Daily Mail

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MONDAY, JULY 1, 2024

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Mail Sport
WE'RE BACKING ENGLAND

JUDE'S HEAD OVER HEELS!

Last-seconds scorcher spares England's blushes in nail-biting win

SEE PAGES 2-3



As Tories warn voters they face 'buyers' remorse' if they give Starmer a supermajority, Sunak issues rallying cry...

DON'T LOCK IN LABOUR FOR A GENERATION

DISAFFECTED Tory voters risk 'locking in a Labour government for a generation' unless they act to prevent a Starmer supermajority, Rishi Sunak will warn today.

By **Jason Groves**
Political Editor

The Prime Minister will kick off a final frantic week of campaigning with a direct appeal to 'frustrated' former Tory supporters considering a protest vote on Thursday.

It came after Deputy Prime Minister Oliver Dowden warned 'the bigger the Labour majority, the bigger the buyers' remorse', as he told voters frustrated with the Tory record: 'Don't think about the anger just now.'

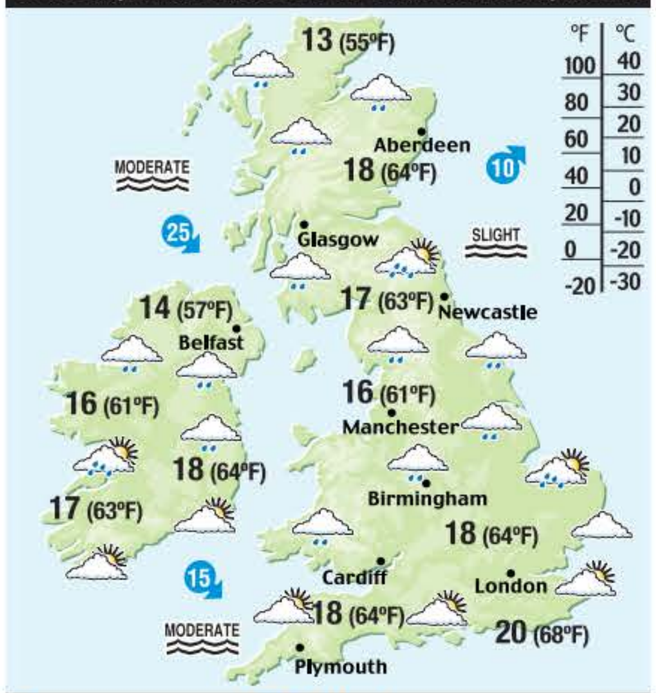
In a speech today, Mr Sunak will say voters have 'four days to save Britain from a Labour government which would hike taxes by more than £2,000 for every working family, would shunt our politics to the Left and change the rules to ensure that they can stay in power for decades'. He will warn that if Labour gains a supermajority, the party will 'set about entrenching themselves in power' by changing the electoral system, starting with lowering the voting age to 16.

And he will caution that an 'unchecked' Labour government would be 'a disaster from which it would take decades to recover'. Opinion polls show

Turn to Page 6

Weather

Go to: **dailymail.co.uk/weather** for UK and world 5 day forecast



Summary: Light showers

UK TODAY: Quite a cloudy and wet day, as a band of light showers will move east throughout the day. These showers could turn heavier in Scotland. Some sunny intervals, especially in the evening. Max 21c.

Today's weather

	9am	12noon	3pm	6pm	9pm
London	17c	20c	20c	19c	18c
Plymouth	16c	18c	19c	18c	16c
Cardiff	15c	16c	17c	17c	16c
B'ham	15c	16c	16c	17c	15c
M'chester	14c	14c	14c	15c	14c
Newcastle	14c	14c	15c	16c	15c
Glasgow	13c	14c	16c	15c	13c
Aberdeen	14c	14c	15c	15c	13c
Belfast	13c	15c	15c	14c	13c

5 day forecast

	Tue	Wed	Thu	Fri	Sat
London	21c	19c	20c	21c	21c
Plymouth	20c	17c	18c	18c	18c
Cardiff	19c	16c	17c	17c	17c
B'ham	17c	17c	17c	18c	18c
M'chester	15c	16c	15c	16c	16c
Newcastle	17c	16c	16c	17c	16c
Glasgow	15c	15c	14c	14c	15c
Aberdeen	16c	15c	15c	15c	14c
Belfast	16c	15c	15c	14c	15c

Europe forecast

	today	c	f	tomorrow	c	f
Amsterdam	cloudy	18	64	rain	17	63
Brussels	showers	19	66	drizzle	18	64
Frankfurt	showers	21	70	rain	17	63
Geneva	showers	24	75	showers	22	72
Lisbon	fair	26	79	sun	30	86
Madrid	drizzle	29	84	sun	31	88
Paris	cloudy	22	72	drizzle	20	68
Rome	fair	28	82	sun	28	82

Around the world yesterday

Noon local time

	weather	c	f
Algiers	Sunny	29	84
Amsterdam	Cloudy	20	68
Athens	Sunny	32	90
Auckland	Cloudy	15	59
Bahrain	Sunny	45	113
Barcelona	Fair	24	75
Basra	Sunny	46	115
Beijing	Sunny	30	86
Beirut	Sunny	29	84
Belfast	Cloudy	14	57
Belgrade	Sunny	32	90
Berlin	Fair	25	77
Biarritz	Fair	19	66
Brisbane	Sunny	24	75
Brussels	Cloudy	20	68
Bucharest	Sunny	33	91
Budapest	Sunny	32	90
Cairo	Sunny	31	88
Cape Town	Sunny	19	66
Casablanca	Sunny	23	73
Copenhagen	Rain	16	61
Corfu	Sunny	36	97
Dubai	Sunny	39	102
Dublin	Cloudy	14	57
Dubrovnik	Sunny	32	90
Faro	Sunny	23	73
Florence	Sunny	28	82
Geneva	Drizzle	20	68
Gibraltar	Sunny	24	75
Guernsey	Cloudy	16	61
Helsinki	Fair	22	72
Hong Kong	Showers	31	88
Innsbruck	Thunder	25	77
Istanbul	Sunny	30	86
Jersey	Cloudy	17	63
Larnaca	Sunny	32	90
Las Palmas	Sunny	25	77
Lisbon	Showers	21	70
London	Fair	19	66
Los Angeles	Sunny	22	72
Luxor	Sunny	40	104
Madrid	Fair	23	73
Malaga	Sunny	30	86
Malta	Sunny	33	91
Melbourne	Showers	11	52
Mexico City	Showers	22	72
Miami	Fair	31	88
Milan	Fair	28	82
Montreal	Rain	18	64
Moscow	Sunny	27	81
Mumbai	Thunder	30	86
Nairobi	Fair	19	66
New Delhi	Rain	34	93
New York	Fair	26	79
Nice	Sunny	25	77
Oslo	Cloudy	18	64
Palma	Sunny	27	81
Paris	Fair	22	72
Perth	Sunny	18	64
Prague	Fair	27	81
Rhodes	Sunny	31	88
Riga	Sunny	24	75
Rome	Sunny	29	84
Singapore	Thunder	24	75
Stockholm	Rain	18	64
Strasbourg	Rain	20	68
Sydney	Rain	14	57
Tangier	Sunny	23	73
Tel Aviv	Sunny	31	88
Tenerife	Sunny	25	77
Tokyo	Cloudy	28	82
Toronto	Rain	23	73
Tunis	Sunny	33	91
Vancouver	Fair	19	66
Venice	Fair	30	86
Vienna	Sunny	32	90
Warsaw	Sunny	33	91
Wellington	Cloudy	13	55

Moon and Sun

MOON rises: 1.15am, sets: 4.55pm
Sun rises London: 4.48am, sets: 9.20pm
Manchester rises: 4.44am, sets: 9.40pm
HIGH TIDE London Bridge: 10.39pm
Liverpool: 8.10pm

Extremes (24 hrs to 6pm y'day)

Warmest: Bournemouth, Dorset, 21c (70f). **Coldest:** Redesdale, Northumberland, 4c (39f). **Wettest:** Loch Glascarnoch, Wester Ross, 0.22ins. **Sunniest:** Plymouth, Devon, 9.1hrs.

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EURO 2024

The agony...



JANE FRYER

View from the sofa



WE COULD, of course, start by totting up a few positives.

That after all that hot, sticky, continental weather, we've finally got some nice, soothing drizzle in Gelsenkirchen.

That Phil Foden is safely back on the wing after nipping home for the birth of his third child.

And that, somehow, despite there having been not one really golden moment, we had qualified for the knock-out stages, at the top of our group.

But as the national anthems fade and whistle blasts in the Veltins Arena, there's only one burning question for England fans – have our £1.5 billion team finally found their form?

Let's bloody well hope so. Because Gareth Southgate has certainly tried everything – and, increasingly, anything – to jump-start his squad into life.

Starting with encouragement, praise, hugs and some fun, bonding games at their luxury training camp. And when that didn't work, there were what he referred to as 'candid words'. Promises of a 'different England' and, one would hope, a bit of healthy shouting.

But still nothing.

So, in desperation, last Friday Mail Sport launched its We're Backing England campaign in a bid to unite the country behind the team and show we cared.

And the day after – clearly spotting a good idea when he saw one – Southgate pleaded with the nation to 'get behind England' because they were young and struggling and needed love and support.

Mail Sport

WE'RE BACKING ENGLAND

Some fans went even further, and pinned their hopes on a fortune-telling Tawny Eagle called Honey, who predicted a win.

And Mr Motivator, aka 71-year-old Derrick Evans, got involved, making the team a special video in which he pretended to be riding a horse to victory and promised them 'we love you, no matter what'.

Which is not quite how I would describe the sentiment when – after yet another floppy, sloppy start from England and a blizzard of yellow cards – Slovakia scores in the 25th minute.

Oh blimey, sometimes it all just feels too much supporting our national team.

It's bad enough being one of the 19 million watching at home. But pity Prime Minister Rishi Sunak watching at Tory party headquarters and having to hold his face nicely for the picture he has to tweet, win or lose.

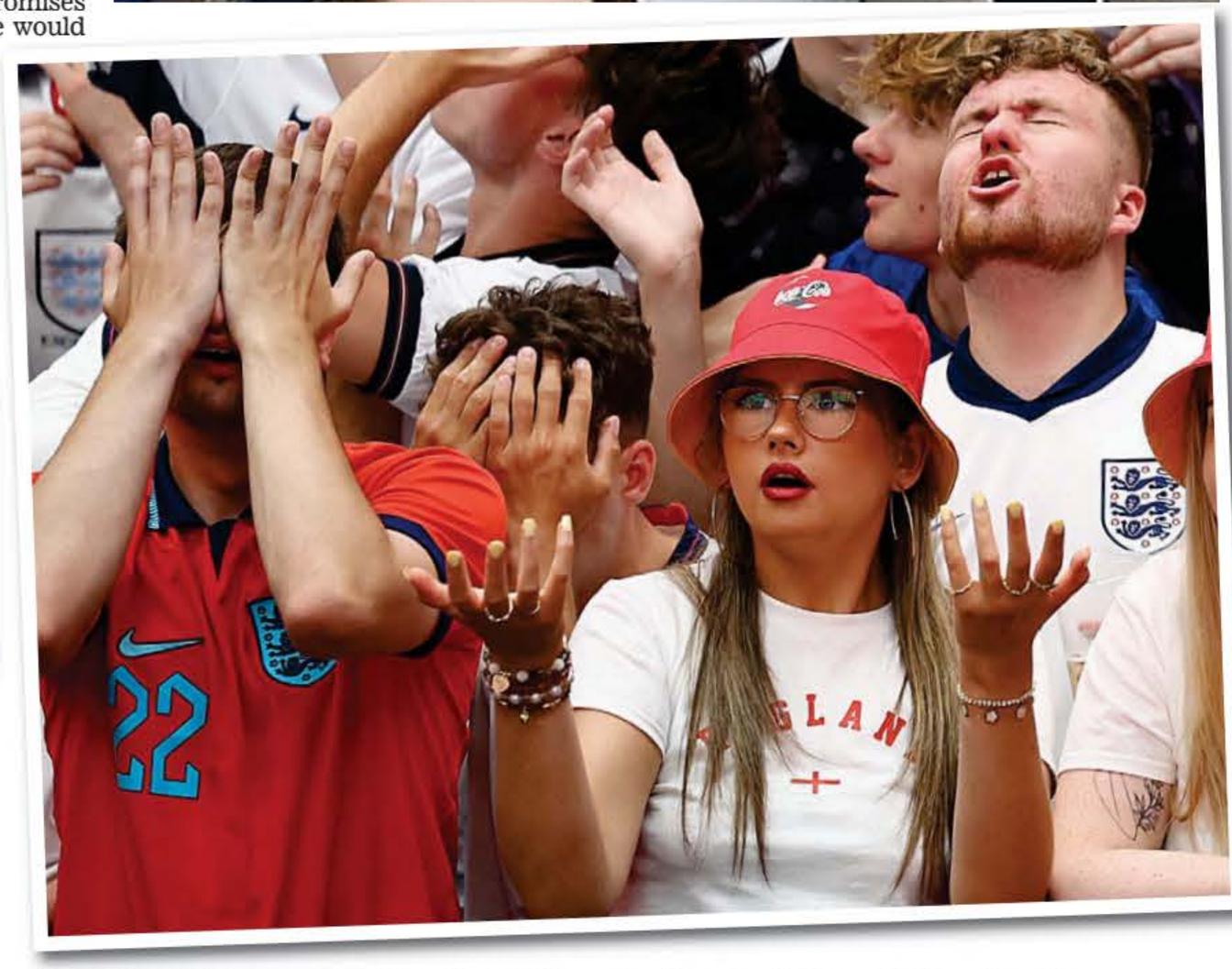
Particularly because, as the first half trudges on, they just don't seem to want it badly enough or be properly hungry for it.

Certainly, on my sofa, after half an hour we're all looking forward to halftime. To the moment when, for once, softy Southgate, surely totally loses it. Screams at them from the sidelines. Threatens them with electric shock treatment.

Because even if they don't care, he's got plenty riding on it. This is his 99th game managing England and he's desperate to stay.

And not just because of the football, but because, by his own account, he's also doing rather well in a Padel tournament back at their luxury basecamp and is keen to reach the final. But when the second half starts, he might as well have had a nice catch-up with the team and a game of UNO, because nothing's changed. No new players. No new energy. Certainly no fresh hope.

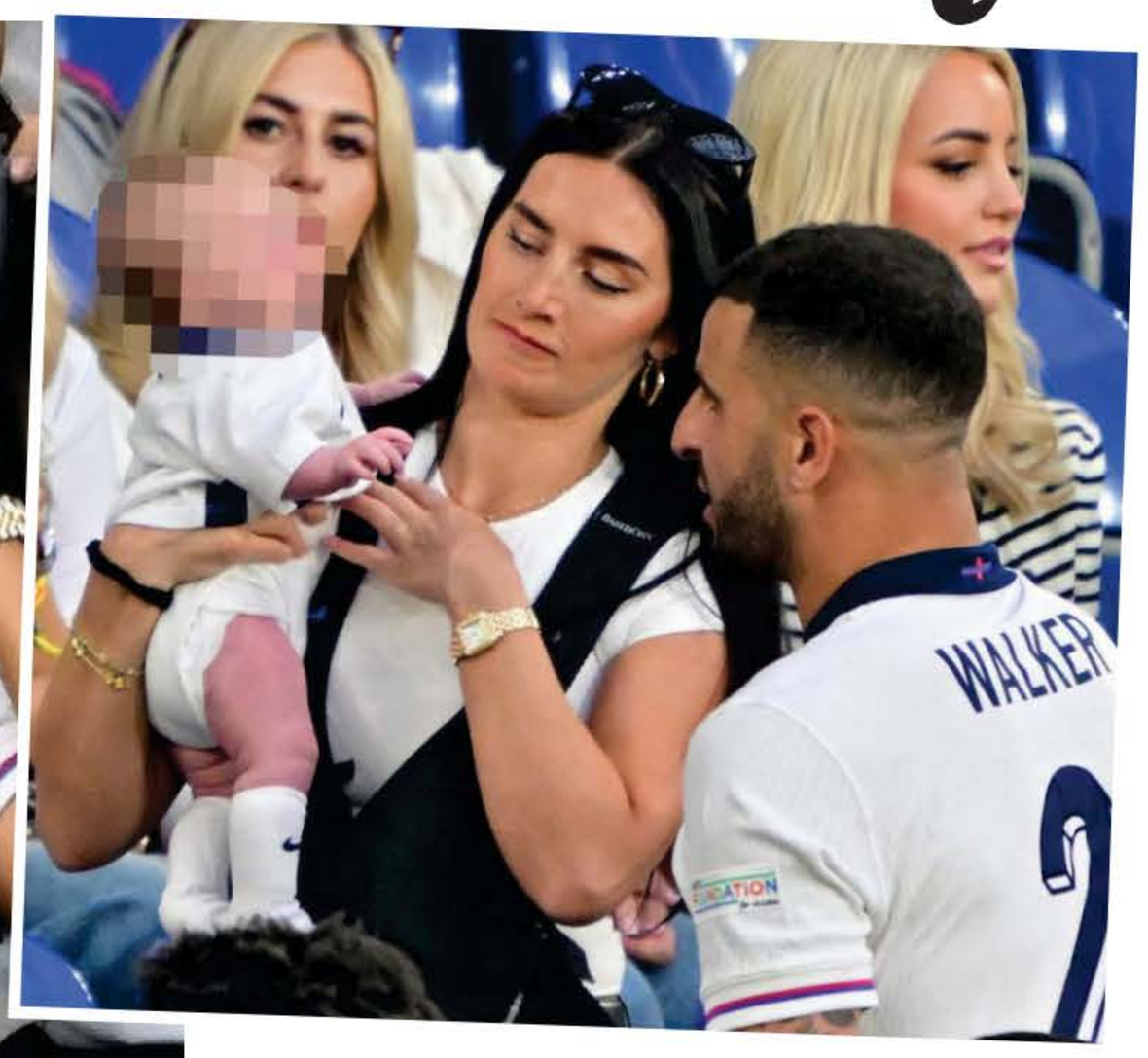
Yes, Foden's woefully offside goal adds a brief spurt of energy – and gets Southgate up and chewing gum like a maniac, and the Slovakian coach waving and shouting in his impossibly



Take Me Back To London: Pop star Ed Sheeran, top, and fellow England fans in the Veltins Arena in Gelsenkirchen last night were starting to fear the worst

THEN the ecstasy!





Well done, Dad: Kyle Walker with wife Annie Kilner and son Rezon

We're staying in Germany! Katie Bio, partner of striker Ivan Toney, holds their son as she and midfielder Conor Gallagher's partner Aine May Kennedy celebrate the nail-biting win



Some good news: Rishi Sunak



'What? An election on Thursday? NOW you tell us!'

tight trousers. And Cole Palmer – when he's finally brought on – is a lovely bouncy powerhouse.

But I can't think of much to say about the rest of them. Of course, we could blame the ITV curse – the fact that England have won just 25 per cent in the 31 matches aired on the channel since 1998 – but that doesn't feel fair. And surely, they can't all be tired again. They're top athletes, for goodness' sake.

Whatever, on we stumble, until we're all screaming: 'For God's sake, Southgate, scrap the plan! Substitute! Make some changes, please. Anything. It's not working. Even if you won't change your favourite cream jumper, at least change the bloody players.'

Suddenly, it's 20 minutes to go. One nil down to a team worth a tenth of ours and we're heading out of the Euros.

Twelve minutes left and the ITV commentators tell us that England have not had one shot on target against the 45th-ranked team in the world.

Tick, tick tick...

Six minutes left, and surely now Gareth is now planning his exit, resigning himself to the fact he'll never make it to 100 matches or finish his Padel tournament, and mentally packing his hopes, dreams and all those zippy knitted tops.

Then, suddenly, on the 95th minute, just as we're beginning to forget about football and think about Wimbledon, the world stops.

Because Jude Bellingham shows us why he's the hottest property in Europe with a sublime bicycle kick goal and it's 1-1.

And that's not all.

Barely three minutes later, before the crowd have even got really going on 'Hey Jude', and after a shocker of a match, captain Harry Kane bangs in a lovely little header to make it 2-1.

And then, slowly, the world starts turning again.

Gareth mentally unpacks all his zippy tops and settles in for his 100th game as manager. Rishi tweets a picture of himself celebrating the goal alongside the words: 'It's not over until it's over.' Honey the eagle preens her feathers in a rather smug fashion.

And the rest of us sit slack-jawed, trying to work out what just happened and wondering how on earth we put ourselves through anything like that, ever again.

See you at the quarters against Switzerland on Saturday. If you can take it.

Additional reporting:
Andy Dolan
Sport – Back page

Shockwaves in France as Le Pen set to win majority

President is humiliated in first round of snap election

From **Peter Allen** in Paris

FRANCE was last night on its way to electing its first far-Right government since the Second World War following a massive parliamentary election win for Marine Le Pen.

Ms Le Pen declared 'Democracy has spoken!' after her National Rally party came top in the first leg of a two-round poll, achieving a predicted 34 per cent of the popular vote. This compared to just 20 per cent for President Emmanuel Macron's Renaissance/Together coalition.

The result could lead to a majority in the National Assembly for National Rally – which would see its candidate for prime minister, 28-year-old Jordan Bardella, forming a government.

Mr Macron was also humiliated by the 28 per cent share of votes cast for the New Popular Front (NPF), an

'Democracy has spoken'

alliance of Leftist parties. Despite this, the French president immediately called for a 'Republican rally' to stop National Rally next weekend.

Exit poll results, which are usually extremely accurate, were released at 7pm UK time last night. They showed a record turnout of 67.5 per cent, reflecting the historic importance of the election for French voters.

All candidates who got over 12.5 per cent of the vote but less than 50 per cent in each of the 577 constituencies will move on to the second round of voting on Sunday.

This will decide whether National Rally has the 289 seats necessary in the Paris National Assembly for an absolute majority. Projections put them on between 260 and 310 seats, with the NPF on between 115 and 145 seats, and Renaissance/Together on between 90 and 120.

A new National Rally government would share power with Mr Macron in a so-called 'cohabitation'.

The president can remain France's head of state until 2027, when he has to step down after completing a maximum two terms in office.

PRESIDENT Macron has gambled and failed — disastrously.

Far from putting France's populist Right back in its box after it came first in elections to the European Parliament last month, Marine Le Pen's National Rally, which won a predicted 34 per cent of the vote according to exit polls in yesterday's legislative elections, will now be the largest party in the French National Assembly.

It might even win a majority when the second round of elections takes place on July 7.

Macron's centrist Renaissance party was thumped. With only 20 per cent of the vote, it is on track to lose around two-thirds of the 250 seats it now holds.

Many candidates removed his face from their campaign literature. Much good it did them. They discovered a visceral dislike for the president on the doorstep. I suspect they knew they were going down in flames. Last night, his party HQ in Paris was deserted. Not even a wake was being held.

Macron has not just lumbered France with a populist Right – the second biggest grouping in the National Assembly will be the Left-wing New Popular Front, dominated by France's Corbynistas and Communists. It won 28 per cent of the vote.

THESE were elections Macron did not have to call and had no chance of winning. It was entirely predictable they would give a boost to the hard Right and Left, at the expense of the once mainstream centre-Left and centre-Right.

If, as seems likely, France is gripped by chaos and confusion, its president has nobody to blame but himself.

Macron's legacy – after seven years of elitist, centrist posturing – is a French parliament dominated by opposing extremes, well outside traditional mainstream politics.

The centre has not held. France's centrist president has been its executioner. He has opened the door to political and economic instability.

The financial markets are already giving France the thumbs down, dumping French assets. Rich folks are preparing to move out; some already have. Companies, looking at the anti-business policies of the hard Left and Right, are making contingency plans to invest elsewhere. Welcome to France's Liz Truss moment – on speed.

This is not just a crisis for France. It is a crisis for the European Union, one of whose most important founding members will have a parliament – and

Macron's gamble has failed. Both France and the EU will suffer...





by Andrew Neil

Success: Marine Le Pen of National Rally yesterday

perhaps even a new government – packed with Eurosceptics opposed to the EU's 'ever closer union' pretensions, and politicians who despise the soft-Left technocratic consensus that rules in Brussels.

Whatever the outcome on Sunday, Macron will see out his remaining three presidential years as a busted flush.

With Olaf Scholz already the walking-wounded Chancellor of Germany, at a time when Europe faces a revanchist Russia to its east and the possibility of the return of an anti-Nato, anti-EU Donald Trump to its west, Europe will be bereft of leadership when it faces serious peril.

The National Rally winning just over one-third of the vote might not seem decisive to British eyes. But in the first round of legislative elections, when there is a huge variety of candidates, it is the French equivalent of a landslide.

It is not easy, however, to translate the share of the vote into seats. In the past, traditional parties would gang up against Le Pen's party in the second round, in which the choice is usually between just two candidates, to keep it well away from power.

But that gambit is fraying at the edges. The choice in many places next Sunday will be between the hard Right and the hard Left. Polls suggest that will be to the National Rally's advantage.

There can be little doubt Le Pen's party will be the largest in the new parliament. Early seat projections suggest it will be shy of a majority of seats, but the Republicans – France's old centre-Right – could have enough seats to give the National Rally an overall majority should it so choose.

If the National Rally is the outright winner, Macron will be obliged to ask it to form the next French government.

Though Le Pen has somewhat cleaned up her party's act in recent years, France – which was under the Nazi jackboot only 80 years ago – would be governed by a party with strong neo-Fascist roots, following the example of Italy, which is now run by a party with similar far-Right antecedents.

Le Pen's young protege for prime minister, 28-year-old Jordan Bardella, has said he will not accept the premiership unless his party has an overall majority. It remains to be seen if that stance holds when the prospect of power, so elusive for so long, is now dangled in front of the National Rally.

If nobody is prepared to form even a minority government France faces instability, uncertainty and probably unrest. There are no good outcomes from yesterday's results.

KEIR Starmer could be the beneficiary. As Britain prepares on Thursday to transfer power, without panic, disruption or chaos, from a centre-Right government with a big majority to a centre-Left government with a massive majority, the markets are likely to see Britain as an island of stability. Good for an incoming Labour government.

But France is also a warning for Starmer. The populist Right has gained ground across so much of Europe because people have been rebelling against the very centre-Left policies Starmer stands for: an expensive obsession with Net Zero, a lax approach to immigration, and ever increasing taxes.

Who knows when that particular worm will start turning in Britain. As Sir Keir Starmer prepares to bathe in the glory of a famous victory, he should perhaps spare a glance across the Channel, where he may well glimpse the seeds of his own future destruction.

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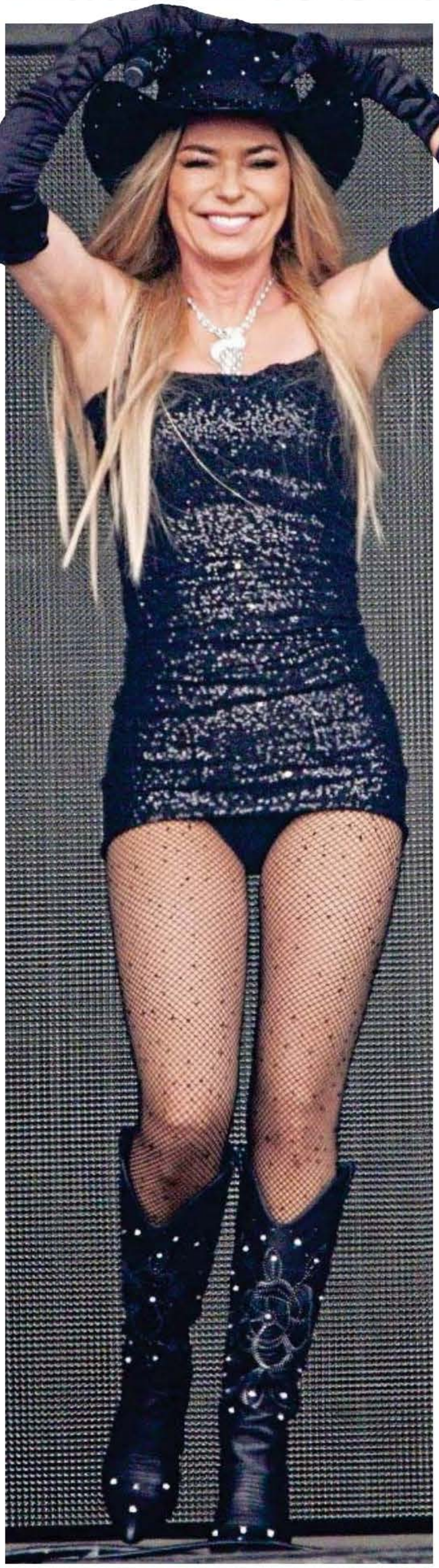
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Hats off to Shania as she dresses to impress



Sparkling: Shania Twain in a cowboy hat last night

WITH sound problems galore and not a horse in sight, it seemed Shania Twain's Glastonbury set maybe did not impress fans much.

But the Canadian singer managed to steal last night's show with her eye-catching outfits.

