed by Al's positive response.

BBC RADIO 4

FM 92.4-94.6MHz **6.00am** Today **9.00** Start the Week **9.45** Oliver Burkeman's Inconvenient Truth **10.00** Woman's Hour **11.00** Behind the Crime **11.45** Obsessed with the Quest **12.00noon** News **12.04** You and Yours **12.57** Weather **1.00** The World at One **1.45** Buried: The Last Witness **2.00** The Archers **2.15** Fags, Mags and Bags **2.45** Gambits **3.00** A Good Read **3.30** The Failure of the Future **4.00** The Deadly Business of Democracy **4.30** Revinder **5.00** PM **5.57** Weather **6.00** News **6.30** Mark Steel's in Town **7.00** The Archers **7.15** Front Row **8.00** The Briefing Room **8.30** BBC Inside Science **9.00** Start the Week **9.45** Assume Nothing: The Shankill Gold Rush **10.00** The World Tonight **10.45** Book at Bedtime: Glorious Exploits **11.00** The System **11.30** Split Ends **12.00m't** News **12.30** Obsessed with the Quest **12.48** Shipping

Forecast **1.00** As BBC World Service **5.20** Shipping Forecast **5.30** News **5.43** Prayer for the Day **5.45-6.00am** Farming Today

BBC RADIO 5 LIVE

693/909kHz **6.00am** 5 Live Breakfast **9.00** Nicky Campbell **11.00** Naga Munchetty **1.00pm** Tennis **4.00** 5 Live News **4.30** 5 Live Sport **7.00** 5 Live Sport **8.00** 5 Live Sport **10.30** Gordon Smart **1.00am** Dotun Adebayo **5.00-6.00am** Wake Up to Money

BBC RADIO WALES

FM: 94.6MHz **6.00am** Radio Wales News Update **6.05** Wake Up with Radio Wales **6.30** Radio Wales Arts Show **7.00** Radio Wales Breakfast **9.00** Wynne Evans **12.00noon** The Phone In **2.00** Behnaz Akhgar **5.00** Radio Wales Drive **6.30** Olivia Breenis Paris Diary **7.00** Huw Stephens **10.00** Eleri Sion **12.00m't** Relax with Radio Wales **1.00-6.00am** As Radio 5 Live

CLASSIC FM

100-102MHz **6.30am** Classic FM Breakfast with Dan Walker **9.00** The Classic FM Hall of Fame Hour with Dan Walker **10.00** Alexander Armstrong **1.00pm** Anne-Marie Minhall **4.00** Margherita Taylor **7.00** Relaxing Evenings **10.00** Calm Classics **1.00am** Bill Overton **4.00-6.30am** Early Breakfast

ABSOLUTE RADIO

DAB 6.00am Dave Berry **10.00** Leona Graham **1.00pm** Ben Burrell **4.00** Bush and Richie **7.00** Danielle Perry **10.00** Jay Lawrence **1.00-6.00am** Dan Noble

SKY MAX

6.00am NCIS: Los Angeles **7.00** SEAL Team **8.00** The Flash **9.00** Stargate SG-1 **11.00** NCIS: Los Angeles **12.00noon** The Flash **1.00** MacGyver **3.00** Hawaii Five-0 **4.00** S.W.A.T **5.00** SEAL Team **6.00** Stargate SG-1 **8.00** Rob & Romesh vs Ballet **9.00** The Walking Dead **10.00** Flintoff: Lord of the Fries **11.00** The Force: North East **1.00am** Brit Cops: Law & Disorder **2.00** Road Wars **3.00** Hawaii Five-0 **4.00-5.00am** S.W.A.T

SKY ATLANTIC

6.00am Fish Town **7.55** Six Feet Under **10.05** Gomorrah **12.15pm** Game of Thrones **1.20** The Sopranos **3.30** Six Feet Under **5.45** Gomorrah **7.55** Game of Thrones **9.00** House of the Dragon **10.20** The Sympathizer **11.25** House of the Dragon **12.45am** Succession **1.55** The Deuce **3.05** Game of Thrones **4.05-6.00am** Fish Town

SKY WITNESS

6.00am Sun, Sea and A&E **7.00** Border Patrol **8.00** Stop, Search, Seize **9.00** Highway Patrol **9.30** Caught Red Handed **11.00** Brit Cops: Rapid Response **12.00noon** New Amsterdam **1.00** Private Eyes **2.00** FBI: Most Wanted **3.00** Caught Red Handed **4.30** Nothing to Declare **8.00** Blue Bloods **9.00** The Cleaning Lady **10.00** Coroner **11.00** Chicago Fire **12.00m't** Departure **2.00** The Equalizer **3.00** The Force: North East **4.00-5.00am** Paramedics Australia

SKY COMEDY

8.00am Will & Grace **9.00** The Conners **9.30** American Auto **10.00** Sort Of **10.30** Veep **11.40** Ballers **12.50pm** Eastbound & Down **2.10** Veep **3.20** Ballers **4.30** Sort Of **5.00** Will & Grace **6.00** The Office (US) **7.00** American Auto **8.00** Will & Grace **9.00** Silicon Valley **10.20** Real Time with Bill Maher **11.30** Sex and the City **12.50am** Nikki Glaser: Good Clean Filth **2.05** Sort Of **2.35** 2 Dope Queens **3.50-5.00am** Eastbound & Down

DISCOVERY

6.00am How It's Made **7.00** Deadliest Catch **8.00** Blowing Up History **9.00** Combat Dealers: Reloaded **10.00** Texas Metal **11.00** Wheeler Dealers **1.00pm** Railroad Alaska **3.00** America's Backyard Gold **4.00** Flying Wild Alaska **5.00** Homestead Rescue: Raney Ranch **6.00** Texas Metal **7.00** Bitchin' Rides **8.00** Garage Squad **9.00** Wheeler Dealers World Tour **10.00** Roadworthy Rescues **11.00** Outback Truckers **12.00m't** Mystery at Blind Frog Ranch **1.00** Wheeler Dealers World Tour **2.00** Roadworthy Rescues **3.00-4.00am** Gold Rush

NATIONAL GEOGRAPHIC

8.00am Food Factory **9.00** Air Crash Investigation **10.00** WW2: Hell Under the Sea **11.00** Erased: WWII Heroes of Colour **12.00noon** Car S.O.S **1.00** To Catch a Smuggler **2.00** Air Crash Investigation **3.00** Hitler's Last Stand **4.00** Seconds from Disaster **5.00** Car S.O.S **6.00** Air Crash Investigation **8.00** Construction Fails **9.00** To Catch a Smuggler **10.00** Air Crash Investigation **12.00m't** Banged Up Abroad **1.00** Airport Security: Peru **2.00** Abandoned **2.30** Food Factory **3.20** Money Meltdown **4.10-5.00am** When Sharks Attack

Movies

FILM4

11.00am El Dorado (1966/PG) Western, with John Wayne and Robert Mitchum. **★★★★★**
1.35pm Father Brown (1954/U) Comedy drama, starring Alec Guinness. **★★★**
3.20 Storm Over the Nile (1955/U) Period adventure, starring Laurence Harvey. **★★**
5.30 7th Cavalry (1956/U) Western, with Randolph Scott and Jay C Flippen. **★★★**
7.05 Clueless (1995/12) Comedy, starring Alicia Silverstone and Stacey Dash. **★★★★**
9.00 Colombiana (2011/15) Action thriller, starring Zoe Saldana and Cliff Curtis. **★★**
11.10 Office Christmas Party (2016/15) Festive comedy, with Jason Bateman. **★★★★**
1.20-3.40am Another Round (2020/12) Comedy drama, starring Mads Mikkelsen and Thomas Bo Larsen. **★★★★**

SKY CINEMA PREMIERE

6.00am Sometimes I Think About Dying (2023/12) Comedy drama, starring Daisy Ridley and Dave Merheje. **★★★★**
7.40 Drift (2023/15) See 4.25pm for details. **★★★**
9.20 Am I OK? (2022/15) Romantic comedy drama, starring Dakota Johnson. **★★★**
10.55 A Sacrifice (2024) See 6.00pm for details. **★★★**
12.50pm The Great Escaper (2023/12) Drama, starring Michael Caine. **★★★★**
2.30 LaRoy, Texas (2023/15) See 10.00pm for details. **★★★**
4.25 Drift (2023/15) Drama, starring Cynthia Erivo and Alia Shawkat. **★★★**
6.00 A Sacrifice (2024) Drama, starring Eric Bana and Sylvia Hoeks. **★★★**
8.00 Meg 2: The Trench (2023/12) Thriller sequel, starring Jason Statham. **★★★**
10.00 LaRoy, Texas (2023/15) Comedy crime caper, starring Steve Zahn. **★★★**
11.55 Five Nights at Freddy's (2023/15) Horror thriller, with Josh Hutcherson. **★★★**
1.50am The Royal Hotel (2023/18) Thriller, with Julia Garner and Jessica Henwick. **★★★★**
3.25 American Star (2024/15) Thriller, starring Ian McShane and Nora Arnezeder. **★★★**
5.15-7.05am A Sacrifice (2024) See 6.00pm for details. **★★★**

SKY CINEMA DRAMA

5.30pm Catch Me If You Can (2002/12) Drama, with Leonardo DiCaprio. **★★★★★**
8.00 Steve Jobs (2015/15) Biopic, with Michael Fassbender and Kate Winslet. **★★★★★**
10.05 Born on the Fourth of July (1989/18) Drama, starring Tom Cruise. **★★★★★**
12.35am Whiplash (2014/15) Drama, starring Miles Teller and JK Simmons. **★★★★★**
2.30 Hardball (2001/12) Drama, starring Keanu Reeves and Diane Lane. **★★★**
4.20-6.25am Mrs Harris Goes To Paris (2022/PG) Comedy, starring Lesley Manville. **★★★★★**

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Southgate's going to walk this Euro 24 competition

WHAT a shambles. England sneaked into the next round of the Euros after another embarrassing performance against a Slovakian team which was more skilful and superior to England in both tactics and desire – they also appeared or motivated from the off.

It was another shambles of a display by Gareth Southgate's under-achievers who somehow scraped through to the next round after extra time.

Our struggling players began with walking-pace football against faster and more enthusiastic opponents who led until added time and if there was any justice in football would be in the next round.

Wake up England, and please. Southgate, pick a different line-up and tactics for the next match.

You and your team both know that you should be on your way back home to England today.

Paul Marston
Walsall, W Mids

Community chiefs need to encourage vaccine uptake

I HAVE heard that measles and whooping cough cases are on the rise, sadly with some infant deaths.

One problem is the anti-vaccination viewpoint of several ethnic groups who fail to see their reluctance is endangering all sections of our society. We need community leaders to educate those non-believers.

Harry Miller,
Croydon, Gtr London

Greedy doctors care more about pay than patients

JUNIOR doctors are simply in it for the money. Striking during a heatwave is just typical ("Junior doctors on strike again for 35% pay rise", June 28).

In hospitals you see staff on their phones, others chinwagging. There is clearly overstaffing and overspending. Inflation is currently at two per cent; offer them that and tell them to take it or leave it.

David Hobson,
Birmingham

Time to consult experts to resolve NHS wrangle

I SEEM to recall an organisation named Acas who were there to help resolve disputes between employers and employees regarding such disputes as pay, conditions, terms of contract and working practices etc.

Why are they not being used in the junior doctors' disputes?

John Brierley,
Todmorden, Lancs

It seems voting has not been good for our health

FOR the first time in my life I am thinking of not voting. Under the Tories I am worse off financially and the party has overseen the NHS go into total meltdown.

Keir Starmer is not to be trusted and doesn't explain how he will achieve his aims. Nigel Farage is too right wing and has no one of talent in his party. Ed Davey is a decent man but unlikely to be up to the

Letter of the day



GOOD LOOK STORY: Fortune has favoured boss Southgate

Luck of the devil and the look of a loser

ENGLAND manager Gareth Southgate has the luck of the devil but the look of a loser ("Saved by the Bellingham", July 1).

No football fan in this country is remotely taken in by this charlatan's stab at international management – he has never won anything and never will. He even managed to relegate Boro – God knows what the other candidates' CVs were like – a box-ticking fool.

He has stumbled into the next round by chance, having avoided Portugal, France, Spain and hosts Germany... and was seconds away from going out of this tournament, despite the vast array of talent at his disposal.

If England win this, and they should, it will be in spite of Southgate, not because of him.

Brian Metcalfe,
Birmingham

job. So who can one vote for and genuinely believe they will deliver? What a predicament.

Diane Silva,
Bournemouth

Labour's double standard will hold students back

KEIR Starmer was lucky enough to pass his 11-plus exam, went on to Reigate Grammar and received a bursary for university enabling him to progress through life.

Why then cannot Labour offer the same opportunities to children of today irrespective of their background ("VAT on school fees will leave state pupils worse off", June 24)?

Anne Jones,
Stalybridge, Cheshire

Electorate needs to wake up to dangers of wokery

IF THE mealy mouthed responses by the leader of the Labour Party Keir Starmer and Labour candidate Dawn Butler to the outrageous statement by David Tennant in respect of Kemi Badenoch doesn't worry you, then it damn well should ("YOU are the problem! Rishi blasts David Tennant after LGBT award dig at Kemi", June 27).

Christopher Humphreys,
Ewloe, Flints

Pensioners count cost of policy that doesn't add up

WHY is it thought that somebody who retires after 2016 needs a larger pension than someone who retired before that date? We all have to pay the same price for things.

Pensions should be levelled up so we all get the same amount and the tax threshold increased so that nobody pays tax on their pension.

David Turner,
Sevenoaks, Kent

Reuse festival cast-offs to save on migrant bills

OVER the next few weeks hundreds of perfectly good tents will be left behind by festival goers. These could be used to house illegal immigrants, in designated areas around the country.

After all, they managed to live in tents in France.

The money saved on hotel bills could be used to fund social care.

Patricia East,
Guildford, Surrey

Name change in order for country's postal service

IT SEEMS England is quite happy to sell the country to the highest bidder ("Royal Mail buyer's profit

share offer", June 27).

If Czech billionaire Daniel Kretinsky is allowed to gain control of the Royal Mail, may I suggest it is made to change its name.

John Fox,
St Brelade, Jersey

Hairy Biker Si King could help singleton cooks next

Here's a thought: what about The Hairy Biker Goes Solo, and cooks meals for one ("Si: 'There's no Hairy Bikers without Dave'", June 24)?

There are so many people on their own nowadays. Trying to whittle menus designed for four down to one usually doesn't work.

Sue Leonard,
Colchester

Beautiful game's prattling pundits are a TV turn-off

I AGREE with David Mitchell ("Wash all waffling pundits' mouths out with soaps", Letters, June 27).

There is no reason at all why we cannot have the soaps on at normal times.

Who wants to watch overpaid pundits, with huge lollipops in their mouths, discussing the pros and cons of all the football matches?

Margaret Vincent,
Lytchett Matravers, Dorset

IS NICOLE RIGHT, CAN MODERN WOMEN REALLY HAVE IT ALL?

Yes DOUBTLESS there'll be naysayers, but I applaud Nicole Scherzinger putting her career before starting a family – it's 2024, not 1954 ("I want to have a baby...but work calls", June 29)!

At one time if you were past 40 you were on the scrapheap, "too

old" to have babies, or you'd already sacrificed your career to have kids. These days, with HRT and modern medicine you have more choices as a woman.

If you know your own mind and have a plan like Nicole, why can't you have it all?

Anna Green,
Guildford, Surrey

No A BABY at 45 or, God forbid, even older? Whatever is Nicole Scherzinger thinking of, putting off motherhood? I had my two in my early 30s and that was tiring enough.

I don't think women who leave it this late really understand that it's no breeze, there are

medical risks and you'll never have time to rest when it's born – or for many years to come!

I can't blame her for wanting to go far in her career, but to be honest I think she's living in la-la-land. If she leaves it much longer she might find it's too late.

Eileen Brown,
Wolverhampton

TODAY: Monday
 July 1, 2024

ON THIS DAY



53 years ago (1971)
 Our front page said Nasa chiefs would press ahead with the Skylab space station project, despite the mystery deaths of three Soviet cosmonauts. Their Soyuz II craft had appeared to touch down safely but the men were found dead.

They had suffocated when their cabin depressurised after a hole formed as the landing capsule separated from the main rocket.

27 years ago (1997)
 After more than 156 years of British rule, Hong Kong was handed back to China in a midnight ceremony attended by its last Governor Chris Patten, PM Tony Blair, Prince Charles and China's President Jiang Zemin.

Beijing had agreed to guarantee Hong Kong's political and economic freedom for 50 years but security laws have reduced the island's autonomy.

33 years ago (1991)
 The 1955 Warsaw Treaty Organisation of Friendship, Cooperation and Mutual Assistance – the Warsaw Pact – was formally dissolved by Czech president Vaclav Havel at a meeting of former Eastern bloc countries in Prague, ending 36 years of alliance with the USSR.

BIRTHDAYS



Ex-Baywatch star **Pamela Anderson** is 57. She has been vegan since her early twenties.



Ghostbusters star **Dan Aykroyd** is 72. He plays harmonica.



Blondie's **Debbie Harry** is 79. She was a Playboy bunny.



Singer and rapper **Missy Elliott** is 53. Her full name is Melissa Arnette Elliott.

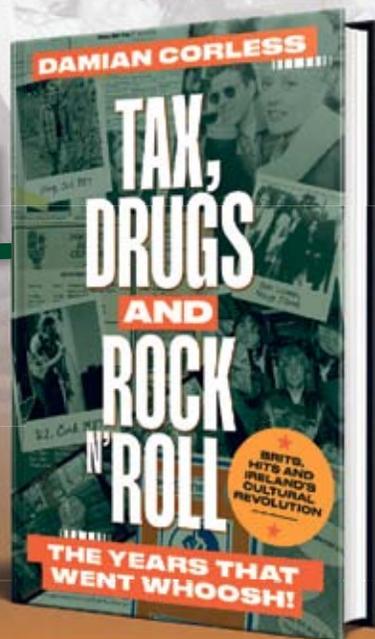
TODAY'S GIGGLE

What do you call a blind dinosaur?
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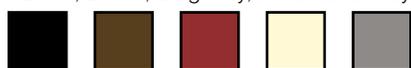
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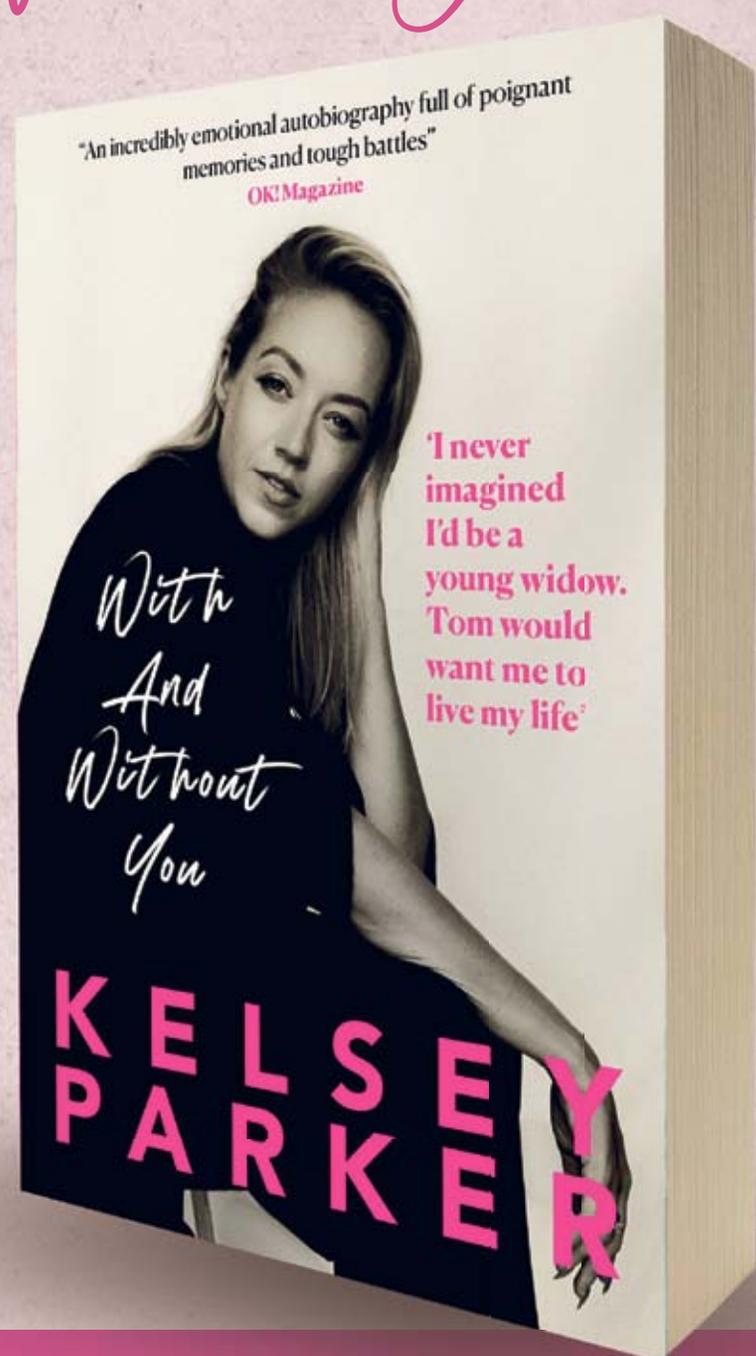
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City & Business

Tories and Labour working to get small business votes

FOUR in five bosses of small and medium-size businesses are still holding out to be wooed before Thursday's General Election.

Insurer Simply Business found the majority of the 5.5 million SMEs could be won over.

The Tories have long sold themselves as the party for entrepreneurs but runaway inflation, the cost of living and Brexit hangover have changed that.

Labour has pledged to reform business rates, introduce a new industrial strategy and cut late payments. Emma Robson, who runs corporate hamper firm Stort Valley Gifting in Essex, is desperate for business tax reforms.

She moved to bigger premises in Harlow but said: "If we wanted to move again, we can't afford the rates. It's a barrier to growth." The one-time Tory voter is encouraged by Labour's pledge to reform the tax but concerned by the lack of detail.

She said: "Now, I'm at the point where I'm actually thinking, 'Do I vote Labour?' I'm torn."