The 58-year-old showed off her trim physique in a black sequin dress, matching cowboy hat and boots as well as a ruffled pink coat, pictured right.

There were rumours Ms Twain would arrive on horseback for her highly anticipated Legends Slot but she kicked off the performance on foot instead. Starting with the hit That Don't Impress Me Much, she inspired the stage guards to engage in some line-dancing.

By **Dominique Hines**

But the country pop singer seemed out of sync with her band and the issues continued as she kept adjusting her in-ear monitors and microphone pack.

Fans watching on the BBC took to X, with one saying: 'It's clear something isn't right with Shania.' Another wrote: 'This is frustrating to be happening to a legend like Shania. Glasto sort your sound out!'



A third said: 'She's really struggling. This is dreadful.'

Cyndi Lauper's performance at the festival on Saturday was also beset by similar sound problems.

Ms Twain, one of the best-selling artists of all time, is in the middle of her greatest hits tour.

Security fears over hundreds sneaking into Glastonbury

Anger as festival is forced to close stages

By **Dolly Busby**
Showbusiness Reporter

SAFETY concerns marred the final day of Glastonbury Festival as hundreds of gatecrashers were spotted sneaking in and running to join already heaving crowds.

As the weekend of headline acts reached its climax yesterday – with more than 200,000 ticket-holders already crammed into the Somerset site – footage emerged of people queuing to use ladders in the early hours to clamber over the high security fences.

Many others reportedly got in using legitimate wristbands from ticket-holders which had been sneaked out and resold to those waiting outside.

Even without the additional numbers flocking in yesterday, some of the stages had had to be closed to prevent dangerous crushes.

Fans were left infuriated after they were unable to see the reunited girlband Sugababes on Friday when the stage was closed due to overcrowding, with hundreds turned away while people at the front were fainting and panicking.

'People are just everywhere'

It was also claimed that the queue for the smaller Levels stage, which has a 3,000 capacity, was longer than the one to get into the site when it opened on Wednesday.

Irish duo Bicep were forced to stop their set at the dance stage and tell the vast crowd to take 'three steps back' because people at the front were getting crushed.

One festival-goer said: 'It's too hectic, they need to sort it out.

'You can't go anywhere because people are just everywhere.

'We were gridlocked on the main walkway for an hour last night.' Official tickets cost £350, and sell out as soon as they go on sale months in advance, but one successful infiltrator told the Mail last night: 'It was ridiculously easy to get in.

'I joined a group chat of about 300 people and everyone was sharing tips and contact details of people who could break you in.' While some vaulted the high security walls, others paid £50 for a reused wristband to go through the main gates.



Made it: Freeloaders jump down and run into the festival site



Queue here: Gatecrashers use a ladder propped against a fence

One person told the Mail: 'I just got the train down from London and met this girl at the station, paid her £50 in cash and she handed me the wristband.'

Severe overcrowding has marred much of the festival, with long queues everywhere and fans being forced to wait hours to guarantee a spot to see a favourite band or risk being turned away.

It was estimated that more than 100,000 gathered at the Pyramid Stage to watch Coldplay on Saturday night, a record fifth time the band has headlined at the festival.

Saturday's surprise act, Kasabian, gathered such a crowd at the Woodies stage that organisers had to stop people coming in. At the smaller Park stage, the area had to be closed off as DJ Barry Can't Swim drew in a crowd which, it was claimed, would have been large enough for the Pyramid Stage.

Glastonbury organisers were approached for comment.

YOUR TACTICAL VOTING GUIDE TO AVOID A STARMER SUPERMAJORITY



SCAN HERE TO FIND YOUR INTERACTIVE GUIDE ON HOW YOU CAN VOTE TO AVERT 'STARMERGEDDON'

Continued from Page One

growing public concern about the prospect of a landslide Labour victory. But Tory strategists fear many disaffected Conservative voters consider the outcome is a foregone conclusion and may stay at home or cast a protest vote for Reform, making a victory for Sir Keir Starmer even more likely.

Mr Sunak will acknowledge the 'frustration' felt by voters over a Tory administration knocked off course by the pandemic, the war in Ukraine and party infighting.

But he will warn that failure to back the Conservatives could mean surrendering their voice 'for a generation'.

'This coming week everyone has a big choice to make – and it's a choice not just about how you feel now but what you want the future be,' he will say. 'Do you want your taxes cut or taxes raised? Your pensions protected or pensions raided? Lower immigration or higher immigration? A more secure Britain with more defence spending or lower defence spending?

'You have a voice in this election, don't surrender your voice.'

The latest election mega-poll yesterday predicted that divisions on the Right could hand Sir Keir the biggest majority in British history with a smaller share of the vote than was achieved by Jeremy Corbyn when he lost the 2017 election.

The JL Partners poll predicted that Labour would win 450 seats with just 38 per cent of the vote, while the Conservatives would be reduced to a rump of only 105 seats with 22 per cent of the vote. Reform could get 17 per cent of the vote, but end up with only two seats.

However the poll also showed there are 77 marginal constituencies where the Tories are in second place, meaning that even a small shift in public sentiment could prevent them suffering total wipeout. As the final days of campaigning got under way:

- Mr Sunak said it was 'clear' that the Kremlin wants him to lose the election, as the Cabinet Office prepared to probe claims that Russia is trying to boost support for Reform;
- Foreign Secretary Lord Cameron branded Sir Keir 'hopelessly naive' as he condemned Labour's failure to match Tory plans to boost defence spending;
- Labour vowed to loosen controls on Britain's green belt within days of taking office in order to boost housebuilding;
- The party's health spokesman, Wes Streeting, indicated he would throw money at striking junior doctors, saying that 'movement on pay' was essential to resolving the long-running dispute;
- Mr Sunak claimed that Labour's plans to cut a new deal with the EU would 'reverse Brexit' and lead to restoration of 'some form of free movement';
- Half of Labour's 2019 voters said they were in favour of the Conservatives' plan to protect single-sex services;
- Sir Keir said Labour would 'relight the fire' of optimism. The main party leaders will spend the next few days criss-crossing the country in a final appeal for votes.

'Don't surrender your voice'

Mr Sunak yesterday insisted he could still win, despite failing to dent Labour's lead during a six-week campaign, but many Tory strategists are now focused on ensuring that the Conservative Party remains a viable fighting force at Westminster.

Business Secretary Kemi Badenoch, tipped as a future Tory leader, suggested that the party will need to move to the Right after the election to win back supporters who have defected to Reform.

But she appealed to disaffected voters to return to the Conservative fold this week to prevent Sir Keir winning unchecked power.

In his speech today, Mr Sunak will focus on the risk that Labour could 'set about entrenching themselves in power' if they win by a landslide.

'Once you have handed Keir Starmer and Labour a blank cheque, you won't be able to get it back,' he will say. 'They will rewrite the rules to make it easier for them to stay in office and harder for anyone to replace them.'

The PM will criticise Labour's plans to give 16-year-olds the vote 'not because they think they are adults, but because they think they will vote for them'.

And he will warn that Sir Keir could revive a previous pledge to give EU citizens the vote and introduce 'a whole new voting system designed to allow politicians to stitch things up behind closed doors and shut you out'.

'They will rewrite the rules'

He will add: 'Don't let them do that. Don't take that risk. Don't surrender to Labour.'

Mr Sunak also defended the Conservatives' record in government against what he described as a 'declinist narrative'. 'It's entirely wrong, this kind of declinist narrative that people have of the UK I wholeheartedly reject,' he told the BBC's Sunday With Laura Kuenssberg programme.

'It [the UK] is a better place to live than it was in 2010.'

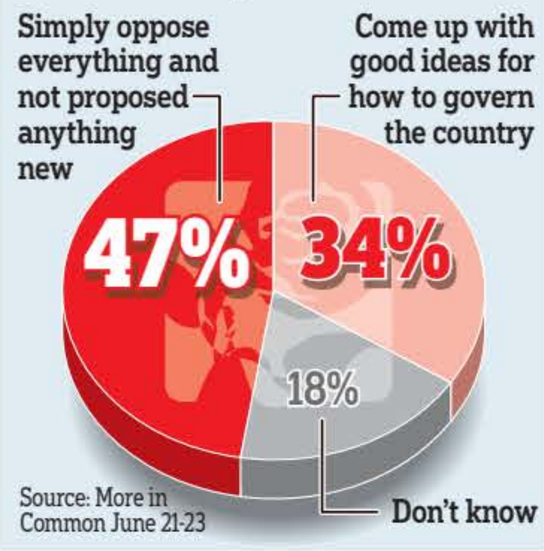
Asked whether he thought he would still be in Downing Street after the Election, Mr Sunak said: 'Yes. I'm fighting very hard and I think people are waking up to the real danger of what a Labour government means.'

Meanwhile, Sir Keir spent much of yesterday finalising his plans for Labour's first days in power. The Labour leader vowed to 'hit the ground running' if his party returns to power for the first time in 14 years.

Parliament's summer recess will be delayed by a fortnight to give Labour time to relax planning rules and launch a council-led review of the green belt. He is also planning to appoint dozens of new peers to prevent the House of Lords blocking Labour's agenda.

THE VERDICT

Do you think that over the last 14 years in opposition the Labour Party has tended to...



Starmer just opposed everything and had no new ideas, say public

By **Jason Groves**
Political Editor

VOTERS think Labour has 'just opposed everything' rather than coming up with any good ideas for the country, a poll found yesterday.

The survey by think-tank More in Common found that nearly half of voters believe Labour has played a negative role in opposition.

They also told the poll that Sir Keir Starmer was wrong to suggest Jeremy Corbyn would have made a better prime minister than Boris Johnson in 2019.

Labour has faced criticism for its 'safety first' manifesto which is vague about the party's plans for power in many areas.

The new survey suggests that, despite polls predicting Sir Keir will win by a landslide this week, many voters believe he has had little to offer in opposition. Just 34 per cent said Labour had come up with 'good ideas for how to govern the country', while 47 per cent said the party had 'simply opposed everything and not proposed anything new'.

In a TV debate with Rishi Sunak, Sir Keir said Mr Corbyn would have been a better prime minister than Mr Johnson. But the survey of more than 2,000 people found that only 28 per cent said they would have preferred Mr Corbyn, while 46 per cent opted for Mr Johnson.

Even among Labour voters, only 47 per cent backed Mr Corbyn.

Dominic Lawson - Page 16

Almost half of Labour voters are in step with Tories on gender laws

By **Martin Beckford**
Policy Editor

EVEN Labour voters are not won over by the party's stance on sex and gender, a poll suggests.

Almost half of the party's 2019 voters said they are in favour of the Conservatives' plan to protect single-sex services.

Some 48 per cent said they agreed with Rishi Sunak's plan to amend the Equality Act, making it clear that sex means biological sex rather than gender identity.

By contrast only one in three supporters of Sir Keir Starmer's party (35 per cent) back its plan to make it easier for transgender people to change sex legally.

Four in ten (40 per cent) of the party's voters oppose the policy to simplify the process of obtaining a Gender Recognition Certificate (GRC).

The survey of 2,146 adults in Britain by PeoplePolling comes just a day after a different poll found two-thirds of Labour voters (65 per cent) agreed with the statement 'a woman cannot have a penis' while only 13 per cent disagreed.

Last night Maya Forstater, of women's rights charity Sex Matters which commissioned the latest poll, said: 'This election campaign has proved that women's sex-based rights can no longer be dismissed as a fringe issue. 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.'

'Support for sex-based rights'

It follows a torrid week for Labour on the contentious issue.

First JK Rowling accused the party of 'abandoning' women then Sir Keir was forced to deny his plan to simplify the GRC system amounted to introducing gender self-ID by the back door.

He disagreed with his education spokesman Bridget Phillipson when she suggested children could be taught about gender ideology under Labour.

In last week's head-to-head TV debate, Sir Keir said it was 'very important that we protect women's spaces' but insisted 'this is already set out' in the Equality Act. It prompted Ms Rowling to claim he believes 'men can also be women'.

Sir Keir was then accused by a radio caller of speaking 'absolute twaddle' and 'not listening' to women who do not want to share spaces with men.

And in a TV interview he would not say if he thought a transgender woman should use the ladies' or gentlemen's toilets, saying only: 'I do want to ensure that whatever the facility, it is a safe and secure place for women.'

He also had to distance himself from long-serving Labour MP Dawn Butler after she said she agreed with David Tennant that equalities minister Kemi Badenoch should 'shut up'.



High hopes: Sir Keir with Angela Rayner, left, and his wife Victoria on the campaign trail in London over the weekend

The 100-day blitz Keir is planning if he takes over No 10

By **Harriet Line**
Deputy Political Editor

SIR KEIR Starmer took a day off campaigning yesterday as he looks almost certain to enter No 10 on Friday. He plans to 'hit the ground running' as soon as he is elected with a policy blitz and a budget to kick off a 'decade of national renewal'. Here's a look at what he's planning for his first 100 days.

DAY ONE

IF the polls are proved right, he will head to Buckingham Palace on Friday morning where the King will ask him to form a government. He will then head to Downing Street as Prime Minister, where he will deliver a speech outside No 10. Insiders say he will aim to reassure voters that Labour will be 'on the side of working people'.

Once he is behind the famous black door, Sir Keir will appoint his top team of ministers – but there will be 'limited changes' compared to his shadow cabinet. The King's Speech will be set for July 17.

THE FIRST FORTNIGHT

MPs will return to the Commons on July 9 to be sworn in. The parliamentary recess will be delayed until July 31, with MPs set to return to Westminster on September 2.

Meanwhile, Labour will begin appointing dozens of peers – with a number of business figures such as Dame Sharon White, outgoing chair of John Lewis, tipped to join the red benches to serve as ministers.

Sir Keir's first major event on the world stage will come on July 9, at a summit celebrating Nato's 75th anniversary in Washington DC. The following week, he will host a summit of the European Political Community at Blenheim Palace in Oxfordshire.

SUMMER POLICY BLITZ

OVER the coming weeks, Sir Keir will launch a policy blitz. Rachel Reeves' Treasury team will begin preparations for a Budget in September. Wes Streeting, set to become health secretary, will try to end junior doctors' pay dispute. And Angela Rayner, who is expected to become housing secretary, will announce plans to boost housebuilding – including a review of green belt land. Her radical plans to reform workers' rights are also expected to be introduced.

Ms Reeves' fiscal rules will be put into law, with a pledge to include a bill which requires the Office for Budget Responsibility to provide forecasts for budgets.

There will also be a resurrected version of Rishi Sunak's plan to ban young people from ever smoking, and mental health care reform.

Sir Keir has promised to bring in Martyn's Law to help protect venues against terror attacks. Other bills will deal with renationalising the railways, establishing a publicly-owned energy company, anti-social behaviour and reforms for renters.

But Labour will also wield the axe to some Tory policies – including the Rwanda plan, which will be gone 'on day one'.

BUDGET

RACHEL REEVES' first major test will come when she delivers an autumn statement in mid-September. She has promised to give an 'initial injection of cash' into public services, but with tight public finances, it may prove tricky.

Ms Reeves has ruled out hiking national insurance, income tax or VAT – but has insisted there is 'nothing in our plans that requires further tax rises'.

Among the revenue raising measures expected in the first budget, however, is the controversial planned tax raid on private schools – charging them 20 per cent VAT and scrapping the 80 per cent relief they receive on business rates.

DAMAGE CONTROL

LABOUR will seek to uncover any urgent issues in need of attention to avoid an immediate political crisis over the summer. The party has already drawn up a list of 'black swans' – possible problem areas.

Chief among them are overcrowded prisons, with fears some jails may be unable to accept new prisoners within weeks. Industrial action could also waylay Labour's plans in other areas, such as healthcare.

And the party could face difficult decisions over how to respond to pay review recommendations for millions of public sector workers.

PM: Putin wants

Sunak warns that Labour's defence cuts will fuel Russian aggression

By **Claire Ellicott**
Whitehall Editor

RISHI Sunak has warned that Vladimir Putin wants the Tories to lose the General Election because Labour will weaken the UK's defences.

The Prime Minister accused Sir Keir Starmer of planning to cut UK defence spending 'on day one' which he said would 'embolden our enemies'.

In a stark warning, he suggested electing any other party than the Tories would amount to appeasing the aggression of the Russian leader.

There are claims that Russian-inspired bots might be posting on social media to interfere with the election and boost support for Nigel Farage's Reform party.

'Russia does not want us to be re-elected,' Mr Sunak said as he pointed to the Tories' record on standing up for Ukraine.

'Putin would like nothing more than for Britain to step back, to appease his aggression rather than face it down, and that is what will happen with another party in power.

'This wil embolden our enemies'

'Nigel Farage has talked of appeasing Russia, which will only play into Putin's hands, and Labour will cut UK defence spending on day one.

'This will embolden our enemies and send a signal to our allies that Britain is not with them any more.'

Defence Secretary Grant Shapps warned in the Sun on Sunday yesterday that Labour cannot be trusted with the UK's nuclear button and would 'shred' Britain's military capability. He highlighted the fact that frontbenchers including deputy leader Angela Rayner and shadow foreign secretary David Lammy had voted against renewing Trident.

He also highlighted the fact that Sir Keir Starmer has not matched Mr Sunak's pledge to increase defence funding to 2.5 per cent of GDP by 2030 and claimed he would cut it. Sir Keir said that the party had brought in a nuclear triple lock and denied that Labour was weak on defence.

Foreign Secretary Lord Cameron said that Sir Keir was 'hopelessly naive' about dangers around the world and would undermine Britain's security if he does not increase defence spending.

Mr Sunak's intervention came after his deputy, Oliver Dowden, said he had 'grave concerns' about reports that the Russians are trying to boost support for Reform.

The Australian Broadcasting Corporation reported that it had uncovered a suspected pro-Nigel Farage Russian influence operation, the Sunday Times revealed.

The channel linked five Facebook pages describing Mr Farage as the 'people's champion' and referencing white supremacist conspiracy theories. There is no suggestion that Reform was aware of this. Mr Farage called the claims 'cobblers'.

Mr Dowden told the newspaper: 'Theses revelations reveal the real risk our democracy faces in this uncertain world. Malign foreign actors promoting British political parties, policies and views that fit their agenda is just another example of the challenges in the increasingly volatile cyberspace of the 21st century – and is gravely concerning to see during an election campaign.'

Tory Party chairman Richard Holden has written to Cabinet Secretary Simon Case and the national security adviser Tim Barrow calling for an investigation.

A Labour spokesman said: 'Labour has stood with Kyiv since day one – backing every single UK military aid package. If we form the next government the UK's military, financial, political and diplomatic support for Ukraine will remain steadfast.

'The PM should consider what signal the Conservatives' shameful record on defence has sent our adversaries... Labour will make Britain better defended. We will set out a clear path to spending 2.5 per cent of GDP on defence.'



WESTMINSTER SKETCH *by* **QUENTIN LETTS**

Ann had the crowd jiggling like nudists in a sandstorm



Warm-up act: Ann Widdecombe revved up the devotees for Prophet Nigel, above

NIGEL FARAGE called it the biggest rally in British politics. There were certainly plenty present. Mind you, that could also be said of Jonestown in Guyana in 1978 when the Rev Jim Jones persuaded devotees to down a soft drink laced with cyanide. Forward, brothers and sisters, to self-ruination. Let us grasp glorious extirpation.

The noonday hall at the National Exhibition Centre, Birmingham, held some 5,000 believers. This event was bigger than any of the main party conferences, even last year's Labour one which was so stuffed with lobbyists.

Reform supporters, paying £5 a head, cut a different dash. Apart from your sketch-writer's, there was not a tie to be seen; a few baseball caps, inkings on bare shins. Some brought their children, others looked to be on a date.

The only angry people I saw were a few anti-racism protesters at the entrance. Even they were a bit Sunday morning-ish. One greeted me like a curate saying hello at the church door.

Ann Widdecombe, in a warm-up speech, had the crowd jiggling and screaming like nudists in a sandstorm.

She wore a gent's-style houndstooth suit that may have been one of Sir Les Patterson's cast-offs. Her hair has gone Julian Assange blonde and her left bosom bore a Reform rosette so big, it may once have been a badminton racquet. She tottered front of stage and bellowed in that voice that combines the lower notes of Margaret Rutherford and the upper register of a pinking Vespa engine.

'We will bring Common Sense back to Britain,' squeaky-boomed Ann, absorbing a chorus of wolf-whistles as if she heard such noises every time she passed a building site. 'The first thing I would do is get rid of WOKE.' Some 10,000 feet drummed on the floor making the sound you hear at the Edinburgh Tattoo.

Hundreds of sky-blue 'Vote Reform' placards were held aloft and the punters could not quite decide if they were happy or indignant. They booed mentions of Rishi Sunak and Sir Keir Starmer, hated Channel 4 and absolutely detested the BBC. Biggest cheer of the day came when Mr Farage called for the Beeb to be scrapped. But all this loathing made them rather perky. There's nothing like some fury to put a smile on your face.

'Make Britain great again,' was the Trumpish slogan proposed by Reform's chief executive Paul Oakden. Sweaty, ill-shaven customer, Oakden. Shouldn't have worn that hot little waistcoat. The eyes shifted, he sniffed a lot and his fingers fidgeted as he spoke. In a dig at newspapers he said: 'We no longer care about what you write.'

This was possibly not entirely true, given that Reform last week hired notorious libel lawyers Messrs Carter-Ruck.

Another speaker, a smarmy tech

the Tories to lose



entrepreneur called Zia Yusuf, wanted to 'put British people first'. Mr Yusuf had just given Reform a big donation. He said 'Britain' a lot and boasted that he had paid 'millions in tax'. We all know the feeling, mate. In a line worthy of the Psalms, he added: 'We will break down those that seek to destroy us.'

AND then, after a dose of oratorical anaesthetic from party chairman Richard Tice, the Prophet Nigel was in our midst. After disclosing that he became a grandfather (on, of all days, June 23, Brexit Day) he set about his rivals and enemies. We heard of 'slippery Sunak'. Sir Keir Starmer was denounced, like Herman Van Rompuy before him, as having 'the charisma of a damp rag'. Mr Farage proclaimed himself the election's one optimist – and then went into a litany of moans about how modern Britain was a dump. There is something slightly schizoid about this party.

If party it be. Detailed policies were almost absent. This was broad-brush, personality-cult stuff, marbled by self-pity about the rotten media.

The cartwheels will continue another four days. Then we may be in to five years of parliamentary domination by the very socialist drudges the Reformers dislike. All, I fear, for one man's self-glorification.

Reform hopeful quits to back Tories

A REFORM UK candidate has stepped down and backed the Conservatives, citing a 'failure of leadership' over allegations of racism within the party.

Liam Booth-Isherwood, who was standing in the Derbyshire seat of Erewash, said he had become 'increasingly disillusioned' with the behaviour of the party and will endorse Tory hopeful Maggie Throup to 'stop Labour'.

The Tories said if 130,000 voters defected from Reform it would be enough to stop Sir Keir Starmer securing a supermajority.

Russia's lie industry is undermining Western democracies on an unprecedented scale



COMMENTARY By **Neil Barnett**

HAVE you heard about Ukrainian president Volodymyr Zelensky's yachts? There are at least two of them, apparently, and they both cost billions… all paid for with Western aid.

That story is nonsense of course, a complete fabrication. But it is circulating rapidly on social media. Many different sources are cited and countless people will swear it must be true because they heard it from someone they trust.

The real source, of course, is Russia's intelligence operation, churning out disinformation on an unimaginable scale. The lie about Zelensky's yachts has been particularly successful, fuelling resentment over the cost of backing Ukraine. But the lies are spread over far more than just the war.

This sophisticated disinformation machine is currently working in overdrive in the UK to disrupt Thursday's General Election. Deputy Prime Minister Oliver Dowden warned at the weekend that this industry of lies poses a real threat to our democracy.

He was responding to reports by the Australian Broadcasting Corporation that Russian propagandists were covertly exerting their influence via a series of Facebook pages to boost support for Nigel Farage's Reform party. The pages have a combined following of 190,000 people.

'A sophisticated disinformation machine'

Dowden called this 'gravely concerning' and blamed 'malign foreign actors'.

Five pages on Facebook are merely the tip of the iceberg. Russia employs thousands of computer operators to flood our social media networks with distortions, doctored reports and outrageous fabrications.

Much of this disinformation can seem plausible. There's so much of it that fact-checking everything is impossible because the 'fake news' spreads so fast and mutates so quickly. Even if it is later discredited, the damage has already been done.

For example, in a marginal seat where the Reform candidate has a chance of overturning a Tory majority, a fake story might start doing the rounds about how immigrants are monopolising local NHS dental services, forcing established residents to go private.

Some people will need no proof. They will accept the claim without question and probably repeat it. Others might be sceptical at first. But when the lie is endlessly repeated, it begins to look true just because it's been said so often.

The surest way of propagating this simple lie is to tell a few people who will be sure to spread it. This is called 'micro-targeting' and it requires access to the data collected by online giants such as X (formerly Twitter), Google and Meta, which owns Facebook.

All the companies insist they have safeguards to prevent misuse of the detailed information on their users. But Russian intelligence networks have decades of experience in spreading disinformation and devising workarounds to access the data.

During the Cold War, disseminating propaganda was slow work. One KGB method was to steal documents from a Western state, reproduce them with a few lies inserted and leak them to newspapers.

Another was to bribe or blackmail British journalists and politicians into planting false news stories. The 1960s Labour junior minister John Stonehouse was suspected of this, after he was lured into a honeytrap by a Czech agent.

But these days Russian operatives don't even need to know the identity of their 'useful idiots'. They target social media users by location and use algorithms to flag up highly active posters and their interests.

They also focus on small communities of like-minded individuals, who share something in common – whether that's sport, hobbies or work. This creates an atmosphere of trust, making people more likely to believe what they read.

To add to the credibility of these lies, false reports and news stories are planted elsewhere, a method known as 'surfacing'. One bit of disinformation cross-references to another until the sources are so tangled no one can say where the lie originated.

Russia is not running a conventional PR campaign. The aim is not to win admirers but to sow discord. Forty years ago, Soviet defector Yuri Bezmenov described it as a campaign to demoralise the West: 'A person who is demoralised is unable to assess true information. The facts tell nothing to him.'

This long, slow process is proving ever more toxic to democracy.

■ *NEIL BARNETT is the co-author of Russia's Hybrid War Against The UK: Time To Fight Back Against The Kremlin, published by the Russia and Eurasia Studies Centre.*

Labour will start green belt housebuilding 'on day one'

LABOUR will start a housebuilding blitz 'on day one' in Government with a string of policies encroaching on the green belt.

Party leader Sir Keir Starmer has promised to 'hit the ground running' with at least three housing announcements expected in the first fortnight after the General Election on Thursday.

The party plans to publish a draft national planning policy framework, reimpose targets to ensure councils meet local housing needs, and announce a local authority-led review of green belt land, which has traditionally been tightly controlled to protect the countryside from urban sprawl.

By **Harriet Line**
Deputy Political Editor

'I want to make sure that we can make a start on this on day one,' the Labour leader told the Sunday Times. In a joint interview, his Shadow Chancellor Rachel Reeves added that there was an 'urgency' for Labour to become the party of housebuilders.

She said: 'We know that for kids like us today [from working-class backgrounds], some of those opportunities [to own a home] don't exist.'

Labour has pledged to build 1.5 million homes within five years. Its manifesto states it will 'preserve' the green belt but that it will also allow the release of some – redesignated as 'grey belt' – for housing on a 'strategic' basis.

But the move faces a major backlash, and last night Deputy Prime Minister Oliver Dowden told Times Radio: 'In six months, how are you going to feel about having voted Labour as you see the green belt being built on?

'It's the classic political trick – it's straight out of Yes Minister. They say, "We're not going to destroy the green belt, but we're going to redesignate large chunks of it as grey belt".

'Why on earth are they going to redesignate large chunks of the green belt? It's in order to build over it.'

He added that the Tories 'are not going to start destroying the green belt because it's essential to the character of our towns and villages'.

England has about 6,300 square miles of green belt land. Reclassifying just one per cent could produce 738,000 new homes, according to research by development firm Searchland.

Comment – Page 16



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Specsavers

Return of the Euro bungler?

SIMON Case is to step down as Cabinet Secretary early next year and could be replaced by Theresa May's 'Brexit bungler-in-chief'.

Sir Olly became an unpopular figure among hardline Brexiteers who claimed he was not tough enough with Brussels.

Secret talks have taken place between Labour leader Sir Keir Starmer's chief of staff Sue Gray and Sir Olly, the Sunday Times reported.

Mr Case returned to work in January after stepping back from the duties in October because of a medical matter.

The Cabinet Office declined to comment last night.

POLL BRIEFING

Elton's dig at Brexit as he rallies the luvvies for Keir

By **Jason Groves**
Political Editor

SIR Elton John took a swipe at Brexit as he became the latest member of the liberal arts establishment to endorse Labour.

The millionaire singer, pictured, and his husband David Furnish said there was only 'one choice' for those wishing to support the music industry.



In a video message played to a pre-election party attended by Sir Keir Starmer and his wife Victoria at the weekend, Sir Elton said he was 'backing Keir and Labour to win this election'. He added: 'There is only one choice. Let's help artists cut through the red tape that prevents them from thriving and contributing to this country's future success.'

Last year Labour said it would explore a demand by the star – a persistent critic of Brexit – for musicians to be given visa-free travel to make it easier for them to tour Europe.

Sir Elton joins a long list of celebrity artists endorsing Labour, including Damien Hirst and privately-educated actor James Norton.

Singer Beverley Knight, Dragons' Den star Deborah Meaden and actor Kit Harington were also at the event for supporters which the party insisted was not a victory rally.

Labour has also been backed by billionaires John Caudwell and Sir Jim Ratcliffe, prompting Rishi Sunak to respond 'they can probably afford Labour's tax rises' unlike tens of millions of hard-working people.

Kemi: The Tories must win over voters on Right

THE Conservatives need to do more to appeal to disaffected voters on the Right, Kemi Badenoch said yesterday.

The Business Secretary said they had to be a party 'that occupies the whole of the centre-Right, because that's where we're losing to Reform'.

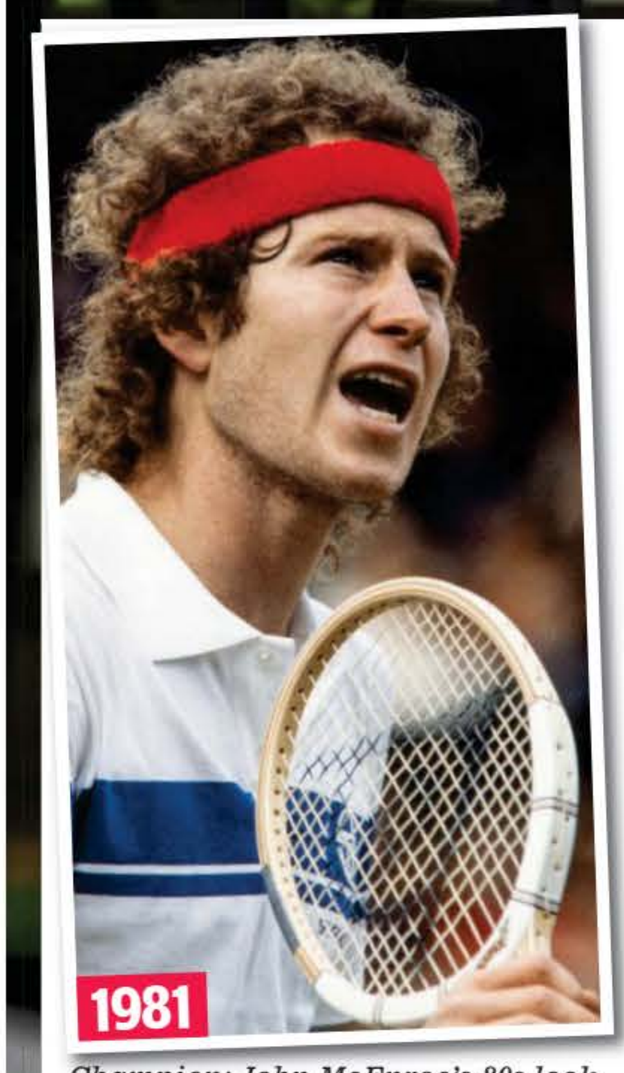
She told GB News: 'People need to know that we are on their side... that we will not let the Left-wing activists come for them, we won't let Just Stop Oil block the roads and stop them from going about their business.'

Ms Badenoch is the bookies' favourite to succeed Rishi Sunak as Tory leader if the party loses the election.

When asked about whether she would run, she said: 'I tried to run two years ago. I didn't win...

'And I think it's actually disrespectful if people are talking about what they're going to do when [Rishi] is still there.'

At 65, bad boy of tennis is all grown up (almost)



Champion: John McEnroe's 80s look

By **Hannah McDonald**

WITH his curly wig and red headband, it was back to the Eighties for John McEnroe.

The three-time Wimbledon champion emulated his look in the 1981 championships while filming a TV advert at a tennis club.

The 65-year-old's trademark bushy hair was back in the form of a wig. He finished the look with a white polo shirt and a pair of shorts.

It comes after McEnroe, who will be part of the BBC's Wimbledon coverage once again, reiterated calls for a statue of Andy Murray to be unveiled at the championships.

It isn't known whether the 37-year-old Scot will be fit to compete after having surgery on a spinal cyst on Saturday.

In 2013, Murray became the first British man to win Wimbledon since Fred Perry in 1936.

'If I was making that decision [on the statue], I would say absolutely yes because that's a long drought, 77 years,' said McEnroe.

Psst!

BALL boys and ball girls live on in SW19 despite pressure to use more gender-neutral terms. The French and Australian Opens use 'ball kids' while the US Open has opted for 'ball crew'. Wimbledon said it had no plans to change the titles.


Time machine: He recreates the style

Navratilova 'jettisoned' by LGBT set for trans view

By **Deputy Chief Reporter**

MARTINA Navratilova claims she has been 'jettisoned' by much of the LGBT community for insisting trans athletes have no place in women's sport.

The nine-time Wimbledon tennis champion, who is gay, admitted that the backlash against her outspoken views has been 'rough', but she vowed to 'keep fighting' to protect single-sex spaces, such as women's changing rooms.

'I've been jettisoned by a lot of groups in the LGBT community,' she said last night. 'It's been pretty rough, but I know I'm on the right side of history. I'm right on most people's opinion about women's spaces, and especially sports – they need to stay female.'

'They need to stay female'

The 67-year-old added: 'Women are asked to be kind and be inclusive, yet by including transgender-identified males in women's sports you're excluding women.'

The star was speaking on the eve of the Championships in a Press conference alongside former rival Chris Evert – the pair became close friends after getting cancer at the same time and are now working on a documentary together.

Ms Navratilova said: 'Cancer brought us much closer together, which is kind of ironic that something like that would be kind of a blessing.'

Grandma follows Emma... with a little priestly help

Lack of cable TV won't stop 90-year-old

By **Inderdeep Bains**
Deputy Chief Reporter

GIVEN her precocious talent, Emma Raducanu may have little need of any help from above.

Not so her 90-year-old grandmother Niculina.

She lacks cable TV and will not be able to follow her granddaughter's return to Wimbledon action today from her home in the Romanian capital Bucharest.

So the devout Christian has enlisted her local priest to give her vital updates on the 21-year-old's progress.

Mrs Raducanu, whose son Ian is Emma's father, said: 'When I go to church, the priest will keep me informed with the latest news on her because I don't have cable TV.

'He watches sports news about her to keep me informed. So he tells me if she is doing well in her games. I also hear the news about her on the radio.'

The widow, who lives in a flat in a Communist-era block on the edge of the city, is called 'Mamiya', an affectionate Romanian term for Granny, by the tennis star.

After missing last year's tournament due to injury, the 2021 US Open champion will step out on Centre Court this afternoon to face world No 22 Ekaterina Alexandrova of Russia.

Wishing her beloved granddaughter well at Wimbledon, Mrs Raducanu urged her to put her physical health first.

'She must trust herself and God and she must be careful not to get injured again,' she said.

Yesterday Ms Raducanu arrived for practice at Wimbledon wearing a crisp, white England football shirt, pictured, showing her support for the Three Lions' crucial match against Slovakia.

The straight-A student, who recently posted pictures of herself at Corpus Christi College, Oxford, revealed that she always planned to take up a place at a top university.

'I was always a very keen student and so Oxbridge was always up there on my bucket list in life,' she said.

'And I think I carry that on whether that's during my career, after my career, I know that is something that I want to do in the future.'

Her grandmother, a retired primary schoolteacher, has previously told how Cambridge University had offered Ms Raducanu a place after she won the US Open.

She is pleased with her granddaughter's educational ambitions, saying: 'I am happy she went to Oxford, I also visited the university with her when she was little.

'It's a very beautiful city and I would really like it if she decided to go to university... at Oxford or elsewhere.'

However, she added: 'Right now she is very busy, she is focused on her tennis but has been held back by her injuries.

'I hope it will be her year but she has had difficult surgeries and the recovery has been difficult.'

The player has suffered problems with her back, wrists and ankle as well as with abdominal stress, cramping and blistering.

Ms Raducanu has had surgery on both wrists and her left ankle, which kept her out of action for most of 2023.



Wimbledon 2024 PAGES 60-61

Ex No1 Osaka back as baby No1 turns one

NAOMI Osaka is hoping for a double celebration with a highly anticipated return to Wimbledon – after a five-year absence – just as her daughter turns one.

The former world No 1 and four-time Grand Slam singles champion, 26, is playing her opening-round match against French player Diane Parry today, before baby Shai's first birthday tomorrow. The Japanese star, who has never been past the third round of Wimbledon, has brought her daughter (pictured) to London, along with a nurse to help out. She said: 'Someone helps me at night, if she was to cry, so I don't have to wake up. Sometimes I wake up anyway when she wakes up, but it's not been an issue for me.



'She turns one on Tuesday, so it's going to be a really exciting day.'

Deadly weather causes chaos across Europe

STORMS and torrential rain that lashed France, Switzerland and Italy this weekend have left seven people dead.

Three people in their 70s and 80s died in France's north-eastern Aube region on Saturday when a tree crushed the car they were travelling in during fierce winds, the local authority said.

In Switzerland, four people have died, according to police. Three were killed after torrential rain triggered a landslide in the Italian-speaking canton of Ticino, and a man was found dead in a hotel in Saas-Grund in the south-west canton of Valais. Police believe he was taken by surprise by a sudden rapid rise in floodwater.

Meanwhile, in Greece yesterday, firefighters were battling a series of wildfires near Athens, as the country braces for another scorching summer. One man died and another two were seriously injured as two large wildfires raged in eastern Attica in the afternoon.

Hundreds of residents were told to evacuate from villages near the Greek capital, leaving their homes and cars destroyed by the fires.

Nottingham knife killer is eligible for state benefits

By **Piriyanga Thirunimalan**

NOTTINGHAM killer Valdo Calocane is one of nearly 80 violent criminals at a high-security hospital who can claim state benefits, it was revealed last night.

The 32-year-old paranoid schizophrenic was given an indefinite hospital order earlier this year after he killed students Barnaby Webber and Grace O'Malley-Kumar and caretaker Ian Coates in a rampage in Nottingham city centre.

Now it has emerged Calocane is among dozens of convicted killers, rapists and other criminals at Ashworth secure hospital, in Merseyside, who are eligible for thousands of pounds in Universal Credit, employment and support allowance.

In response to a Freedom of Information request from The Daily Telegraph, the hospital admitted it is 'standard practice' for such offenders to get benefits since they are treated as patients with mental disorders as opposed to being handed prison sentences.

'Can stockpile money into his account'

While jailed offenders are banned from claiming benefits, those in secure hospitals can amass thousands of pounds through £390-a-month Universal Credit payments.

This could build up to £93,000 over 20 years since their hospital bed and board are covered by taxpayers.

Speaking on behalf of the three families affected by the Nottingham killings, Emma Webber – the mother of Barnaby – said it was 'absolutely disgraceful' that Calocane could 'stockpile benefit money into his bank account whilst all of us fight on a daily basis to try and begin to rebuild our lives'. She added: 'The criminal justice system in this country is broken, and support offered to victims and their families is woefully inadequate at best.'



Payments: Valdo Calocane

Labour has pledged to review the policy if it enters government.

A party spokesman told The Telegraph: 'If we are privileged to come into power, Labour would urgently look at this case, including talking to the victims' families.'

Mrs Webber said she would 'support any incoming government' to address the issue.

It is understood Mel Stride, the Work and Pensions Secretary, had ordered a review of the case which he described as 'very concerning'.

In a similar case Nicola Edgington, who killed her mother in 2005, received £8,000 in benefits back payments on her release from a secure hospital after three years, and went on to kill another woman with a butcher's knife in 2011.

Len Hodkin, whose mother was killed by Edgington, said it 'cannot be right' that criminals are able to receive benefits while already 'housed, fed and looked after' at the taxpayers' expense.

Another twist abruptly halt

SIX unanswered



From **Guy Adams**

IN TENERIFE

THE hunt for missing teenager Jay Slater descended into farce yesterday as Spanish police called an abrupt halt to their search of the remote national park where he vanished exactly two weeks ago.

News of the shock development emerged after rescue teams failed to turn up for duty at the mountain restaurant where they have been assembling daily at around 9am.

'The search is now over but the investigation remains open,' a police spokesman said. 'My understanding is that Jay's parents have been informed.'

Jay's mother Debbie was, in fact, unaware of the news until the Mail passed on details. A source close to the family insisted yesterday that 'no one is leaving' the holiday island 'until we find Jay'.

Other reports said Debbie was 'heartbroken and devastated', with relatives feeling 'a sense of bewilderment' at the decision to end the mountain search.

They were entitled to feel confused. Just 24 hours earlier, the same police, Tenerife's Guarda Civil, had been playing a very different tune.

'They promised a massive search, but only six turned up'

They were promising to orchestrate a '*busqueda masiva*' ('massive search') to track down the 19-year-old apprentice bricklayer, who has not been seen since locals saw him walking briskly up the road out of the village just after 8am on Monday, June 17.

Volunteers were invited to spend Saturday scouring the rugged Masca valley, where he'd disappeared the morning after spending three straight days at Tenerife's New Rave Generation dance music festival.

In the event, however, a mere six people showed up to the *busqueda*. Their number was dwarfed by the several dozen journalists and film crews present.

The officer in charge, Cipriano Martin, then spent the thick end of an hour staging bizarre photo opportunities in which he and several colleagues stood atop a mountain pass and pretended to scour the horizon.

Frustrated by the delay, the only British volunteer, Paul Arnott, stormed off, demanding that his name be removed from the list of official rescuers. He released an angry video on TikTok, where he earns a living as a mountaineering 'influencer', dubbing the official search operation 'ridiculous', 'madness', and a 'massive PR thing'.

Back at base camp, Officer Martin then staged a short press conference. It was the first time any member of the Tenerife police had agreed to answer questions about the high-profile case, which has been generating headlines worldwide.

Things took a further surreal turn when he was asked about the two middle-aged men who had driven Jay from the Papagayo Beach Club in Playa de Las Americas to the village of Masca. Speaking in Spanish, he



On duty: Civil Guard officers meet to start the



Off duty: The meeting place near Masca was

Why did Jay try to walk out of Masca?

IF Jay was trying to get home, he was going a funny way about it: his holiday apartment was 25 miles south and he decided to head due north out of the village.

Did he end up in a nearby town?

THE road out of Masca is relatively busy, and while there is almost no chance that Jay reached his destination via foot, it's possible he hitched a lift. Alleged sightings of him in the town of Santiago del Teide (a local mayor said the police were looking into reports that he was seen

as police in Tenerife hunt for missing Jay

questions about his disappearance



day's search



empty yesterday



Heartbroken: Jay Slater with his mother Debbie, who is in Tenerife

watching the Euros football in a bar) have now been discounted.

Why did he leave the road?

FRIEND Brad Hargreaves, who spoke to Jay at 8.30am, says he appears to have left the Tarmac road to head across country. There seems no reason to cross such treacherous terrain.

Where are his friends?

LUCY Mae Law played an active role in the early stages of the investigation. The 18-year-old student reported him missing within hours and set up a GoFundMe campaign, but she is now thought to be back in the UK, along with Brandon Hodgkin. Brad Hargreaves remains in Tenerife.

Was Jay kidnapped?

SPECULATION that Jay was kidnapped, perhaps following a drug deal that went wrong, was fuelled by the existence of the GoFundMe campaign seeking the sum £30,000.

What about the Rolex?

A FRIEND of Jay's told police his disappearance involved a stolen Rolex watch. One theory is that it ended up in the cottage and Jay fled into the wilderness in an ill-fated attempt to steal it.

told reporters: 'Those men have been spoken to, and they don't have any relevance whatsoever for the case.'

The remarks quickly made headlines. When I heard him utter them, my initial view was that one of two things had happened: either something was being lost in translation, or the local police chief had parted company with his marbles. A press officer accompanying Officer Martin denied that the first possibility was true, telling the Mail: 'What he was saying was that the investigators have not found anything pointing to those two people being linked to the disappearance.'

The second explanation – that Tenerife's police chief has taken leave of his senses – therefore seems a distinct possibility. After all, the duo's role in Jay vanishing was hitherto regarded as being of critical relevance, with Mark Williams Thomas, a private investigator working for the family, describing them as 'key witnesses'.

Both of the mysterious men, who have yet to be named, appear to have decided to rent the two-bedroom Casa Abuela Tina in Masca for the duration of the music festival. A modest property, listed on Airbnb for around €40 a night, it's described on the internet site as 'ideal to enjoy tranquillity, reading, hiking or nature', with 'wifi and all the necessary appliances for a comfortable stay in one of the most beautiful and rugged places on the island, nestled in the heart of Macizo de Teno'.

It makes a bizarre bolthole for someone attending a festival more than an hour's drive away, in a town filled with reasonably priced resort hotels. To leave Masca, you must navigate a treacherous single-track mountain road riddled with hairpin bends.

Be that as it may, the duo seem to have become acquainted with Jay and his travel companions - Lucy Mae Law, Brad Hargreaves and Brandon Hodgkin – during the weekend-long event, where they were frequently seen drinking Hennessey cognac.

> ***'Jay's family have criticised local officers'***

The New Rave Generation festival involved two night-time raves at a horse ranch above Playa de Las Americas, the high-rise party capital of Tenerife, plus a daytime pool party, an afternoon-long event at a legal marijuana dispensary and a final event at Papagayo Beach Club.

The whole thing ended just after 4am on Monday. But instead of returning to the three-star Paloma Beach Apartment Complex where he was staying, a mere ten-minute drive away, Jay jumped into a rental car belonging to the two men, who are described as British and in their late 30s to early 40s.

One is said to go by the nickname 'Johnny Vegas' and is described as around 6ft, stocky and with short dark hair. He was seen wearing an orange wristband. Little else is known about the other man. There are reports, albeit unconfirmed, that they told friends of Jay they hail from Luton.

The most benign explanation for Jay's decision to accompany the duo is that he simply fancied carrying on the party after the club shut. He certainly doesn't seem to have been forced into the vehicle against his will: some friends say they were sent a picture of him inside the vehicle with his hosts.

Other friends have meanwhile told police that his disappearance may be linked to a fight that broke out as revellers were leaving the Papagayo Beach Club. It allegedly resulted in a valuable Rolex watch being stolen from an Eastern European man. Whatever happened, Jay ended up at the cottage in Masca some time after 5am.

Around 7.30am, he left the apartment and sent two Snapchat images of himself outside. One showed a view of the valley. In the other, he held a cigarette while on the front steps. Wrapped around his legs was an orange blanket. It seems to have been offered by the two men, who had let him sleep on the sofa.

Half an hour later, Jay left the cottage. The duo later told his friends that he'd told them he wanted to buy some cigarettes and go home.

A villager named Ofelia Medina Hernandez, whose brother owns Casa Abuela Tina, saw him waiting at the bus stop. However, upon learning that a vehicle wouldn't be arriving until 10am, he began walking briskly up the steep road out of Masca.

Around 8.30am, he spoke to Brad Hargreaves via Snapchat, having apparently decided to leave the Tarmac road and walk cross-country. At 8.50am, Lucy Mae Law says Jay phoned her to say he was 'lost in the mountains, with no water and 1 per cent battery' and had been cut by a cactus. His phone 'pinged' outside a mountain restaurant atop the pass out of Masca at 8.51am and that was the last sign of him.

The two men were later questioned by Spanish police, who took their passport details. There is some confusion about what happened next. The Casa Abuela Tina appears to have been booked until the following Saturday, but the men flew out of Spain on Tuesday, June 18.

However it's possible that different guests had taken it for the rest of the week. Friends of Jay believe the men were initially supposed to leave Tenerife on Monday, the day that Jay went missing, but were asked to stay on an extra 24 hours to help with inquiries.

They appear to have used Snapchat to share images of themselves landing at Gatwick.

Although the mountain branch of the Civil Guard has called off its search, and has no further interest in the men, who were among the last people to see Jay alive, colleagues in the island capital Santa Cruz de Tenerife are understood to still be looking into Jay's disappearance. They won't say if this is a criminal investigation.

As for Jay's family, who hail from Oswaldtwistle in Lancashire, they have for some time been critical of the Tenerife police, who have declined assistance from their colleagues in the UK.

Both Debbie and her former husband Warren, who is Jay's father, have received only intermittent communication from officers since arriving on the island.

For now, they aren't going anywhere. So as the mystery over Jay Slater's disappearance enters its third week, one search that remains a long way from being cancelled is the hunt for answers.

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Self-styled 'God on Earth' sued by ex-disciples who claim he raped and swindled them over decades

By **Neil Sears**

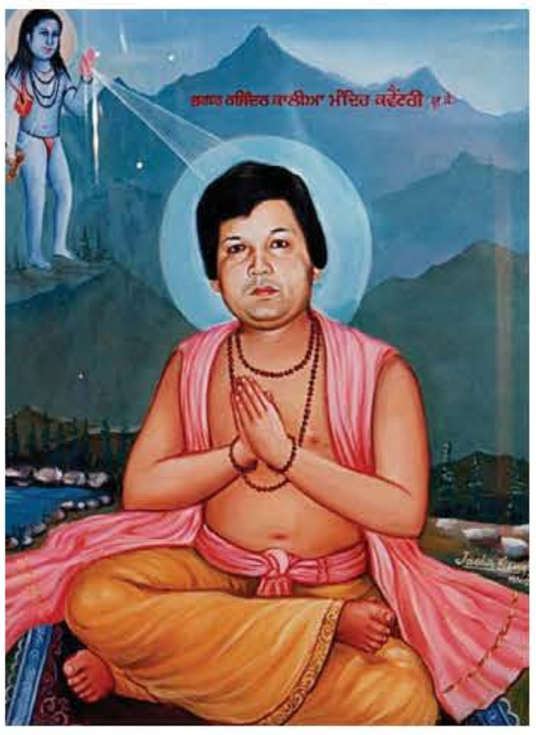
A HINDU priest is being sued for up to £8million over claims he posed as 'God on Earth' to swindle and rape his disciples.

Rajinder Kalia, 68, allegedly said he could heal the sick and used videos of 'parlour tricks' to give the impression he could work miracles by squeezing blood from lemons and setting water on fire.

He then allegedly exerted 'undue influence' by groping and raping four women – three from childhood – over decades.

Married Mr Kalia is also accused of compelling three 'victims' to work unpaid and hand over large sums.

Now the ex-disciples are fighting their former guru at London's High Court. They claim he 'flamboyantly' donated £2,500 to West Midlands



Power: A poster of Rajinder Kalia





Allegations: Rajinder Kalia, 68, who is claimed to have sexually exploited disciples who joined his temple in Coventry, above

'Threatened with acid attacks'

Police – and that, after they made rape allegations, officers dropped the case and investigated several of them over fabricated allegations of child abuse.

Mr Kalia, a former clerk and draper, denies any wrongdoing, blaming 'a conspiracy between the claimants'.

The court, which began sitting this week, has been told that after a motorbike crash suffered as a youth in India, Mr Kalia 'miraculously' walked again following a visit to Himachal Pradesh – an area associated with Hindu god Baba Balak Nath.

He came to England aged 21 and soon launched his own Baba Balak Nath temple in Coventry in 1986.

Barrister Mark Jones, representing the seven claimants, told the judge: 'This is an unusual case, where the claimants allege to have been wholly subject to the charismatic and forceful personality of Mr Kalia over decades.

'He portrayed himself as an incarnation of God through the purported performance of miracles. The claimants' ability freely to consent to his demands for financial and sexual benefits was overridden. They were incapable of resisting.'

The first victim, a 57-year-old woman, who is not being named for legal reasons, joined the temple as a single mother and was soon attending three sermons a week, some from 4pm to 5am.

She wept on Friday as she recalled he told her he was 'omnipotent and omnipresent' and would decide if she went to Hell.

He allegedly forced her to endure 'non-consensual penetrative sexual activity on a minimum of 1,320 occasions' over 22 years of abuse, telling her his 'abhorrent' sexual perversions were 'akin to relations enjoyed by Hindu deity Krishna'.

A woman aged 48 said he began abusing her at 13, and took her

'Groped from the age of 13'

virginity at 21 in a Stratford-upon-Avon hotel he made her book.

After she went to the police in 2017, she claims his disciples 'threatened her with acid attacks' before she was wrongly arrested over child abuse.

A third, 37, says she was made to play the drums at services until her hands bled, was groped from the age of 13 and had her virginity taken. 'She feared nobody would believe her if she were to allege "God" had raped her', it was claimed. A fourth, 36, claims he inappropriately kissed her from age four.

Another claimant, Sukhdev Kaur, says he told her to leave her husband and even alleges he made 'an absurd demand [and] that in her thrall she paid £5,000 to cure her dog's cancer'.

Mr Kalia lives with wife Sachitra, 67, in a £1.1million gated mansion in Ryton-on-Dunsmore, Warwickshire. His barrister, Sarah Crowther KC, told the court he made no claims to have 'divine power', continuing: 'The defendant denies all the allegations. They are fundamentally dishonest and the product of a conspiracy to extort Mr Kalia.'

The case continues.

Charge tourists but not Brits to visit Museum, says its ex-boss

By **Taryn Pedler**

OVERSEAS tourists should pay £20 to visit the British Museum, the museum's former director has said.

Sir Mark Jones, 73, said the fee should be introduced to save the attraction – but that Britons and under-25s should be able to visit for free.

He also suggested that other major museums and galleries across the country should consider charging entrance fees to visitors from abroad.

The UK's museums stand out among their international competitors when it comes to charging entry frees – the Louvre in Paris costs €22 per adult visitor, the Acropolis Museum in Athens €15, and New York's Metropolitan Museum of Art $30.

Sir Mark said charging tourists could help fund improvements to the British Museum's buildings and create relationships with foreign museums to loan back artefacts taken from their countries.

He told The Times that some of the museum's buildings are in a 'poor state' and, when there is heavy rainfall, water sometimes seeps into the galleries.

He added: 'The British Museum is also too small to do its job. A masterplan would include an increase in space and more space given over to facilities for visitors.' Money from the charge would also go towards reducing ticket prices for the institution's special exhibitions, funding projects outside London and increasing pay for staff.

Sir Mark said: 'Either a major part of the funding has to be found out of taxation, which is difficult as the public finances are very stressed, or we need reasonably to charge [tourists]'.

The Mail contacted the British Museum for comment.

Daily Mail
COMMENT

Green spaces are the lungs of our nation

IN one of his many verbal gaffes, former deputy prime minister John Prescott once declared: 'The green belt is a Labour achievement. And we intend to build on it.'

At the time, it was laughed off as just another faux pas by that most linguistically challenged of politicians. Today, however, it seems his words were prophetic.

If Labour wins power, Sir Keir Starmer plans to reassess the green belt with a view to reclassifying parts of it for residential and commercial use.

In addition, councils would be set mandatory targets for new building and powers of local protest would be heavily diluted. New Labour's mantra was 'Education, Education, Education'. Sir Keir's appears to be 'Build, Build, Build'. Anywhere and everywhere.

It's true, of course, that Britain needs more homes. Migration has driven a rise in population of ten million since 1997. They all need somewhere to live.

But ripping up planning rules to allow hugger-mugger construction on precious green spaces is not the answer. It would hugely diminish our quality of life without solving the problem.

There are better ways. The Campaign to Protect Rural England says some 500,000 new homes already have planning permission but are not yet being built. Why?

Its research also shows there is enough disused 'brownfield' land available in and around our main conurbations to build a further 1.2 million houses and flats.

Building firms prefer greenfield sites because they generally need less preparation. But they are the lungs of the nation.

Contrary to Lord Prescott's boast, the green belt was introduced by a Tory government nearly 70 years ago to protect the spaces around large towns and cities from urban sprawl. It was meant to ensure city-dwellers had easy access to countryside, to foster conservation and to encourage regeneration of derelict urban land.

Not every green belt acre has been sacrosanct since, but the principle has held firm. To trash it now in the vain hope of meeting paper targets would be a betrayal.

And we're not talking only about homes. To realise its 'green revolution', Labour will need to carpet over huge areas of the countryside with inshore wind turbines, solar farms, and a plethora of pylons.

Will local people have any legal right to resist large-scale developments on their doorstep? Given Sir Keir's ebullience on the matter, hardly likely.

The Office for National Statistics predicts that by 2036 the UK will see a further population increase of 6.1 million – overwhelmingly the result of migration.

If Labour truly wants to solve the housing crisis – not to mention NHS waiting lists and school place shortages – it should start by trying to limit this influx. But it won't.

The party's come-one-come-all approach to asylum guarantees that even if it does concrete over the green belt, there will never be enough homes to meet demand.

Daring to believe...

PERISH the thought that England's footballers should ever go easy on their long-suffering fans.

They started as favourites for the Euro 24 championships yet, for 95 minutes yesterday, they were second best to Slovakia – a team ranked 45th in the world.

With millions at their wits' end, a moment of brilliance by wunderkind Jude Bellingham turned the tide and they found a way to win. Can they now embrace the spirit of 1966 where, after a lacklustre opening, they went on to secure the World Cup? The Mail fervently hopes so. We're backing England!