Real ale brewer Robert Wicks criticised both parties for focusing on big business and letting them ride roughshod over independents.

He employs 30 staff at peak times at Westerham Brewery in Kent and said: "Here's an idea, how about meeting with independent brewers and listen-

By Alex Daniel

ing?" He is encouraged by Reform UK's promise to lift thresholds on VAT and corporation tax but believes they will never be enacted.

Mr Wicks added: "I'm peed off with the Tories but I really fear what is coming in their place."

Wasim Riley, who runs Manchester's Afrikana restaurant, employs 20 people but said hospitality has been neglected as inflation and the cost of living hit. He is looking for a VAT rate cut and swinging towards Labour – but he said: "They won't know what is needed if they don't speak to us more frequently."

Vivienne Brown, of 5th Avenue Flowers in Newcastle, has cut her workforce from nine to three after being crippled by minimum wage hikes and work from home eating into corporate work. But she will vote Tory as Covid bailouts

"saved a hell of a lot of businesses". London tray maker Mark Brearley is veering the other way. He said: "Brexit is the wound that keeps on bleeding. It's not just teething problems."

He pointed to the cost of imports rising and the "preposterously complex" way of doing business with Europe. He likes Labour's "blindingly obvious" industrial strategy but is "desperate for a more positive spirit".



TORN: Hamper firm boss Emma

BANK ACTS TO KEEP CROOKS IN CHECK



PROTECTIONS: Monzo has three new safeguards for customers

MONZO has launched groundbreaking app tweaks to stop mobile phone thieves raiding their victim's bank account.

The innovative features are aimed at stopping criminals withdrawing any money.

They will also halt impersonation scams or the theft of personal information.

The bank's new "known locations" system lets people

pick a place, say home, that they must be in to transfer or withdraw money over a certain limit. Customers can also choose a trusted friend or relative – who must have a Monzo account – to review high-value transfers.

A third safeguard involves QR codes sent to a different device. Monzo said it was trying to "outpace" crooks.

MONEY WATCH

By GRAHAM HISCOTT

THE cost of car insurance has soared in recent years but younger drivers have been among the hardest hit.

Compare the Market data shows under-25s have seen premiums typically rise £310 in 12 months, now at an average of £1,901.

The price comparison site has provide some tips to cut the cost.

Add an experienced named driver, such as a parent, to the policy – if they drive the car too. This could save over £200.

But don't list someone with more experience as the main driver – this is fronting, a type of insurance fraud.

Limiting annual mileage cuts the risk of accidents and could lower premiums.

Fit a black box to the car. They monitor all your driving and send data to an insurer to provide personalised quotes.

Check what insurance group a vehicle is in before buying it. Also note, manual cars are cheaper to buy, so generally insurance premiums are lower too.

Increasing your excess could bring down the cost of your premium, but will cost more if you have to make a claim.

Pay insurance in one go where possible.

Shop around for policies when it is set to expire.

Those under 35 could save up to £969.

Jobs boom at Travelodge

TRAVELODGE is recruiting for more than 300 jobs.

The company, which operates 600-plus hotels across the UK, Ireland and Spain, is looking for full and part-time staff to join their workforce of 13,000.

Roles include hotel managers, bar staff, cleaners and receptionists as well as head office roles such as sales and

customer services. Katharine Gourley, Travelodge director of people operations, said: "We are looking for enthusiastic people that have a passion and determination to deliver excellent customer service."

Travelodge was the UK's first budget hotel chain in 1985. It caters for around 22 million guests a year.

Sainsbury's devouring market share as sales rise

SAINSBURY'S is set to reveal a 4.7% sales surge in the past three months at a shareholder update tomorrow.

The 5.5% hike on a like-for-like basis is a slight slowdown on the previous quarter when sales grew 7.3%.

But that's mainly due to food and drink inflation easing. In April, Sainsbury's said it was selling more items as

prices dropped or stabilised. Bosses will be keen to report increasing market share.

Analysts anticipate sales momentum to have continued in the latest update, despite rain in April and May hitting customers.

HSBC's Paul Rossington said: "We expect another strong quarter of core grocery growth despite a slow

start to spring and summer season." In its previous update in April, the supermarket also highlighted some weakness in general merchandise, including its Argos arm which has been closing stores over the past year.

Shareholders will be hopeful that falling inflation in some areas will help support demand for big ticket items

in goods such as home technology and furnishings.

Sainsbury's, which is hiving off its banking business to NatWest, is simplifying its operation. The City has appeared positive about the mood. Shore Capital's Clive Black said: "Sainsbury's strong food assortment is now well and truly lapping market share gains."

++THE SHARE HUNTER++DERREN NATHAN++HARGREAVES LANSDOWN++



DERREN NATHAN
 Head of Equity Research
 Hargreaves Lansdown
www.hl.co.uk

CRUISE ship operator Carnival's second-quarter results sailed into port ahead of expectations, despite route disruptions in the Red Sea and the temporary closure of its Baltimore port.

Revenue was up 18% to £4.5 billion, driven by increases in ticket sales and onboard spending.

Strong pricing and prudent cost control helped profitability grow faster, with underlying cash profit up 75% to £948.4 million. Customers are booking in droves with deposits of £6.5 billion sailing past records of £5.6 billion.

Upgraded full-year guidance was underpinned by a record booking position. But net debt remains stubbornly high at £21.8 billion, a result from the

Carnival's bookings growing at a rate of knots

pandemic. There may not be too much further movement this year.

Borrowings eclipse the market value of Carnival's shares currently.

They are also very high compared to cash profits. Until that returns towards a low single-digit figure, there's unlikely to be a return of dividend payments.

The company is treading carefully in terms of new-build ships.

Barring a stark deterioration in the economy or an unforeseen event, it is well positioned to manage capacity and get on top of its debt over the medium-

term. Progress being made is impressive but the high level of indebtedness means management is pressured to deliver.

If they get it right, investors who get on board now are likely to be well rewarded.

But they need to accept higher than usual levels of risk and prepare for the sea sickness that comes with a bumpy ride. That means the key question is how long will strong demand last?

Much will depend on policy makers' ability to guide the economy towards a soft landing on both sides of the Atlantic as inflation ebbs. There is still a lot of

uncertainty but the demographics of cruise passengers may provide some shelter from the storm should we see an economic slowdown.

The cruise industry's customer base tends to be dominated by the over-50s. And there are some signs that consumer spending is holding up better amongst older generations.

"This article is designed for investors who make their own decisions without advice, if unsure whether an investment is right for you, you should seek advice. Shares can rise and fall in value so you could get back less than you invest."

Racing

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Hero Honour 16-1 for King George

DUBAI HONOUR registered a first Group 1 success in the Northern Hemisphere – and Ascot's King George VI And Queen Elizabeth Stakes could be next.

William Hill cut William Haggas's globetrotter, twice a winner at the top level in Australia in 2023, to 16-1 for the midsummer clash of the generations after the six-year-old and Tom Marquand, above, defied Feed The Flame for the Grand Prix de Saint-Cloud. The success was Dubai

By David Yates

Honour's first at a mile and a half and Haggas's wife and assistant Maureen said: "The ground was probably a bit quick for him, but maybe the trip on this ground is more suitable. "He seemed to stay the trip really well – it's great because it gives us another option. "He's in lots of Group 1s all over the place. Every time he gives his all and he's one of those horses we'd love 10 of, but they are hard to come by."



LOS FIRMLY IN PROFIT

Angeles wins Irish Derby

By David Yates

LOS ANGELES turned round Epsom running with Ambiente Friendly to give Aidan O'Brien a record-extending 16th triumph in the Dubai Duty Free Irish Derby.

The two rivals, separated by three and a quarter lengths when filling the podium positions behind City Of Troy in the Derby 29 days earlier, joined battle with three furlongs of the Curragh Classic to run. Ambiente Friendly and Rab



CLASSIC HERO: Los Angeles (left) at the Curragh

Havlin shaded the advantage on the approach to the final furlong but Los Angeles answered Ryan Moore's every call, forging on for a three-quarter-length victory as Sunway rattled home

to deny the Epsom runner-up by half a length for second. Leicester novice stakes winner Matsuri justified Roger Varian's move up to Group 1 level by taking fourth place, just

a neck away. "We were delighted with him in Epsom and we thought that we would come forward," said O'Brien. "He learned plenty, Ryan gave him a great ride. He's a big, hardy horse and he's progressing." While David Menuisier was "absolutely over the moon" with Sunway's silver medal, Ambiente Friendly is now set to come back in distance. "He travelled really well to the two-pole – he just got outstayed," lamented the third home's trainer, James Fanshawe. O'Brien's Henry Matisse earned a 16-1 quote with William Hill for next year's 2,000 Guineas after landing the Group 2 GAIN Railway Stakes.

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5.45 £4,397 (Class 5) 5f 21yds (6 declared)

1 (3)	868-12L	CLOUD KING (37) (D) R Cowell 9-10	0 Murphy	82
2 (5)	93-2445	MAKE IT EASY (9) (D) T N Tinkler 9-8	R Scott	★86
3 (4)	81L-210	LAW OF AVERAGE (30) (D) C Banham 9-7	J Haynes	83
4 (2)	LL9-2	BIG TIME RASCAL (28) (F) P & O Cole 9-6	W Buick	82
5 (6)	945-	PORT HEDLAND (27) H Candy 9-0	T Whelan	81
6 (1)	6243-45	PERSIAN BLUE (12) (F) W Haggas 8-13	T Marquand	79

SP FORECAST: 11-4 Big Time Rascal, 10-3 Cloud King, 7-2 Law Of Average, 11-2 Make It Easy, 13-2 Port Hedland, 15-2 Persian Blue.
2023: Estate 9-10, William Buick 7-4 Fav (A Balding), drawn (8), 8 ran.

6.15 BRITISH EBF RESTRICTED MAIDEN STAKES (GBB RACE) 2YOES, 3/3 (4) 5f 21yds (15)

1 (1)	84	BALZARINI (20) S C Williams 9-7	S M Levey	69
2 (3)	7	EIGHTEENCARAT GOLD (7) E J-Houghton 9-7	C Bishop	65
3 (12)	1	FOLLOW RIVERS R Spencer 9-7	R Hornby	-
4 (1)	1	JR CLIMBS P Evans 9-7	G Downing	-
5 (8)	27	MISTER MCGREGOR (24) A Balding 9-7	O Murphy	73
6 (13)	6	MONTBELIARDE G Boughey 9-7	W Buick	-
7 (15)	5	THE LAST TIME R Spencer 9-7	G Wood	-
8 (2)	33	INVINCIBLE CROWN (14) R Hughes 9-5	R Kingscote	79
9 (9)	5	DUBAI MAGIC J Tate 9-2	N Callan	-
10 (5)	7	GLAMOROUS JEWEL (23) C Mason 9-2	W Cox	27
11 (14)	25	WOODHAY WHISPER (49) T Ward 9-2	T Marquand	★80
12 (6)	00	ANGEL AT MIDNIGHT (14) M Murphy & M Keady 9-0	-	-

SP FORECAST: 7-2 Invincible Crown, 9-2 Woodhay Whisper, 5 Montbeliarde, 13-2 Mister Mcgregor, 8 Dubai Magic, 12 Eighteencaratgold, Balzarini, 14 Follow Rivers, 16 Others.
2023: Band Of Joy 9-0, William Buick 11-2 (G Boughey), drawn (3), 12 ran.

6.45 MAIDEN STAKES (GBB RACE) 1m 2f (10)

1 (5)	7	COTSWOLD COTTAGE (21) Miss H Knight 4-9-11	C Bishop	53
2 (4)	0L	AMIGO VAQUERA (10) R Cook & J Bridger 3-9-6	-	-
3 (1)	634	BURSINEL (140) W Haggas 3-9-6	T Marquand	★77
4 (6)	4	TAJER (F) J & T Gosden 3-9-6	T Heard(3)	-
5 (10)	L-44	THE KING'S GENERAL (15) J & T Gosden 3-9-6	-	-
6 (2)	7-4	BESET (77) H Candy 3-9-1	K Shoemaker	72
7 (3)	4	INA MINA (18) W Haggas 3-9-1	C Fallon	71
8 (7)	64	LAKE TEO (44) C Hills 3-9-1	W Buick	67
9 (9)	0-2	SEEK AND DESTROY (31) R Beckett 3-9-1	H Crouch	75
10 (8)	8	UPTON (25) A Balding 3-9-1	O Murphy	61

SP FORECAST: 11-4 Tajer, 7-2 Seek And Destroy, 4 Beset, 11-2 The King's General, 15-2 Bursinel, 10 Ina Mina, 12 Lake Teo, 20 Upton, 33 Others.
2023: Decoration 3-9-1, David Egan 13-2 (R Varian), drawn (12), 12 ran.

CARTMEL: Good
1.30-LETTERSTON LILY (S Bowen, 3-1) 1: Not Now Nathaniel (4-5 fav) 2: Hard As Nails (11-4 2nd fav) 3: 6 ran. 4/4, 2/4. (P & M Bowen). Tote: £4.10; pl £1.60, £1.10. exacta: £6.70, trifecta: £7.50. CSF: £6.06. Non-runners: Jumping Susie, Nellie Bluesky.
2.00-CITY DERBY (Sean Quinlan, 7-2 fav) 1: Where's Bunny (14-1) 2: Soily Attwell (6-1) 3: H'cap 13 ran. 3/4, 1/4. (Lizzie Quinlan). Tote: £4.50; pl £1.70, £4.20. exacta: £7.20, trifecta: £291.27. trifecta: £580.90. CSF: £50.19. Non-runner: Boomsang.

2.35-SAINT BIBIANA (S Bowen, 5-2 fav) 1: Jimli's Gave (66-1) 2: Balkotic (10-1) 3: H'cap 9 ran. nk. (G Nicholls). Tote: £3.50; pl £1.40, £1.00, £2.30. exacta: £112.00. trifecta: £143.56. trifecta: £1787.70. CSF: £106.93. Non-runner: Starlyte.
3.10-FIVEONEFIVE (J Gainford, 5-11 2nd fav) 1: King Otis (12-1) 2: Book of Secrets (20-1) 3: H'cap 12 ran. 2/4, 3/4. (C Collins (IRE)). 9-2 fav Je Tai Porte. Tote: £6.00; pl £2.10, £3.20, £5.10. exacta: £74.40. trifecta: £1103.83. trifecta: £930.90. CSF: £58.38.
3.45-CHARLIE UBERALLES (D McMenamin, 3-1 fav) 1: Bella Bliss (4-1 2nd fav) 2: Franky Du Berlais (11-2) 3: H'cap 10 ran. 2/4, 4/4. (D Sayer). Tote: £4.00; pl £1.60, £2.10, £1.90. exacta: £71.00. trifecta: £62.00. trifecta: £70.40. CSF: £15.82.

4.20-DR ANDERSON (R McLernon, 6-5 fav) 1: Lermoes Legend (9-2 2nd fav) 2: Thank You Blue (10-1) 3: H'cap 9 ran. 15/1, 7/1. (B Haslam). Tote: £2.20; pl £1.20, £1.60, £2.80. exacta: £71.00. trifecta: £57.13. trifecta: £40.20. CSF: £7.73. Non-runner: Curzo Du Mathan.
4.55-ROLL WITH IT (S Bowen, 4-1 2nd fav) 1: Cash Again (11-1) 2: Calahill (16-1) 3: H'cap 10 ran. 1/4, 7/4. (P & M Bowen; 7-2 fav Lights Are Green). Tote: £51.10; pl £1.90, £2.90, exacta: £46.00. trifecta: £633.99. trifecta: £563.70. CSF: £46.02.

Placemat: £65.60
Quadpot: £28.70
CURRAGH: Good to yielding
1.10-SHARINYA (R Whelan, 2-1 fav) 1: Arabic Legend (4-1 2nd fav) 2: Thor's Hammer (6-1) 3: H'cap 8 ran. 1/4, 1/4. (M Halford & T Collins). Tote: £3.00; pl £1.40, £1.65, £1.95. exacta: £11.90. trifecta: £40.21. trifecta: £64.90. CSF: £10.09.
1.40-HENRI MATISSE (W Lordan, 8-1) 1: The Strikin Viking (7-2 2nd fav) 2: Arizona Blaze (6-1) 3: 5 ran. 1/4, 3/4. (A P O'Brien; 11-8 fav Tunbridge Wells). Tote: £9.15; pl £1.85, £1.35, £1.70. exacta: £39.90. trifecta: £125.60. CSF: £34.49. Non-runners: Red Evolution, The Parthenon.
2.15-MY MATE ALFIE (C T Keane, 10-3 2nd fav) 1: Ano Syra (11-2) 2: Tango Flare (7-1) 3: 7 ran. 1/4, 1/4. (G M Lyons; 5-4 fav Commanche Falls). Tote: £5.35; pl £1.50, £1.90, £1.90. exacta: £32.20. trifecta: £105.50. CSF: £21.32. Non-runner: Dandyville.
2.50-AMAZON LADY (W J Lee, 22-1) 1: Greek Flower (22-1) 2: Lethal Nymph (5-1 2nd fav) 3: Jm Jungler (9-1) 4: H'cap 16 ran. 1/4, 1/4, shd. (W McCreery; 3-1 fav Sturlasson). Tote: £35.00; pl £4.40, £7.75, £2.05. exacta: £767.10. trifecta: £2925.31. trifecta: £6458.70. CSF: £431.24. Non-runner: So Majestic.
3.25-LORD MASSUSSU (G F Carroll, 10-1) 1: Atlantic Coast (8-1) 2: Azada (evens fav) 3: 8 ran. 2/4, 1/4. (Joseph G Murphy). Tote: £11.00; pl £2.25, £2.05, £1.20. exacta: £62.30. trifecta: £147.50. CSF: £84.08. Non-runner: Romina Power.
4.05-LOS ANGELES (R L Moore, 13-8 2nd fav) 1: Sunway (16-1) 2: Ambiente Friendly (6-4 fav) 3: 8 ran. 1/4, 1/4. (A P O'Brien). Tote: £2.75; pl £1.35,

THE SCOUT
5.45 Big Time Rascal 7.45 Composite
6.15 Montbeliarde 8.15 Hival
6.45 Beset (nb) 8.45 Hello Zabeel
7.15 Haymaker

7.15 FITZDARES SPRINT SERIES HANDICAP 6f 12yds (8)

1 (3)	710-545	ROHAAN (58) (D) P Evans 6-10-2	N Callan	102
2 (4)	232-282	ARAMIS GREY (23) (C&D) R Guest 7-9-10	C Shepherd	103
3 (6)	352/1-00	WALLOP (8) (D) R Hannan 4-9-6	S M Levey	94
4 (1)	251-157	UNDER THE TWILIGHT (11) (C&D) M Blake 6-9-3	-	-
5 (7)	90L-211	HAYMAKER (22) (C&D,F) H Morrison 5-9-2	R Hornby	104
6 (5)	3432-14	KATEY KONTENT (17) (C&D) C Cox 4-9-2	R Kingscote	103
7 (2)	265-235	SHAGRAAN (10) (C&D) M Appleby 3-9-2	T Marquand	103
8 (8)	31-7713	AMAZONIAN DREAM (14) (C&D) B Millman 5-8-12	-	-

SP FORECAST: 10-3 Shagraan, 4 Haymaker, 9-2 Katey Kontent, 5 Rohaan, 6 Amazonian Dream, 10 Aramis Grey, 12 Wallop, Under The Twilight.
2023: Tanmawry 5-10-2, William Buick 13-8 Fav (C Hills), drawn (6), 8 ran.

7.45 HANDICAP £9,631 (3) 1m 2f (7)

1 (5)	167521	COMPOSITE (4) G Boughey 4-10-4(5ex)	W Buick	89
2 (3)	43/1162	AEROSPACE (28) (D) A Watson 5-9-13	H Doyle	92
3 (4)	513395	ANDALEEP (16) (C&D) D & C Kubler 8-9-12	T Marquand	★95
4 (6)	285-247	WISPER (17) (C&D) M Trengoon 6-8-8	C Costello	94
5 (7)	313L-38	CRYSTAL MARINER (17) (D) Sir M Stoute 4-9-6	R Kingscote	93
6 (2)	17080-7	SPIRIT OF THE BAY (64) (D) J & R Flint 6-9-4	W Cox	88
7 (1)	3-0L535	WOODSTOCK CITY (16) (D) J Williams 4-9-4	O Murphy	91

SP FORECAST: 6-4 Composite, 7-2 Aerospace, 6 Andaleep, Crystal Mariner, 8 Wisper, Woodstock City, 50 Spirit Of The Bay.

8.15 HANDICAP £3,768 (6) 1m 31yds (12)

1 (2)	6584-61	MUJID (28) (C&D) J Tickle 9-10-0	Taylor Fisher(3)	59
2 (6)	7-02572	ADACE (13) (C&D) D Ivory 6-9-13	Jimmy Quinn	★63
3 (9)	790-836	RIVAL (38) (D) J & R Flint 6-9-13	C Shepherd	59
4 (10)	22L75-P	REVOLUTIONARY MAN (23) A Wintle 9-9-12	T Whelan	54
5 (12)	34-12L5	GOT NO DOLLARS (33) (D) S C Williams 6-9-10	L Catton(3)	62
6 (8)	4/L06-L4	KEEPER'S CHOICE (26) (D) A Wintle 10-9-9	-	-
7 (11)	79635/L-VILLEURBANNE (299)	A Irvine 6-9-9	Taryn Langley(7)	61
8 (5)	310-214	MONTECRISTO GOLD (18) (D) J Clover 3-9-5	N Callan	61
9 (7)	0L-84	WAHKAN (19) G Boughey 3-9-5	W Buick	56
10 (3)	6-66490	CARRY ON AITCH (53) (C) R Ingram 4-9-3	-	-
11 (4)	0599-04	KODIAC BRAVE (9) Craig Benton 6-9-3	C Bennett	48
12 (1)	LL5881	WESTON COURT (7) (D) R Harris 3-8-13(6ex)	O Murphy	57

SP FORECAST: 3 Weston Court, 4 Adace, 5 Mujid, 7 Got No Dollars, Wahkan, 15-2 Rival, 12 Keeper's Choice, 16 Montecristo Gold, 20 Others.
2023: Mujid 8-10-0, Mr T Fisher(5) 10-3 Fav (J Tickle), drawn (4), 8 ran.