Here's what the man tipped to be Trump's National Security Advisor told me about Nato – and it's terrifying



WE WILL undoubtedly ask, in years to come, how the issue of defence played no part in the 2024 General Election.

There was just a momentary spat when the Conservatives boasted that they would increase defence spending from its current level of 2.3 per cent to 2.5 per cent of GDP 'by 2030', while Labour said they would reach 2.5 per cent 'when conditions allow'.

The latter is a meaningless statement, but the Conservatives' claim is hardly a triumph of resolve.

And it is extraordinary that the greatly increased likelihood of Donald Trump being (re)elected President, following the cruelly public exposure of Joe Biden's incapacity in their so-called debate last week, has still not caused the issue of defence to be raised in our own election.

Quit

It could hardly be clearer that Donald Trump, returned to the White House, will not just demand that we and other European countries pay much, much more of the costs of defence against the depredations of the insatiable warmonger in the Kremlin: he actually has no intention of assisting us.

Last month, it was revealed that Trump had told the European Commission President, Ursula von der Leyen: 'We will leave, we will quit Nato. And by the way, you owe me $400 billion, because you didn't pay, you Germans, what you had to pay for defence.'

It is said this was some sort of bluff; Trump's negotiating tactic to get Europeans to cough up more.

Not according to John Bolton, who was his National Security Advisor: 'I was there when he almost withdrew [from Nato], and he's not negotiating. His goal here is not to strengthen Nato, it's to lay the groundwork to get out.

A fortnight ago, I was at a lunch the leading Westminster think-tank Policy Exchange held for the man whom many tip to be National Security Advisor in Trump 2.0: Elbridge Colby.

The formidably articulate Colby, who served as Deputy Assistant Secretary of Defence during the first Trump administration, shocked the British military panjandrums present with his strong intimation that he did not necessarily see a Russian attack on a European Nato member as a reason for the U.S. to send its forces into action.

He was unmoved as one of the guests pointed out that when the U.S., after 9/11, sought backing for its invasion of Afghanistan (where Osama bin Laden lurked), all its Nato allies sent troops in support, too.

Colby, like Trump, regards China as the only serious threat to U.S. interests, and believes all Washington's military strategy should be directed against Xi Jinping's plans for 'Asian hegemony': Beijing taking control of the archipelago of islands that runs from Japan, via Taiwan, to the southern edge of the South China Sea.

So, Colby told us, Europe must be 'de-prioritised', ridiculing what he called 'the idea we should break our spear in Europe, which is much less important to the American people'.

Afterwards, when I spoke to him, Colby said: 'You need to realise I'm moderate on this, compared with many in the Republican Party.'

He added: 'Your Prime Minister says he will put 2.5 per cent of the UK's GDP into defence. Why not 3.5 per cent? That's what America spends.'

Fair point. Half a century ago, when there was no war in Europe, 5 per cent of our GDP was spent on defence.

Provoked

Ukraine is now the front line. This, at least, has come up in the election debates, after Donald Trump's chum, Nigel Farage, claimed in a BBC interview that the full-scale invasion of Ukraine was the result of Putin being 'provoked by Nato expansion'.

In fact, prior to the Kremlin's tanks rolling towards Kyiv in 2022, Nato's borders had not moved an inch since Estonia, Latvia and Lithuania joined the bloc in 2004.

And Putin had repeatedly stated that their accession posed no threat to Russia's national security. They will not feel so secure themselves, now.

If Sir Keir Starmer becomes PM on Friday, he will be flying to Washington four days later for a Nato summit marking the 75th anniversary of its founding.

Over it will loom the encroaching shadow of Donald Trump — and Europe being told that when it comes to Russia, deal with it yourselves.

If that happens, here's the question not raised once in this election: how does Labour propose to pay for a generational increase in defence spending?

STARMER DID FIGHT CORBYN: TO STOP BREXIT

SIR Keir Starmer has never given an straight answer to the question 'Why did you say that Jeremy Corbyn would be "a great prime minister"?' He has also struggled to explain why he served in Corbyn's shadow cabinet, while the likes of Rachel Reeves and Yvette Cooper refused.

But Starmer had another go last week, telling an interviewer that he was 'right to fight from within the shadow cabinet' and citing 'commitment to NATO' as an example.

Actually, NATO membership was never an issue. But Brexit was. And on this matter, Starmer definitely fought Corbyn: the then Labour leader was adamantly against the idea of a second referendum.

Starmer, however, knew that party members (unlike millions of Labour voters) were virulently anti-Brexit, and they wanted the country to vote again on the matter.

So at the 2018 party conference in Liverpool, and without warning the leadership, Starmer called for a second referendum, adding: 'And nobody is ruling out Remain as an option.'

The delighted members rose to cheer, but instantly the Conservatives put out on social media: 'Confirmed — Labour will not respect the result of the referendum'. Waving a copy of this in Sir Keir's face, according to Tom Baldwin's biography of Starmer, Corbyn's political secretary Amy Jackson shouted: 'Look at what you have just done!'

Indeed. I wrote in the days before Labour's defeat in the 2019 election: 'Look no further for the reason the Conservatives seem poised to win a tranche of seats in the Midlands and the North, some of which have not failed to back Labour in living memory. These are all constituencies which came out heavily for Brexit.'

Even after that, Starmer, running for the Labour leadership, asked if 'free movement' of migration with the EU should remain post-Brexit, replied: 'Of course, bring [it] back.'

Now, though, he has focused his campaign on winning back the pro-Brexit voters he disdained, with every single poster mixing the Labour Party's Red with a Union Jack. How fortunate for Sir Keir that so many have short memories.

In 1954, my mum (who had never been abroad) bundled three children under eight into her Hillman Minx and set off on a 4,000-mile drive to Baghdad — all for love!

by Nigel Tisdall

ON JUNE 30, 1954, a Berkshire housewife, who had never been abroad, bundled her three small children into a six-year-old Hillman Minx saloon and embarked on a 4,000-mile drive to Baghdad.

In the weeks that followed she met a cavalcade of colourful characters, from a former U-boat captain to a brace of teenage striptease artistes, and almost died after skidding off a bridge and plunging 10ft into a ditch.

I know all this because the woman involved, Mary Tisdall, then 31, was my mother, and the highlights of her trip, poignant and dramatic by turn, are recorded in a 22,000-word memoir and close to a hundred handwritten letters that she exchanged with my father, Billy, an RAF sergeant who had been posted to Iraq.

Seventy years later, their deep love for each other still shines out of every word and missive.

'My desire for you is terrific at times,' Billy penned to his 'bravest of princesses' from his bed in an air force base at the desert city of Habbaniya .

In response, Mary — living in the tranquility of RAF White Waltham, just outside Maidenhead in Berkshire — signed off with 'all my love always and always and always' followed by a long line of kisses.

Ten months after Billy had left for his foreign posting, they could bear the separation no longer and she resolved to undertake her intrepid odyssey.

Over the course of six weeks, the couple hatched a secret plan to reunite, which they called 'Operation Magic Carpet'.

By sheer good fortune, Mary had a brother, Alan, who worked for the Automobile Association in London and it was he who supplied her with an extensive 72-page route description.

HAND-TYPED, its detail is astonishing. The European leg of the trip, from Dunkirk to Istanbul, is listed as precisely 2,163¾ miles.

It also came complete with suggested stops for sightseeing — at cathedrals, castles and mosques — while en route, as if the family were embarking on an educational, three-week grand tour rather than a rather hair-raising expedition to the time-worn sands of Mesopotamia.

Before setting off, Mary dashed up to London to get visas for Syria and Iraq for her and her children, Roger, Susan and Bridget, respectively aged seven, five and two. (I arrived three years later.)

Vaccinations and dental checks were urgently arranged, and little Roger's Post Office savings account was raided to help fund the enterprise.

'Do I need a tent for crossing the desert?' Mary asked in one letter to her husband.

'No, the sand is too soft and there are too many insects,' Billy wrote back. 'Instead, you'll have to join a convoy of RAF trucks and sleep in your vehicle, as the chaps do.'

Fired up by her mission, Mary informed Billy that if he dared stop her now 'there would be a great big row much worse than any atom bomb!'

With that, she booked a Pickfords van to put all their worldly goods into storage and the family headed to Dover in the car that was affectionately known as 'Miranda' to board the night ferry to France.

'Everything is so different and fascinating,' Mary wrote to Billy, as Miranda sped through a West Germany still rebuilding after World War II.

She found it strange to encounter helpful and likeable people 'who all my life I had been taught to dislike'.

At a hotel in the city of Aachen, one fellow guest who struck up conversation over breakfast turned out to be a former U-Boat commander.

'When he fondly took Bridget on his knee and played with her teddy bear, I found it hard to picture him in his previous grim role,' Mary mused. 'How is it a man can be so kind yet so cruel?'

Mary later found out that the German owner of the hotel had been captured at the Battle of Dunkirk in 1940 and had spent four long years as a prisoner-of-war in Bournemouth and Edinburgh.

But far from bearing a grudge, he professed a liking for the English — even our food! — and generously gave his unlikely guests sandwiches to sustain them during the next leg of their journey.

'If only people were to travel more,' Mary reflected, 'surely it would be a step towards a greater understanding and world peace?'

Things took a lurid twist when Mary made a visit one evening to a café where a musical troupe, fronted by a compère 'with a permanent smile', was performing for customers.

Its other members included a 'fat, debauched pianist', an impersonator who had a 'horrid' habit of waving his fingerless hand at the audience, and two teenage striptease artistes' — one of whom had a nasty scar on her forehead.

'They started playing a gambling game in which the loser had to buy a round of brandy and the winners drink it all in one gulp,' Mary recalled.

'It was fun to watch, but I was full of pity for these two young girls whose lives were being used up so quickly.'



Adventure: Mary with Susan, five, Bridget, two and Roger, seven



Journey: 'Miranda', the Hillman Minx that took the Tisdalls from Berkshire to Yugoslavia

It was when they reached Stuttgart that Billy's superiors finally learned of Mary's intended arrival.He was informed in no uncertain terms by his commanding officer that, if his wife turned up at the base, she would be sent straight back to England 'within 14 days at your expense'.

'The man is a woman-hater,' Billy raged.

One aspect of this journey that surprises modern eyes was Mary's willingness to put her children to bed in a foreign hotel room then go out at night.

Keen for new experiences, she writes how she went dancing with Josef, a travelling confectionery salesman, and dined with Werner, a German engineer en route to Zagreb in then-Yugoslavia.

'I am a curiosity here,' she reported to Billy, 'one English-woman with three children going to Iraq.'

Although cautioned not to drive at night or pick up strangers, when they drew near to Belgrade Mary gave a lift to a gaunt, 19-year-old escapee from communist East Germany.

Hans had been living on his wits for the last three years and had picked up a number of different languages in the course of his travels, which came in very useful as they travelled though Yugoslavia, then a desperately poor country.

It was here, near Skopje (now the capital of North Macedonia), that Mary's trip took a fateful turn. Literally. Miranda skidded and veered off a narrow bridge into a ditch.

'I remember tumbling and tumbling in the back seat,' Susan recalls, 'and Mummy having blood all over her face.'

BRIDGET, who was sitting in the front on Hans's lap (no seat belts then), was also badly hurt.

Fortunately for Roger, his greatest calamity (as he subsequently wrote to Billy with great sadness) was that in the mayhem he lost a treasured toy crane that he had been given for his birthday.

Shaken but alive, the Tisdalls were quickly helped by local villagers. Then, miraculously, a coach carrying 25 French holidaymakers, including several nuns, came over the hill.

They agreed to take the family and their luggage back to Skopje, but they didn't appear to understand quite how badly hurt they were. The tour group duly stuck

TURN TO NEXT PAGE

FROM PREVIOUS PAGE

to their sightseeing itinerary, stopping at historic buildings and scenic viewpoints to take photographs as they went along, while *'les Anglais'*, bruised and bleeding, sat at the back of the coach in tears.

It was later discovered that two-year-old Bridget had a broken leg, while Mary required stitches to her face.

Back in Skopje, Mary went straight to the British Consul to ask for assistance. William Maxwell, 'a real Scottish gentleman', and his wife, Olive, were 'kind beyond words', taking the battered quartet into their home and letting them stay for the next four weeks.

While Mary and her children recuperated, the Hillman was sent to a garage for repairs, with a view to them continuing the journey on to Baghdad. Given the poor state of the roads ahead, Miranda's propensity to break down and the need to cross 200 miles of uninhabited desert over the border into Iraq, Maxwell sternly advised against this.

His proposal was to get Billy sent to Yugoslavia to help with the driving, but the RAF refused to sanction this move. Then, in an unexpected twist, Air Marshal Sir Claude Pelly, Commander-in-Chief Middle East Air Force, got to hear about Mary's epic venture.

He was so impressed by her plucky attempt to reach her husband, which — he declared — 'shows a spirit only too rare these days' that he made a decisive intervention.

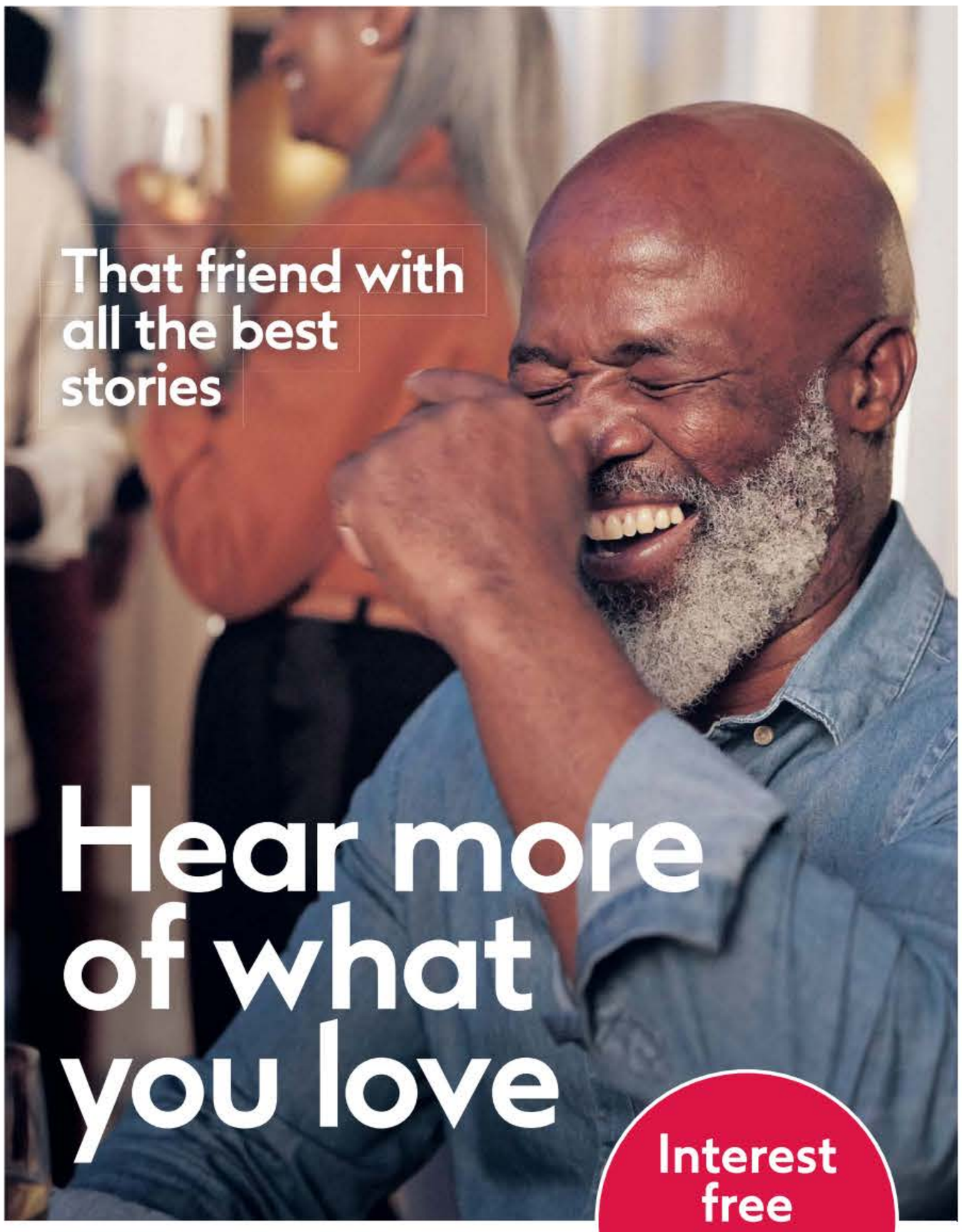
He immediately sent a signal describing her as 'like a breath of fresh mountain air coming over the hot desert', and an instruction to 'see that Sgt Tisdall is reunited with his family'.

Billy was quickly posted to RAF Amman, in Jordan, where the family would be allowed to stay in local accommodation before progressing to married quarters.

After two days of delays and re-routed flights via Istanbul and Beirut, Mary and the three children were eventually reunited with Billy in Jerusalem on August 6, 1954, his 36th birthday.

'The end of your journey is in my arms,' Billy had written to Mary the month before, and now, at long last, the magic carpet had landed.

■ *FOR more information, go to: journeytojordan.co.uk*



Andrew Pierce



Elphicke's small boats U-turn is a blatant betrayal

NO ONE has been more scornful of Labour's feeble plans to stop the boats than the former Tory MP for Dover Natalie Elphicke.

Regular readers of this column will recall how, last year, she mocked up a picture of Sir Keir Starmer standing by a door which bore a 'Welcome' sign and opened on to a beach in her constituency.

'Labour does not want to stop the small boats,' she said. 'This is Labour's small-boat policy: Backing people smugglers over the British people.'

But since she defected to Labour in May, Ms Elphicke has undergone such a remarkable conversion that she has been deployed by Starmer to back his stance on illegal migration. In a letter sent to tens of thousands of homes in the Red Wall seats that feel most strongly about the issue, she wrote: 'As the former Conservative MP for Dover I have witnessed his [Rishi's] failure first-hand.

'I could not in good conscience represent a party that was failing British people on such an important issue.'

This is an extraordinary U-turn from someone who was a vocal champion of deporting migrants to have their claims processed in Rwanda — a policy which Starmer will scrap.

Elphicke's willingness to perform such a shameless about-turn is renewing speculation that she will be rewarded by Labour for her treachery with a well-paid job at a housing quango. In fact, my mole at Labour HQ said: 'If I was a Tory I would bet on it.'

Baddiel's age-old lack of political ambition

DAVID BADDIEL provides a personal take on the two elderly men who are desperately fighting to be the next occupant of the White House.



'Frankly, I don't know why anybody of Biden or Trump's age would want to be President,' says the comic.

'I'm 60 and I don't even want to go upstairs.'

*LORD Kinnock, who led Labour to two defeats, concedes that his party is ahead in the polls because of dissatisfaction with the Tories rather than affection for Sir Keir Starmer. 'Since the human being first cast the vote in Ancient Greece, the main factor determining electoral outcomes is: "Let's get rid of these b******s", rather than "Let's vote for the perfect alternative",' he says.*

UNUSUALLY for a prime minister, Rishi Sunak has been campaigning in his own Yorkshire constituency, where he is defending a 27,000 majority. If he fails to hold on, Sunak would be the first PM in history to lose his seat. But he wouldn't be the first party leader to be toppled in recent history: Lib Dem Jo Swinson lost her seat in 2019.

A CURIOUS complaint from former Tory deputy PM Michael Heseltine: 'I've not been asked to do any campaigning by the Conservative Party so I'm not doing any.' But why would any candidate want him on the doorstep? He has criticised every Tory leader since William Hague.

DECEPTION ON THE DOORSTEP

ONE-TIME Labour Home Secretary and postie Alan Johnson recalls pounding the streets during an election campaign.

A couple of what he thought were 'floating voters' engaged him in a lengthy conversation — before revealing they were die-hard Lib Dems who wanted to keep him occupied for a while.

This talent for deception is more pronounced among the elderly, says Johnson: 'All party workers know that, when encountering an ancient supporter on the doorstep, the opportunity should be taken to offer a lift to the polling station on election day.

'The journeys often ended with an octogenarian wheezing with suppressed hilarity as they revealed that they were from the opposite camp, determined to waste the resources of the party they badly wanted to fail.'

andrew.pierce@dailymail.co.uk

The only person for the job! Jill Biden still stands by Joe after debate debacle

From **Daniel Bates** in New York

JOE Biden has faced protests to end his re-election campaign from his own supporters at a fundraiser.

But his wife Jill insisted he was the 'only person for the job' despite the fallout from his calamitous TV debate.

As the President arrived in The Hamptons in New York, he drove past signs from wealthy Democrats reading: 'We love you but it's time.'

Others included: 'Please drop out for US'; 'Step down for democracy'; and 'Thank you, next' – a reference to the hit Ariana Grande song.

Mr Biden, 81 – the oldest US President in history – slurred his words and gave incoherent answers on Thursday night's

'We love you but it's time'

election debate with Donald Trump. It was seen as such a disaster that Democrats are openly calling for Mr Biden to be replaced as the party's candidate come November.

He tried to quell anxiety among supporters at the fundraiser, hosted by billionaire Barry Rosenstein and attended by actors Sarah Jessica Parker and Matthew Broderick.

He said: 'It wasn't my best debate ever... I get it. But I'm going to be fighting harder.'

Top Democrats were trying to speak to Mrs Biden in the belief she is the best person to convince her husband to drop out.

But after arriving in The Hamptons on Air Force One, the First Lady stood by the President.

She told donors: 'Joe isn't just the right person for the job – he's the only person for the job.'

Mr Biden was yesterday with his family at Camp David, where they had their picture taken by celebrity photographer Annie Leibovitz. But the gathering, which was arranged before the debate, has now taken on new urgency and significance.

Democrats have been carrying out polling to understand the impact of the debate and whether it would impact ballot candidates. An adviser to Mr Biden said that the only way he would quit is if the data showed he couldn't beat Mr Trump.



Sending a message: Democrat backers in New York hold signs urging the President to quit



Concern: Joe Biden on the phone in the Hamptons at the weekend



'Did you have a nice bath? You missed the whole of the summer'

Was that it? Heatwave vanishes in the gloom

By **Richard Marsden**

IT'S just a week since Midsummer's Day and five days since Britain enjoyed its hottest spell of the summer.

But as leaden skies cover the most of the country, you could be forgiven for thinking autumn has arrived.

A blanket of cloud is set to bring grim, grey conditions for much of England and Wales over the coming week, accompanied by patchy rain and temperatures in the mid-teens.

Only a few lucky areas of southern England are set to experience further sunny spells and temperatures into the low 20s.

The grim forecast compares with hot sunshine last week when a sweltering 30.5C (86.9F) was recorded at Wisley, Surrey, on Wednesday, the UK's hottest day of 2024 so far.

Craig Snell, of the Meteorological Office, said: 'It's going to be a dull and grey week ahead.' Today, rain is due to affect parts of north-west England and Scotland as a weather system passes through.

Revealed: Activists' plot to 'rescue' 100 animals from farms

RSPCA warns of danger to livestock

By **Sabrina Miller, Jeylin Mehmet** and **Amelia Jacob**

ANIMAL rights activists plan to steal more than 100 animals from RSPCA Assured farms this summer, a Daily Mail investigation has found.

Campaigners from the group Animal Rising hope to 'mobilise and train' more than 200 volunteers to take part in the 'huge open rescue' at undisclosed locations.

On June 11, more than 110 people took part in a Zoom meeting where ringleaders revealed they were organising secret in-person training across the country to teach activists how to break into farms and take animals.

But the RSPCA has warned that these sort of 'divisive stunts' may 'distress' the animals and potentially 'spread disease'.

Last month two Animal Rising activists defaced the King's first official portrait with a Wallace and Gromit-inspired poster.

The group also has a long history of stealing animals from farms. In May 2023, three of its supporters snatched three lambs from the King's Sandringham Estate in Norfolk.

Last year Animal Rising planned to sabotage the Grand National by getting hundreds of supporters to run on to the Aintree track to halt the race.

The plot was foiled by an undercover reporter for The Mail on Sunday who alerted police, leading to the arrest of dozens of activists. In the end, the race was delayed for just 15 minutes.

Responding to the latest plot, Mo Metcalf-Fisher from campaigning group the Countryside Alliance said: 'These stunts actually risk threatening the welfare of livestock. We hope the authorities take immediate and robust action to tackle this criminality.'

An RSPCA spokesman said: 'Trespassing on farms and taking animals risks causing fear and distress to animals and potentially spreading disease to animals on farms and beyond.'

Animal Rising has said it takes extensive biosecurity safety measures during all their open rescues. Spokesman Rose Patterson said: 'Later this year Animal Rising will be rescuing dozens of animals, allowing them to live their lives free and happy in sanctuaries – away from the horrors of an RSPCA factory farm.

'It doesn't have to be like this. We want the RSPCA to join us in rescuing animals – but for now, they're continuing to participate in their suffering.'

Why baby knows best about food

MOST parents remember the hours spent spooning pureed food into their child's mouth.

But allowing infants to feed themselves may be better for growth, according to a study.

Findings suggest that baby-led weaning – a way of introducing solid foods – provides ample calories for growth. There had previously been a concern it did not provide enough nutrition.

The method emphasises allowing infants to hand-feed themselves versus the traditional approach of spoon-feeding puree. Advocates say it encourages healthy habits because babies explore a variety of foods. Researchers studied 70 five-month-old infants.

The findings were presented at the American Society for Nutrition conference in Chicago.

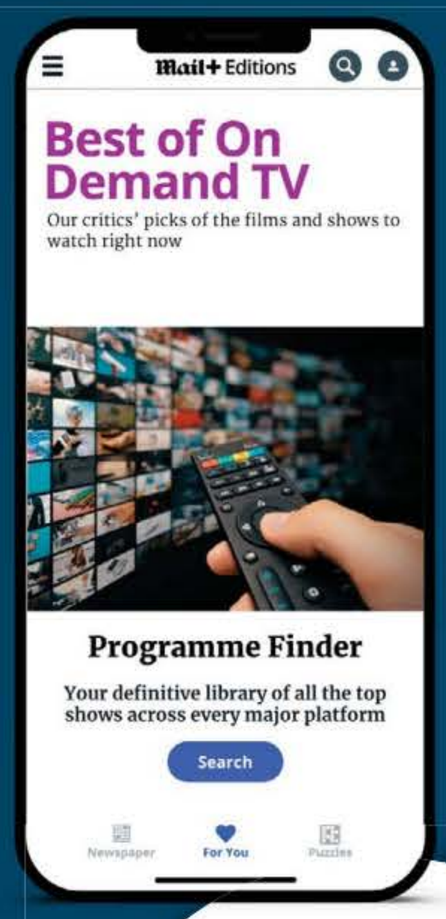
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WAS sex really better in the 1960s, as Marianne Faithfull insists? In an article in this month's The Oldie magazine, the 77-year-old singer says: 'Art was more intense, purer. Sex was hotter, too — more repressed.' So has she got a point — was sex forbidden fruit and more thrilling than today's all-you-can-eat buffet? Or are her rose-tinted spectacles fogged with misplaced nostalgia? Two writers argue across the generations...



Cool: Libby in the 1960s

YES, SAYS LIBBY PURVES, 74

A French kiss was an event thought about for days

MARIANNE Faithfull is on to something when she says, defiantly, that 'sex was hotter... more repressed' in her heyday.

She was talking more widely about the hippy world she knew then, being a muse for painters like Francis Bacon and swinging with the Rolling Stones.

But that line about sex has certainly got a bit of shocked attention from a 21st-century generation which thinks 'repression', or even moderation, is an antique concept.

Nobody wants to go back to harsh moralities and slut-shaming, but I have to say that groovy old Marianne has a case. The difference is obvious even to me as a 1960s teenager, three years younger than her and in most ways her opposite.

She was a gorgeous blonde, descended from Austro-Hungarian nobility, a hot chick who was discovered singing in coffee houses and fell in with Mick Jagger. I, meanwhile, spent the 1960s as a lumpen convent girl and then university student.

In the convent we weren't even allowed to dance to dodgy lyrics: they banned the Stones' Satisfaction, even though we argued it was all about *not* getting sex, and Manfred Mann was suspect for singing the Bob Dylan lyric 'if you gotta go, go now, or else you gotta stay all night'. Again, we argued, but nuns can be implacable that way.

Yet even at school we admired Marianne from afar, identifying with her air of glamorous adventure, gasping at news of her emerging from a drugs bust wearing only a fur rug, and quite often listening to her breathy version of As Tears Go By whenever we got dumped.

BUT we lived in the same cultural frame: as hems went up and then down again, and the decade swung along towards the equally louche early-1970s, the same surge of artistic and musical defiance affected all our generation, and sex was a big part of it.

Even we squares felt the bohemian urge to defy old rules, though our excesses might go little further than heavily mascara-ed pick-ups of strange boys, illicit trips downtown when we had to flee from flashers, and having narrow escapes from dirty old men.

And then we too came to the occasional heartfelt night of once-forbidden love. Usually followed by a terrifying pregnancy scare: the Pill was only just becoming attainable by the young and single.