RESULTS
£3.45, £1.05, exacta: £32.50, trifecta: £40.58. trifecta: £65.40. CSF: £22.75.
4.40-BOUYEA (M R Ryan, 12-1) 1: No More Porter (16-1) 2: Verhoyen (28-1) 3: H'cap 15 ran. 1/4, 2/1. (T Gibney; 9-4 fav State Actor). Tote: £16.60; pl £4.40, £5.10, £8.25. exacta: £258.90. trifecta: £5317.28. trifecta: £5430.00. CSF: £181.80.
5.15-INDIGO FIVE (W Joyce, 11-1) 1: Plume Noire (12-1) 2: Profit Fused (25-1) 3: Dagoda (9-1) 4: H'cap 16 ran. hd, 1/4, 1/4. (J Feane; 10-3 fav Kayhana). Tote: £16.00; pl £5.55, £4.65, £8.50. exacta: £212.10. trifecta: £3379.18. trifecta: £4826.10. CSF: £142.40.
5.50-STAR HARBOUR (Adam Caffrey, 9-1) 1: Safercracker (11-1) 2: Lot of Joy (6-1) 3: H'cap 10 ran. nk. (A McGuinness; 5-2 fav Saturn). Tote: £10.45; pl £2.55, £3.55, £2.30. exacta: £150.70. trifecta: £646.89. trifecta: £751.30. CSF: £102.45. Non-runners: Zoffman, Ceallach.
Placemat: £63.20
UTTOXETER: Good to soft
1.20-GALE MAHLER (H Brooke, 11-8 fav) 1: Flying Fortune (2-1 2nd fav) 2: Paddy De Pole (10-3) 3: 8 ran. 2/4, 9/1. (A Keatley). Tote: £2.40; pl £1.10, £1.10, £1.30. exacta: £4.70. trifecta: £10.60. CSF: £4.64.
1.50-RISKINTHEGROUND (H Skelton, 11-5 fav) 1: Drispey Moon (5-1) 2: Will Carver (9-2) 3: H'cap 5 ran. nk. 7/1. (D Skelton). Tote: £3.20; pl £1.50, £2.40. exacta: £35.00. trifecta: £49.10. CSF: £12.59.
2.25-COASTGUARD STATION (D Noonan, 8-1) 1: Fringill Dike (7-2 2nd fav) 2: Breizh River (10-3 fav) 3: H'cap 13 ran. 2/1, nk. (Henry Oliver). Tote: £10.20; pl £2.90, £1.80, £1.90. exacta: £50.70. trifecta: £116.31. trifecta: £190.90. CSF: £36.97.
3.00-HANG IN THERE (J A Anderson, 17-2) 1: Percussion (16-1) 2: Monte Iguelido (125-1) 3: H'cap 14 ran. 3/1, 3/4. (E Lavelle; 9-2 fav Go On Ahead). Tote: £10.50; pl £3.00, £5.70, £2.10. exacta: £211.60. trifecta: £14867.34. trifecta: £5383.30. CSF: £135.13.
3.35-PYFFO (K Brogan, 11-2 2nd fav) 1: Porter In The Park (7-1) 2: Halifax (14-1) 3: H'cap 13 ran. 1/4, 2/4. (Jonjo & A O'Neill; 5-1 fav Juan Bermudez). Tote: £6.50; pl £2.40, £2.60, £4.00. exacta: £56.90. trifecta: £524.37. trifecta: £477.00. CSF: £45.29. Non-runners: Coltor, Imperial Merlin, Jet Of Magic.
4.10-BREAKING WAVES (K Woods, 28-1) 1: Police Academy (12-1) 2: Muskoka (15-2) 3: H'cap 13 ran. 8/1, 1/4. (A Hales; 5-2 fav Clararose). Tote: £31.00; pl £7.10, £3.90, £2.30. exacta: £425.40. trifecta: £2789.16. trifecta: £2666.00. CSF: £315.87. Non-runners: Six And Out, The Turtle Seal.
4.45-MAXCEL (C Deutsch, 11-2) 1: Mostly Sunny (6-4 fav) 2: Right Now (14-1) 3: H'cap 9 ran. 8/1. (Mrs M Rowley). Tote: £6.60; pl £1.80, £1.10, £3.30. exacta: £19.30. trifecta: £108.15. trifecta: £135.90. CSF: £14.27.
Jackpot: Not won, pool of £5,890.04 carried over.
Placemat: £555.00
Quadpot: £186.10
WOLVERHAMPTON: Standard
1.35-FIDELIUS (R Dawson, 8-11 fav) 1: Smooth Silesie (25-1) 2: Diligent Henry (40-1) 3: H'cap 6 ran. 2/4, 2/1. (R Cowell). Tote: £1.63; pl £1.10, £5.50. exacta: £10.60. trifecta: £192.36. trifecta: £94.90. CSF: £14.97. Non-runners: Musical Apple, Persian Blue, Persian Blue Rule 4 applies to All Bets, deduct 15p in the pound.
2.10-ROGUE KING (S D Bowen, 4-1) 1: All Greek

8.45 MAGNET FORENSICS EUROPE HANDICAP £4,397 (5) 6f 12yds (12)

1 (6)	412667	AIRSHOW (48) (D) B Millman 9-10-3	0 Sealife(5)	★73
2 (4)	35568-5	HELLO ZABEEL (37) (D) M Blake 6-10-3	0 Murphy	70
3 (5)	2LL8-12	LIPSINK (6) (C,D) M Appleby 7-10-2	A Rawlinson	72
4 (10)	814-0L6	PRINCE OF BEL LIR (30) (D) J Parr 6-10-1	-	-
5 (9)	3-91128	DIAMOND DREAMER (34) (D) P Chamings 4-9-11	Alice Bond(7)	71
6 (12)	59U9	NEVERANY (26) R Hannan 3-9-11	H Davies	61
7 (1)	249259	WHOO WHOO (22) T Ward 3-9-9	S M Levey	66
8 (3)	865417	ALL IN THE HIPS (39) (C,D) P Evans 4-9-9	T Marquand	67
9 (11)	85-8L7	GREATEST TIME (11) P Evans 4-9-8	R Kingscote	70
10 (7)	004-742	LAHINA BAY (9) (C,D) R Cook & J Bridger 4-9-6	G Downing	70
11 (2)	58575L	KAPPARIS KID (12) (D) A Carroll 3-9-1	W Carson	71
12 (8)	2/2928-L	MEIMUN JOHNNY (34) (D) Craig Benton 7		

WORCESTER SSR

THE SCOUT

Table with 2 columns: Rank, Name, Time. Includes 2.25 Beat Mate Dave, 2.55 AJP Kingdom, 3.30 All Inn Hand, 4.00 Vocito (trb).

2.25 HANDICAP CHASE

Table with 2 columns: Rank, Name, Time. Includes 6-P2 JAC JUMPER, 6-21 CALVIC, 38-3 SOMEKINDOFSTAR, 25-4 BEST MATE DAVE, 6-L1 TRIBESMANS GLORY.

Table with 2 columns: Rank, Name, Time. Includes 6 L-53 GONE IN SIXTY, 6 L-OP WILLKEEPEPHIM, 8 P9L ALWAYS FORCE IT, 3-4US SEVENOFUS, 10 PP-L LEGOSTAR, 11 55P-SHE HAS NOTIONS, 12 5P7 SILVER ATOM, 13 63-2 TEFLEIGHT, 14 7/PL-DRUMLEES PET.

W-Factor: Gone In Sixty (104); Sevenofus (103); Tribesmans Glory (100). SP FORECAST: 3 Calvic, 4 Jac Jumper, 9-2 Tribesmans Glory, 6 Best Mate Dave, 8 Gone In Sixty, 10 Sevenofus, Somekindofstar, Testflight, 20 Others.

2.55 HANDICAP CHASE

Table with 2 columns: Rank, Name, Time. Includes 1 P-P2 AJP KINGDOM, 2 33-4 GOOSE MAN, 3 L14-HIDDEN DEPTHS, 4 331 BOLD, 5 22-1 ALMAZHAR GARDE, 6 48-4 YES INDEED, 7 1-32 URBAN GRIT.

W-Factor: Goose Man (127); Hidden Depths (122); Yes Indeed (72). SP FORECAST: 3 AJP Kingdom, 7-2 Bbold, 4 Almazhar Garde, 7 Goose Man, Hidden Depths, 8 Yes Indeed, Urban Grit.

3.30 MARES' OPEN NH FLAT RACE

Table with 2 columns: Rank, Name, Time. Includes 1 P-2 BACK IN THE BAY, 2 0-3 HOLA HERMOZA, 3 F6 LIZZIE'S STAR, 4 L SHAKIYRA, 5 3 ALL INN HAND, 6 COUNTY ROYAL, 7 EMERALD QUEST, 8 46 GRANNY SMITH, 9 6 KALIZE, 10 PUT A LID ON IT, 11 QUEEN OF THE VALE, 12 TRALEE BAY.

W-Factor: All Inn Hand (102); Hola Hermosa (96); Granny Smith (95). SP FORECAST: 10-3 All Inn Hand, 4 Hola Hermosa, 6 Shakiyra, 13-2 Back In The Bay, 8 Put A Lid On It, Queen Of The Vale, 14 Granny Smith, Emerald Quest, Kalize, 20 Others.

TRACK FACTS: GOING: Good. Left Handed. TOP TRACK JOCKEY (2019-24): Sam Twiston-Davies 18% Strike rate. TOP TRACK TRAINER (2019-24): F O'Brien 21% Strike rate. FIRST TIME: 2:25 Always Force It (cheek pieces, hood), Legostar (visor), 2:55 Urban Grit (tongue strap), 3:30 Back In The Bay (tongue strap), Kalize (wind surgery), 4:00 Vertical (hood), Sixfiveseven (wind surgery), 4:30 Catuaba (blinkers), 5:00 Afta Party (blinkers), Virginia Lodge (wind surgery), 5:30 Dragonball Prince (blinkers). BEATEN FAVOURITES: 3:30 Shakiyra, 4:00 Captain Attridge(hcp hd), 4:30 Royal Sam(hcp ch), 5:00 Caldwell(hcp hd), LONGEST TRAVELLER: Legostar (2:25) & Willweekeephim (2:25) 241 miles. STABLE SWITCH: 2:55 Urban Grit from A Hill to Mrs L Hill, 3:30 Back In The Bay from Mark J Scallan to D Pipe, Lizzie's Star from Miss D Kenaley to J Tickle, 4:00 Moonscape Girl from P Webber to O Murphy, Sixfiveseven from S Hosie to R G Hawker, Vertical from Dr J Scargill to S Humphrey.

4.00 NOVICES' HURDLE (GBB RACE)

Table with 2 columns: Rank, Name, Time. Includes 1 5-12 CAPTAIN ATTRIDGE, 2 5-21 VOCITO, 3 P75 SELECTIVELISTENING, 4 F- SIXFIVESEVEN, 5 67-5 SPITFIRE BRIDGE, 6 L-P JAZZMINA QUEEN, 7 VERTICAL, 8 OL-P BRIEF ENCOUNTER, 9 7U DAWN PARADE, 10 0 JO'S RAINBOW, 11 P MOLLY MISCHIEF, 12 57-1 MOONSCAPE GIRL.

W-Factor: Vocito (113); Captain Attridge (110); Spitfire Bridge (93). SP FORECAST: 11-8 Vocito, 4 Captain Attridge, 9-2 Moonscape Girl, 10 Jo's Rainbow, 14 Molly Mischief, 16 Sixfiveseven, 20 Others.

4.30 HANDICAP HURDLE

Table with 2 columns: Rank, Name, Time. Includes 1 5PL-ROCCO ROYALE, 2 1-32 GETAWAY GLORY, 3 L5-2 FINE BY ME, 4 21-1 JOLIE BAIE, 5 08P-PRIVATE PIKE, 6 58-6 BORDERLINE, 7 3P-P CATUABA, 8 2-P1 HUGUENEAU, 9 6-02 CASPERS COURT.

W-Factor: Rocco Royale (73); Getaway Glory (73); Fine By Me (57); Jolie Baie (57); Private Pike (57); Borderline (57); Catuaba (57); Hugueneau (57); Caspers Court (57). SP FORECAST: 7-2 Getaway Glory, 9-2 Jolie Baie, Hugueneau, 5 Fine By Me, 15-2 Perfect Arch, 8 Caspers Court, 16 Others.

5.00 HANDICAP HURDLE

Table with 2 columns: Rank, Name, Time. Includes 1 7-33 THE SAD SHEPHERD, 2 8-67 AFTA PARTY, 3 5-37 KENTUCKY BLUEGRASS, 4 0-46 GERARD MENTOR, 5 4-73 ELECTRIC EDDY.

W-Factor: Logistical (109); Electric Eddy (99); Afta Party (98). SP FORECAST: 5-2 The Sad Shepherd, 4 Electric Eddy, 6 Ferrybridge, 10 Virginia Lodge, Kentucky Bluegrass, Caldwell, 12 Others.

5.30 NOVICES' LIMITED HANDICAP HURDLE

Table with 2 columns: Rank, Name, Time. Includes 1 6-64 EASTER JUNCTION, 2 UP-5 HAZELS DELIGHT, 3 8-68 RECORD ART, 4 7-9P SECRET SAUCE, 5 5-52 MAYS HILL, 6 7-44 JOKER DU CHENET, 7 6-4L BOOT 'N' SHOE, 8 PP-L GREAT WARFORD, 9 40-P DRAGONBALL PRINCE.

W-Factor: Easter Junction (102); Mays Hill (101); Record Art (100). SP FORECAST: 9-4 Mays Hill, 5-2 Inspector Lynley, 13-2 Hazels Delight, Easter Junction, 10 Joker Du Chenet, 14 Others.

5.30 HANDICAP

Table with 2 columns: Rank, Name, Time. Includes 1 6-07 BENNETOT, 2 279 ON THE RIVER, 3 615- TELE RED, 4 7 397-FREEDOM DAY, 5 9 61-0 MAGNUM OPUS.

W-Factor: On The River (87); Tele Red (85); Freedom Day (84). SP FORECAST: 9-4 Old Cock, 4 Aviemore, 12 Savvy Exchange, 7 Colorado Dancer, 8 Tele Red, 10 Freedom Day, 14 Others.

4.15 HANDICAP

Table with 2 columns: Rank, Name, Time. Includes 1 5 312 LATE ARRIVAL, 2 6 221 DAYTONA LADY, 3 4 463 DICKO THE LEGEND, 4 7 89-7 MOTAGALLY, 5 9 1-30 MACARONE, 6 3 28/7 SPEAR FIR, 7 8 325 RAIN CAP, 8 1 766 CRACK THE KODE, 9 2 654 VARIETY ISLAND.

W-Factor: Late Arrival (72); Daytona Lady (71); Motagally (70). SP FORECAST: 3 Daytona Lady, 7-2 Late Arrival, 4 Dicko The Legend, 8 Crack The Kode, 10 Macarone, Rain Cap, Variety Island, 14 Others.

4.45 HANDICAP

Table with 2 columns: Rank, Name, Time. Includes 1 8 12 TRUE NATION, 2 5 428 TONAL, 3 6 182 INDICATION ROCKET, 4 9 4 L6 MOUSH, 5 12 300 MUSICAL MASQUERADE.

W-Factor: Musical Masquerade (65); Coloane (63); Tonal (62). SP FORECAST: 11-4 True Nation, 7-2 Doodsday, 4 Indication Rocket, 8 Track Facts: GOING: Good To Firm. Left Handed. TOP TRACK JOCKEY (2019-24): Daniel Tudhope 18% Strike rate. TOP TRACK TRAINER (2019-24): R Fahey 13% Strike rate. FIRST TIME: 2:40 Never This Way (eye shields), 3:45 Freedom Day (hood), 4:45 Premiership (blinkers), Apache Angel (cheek pieces), BEATEN FAVOURITES: 2:40 Havagomecca(hcp), Protest Rally(hcp), 3:45 Coloane Dancer(hcp), Freedom Day(hcp), 4:45 Coloane(hcp), Tonal(hcp). DRAW: Low numbers best in sprints. LONGEST TRAVELLER: Ardeur (3:15) 214 miles. STABLE SWITCH: No Qualifiers.

3.45 HANDICAP

Table with 2 columns: Rank, Name, Time. Includes 1 6 0-07 BENNETOT, 2 279 ON THE RIVER, 3 615- TELE RED, 4 7 397-FREEDOM DAY, 5 9 61-0 MAGNUM OPUS.

W-Factor: Late Arrival (72); Daytona Lady (71); Motagally (70). SP FORECAST: 3 Daytona Lady, 7-2 Late Arrival, 4 Dicko The Legend, 8 Crack The Kode, 10 Macarone, Rain Cap, Variety Island, 14 Others.

4.15 HANDICAP

Table with 2 columns: Rank, Name, Time. Includes 1 5 312 LATE ARRIVAL, 2 6 221 DAYTONA LADY, 3 4 463 DICKO THE LEGEND, 4 7 89-7 MOTAGALLY, 5 9 1-30 MACARONE, 6 3 28/7 SPEAR FIR, 7 8 325 RAIN CAP, 8 1 766 CRACK THE KODE, 9 2 654 VARIETY ISLAND.

W-Factor: Late Arrival (72); Daytona Lady (71); Motagally (70). SP FORECAST: 3 Daytona Lady, 7-2 Late Arrival, 4 Dicko The Legend, 8 Crack The Kode, 10 Macarone, Rain Cap, Variety Island, 14 Others.

4.45 HANDICAP

Table with 2 columns: Rank, Name, Time. Includes 1 8 12 TRUE NATION, 2 5 428 TONAL, 3 6 182 INDICATION ROCKET, 4 9 4 L6 MOUSH, 5 12 300 MUSICAL MASQUERADE.

W-Factor: Musical Masquerade (65); Coloane (63); Tonal (62). SP FORECAST: 11-4 True Nation, 7-2 Doodsday, 4 Indication Rocket, 8 Track Facts: GOING: Good To Firm. Left Handed. TOP TRACK JOCKEY (2019-24): Daniel Tudhope 18% Strike rate. TOP TRACK TRAINER (2019-24): R Fahey 13% Strike rate. FIRST TIME: 2:40 Never This Way (eye shields), 3:45 Freedom Day (hood), 4:45 Premiership (blinkers), Apache Angel (cheek pieces), BEATEN FAVOURITES: 2:40 Havagomecca(hcp), Protest Rally(hcp), 3:45 Coloane Dancer(hcp), Freedom Day(hcp), 4:45 Coloane(hcp), Tonal(hcp). DRAW: Low numbers best in sprints. LONGEST TRAVELLER: Ardeur (3:15) 214 miles. STABLE SWITCH: No Qualifiers.

3.15 FILLIES' NOVICE STAKES (GBB RACE)

Table with 2 columns: Rank, Name, Time. Includes 1 4 41 ARDEUR, 2 2 2 2 ARDEUR, 3 2 GUNS FIRING, 4 3 INDY'S ANGEL, 5 1 2 SHE WENT WHOOSH, 6 5 2L SUNSHINE SOUL.

W-Factor: Sunshine Soul (88); Unspoken Love (86); Ardeur (85). SP FORECAST: 11-8 Ardeur, 3 Unspoken Love, 5 Guns Firing, 11-2 Sunshine Soul, 8 She Went Whoosh, 33 Indy's Angel.

From Adam Hathaway in Auckland

IT'S OUR MOMENT OF TRUTH

KEVIN SINFIELD has warned England their tour starts now as Steve Borthwick's side prepare to face New Zealand on Saturday in Dunedin.

The skills and kicking coach revealed the tourists have been drawing on the experience of players and staff who have been here before ahead of the two Tests.

England have not toured here since 2014, although some of the squad were part of the Lions that drew 1-1 against the All Blacks in 2017, with the other Test ending all-square.

Defence coach Felix Jones beat New Zealand with South Africa and a couple of the squad have strong links to this rugby-obsessed country.

England have won twice in New Zealand and Sinfield, below, has told his squad the next two weeks will show them their position in the hierarchy of world rugby.

The 43-year-old said: "This tour will give us an idea of where we're at and where we're travelling.

"We come from a country where football is our main sport - here it's rugby. There's a difference straight away. We have really experienced guys who have been here on Lions tours like Jamie George, Joe Marler and Dan Cole in particular, who've had some brilliant experiences and tough times.

"We'll make sure they give insight to our younger players. Chandler Cunningham-South lived out here for some time, Ethan Roots grew up here, so we've got a decent understanding. "We are really respectful of New Zealand. We won't be making any rash, bold statements, but we are really looking forward to the games."

Kiwi superstar Beauden Barrett has refused to rule out a move to the Premiership when he finally calls time on his All Blacks career. The full-back, 33, is under contract to 2027 and said: "I'm not getting any younger but, of course, it's always in the back of my mind."



IN LINE OF FIRE Jamie George as he gears up to lead England in a huge challenge

WOLVERHAMPTON SSR

THE SCOUT

Table with 2 columns: Rank, Name, Time. Includes 5.25 Between Me And U, 6.00 Capo Vaticano, 6.30 Invincible Speed, 7.00 Glory Nights, 7.30 Revolution, 8.00 Match Anthem, 8.30 Baileys Warrior, 9.00 Oriental Spirit.

5.25 HANDICAP

Table with 2 columns: Rank, Name, Time. Includes 1 6 1-LL PRINCE RASAM, 2 1 130 CAELAN, 3 2 61L ROSENZOO, 4 9 11-4 CHARACTER TESTING, 5 8 721 LOVEABLE ROGUE.

W-Factor: Prince Rasam (83); Chiefman (82); Advert Rules (81). SP FORECAST: 7-2 Loveable Rogue, 6 Historic City, Caelan, Character Testing, 8 Rosenzoo, Endosser, Between Me And U, 10 Prince Rasam, Chiefman, 25 Advert Rules.

6.00 NOVICE STAKES (GBB RACE)

Table with 2 columns: Rank, Name, Time. Includes 1 4 1 L ACCRUAL, 2 3 L ROBESPIERRE, 3 5 13 CAPO VATICANO.