Being a young woman then was not all fun: even apart from the fear of pregnancy and anguished decisions about abortion, we were still considered by a patriarchal society as secondary, not likely to be leaders or entrepreneurs. Secretarial jobs were freely advertised as wanting 'dollybirds' to work in a 'fun office'.

Read early Jilly Cooper novels to catch the spirit of that age, including the way young women were often treated like children (Jilly has one hunky hero actually spanking the heroine). Even world famous supermodels such as Twiggy or Jean Shrimpton remember being manipulated, curated and managed by bossy men. Not a perfect world, not yet a feminist one. But it had its points.

For when it came to ordinary life, that sense of sexual freedom outside the confines of marriage was new to everyone, and that includes the young men. Therefore they were — no other way to put it — grateful.

They didn't yet feel the modern 'incel' (involuntary celibate) sense of aggrieved entitlement, and there's nothing like a promise of forbidden fruit to stir a chap up.

Of course, the most beautiful girls got a lot of attention, became pin-ups and fed laddish dreams, but any half-presentable lass had a very good chance of being chatted up.

Slow-dancing was inexpressibly exciting for both parties; even a 'French kiss' was an event to be thought about for days afterwards.

The stages of ordinary courtship were often slow, and you found that your breasts, which had previously rather annoyed you, were regarded as amazing treasures.

So if the attraction was mutual on a human, friendly level, there was real excitement in even a stolen half-hour on the sofa while supposedly babysitting. For young men before the age of constant pornography it was an immense, life-changing thing to be in a room with an undressed woman: even if, dare I say it, you didn't have a super-perfect, beach-ready Instagram body.

One chap once gave me a big sexy hug and murmured: 'You're built like a Volkswagen!' We were both able to laugh about it, even in the age of stick-thin fashion.

Sex at its best is not an athletic contest but a warm, shared animal pleasure, a grateful human connection. And when, as the 1960s saying was, we 'went all the way', there was power in its ancient capacity to bond people together emotionally. Arousal and orgasm do that: it's primitive.

Couples could learn together, possibly using an occasional handbook (a lot of men really needed that). Sometimes breaking off that connection was, as it always will be, terribly painful. But it did not then include the terrifying modern atmosphere of judgment: a demand on women for hairless, flawless perfection and marks out of ten for being 'good in bed'.

Some people did talk that way, some have always enjoyed the idea of one-night stands. But today's culture of expecting them as the norm is new.

I can remember a lot of discussion about a film called John And Mary, in which Dustin Hoffman and Mia Farrow meet in a bar, sleep together, and only gradually get to know one another. Among my friends it was considered a very daring idea: fancy having sex before you'd even had a proper conversation!

Some defiantly backed it on the grounds it might save time. But it was decades before we got to the modern idea that having a series of uncommitted hook-ups was normal and even a necessary health precaution, like flossing. And another couple of decades before our weird smartphone habit of sending digital pictures of your bits to strangers for approval on a cold screen.

So yes, I'm with Marianne. It was fun then.



NO, SAYS FLORA GILL, 33

Don't forget the rampant sexism in the 1960s

THE idea that sex was hotter in the 1960s is constantly being rehashed by older generations.

Marianne Faithfull declares that the current 'hipster-lite' youth don't know how to have a good time and that she and her peers had more fun, better parties, and, yes, sexier sex because it was 'repressed' and therefore, the implication is, thrillingly illicit.

But the truth is that we're living in a much better time for sex. Let's take

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So was sex REALLY better in the 1960s?



Pictures: TERRY O'NEILL/GETTY/ KEYSTONE-FRANCE/GAMMA-KEYSTONE/BBC/NATASHA PSZENICKI



Pop icon: Marianne Faithfull in her heyday and, far left, with Mick Jagger in 1969

Singer Marianne Faithfull claims it was 'hotter' because it was 'repressed'. Two writers from across the generations cite their own experiences of love and lust

a clear-eyed look at what sex involved in the 1960s. And stop ignoring the outright sexism, abuse and sexual assault that was prevalent at the time.

Faithfull was a rock star who may have moved in a wonderfully bohemian London world of glamorous and decadent parties and nightclubs, but the mainstream music industry was producing records that described the abject treatment of women within sexual relationships back then.

Some of the lyrics blow a Millennial's mind, quite frankly. Run for Your Life by The Beatles includes the line 'I'd rather see you dead, little girl, than to be with another man'. Then there's He Hit Me (And It Felt Like a Kiss) by The Crystals, and almost every sentence of the Rolling Stones Under My Thumb ('The way she does just what she's told down to me') which reads like a manual for what our more enlightened times calls coercive control.

Jenny Diski, author of The Sixties, summed it up: 'The idea that rape was having sex with someone who didn't want to do it didn't apply very much in the late Sixties. On the basis that no means no, I was raped several times by men who arrived in my bed and wouldn't take no for an answer.'

Perhaps sex was better for some in the 1960s, but I'm sure the majority of women would rather be having it after the 1975 Sex Discrimination Act or after marital rape was legally recognised in the 1990s. Or following the #MeToo movement.

Marianne seems to think sex was better when it was 'repressed' and a 'cool' elite ruled the cultural roost. She sounds like a petulant teenager who hates any group that becomes too 'mainstream'.

Something doesn't become less cool or fun just because it's more inclusive, attainable and equitable. You shouldn't need large swathes of the population to feel sexually repressed to get your own socks off. And anyway, wasn't it female desire that was largely being 'repressed'?

Certainly women weren't allowed (or didn't know how) to express their needs very much. Instead, they largely existed — in the now questionable culture of Bond films, the Carry On franchise and any number of mind-bogglingly sexist sitcoms and novels — as sex objects for the male gaze.

I would argue that sex is better now, particularly for women, because we have the language, the means and the legal framework to be in control in a way that hardly existed 60 years ago.

We understand our own bodies better and have an expectation of pleasure. We're not afraid to say so either. If we need to take control, we do. And we know about safe sex. We're still far from perfect in any of these respects, but we're moving in the right direction.

Technology has also made other facets of modern-day sex superior. Now, a sexually liberated person can open an app and find someone in minutes. They can state exactly what they're looking for and access it.

Now, you can find communities for every quirk online and no one is alone.

If you don't want to have sex at all, we're all informed enough to know that's OK, too. Being less repressed doesn't make sex worse, it makes it better — you can proudly be the person you want to be and into whatever you like.

And let's not forget that for most of the 1960s, homosexual acts were criminalised, even in private. Today, men and women no longer have to repress their sexuality.

I'm not denying there are modern problems: the excess of choice, the increase in violent pornography and the rise of incel culture, to name a few.

And I'm also not pretending that I wouldn't give my left nipple to enjoy some of those wild parties that Marianne thinks back on fondly, but I'd *always* want to return to the liberated 2020s.

Maybe Marianne *was* having great sex in the 1960s. But it's dangerous to glorify the past and not appreciate how far we've come. You can reminisce about your personal score card without dismissing the present.

If we constantly look over our shoulder with a melancholic nostalgia, we might forget to look forward and make sex even better.

NHS waiting lists for hip and knee surgery drive medical tourism boom

By **Kate Pickles**
Health Editor

GROWING numbers of patients are paying for treatment abroad rather than enduring lengthy NHS waiting times, according to medical tourism leaders.

Overseas clinics are reporting increases in Britons travelling for 'more affordable' private treatments including hip and knee replacements, varicose vein removal and dental procedures.

Data from the Private Healthcare Information Network shows the number of self-funded hip replacements has increased by almost 200 per cent since 2019.

At the inaugural London Health Tourism Expo at the weekend, hospital bosses at Turkey's leading private healthcare providers were confident of signing up more patients willing to travel for

'The NHS system is very slow'

cut-price care. Dr Aydin Arslan, an orthopaedic surgeon who works at two hospitals in Turkey, said he had seen an increase in the number of British patients flying over for surgical and non-surgical procedures.

Dr Arslan said: 'The NHS system is very slow and they are in pain and discomfort. They are wanting knee and hip replacements but we also have a lot coming for other non-surgical options, such as stem-cell treatments for osteoarthritis.'

Patients typically undergo an online consultation before agreeing a treatment plan with operators, which often includes flights, transfers and hotel stays.

These can be anywhere up to a month long for the more complicated orthopaedics.

Treatment prices vary – it costs an average of £11,000 for a hip replacement or less than £14,000 for both knees, the equivalent of one done privately in the UK. Zoe Chivers, director of services and influencing at Versus Arthritis, said it was 'completely unacceptable' that patients were having to choose between long waits or paying for surgery.

She said: 'We hear from people every day who tell us that paying for hip and knee replacement surgery is their only hope.'

But Naveen Cavale, an NHS plastic surgeon and founder of Real Plastic Surgery, warned people against going for what appears the cheaper option.

He said: 'I've definitely seen patients who travelled abroad for surgery due to NHS waiting lists.

'Medical tourism is becoming increasingly popular, but unfortunately, the NHS is often left to rectify poor work and substandard care provided abroad. This puts undue pressure on our healthcare system.

'While there are skilled surgeons in Turkey, there are also many who do not meet the high standards we uphold in the UK.'

He added: 'Patients may be tempted by the lower costs, but

'Verify doctors' credentials'

they need to be aware of the risks – quality and safety should never be compromised, and it's crucial to thoroughly research and verify the credentials of any overseas clinic or surgeon.'

Dr Bessam Farjo, a Harley Street hair restoration surgeon, said he spent a quarter of his time addressing issues arising from poorly executed hair transplants in Turkey and elsewhere.

He said: 'The initial low cost can lead to higher long-term expenses and complications when the work needs to be redone.

'Patients come to me with hopes of fixing their previous surgeries, often facing more complex procedures than if they had sought proper treatment initially.'

It comes days after the British Medical Association said more Britons were dying or requiring emergency care in the UK after jetting abroad for cut-price obesity surgery.

Delegates at a BMA meeting in Belfast backed a motion 'expressing concern' about the 'boom' in surgical tourism.



Tribute: Ross Stirling with Ms Bowe

'Agonising' death after gastric band op

Daily Mail Reporter

SHANNON Bowe suffered an 'agonising, horrific death' after botched gastric band surgery in Turkey, MPs were told earlier this year.

The 28-year-old from Falkirk was left 'convulsing' for nine hours before she died after the operation went wrong, her MP John McNally said.

Ms Bowe had travelled to Turkey in March 2023 to have the procedure. She died on April 1.

In an emotional tribute, her partner Ross Stirling said: 'Sleep tight, my angel, love you for ever and always.'

A source close to Ms Bowe said at the time that she had no insurance. They added: 'It is so sad. These operations obviously are risky, but it is so rare you hear of this happening. Everyone is finding it really hard to believe she is no longer with us.

'She did not have any travel insurance and her family are now going to have to pay thousands of pounds to bring her back home.'

The surgery involves placing a band around the upper portion of the stomach to curb food consumption.

The NHS website describes a list of potential side effects including blood clots and gall stones. It says one in 100 patients suffer problems after gastric band surgery, while deaths occur in roughly one in 1,000 procedures.

Police drop one crime probe every 13 seconds

By **George Odling**
Crime Correspondent

POLICE abandoned a criminal investigation every 13 seconds without finding the culprit last year.

The number of inquiries dropped without a suspect being identified has soared by 30 per cent in two years, Home Office figures show.

More than 2.3million cases were abandoned in 2023 without the perpetrator being found – more than four every minute and almost 6,500 a day.

This is up by almost a third on the 1.8million cases closed without a suspect in 2021.

The inquiries dropped included hundreds of thousands into violent offences and burglaries.

The data raises serious questions about whether taxpayers

'No suspect identified'

are receiving value for the billions of pounds injected into policing the Government's uplift scheme.

The programme has seen the number of officers in England and Wales increase from 129,110 at the end of March 2020 to 149,164 by last September.

The Home Office has forked out almost £4billion on the election pledge to hire 20,000 officers and expects to spend a further £18.5billion on the wage bill in the next ten years.

Last year, police were almost six times more likely to drop an inquiry than make a charge.

For offences including criminal damage, more than half of investigations ended with no suspect identified. Some 1.4million theft inquiries were also dropped.

Cases of violent assault and sexual assault were closed without finding a suspect 18 per cent of the time, the figures show.

Charges over sex filmed in prisoner's cell

A WOMAN has been charged with misconduct in public office after a video appeared on social media of a prison officer having sex with an inmate.

The Met Police launched an investigation on Friday after it was made aware of the footage, which was filmed at Wandsworth Prison in south-west London. Linda De Sousa Abreu, from Fulham in west London, who is understood to have recently quit as a prison officer at the jail, is due to appear at Uxbridge Magistrates' Court today.

The clip shows a woman in a prison officer's uniform, with her radio left on a side table, apparently performing a sex act on an unidentified prisoner while his cellmate films it on a mobile phone. It then appears to show the pair having sex.

Patients dying alone in nurse crisis

By **Xantha Leatham**
Deputy Science Editor

PATIENTS are being left to die alone in hospital amid 'dangerous' nursing shortages, a new report reveals.

Research carried out by the Royal College of Nursing (RCN) suggests that just one third of shifts have enough nurses on duty.

Shortages mean staff often end up caring for dozens of patients at a time, with experts calling for safety-critical limits on the number of patients a single nurse can be responsible for.

A survey of more than 11,000 nursing staff found many were demoralised from being unable to keep patients safe, the RCN said.

In hospitals and community settings, just a third said their shift had the planned number of registered nurses on it. And significant numbers of A&E and outpatient nurses reported having more than 51 patients to care for.

A nurse working in the community in south-west England said: 'We have days when we have 60 visits unallocated because we don't have enough staff. We are always rushing.'

Another in the south of England said: 'We leave over 50 patients requiring care unseen on a daily basis due to poor staffing levels. This leads to increases in hospital admissions and death. It is left to us to decide who gets seen and who gets missed, which is heartbreaking.'

In a hospital in the West Midlands, one nurse said: 'I have not been able to sit with patients who are dying, meaning they have been left to die alone. I have not had the time to make sure patients are fed properly and have adequate drinks.' And a midwife in a hospital in Yorkshire said: 'Completely unsafe care due to unacceptable staffing levels.'

RCN acting general secretary Professor Nicola Ranger said nurses are 'fighting a losing battle to keep patients safe' and described staffing levels as 'dangerous to patients and demoralising for nursing staff'.

She added: 'We desperately need urgent investment in the nursing workforce but also to see safety-critical nurse-patient ratios enshrined in law. That is how we improve care and stop patients coming to harm.'

Take two for Tony and Lyla's Palace tea



By **Rebecca English**
Royal Editor

WHEN Tony Hudgell and Lyla O'Donovan missed a Buckingham Palace garden party this summer because of a combination of bad traffic and ill-health, they were devastated.

So Queen Camilla decided to create a very special party just for them. Her Majesty surprised the child heroes with a day out at the Palace, pictured right, culminating in tea in the gardens and a military band performance.

Adoptee Tony, nine, who had both legs amputated as a baby due to injuries inflicted by his birth parents, has raised almost £2million for a children's hospital. And Lyla, 11, has raised funds for seriously ill children while living with a rare brain tumour herself.

Tony was also given his British Empire Medal by Camilla,

His mother Paula said: 'Tony chatted to the Queen as if they were old friends.'

12,000 sign petition to block Harry hero award

By **Cameron Charters**

PRINCE Harry is facing a mounting backlash over a controversial decision to grant him an award set up to honour an American soldier killed in Afghanistan.

More than 12,000 Americans have signed a petition demanding the Duke of Sussex does not receive the memorial award set up in honour of Pat Tillman, an American football star who turned down a £3million contract to fight for his country after the 9/11 terror attacks.

The Pat Tillman Award for Service, run by TV network ESPN, is awarded to those who have shown loyalty to institutions, such as Mr Tillman, who served in the 75th Ranger Regiment in Iraq and Afghanistan from 2003 to 2004.

Critics of the decision to honour Prince Harry, who served in the Armed Forces for two tours in Afghanistan, point out he chose to abandon the British monarchy.

The campaign to prevent the prince receiving the award was started by Patti Michel, who said the death of Mr Tillman in 2004 'touched my life deeply'.

She said: 'Prince Harry, while a former military officer, has been involved in controversies that call into question his suitability to receive an honour of this magnitude. In contrast, Pat Tillman exemplified duty, honour, and sacrifice.

'Awarding this honour to someone who does not reflect the award's intent diminishes its value and disrespects Tillman's memory.'

Mr Tillman's mother Mary has also condemned the decision.



She told The Mail on Sunday: 'I am shocked as to why they would select such a controversial and divisive individual to receive the award. There are recipients far more fitting.' Her son was killed in an ambush in Afghanistan while providing covering fire to comrades. He was awarded the Silver Star and Purple Heart for bravery.

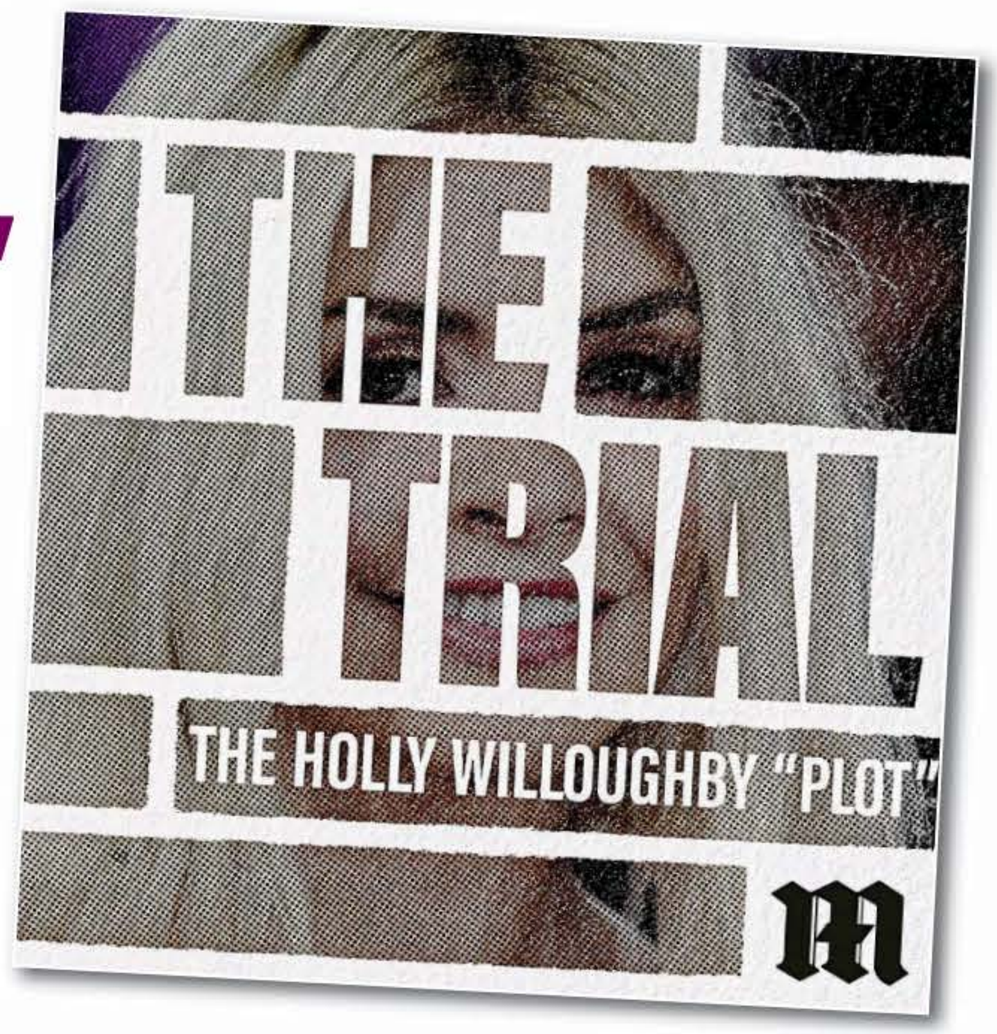
ESPN said: 'ESPN, with the support of the Tillman Foundation, is honouring Prince Harry specifically for the work of The Invictus Games Foundation as it celebrates its 10th year... While we understand not everyone will agree with all honourees selected for any award, The Invictus Games Foundation does incredible work and we believe this is a cause worth celebrating.'

Mary Tillman is not connected to the foundation for her son. Harry was approached for comment.

THE TRIAL

The Holly Willoughby 'plot'

The podcast that takes you into court and deeper than the headlines



LISTEN NOW ON APPLE OR SPOTIFY

A Dutch volleyball star, sentenced to four years for having sex with a 12-year-old British girl, will represent his country in Paris this month. Here, we reveal the full story of his vile crime, his lack of remorse, extraordinary comeback and ask...



How CAN a child rapist be allowed to compete at the Olympics

by Barbara Davies

THE past has a way of catching up with criminals, particularly those whose victims are children. But in the case of Steven van de Velde, fate has had an odd way of showing it.

There was revulsion and fury last week when it was revealed that the beach volleyball star will compete for the Netherlands at the Olympic Games in Paris this month.

A talented athlete he may be, but he is also a convicted child rapist, jailed in March 2016 after pleading guilty at Aylesbury Crown Court to three counts of rape against a 12-year-old British girl he met via Facebook.

Van de Velde knew the girl's age when he assaulted her and his name remains on the UK's Sex Offender register.

When he was sentenced the judge said his hopes of representing his country were now 'a shattered dream'.

But in the eight years since his release from prison the 29-year-old's life has undergone a stunning transformation.

Not only has van de Velde been welcomed back into the Dutch volleyball community and nurtured back onto an international pathway, but his personal life has also flourished.

In 2022, he married a former policewoman from Munster in Germany who is also a professional beach volleyball player. The couple have a two-year-old son.

How his victim has fared in the intervening years isn't known, but when van de Velde was sentenced the court heard that since the incident she had been self-harming and had also attempted to take an overdose.

Of course, there is nothing wrong with criminals rebuilding their lives once they have served their time.

But the manner of van de Velde's rehabilitation makes disturbing reading, especially in the context of a jaw-dropping interview he gave in his home country after his release in 2017, in which he denied being a paedophile, tried to argue that he had the young schoolgirl's consent and said he wanted to 'correct the nonsense that was written about me' with 'my version of the story'.

The NSPCC responded at the time that his 'lack of remorse and self-pity is breathtaking'.

Serious questions are now being asked about how on earth a convicted child sex offender is being allowed to compete at the Olympics, whether the 6ft 6in blond star poses a threat to young female athletes and why no one has stepped in to block his selection?

It is an extraordinary situation which, as one British Olympic Committee source put it to me, is 'impossible to imagine' happening in the UK. The BOC is said to be deeply concerned about van de Velde's inclusion for Paris. Team GB has disqualifying rules around safeguarding issues and bringing the organisation into disrepute.

Van de Velde was a 19-year-old rising volleyball star in 2014 when he started chatting to the 12-year-old girl via Facebook after she sent him a friend request.

As prosecutor Sandra Beck told the court in 2016, over a period of time 'he made her feel special'.

On August 2, 2014 he took an easyJet flight from Amsterdam to Luton airport, despite knowing how young the girl was. From there, he took a taxi to Milton Keynes and met up with his victim.

The girl told her family she was staying with a friend and snuck out to meet van de Velde. They went to Furzton Lake, a secluded beauty spot in the town, where they drank Baileys Irish Cream. Little more than six hours after meeting him, the victim performed oral sex on the athlete. Later, after he failed to find a hotel room for them, they snuck past the briefly unmanned reception desk of a nearby Premier Inn and made a makeshift bed under a stairwell

'The harm caused to her is enormous'

after finding a cardboard box and pillows. The following day, knowing her mother would be out shopping, the girl invited van de Velde to her house where he had sex with her, stopping when she said he was hurting her. She then performed oral sex on him again.

Before leaving for the airport, he advised the girl to get a morning after pill as they had not used contraception. Staff at a family planning clinic alerted her parents because of the girl's extremely young age. Her parents then contacted the police.

By then, van de Velde, from Voorburg, had returned home and resumed his training.

Less than a year after his crime, he represented his country at the inaugural European Games in Baku, Azerbaijan in 2015, and was due to start training with the Dutch 2016 Olympic team.

But days after the Baku competition, a European warrant was issued for his arrest. He was extradited to the UK in January 2016 and pleaded guilty to three counts of raping a child.

In court, defence barrister Linda Strudwick said it had been a 'spur of the moment decision' to fly to London. Van de Velde, she said, was not a 'predatory young man'.

Dressed in a grey Nike sweatshirt, the athlete himself appeared at his sentencing hearing via video link from prison in the UK, while his father, Professor Steef van de Velde — who at the time was Dean of the prestigious Rotterdam School of Management at Erasmus University — and his mother and sister sat in court in Aylesbury to support him.

'This was a caring and loving relationship between two people, a girl who was nearly 13 and an older boy of 19, but one who was very young and more of an adolescent,' argued Ms Strudwick. 'The age gap is not quite so stark as it might have seemed.

'Steven did not come to this country for the purpose of having sex. He made it plain that as far as he was concerned she was too young. Miss A said she wanted to lose her virginity to him.'

Ms Strudwick said her client was devastated by his actions and was a 'steady' young man, who did not



Picture: XINHUA/SHUTTERSTOCK

Dark past: Dutch beach volleyball player Steven van de Velde flew to England and had sex with a 12-year-old girl he met online

fit the laddish stereotype. Judge Francis Sheridan, however, was unequivocal about the seriousness of the crime.

In the remarks he made while sentencing then 22-year-old van de Velde to four years in jail, he said: 'The emotional harm that has been caused to this child is enormous.'

He also stated: 'You were a hugely talented athlete but have a dark side.'

'Prior to coming to this country you were training as a potential Olympian,' he said. 'Your hopes of representing your country now lie as a shattered dream.'

He jailed van de Velde for four years for each count of rape, to run concurrently, and placed him on the Sex Offenders Register indefinitely.

But van de Velde served less than a year in a UK prison before being repatriated to the Netherlands as part of the extradition agreement, where he spent a month in prison before being released at the beginning of 2017.

With staggering arrogance, he immediately gave that interview to Dutch newspaper Algemeen Dagblad accompanied by a photoshoot. 'I want to tell my side of the story,' he said. 'I was portrayed as a sex monster, as a paedophile. That I am not. I am really not.'

He said that 'Miss A' had contacted him first, clicking on a comment he left under a Facebook video and sending a friend request at a time when he was 'deeply unhappy' with the strict life he was living at a volleyball training centre.

'That happened quite often with people from abroad; often they wanted tips from me about beach volleyball — how to jump higher, for example. So I didn't find it strange that an English girl contacted me. She told me she was 16; that's what she looked like.'

After a while, she confessed that she was only 12.

'She asked me to keep in touch, which I put off for a while, but later I responded again. And within a short time we were chatting as often as when I still thought she was 16.'

> ***'You were fully aware of the age difference'***

He insisted that he 'didn't go to England with the intention of having sex with her'.

'I wanted to escape from my life here, that crushing top sports life. I had to leave.'

He said that what he had done was 'unfathomable', that he had been 'horribly stupid' and 'it literally makes me feel sick now'. 'It's entirely my fault, even though I had her consent. I should have known better. I told her the same thing before my arrest. It's not about you. It's about things I should have known better.'

Van de Velde said that afterwards, the girl tried to protect him by telling different stories to her parents and then let him know when the police had been called.

'Part of me couldn't believe this was all real. I decided not to confide in anyone, because I didn't know myself how it would end and if I would ever be prosecuted.

'I tried to imagine what it would be like to go to jail, to never be able to play beach volleyball again. That's impossible, believe me. Not doable.'

The NSPCC said at the time: 'We can only imagine how distressed his victim must feel if she sees his comments.'

Soon after the interview, the Dutch Volleyball Federation, Nevobo, said it was open to having a conversation with van de Velde. A spokesman said that 'if someone has served his sentence, he deserves a second chance'.

Indeed, in his native Netherlands, where his past is well-known and apparently tolerated, van de Velde has enjoyed an extraordinary comeback, one which would be unimaginable in the UK.

This might be explained by the fact that Dutch law relating to sex with minors is less stringent than its English equivalent.

Judges in Dutch courts are allowed to weigh up the circumstances of each case and take into account factors such as consent and the existence of a relationship.

On Wednesday, an article in Dutch newspaper Algemeen Dagblad, which ran the 2017 interview with van de Velde, criticised 'foreign media' who had 'raised a fuss', adding that 'the facts and nuances are important in this story'.

But when Judge Francis Sheridan sentenced van de Velde he gave a clear insight into why English law is as strict as it is.

'She [the victim] instigated that activity as she thought that was what you do when you are "in love",' he explained. 'That justifies why the law in England is as wise as it is in prohibiting a child from consenting.

'A young, naive, foolish young child had formed the view that you loved her. In reality you only knew her on the internet, had never met her and were fully aware of the age difference.

'You were the adult, she was the child and until you recognise that you will remain a danger to young girls.'

Amid a growing backlash on social media, domestic abuse campaigner David Challen wrote on X, formerly Twitter: 'A tale as old as time: rapist with a sporting talent given a free pass so he can continue his professional career.'