W-Factor: Capo Vaticano (81); Accrual (66); Robespierre (18). SP FORECAST: 4-7 Capo Vaticano, 4 Accrual, 5 Angel Pass, 10 Spellbinding, 66 Robespierre.

6.30 HANDICAP

Table with 2 columns: Rank, Name, Time. Includes 1 4 2663 READY FREDDIE GO, 2 8 540 NIGHT ON EARTH, 3 5 205 TSUNAMI SPIRIT, 4 4 6-12 BLAZES BOYLAN, 5 4 475 BOANN, 6 3 522 INVINCIBLE SPEED, 7 3 366 REIGNING PROFIT.

W-Factor: Reigning Profit (89); Invincible Speed (85); Tsunami Spirit (84). SP FORECAST: 3 Night On Earth, 4 Blazes Boylan, 5 Invincible Speed, Reigning Profit, 8 Ready Freddie Go, Tsunami Spirit, 10 Popular Dream, 14 Boann.

7.00 HANDICAP

Table with 2 columns: Rank, Name, Time. Includes 1 3 124 OPTICIAN, 2 2 34-2 BOLDLY, 3 6 383 ELEANOR CROSS, 4 8 178 FEARLESS BAY, 5 10 72L ROCHA DO LEO.

W-Factor: Glory Nights (85); The Bay Warrior (84); Boldly (81). SP FORECAST: 11-4 Goblet Of Fire, 9-2 Boldly, 5 Optician, 6 Buxted Too, 7 Eleanor Cross, 12 Glory Nights, 14 Fearless Bay, 16 Strike Alliance, The Bay Warrior, 20 Others.

7.30 HANDICAP (DIV 1)

Table with 2 columns: Rank, Name, Time. Includes 1 3 417 REVOLUTION, 2 8 3-21 MAGIC GEM, 3 4 341 DUE DATE, 4 6 176 SOLDIER'S CLASS, 5 7 70 POETIC JACK, 6 5 610 GLOBAL EFFORT.

W-Factor: Revolution (69); Magic Gem (67); Due Date (66). SP FORECAST: 5-2 Magic Gem, 11-4 Due Date, 6 Porfin, 8 Revolution, 10 Poetic Jack, 12 Others.

8.00 HANDICAP (DIV 2)

Table with 2 columns: Rank, Name, Time. Includes 1 6 531 SAVANNAH SMILES, 2 1 914 ARLECCHINO'S GIFT, 3 7 925 MATCH ANTHEM, 4 5 1-48 LIOSA, 5 4 413 KATIE G.

W-Factor: Savannah Smiles (14); Arlecchino's Gift (14). SP FORECAST: 9-4 Coast, 4 Savannah Smiles, 11-2 Liosa, 6 Katie G, 7 Match Anthem, 10 Others.

8.30 HANDICAP

Table with 2 columns: Rank, Name, Time. Includes 1 6 5L SMOKEY MALONE, 2 7 098 UNIFICATION, 3 233 DUBAI IMMO, 4 429 VIRTUAL HUG.

W-Factor: Smokey Malone (69); Dubai Immo (68); Virtual Hug (67). SP FORECAST: 3 Baileys Warrior, 7-2 Virtual Hug, 4 Dubai Immo, 6 Casa Luna, 10 Sophar Sogood, Smokey Malone, 12 Others.

9.00 HANDICAP

Table with 2 columns: Rank, Name, Time. Includes 1 8 229 CANDY WARHOL, 2 4 776 BRUNEL CHARM, 3 11 L1- THOMAS EQUINAS, 4 437 CAPUCHINERO, 5 9 049 NIGHTS OVER EGYPT.

W-Factor: Bossy Parker (75); Kristal Klear (74); Oriental Spirit (72). SP FORECAST: 7-2 My Mate Mike, 4 Oriental Spirit, 7 Brunel Charm, Candy Warhol, 8 One Hart, 10 Others.

9.00 HANDICAP

Table with 2 columns: Rank, Name, Time. Includes 1 8 229 CANDY WARHOL, 2 4 776 BRUNEL CHARM, 3 11 L1- THOMAS EQUINAS, 4 437 CAPUCHINERO, 5 9 049 NIGHTS OVER EGYPT.

W-Factor: Bossy Parker (75); Kristal Klear (74); Oriental Spirit (72). SP FORECAST: 7-2 My Mate Mike, 4 Oriental Spirit, 7 Brunel Charm, Candy Warhol, 8 One Hart, 10 Others.

TRACK FACTS: GOING: Standard. Left Handed. TOP TRACK JOCKEY (2019-24): Luke Morris 12% Strike rate. TOP TRACK TRAINER (2019-24): M Loughnane 11% Strike rate. FIRST TIME: 5:25 Prince Rasam (hood), Historic City (visor), Caelan (cheek pieces), Endosser (blinkers), Character Testing (cheek pieces), Between Me And U (tongue strap), 6:30 Ready Freddie Go (blinkers), 7:00 Strike Alliance (cheek pieces), 7:30 Poetic Jack (cheek pieces), Soldier's Class (visor), 8:30 Northern Rose (wind surgery), 9:00 Brunel Charm (visor), BEATEN FAVOURITES: 7:00 Optician(hcp), 7:30 Porfin, 9:00 Brunel Charm(hcp), Oriental Spirit(hcp), Draw: Little effect. LONGEST TRAVELLER: Strike Alliance (7:00) 239 miles. STABLE SWITCH: 7:30 Revolution from J Parr to G Harris, 8:00 Coolagh Magic from R Bristland to A Carson, 9:00 Brunel Charm from L Carter to C Wallis.

SMITH CELEBRATES WITH TON

JAMIE SMITH had the perfect dress rehearsal for his England debut in Surrey's top-of-the-table County Championship clash with Essex.

Smith, 23, included as the only wicketkeeper in the squad for the first Test against the West Indies on Wednesday week, made exactly 100, with two sixes and 14 fours, as the hosts reached 248-8 on a rain-affected day at The Oval.

A fourth century of the season by Keaton Jennings, right, steered Lancashire to 344-8 against

ROUND-UP

Nottinghamshire at Southport. The batsman, who has two Test tons for England, made an unbeaten 183 off 258 balls.

Hampshire skipper James Vince made his second century in a week, against Kent at the Utilita Bowl.

Vince followed up an unbeaten 166 against **Warwickshire** with 149 not out as Hampshire recovered from 56-3 to end the day 310-3. Wicketkeeper-batter

Ben Brown also reached three figures late on to finish on an unbeaten 106.

Warwickshire fought back against **Somerset** at Taunton, with Michael Burgess (126no) taking them to 373-8.

Wickets clattered at Chester-le-Street as **Durham** were dismissed for 190, with England's Test captain Ben Stokes top scoring with 56.

Stokes then took 1-23 from eight overs as **Worcestershire** were bowled out for 112 in reply.



Bairstow drops out as Stokes wields the axe

FOAKES AND LEACH ARE ALSO CUT

JONNY BAIRSTOW has been dropped from England Test duty in a radical shake-up of Ben Stokes' side.

Ben Foakes and Jack Leach were also axed as the selectors called up three uncapped players.

Wicketkeeper-batter Jamie Smith is joined by seamers Gus Atkinson and Dillon Pennington for the first two Tests of this month's series against the West Indies, while spinner Shoaib Bashir has been preferred to Somerset team-mate Leach.

In what appears to be a watershed moment, and the first stage of Bazball 2.0, head coach Brendon McCullum and captain Stokes have carried out major surgery.

Having already called time on the career of record wicket-taker Jimmy Anderson, 41, after the first Test at Lord's – a decision taken with one eye on the 2025-26 Ashes – they have now gone even further.

Bairstow, 34, is dropped on 100 caps, with the highly-rated Smith beating a crowded field to take the gloves.

Smith, 23, who made his ODI bow against Ireland in September, has long been an exciting prospect, but his selection will attract scrutiny given he is not even first-choice keeper for Surrey.

Foakes does that job, and also featured in all five games of the winter tour to India, but he has also been cut. A 4-1 defeat in that series seems to have been a

By **Rory Dollard**

catalyst for change, with Bairstow's best of 39 in his past 10 innings placing him in the firing line.

The selection panel, chaired by director of cricket Rob Key, have also had to restructure the bowling group.

With Stuart Broad retiring at the end of last summer and Anderson set to follow, they need to fill the gap left by two greats. Chris Woakes will take on the mantle of attack leader in the short term but the real interest is in the fresher faces.

The field has thinned out by fitness problems for Sam Cook, Josh Tongue, Jamie

Overton and Saqib Mahmood, while Sussex's Ollie Robinson has again been overlooked.

England have gone back to Durham's Matthew Potts, a gutsy seamer who made a strong start to his Test career in 2022.

Surrey's Atkinson, 26, who dazzled with his pace last year, steps up with Nottinghamshire quickie Pennington, 25.

The decision to prefer off-spinner Bashir, 20, to Leach is surprising.

Stokes has previously shown loyalty to the left-armed. But it was his injury that allowed Bashir to earn his debut in India, where he took 17 wickets in three Tests.

ENGLAND SQUAD

For first two Tests against the West Indies: **B Stokes (c), J Anderson (first Test only), G Atkinson, S Bashir, H Brook, Z Crawley, B Duckett, D Lawrence, D Pennington, O Pope, M Potts, J Root, J Smith, C Woakes.**

FRESH FACES

Glovesman Jamie Smith, right, Gus Atkinson and Dillon Pennington are called up



Boucher century clinches series

MAIA BOUCHIER spoke of her "special" England hundred after the first century of her professional career.

Her unbeaten 100 from 88 balls saw England take an unassailable 2-0 lead in their three-match ODI series against New Zealand with an eight-wicket win at Worcester. "The relief was there, I've put a lot of work to get to that point," said

the player of the match after building on her 50-ball 67 in the opening victory at Chester-le-Street.

"It was great to play in front of this crowd and to get my hundred for England was so special," she said. "It's taken time to get my processes right.

"The hundred was just a number, I kept saying to myself."



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BRAKES ARE ON Verstappen, below, and Norris, above, in the pits after their collision late on



SUCKER PUNCH Delighted Russell takes in his victory, and knows just how lucky he has been

DUEL'S GOLD

By Daniel Moxon

GEORGE RUSSELL just laughed as he watched back the incident that gift-wrapped his second grand prix win.

The Mercedes driver triumphed at the Red Bull Ring, giving his team their first victory since his maiden success in Brazil in 2022.

He could not believe his luck when Lando Norris and Max Verstappen collided – while fighting for the lead – with seven laps of the Austrian Grand Prix remaining.

After several laps of furious fighting, with Norris's McLaren all over the back of the Red Bull, they touched and both cars picked up punctures, forcing them into the pit lane.

Russell had been trundling around in third but was suddenly haring towards the chequered flag.

Shown a replay as he waited for the podium ceremony, the Briton shared a giggle with Oscar Piastri and Carlos Sainz.

He said: "I saw on the TV that Max and Lando were going

Verstappen and Norris gift laughing Russell a rare win

pretty hard and I knew Lando would want to get that race win. "The team has done an amazing job to get us in this fight. You've got to be there to pick up the pieces and we were. "I knew it was a possibility, you're always dreaming. I'm so proud to be back on the top step."

Verstappen was given a 10-second penalty, the stewards deciding he was the one at fault.

He got back out to finish fifth after a change of tyres, while the furious Norris jumped out of his McLaren and did not make it to the end.

The Briton has been putting Verstappen under pressure for

weeks now and, before yesterday, it had all been clean between two drivers who saw each other as their best friends in the paddock.

Norris, though, admits that relationship could be shattered by this incident and felt "let down" by Verstappen. He said: "I was looking forward to a

strong, fair battle but I wouldn't say that's what it was in the end. "It was a mistake-free race from my side and I got taken out of the race.

"He ruined his own race just as he ruined mine. If he says he did nothing wrong, I'll lose a lot of respect for that.

"He was being a bit stupid and running into me and just being a bit reckless.

"It's still a tough one to take fighting for the win while trying to be fair from my side – and he just wasn't."

Verstappen said he needed to review the incident before commenting on whether he was at fault.

His frustration was focused on a slow pit stop that allowed Norris to close the gap and begin the duel that ended in tears.

He said: "We put ourselves in this position. That's the worst thing about it."

SPIELBERG

11/24	
1 George Russell (GB) Mercedes	1:24:22.798
2 Oscar Piastri (Aus) McLaren	+1.906
3 Carlos Sainz Jr. (Spa) Ferrari	+4.533
4 Lewis Hamilton (GB) Mercedes	+23.142
5 Max Verstappen (Ned) Red Bull	+37.253
6 Nico Hulkenberg (Ger) Haas	+54.088
7 Sergio Perez (Mex) Red Bull	+54.672
8 Kevin Magnussen (Den) Haas	+1:00.355
9 Daniel Ricciardo (Aus) RB	+1:01.169
10 Pierre Gasly (Fra) Alpine	+1:01.766

FASTEST LAP: Alonso 1:07.694 (lap 70) **POLE:** Verstappen 1:04.314

CYCLING

IT TOOK just two days to show that Tadej Pogacar and Jonas Vingegaard are in a class of their own at the Tour de France. Pogacar attacked from the chasing peloton up the second ascent of the short – but brutally steep – San Luca climb in a fearsome second stage and only Vingegaard could follow him. By the top of the climb the pair had opened up a 40-second gap on the other contenders. The

move meant Slovenian Pogacar took the Yellow Jersey from Stage One winner Romain Bardet. Primoz Roglic, another of the title favourites, dropped 21 seconds off the pace. Breakaway rider Kevin Vauquelin made it two French victories by winning the hilly stage with an attack of his own up San Luca. Pogacar won the

Tour in 2020 and 2021 before finishing second behind Dane Vingegaard in the next two years. Pogacar is aiming for a rare Giro d'Italia-Tour double in the same year. Vingegaard had not raced since an April crash left him with a broken collarbone and ribs, plus a collapsed lung. He said: "I can be very happy that I was able to follow Tadej because this is probably one of the stages we feared the most."

SPORT IN BRIEF

European Championship

Round of 16
ENGLAND (0).....2 SLOVAKIA (1).....1
 Bellingham 90 Schranz 25
SPAIN (1).....4 GEORGIA (1).....1
 Rodri 39, Fabian 51 Le Normand 18 (og)
 Williams 75, Olmo 83

Copa America Group A

ARGENTINA (0).....2 PERU (0).....0
 L Martinez 48, 87 Att: 64,972
CANADA (0).....0 CHILE (0).....0
 Att: 24,481

	P	W	D	L	F	A	Pts
Argentina	3	3	0	0	5	0	9
Canada	3	1	1	1	2	4	4
Chile	3	0	2	1	0	2	2
Peru	3	0	1	2	0	3	1

CRICKET
2ND ODI—England Women v New Zealand Women (New Road): New Zealand 141 (41.5 overs); S Ecclestone 5-25; England 142-2 (24.3 overs); M E Bouchier 100no). England beat New Zealand by 8 wickets.

County Ch'ship - Div One

(Day 1 Of 4, today 11am)
Durham v Worcestershire
RIVERSIDE: Durham lead
Worcestershire by 111 runs with seven second-innings wickets in hand
DURHAM: First Inns
 A Lees c Hose b Waite.....17
 S Borthwick lbw Smith.....0
 C Ackermann c Roderick b Taylor.....1
 D Bedingham b Allison.....21
 O Robinson b Smith.....35
 B Stokes c Roderick b Allison.....56
 G Clark lbw Smith.....28
 B de Leede c Roderick b Allison.....0
 B Raine c Roderick b Waite.....13
 M Potts b Smith.....3
 P Siddle not out.....3
 B4 lb5 nb6.....15
Total (48.3 overs).....190
Fall: 1, 8, 39, 55, 101, 160, 160, 175, 181.
Bowling: Smith 11.3-1-36-4, Taylor 12-0-45-1, Allison 13-2-57-3, Waite 12-2-43-2.
WORCESTERSHIRE: First Inns
 G Roderick lbw Potts.....9
 J Libby c Lees b Stokes.....13
 K Ali c Stokes b Raine.....55
 R Jones c Lees b Siddle.....15
 A Hose b Siddle.....0
 E Brookes lbw Raine.....8
 M Waite b Potts.....0
 N Smith c Sub b Raine.....1
 T Taylor c Robinson b Potts.....0
 B Allison b Potts.....0
 A Viridi not out.....2
 B5 lb2 nb2.....9
Total (33 overs).....112
Fall: 15, 50, 71, 71, 99, 100, 101, 102, 102.
Bowling: Raine 9-2-33-3, Potts 8-0-29-4, Siddle 8-3-20-2, Stokes 8-2-23-1.
DURHAM: Second Inns
 A Lees c Brookes b Smith.....11
 S Borthwick c Jones b Smith.....6
 G Clark lbw Taylor.....4
 M Potts not out.....0
 P Siddle not out.....2
 Lb4 nb6.....10
Total (3 wks., 12 overs).....33
Fall: 20, 25, 27.
Bowling: Smith 6-3-17-2, Taylor 4-1-10-1, Allison 2-1-2-0.
Umpires: S Shanmugam & S O'Shaughnessy.
Hampshire v Kent
THE ROSE BOWL: Hampshire have scored 301 for three wickets against Kent
HAMPSHIRE: First Inns
 T Albert c Leaning b Evison.....20
 F Middleton c Finch b Stewart.....13
 N Gubbins b Stobo.....1
 J Vince not out.....149
 B Brown not out.....106
 Lb7 w1 nb4.....12
Total (3 wks., 83 overs).....301
Fall: 19, 24, 56.
Bowling: Stewart 18-7-55-1, Stobo 17-5-50-1, Gilchrist 12-1-60-0, Evison 9-0-48-1, Parkinson 21-2-64-0, Leaning 6-0-17-0.
Umpires: P Pollard & B Debenham.
Lancashire v Nottinghamshire
SOUTHPORT: Lancashire have scored 344 for eight wickets against Nottinghamshire
LANCASHIRE: First Inns
 L Wells b Paterson.....7
 K Jennings not out.....183
 J Bohannon c Clarke b Stone.....25
 G Bell c Harrison b Pennington.....8
 M Hurst c Stone b James.....2
 G Balderson c Harrison b Paterson.....41
 C Green lbw James.....9
 T Bailey lbw James.....20
 W Williams c Clarke b Pennington.....0
 N Lyon not out.....8
 B2 lb27 nb12.....13
Total (8 wks., 96 overs).....344
Fall: 26, 67, 111, 120, 208, 228, 292, 293.
Bowling: Stone 20-4-93-1, Pennington 23-5-70-2, Paterson 22-7-53-2, James 17-5-53-3, Harrison 9-1-20-0, Patterson-White 5-1-26-0.
Umpires: M Saggars & T Lungley.
Somerset v Warwickshire
TAUNTON: Warwickshire have scored 373 for eight wickets against Somerset
WARWICKSHIRE: First Inns
 R Yates c Aldridge b Pretorius.....15
 A Davies c Abell b Davey.....9
 W Rhodes c Umeed b Leach.....63
 S Hain b Pretorius.....0
 D Mousley c Aldridge b Pretorius.....2
 E Barnard b Leach.....92
 J Bethell c Rew b Overton.....1
 M Burgess not out.....126
 C Woakes c Umeed b Pretorius.....39
 M Booth not out.....13
 B4 lb1 nb8.....13
Total (8 wks., 96 overs).....373
Fall: 19, 34, 36, 40, 144, 145, 244, 354.
Bowling: Davey 18-2-71-1, Overton 19-2-61-1, Pretorius 20-2-72-4, Aldridge 14-0-74-0, Leach 20-2-59-2, Umeed 1-0-11-0, Lammonby 4-1-10-0.
Umpires: R J Bailey & M Newell

Surrey v Essex

THE OVAL: Surrey have scored 248 for eight wickets against Essex
SURREY: First Inns
 R Burns c Pepper b Walter.....26
 D Sibley c Elgar b Bosch.....24
 D Lawrence c Harmer b Bosch.....6
 J Smith b Critchley.....100
 B Foakes c Pepper b Bosch.....7
 B Sudharsan c Harmer b Walter.....14
 R Patel b Snater.....26
 J Clark c Sub b Harmer.....7
 T Lawes not out.....13
 J Taylor not out.....11
 B5 lb7 nb2.....14
Total (8 wks., 79 overs).....248
Fall: 41, 47, 67, 100, 170, 203, 224, 224.
Bowling: Porter 15.3-3-43-0, Snater 19-4-49-1, Bosch 13-2-52-3, Walter 10.3-2-43-2, Harmer 16-5-32-1, Critchley 5-0-17-1.
Umpires: P Hartley & G Lloyd.

Division Two

CHESTERFIELD: Yorkshire lead
Derbyshire by 207 runs with five first-innings wickets in hand
DERBYSHIRE: First Inns
 M Wagstaff lbw Coad.....2
 L Reece c Hill b Fernando.....11
 B Guest b Thompson.....17
 W Madsen lbw Fernando.....0
 D Lloyd lbw Thompson.....10
 A Donald lbw Fernando.....0
 R Whiteley c Thompson b Fernando.....0
 A Thomson c Bean b Thompson.....4
 Z Chappell c Lyth b Thompson.....18
 S Conners b Fernando.....0
 D Dupavillon not out.....8
 Lb6.....6
Total (27.4 overs).....76
Fall: 2, 35, 35, 45, 45, 45, 49, 50.
Bowling: Coad 7-4-9-1, Fernando 10-4-30-5, Thompson 10-4-4-31-4.
YORKSHIRE: First Inns
 A Lyth c b Reece.....38
 F Bean lbw Reece.....29
 J Wharton not out.....116
 S Masood lbw Dupavillon.....18
 G Hill c Guest b Conners.....20
 M Revis c Guest b Chappell.....5
 J Tattersall not out.....41
 B4 lb8 nb4.....16
Total (5 wks., 58 overs).....283
Fall: 61, 72, 109, 152, 165.
Bowling: Dupavillon 10-2-54-1, Conners 15-0-88-1, Reece 18-1-61-2, Chappell 12-4-44-1, Thomson 2-0-23-0, Whiteley 1-0-1-0.
Umpires: N Pratt & S Redfern.

Gloucestershire v Glamorgan

(Cheltenham): Gloucestershire 179 (44.4 overs); T van der Gugten 5-59; Glamorgan 133-7 (45.1 overs).

Leicestershire v Middlesex

(Leicester): Leicestershire 179 (49.3 overs); T S Roland-Jones 4-63, R F Higgins 4-35; and 40-1 (9.0 overs) Middlesex; 86 (32.3 overs); B W M Mike 5-22).

Northamptonshire v Sussex

(Northampton): Sussex 143 (47.2 overs); C J White 4-23; and 83-2 (23.0 overs) Northamptonshire 97 (20.1 overs); O E Robinson 4-42).

CYCLING

TOUR DE FRANCE (Cesenatico to Bologna, 200km)—**Stage 2:** 1 K Vauquelin (Fra) Arkea-B&B Hotels 4h 43m 42s, 2 J Abrahamson (Nor) Uno-X Mobility +36s, 3 Q Pacher (Fra) Groupama-FDJ +49s.

Overall: 1 T Pogacar (Slo) UAE Team Emirates 9h 53m 30s, 2 R Evenepoel (Bel) Soudal Quick-Step, 3 J Vingegaard (Den) Team Visma | Leave a Bike all at same time, 9 T Pidcock (Gbr) INEOS Grenadiers +21s. **Today, Stage 3:** Plaisance to Turin, 230.8 km.

DARTS

WORLD CUP (Germany)—**Quarter-Finals:** Austria bt Croatia 8-7, Belgium bt Italy 8-7, England bt N Ireland 8-4, Scotland bt Sweden 8-7. **Semi-Finals:** Austria bt Belgium 8-3, England bt Scotland 8-4. **Final:** England bt Austria 10-6.

GOLF

DP WORLD TOUR ITALIAN OPEN (Ravenna)—**Final Rnd** (Gbr & Irl unless stated): **274 M Siem** (Ger) 69 68 66 71 (wins Play-off on the 1st hole), T McKibbin 71 70 68 65, 275 S Crocker (USA) 66 71 70 68, J De Bruyn (Ger) 67 67 72 69, 276 A Arnaus (Spa) 66 71 70 69, A Rozner (Fra) 69 72 62 73, S Sharma (Ind) 68 68 67 73, A Pavan (Ita) 64 73 69 70, J Nicholas (USA) 67 70 69 70.

MOTORCYCLING

GRAND PRIX OF NETHERLANDS (Assen)—**MotoGP:** 1 F Bagnaia (Ita) Ducati 40m 7.214s, 2 J Martin (Spa) Ducati +3.676s. **Overall:** 1 Martin 200pts, 2 Bagnaia 190.

RUGBY LEAGUE

Betfred Championship: Barrow 0 Wakefield 36, Dewsbury 12 Bradford 38, Halifax 38 Whitehaven 18, Widnes 16 Batley 24, York 10 Sheffield 18.

TODAY'S DIARY

European Championship Round of 16 France v Belgium (5pm) (Live on ITV 1) Portugal v Slovenia (8pm) (Live on BBC 1)

Copa America Group C: Bolivia v Panama (Premier Sports, 2am Tuesday), USA v Uruguay (Premier Sports, 2am Tuesday).

TENNIS

All England Lawn Championships (Wimbledon, London).



TRIUMPHANT: Pogacar

WORLD OF SPORT

Golden girl Jade is raring to go again

DOUBLE Olympic champion Jade Jones will spearhead Great Britain's four-strong taekwondo challenge at Paris 2024.

The 31-year-old Welsh athlete is set to equal Sarah Stevenson's record of competing in four Olympic Games for Team GB's squad.

"This will be my fourth Olympics, fifth including the Youth Olympics," said Jones, who was Britain's first taekwondo gold



JONES

TAEKWONDO

medallist in 2012. "This one feels extra special, almost like the first when I was 19.

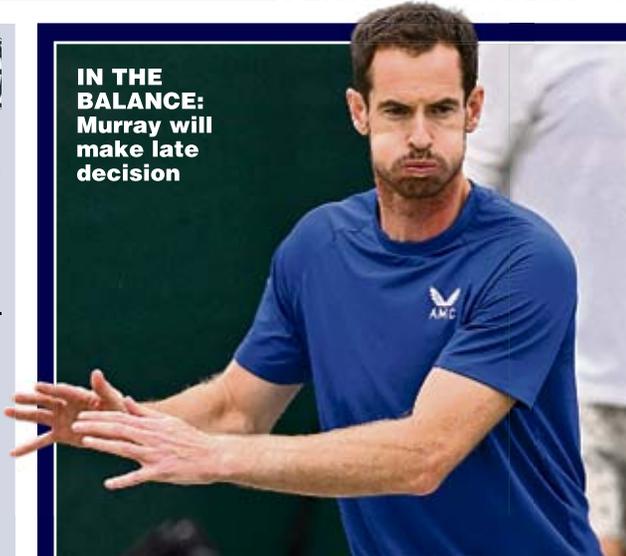
"People don't understand how hard it is to even qualify, so I'm super proud."

Jones will be joined in Paris by double world champion Bradly Sinden

and European rulers Caden Cunningham and Rebecca McGowan.

Olympic bronze medallist Chelsie Giles is in Team GB's five-strong judo squad.

IN THE BALANCE: Murray will make late decision



ANDY'S BATTLE FOR 'CLOSURE'

ANDY MURRAY revealed he wants to feel "the buzz" of Wimbledon a final time and get "a bit of closure" as he takes his fitness battle to play in his farewell singles to the last minute.

Murray, 37, is planning to wait until after training today to decide if he is fit to play Tomas Machac in the opening round.

But he is ready to delay the huge call until tomorrow to increase his chances of walking out on Centre Court.

The double Wimbledon champion only underwent spinal surgery to remove a cyst nine days ago and still has stitches in his back.

He admitted there is a "risk" the wound from keyhole surgery will reopen, but added: "I'm OK with a few stitches coming loose or whatever."

Asked what he is hoping to gain by going through all this pain, an emotional Murray said: "The opportunity to play here again for the last time, that's kind of it.

"This is a place that's obviously been really good to me over the years.

"I guess the last few years you've had Serena finished playing, Roger finished playing, and Rafa obviously has spoken a lot recently about the struggles he's gone through. Everyone has their idea of how they want to finish their career, how they would want it to go.

"My idea would have seen that happening probably at Wimbledon. Obviously, I have the Olympics coming up. But I would love the opportunity to play here one more time.

"I'm hoping for, when it comes to the end, maybe a bit of closure. "I just want the chance to play one more time out there hopefully on Centre Court and feel that

buzz. Whether afterwards I feel it was the right thing to do or not, I don't know. But, right now, I feel like I want that opportunity."

Even by Murray's standards, it has been a crazily unpredictable few days since he limped out of Queen's Club on June 19.

He reported he no longer has "back pain", but said: "It's like if you sleep on your arm funny, you wake up and you've got a dead arm. I've been practising for the past few days. I played a set today. It went pretty well, but I still don't have 100 percent sort of feeling and sensation in my leg yet.

"I have just been trying to do everything that I can. I don't know if that's going to be enough. I don't want to be in a situation like at Queen's. I don't want to go on the court and not be able to at least be competitive."

Playing doubles with his brother Jamie could yet be his goodbye here but he said: "It's getting better every single day. I'm doing some physical testing in the morning to see sort of how far off I am from a physical perspective. Then I will probably make a decision tomorrow evening."

NEIL McLEMAN

LIONS HEART: Raducanu is feeling good ahead of her opening match



THE BIG PICTURE



ICE COOL: Toronto Blue Jays celebrate beating New York Yankees

GERMANY'S Marcel Siem beat Northern Ireland's Tom McKibbin in a play-off, securing his sixth DP World Tour title after a thrilling Italian Open finale.

But McKibbin, whose caddie had left the course and headed to a nearby train station when there looked no prospect of a play-off, had the consolation of joining American Sean Crocker in earning two qualifying places for The Open at Troon.

Siem birdied the 18th to force extra time and

GOLF

then repeated the feat on the first sudden-death hole at Ravenna.

Siem bogeyed the 11th, 14th, 15th and 17th to fall one behind.

But he then holed out from 22 feet on 18, and half that distance at the extra hole.

Siem, 43, said: "Holing that putt on 18 was one of the coolest moments in golf for me – and doing it again there in the play-off was fantastic. I love this sport."

1. Which Scottish golfer won the RBC Canadian Open last month?
2. Who did Islam Makhachev beat to retain his lightweight title at UFC 302?
3. Which Czech tennis player knocked Britain's Harriet Dart out of this year's French Open?
4. Which English League Two football team play at the Mazuma Mobile Stadium, previously known as the Globe Arena?
5. Which rugby player scored a final-day hat-trick of tries against Scotland to give England their first Grand Slam for 23 years in the 1980 Five Nations?
6. Which England cricket captain was involved in a confrontation with umpire Shakoor Rana in Pakistan in 1987?
7. Which athlete was BBC Sports Personality of the Year in 2004?
8. Who was the most recent man to win a Formula One World Drivers' Championship in a Ferrari?
9. Which Classic horse race gets its name from Lord Derby's estate at Epsom?
10. What number is between 7 and 8 on a dartboard?

10 to tackle
RATINGS
0-3 Oh dear
4-6 Small beer
7-9 So near
10 Sporting Seer

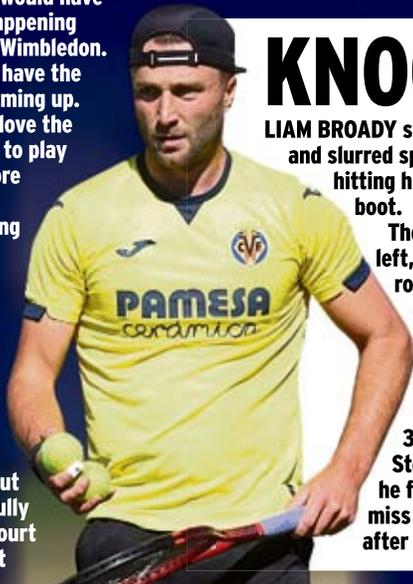
ANSWERS: 1 Robert Machtyre, 2 Dustin Porter, 3 Linda Noskova, 4 Morecambe, 5 John Carlton, 6 Mike Belling, 7 Kelly Holmes, 8 Kimi Raikkonen, 9 The Oaks, 10 16.

KNOCK YOURSELF OUT, LIAM

LIAM BROADY suffered dizziness and slurred speech after hitting his head on his car boot.

The British No.6, left, reached the third round last year when he shocked then-world No.4 Casper Ruud in five sets.

But the 30-year-old from Stockport admitted he feared he would miss a return to SW19 after his latest injury



setback last month. "I was in an NCP car park and as I opened the boot a load of tennis balls fell out, and as I stood back up after picking them up I knocked my head," said the wild card. "It hurt so much.

"The next day I practised and after 45 minutes I got a migraine and my eyes went a bit funny. I couldn't really see.

"I checked my phone and it was like I had dyslexia, I couldn't read the words. I was slurring my speech. I felt nauseous. I had some pretty intense symptoms. I was out for about 13 or 14 days."

Broady, who faces Dutchman Botic van de Zandschulp today, missed the Australian Open with an ankle injury that became a stress fracture in March.

"It has been the most frustrating six months of my life," he added. "I was worried I'd miss Wimbledon.

"It was the last week of my ankle rehab and I couldn't put the load into that recovery.

"It has been like bailing water out of a sinking ship, trying to get fit and sorting out my head injury. I'm glad I've made it."

NEIL McLEMAN

6 Year of hurt never stopped me dreaming

EMMA RADUCANU is ready for a normal Wimbledon with "less stress or chaos" – but she also wants to play her part in an extraordinary fortnight in British sport.

The Bromley-based star, now 21, first made headlines when she reached the fourth round here in 2021, just weeks after taking her A-levels.

The following year, as the reigning US Open champion, Raducanu won her race to shake off a side strain before playing her first two matches on Centre Court.

Now, after missing last year's tournament following operations, she is back for only her seventh match at the All England Club against Russian No.22 seed Ekaterina Alexandrova, right, this afternoon.

Raducanu insists she is in a "good place" because she is physically fit, working with her childhood coach again, and without the frenzied expectation that was put on her after her shock Grand Slam success in New York three years ago.

"I feel a lot more comfortable this year," she said. "There's a lot less going on. There's a lot less stress or

RELAXED RADUCANU READY TO BE PART OF GLORIOUS SUMMER

By Neil McLeman

chaos. I'm more just coming here, doing my practice, playing the match.

"There's not much else to it whereas in 2022 I was in a big rush.

Would I be able to play?

Would I not? And then

last year, missing it,

and in 2021 I lost in a

Brit Tour match a

month before so I

was not really

feeling amazing.

"This is the most

settled I've been in

a while."

Raducanu is one of

19 British players in

the singles draw at

SW19, at the start of a

two-week stretch that will also

include the finale of Euro 2024 and

the British Grand Prix.

She added: "I would love to be a

part of it. It's an amazing summer of

sport. It's football, it's F1, it's tennis, the races. There are so many things going on.

"I've been saying that every day on site right now at Wimbledon is a blessing. Just to keep being

able to come back here

and keep being able to

compete. Just enjoy

the buzz that's going

around."

After skipping the

French Open, Raducanu

reached the semi-finals in

Nottingham and beat

world No.5 Jessica Pegula

in Eastbourne last week,

with a backhand slice

and grass-court tactics

from the Andy Murray

playbook.

"I haven't been studying him but to

be compared in a few points to Andy is

a pretty good compliment so I'll take

that," she said. "He plays unbelievably well on this surface because he uses variety that makes it really hard for the opponent, especially when it stays so low on these courts.

"Is there anyone I model my game

on? I would say I want to play like

Carlos Alcaraz but I can't!"

Raducanu hopes to be studying at

Oxbridge in years to come after

visiting Oxford with fellow British

player Fran Jones last month.

"I love it," said the former grammar

school girl. "I love the area. It's just my

escape from London. It's really

picturesque.

"You feel like you go back in time

and you can feel the history and

culture there.

"I was always a very keen student

and so Oxbridge was always up there

on my bucket list in life.

"And I carry that on. Whether that's

during my career, after my career, I

just know that is something I want to

do in the future."



Dina and Gill book places at Olympics

ATHLETICS

DINA ASHER-SMITH showed her class ahead of the Olympics while 17-year-old Phoebe Gill produced a stunning performance to book a trip to Paris.

Asher-Smith won her head-to-head clash with Daryll Neita as she powered to the women's 200m title at the UK Championships in Manchester.

A-Level student Gill held off Gemma Reekie in a thrilling finish to the 800m.

Laura Muir, Georgia Bell, Amber Anning, Charlie Dobson, Alastair Chalmers, Neil Gourley and George Mills were among the others to secure Games spots on a chilly final day at the British Olympic trials event.

Asher-Smith's clash with rival Neita, who won the 100m on Saturday, was billed as one of the highlights of the weekend and the



WINNER: Asher-Smith

Londoner did not disappoint, winning in a championship record 22.18secs. Neita came second in a season's best 22.46.

Asher-Smith said: "Now I'm going to my third Olympics. I'm still having fun."

With medal prospect Keely Hodgkinson opting to run the 400m, the way appeared clear for Reekie to take the national title over two laps. But it was Gill who won in 1min 58.66secs, edging out Reekie. Both will join Hodgkinson in Paris.

Hodgkinson was seventh in the 400m as Anning won in a championship record of 50.47 to book an Olympic spot along with Laviai Nielsen.

In a good day for the Nielsen family, twin sister Lina qualified along with Jessie Knight, by winning the 400m hurdles.

THE 2024 CHAMPIONSHIPS...RECORD PRIZE POT, AN ELECTION MILESTONE AND ALL CHANGE AT THE TOP

- Total prize money has hit the £50million mark, with each singles champion banking £2.7m – and first-round losers in the singles receiving £60,000. Prizes for the wheelchair and quad wheelchair events have reached £1m for the first time.

- There are 19 British players in the singles draws – the most since 1999.

- There will be a General Election held on a single day for the first time during The Championships. There were three 19th century elections that each lasted close to a month during early

Wimbledons. Spectators will be allowed to wear party badges but AELTC chief executive Sally Bolton said: "If you're creating a disturbance, that's when we would address it."

- The flagship Wimbledon Shop under Court No.1 has been refurbished and will be open from 10am to 10pm during the tournament. And there is a new Amex Pavillion and Stella Artois Perfect Serve Experience on a revamped Henman Hill.

- There is a new Championships referee and the first female to have the role – former pro Denise

Parnell from Manchester. Andrew Wynne is the new chief umpire.

- A London-based company championed by Prince William – Notpla – will provide plastic-free and 100 percent biodegradable boxes for strawberries and cream for the first time.

- The queue to buy same-day tickets to matches will be split into three phases for the first time: a welcome area, a ticket purchase phase and a Queue Village.

- No Euro 2024 football matches will be shown on the big screens.

CENTRE COURT 1.30pm start

Carlos Alcaraz (SPA) v Mark Lajal (EST)

Emma Raducanu (GB) v Ekaterina

Alexandrova (RUS)

Coco Gauff (USA) v Caroline Dolehide (USA)

NO.2 COURT 11am start

Second match: Stan Wawrinka (SWI) v

Charles Broom (GB)

COURT 12

Third match: Liam Broady (GB) v Botic van

de Zandschulp (HOL)

COURT 15

Third match: Sonay Kartal (GB) v Sorana

Cirstea (ROM)

COURT 16

Second match: Arthur Fery (GB) v Daniel

Altmaier (GER)

Third match: Lily Miyazaki (GB) v Tamara

Korpatsch (GER)

COURT 18

First match: Heather Watson (GB) v Greet

Minnen (BEL)

Spurs now favourites to nab Gray

By David Anderson

TOTTENHAM are now in pole position to sign Archie Gray from Leeds.

The Elland Road club had accepted an offer from Brentford and gave Gray, below, permission to travel to London for a medical.

But it is understood they are unhappy with Brentford's payment structure, even though the deal might have been worth up to £40million.

Tottenham and Chelsea were also keen – and Spurs have forged ahead. A deal for Gray looks imminent, with the 18-year-old keen on the move.

It will be a sad day for Leeds fans. Gray is part of football royalty there with his dad Andy, grandfather Frank and great uncle Eddie all playing.

But it was expected Leeds would have to cash in on Gray to comply with the EFL's financial guidelines after they failed to win promotion.



It's a Shangri-La moment for our leaders of the pack



LUIZ IN £50M JUVE SWITCH

DOUGLAS LUIZ has completed a £50million move to Juventus from Aston Villa.

The Brazil midfielder has been transferred to the Turin giants following weeks of negotiations.

Luiz, 26, has left to comply with Villa's battle to meet Profit and Sustainability rules.

The club finalised the switch just hours before the cut-off of midnight, meaning the transfer fell within the financial year necessary for the calculations.

Villa can now boost their own resources, starting with winger Samuel Iling-Junior and midfielder Enzo Barrenechea in the next few days.

NEIL MOXLEY

SHEER AGONY

Captain Kane cannot believe he has missed a chance against Slovakia



FOOTBALL LATEST

● CHELSEA striker Armando Broja says Premier League teams are interested in signing him this summer. The Albanian, 22, is linked with AC Milan but says he also has offers from the Premier League and Bundesliga. Broja said: "I have offers from these three championships."

● SAID BENRAHMA has left West Ham for French club Lyon. The Algeria winger spent the second half of last season on loan at the Ligue 1 side. Benrahma scored 24 goals in 155 games for the Hammers.

● KIERNAN DEWSBURY-HALL is set to link up with former manager Enzo Maresca after Chelsea agreed a £30million fee with Leicester. The midfielder, 25, is set to have a medical after helping Maresca's Foxes win the Championship title last season.

GARETH SOUTHGATE and England love a leadership group but for more than an hour and a half of an utterly dreadful performance it went missing.

Three prominent members – Harry Kane, Declan Rice and Jude Bellingham – were as good as nowhere to be seen.

If you did catch a glimpse of them against Slovakia, they looked ponderous, nervous and clueless.

But even in the most dire of sporting situations, leaders have deep wells of resolve, deep wells of defiance, deep wells of determination.

More importantly, they have a muscle memory that lifts them above the average run-of-the-mill player.

How else can you explain Bellingham's extraordinary leveller deep into stoppage time? How else can you explain Kane's predatory

From Andy Dunn in Gelsenkirchen

finish that made it 2-1 early in extra-time?

Kane had been terrible in the regulation 90 minutes.

If, as the Bayern Munich star claims, he really is fully fit and his back is not giving him any grief, it is hard to explain why he has developed the turning circle of an oil tanker.

For large parts of England's Euro 2024 campaign, Kane's movement has been laboured to say the least.

For large parts of England's campaign it has been excruciating to watch the captain.

But he has now scored twice, the second securing England's place in the quarter-finals.

It was all about instinct and all about thinking that your chance is going to come eventually – that is



BELLINGHAM HITS BACK AT BOO BOYS

FROM BACK PAGE

deny that it's one of the most important moments of my career so far."

Harry Kane's extra-time header secured England and manager Gareth Southgate, below, a quarter-final against Switzerland on Saturday. Bellingham then described the boos and criticism from fans, who have been subjected to four abject displays by England at this tournament, as "rubbish".

But he said of his goal: "It's got to be up there. There's a few nice ones, goals that mean a lot to me personally, like my first goals for Birmingham, Dortmund, Madrid.

"But this was a feeling like no other. In international football, knockout football, it's the worst feeling when you are no more than 30 seconds from going home and having to listen to all the rubbish.

"You feel like you've let a nation of people down and, 30 seconds later, with one kick of the ball, everything can change.

"It's 20 or 30 seconds until we're out of the European Championship."

Bellingham also hinted that fans expect too much from a side who reached the final of this tournament three years ago.

He added: "Playing for England should be one of the proudest moments of a footballer's career but, at times, it's quite difficult.

"There's a really intense pressure. The fans expect a lot from us, regardless of what happened in recent tournaments or years and years ago.

"People talk a lot and you do take it personally a bit. Sometimes it doesn't go well and sometimes it feels like there's a bit of a pile-on. It's not nice to hear but you can always use it. It's always nice to throw something back to some people."

IN FULL VOICE...

England's goalscoring heroes Jude Bellingham and Harry Kane take the acclaim



leadership for you. Rice has played 127 matches for club and country in the past two years and, for most of this contest, it showed.