A petition has also been launched on the website *change.org*, calling on the International Olympic Committee to exclude known sexual offenders from participating in the Olympic Games. Because, staggeringly, the IOC does not appear to have the power to ban him. It says the responsibility lies with the Netherlands Olympic Committee (NOC). A spokesman said: 'The nomination of individual team members, following qualifications on the field of play, is the sole responsibility of each respective National Olympic Committee.'

The Netherlands said this week that there was no reason to prevent him from competing.

The petition asks the IOC to 'imagine the kind of message it sends to the world — that a global platform that celebrates unity, equality and sport values allows a perpetrator of sexual abuse to represent their country. It questions the moral ground of such an event and deeply hurts those who have suffered at the hands of these criminals, especially the girl who survived this specific offender's brutality'.

Former British Olympic swimmer Sharron Davies MBE, who was just 13 when she was selected to represent Great Britain at the 1976 Summer Olympics in Montreal, has also added her voice to the growing furore.

She said that she was 'disappointed to see convicted child rapist Steven van de Velde included in the Dutch Olympic team' but added she was 'equally disappointed' that a man who 'raped a 12-year-old girl only served one year in a British prison for his crime'.

According to the NOC, van de Velde was able to return to volleyball in 2018 after 'an intensive professionally supervised trajectory'.

It stated: 'After his release, he sought and received professional counselling. He demonstrated to those around him — privately and professionally — self-insight and reflection.

> ***'He only served one year in a British prison'***

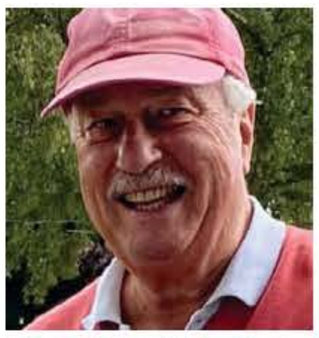
'Van de Velde now meets all the qualification requirements for the Olympic Games and is therefore part of the team.'

The decision to allow van de Velde to return to national beach volleyball in the Netherlands was dependent on certain conditions, however. He is not allowed, for example, to give training to underage girls.

Sources in the Netherlands say the sports star knew when deciding to compete in this summer's Olympics that his disturbing past would come back to haunt him.

In a statement this week he said: 'I cannot reverse what happened, my past cannot be erased. I bear the consequences. It was the biggest mistake of my life.'

His victim, who will now be 22 years old, would surely say the same.



Row: Derek Darling



Ex-RAF: Colin Pease

Blood, bruises and a parish council bust-up

WITH the state of local footpaths and plans for the annual village show on the agenda, there was seemingly little to set pulses racing at the last meeting of Middleton St George Parish Council.

Yet it ended with two 70-year-old councillors allegedly coming to blows in a row over funding.

Other members are said to have had to separate retired RAF squadron leader Colin Pease and former company director Derek Darling.

By **Andrew Levy**

Witnesses said Mr Pease was left with bruises to his face and blood on his shirt, while Mr Darling received hospital treatment for injuries to his fingers. Mr Pease is said to have contacted the police.

Both men are regarded as pillars of the sleepy community near Darlington. Former parish councillor Mr Pease now sits on the borough council as an independent after he quit the Conservatives last month.

The father of four and grandfather of three served 34 years in the RAF before joining Cobham Aviation Services at Teesside Airport as operations manager, retiring in 2014.

Mr Darling moved to the village in 2018 after retiring from his family's property firm. He is chairman and acting treasurer of the local community centre, a role said to have been at the heart of the scrap.

A source said Mr Pease was asking why the centre gets so much development funding, and Mr Darling 'seemed to be objecting to him asking about this'. The minutes of the May 13 meeting say 'a verbal and physical altercation' occurred.

Durham Police would not 'confirm or deny' whether anyone is being investigated until they have been charged.

Mr Pease said: 'I am the bloody injured party in this but it has to go through due process.'

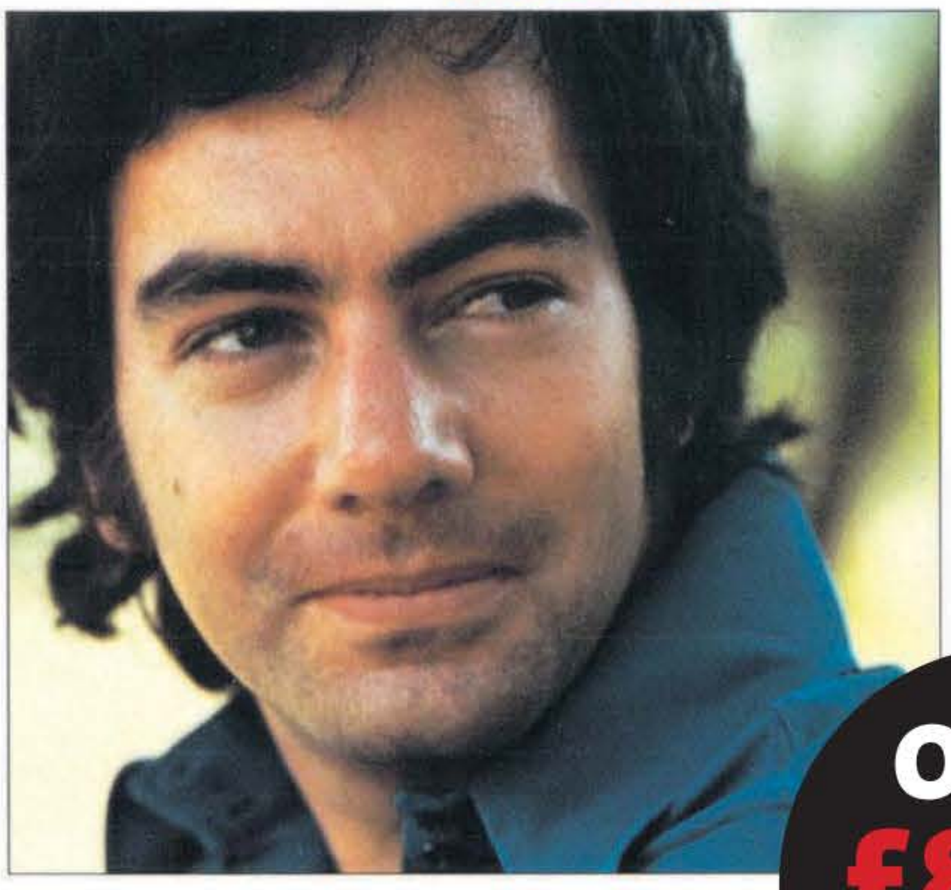
Attempts were made to contact Mr Darling, who was on holiday, but he didn't respond.

The parish council said two complaints were lodged with Darlington Borough Council, which was asked to comment.

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TRACK LIST

1 *Sweet Caroline*
2 *Holly Holy*
3 *And The Singer Sings His Song*
4 *Shilo*
5 *Play Me*
6 *Mr Bojangles*
7 *Song Sung Blue*
8 *Cherry, Cherry*
9 *Solitary Man*
10 *Kentucky Woman*
11 *Cracklin' Rosie*
12 *Soolaimon*
13 *Canta Libre*
14 *Stones*
15 *He Ain't Heavy... He's My Brother*
16 *Brother Love's Traveling Salvation Show*
17 *Coldwater Morning*
18 *Walk On Water*
19 *And The Grass Won't Pay No Mind*
20 *I Am... I Said*
21 *Girl, You'll Be A Woman Soon*

***Mail* readers can now own this wonderful 21-track CD collection for just £8.99 including p&p. To order a copy, either for yourself or as a gift for a friend or loved one, visit music2you.co.uk/neil**

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KUROSU

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Today's difficulty rating ★★☆

EVERY day in the Mail you can play Kurosu, the most addictive brainteaser since Sudoku. There are two rules:

1: Fill in each space with either a nought or a cross so there are no more than two consecutive noughts or crosses in any row or column. Important note: diagonals don't count.

2: Each row and column must contain three noughts and three crosses.

Solution on Mail Puzzles back page

PLAY Kurosu and 47 puzzles like them every day on your tablet or smartphone with the Mail Digital Edition, your Mail newspaper on your screen. Get a trial offer at mailpuzzles.co.uk

■ *Daily Mail Kurosu Volume 1 is £8.99 at mailshop.co.uk/3for20 or call 020 3176 2937. Buy 3 or more Daily Mail puzzle books and save 20 per cent. Free UK delivery on orders over £25.*



July 1, 2024 ON THIS DAY

FROM THE DAILY MAIL ARCHIVE

JULY 1, 1992

A HIPPIE peer nicknamed 'the Loins of Longleat' inherited a £150 million fortune yesterday on the death of his father, the Marquess of Bath. But whom will he make the mistress of Longleat? He has been married to Hungarian actress Anna Gael for 20 years, but admits to a lifetime's infidelity with a string of 'wifelets'.

JULY 1, 2004

CLEARLY nervous, Saddam Hussein forced himself to wish the judge a polite 'good morning' as he entered a small room. He was then told he would be sent for trial, along with 11 of his most murderous henchmen.

HAPPY BIRTHDAY

LÉA SEYDOUX, 39. The French actor — 'I really don't feel like an actress, I feel like an actor' — is the only Bond girl to star in more than one film as the same character, in Spectre and No Time To Die. She first trained to be an opera singer but decided she was too shy.



DAN AYKROYD, 72. The Canadian actor starred in Blues Brothers and Trading Places, but is best known for Ghostbusters (1984), which he co-wrote; he reprised the role of Raymond Stantz for this year's Ghostbusters: Frozen Empire.

BORN ON THIS DAY

DAVID PROWSE (1935-2020). The bodybuilder from Bristol played Darth Vader in the original Star Wars trilogy. His voice was replaced by that of James Earl Jones because his West Country accent was deemed not menacing enough for the villain.



DAME OLIVIA DE HAVILLAND (1916-2020). The Japanese-born actress is best known for Gone With The Wind. She was nominated for five Oscars, winning twice. A studio boss described her as having 'a brain like a computer concealed behind those fawn-like eyes'.

ON JULY 1...

IN 1979, the Sony Walkman personal stereo cassette player went on sale.

IN 2005, Never Too Much singer Luther Vandross died, aged 54.

WORD WIZARDRY

GUESS THE DEFINITION

Nap-nix (coined c1860)

A) Diagonally across from. B) Upside down. C) Amateur actor playing minor parts for experience.

Answer below

PHRASE EXPLAINED

Parting shot: means a final cutting remark; comes from 'a Parthian shot', for the ancient Parthians of western Asia had as their favourite tactic the discharging backwards of their missiles as they retreated.

QUOTE FOR TODAY

'Every celebrity is expected to honour the details of their private life with a press conference, a fragrance and a prime-time reality show. Privacy: some day, people will look back and remember how beautiful it once was.'

Jodie Foster, U.S. actress

JOKE OF THE DAY

WHAT happened when the clown opened a tailor's shop? *The customers were in stitches.*

Guess The Definition answer: C.

Compiled by ETAN SMALLMAN and ADAM JACOT DE BOINOD



Patrick Marmion
First night review

A train wreck? No, this is an ear-blasting scorcher of a revival



Glam rock style: Jade Marvin stars as Momma in the high-octane revival of Andrew Lloyd Webber's roller-skating classic

STARLIGHT EXPRESS
Troubadour Wembley Park Theatre, London
★★★★☆

STAND well back and hold on tight. This eyeball-scorching, ear-blasting revival of Andrew Lloyd Webber's train-racing musical-on-roller-skates is an audio-visual blitzkrieg, the like of which I've never seen before.

First staged at London's Apollo Theatre in 1984, this new outing could also be the most exhausting performance I've ever witnessed.

And yet, you can't help but salute the ingenuity that's gone into Tim Hatley's velodrome-meets-skate-park staging, in this pre-fab industrial unit a stone's throw from Wembley Stadium.

As for syncing up the high-speed roller skating with the singing, the dancing – and a live band – while we, the audience, crouch in our island pens, the chances of it all going wrong are enormous.

It could so easily plunge off the rails into a theatrical train wreck. But, like a big dipper at the fair, that's all part of the fun.

Besides, the costumes are works of such glam-rock excess – including spontaneously inflating angel wings – that at times, it borders on a drag queen parade. The only problem is that the whole titanic creation teeters on a flimsy, saccharine love story between an obsolete young steam train, Rusty, and a prettily upholstered carriage, Pearl.

Yes, the plot is such a pile-up of kitsch, cliché and, pastiche that it's impossible to take seriously.

But...who cares? Imagine, instead, being stuck inside a supersized Scalextric track, around which the cast, dressed as a futuristic cavalcade, flash by: singing, criss-crossing at high speed, but never quite crashing. Above them, projections of interstellar railway lines weave a galactic spaghetti junction and luminous planets descend like gigantic space hoppers.

And did I mention the lasers? Or the roll-on oil drums, belching tongues of fire? Or that the whole show is framed as the dream of a small boy?

Were it not for the pounding wall of sound you could almost forget Luke Sheppard's production is a musical, not just a visit to a hyper-active planetarium.

But musical it is, and if the plot feels like sci-fi trainspotting, then Lloyd Webber's score is an exercise in tune-spotting as over the two-and-a-half hours (including interval), we are assailed by a tsunami of retro-pop parodies.

Momma's Blues, warbled by Rusty's mother-train (Jade Marvin), mutates into something like a Diana Ross belter.

Starlight Sequence, a howling banger of a duet, finds Rusty (Jeevan Braich) responding to Big Momma in a croon that veers between Luther Vandross and Smokey Robinson.

Kayna Montecillo, as Pearl, is a petite Ariana Grande, cutely trying to win Rusty's heart with Whistle At Me. Amid so much poptastic slush, the comic turn of three carriages, left on the shelf, in U.N.C.O.U.P.L.E.D (think Tammy Wynette's D.I.V.O.R.C.E), comes as welcome relief.

Then it's back to race music and finally a Gospel-style hoedown. For a story little more than The Tortoise and the Hare crossed with Thomas the Tank Engine, that's a lot to carry.

Hugely impressive as it may be, it's more like a trip to the circus than the theatre – and very much one for the school holidays.

Tickets are available at starlightexpress.com.

WIN WIMBLEDON SINGLES FINALS TICKETS

Two pairs to be won, courtesy of Pimm's

The start of Wimbledon is just around the corner and we've teamed up with Pimm's to give away two pairs of tickets to the Ladies' and Gentlemen's Singles Finals.

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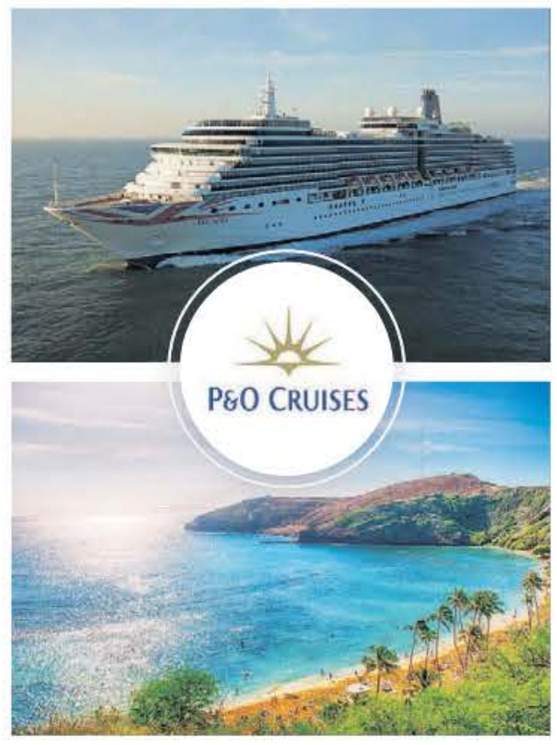
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INSPIRE

When your children are teenagers, it's important to have a dog so that someone in the house is happy to see you.
AMERICAN JOURNALIST NORA EPHRON



Healthier outlook: Alice Liveing today

As health guru 'Clean Eating Alice' my diet had 600,000 followers. But I was so thin my periods had stopped and my hair fell out...

Picture: NEALE HAYNES. Hair: JULIE READ at CAROL HAYES. Make-up: ANNABELLA using ARMANI BEAUTY. Styling: EMMA MESQUITA

INTERVIEW *by* Helen Carroll

EVEN the sight of her hair clogging the brush, falling out in clumps, failed to make Alice Liveing stop and ponder her lifestyle.

When brain fog clouded her memory, making it hard to remember the dance routines for the musical theatre shows in which the actress and singer performed, she did not link it to the extreme form of eating she was becoming famous for.

Indeed, on the surface, 'Clean Eating Alice' — her brand on social media — was nothing but a huge success. As an online influencer, she was attracting thousands of followers and significant sponsorship, with regular social media posts of the skinny, toned physique so many envied and aspired to. And yet, behind the scenes, she was exercising for hours on end to achieve highly pronounced abs, and restricting her calorie intake to just 1,300 a day.

The clean-eating message she promoted online had, in real life, turned into 'orthorexia', an obsessive eating disorder in which sufferers consume only 'pure foods' — in Alice's case this meant a diet of lean proteins and steamed vegetables — dismissing meals that contain anything 'impure' and missing out on vital nutrients.

While Alice was scooping up followers by

TURN TO NEXT PAGE

I regret marrying my frugal husband — not my rich ex!



Picture: ABDUL SAMAD MALIK/GETTY

by Anonymous

AS I pushed my trolley around Aldi looking for the cheapest rice and pasta I could find to feed the family, I thought wistfully, of my first love, Rupert.

He has, I spotted on Instagram, just returned from a sailing trip in Greece where I imagine he stayed with his beautiful wife and children on a chartered yacht with a personal chef and a skipper.

We, on the other hand, spent our last holiday in rainy Wales in a tiny bungalow. We didn't go out to eat once because my husband said we couldn't afford it.

As for foreign holidays, it's been three years since we got on a plane and I have no idea when we'll be able to afford to go again.

It's hard not to compare, and quite frankly, regret the romantic choice I've made. I broke up with Rupert 25 years ago, but I still torture myself with what might have been...

I think about how much easier life would be if I wasn't worrying about energy bills or how we are going to pay for our daughter's school trip.

I daydream about how wonderful it would be to be married to someone who knew how to enjoy life and didn't spend half his time fretting about his pension.

I met Rupert on my first day at university in the late 1990s. He was that tall, dark and handsome cliché, beautifully dressed in a Ralph Lauren shirt and preppy chinos. I plucked up the courage to chat to him and, later that night, we ended up kissing.

The next morning he knocked on my door and we went for breakfast. I was completely smitten.

I didn't realise at first how rich he was. He casually mentioned a flat in Chelsea and then, one weekend, took me back to his parent's house, a huge Tudor pile with wooden panelling in the hall, in an affluent enclave of Surrey.

THEIR neighbours included an A-list celebrity and a Premier League footballer. It was a world away from my life, growing up in the suburbs of a small town in the Midlands.

When we were still students, Rupert took me to a restaurant in London's Knightsbridge, which, he told me, was one of Princess Diana's favourites. He flew me out to his parents' holiday house in Palm Springs — to this day, the only time I've ever flown first class. The whole thing was hugely exciting. Not having to worry about money gave him a charm and a lightness which I've never encountered again in my life.

Yes, we were only 18 and we obviously didn't have much to worry about, but I loved the fact that he didn't take life too seriously.

That's pretty much the opposite of my quiet, reserved frugal, husband, a grammar school boy from the North. He is a saver rather than a spender and everything, even a day trip with the children, has to be planned weeks in advance.

Our daily life is hardly what I would call a struggle, but even though Daniel earns a good salary, we are constantly worrying about money.

My part-time job doesn't go far so we are mostly reliant on his income.

Every time I suggest doing anything spontaneous, like visiting a theme park or even going to the pub with the kids, he makes some sort of an excuse not to go. I find myself wondering how did this end up being my life?

I have to admit to looking up Rupert's wife online, too.

I Googled her and found a work video of hers, which I've watched several times. She actually looks a bit like me and she doesn't seem, from what I've read, to be that posh either.

I wish I had realised how lucky I had been and hadn't let my insecurities get the better of me. Rupert never mentioned money, but I remember being embarrassed bringing him back to our boring, red brick house. Lots of people would probably have been proud of it but I felt it was tiny and cramped compared to his mansion.

I ended up self-sabotaging the relationship by kissing the captain of the rugby team, whom I didn't even fancy, one very drunken night. Rupert dumped me the next day.

I sometimes fantasise about what it would be like if we ever met up again.

YEARS ago, I did see him, at a mutual friend's 30th and we had a lovely chat. I got a bit drunk and flirty and I remember him gently putting his arm around me to steady me after I stood up suddenly to say hello to someone.

He looked just how I remembered him and we chatted like old friends.

I know that by now, more than two decades later, I really should have moved on, but I haven't. It's one of those Sliding Door things.

Logically, I realise that if we'd gone on to marry, there would probably have been things about Rupert that would have driven me mad. He probably snores, spends ages on the loo and forgets to pick up the milk on the way home, like my husband.

But I bet he isn't permanently filled with angst about money — and I bet his wife doesn't have to put back any luxuries, even in Aldi.

You live and learn, as they say, but if I could go back in time, I would tell my 18-year-old self that she should never let him go.

**Names have been changed*

FROM PREVIOUS PAGE

posting endless pictures of seemingly-healthy dishes of chicken, eggs and vegetables, with not a speck of oil, sauce or fat, her body weight was dropping so fast, her periods stopped.

'Anyone looking at me from the outside when I was at the height of my "success" in 2018 must have thought I had made it,' says Alice, 31. 'I had accrued an incredible Instagram following of more than 600,000 and I felt like a "somebody" at last.

'With that came exciting brand collaborations, invitations to incredible events and opportunities out of my wildest dreams. The world of social media success can be a crazy one, and my feet barely seemed to touch the ground as opportunity after opportunity came in.

'I flew first-class to New York with Gap, I partied in the Hamptons in the U.S., I attended movie premieres, I released a clothing collection with Primark — I even got to interview Louis Theroux. I was living every twentysomething's dream and, for a while, I convinced myself I was happy with everything I'd achieved.'

And yet it was all an illusion.

In a new book out this week, Give Me Strength, Alice credits a piece published online by the Mail six years ago for the realisation that her 'clean eating' regime might be damaging not only to her but to her followers, too.

Discussing the rise of problematic diet fads among young women, the article quoted experts including dietician Renee McGregor, author of Orthorexia, When Healthy Eating Goes Bad, who said 'unqualified Insta-stars' were promoting 'a very dangerous way of eating'. Clean Eating Alice was mentioned by name.

WHEN she read it, Liveing felt 'an overwhelming sense of guilt. I was horrified and felt deeply ashamed,' she says. 'I remember staring at my name [in the article] and just wishing and willing it not to be true. I felt guilt like I'd never felt before.'

Digging into the consequences of orthorexia, which, if left untreated, not only include hair loss and memory impairment but osteoporosis, heart disease and even infertility, she realised she 'couldn't keep preaching my clean-eating message'.

'This was a wake-up call for me. While I never set out with ill-intentions, I couldn't carry on the same way now I knew the implications for my followers. The thought of them risking their fertility, bone and cardiovascular health by following my advice left me feeling sick. There's a lot of responsibility that comes with talking to people about food and I had to accept I didn't have the knowledge or the training to do that.'

She admits that during the six years of sharing thousands of photographs and videos as Clean Eating Alice, she considered going hungry as 'a badge of honour'. For her, this led to the loss of her periods — having too few nutrients and too little fat means a woman's menstrual cycle stops because the body isn't healthy enough to sustain a pregnancy.

'Realising that was why my periods had stopped a few months earlier, and not, as I'd been telling myself, as a reaction to coming off the Pill, really brought home to me the damage I was doing,' says Alice. 'I thought: "Why am I prioritising this physique over having children?" Something I knew I desperately wanted one day.'

Although Alice would weigh herself daily back then, she now won't talk numbers beyond admitting she was a size 6, for fear of encouraging others with eating disorders.

FACED with incontrovertible evidence that her message was harmful, she made the brave decision to admit it, and to change that message entirely. Initially nervous about her ability to stick to a less extreme regime, however, and fearful of scaring away subscribers, the transformation didn't happen overnight.

The first step was replacing the Clean Eating Alice moniker with an account under her own name on Instagram, where she no longer shared her spartan meals. Instead, she focused on strength exercises, but in a far less radical form than before.

'Gone were the workouts that "shredded your abs" or "inflated your glutes",' says Alice. 'I completely altered the way I spoke about exercise — the key for me now is feeling and looking healthy, not emaciated.'

Alice also had therapy, which helped her re-establish normal eating patterns, gradually re-learning that no foods were off-limits, or 'unclean'; adding more fibre, carbohydrates and even sugar and alcohol to her diet; and sharing this development with her followers.

At one point, Alice posted two juxtaposed images of herself, the first taken the previous year of her, looking skinny, in bra and knickers, for a Women's Health magazine shoot, and alongside it an up-to-date shot of her, a stone heavier, in her underwear.

'I thought I'd find happiness in being lean. I genuinely imagined my life would be better if I was smaller. In reality, it only served to exacerbate the issues that were already there all along,' read the message next to it.

Alice's *mea culpa* was welcomed by her army of fans.

'I was honest with them, and myself, about the fact that, far from feeling happy in my old body, I had sadly developed an incredibly disordered eating pattern, as well as body dysmorphia,' she says. 'Even at my smallest, I wasn't satisfied. I would look in the mirror each morning, checking to see if anything had changed, and I never truly liked what I saw.

'There was always something that I would pick at or feel self-conscious about. It was utterly exhausting.'

In fact, Alice's 'disordered attitude' to body image began in her childhood. She has a vivid memory of being at a Hear'Say concert, aged nine, with her mother who at the time was around 18st and 'always on a diet', and a man yelling, 'Get out of the way, you fat b****' at her.

'I felt so bad for her,' says Alice. 'I could see she was bigger than my friends' mums and she couldn't do things such as jump on the trampo-

Five steps to make exercise

OUR diet culture tells us that we work out to punish ourselves (no pain, no gain), burn calories and lose weight. But there is a different way to do it, a way that is sustainable and enjoyable. I'd encourage you to wipe the slate clean. Forget all that's gone before, and simply focus on your new 'after'. Here's how:

1. DITCH — or slowly wean yourself off — the scales. These are not going to be reflective of your training progress, so stop punishing yourself by stepping on them and expecting them to make you feel good.

2. WORK out your WHY. This will help you create a plan to get you where you want to be rather than chasing other people's version of success. Is it to ease stress and think clearly? To help with body image? To stay healthy for your grandchildren?

3. FIND a way of moving your body that you enjoy rather than because it



The thought of my followers risking their fertility, bone and heart health by taking my advice left me feeling sick with guilt. I had to accept I didn't have the knowledge



Pictures: ALICE LIVEING/INSTAGRAM

line with me and my siblings. I could also see she was desperate to lose weight, and was unhappy about how she looked. All her language around food and exercise linked back to being slimmer, never about simply being healthy and active.'

The middle of three children raised in Gerrards Cross, Buckinghamshire — her father was a marketing manager for a telecommunications firm while her mother was a receptionist at a hairdresser's — Alice's early years were pretty idyllic. However, aged 11, and a pupil at £24,000-a-year Berkhamsted School in Hertfordshire, the germs of her obsession began to sprout.

'Calories and fat content — things I'd never considered before — were a constant part of everyday conversations and made me much more aware of what I put into my mouth,' she says.

'My boobs seemed to develop pretty quickly and I distinctly remember a conversation with one of my friends at the time who informed me that "the bigger your boobs, the fatter you are, because boobs are made out of fat".

'This comment brought about instant shame and was the start of me feeling as if I needed to hide my body in baggier clothes to cover the fact I felt bigger than the other girls in my friendship group. I remember feeling hungry at times and yearning for the desserts and snacks on offer at school, but I soon learned that hunger was purely a by-product of achieving a smaller body, which was ultimately far more important.

'I worried about how much pasta mum was serving me, and asked if she could sub out potatoes for vegetables in other dishes. Without realising, I had sleepwalked into a controlled relationship with food.'

HER self-esteem was already fragile, but matters went from bad to worse for Alice when, at 16, she found herself in a relationship with a boy who was initially controlling and later became violent.

He punched her numerous times over the course of a year while she was in sixth form, before accosting her outside her school, hitting her in the face.

Horrifically traumatising though the experience was, it finally put an end to the terror he had inflicted on Alice as a restraining order was put in place and he was later convicted of assault, fined and ordered to do community service. 'I felt immense shame about being a victim. I've since worked with domestic abuse charities and now know this is a common response, as is the feeling that eating very little and making myself smaller would make me happier and more desirable again,' says Alice.

Aged 18, she won a coveted place at Bird College, a dance and musical theatre conservatoire, in South-East London, where students were all weighed on their first day and where, she says, she quickly became conscious that the most successful performers were the slimmest.

It was in her second year, in 2014, that Alice got serious about avoiding 'bad foods' and set up her Instagram account Clean Eating Alice, initially just to keep herself accountable and share meal and workout suggestions with any other devotees.