That ludicrous workload had suddenly hit him with sledgehammer force, it appeared.

The Schalke pitch was dry and bumpy to the eye but it seemed like treacle to the Arsenal man.

Somehow, though, he refilled his lungs and became a defensive midfielder with a shield and a sword, taking responsibility by hunting down most Slovaks that moved – that is leadership for you.

And what can you say about Bellingham, the Ballon d'Or contender who already has golden balls?

There are some who have questioned his attitude in this tournament, some who suggest he might have gone a little bit big-time. The problem, if it is one, is

that he IS big-time, 21 last Saturday and already in that ultra-elite bracket of players.

When he does not perform to that standard it is plain to see.

Painfully obvious to us, painfully obvious to him – that is why he spent so much time showing his frustration, shouting at team-mates, waving his arms at the bench, moaning at the referee.

But head coach Southgate leaves him on the field for a reason.

Real Madrid playmaker Bellingham's penchant for decisive late goals in massive games is becoming a real thing – just ask Barcelona.

That is because he has so much composure and, more significantly, a towering self-belief, the like of which we have not seen in English football for some time.

Seriously, who else would scream 'WHO ELSE?' after scoring an

equaliser of such brilliance and such importance? That is leadership for you.

If you care to forensically examine this game in its entirety, the contribution of the substitutes will be highlighted – and rightly so.

Ivan Toney gave a physically imposing attacking presence that had been missing. Cole Palmer kept possession in forward areas in a way that showcased his Manchester City education, and Eberechi Eze produced a really intelligent cameo.

Jordan Pickford also deserves a mention for being the loudest, angriest, but somehow calmest, man on the pitch. That is some achievement.

When England needed them most, the leaders who had been missing were the ones that saved the manager's skin – and the hopes of a nation.



GLORY GUNNER

Rice was below his best but never shirked his midfield responsibilities

DROSS TO BOSS AS

ENGLAND

2

SLOVAKIA

1

AET; 1-1 AFTER 90 MINS

From **Jeremy Cross** in Gelsenkirchen

FOOTBALL, eh? Bloody hell. And we get to do it all again in less than a week's time.

Somehow England salvaged jubilation from the pit of despair on a remarkable night here in the unremarkable city of Gelsenkirchen.

With seconds of stoppage time left England were heading home in shame – and Gareth Southgate was heading to the job centre.

Then all hell broke loose. Jude Bellingham's spectacular overhead kick levelled the scores.

It was England's first shot on target in the game, against a Slovakia team on the brink of their greatest win of all time.

"Who else," mouthed Bellingham as he charged off to celebrate.

Which felt crude, considering he had spent most of the match resembling a pub player, instead of one of the greatest on the planet.

Yet special footballers come up with special moments.

This moment of magic forced extra-time, where Harry Kane scored in the opening minute for an astonishing comeback.

Slovakia's moment in the sun had literally gone in 60 seconds – while Southgate had gone from the dole queue to a place in the quarter-finals against Switzerland.

Fair play to Southgate. He was hammered for not making changes as his nightmare unfolded.

Ivan Schranz's 25th-minute goal had given Slovakia a deserved lead, which the European minnows clung to like their lives depended on it.

The clock ticked down and Southgate looked like becoming the bloke who had managed to turn a side from favourites to muppets in the space of four games.

The England manager needed to wake up and smell the coffee, because he was being outthought by an opposite number, in Francesco Calzona, who used to sell

Southgate had looked lost on touchline until amazing twist

the stuff for a living. Southgate had to rip up the plan at half-time and make significant changes. He had nothing to lose.

England's front four were like strangers. But Southgate was killing himself with his own loyalty to those letting him down. He did not make one substitution at the break.

David Strelec almost scored from the centre circle after spotting Jordan Pickford off his line. It was comical.

More than an hour had passed before Cole Palmer, left, was sent on. Having said he would never return to three at the back, Southgate did just this.

Declan Rice hit the post, but that looked like being as close as England were going to get.

Southgate watched the clock tick down – on both the game and the position he has made look like a burden at this Euros.

But then Kyle Walker's long throw was flicked on by Marc Guehi, and it fell to the golden boot of Bellingham.

With one swing he saved an entire nation from mourning.

Bellingham deserved to have been taken off, but he had not been. So did Kane. But he had not been.

It was Kane who headed in the winner, thanks to a fine contribution from substitute Ivan Toney.

The squad celebrated, while Southgate went to sit down and take in what had just happened in two of the maddest minutes possible.

In that time, he had gone from a managerial clown to some sort of brave genius. There is nothing quite as fickle as football.



EXTRA SPECIAL
Kane scores the winner in the first minute of extra-time

RIISING TO TASK Bellingham saves England in acrobatic style with a dramatic late equaliser



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LIONS ESCAPE



ENGLAND v SLOVAKIA

64	POSSESSION %	36
2	SHOTS ON TARGET	3
4	SHOTS OFF TARGET	6
7	BLOCKED SHOTS	3
9	CORNERS	1
11	FOULS	19
3	YELLOW CARDS	5
0	RED CARDS	0



SHOCK HORROR

Schranz slides the ball past Pickford as Slovakia came close to a famous victory

ENGLAND

(4-2-3-1)

By Simon Mullock



PICKFORD 6

Given no chance by Schranz for the goal but lucky to escape when Strelec was inches wide with an attempt to chip him from halfway line.

WALKER 5

Endured a torrid time at the hands of the tricky Haraslin in the first half and carried very little of his usual threat going forward.

STONES 5

Caught out when Slovakia took the lead and was so ponderous in possession that England rarely generated any forward momentum.

GUEHI 5

Picked up a booking that means he is banned for the quarter-final and failed to track Schranz for Slovakia's goal.

TRIPPIER 6

Wasted a decent early chance but came to England's rescue with a goalline clearance. Unable to connect with a succession of crosses.

MAINOO 7

The teenage midfielder put others to shame with his performance. Harshly booked after six minutes and substituted late on.

RICE 6

Sent a late shot thumping against the post but too often chose the wrong pass. Improved hugely as England dug in during extra-time.

SAKA 5

Bullied by the aggressive Hancko and only rarely posed a threat. Eventually asked to fill in at left-back to accommodate Palmer.

BELLINGHAM 8

Made a mockery of a performance full of frustration by equalising with an overhead kick. Substituted.

FODEN 5

Up against a 37-year-old right-back who plays for the ninth-best club in the German second division - and found it a struggle. Substituted.

KANE 7

A passenger for 90 minutes and sent a great chance wide. But headed home the extra-time winner. Substituted.

SUBSTITUTES

Palmer (Trippier 66) 7; Eze (Mainoo 84) 6; Toney (Foden 94) 7; Konsa (Bellingham 106) 6; Gallagher (Kane 106) 5.

SLOVAKIA (4-3-3)



Dubravka 6; Pekarik 6 (Tupta 109) 5; Vavro 6; Skriniar 6; Hancko 7; Kucka 6 (Bero 81) 5; Lobotka 7; Duda 6 (Benes 81) 5; Schranz 7 (Gyomber 90) 5; Strelec 6 (Bozenik 62) 6; Haraslin 6 (Suslov 61) 6.

GOALS - ENGLAND: Bellingham 90, Kane 91. **SLOVAKIA:** Schranz 25. **BOOKED - ENGLAND:** Guehi, Mainoo, Bellingham. **SLOVAKIA:** Kucka, Skriniar, Pekarik, Vavro, Gyomber.

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GERMANY

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ENGLAND

2



1

SLOVAKIA



AFTER EXTRA TIME; 1-1 AFTER 90 MINS

VICTORY ROAR:
Bellingham and fellow goalscorer Kane, inset, toast a late win

SAVED BY THE BELL

From **Simon Mullock** in Gelsenkirchen

JUDE BELLINGHAM revealed how arguably his greatest goal was driven by a determination to silence England's critics.

The Three Lions were on the brink of an embarrassing Euro 2024 exit against Slovakia when Bellingham equalised with an overhead kick in stoppage time. He said: "It's hard to

TURN TO PAGE 49, COLUMN 4



Jude's late stunner silences boo boys

INSIDE EUROS PULL-OUT



FORMULA ONE: RUSSELL WINS IN AUSTRIA

BRITON TRIUMPHS AFTER VERSTAPPEN CRASH: SEE PAGE 45



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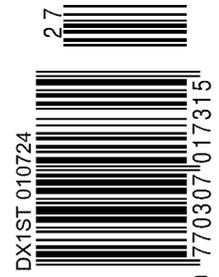
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Published by Reach plc, One Canada Square, Canary Wharf, London E14 5AP. Registered in England & Wales No. 82548. Printed by Reach Printing Services at St Albans Rd, Watford, Hertfordshire WD24 7RG. Hollinwood Avenue, Chadderton, Oldham OL9 8EP. Interpress, 140 Duncruce Street, Belfast, BT3 9AQ. Miller Newsprint Ltd, Miller House, Triq L-Esportaturi, Zone 2, Mriehel, Birkirkara CBD 2040, Malta. Mikro Digital Cyprus, Nissou Industrial Area, Old Nicosia, Limassol Road, 2571 Nissou, Cyprus. Mikro Hellas Publisher Services Ltd, 2nd Kilometer Peanias Markopoulou Ave., Position Nisiza, 19441 Koropi, Greece.



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Puzzles

SUDOKU

Fill the grid so that every column, row, and 3x3 square includes all of the digits from one to nine. **Solutions tomorrow**

EASY

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

MEDIUM

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

DIFFICULT

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

Extra clues:
0901 322 5609

**Calls cost 75p plus your telephone company's network access charge.*

Today's solution:
0907 181 2573

**Calls cost 80p per minute plus your telephone company's network access charge.*

QUICK CROSSWORD

1	2	3		4		5	6	7
						8		
9				10				
11					12			
13		14		15			16	17
18								19
20							21	
22						23		

ACROSS

- 1 Lead astray (8)
- 5 Cry (4)
- 9 Biggest continent (4)
- 10 Compute (8)
- 11 Pass along smoothly (5)
- 12 Authentic (7)
- 13 Supereminence (13)
- 18 Tedious (8)
- 19 Unctuous (4)
- 20 Lamp-case (7)
- 21 Hinge (5)
- 22 Fume (4)
- 23 Amaze (8)

DOWN

- 2 Narrow-minded (7)
- 3 Delight (7)
- 4 Differences (13)
- 6 High spirits (7)
- 7 Go before (7)
- 8 Held down (6)
- 13 In name only (7)
- 14 Settle (7)
- 15 Nun (6)
- 16 Feeling (7)
- 17 Insensitive (7)

Solution tomorrow

Stuck on the puzzle? Call **0905 789 4188** to hear individual clues or the full solution

**Calls cost 80p per minute plus your telephone company's network access charge. Service provider Spoke Ltd - Helpline 0333 202 3390*

CROSS DOUBT

Target times: Average: **16 mins**
Good: **12 mins** Excellent: **8 mins**

Stuck? Call for a clue
0901 322 5601

Halve your Target Time!

Today's solution
0901 322 5607

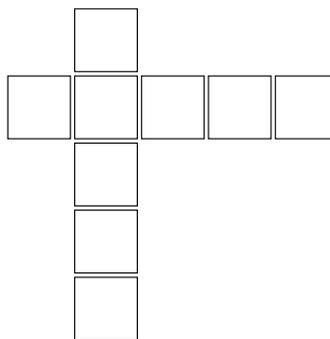
Both today's words in a moment!

**Calls cost 75p plus your telephone company's network access charge.*

Can you make two common five-letter words from the nine letters given, using each letter only once? You can - but only if one letter features in both words in the squares on the right. There's at least one way to do it, and you have to have the right letter at the crossover - but which one is it?

See if you can find the answer within our target time. If you need help, ring our clue-line below to find out the crossover letter. **Solution tomorrow**

B E I J K N O R R



SMALL CROSSWORD

1	2	3	4	5	6	
7						8
9				10		
		11			12	
13						
14					15	
16		17			18	
			19			
20						

ACROSS

- 1 Physical matter (9)
- 7 Not as warm (6)
- 9 Brave person (4)
- 10 Liquid volume (5)
- 12 Slide (4)
- 13 Whitish-coloured rock (9)
- 14 Inquires (4)
- 16 Wireless (5)
- 18 Way out (4)
- 19 More positive aspect of a situation (6)
- 20 Miser sped (anag.) (9)

DOWN

- 1 Learned people (8)
- 2 Dullard (4)
- 3 Ramps (6)
- 4 Optical instrument (9)
- 5 Negative (3)
- 6 Considerate (6)
- 8 Duplicated (8)

- 11 Take weapons from (6)
- 12 Mental tension (6)
- 15 Line of rotation (4)
- 17 Slight decline (3)

Solution tomorrow

For today's solution call:

0907 181 2582

**Calls cost 80p per minute plus your telephone company's network access charge.*

KAKURO

	19	15		41	34		19	20
9			7				13	
4			10				14	
12			15				4	
			6				14	
		27						
			24					
	18					17		23
	7					5		
6				13			7	
5				8			10	

Fill each sequence of blank squares using the numbers 1-9. Each sequence - across and down - must total the number in the shaded box at the beginning or top of each line. A number may be repeated in each line but NOT in a sequence.

Solution tomorrow

Puzzles

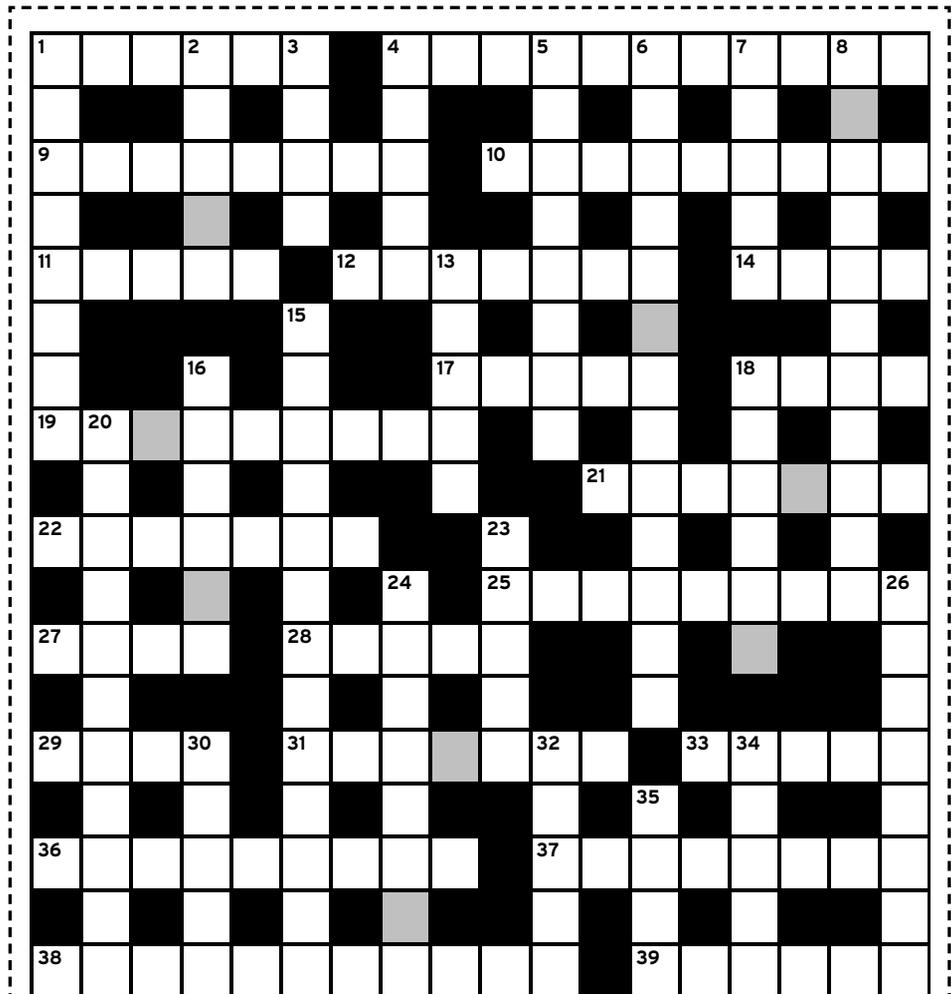


BIG MONDAY CROSSWORD

ACROSS

- 1 William ____, English poet (1731-1800) and writer of hymns including God Moves in a Mysterious Way, which coined the titular proverb (6)
- 4 Food thickener and emulsifier obtained from the red seaweed Irish moss (*Chondrus crispus*), identified by the code E407 (11)
- 9 Brightest star in the southern constellation Eridanus, named from the Arabic for 'end of the river' (8)
- 10 1999 action horror film in which Gabriel Byrne plays the Devil (3,2,4)
- 11 Titaness of Greek mythology identified by Homer (*The Iliad*, book 5) as the mother of Aphrodite (5)
- 12 Dipterous insect of the family Calliphoridae also known as the bluebottle (7)
- 14 Crucifix, especially one set on a beam or screen at the entrance to the chancel of a church (4)
- 17 'I have shot mine ____ o'er the house, / And hurt my brother' (Shakespeare *Hamlet* act 5, sc. 2) (5)
- 18 Dutch or Huguenot settler in South Africa during the 17th, 18th and 19th centuries, especially a farmer (4)
- 19 Fielding position in baseball located between second and third base (9)
- 21 One of two coarse grasses (especially *Stipa tenacissima* of Spain and North Africa) used to make ropes, wickerwork and paper (7)
- 22 French city liberated from the English by Joan of Arc on 8 May 1429 as part of the Hundred Years War (7)
- 25 See 28 Across
- 27 Nickname of Brazilian professional footballer Edson Arantes do Nascimento (1940-2022) (4)
- 28 & 25 Across President of the Comoros since 2002, re-elected for a fourth term in January 2024 (5,9)
- 29 Ancient kingdom east of the Dead Sea in what is now southern Jordan, said to have been founded by descendants of the Biblical Lot (4)
- 31 Style of interior design, jewellery and architecture characterised by geometric designs and bold colours and outlines, popular in the 1920s and 30s (3,4)
- 33 Metrical or rhythmic stress in verse as contrasted with natural speech patterns; from Latin, 'a blow' (5)
- 36 Branched ornamental candle holder mounted on a base or projecting from a wall, typically incorporating a mirror (9)
- 37 Personification of death in Greek mythology, counterpart of the Roman Mors (8)

- 38 Police Chief of Amity Island in the films *Jaws* (1975) and *Jaws 2* (1979), played by Roy Scheider (6,5)
 - 39 Standard monetary unit of Czechia, divided into 100 hellers (6)
- ### DOWN
- 1 Fourth emperor of Rome (41-54 AD), thought to have been poisoned by his fourth wife, Agrippina (8)
 - 2 In prosody, a metrical foot consisting of one long and three short syllables in any order (5)
 - 3 & 34 Down French director of films including *And Then There Were None* (1945) and *Les Belles de nuit* (1952) (4,5)
 - 4 9th-century Greek theologian and saint who created the Glagolitic alphabet, which in modified form is now used for Russian and other East European languages (5)
 - 5 Kidney-shaped; used in botany, biology, mineralogy etc. (8)
 - 6 Nickname of the orphan girl Margery Meanwell, protagonist of a children's tale first recorded by English publisher John Newbery in 1765 (5,3-5)
 - 7 Large northern sea duck of the genus *Somateria* that can be common, king or spectacled (5)
 - 8 Polysaccharide and chief component of all starches (approx. 80 per cent), consisting of branched chains of glucose (11)
 - 13 Only mammal other than the giraffe belonging to the family Giraffidae (5)
 - 15 US actress awarded an Oscar for her starring role in the 1996 crime drama film *Dead Man Walking* (5,8)
 - 16 Southernmost country of Europe (6)
 - 18 Creator god in Hinduism who forms a triad (the Trimurti) with Vishnu and Shiva (6)
 - 20 Historic and modern region of SE Europe whose chief and largest city is Mostar (11)
 - 23 Official name of the Democratic Republic of the Congo from 1971 to 1997 (5)
 - 24 English leader of the Peasants' Revolt of 1381, killed by then-Mayor of London William Walworth (3,5)
 - 26 Arm of the North Atlantic known in ancient times as the Oceanus Hibernicus (5,3)
 - 30 In botany, a modified leaf, typically small, bearing a flower or flower cluster in its axil (5)
 - 32 & 35 Down British tea clipper, built in Scotland in 1869 and dry-docked at Greenwich since 1954 (5,4)
 - 34 See 3 Down
 - 35 See 32 Down



NAME _____

ADDRESS _____

POSTCODE _____

STOP THE CLOCK

THE GREAT ALPHAPUZZLE™ TIME CHALLENGE

A	1	9	4	26	22		11	26	16	4	1	14	11
B													
C	14		20		24				25		18		26
D													
E	21	4	13	15	25		11	4	1	4	15	25	24
F													
G	26		3		23	14	26		25		13		18
H													
I	9	18	4	20			22	18	10	10	5		19
J													
K	20		9		13		15		4				26
L													
M		8	26	9	12	5		12	20	25	17	12	
N													
O	13			4		13		26		2		6	
P													
Q	18		7	25	9	14	20		16	26	20	18	
R													
S	3		26		16		25	9	15		21		26
T													
U	26	25	9	9	4	20	1		2	26	9	14	20
V													
W	9		26		13			25		14			17
X													
Y	7	18	15	17	2	26	9		23	4	20	17	2
Z													

WIN £100

25 MINUTES

Can you beat today's time?

TACKLE the Alphapuzzle™ Challenge - and be in with a chance of a £100 cash prize. FIRST, call the number below and note today's CLUE LETTERS and your unique PIN NUMBER to set your personal stop-watch running. Then, use the clue letters to work out the seven-letter word in the green squares. When you crack the mystery word, call again and enter your pin number to STOP THE CLOCK. Winner selected at random from all correct entrants who beat the 25-minute Target Time. Each grid number represents a different letter. All 26 letters of the alphabet are used.

Solution next Monday

0907 181 2908
YOUR PIN No. _____

*Calls cost 80p per minute plus your telephone company's network access charge. Lines close 23:59 every Sunday.

£100 Winner (June 17):
V Forsythe, Moneymore.

1	2	3	4	5	6	7	8	9	10	11	12	13
14	15	16	17	18	19	20	21	22	23	24	25	26

LAST WEEK'S SOLUTION Across: Low, Attempt, Quota, Remorse, Expanse, Brunt, Revolt, Enzyme, Feast, Apricot, Chuckle, Phase, STUDENT, Pat. **Down:** Liqueur, Face, Whoop, Viaduct, Gauntlet, Kid, Target, Cavern, Elm, Bankrupt, Perjury, Clamp, Lent, Entreat.

TO WIN £250 CASH!

read down the letters in the highlighted squares to reveal the mystery word.

TO ENTER CALL: 0904 161 1601
(£1.50 per call plus network extras)

Leave your answer and details, or text **BIGXWORD** followed by a space, your answer, name and address to **88833** (texts cost £1.50 plus your standard network rate) or just complete the crossword correctly and send it to: **Daily Express, Prize Crossword (No 1055), PO Box 8694, Derby DE1 9TW**. Competition closes Friday, July 5, 2024 at 11:59pm. Winner picked at random from all entry routes after close date. **NEED HELP?** Call **0904 161 1602** for five extra clues! *Calls are £1.50 plus your telephone company's network access charge.

*SP: Spoke, 0333 202 3390.

For any postal enquiries, call this helpline.

BIG MONDAY CROSSWORD SOLUTION AND WINNER

Monday June 17

£250 WINNER:

D Perkin, Macclesfield, Cheshire.

B	E	W	I	T	C	H	E	D	G	A	N	Y	M	E	D	E
I	I	R	I	U	I	A	E									
S	A	N	D	B	O	X	P	A	L	K	S	T	R	A	I	T
M	T	A	O	A	I	T	M									
A	T	E	T	R	A	L	O	G	Y	M	I	N	O	S		
R	A	G	E	I	E	A	N	S								
C	C	E	A	R	A	C	A	N	O	V	A					
K	T	M	R	K	A	M										
S	T	R	O	N	T	I	U	M	O	F	L	N	A			
E	N	I	L	O	F	F	E	N	B	A	C	H				
A	A	R	E	T	U	A										
E	G	B	E	R	T	S	T	O	U	R	M					
T	R	E	W	R	E	M	M	A								
M	O	R	A	R	B	R	O	A	D	B	E	A	N	T		
L	N	A	O	L	G	A	T	D								
H	E	N	D	E	C	A	G	O	N	C	A	L	Z	O	N	E
D	I	A	U	U	N	E	B									
S	O	U	S	V	I	D	E	T	I	M	O	C	R	A	C	Y

Puzzles

CRUSADER PRIZE CROSSWORD

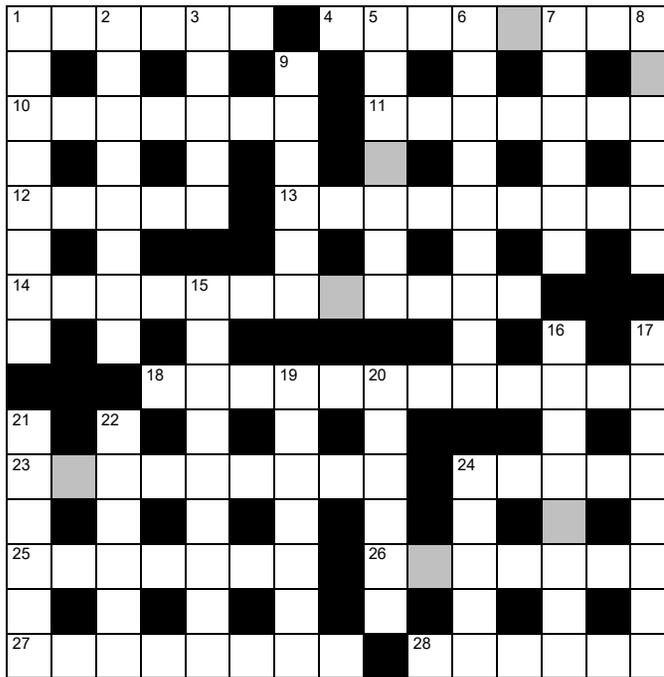
**WIN
£100
CASH**

ACROSS

- 1 Fireplace, almost, is free (6)
- 4 Switch positions periodically (3,3,2)
- 10 Intend the German to twist (7)
- 11 Conceals missing front in garden features (7)
- 12 Sanctify head of banking? Not so much (5)
- 13 Complete change of mind concerning act (5-4)
- 14 Extend upwards and cheer loudly (5,3,4)
- 18 Stop using keys, getting percentage (12)
- 23 Farmer with his own lunch (9)
- 24 Large coal order for the pub (5)
- 25 Marauders finding horsemen hold answer (7)
- 26 Like some elements, goes a different way to America (7)
- 27 Stupid at home, his new shrink (8)
- 28 Monster has registered an ally (6)

DOWN

- 1 Grouse, say, willing to get porridge (4,4)
- 2 Lecturer is not practical (8)
- 3 River sees work attempt missing (5)
- 5 Support has left a taste (7)
- 6 Bird that's well under par? (9)
- 7 Summon - percussion has increased (4,2)
- 8 Eating heartlessly, being inquisitive (6)
- 9 Engineers put tub out in wind (6)
- 15 Cut top off non-polluting tree (9)
- 16 Mislaid record before show (8)
- 17 Scrutinised any deals that are wrong (8)
- 19 Old moss formation is a gradual assimilation (7)
- 20 Chap has time to run (6)
- 21 Did without new drapes (6)
- 22 Small hatred for element (6)
- 24 Seal off river in a beam of light (5)



FOR YOUR CHANCE TO WIN
Read down the letters in the highlighted squares to reveal the mystery word.

TO ENTER: Call **0904 161 3700** (calls cost £1.50 plus your telephone company's network access charge) and leave your answer and details, or text **DXCRUS** followed by a space, your answer, name and address details to **88833** (texts cost £1.50 plus your standard network rate). Lines close at midnight Saturday. Or send your grid containing the answer in the shaded squares by posting it to: Crusader Crossword, July 1, PO Box 8694, Derby DE1 9TW. Entries must be postmarked by July 2 at the latest. For any postal enquiries, call helpline number. SP: Spoke - 0333 202 3390. An extra day is given for postal entries during bank holidays.

● **One weekly winner will be the first random correct entry drawn from all entry routes after the closing date of midnight Saturday. Competition runs Sunday to Saturday. The Editor's decision is final.**

NEED HELP? Call **0904 161 1609** for 5 extra clues! Calls cost £1.50 plus your telephone company's network access charge.

NAME _____
ADDRESS _____
POSTCODE _____

LAST THURSDAY'S SOLUTION

ACROSS: 1 Deep space, 6 ASAP, 10 Easel, 11 Vibrating, 12 Nemesis, 13 Reheard, 14 Antipersonnel, 17 Swollen-headed, 21 Updated, 22 Gristle, 24 Triennial, 25 Elude, 26 Meet, 27 Gravy boat. **DOWN:** 1 Drew near, 2 Epsom, 3 Self-supporting, 4 Adviser, 5 Embargo, 7 Spiralled, 8 Pagoda, 9 Cash on delivery, 15 Test drive, 16 Adherent, 18 Lodging, 19 Nigella, 20 Custom, 23 Truro. **Prizeword:** Prospect

TARGET



● The Target uses words in the main body of Chambers 21st Century Dictionary (1999 edition)

HOW many words of four letters or more can you make from the letters shown here?

In making a word, each letter may be used once only. Each must contain the centre letter and there must be at least one nine-letter word. No plurals. Verb forms ending in S permitted.

TODAY'S TARGET

Good 11; very good 17; excellent 22 (or more). **Solution tomorrow**

Call **0907 181 2585** for today's Target solution

*Calls cost 80p per minute plus your telephone company's network access charge.

BATTLESHIPS

FIND where the fleet of ships shown is hidden in the grid. The numbers to the right of and below the grid indicate how many of the squares in that row are filled in with ships or parts of ships. The ships do not touch each other, even diagonally. Some squares have been filled in to start you off.

Solution tomorrow

	1	2	3	4	5	6	7	8	9	10	
A		●									2
B									●		3
C										●	2
D		■									2
E											2
F			■								2
G						●					2
H										■	2
I											1
J										■	2
	2	2	1	4	1	2	2	3	1	2	

1 x Battleship

3 x Destroyer

2 x Cruiser

4 x Submarine

THE ALPHABEATER

TARGET TIME:
32 minutes

CAN you crack the Alphabeater? Each grid number represents a letter - or black square. As in Alphapuzzle, every letter of the alphabet is used. But you have to complete the grid too! Use the given letters and black squares below the grid to start. The grid is 'rotationally symmetrical' - in other words, it looks the same if you turn the page upside down.

Solution tomorrow

A	40	38	29	20	7	36	11	39	34	4	23	21	37
B	5	28	1	8	9	24	35	29	38	38	13	22	38
C	13	17	13	28	15	8	12	31	5	29	8	20	11
D	26	22	16	23	20	28	40	13	28	31	29	4	7
E	38	28	29	38	5	9	11	17	1	22	16	5	28
F	22	8	24	28	27	18	34	12	19	18	13	10	40
G	39	12	1	2	10	28	40	40	7	13	11	5	6
H	22	40	38	9	34	36	37	28	12	9	26	37	22
I	38	34	8	13	16	32	34	30	19	15	29	10	14
J	35	38	9	20	32	9	22	33	14	24	24	22	23
K	26	28	11	7	1	22	26	11	29	25	25	13	3
L	35	9	2	33	22	38	20	27	6	12	16	2	34
M	1	3	12	14	23	14	8	37	20	9	20	7	13

Extra letter clues
0907 181 2560
(Deduct three minutes for each extra clue letter heard)

Full solution
0907 181 2558
*Calls cost 80p per minute plus your telephone company's network access charge.

● Alternatively, for six Extra Letter clues to your mobile, text **DXBEAT** to **64343**. Texts cost £1 plus standard network rate.

WORD BUILDER

Solution tomorrow

Answer the clues so that each word contains the same letters as the previous word, plus or minus one.

- | | |
|---|--------------------|
| 1 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 1 Definite article |
| 2 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 2 Engrave |
| 3 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 3 Gag |
| 4 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 4 Scoundrel |
| 5 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 5 Tossed |
| 6 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 6 Hone |
| 7 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 7 Hack |

THE ALPHAPUZZLE®

Alphapuzzle® tests logic and word power. Each grid number stands for a letter. Every letter of the alphabet is used. Use the given letter or letters - below the main grid - to start. **Solution tomorrow.**

DIFFICULTY: 8/10; **TARGET:** 10 mins; **CLUE:** Pal holds revolutionary knife.

A	24		24		23			24		23			23
B	16	9	16	1	7	6		9	26	15	15	3	17
C	18		25		16		9		1		16		3
D	18	8	4	8	22	26	15		26	25	24	11	21
E	16		3		8		16		19		10		8
F	14	15	11	20		22	26	2	8	25			
G	8		21		12		25		25		24		20
H				13	11	3	1	8		1	11	25	16
I	23		7		25		26		20		21		24
J	1	21	16	24	8		12	3	3	15	26	23	7
K	8		11		21		12		3		3		8
L	16	25	25	11	16	15		16	4	5	11	23	1
M	10		1		15			6		23			8

1	2	3	4	5	6	7	8	9	10	11	12	13
14	15	16	17	18	19	20	21	22	23	24	25	26

EXTRA LETTER CLUES: 0907 181 2568*

Hear up to six Extra Letters, deduct two minutes for each clue letter heard.

FULL SOLUTION: 0907 181 2565*

ACROSS ONLY: 0907 181 2561* / DOWN ONLY: 0907 181 2562*

*Calls cost 80p per minute plus your telephone company's network access charge.

Alternatively, for six extra letter clues direct to your mobile, text **DXALPHA** to **64343**. Texts cost £1 plus standard network rate.

Alphapuzzle® ©2024 Acorn Editorial Ltd. All words appear in Chambers Dictionary.

THE DAILY EXPRESS 30-SECOND CHALLENGE

TODAY'S ANSWERS: BEGINNER = 2; INTERMEDIATE = 336; ADVANCED = 305.

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SP: Spoke - Helpline 0333 202 3390

EURO 2024



in association with

William HILL

**'Crazy' times
as Three Lions
produce a
great escape**

**ENGLAND 2
SLOVAKIA 1**

AFTER EXTRA TIME

From **Ryan Taylor** in
Gelsenkirchen

HARRY KANE revealed the "crazy emotions" as his goal led England into the quarter-finals after a dramatic comeback.

The captain struck in the first minute of extra-time after Jude Bellingham's sensational last-gasp leveller in normal time had denied Slovakia, who were 1-0 up.

England now face Switzerland on Saturday and Kane said: "It's one of my better wins, feelings-wise. What a crazy set of emotions. To get on the scoresheet was fantastic."

GARETH ON ROUTE 66: PAGES 2-3

DYNAMIC DUO:
Goalscoring
heroes Kane and
Bellingham in
perfect harmony
for England

EMOTIONAL RESCUE

INSIDE

DAILY EXPRESS

LET'S BEAT THE BOOS
Belgium unity plea: P4

BRUNO'S FRIENDLY FIRE
Portugal's Slo burner: P5

SPAIN TURN ON STYLE
Brave Georgia beaten: P6

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SWISS FIAT FIESTA LEAVES SPALLETTI SPITTING FEATHERS

BY CHARLIE GORDON

CRITICISE our football all you like, but don't you dare bring our cars into this.

Italy manager Luciano Spalletti took exception to a smug Swiss journalist comparing Switzerland to a Ferrari and the Azzurri to a Fiat Panda after a memorable night in Berlin.

Remo Freuler and Ruben Vargas scored in a 2-0 victory as Switzerland (celebrating above) advanced to the Euro 2024 quarter-finals and dismissed the holders.

The comparison kicked Spalletti (inset) while he was down, and the former Napoli boss said: "We have to accept everything, even allusions in bad taste like yours. I understand that you are a person of great irony and quality."

But he did remain gracious in defeat, adding: "You're right, you were better than us, you deservedly won."

"We'll try to do better next time, since we didn't manage to make life difficult for Switzerland."

Spalletti's future was immediately called into question after a dismal

performance in Germany's capital, where Italy had only one shot on target.

But the nation's FA moved quickly to clarify things as they called an emergency press conference yesterday.

"Spalletti has our full trust and we will move forward with him," confirmed Gabriele Gravina, president of the Italian Football Federation.

"We couldn't think of winning the European Championship with guys who have zero caps.

"It is unthinkable to solve problems by abandoning a multi-year project after only eight or nine months of activity. There will be plenty to review and we will reflect deeply on the tournament. We will rise together with work."

Italy's dismal run came in sharp contrast to three years ago, where they beat England in the final.

Former Three Lions boss Fabio Capello was scathing of his countrymen's performance.

He said: "We saw nothing. There is no quality. The team made too many tactical errors."



GARETH'S



ROUND OF 16	AET
ENGLAND	2
Bellingham 90+5, Kane 91 ET	
SLOVAKIA	1
Schranz 25	

FROM RYAN TAYLOR AND SIMON MULLOCK in Gelsenkirchen
GARETH SOUTHGATE revealed how England called upon the spirit of 66 to keep their Euro 2024 dream alive - and save his job.

Southgate and his staff showed the squad video footage of England's only major tournament triumph

ahead of their departure for Germany.

And Southgate (above) believes those clips inspired his players to fight until the final seconds - just as they looked to be heading home - to set up a quarter-final clash with Switzerland in Dusseldorf.

Ivan Schranz had put Slovakia ahead after 25 minutes and they looked heading to a shock win before Jude Bellingham's dramatic equaliser and Harry Kane's extra-time winner (together, left).

England boss Southgate said: "We showed the players a presentation of 1966

and how Geoff Hurst hadn't played until the quarter-finals.

"We wanted to highlight the value of the squad, players like Jimmy Greaves were playing a different role for the team and tournaments take you into strange places, difficult routes.

"That side wasn't always flying and the same applies to us.

"All of the players that came on had a big impact - they all played important roles.

"It's that spirit that's got us over the line."

Southgate claims he refused to accept elimination

MINNOWS HAVE MUR TO OFFER

BY CHARLIE GORDON

MURAT YAKIN delighted in his Swiss stars making a statement to Euro 2024's big guns by beating Italy.

Switzerland didn't just defeat the Azzurri for the first time in 31 years, they destroyed Luciano Spalletti's men to reach the quarter-finals.

"Once again, we sent out an important message," said Switzerland manager Yakin (above).

"We didn't only clump together as a unit and sit back, we showed that we

can attack and dominate. We could even have made the most of some other chances - that shows the players are all on top form. We can't wait for our upcoming matches.

"We have achieved our results with blood, sweat and tears.

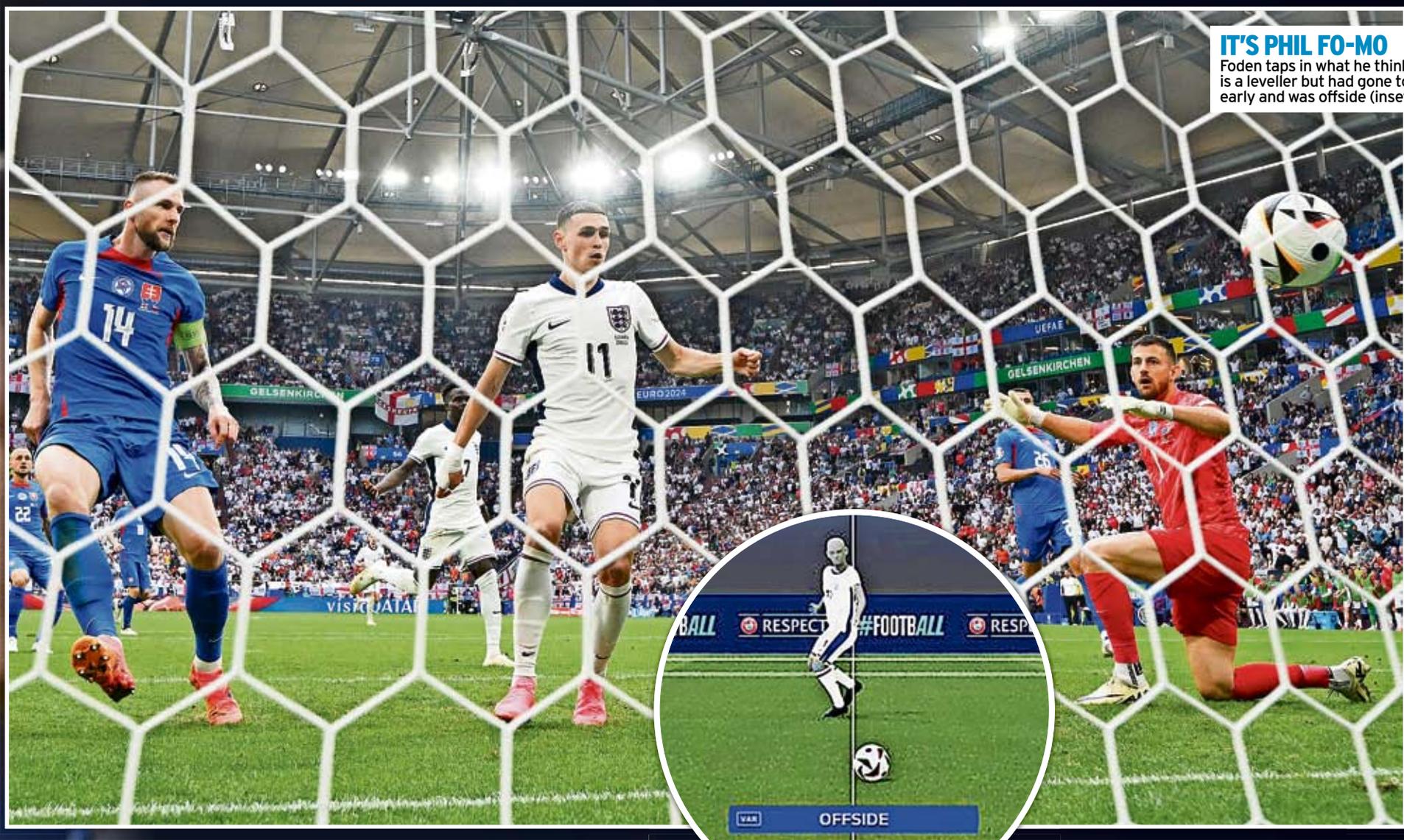
"It hasn't been through good luck, and that's crucial. We're on the right track and we're doing things the right way.

"We've made it through one round and we want to show the same strength in our upcoming tie."



ON ROUTE 66

Squad was shown video of World Cup winners to hammer home point of team spirit and togetherness says Southgate



IT'S PHIL FO-MO
Foden taps in what he thinks is a leveller but had gone too early and was offside (inset)

– despite trailing until the amazing finale in what could have been his final game at the helm.

He said: "I had belief right the way through to get the goal – it was a night where I wasn't ready to go home yet, the players weren't either. The one thing that can't be questioned is our commitment, desire or character.

"We want to be better, I'm not going to hide from that but the spirit was there for all to see and we're still in there fighting."

Southgate also revealed instrumental sub Ivan Toney, who assisted the

winner, was furious with the head coach over his lack of playing time.

He said: "I knew Ivan Toney had the hump for not putting him on but I said to him, 'This could be your moment'."

Captain Kane, who clinched a place in the last eight with his 65th international goal, hopes England have found the inspiration to really go deep in the tournament.

"When it's that late in the game and you're 1-0 down in knockout football, you need to find a way to claw yourself out of the hole," said the skipper. "Hopefully

we can use the momentum and take it forward now.

"We talk a lot about this team that we have created since Gareth has been here. Of course we know we can improve but what people and other teams underestimate is the spirit we have."

There was a brief flare-up at the final whistle involving Declan Rice and Slovakia coach Francesco Calzona.

The Italian said: "I wanted to speak to the referee and Rice was carrying on and continuing to speak to him. Then he apologised and it all ended there.

"I didn't like the way the

England team, when they were wasting time, were not punished."

Rice was in no mood to think about anything other than a famous England victory.

He said: "I cannot describe the feeling representing England. You look up at the clock and you think, 'We could be going home'."

"There is that inner fight and spirit in us. We have got that togetherness. We would do anything to protect this manager.

"Keep going and keep fighting. It's an honour to be a part of it – we are going to keep going."