'The first image I uploaded was of a plate with a chicken breast and vegetables — most of the meals were awful, really basic — and I can't believe people followed me to see more,' she says, laughing at the memory.

But follow her, in their hundreds of thousands, they did and, to her relief and gratitude, continue to do so, even now she's more likely to tell them to 'eat the pizza' and 'skip the workout if you're tired'.

An actress who, for a couple of years after graduating toured with shows such as Annie, she also qualified as a personal trainer ten years ago.

Instead of proselytising about calories, however, Alice's message now is much more 'a bit of what you fancy does you good', with one recent video showing her tucking into a cream-filled pastry.

Six years on from the publication of that article, she is now a stone-and-a-half heavier and a healthy size 10 — the size of the beautiful lace gown she proudly wore to her wedding in May to husband, Paddy, a financial adviser.

The couple, who live in Fulham, South-West London, met back in 2016 via the dating app Happn. Paddy has been a 'big support' in Alice's recovery, reminding her he fell in love with her as a person, not her washboard stomach.

'I stipulated to the designer who made my wedding dress that I needed to be able to sit down and eat and drink everything on the day,' says Alice. 'Champagne, lots of canapes, followed by the salmon starter, a main course of beef with lots of sides, including chips, and Eton Mess for dessert.

'I had it all, including a second helping of Eton Mess while I was getting my hair done before the first dance.

'As part of my recovery, I try not to let food have the power it once did over me, when I would think about everything I put into my mouth and be for ever thinking about how much exercise I needed to do to burn off the calories.'

She and Paddy, 37, hope to have children in the future, though for now Alice is concentrating on creating content for her exercise app and growing the audience for her podcast, both entitled Give Me Strength, on which she talks about fitness and healthy — rather than 'clean' — eating habits.

'Looking back at photographs I proudly shared, in which my abs were so prominent because I had so little body fat, makes me feel very sad,' says Alice.

'I'll always feel guilty for any possible harm my clean-eating messages may have caused to others.

'However, I've tried my best, for the past five years, to right my wrongs and be honest and accountable, as well as encouraging people along on this healthier journey I'm now on.'

■ *GIVE Me Strength, by Alice Liveing (Penguin Life, £18.99), is out on July 4.*

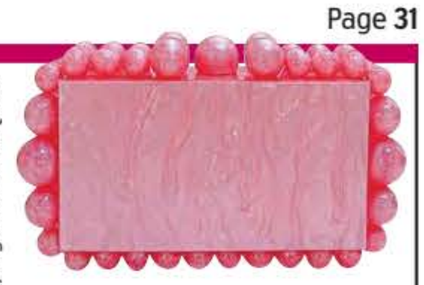
a joy – not a punishment

burns the most calories. Is that dancing around your kitchen? Taking yourself to your local pool and doing slow and steady lengths? The community appeal of CrossFit? Enjoyment is everything. Nobody wants to do something regularly that they don't enjoy.

4. MAKE small changes to your daily routine without going crazy or overdoing it. Get off the bus one stop earlier to walk the last part of the journey. Use the stairs instead of taking the lift. Find ways to move while seated, such as gentle stretches.

5. LESS is more. As we age, our bodies still need to move, but rest and recovery become increasingly important. This journey won't be linear. Roll with the punches and overcome the days where you feel like you're taking steps back. I promise you aren't.

Styling: EMMA MESQUITA



Acrylic cloud, £79, **veranohill.co.uk**



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HOW TO DRESS LIKE A GROWN UP

Shane Watson



Wear florals and fascinators – but no frills – to wow at any wedding

THERE'S nothing like a Really Big Wedding for giving you good ideas. So, when the season kicked off with the marriage of the Duke of Westminster and Olivia Henson at the start of June, everyone was keen to see what the guests were wearing.

You might think that a society do attended by royalty is no place to pick up wedding dressing tips; that surely the aristocracy wear something made-to-measure with a matching hat, and it's all way beyond the reach of us normals?

In fact, British weddings are fairly conservative affairs, where the same conventions apply whether you're heading back to the family castle or to the Dog and Duck.

While some details change over the years (you won't need a hat like the one Kristin Scott Thomas wore in the 1994 film Four Weddings And A Funeral), a lot of rules stay the same and apply across the board.

For example, it's still all about a pretty dress. At the Westminsters' wedding, most of the female guests were wearing dresses — including plenty of those floral prints that were supposed to have been retired. I'd say, if anything, the floral dress, spruced up, has become *exactly* what you want to wear to a special occasion.

Pretty is a word we don't think should apply to the over-50s, but I love a pretty dress and think they can look spectacular providing you keep the shape simple, avoid frills and floaty fabrics, and make sure that, if a print is involved, it's bold rather than sweet and sugary (bright coral not candyfloss pink).

Picture: MARK CUTHBERT/UK PRESS



Plainly a winner: The Dowager Duchess



First choice: A bold floral print dress

AS A rule, the older you are, the better served you are by a structured clean silhouette (flimsiness does you no favours) and, for now, longer is always better. So if a dress calls itself a 'midaxi', you're already looking twice as modern as you would in a knee grazer.

For print dresses that fit this brief, at the pricier end of the scale take a look at Cefinn. The label does longer short-sleeve lengths and neat cut midaxis in fresh not girly prints, like the Irina bias cut maxi (£290, *cefinn.com*).

Otherwise I'm taken by Monsoon's bold oversize floral applique dress with a button front and full sleeves in coral (£160, *johnlewis.com*) and M&S's striking red floral print tea dress (pictured, £130, *marksandspencer.com*).

You might want to wear a clashing coat on top for the church — another current wedding trend.

If colourful prints are not your thing, then a classic navy and ivory polka dot is always in the wedding dress Top 10.

In general, I'd say avoid wrap styles (not pulled together enough), but I'd make an exception for M&S's bestselling midi tea dress with those all-important longer ruched sleeves in a dark pink spot on ivory (£39.50). You can get away with a polka dot at any age, and this dress is easily smartened up with heels and a striking headpiece.

Something plain is often the choice of the mother of the bride and a bold fit-and-flare coat dress is both elegant and guaranteed to stand out.

FOR her son's wedding, the Dowager Duchess of Westminster wore a fitted fuchsia pink coat dress with clashing red slingback heels and a red feather firework fascinator.

For something similar, try Phase Eight's Sienna tux style dress in lemon (£169, *phase-eight.com*) plus red slingbacks (£145, *russellandbromley.co.uk*).

As the Westminster wedding confirmed, hats are not the necessity they once were; but if you're wearing one, it's all about the once-derided fascinator. When the mother of the groom wears a small explosion of feathers in her hair and it looks fresher and more youthful than a galleon of a hat, you pay attention.

Headpieces that have caught my eye include Phase Eight's freeform flower headband (£65) or its raffia twist pillbox (£69). Otherwise, a medium disc fascinator in a straw weave is a good bet; try Fenwick (*fenwick.co.uk*).

Shoe rules have shifted, too, and the velvet sandal (with or without a platform sole) has established itself as the desirable shoe for standing all day and dancing all night.

For a wedding-ready pair, try Esska Shoes (£160, *esskashoes.com*). Otherwise a slingback heel in a clashing shade like & Other Stories slingbacks (£115, *stories.com*) is right on the money.

High wedge espadrilles have also made it onto the 'wedding appropriate' list, but I'd say leave those to the Cressida Bonas generation.

Now, all you need is sustainable confetti.

You can match Wimbledon's Why tennis

by Gemma Champ

WHEN Chris Evert's gold and diamond bracelet came unclasped and flew across the court during a long rally in the 1978 U.S. Open, the concept of the tennis bracelet was officially born.

And that confirmed something most people had always suspected about tennis: it really is a sartorial cut above other sports.

While footballers have their on-trend haircuts and basketball players dominated the trainer trends, many of the most notable tennis stars — both male and female — express themselves through designer jewellery and watches. And with Rolex sponsoring Wimbledon for more than four decades and Tiffany & Co 'the official Trophy partner' to the U.S. Open, it's no wonder some of that bling filters through to the players.

But what might be surprising to those of us scolded for wearing jewellery during school PE lessons is that on-court jewellery is always on trend. Here's how today's leading women players style their jewels — and how to get their look for less.



Glamorous gold and diamond hoops

BRITISH No 1 Katie Boulter has teamed up with British heritage jeweller Pragnell, appearing on court in yellow gold and diamond pieces, including tennis bracelets, necklaces and hoop earrings.

Pragnell's RockChic diamond hoops in 18ct gold with princess-cut diamonds cost from £1,150 upwards (*pragnell.co.uk*). To get the price down, opt for tinier diamonds, with Mejuri's delicate pavé diamond and gold hoops, (£498, *mejuri.com*). Or Astrid & Miyu has crystals set in 18ct gold-plated silver hoops (from £40, *astridandmiyu.com*).

Pave diamond hoops, £498, **mejuri.com**

centre court designer jewellery at ace High Street prices...

stars sport the best bling



Dazzle with a diamond cross pendant

AFTER a series of injuries, Emma Raducanu is back and playing today, the opening day of Wimbledon. Even though she's kept a low profile of late, her sponsorships with Dior and Tiffany & Co have kept her looking fabulous.

One item she's worn repeatedly since winning the U.S. Open in 2021, aged 18, is her Tiffany cross necklace, made with 11 brilliant-cut diamonds and believed to be worth £9,875. Tiffany has a platinum and diamond cross for £3,825 (*tiffany.co.uk*).

Luckily it's a classic design that you can copy in less exalted materials. Try AfterDiamonds for a stunning cross with lab-grown diamonds in 9ct white gold, half-price at £660 (*afterdiamonds.co.uk*). Or Nina B has a silver and cubic zirconia cross for £45 (*nina-b.co.uk*).

Zirconia cross pendant, £45, **nina-b.co.uk**

Lab diamond cross, £660, **afterdiamonds.co.uk**

Go wild with a big cat necklace

Crystal leopard, £48, **butlerandwilson.com**



Leopard branch necklace, £34.95, **littlemoose.co.uk**

THE Belarusian player Aryna Sabalenka's Cartier Panthère necklace makes regular appearances on court. Born in the Year of the Tiger, the former world No1 also has a tiger tattoo.

The Panthere is available from Cartier at various price-points, including a gold, diamond and tsavorite garnet version (£10,500, *selfridges.com*).

Or try Butler & Wilson's crystal pendant (£48, *butlerandwilson.co.uk*), or Little Moose's laser-cut acrylic leopard (£34.95, *littlemoose.co.uk*).



Pictures: GETTY IMAGES

Take note of the paperclip chain



Gold vermeil necklace, £190, **otium berg.com**

RECENTLY sent out of the Eastbourne International by Emma Raducanu, American star Jessica Pegula is high in the tennis rankings — and the style ones, too.

She has a partnership with laidback-luxe Californian brand Gorjana, wearing its distinctive 14ct paperclip chain, the Parker ($995 (£750), *gorjana.com*).

Try British brand Otiumberg's version for £190 (*otiumberg.com*), or D.Louise does a gold-plated chain for £55 (*dlouise.co.uk*).



Paperclip necklace, £55, **dlouise.co.uk**

Cool down with freshwater pearls

Mini bas relief choker, £155, **vivenne westwood.com**

WORLD No 2 Coco Gauff has always dazzled with her tennis, but the fashion world took note when the American player wore a Vivienne Westwood Orb necklace (£155, *viviennewestwood.com*) during the Australian Open. (Swarovski pearls make a surprisingly practical choice if you find metal uncomfortable on sweating skin.)

For an affordable alternative, try PRYA's Icy Initial pearl necklace (£30, *prya.co.uk*), or natural freshwater pearls from Kiri & Belle, (£85, *kiriandbelle.com*).

The number of men working from home while their wives commute is rising. Here, one Mail writer bemoans the infuriating reality...



Pictures: KI PRICE

After an 11-hour day, I get home to croissant crumbs, dishes in the sink and no supper...

by Claire Cisotti

EACH night when I'm travelling home from London to Hayward's Heath on the train, shattered from my 11-hour day in the office, I close my eyes and fantasise about the same thing.

Not winning the lottery, not some Hollywood hunk. No, I'm imagining the bliss of returning to a clean house and the glorious aroma of supper cooking. But that's all it is. A fantasy.

Instead, more often than not, I'm greeted by croissant crumbs on work surfaces, dishes in the sink, screwed up paper on the floor where he's aimed for the bin and missed, and not so much as a sandwich waiting for me.

I usually whip myself up a quick omelette as my husband Max, a photographer, heads off to London to shoot a red carpet event. Before going to bed I have a quick tidy up, meaning that Max comes home to a pristine house.

I'm not the only one who's jealously eyeing a partner's life at home. The number of men who have yet to return to the office post pandemic while their wives suffer the daily commute is increasing dramatically according to a recent report.

Sociologists believe it's due to the fact that women are far more likely to work in healthcare, education or retail where remote working is not possible.

As the assistant editor of the Daily Mail's Royal Channel, my alarm goes off at 5am and I'm out of the house 15 minutes later. I live my life to a military-like schedule. Before setting off, I write Max a note with details of a few chores I'd like him to do — a few reasonable requests to lighten my load.

In the morning I usually put laundry in the washing machine (on the timer to make sure it doesn't wake Max up) and ask him to put it out to dry.

He'll put it on a clothes horse in the utility room when, in nice weather, I'd much rather he used the washing line.

But, after 25 years of marriage, I've learnt to pick my battles and getting Max to take a basket of laundry into the garden is one I'm never going to win.

I'm also never going to get him to do the grocery shopping or prepare meals. He usually eats the same thing every day — biscuits for breakfast; croissant and Nutella for lunch; pizza for dinner. If I didn't already know his taste in food, I'd be able to work it out from crumb trails.

OTHER things on his chore list include emptying the dishwasher, putting the rubbish out and hoovering. If I know he's had a busy and late night then I won't ask him to do much.

He'll tick things off on the list to show he's done them and, to give him his dues, he does mostly do as asked. I just wish I didn't have to leave a list in the first place, that he noticed what needs doing instead. That said he did a huge pile of ironing the other day which made me so happy.

Come the weekend I'm shattered and have pretty much zero social life. Any time I do have is taken up with chores. I cook all our weekend meals, batch cook for the week ahead and also prepare, cook and deliver meals for my 82-year-old mother, who lives 15 minutes away and suffers from osteoporosis.

I do the food shop, change the bedding, wash the floors, clean the bathroom, hoover and water the garden plants.

By Sunday night the house is spotless and it gives me such joy, even though I know that on Monday evening, it will, once again, look like a bunch of teenage squatters have moved in. Three or four times a week we row about the state of the house.

Max is working on his admin and editing when he's at home during the day, I understand that. But his work isn't non-stop and he definitely has downtime. I always plump up the sofa cushions before I go to work, yet will often return to a big Max-shaped dent in them from where he's been lying down watching TV.

It's our silver wedding anniversary this year and I made it clear to him I'm not going to have yet another summer holiday where I'm looking after everyone else. I want to stay in a posh hotel for two weeks and be waited on hand and foot. He's agreed and paid for it all, so I'm delighted with that victory (even if our daughter Mimi, 20, sourced the hotel.)

When the children were little, Max was a brilliant hands-on dad to Mimi and our son Zac, 24, who no longer lives at home. I just wish he was a bit better around the home now they need him less.

I know that if the tables were turned and I was at home all day the house would be immaculate, the cupboards would be stocked and my hard-working husband wouldn't ever have to fantasise about having his dinner waiting for him. Why is it so hard for him to provide that for me?

Claire's husband Max, 53, says:

'I'M sure that if someone drew up a graph of household chores, detailing everything Claire and I did over the course of the year, it would be pretty much 50-50. There are days when I'm busy and can't do much and I'm often not around at weekends either, but over the course of a year, I feel certain the list of chores would even out.

I do my admin work during the day, then head out to take photographs at night. Most evenings I get home around midnight or 1am, so I'm still sleeping when Claire gets up and writes her daily to-do list for me.

I have no problem with the list. Lack of communication is a big cause of marital strife, so it's a help to know what's expected.

If I had one teeny criticism though, it would be better for me if she put a time frame on things, so that I knew if something is urgent or less important. It might be obvious to her but it's not to me. If she spelt out 'must do immediately,' then I'd do it.

I'm always going to prioritise my work ahead of doing something in the home. Editing photographs for a deadline is going to come before emptying the dishwasher. Claire checks in with me every day and nudges me to get things done. I don't mind and it's actually rather useful because I am forgetful.

It's true that, technically, Claire works more hours than I do, but my work is very physical. When I'm out I'm on my feet the whole time, easily walking five or six miles at a time with heavy camera equipment. That's led to me having back problems, which is why I'm so reluctant to mow the grass — something which annoys Claire.

At times our tiredness can make us snippy with each other. And I know my attitude to food and meals really grinds her gears. It's not deliberate, I'm just like most blokes in that I don't really think about food until I'm hungry.

I'm certainly not planning meals days or even hours in advance like she does. I try to make amends in other ways. I did a fantastic barbecue for the family last weekend, for example. I did a ton of ironing this week too. The more I think about it, the more I think it would be unreasonable to suggest that I don't pull my weight at home.

I'm very neat and always tidy up after myself. Claire couldn't have any complaints in that department.

OK, the stress of work probably means I forget a few things, but when I do something, I do it well and she never criticises, which I'm grateful for.

We've made it to 25 years I would say that a big part of that is down to our great teamwork.'

As told to CLAUDIA CONNELL

DESIGN DOUBLES

This week JELLY SHOES

Styling: EMMA MESQUITA

BLOWOUT



THE ROW has tapped into nostalgia by bringing back the much-loved jelly shoe just in time for the sun. These slip-on flats are perfect for pebble beaches or last minute city breaks (£850, *therow.com*).

BUDGET



CELEBRITIES such as Jennifer Lawrence have splurged on The Row's style, but these vibrant red jellies from Los Angeles Apparel cost £15 and will still take you from beach to bar (£15, *losangelesapparel.net*).



DR MAX THE MIND DOCTOR

Let NHS psychiatrist Max Pemberton transform your life

What your loved ones really need when stuck in hospital

BEING in hospital is miserable. By definition, you're unwell, often in pain or discomfort, but you're also quite probably lonely. Perhaps most of all, you're likely to be very bored.

As doctors, we know that how patients feel psychologically plays a vital role in how their bodies heal. Which is why Sir Tim Laurence's visits to his wife, Princess Anne, who spent five days in hospital last week after suffering a concussion, will have played such an important role in her recovery.

With a blue cooler bag in hand, containing what he said were 'a few little treats from home', Sir Tim represents the kind of loving attention that can do wonders for a patient's mental health and have a knock-on effect on their physical wellbeing, too.

Over many years of working in hospitals it becomes clear that patients whose families make an effort do seem to do better. And research backs it up, showing that people with regular visitors recuperate quicker, report better mood and less pain, and have fewer complications.

So when you visit someone, how can you best support them through their recovery? The key is simple: make the person feel a bit special. By creating small moments of joy, you show them that they're cared about.

TO all fellow sun-phobes, you have my sympathy. I loathe the summer sun – the blistering heat and clammy nights. But if you so much as whisper that, actually, you're not that keen on summer, people look at you like you're from another planet.

That sounds obvious, but when you're feeling worried about them, or are rushing to cram in a visit, it's all too easy to forget.

First of all, do your best to keep your visit fun and upbeat.

This doesn't mean that you don't sympathise with their pain and fears, but try to store up a funny story or anecdote to lift their mood.

Positive emotions have been shown to increase a person's resistance to illness and reduce recovery time.

When you feel upbeat, they're more likely to, too – and there's a neurological reason for this. A group of brain cells called mirror neurons are activated when we experience an emotion. Crucially, they also fire when we watch other people experience feelings, leading us to mimic them.

A balloon or card can also have a big impact. Or send flowers, if the ward allows it (call or check on the hospital website).

In a busy ward, it's all too easy for older, less vocal people to be overlooked, so not only does a bedside surrounded by 'get well soon' wishes cheer up a patient, it also sends a subtle message to the nursing and medical staff that they have a lot of people who are concerned and care about them.

Bring in things that will make them more comfortable. Inflatable cushions that support the neck or a pillow from home can make a difference. A portable fan can also be invaluable in hot weather.

You might want to bring some good-quality food and snacks. In an ideal world, hospitals would provide nutritious, balanced meals, but this isn't always the case. People recovering from an illness often have small appetites – they are less active, they may be constipated due to painkillers or they might be in discomfort – so make sure they have something healthy but tempting and tasty to graze on.

Food is fuel, and that fuel is vital when you're recovering.



Picture: RACHELL SMITH/PA

Fruit snacks work well, especially oranges, which are high in the vitamin C that is essential for wound-healing. Nuts, high in protein, will aid recovery, too.

You could also help them drink more. Keeping hydrated while recovering is incredibly important as it ensures the kidneys are working to their best ability.

THE jug of room-temperature water left sitting by a patient's bed can be rather unappealing, so get them a good-quality squash or juice or bottles of flavoured water to encourage them to keep drinking. Don't forget plenty of straws, if they are struggling with sitting up in bed.

A little bit of what they fancy is good, too. Chocolate can give a boost to mood (especially dark chocolate). Indeed, being ill in hospital is one of the few times I'd say that you can eat whatever you feel able to.

Puzzles, games, books – anything that keeps patients stimulated is a good idea.

Don't discount easy pursuits such as colouring in – people often want something to do, but nothing too taxing.

A fun, trashy novel can be a good bet (now is probably not the time to get to grips with the more obscure novels of Thomas Hardy, for example). An easy crossword or word puzzle book passes the time, even if they'd usually turn up their nose at it.

Night time on a ward can be incredibly noisy and disruptive, so ear plugs and an eye mask can be a godsend and are better than relying on sleeping tablets.

A good-quality fluoride mouthwash can be beneficial. Being able to swish it around as part of their morning routine is not only good for their teeth, but will help them feel fresher, more awake and generally a bit more human.

I've seen many patients using their own soap and toiletries. While hospitals often supply them, it's good if you have your favourite body wash or soap with you. The smells in a hospital ward can also be unpleasant, so something with a nice scent will help mask this – and scent has a powerful effect on our mood by boosting hormones in our brain. A scented hand cream, for example, can be used more than once during the day.

Thoughtfulness goes a long way, and will make a bigger difference than you think.

Legacy of TV star's grief

THE actress Jill Halfpenny (pictured) has bravely detailed her battle with alcoholism.

'For a long time, alcohol... helped me escape, to stop thinking,' she admits in her book, A Life Reimagined: My Journey Of Hope In The Midst Of Loss.

She believes alcohol was a way of coping with the trauma of the sudden death of her father when she was a child.

Increasingly we're realising that addiction isn't just about chemical dependency, but is a response to pain and grief, which gets in the way of being able to connect with other people. So often people use substances to take away feelings of loneliness and isolation.

Jill recalls her first Alcoholics Anonymous meeting in 2013: 'I experienced something I never have before – people, strangers, sharing how they feel. No small talk or pretence, just real authentic feelings.'

The opposite of addiction isn't sobriety, it's connection.

■ *MORE people who are not diabetics are using blood sugar trackers in a bid to improve their diet and be healthier, but a study has suggested the gadgets could be having a negative impact on mental health.*

When I worked in an eating disorder service I saw people whose problems started from using calorie-tracking apps. Soon, they were obsessively tracking everything.

So be careful – trackers can help us make healthier choices, but this can easily tip over into something decidedly unhealthy.

DR MAX PRESCRIBES...

GARDENING



A STUDY found that people who regularly spent time gardening had better brain function in later life than those who didn't.

The fascinating research by Edinburgh University suggests there's something specific about gardening which protects against cognitive decline, and that this could even have the potential to be a weapon against dementia.

Shh!



Anti-agers no one but you need know about

By Inge Van Lotringen

QARE there any natural 'face lifting' treatments that work but don't involve injections or pain? I want to look just a bit perkier.

Can a facelift really ever be pain free?

ALMOST treatments for sagging skin are 'natural' as they apply heat to trigger your body's own healing collagen response to tighten and lift moderately lax skin. But yes, this process does involve some downtime. However, EmFace (for clinics, search *btlaesthetics.com/en*) and 3D EmLift (*3d-aesthetics.co.uk/clinic-finder/*) treatments don't. Like EmSculpt, an equivalent for the body which can give toned abs or a bum lift, these machines use high-intensity focused electromagnetic stimulation: electric pulses that make facial muscles contract thousands of times per 20-minute session.

Over four treatments, this effort-free 'face yoga'-on-steroids (pads are stuck to your forehead and cheeks and you feel a sort of ticklish pressure) strengthens and shortens your muscles, giving visible lift for up to a year. Prices vary between £199 and £600 per session.

■ *EMAIL your questions to Ingeborg van Lotringen, author of Great Skin, at inge@dailymail.co.uk.*

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THE witching hour is 6pm. That's when I turn to my most reliable lover, Mr Sauvignon Blanc. Unlike my first husband, he will never die, and unlike my second, he will never cheat on me. Faithful and consistent, he is always there to soften the passage from day to blurry evening.

These days, depression descends like a fog, putting a stop to the ceaseless activity that has ruled my life for so long. I have lived on adrenaline for months, letting it power me through divorce negotiations in 2017 with Mark, my husband of 12 years, and, shortly after, through a redundancy process that has seen me lose my job of 18 years, as editor of the best-selling lifestyle magazine Good Housekeeping.

But now that adrenaline evaporates. Sometimes I start drinking straight after breakfast and carry on all day, right through until I pass out at night.

I have no need of the blind energy that drove me back to work after the death of my first husband, the investigative journalist John Merritt, in 1992. Instead, I need to blot out all thoughts — especially when they veer towards the death of my eldest daughter Ellie, who was just nine when she died from the same cruel disease as John, leukaemia, in 1998.

Wine stops the nightmares, too. Now, in a haze of alcohol and anti-depressants, I sleep late every morning, turning off the alarm that rings at 7.30am dozing until 10, or much later, nursing a hangover.

At the age of 61, I stop looking after my health and my appearance. My weight, that ever reliable barometer of my mood, increases steadily. When I am finally able to rouse myself, I select the least objectionable item from an ever-growing pile of stretched-out leggings and musty sweatshirts on the bedroom floor.

The simple tasks of keeping myself fed and the house and my body reasonably clean seem to require immense amounts of energy that I — the person who regularly worked 16-hour days on a succession of glossies covering fashion, politics and royalty — can no longer muster.

Taking a shower feels like being pelted with hail stones and washing my hair brings on a headache. So, I don't bother. For someone who operated on a strict regime of brow shaping, eyelash dying, bikini waxing and root retouching, now even brushing my teeth feels like an assault.

At least I am no longer homeless.

Before I discovered my ex-husband's affair, he and I spent eight months refurbishing our 'dream house', a beautiful canal-side home in Hertfordshire.

And yet I was the one who left it when his infidelity emerged, spending another eight months living first with my elderly mother in Essex and then in a rented house, which I christened the Divorce House, five miles upstream.

Now I am back. In September 2017, I won a court case securing an occupation order in my favour, which not only required Mark to vacate it, but also meant he'd be arrested if he so much as set foot on the property. It felt like some small vindication.

YET now I neglect this house I once poured my heart into. The stainless steel twin sinks in the high-spec kitchen I planned down to the last square inch become crusted with limescale. A grubby ring forms around the whirlpool bath. Dust bunnies congregate on the poured resin floors.

Long, lonely evenings marooned on my own in the house are made tolerable only by Mr Sauvignon Blanc. Wreathed in clouds of self-loathing, I shovel chocolate into my mouth, too, as if the sweetness will offset the sour curdling of my mind.

The fact is, I do not think the way life has treated me is fair. Deep down, I am howling with a rage that could engulf a universe.

What more must I do? I have tried

by Lindsay Nicholson

to be good, no matter what fate has thrown at me. When a fatal disease deprived me of my family, I prayed for their souls to the God who had betrayed me and them, then struggled to my feet and went back to work to keep a roof over the head of my younger daughter, Hope, with whom I was pregnant when John died.

I paid my taxes, was never in debt. I recycled, campaigned as an editor for better maternity benefits and flexible working, though it was never an option for me. I fought for more opportunities for women than I had in my own career.

AT GOOD Housekeeping, I told the women of Britain how to organise their wardrobe, which bread-maker to buy, as well as which vibrator, how to decorate every room of the house for Christmas and put a meal on the table for a family of four in under half an hour.

I had breast cancer at the age of 51, but kept smiling through it, writing an upbeat blog about hair loss and surgery scars.

I married a man I fell in love with and who I thought loved me.

I played by the rules and coloured inside the lines. And still… still it came to this: jobless, betrayed, humiliated — and at an age when I thought I would be winding down and finding peace at last, after all the struggle and grief.

So finally, I allow myself to do what, perhaps, everyone expected me to do decades previously, after first John died, then Ellie. I let go of every ounce of restraint, caution and decent behaviour.

Fearful of seeing Mark, who is still driving around in the car that bears the personalised number plate of our entwined initials, I barely leave the house. I fear seeing the woman he left me for. But I do have to scuttle into town to collect my anti-depressants, and it's on one such trip that I hit rock bottom.

What I crave more than anything at this point in my life is sleep, and when I get to the pharmacy to discover my drugs aren't ready to collect because of a mix-up, I start to lose it. Without the medication, I know I won't be able to lose consciousness that night, and this is all I want.