HAPPY HUMP DAY
Southgate said Ivan Toney "had the hump" after being benched but it ended well

FRANCE v BELGIUM
ROUND OF 16: Dusseldorf Arena
KICK-OFF 5pm (ITV)

BY MARK JONES
DOMENICO TEDESCO is urging Belgium's players and fans to get back to singing from the same hymn sheet against France after anger and boos greeted their group stage qualification.

The Belgium boss hit out at German authorities after his side were delayed arriving in Stuttgart for their goalless draw with Ukraine, with his players unable to complete a full warm-up.

During the match laser pens were shone in the eyes of Kevin De Bruyne, who was then jeered by his own fans.

The Red Devils scraped into the last-16 in second place in Group E – but Tedesco says that is water under the bridge ahead of meeting Les Bleus in Dusseldorf.

“Anyone who knows me knows I don't like to complain, so when I do it shows how much there was to it,” said Tedesco. “The authorities and tournament organisers know that I was unhappy, but it's over now. We qualified.”

“In terms of the fans it is done and dusted now. Everybody has the right to act as they see fit. For us it was disappointing to see as it wasn't an easy game.”

“The fans are allowed to express what they feel. They are paying a lot of money for a ticket so it's OK, but it's also OK for the team to be disappointed because we qualified.”

“The moments after the game are important so of course we were a little bit broken. But what happened is not a topic any more.”

What has been a subject in the Belgian camp is the 2018 World Cup semi-final, a match that many saw as the perfect chance for the Belgian 'golden generation' to finally make their mark on international football.

France beat them 1-0 in Saint Petersburg, and Tedesco (below), who has only been boss since February last year, admits it is on the players' minds.

“It is something that is inside our players' heads of course, I've asked them,” he said. “I've never faced France and we have a lot of things that can motivate us in this game, but yes that result is inside their heads.”

Nottingham Forest midfielder Orel Mangala spent the second half of last season on loan at Lyon and hopes his experience of facing French players will stand him in good stead.

“They're all great players,” he said. “A lot play for Paris Saint-Germain and the strongest of all of them is Kylian Mbappe, even though he's now left.”

“Any game against France is one that gets me going, I can't wait, it is the type of game I've dreamed of playing and here I am.”

DOM'S PLEA: TURN JEERS INTO CHEERS



After fans boo their team and single out De Bruyne, Belgium coach asks for unity & encouragement

KEV IN CROSSFIRE
Frustrated Belgium fans let out their anger on midfield star and skipper De Bruyne

FRANCE: Maignan; Kounde, Upamecano, Saliba, Hernandez; Kante, Tchouameni, Rabiot, Griezmann; Mbappe, Thuram
BELGIUM: Casteels, Faes, Castagne, Vertonghen, Theate, Tielemans, Onana, De Bruyne, Doku, Lukaku, Trossard
REF: Glenn Nyberg (Swe)



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IT'S TIME FOR US TO CLICK SAYS DESCHAMPS

FRANCE boss Didier Deschamps admits his side's lack of firepower is not something he can solve with a click of the fingers.

France progressed to the last 16 as runners-up in Group D, having scored just two goals in their three games.

“If you want to win the game, you have to score



the goals,” said Deschamps (below). “It happens to the best of us.

Everyone's been there. It can be a month, it can be five, six games.

OK, fine, but it's not with a click of my fingers that this is going to change.

“My players are concentrated. The past is the past, it's behind us. We know exactly why we

are here and we know what the objective is tomorrow.”

Deschamps believes this is a new start for his team and has urged them to take their chances.

He said: “We're in a new phase of the competition – a competition within a competition. There are no second chances now. The teams that have qualified are better than the ones that went home.”

BRUNO ON A REVENGE MISSION

Slovenia shock 'perfect prep'



NOT HEAR TO LOSE
Fernandes is tuned in and focused on helping Portugal get past minnows Slovenia

PORTUGAL: Costa, Cancelo, Dias, Pepe, Mendes, Palhinha, Vitorino, Fernandes, Leao, Ronaldo, Bernardo Silva.
SLOVENIA: Oblak; Karnicnik, Drkusic, Bijol, Balkovec; Stojanovic, Elsnik, Gnezda Cerin, Mlakar; Sporar, Sesko
REF: Daniele Orsato (Italy)

PORTUGAL v SLOVENIA

ROUND OF 16: Frankfurt Arena
KICK-OFF 8pm (BBC)

BY MARK JONES
BRUNO FERNANDES has warned upstarts Slovenia that they may have inadvertently provided Portugal with the perfect preparation for their last-16 meeting.

The minnows reached the knockout stages of a major tournament for the first time with their goalless draw against England, and they are currently enjoying a nine-game unbeaten run.

One of those matches was a 2-0 win over Portugal in the first meeting between the countries in a friendly in Ljubljana in March (Timi Elsnik scores the second, below) and Manchester United captain Fernandes says that result means he and his side will know what to expect.

"This team has very high-quality players and we respect them," said Fernandes. "They beat us in a friendly and that has to put us on our toes. I didn't play in the friendly but I have watched the game and we have spoken about it.

"They played a great game but we have the chance to see what we can do differently to hurt them."

Marathon man Fernandes was left out of Portugal's final game of the group stages, the 2-0 defeat by Georgia, but he will return in Frankfurt to play his 61st match for

club and country since the beginning of the last Premier League season in August.

He has dismissed fears of burn-out, though, and says that he enjoys playing so many matches as it keeps him in rhythm.

Explaining the secret of playing so regularly, he said: "A lot of power naps. That helps.

"I enjoy the constant competition. Sometimes I'll ask the technical staff how to find the right balance and be at my best.

"But I like to compete and if I play a competitive game every three days I feel I am more prepared mentally and physically for the hardships of every game. Also my love for this beautiful game helps me always be ready to play for my national team or my club."

Fernandes scored Portugal's third goal on his most recent

appearance in the group-stage win over Turkey, when he was set up by Cristiano Ronaldo.

That assist from the Portugal captain has, like a lot of things Ronaldo does, become one of the most fervent talking points from the tournament on social media, but Fernandes says he was not surprised by it. Ronaldo usually thinks passing is a crime when through on goal but he unselfishly squared to Fernandes for a tap-in.

"There are many images of Cristiano assisting team-mates," Fernandes insisted. "Cristiano isn't just focused on scoring. After the game I said if he'd shot we'd have had the same result, it's just that he'd have scored. The most important thing is the win."

Portugal are 1-3 favourites to win tonight, with underdogs Slovenia around the 10-1 mark.



CERIN: WE WON'T SLO DOWN OUR FAIRYTALE

BY RICHARD LEWIS
SLOVENIA want to keep their "fairytale" going - and have every reason to take that confidence into the last-16 clash with Portugal tonight.

In March, Slovenia beat them 2-0 in a friendly in Ljubljana as goals from Adam Cerin and Timi Elsnik secured a famous



win. But midfielder Cerin (below) admitted: "We are very well aware that this will be something else. But every team can be beaten.

"They have a plethora of excellent players. They have a great team, and they are in form.

"But we have our plan, and we believe in it. If we execute it well, we can be

successful. We are preparing in our usual rhythm. Every opponent demands a thorough tactical analysis, which we have done, and we are ready for tomorrow's game."

And Cerin knows the impression his side have made, including drawing 0-0 with England.

He said: "We know we have quality and we are capable of prolonging this fairytale here in Germany."

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RAUCOUS FANS LIFT HOSTS FOR GLORY CHARGE

FROM RYAN TAYLOR

NICO SCHLOTTERBECK claims Germany have a trump card up their sleeve - the support of a united nation.

The Borussia Dortmund centre-back, who had a fourth-minute header ruled out in the fortuitous 2-0 triumph against Denmark, is confident Julian Nagelsmann's men can go the distance at Euro 2024.

"We have triggered something in the country," said Schlotterbeck (below), admitting his team-mates are feeding off the energy of the home crowd (above). "When something comes from outside, you're really happy that you can use it as a catalyst in the game."



"We play with euphoria, we play with fun. That's the best thing about football."

Now the Waiblingen native is relishing a return to hometown Stuttgart for the quarter-finals.

He added: "I grew up five kilometres from there. All my boys will be in the stadium, my whole family. I'm really looking forward to it."

"We had crazy fans behind us against Denmark - the stadium was shaking."

"I'm used to that from playing for Dortmund, not so much from the national team."

Meanwhile, Joachim Andersen launched an astonishing attack on Premier League referee Michael Oliver after Kasper Hjulmand's side were sent packing.

The Crystal Palace centre-back looked to have put the Danes ahead after 48 minutes when he lashed

home inside the box.

However, Thomas Delaney's toe was ruled offside by VAR and 90 seconds later, Andersen conceded a penalty for blocking David Raum's cross with his arm.

Furious Andersen said: "There was no shadow of a penalty kick. It is one of the worst refereeing performances I have seen in my career."

"Offside is offside, but that he can rule on the ball in such a situation, it's absolutely crazy."

When asked if he approached Oliver to discuss either decision,

Andersen said: "I'm not allowed to. Then you get fines and a yellow card. He can make all the mistakes he wants, and you can't say anything."

Under a new UEFA ruling, only the captain can approach a referee to contest a decision.

Andersen added: "The rule that says we can't talk to the referee is the stupidest rule."

"You react when the referee makes a wrong decision, and I don't know how many wrong decisions he made in this match."

Denmark captain Simon Kjaer has played 132 games for his country but he did not feature at Euro 2024, much to his frustration.

When asked about his lack of involvement, Kjaer said: "You must talk to Kasper about that."

"There really isn't much more to put into it from my side. I have been ready."

"I've been an advocate for the collective and I always will be but everyone wants to play."

RED-HOT SPAIN READY TO REIGN



HAIR-RAISING NICO
Williams makes it 3-1 last night to help Spain forget all about their early bloopers (below)

Brilliant fightback sends warning to remaining pack

ROUND OF 16	
	SPAIN Rodri 39, Ruiz 51, Williams 75, Olmo 83
	GEORGIA Le Normand 18 og

BY MARK JONES
ACROBATICS and extra-time were not needed as a slick Spain recovered from the shock of going behind to set up a mouthwatering quarter-final with Germany.

After conceding to Georgia's first attack, Spain roared back thanks to a timely equaliser from Rodri, before a second-half burst beat the spirited Georgians in Cologne.

Luis de la Fuente's side dominated the contest and proved just why they are beginning to be taken seriously as potential winners.

Georgia bow out of their first major tournament after showing plenty of heart,

but ultimately lacked defensive stability. They will always have their opener though.

It had been one-way traffic, but then the diversion in the 18th minute. For the first time in the game Georgia got players forward and right wing-back Otar Kakabadze sent a bouncing cross into the area.

Robin Le Normand, aware of the presence of a looming Khvicha Kvaratskhelia, tried his best to deal with it but could only help it into his own net. Cue bedlam.

Spain were stunned and where their attacking had been so slick there was a sudden air of panic

about their efforts. Fabian Ruiz, Pedri and Aymeric Laporte all tried from distance, the latter hopelessly.

Marc Cucurella and Nico Williams were the next to have a go but Giorgi Mamardashvili saved well and then just as frustration began to take hold came Rodri, always the man for such an occasion.

Packed penalty area, hovering around the D... perfect shot. It was classic Rodri,

though with his left foot, as the midfielder dragged his side level when they needed it most.

Kvaratskhelia opened the second half with an outrageous effort from his own half that had Unai Simon breaking out in a cold sweat before it drifted wide.

Spain were steely eyed now, though, and within moments they were ahead when 16-year-old Lamine

Yamal, seconds after having a free-kick saved, planted a perfect cross on to the head of Ruiz, who could not miss.

Georgia admirably stuck to their task but they looked shattered. After they survived

conceding a Giorgi Gvelesiani own-goal due to Yamal being offside, Williams brilliantly raced clear from a Ruiz pass, rode a challenge and settled the contest.

Dani Olmo then got in on the act as he took a fine first touch and finished low for the fourth.

SPAIN: Simon 6; Carvajal 7 (Navas 81), Le Normand 6, Laporte 6, Cucurella 6 (Grimaldo 66, 6); Rodri 8, Pedri 6 (Olmo 53, 6), Ruiz 7 (Merino 81); Yamal 7, Morata 6 (Oyarzabal 67, 6), Williams 8.
GEORGIA: Mamardashvili 8; Kakabadze 7, Gvelesiani 6 (Kvekveskiri 79), Kashia 6, Dvali 6, Lochoshvili 6 (Tsitashvili 63, 5); Kiteishvili 6 (Altunashvili 41, 5), Chakvetadze 7 (Davitashvili 63, 6), Kochorashvili 7; Kvaratskhelia 7, Mikautadze 6 (Zivivadze 79)

SPAIN	GEORGIA
74%	POSSESSION 26%
13	SHOTS ON TARGET 0
11	SHOTS OFF TARGET 3
13	CORNERS 3
3	OFFSIDE 0
11	FOULS 5
0	CARDS 1
1	0

Referee: Francois Letexier (FRA)





GROUP A

GERMANY Wirtz 20, Musiala 19, Havertz 45+1 pen, Fullkrug 68, Can 90+3	HUNGARY Varga 66
SCOTLAND Rudiger 87 og	SWITZERLAND Duah 12, Aebischer 45, Embolo 90+3
GERMANY Musiala 22, Gundogan 67	SCOTLAND McCommy 13
HUNGARY	SWITZERLAND Shaqiri 26
SWITZERLAND Ndoye 28	SCOTLAND
GERMANY Fullkrug 90+2	HUNGARY Csoboth 90+10

GROUP B

SPAIN Morata 29, Ruiz 32, Carvajal 45+2	ITALY Bastoni 11, Barella 16
CROATIA	ALBANIA Bajrami 1
CROATIA Kramaric 74, Gjasula 76 og	SPAIN Calafiori 55 og
ALBANIA Laci 11, Gjasula 90+5	ITALY
CROATIA Modric 55	ALBANIA
ITALY Zaccagni 90+8	SPAIN Torres 13

GROUP C

SLOVENIA Janza 77	SERBIA
DENMARK Eriksen 17	ENGLAND Bellingham 13
SLOVENIA Karnicnik 69	DENMARK Hjulmand 34
SERBIA Jovic 90+5	ENGLAND Kane 18
ENGLAND	DENMARK
SLOVENIA	SERBIA

GROUP D

POLAND Buksa 16	AUSTRIA
HOLLAND Gakpo 29, Weghorst 83	FRANCE Wober 38 og
POLAND Piatek 30	HOLLAND
AUSTRIA Trauner 9, Baumgartner 66, Arnautovic 78 (pen)	FRANCE
HOLLAND Gakpo 47, Depay 75	FRANCE Mbappe 56 pen
AUSTRIA Malen 6 og, Schmid 59, Sabitzer 80	POLAND Lewandowski 79 pen

GROUP E

ROMANIA Stanciu 29, Marin 53, Dragus 57	BELGIUM
UKRAINE	SLOVAKIA Schranz 7
SLOVAKIA Schranz 17	BELGIUM Tielemans 2, De Bruyne 80
UKRAINE Shaparenko 54, Yaremchuk 80	ROMANIA
SLOVAKIA Duda 24	UKRAINE
ROMANIA Lewandowski 79 pen	BELGIUM

GROUP F

TURKEY Muldur 25, Guler 65, Akturkoglu 90+7	PORTUGAL Hranac 69 og, Conceicao 90+2
GEORGIA Mikautadze 32	CZECH REP Provod 62
GEORGIA Mikautadze 45 (pen)	TURKEY
CZECH REP Schick 59	PORTUGAL Bernardo Silva 21, Akaydin 28 (og), Bruno Fernandes 56
CZECH REP Soucek 66	GEORGIA Kvaratskhelia 2, Mikautadze 57 pen
TURKEY Calhanoglu 51, Tosun 90+4	PORTUGAL

GROUP A TABLE

	P	W	D	L	F	A	Pts
Germany	3	2	1	0	8	2	7
Switzerland	3	1	2	0	5	3	5
Hungary	3	1	0	2	2	5	3
Scotland	3	0	1	2	2	7	1

GROUP B TABLE

	P	W	D	L	F	A	Pts
Spain	3	3	0	0	5	0	9
Italy	3	1	1	1	3	3	4
Croatia	3	0	2	1	3	6	2
Albania	3	0	1	2	3	5	1

GROUP C TABLE

	P	W	D	L	F	A	Pts
England	3	1	2	0	2	1	5
Denmark	3	0	3	0	2	2	3
Slovenia	3	0	3	0	2	2	3
Serbia	3	0	2	1	1	2	2

GROUP D TABLE

	P	W	D	L	F	A	Pts
Austria	3	2	0	1	6	4	6
France	3	1	2	0	2	1	5
Holland	3	1	1	1	4	4	4
Poland	3	0	1	2	3	6	1

GROUP E TABLE

	P	W	D	L	F	A	Pts
Romania	3	1	1	1	4	3	4
Belgium	3	1	1	1	2	1	4
Slovakia	3	1	1	1	3	3	4
Ukraine	3	1	1	1	2	4	4

GROUP F TABLE

	P	W	D	L	F	A	Pts
Portugal	3	2	0	1	5	3	6
Turkey	3	2	0	1	5	5	6
Georgia	3	1	1	1	4	4	4
Czech Rep	3	0	1	2	3	5	1

ROUND OF 16

GAME 37	GERMANY 2-0 DENMARK	GAME 38	SWITZERLAND 2-0 ITALY
Havertz 53 pen, Musiala 68		Freuler 37, Vargas 46	
GAME 39	SPAIN 4-1 GEORGIA	GAME 40	ENGLAND 2-1 (aet) SLOVAKIA
Rodri 39, Ruiz 51, Williams 75, Olmo 83		Bellingham 90+5, Kane 91 ET	
GAME 41	PORTUGAL v SLOVENIA	GAME 42	FRANCE v BELGIUM
Frankfurt Arena TONIGHT, JULY 1, KICK-OFF 8PM (BBC)		Düsseldorf Arena TONIGHT, JULY 1, KICK-OFF 5PM (ITV)	
GAME 43	ROMANIA v HOLLAND	GAME 44	AUSTRIA v TURKEY
Munich Football Arena TOMORROW, JULY 2, KICK-OFF 5PM (BBC)		Leipzig Stadium TOMORROW, JULY 2, KICK-OFF 8PM (ITV)	

SEMI-FINALS

GAME 49	W45 v W46
Munich Football Arena TUESDAY JULY 9, KICK-OFF 8PM (Munich)	
GAME 50	W47 v W48
BVB Stadion Dortmund WEDNESDAY JULY 10, KICK-OFF 8PM (Dortmund)	
GAME 51	WINNER 49 v WINNER 50
Olympiastadion Berlin SUNDAY JULY 14, KICK-OFF 8PM (Berlin)	

QUARTER-FINALS

GAME 45	SPAIN v GERMANY	GAME 46	W41 v W42
Stuttgart Arena FRIDAY JULY 5, KICK-OFF 5PM (Stuttgart)		Volksparkstadion Hamburg FRIDAY JULY 5, KICK-OFF 8PM (Hamburg)	
GAME 47	W43 v W44	GAME 48	ENGLAND v SWITZERLAND
Olympiastadion Berlin SATURDAY JULY 6, KICK-OFF 8PM (Berlin)		Düsseldorf Arena SATURDAY JULY 6, KICK-OFF 5PM (Düsseldorf)	



EURO REKIND



CROATIA 3 SPAIN 5

Euro 2020, Round of 16
Monday, June 28, 2021

BY KEITH WEBSTER

AS 47-yard own goals go, it was one of the less spectacular ones but it rang the bell for a thrilling encounter in Copenhagen.

Teenage midfielder Pedri will forever see his name credited with a bizarre strike from near the halfway line after 20 minutes that opened the scoring in this knockout game.

In reality, however, the blame lay with Spain goalkeeper Unai Simon. The Athletic Bilbao No.1 was already looking upfield before lifting his right

foot to control Pedri's tame pass when it rolled past him and he watched in despair before bowing his head as it nestled inside the left upright.

Spain were taking flak from back home following the opening two drawn group games – 0-0 with Sweden and 1-1 against Poland.

But they ignited in the final match against Slovakia with a 5-0 blitz to qualify in second behind the Swedes.

The criticism from close quarters appeared to have galvanised them.

Midfielder Sergio Busquets leapt to the defence of his keeper, saying: "Unai Simon knows he's got our total confi-

dence. The goal was bad luck, but his mentality is very laid-back while remaining ambitious, and he showed that. He was ultra-secure after the goal and made some top saves."

Indeed he did, most notably from Andrej Kramaric in extra-time, with the game level at 3-3, when the Croatian had the goal at his mercy from seven yards only for Simon to make a fabulous stop.

Luis Enrique's side had recovered from the early blow to be level by half-time as Pablo Sarabia's

thunderous left foot ended a game of goalmouth ping-pong.

After Cesar Azpilicueta's header from a corner and a cool, low finish by Ferran Torres, they appeared to be home and dry with 13 minutes left.

But Croatia had something to say about that.

Goal-line technology confirmed Mislav Orsic had scrambled the ball over the line – barely – with five minutes left before Mario Pasalic timed a run into the box beautifully to rise majestically and glance home a header two minutes into stoppage-time to send the game to an extra 30

minutes. Simon's save from Kramaric fired Spain into action and the much-criticised Alvaro Morata put them ahead with a wonderful first touch before crashing a left-foot volley into the roof of the net from a tight angle 10 minutes into extra-time.

Three minutes later, it was all over when Mikel Oyarzabal slotted home, with no late Croatia heroics this time.

Azpilicueta said: "Boy, we had to suffer. It's been a few tournaments since we went through a knockout match. But we broke the ice against the World Cup runners-up.

"It wasn't great to be scored against twice late in normal time, but we were

the better team in extra-time." Oyarzabal summed up the mentality, saying: "All I wanted was the chance to help the team – whether I started, came on or didn't get any time. That's what we all feel like."

That team spirit pushed them through the quarter-final against Switzerland on penalties but another shoot-out in the semi-final with Italy was a step too far.



Spirited Spain bounce back to heal a self-inflicted wound

BLUNDERFUL WONDERFUL COPENHAGEN



THAT'S MOR LIKE IT
Morata hit back in extra-time after Simon (inset) had let in a sloppy own-goal opener

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