I start to argue, and quickly become hysterical.

While shoppers stare, the pharmacist hustles me into the private interview room where every year I have my flu jab. She talks to me gently until I calm down. Then she rings the GP practice and sorts my prescription: 'Yes,' I hear her say. 'It's an emergency.'

It is only with hindsight that I realise what I must have looked like. Haunted by the thought of bumping into Mark and his lover, I am dressed head to toe in black. I wear huge sunglasses despite the fact it is a dull winter's day, and my face is smeared with purple lipstick, a leftover from one of the beauty launches I often attended for Good Housekeeping.

I am a tall, screechy woman

I start drinking straight after breakfast and carry on all day until I pass out at night...



In the second extract from her unflinching memoir LINDSAY NICHOLSON describes how she hit the bottle at 61 after losing her beloved Good Housekeeping job — but was saved by a pony called Pablo

Pictures: LEZLI+ROSE/Hair & make-up: COLLETTE RUDDY

dressed as if for a funeral with purple clown lips. The finishing touch is a hippy-style necklace of tiger's eye beads — amber in colour and striped with black — reputed to give the wearer confidence and strength, when in truth I have neither…

What saves me from this devastating downward spiral? The truth is, I fall in love again.

His name is Pablo and he is of mixed Argentinian and Irish heritage, with gorgeous dark brown eyes. A joker, he makes me laugh, which I don't feel as if I have done for a long time.

Granted, he is only five years old, but he's been carefully raised since birth, with no known vices other than a raging appetite for food of all kinds.

When I was 16 years old, growing up in Essex, I was given a fat dapple-grey pony called Trophy and I loved her dearly. But 30 years in a sedentary office job, breast cancer and osteoporosis, meant I'd honestly thought my horse-riding days were behind me. But then I see Pablo and decide to buy him as a birthday present to myself.

What a mad, risky gift at my age and state of health! But what a beautiful boy he is, with a coat the colour of a new penny, a broad white stripe — a blaze — down his nose, and three white socks.

After a spell of re-training, he is installed in stables near me in Hertfordshire and slowly he begins to transform my life.

Every day we work together, building our rapport until it seems I can ask him to go faster, turn or halt just by thinking. I stop drinking and get up early, even stretching every morning to remain supple enough to swing my right leg over his back.

I don't care much about my physical appearance, but it changes anyway, becoming stronger and leaner with the increased activity. I discover biceps from lifting the saddle onto Pablo's back.

I am outdoors every day, watching the seasons change, in all weathers and temperatures. Like a numb limb, I slowly come back to life. And then, on a mild March day, something extraordinary happens.

As I walk Pablo sedately around the arena, unknown to me, he is watching the yearlings frisking about with the early rays of sun on their backs in an adjacent field. Clearly Pablo, who is still a teenager in horse years, would rather be out playing with the kids than plodding peacefully along with me, and suddenly, full of unexpected adolescent rebellion, he spins through 180 degrees to face the opposite direction.

He humps his back and jumps with all four feet off the ground, and I fly up out of the saddle, and then he repeats this bronco act, bucking over and over again, until I lose a stirrup.



Lifesaver: Lindsay with Pablo

Thoroughly overexcited, giddy with his own naughtiness, Pablo takes flight, dashing the length of the arena at a flat-out gallop.

And at the end of the arena — getting closer every nanosecond — is a fence about a metre high.

Pablo wants to jump it, I know that, and I am equally sure that while I might be with him on take-off we will certainly land separately.

What I also know — but he doesn't — is that he isn't trained for this and that landing on the rutted, muddy ground on the other side, he will almost certainly fall and break a leg, which will be fatal for him. That I will go over his shoulder and break my neck is not in doubt either.

Neither of us will survive if Pablo attempts this jump.

Time seems to slow. I think of Ellie. The morning of June 11, 1998, when doctors told me she was slipping away, and I crumpled at the knees in the parents' room at Great Ormond Street Hospital.

Her funeral on a sunny day in Highgate Cemetery, North London. All the children from her class at school attended, bringing hand-made bouquets and posies, many of them with sunflowers which they had been growing in class.

I couldn't save my child, so what made me think I could save my marriage or my job either? Can I save myself this time? Do I even want to?

BUT in that split second, I realise I have achieved the very thing I never dared hope for — out of all the pain, the trauma and grief, together with this horse, I have salvaged a life worth saving. I want to keep living. And I want to save Pablo too.

He has placed his trust in me and I have to honour that. I have to save us both.

I stop pulling on both reins and instead pull hard on just the inside rein, changing the angle of the bit and catching him by surprise. It works. Moments away from take-off we swerve, 'motor-biking', as if on two wheels away from the fence and certain disaster.

Momentarily frustrated, he attempts to go round again for another attempt but I keep hauling on the inside rein until the little horse turns reluctantly onto a circle, still thinking it's a game.

Holding tight to a fistful of mane to balance myself, I make the circle smaller and smaller until he has no choice but to come back to a trot then a walk and then finally to a standstill.

He is sweating profusely, as am I, and in the mirrors at the end of the arena I can see his expression which seems to say: 'I could have jumped that if you weren't such a scaredy-cat!'

He is still quite hot when I put him back in his stable, so I put a sweat rug on him and wait until he cools down before feeding him his dinner. Only then do I go home — no one there to put a sweat rug on me or prepare my dinner.

I have done something to my hip in bracing for that handbrake turn, but I am here. Alive.

I pop a couple of Nurofen and lie on the sofa, conscious that something has changed deep inside me.

■ *ADAPTED from Perfect Bound by Lindsay Nicholson (£20, Mudlark) out July 18 © Lindsay Nicholson 2024. To order a copy for £18 (offer valid to 31/07/24; UK P&P free on orders over £25) go to mailshop.co.uk/books or call 020 31762937.*

TOMORROW: I'm sitting on the floor crying at the airport — then Vogue's Anna Wintour walks past



Hannah Betts
Better...not younger

My seven steps to mastering all-day summer beauty when you're 60+



Picture: CAMERA PRESS/GALLO IMAGES/FAIRLADY

ONCE upon a time, I didn't know what The Season was. Now, I've got an April to October that is crammed with parties, weddings, races, picnics, opera and exhibitions.

I'm basically an ageing Bridgerton heroine. Plotting one's cosmetics for such occasions requires strategy, not least in midlife when heat is enemy number one. Still, there is hope, and help, to make your face keep going as long as you do.

1. GLOW

I HAD to take a speedy selfie last week. 'Your skin looks incredible!' cried the recipient. It was broiling and I was *sans* powder, so its gleam was a combination of SPF, raw foundation and humidity. There's a lesson here. Don't strive to make things too perfect. Real skin has dewiness.

2. LAYER

LEAVING time between each layer of moisture, primer, foundation, powder and beyond is key to ensuring that each product is properly absorbed.

Take the time to learn how long your particular skin needs to absorb each step (more time for oilier skins, less for dry). My complexion is a combination — an oily T-zone, parched elsewhere. The upshot: I require a moisturising layer under my primer/SPF.

I swear by Sisley Ecological Compound Advanced Formula (now £108.80, *sisley-paris.com*). There's a reason why this moisturiser has been a best-seller since 1980, with a bottle selling every five seconds. With its microbiome-bolstering plant actives, it saves skin from hot-weather shine, just as it magically protects it from glacial extremes.

3. PRIME

PRIMER comes after, or instead of, moisturiser, adding grip, blurring pores and fine lines. Oily types find it vital to help make-up last. My tester has tried endless iterations, rating Dior's Forever Velvet Veil (now £34, *boots.com*) and Dolce & Gabbana Secret Veil Hydrating Radiant Primer SPF30 (now £29, *sephora.co.uk*), inspired by sultry, southern climes.

I'd rather use an SPF that is a great primer, than a primer that may not be a sufficiently protective SPF. Not all work well at this — but Australian smash hit Heliocare 360° A-R Emulsion SPF50+ (£26.39, *lookfantastic.com*) are outstanding. Both pass the stay-all-day test fabulously, looking just as good as when first applied as one staggers into evening.

4. PAINT

LONG-STAY no longer means mask-like. I find it impossible to use anything other than Glossier Stretch Fluid Foundation (£34, *ukglossier.com*). But my oily-skinned friend craves supple matte formulas: Erborian's ultra-light CC Face Cream SPF25 (£32.80, *boots.com*), Dolce & Gabbana's denser VelvetSkin Natural Matte Foundation 16H SPF30 (£30, *sephora.co.uk*), and Maybelline's budget Super Stay 24H Skin Tint (£13.99, *boots.com*).

5. SET

I ALWAYS dust a little powder all over to set my base — very little on a big, fat brush. I carry Charlotte Tilbury's best-selling Airbrush Flawless Finish (£22, *charlottetilbury.com*) in my bag; and By Terry Mini To Go Hyaluronic Pressed Hydra-Powder (£20, *sephora.co.uk*) in my travel kit — and top up your T-zone with its puff.

6. FIX

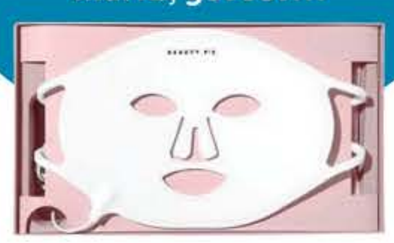
CHARLOTTE TILBURY Airbrush Flawless Setting Spray (from £20, *charlottetilbury.com*) will take your face that extra mile. Emma Hardie Protect & Prime SPF30 (from £52, *emmahardie.com*) offers hold plus an SPF top-up. The trick is to spritz at an 8-10in distance to fix not drench. Powder SPF can look a tad heavy; save it for the beach.

7. FRESHEN

BLOTTING papers work: slip some into your pocket; powdered ones for oily skin. A tiny pot of your moisturiser or SPF is a must to de-cake before re-applying foundation and liquid concealer under-eyes.

Race you to it!

YOU heard it first here: Beauty Pie's cult LED Mask (members £120; non-members £250, *beautypie.com*) — the best budget LED — will be back in stock at 9.30am on July 8. This sought-after device boasts a waitlist in excess of 7,000. On your marks, get set...



Mecca Cosmetica To Save Face SPF50+ Superscreen (from £16, *meccacosmetica.com*) and

Hot hair helpers

■ *Aveda Sun Care Protective Hair Veil (£22.95, lookfantastic.com).*



A LIGHTWEIGHT, water-resistant, UV-defence mist forming an invisible protective screen for up to 16 hours.

■ *L'Oréal Elvive Glycolic Gloss 5 Minute Lamination (£15.99, boots.com).*



COMBATS sun-struck frizz, split ends and colour fade for glass-like shine.

■ *Batiste Volumizing Dry Shampoo (£3.67, lookfantastic.com).*



FOR fine hair that goes limp in the heat, this lank lock-lifter is an essential, with lovely fruity scent.

■ *WetBrush Mini Detangler (£6.99, sephora.co.uk).*



THE best knot loosener, on wet or dry hair, that doesn't pull or snag; just the right size for travel.

■ *Accessorize Thick Towelling Hair Bands (£3 for pack of five, accessorize.com).*

NORMAL-SIZED hair bands made more gentle via towelling padding; available in black or brown.



My icon of the week

BO DEREK

FROM her breakthrough role in the 1979 hit film 10, 67-year-old Bo has spent much of her time outdoors. Like many, she is a religious user of La Roche-Posay Anthelios Invisible Fluid SPF 50 Suncream (£16, *lookfantastic.com*). She also adores Biotherm Anti-Drying Body Milk (£23.24, *amazon.co.uk*) saying: 'This just stays on. My skin is like a sponge.'



Picture: MANUELE MANGIAROTTI/SHUTTERSTOCK

COSMETIC ♡ CRAVING

I AM never more comatose than on summer mornings in the wake of sweltering nights. The solution: Original Source Mint & Tea Tree Shower Gel Body Wash *(£1 for 250ml, boots.com).*

I'd always assumed the potency of this concoction had artifice at its core — and could not have been more wrong. With 7,927 handpicked, menthol-dense, Indian mint leaves from the Himalayans in every bottle, its fragrance is 100 per cent natural.

Original Source washes are paraben and microplastic-free and vegan to boot.

In fact, this is the UK's best-selling vegan shower gel. It's also made in Britain, using 100 per cent renewable energy, then packaged in 100 per cent recyclable bottles. Behold, a virtuous wake-up call.



It pays to go private

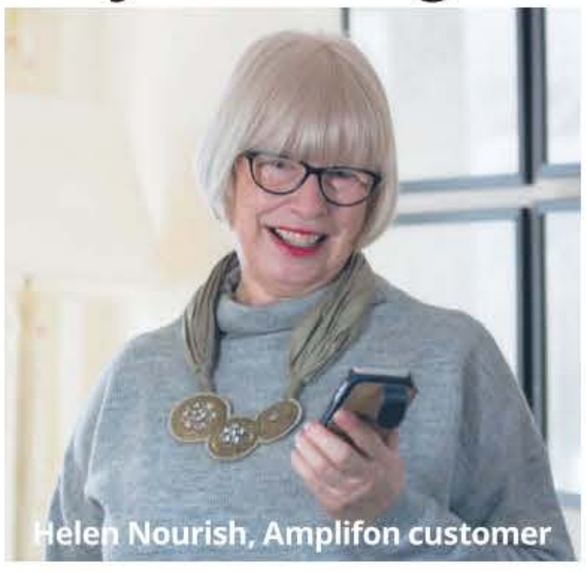


Getting the right hearing aids can transform the lives of those with hearing loss. Indeed, one of the biggest benefits of getting hearing aids through a provider like Amplifon, an independent global hearing specialist, could be the chance to obtain suitable hearing aids quickly. They will take the time to understand the hearing needs of each customer and the impact it has on their daily lives. The solutions are designed to suit each individual and to ensure they stay connected every day.

- ONE in FIVE adults in the UK have hearing loss – that's around 12 million adults.
- In the UK more than 40% of over 50s have hearing loss, rising to 70% of over 70's.
- By 2035, we estimate there'll be around 14.2 million adults with hearing loss greater than 25 dB HL across the UK.
- An estimated 1.2 million adults in the UK have hearing loss severe enough that they would not be able to hear most conversational speech.

Source: RNID – National hearing loss charity

My hearing aids are so comfortable I forget I'm wearing them!


Helen Nourish, Amplifon customer

Helen Nourish realised she was suffering with the same hearing problems her mum had gone through after struggling to hear the television.

It got so bad that she had to have the volume turned right up and she was forever asking people to repeat themselves. Not only that, but she struggled to hear birdsong.

"My husband John would laugh and say 'you're getting just like your mum!'," she says.

As well as hearing loss, Helen was also experiencing a ringing in her ears – a symptom of tinnitus. She was referred to a hearing loss clinic where she was given hearing aids. Yet she was disappointed to find they didn't do enough to solve the problems.

A keen walker, golfer and bowls player, Helen's social life began to suffer. "I couldn't hear what was being said in groups, so I would sit not saying much – I felt like I was missing out," she says.

Deciding she needed a better solution, Helen did some research online and found Amplifon. She made an appointment at her local clinic and was impressed with the service.

"The audiologist did a very thorough test and was able to explain that the reason I was getting discomfort was because I had narrow ear canals," she says. "She recommended some different sized hearing aids which were better suited to my ears."

Since then her quality of life has improved greatly, with hearing aids that connect directly to her iPhone. "They are so comfortable I forget I'm wearing them," she says."I hear the ringing direct to my ear, rather than from the phone – it's brilliant."

Her social life has also improved and she can chat easily with her two grandchildren, Sam and Poppy, when they call.

"It's wonderful to be able to chat to them on the phone and hear what they are saying at last," she says. Her tinnitus has also improved.

"The sound quality is much better and they even help with my tinnitus," she says. "Because I can hear other sounds better I don't notice the ringing in my ears so much. Now I recommend Amplifon to other friends." ■

Fantastic service is worth the extra money


Steve Javan, Amplifon customer

Steve Javan's previous hearing aids proved ineffective. Music fan Steve struggled with screeching hearing aids before deciding to go private. Like many people who suffer from hearing loss, he faced a unique combination of issues that required an equally unique hearing system to solve them. He was given hearing aids that proved ineffective particularly in his weaker left ear "I had the volume up so loudly the hearing aids were screeching," he adds.

He eventually got in touch with Amplifon and booked a free hearing test, which takes an hour and 20 minutes.

The process includes a comprehensive health history, thorough examination of the ears and a series of tests that not only map the sounds and frequencies you can hear, but also mimic real-life scenarios to identify the impact hearing loss is having on everyday life.

"My audiologist identified the problems I had without me having to tell him," Steve says."Of the hearing aids I'd had in the past, he said one of them had been doing nothing because I had hardly any hearing in that ear. That's when he explained I could use a cross-over system."

With the system, the hearing aid in Steve's right ear transmits sound to the aid in his left ear, which acts as a speaker. As well as performing much more effectively, Steve found they were neater and less conspicuous than his previous hearing aids.

"There was a huge difference straight away, it was superb," he says. "I can pick up the sounds a lot more and I can wear headphones now, which I couldn't before." Following his test, Steve was able to trial his aids before he bought them.

Since choosing to go private, he has never looked back. "Amplifon provides a fantastic service, so to me it's worth the extra money," he says. "I would say to people, 'don't be afraid to go', because it has changed my life." ■

We won't charge you a penny to trial hearing aids. See how well they work for you over 14 days.

HOW IT WORKS

1. Have a free hearing test at your local Amplifon clinic
2. With your audiologist, choose hearing aids best suited for you
3. Try them out for 14 days with no obligation to buy
4. Simply buy or return the hearing aids

£20 M&S e-gift card when you take our FREE 14 day hearing aid trial in July.*



*A hearing aid trial must be taken before 31st July 2024 to receive a £20 M&S E-Gift Card. This offer applies to new customers only. The quote reference must be stated and recorded correctly in order to qualify for this offer and cannot be changed. Please allow up to 28 days for your E-Gift Card to arrive.

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★ Trustpilot ★★★★★
Rated **'Excellent'** June 2024

Address your envelope to
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amplifon
A Global Leader in Hearing Care

CHOCOLATE CHALLENGE

Bake Off The Professionals, 8pm, Ch4

THE search for Britain's best pastry chefs — presented by Liam Charles and Ellie Taylor (pictured) reaches the final six as the best three teams from each set of heats come together in a chocolate-fuelled race to reach the final. For their first challenge, set by patisserie experts Benoit Blin and Cherish Finden, the contestants create two batches of chocolate bars: 24 gourmet bars and 24 fusion bars. In the second challenge, the chefs channel their inner engineers as they create a gravity-defying showpiece made entirely from chocolate and delicately suspended from the ceiling, inspired by a theme of mythical beasts. Which five teams will fulfil their fantasies and make it through to the quarter-final? Continues tomorrow.



PICK OF TODAY'S TV

WIMBLEDON 2024, FROM 10.30AM, BBC2/12.15PM, BBC1

THE opening of Wimbledon is always one of the most anticipated days on the British sporting calendar as the world's brightest tennis stars descend on south-west London. Clare Balding heads up the BBC's coverage from those famous green lawns, and today's play includes last year's men's winner, Carlos Alcaraz, beginning the defence of his title on Centre Court. There will be live coverage throughout the fortnight on BBC TV and online, with Qasa Alom (pictured near right with Balding and Isa Guha) bringing us highlights and discussion on the day's talking points nightly in Today At Wimbledon on BBC2 at 9pm. Two-time champion Andy Murray was set to make a last-minute decision on whether he'd taking to the court this year — can Sir Andy put injury worries behind him and claim his third title in what could be his final appearance in SW19? We can but dream!



BBC1

6.00 **Breakfast** (HD)
9.30 **Morning Live** (HD) Gethin Jones and Helen Skelton present the weekday morning magazine show.
10.45 **Scam Interceptors** (HD) The Interceptors go online dating and lure in a scammer.
11.15 **Homes Under the Hammer** (AD,R,HD) The progress of properties in London, Barwell in Leicestershire and Larkfield, Kent.
12.15 PICK **Wimbledon 2024** (HD) 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 (HD)
1.35 **BBC Regional News;** Weather (HD)
1.45 **BBC News at One;** Weather (HD)
2.00 PICK **Wimbledon 2024** (HD) Isa Guha and Clare Balding present further coverage of day one from the All England Club, as the first rounds continue in the men's and ladies' singles competitions.
6.00 **BBC News** (HD)
6.30 **BBC Regional News;** Weather (HD)

7 PM

7.00 **The Bidding Room** (HD) Items brought in by the public include an unusual piece of Japanese design and a transforming bookcase.
7.30 **MOTD Live: UEFA Euro 2024** (HD) Portugal v Slovenia (Kick-off 8pm). Coverage of the last-16 match from Frankfurt Arena. The Portuguese have built another talented squad after being crowned champions at Euro 2016, and secured top spot in Group F with victories over the Czech Republic and Turkey. They did slip up in the last fixture against Georgia, but will still start as favourites here, even though they lost to Slovenia as recently as March in a friendly in Ljubljana. Their opponents drew all three of their group matches, including a goalless draw against England.

8 PM

9 PM

10 PM

10.10 **BBC News at Ten** (HD)
10.40 **BBC Regional News** (HD) (Followed by Weather)
10.50 **Peacock** (R,HD) Comedy, starring Allan Mustafa, Steve Stamp and Lucien Laviscount.

11 PM

11.20 **Peacock** (R,HD) Andy starts his new job at a different gym.
11.50 FILM CHOICE **My Week with Marilyn** (2011) (15) ◆ (AD,HD) A film student gets a job on a movie starring Marilyn Monroe. Fact-based drama, with Michelle Williams.

12 MNT

1.20 **MOTD Top Ten — Defenders** (HD) **1.50** Euro 2024 Match Replay (HD) Another chance to see France v Belgium from Dusseldorf Arena. **3.40** Weather for the Week Ahead (HD) **3.45** BBC News (HD)

BBC2

6.30 **Garden Rescue: Top of the Plots** (R,HD) A weird and wonderful *Alice in Wonderland*-inspired makeover.
7.15 **Bargain Hunt** (AD,R,HD) Charlie Ross hosts the latest contest from Wetherby Racecourse, where David Harper and Izzie Balmer help the contestants to pick out three items to sell at auction.
8.00 **The Repair Shop** (AD,BSL,R,HD) Experts restore the garden gate of what used to be Roald Dahl's mother's house.
9.00 **BBC News** (HD)
10.30 PICK **Wimbledon 2024** (HD) Isa Guha presents coverage of the opening day of the tournament from the All England Club, featuring men's and ladies' first-round matches on the outside courts.
12.15 **Politics Live** (HD) The big political issues of the day.
1.00 PICK **Wimbledon 2024** (HD) 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.

7.00 PICK **Wimbledon 2024** (HD) Further coverage of day one of the Grand Slam tournament from the All England Club, as the first round continues in the men's and ladies' singles. Coco Gauff has been a popular player at SW19 since her debut as a 15 year old in 2019, but she had a tournament to forget here last year, falling at the first hurdle to compatriot Sofia Kenin.

9.00 PICK **Today at Wimbledon** (HD) Qasa Alom presents highlights of the opening day's play at the All England Club, where the first round got under way in the men's and ladies' singles.

10.00 **The Royle Family** (AD,R,HD) Denise is a bag of nerves as her wedding day finally arrives. Comedy, with Caroline Aherne.
10.30 **Newsnight** (HD) (Followed by Weather)

11.05 FILM **The Peanut Butter Falcon** (2019) (12) ◆ (AD,HD) A young man with Down's syndrome runs away from his care home to pursue his dream of becoming a wrestler. Adventure, starring Shia LaBeouf and Zack Gottsagen.

12.35 **The Panorama Interviews with Nick Robinson** (BSL,R,HD) With Ed Davey. **1.05** Countryfile (BSL,R,HD) Joe Crowley joins the Horning Sailing Club. (R) **2.00** Springwatch (BSL,R,HD) **3.00** This Is BBC2 (HD)

ITV1

6.00 **Good Morning Britain** (HD)
9.00 **Lorraine** (HD) Entertainment and fashion news.
10.00 **This Morning** (HD) A mix of celebrity chat, lifestyle features, advice and competitions. Including Local Weather.
12.30 **Loose Women** (HD) Celebrity interviews and studio discussion from a female perspective.
1.30 **News;** Weather (HD)
1.55 **Regional News;** Weather (HD)
2.00 **James Martin's Great British Adventure** (R,HD) The chef travels the British Isles, getting pals to help him to cook much-loved dishes along the way.
3.00 **Catchphrase** (R,HD) Stephen Mulhern hosts the game show in which three contestants guess the familiar phrases hidden in animated clues, before one of them plays to win £50,000.
3.45 **Live UEFA Euro 2024** (HD) France v Belgium (Kick-off 5pm). Coverage of the last-16 match from Dusseldorf Arena, between two nations who have underperformed so far.

7.30 **Regional News** (HD) (Followed by Weather)
7.45 **News** (HD) (Followed by Weather)

8.00 **Emmerdale** (AD,HD) Belle panics, Charity is frustrated, while Cain and Moira reconcile.
8.30 **Bradley & Barney Walsh: Breaking Dad** (AD,R,HD) The duo explore more of Italy on the final leg of their European road trip.

9.00 **Coronation Street** (AD,HD) Kit goes behind Bernie's back to introduce himself to Paul and Gemma, Cassie helps Steve to take revenge on Tommy, and George gets an update on Glenda's life from Michael.

10.00 **News** (HD) (Followed by Weather)
10.30 **Regional News** (HD) (Followed by Weather)
10.45 **UEFA Euro 2024 Highlights** (HD) Action from France v Belgium and Portugal v Slovenia.

11.45 **Boris Becker: The Rise and Fall** (AD,R,HD) 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.

12.40 **Shop on TV** (HD) **3.00** Tour de France Highlights (HD) Gary Imlach presents action from stage three, a 230.5km route from Plaisance to Turin in Italy. **3.50** Unwind with ITV (HD) **5.05** Ainsley's World Cup Flavours (AD,BSL,R,HD) With guests Michael Owen and Alan Fletcher.

CHANNEL 4

6.25 **Cheers** (R,HD)
6.50 **Cheers** (R,HD)
7.15 **Everybody Loves Raymond** (AD,R,HD) Four episodes.
9.05 **Frasier** (AD,R,HD)
9.35 **Frasier** (AD,R,HD)
10.05 **Frasier** (AD,R,HD)
10.35 **Frasier** (AD,R,HD)
11.05 **Great Canal Journeys** (AD,R,HD) Timothy West and Prunella Scales's travels in Lancashire and Yorkshire.
12.05 **Channel 4 News Summary** (HD)
12.10 **Help! We Bought a Village** (R,HD)
1.10 **Car S.O.S** (AD,R,HD) A 1959 MGA roadster kept in a damp barn.
2.10 **Countdown** (HD) Ranvir Singh is in Dictionary Corner with Susie Dent.
3.00 **A Place in the Sun** (R,HD)
4.00 **Renovation Nation** (AD,HD) Tracey and Rob try to restore a derelict chapel in their Scottish castle.
5.00 **A New Life in the Sun: Where Are They Now?** (R,HD) Zak and Tony face up to the realities of managing a busy B&B at their French chateau.
6.00 **Four in a Bed** (R,HD)
6.30 **The Simpsons** (AD,R,HD) Homer gets trapped in a cave.

7.00 **Channel 4 News** (HD)
7.55 **Party Election Broadcast** (HD) By the Social Democratic Party.

8.00 PICK **Bake Off: The Professionals** (AD,HD) 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 to reach the final.

9.00 PICK **Skint: The Truth About Britain's Broken Economy with Tim Harford** (AD,HD) The writer and radio presenter provides a fresh analysis of Britain's broken economy ahead of the General Election.

10.00 **24 Hours in A&E** (HD) A 79-year-old is rushed in with signs of a stroke, a boy is brought in after injuring himself in the school playground, and a wrestler has hurt his knee in the ring.

11.05 **The Killer Nanny: Did She Do It?** (AD,BSL,R,HD) Documentary re-examining the trial of Louise Woodward 25 years on.

12.05 **The Killer Nanny: Did She Do It?** (AD,BSL,R,HD) **1.00** The Killer Nanny: Did She Do It? (AD,BSL,R,HD) **1.55** Ramsay's 24 Hours to Hell and Back (AD,BSL,R,HD) **2.40** Simpsons (R) **3.05** Car S.O.S (AD,BSL,R,HD) **3.55** Grand Designs (AD,BSL,R,HD) **4.50** Escape to the Chateau (R,HD) **4.55** Frasier (AD,R,HD) **5.45** Countdown (R,HD)

(R) Repeat. (HD) High Definition. (AD) Audio Description. (b/w) Not in colour. (BSL) British Sign Language.

■ Family viewing ● Generally suitable for all ◆ Caution recommended

CRUNCHING THE NUMBERS

Skint: The Truth About Britain's Broken Economy, 9pm, Ch4

CRITICS say Britain is underfunded, with everything from the NHS to the railways, schools and roads falling part. But are things really as bad as they seem? On the eve of the election, economist Tim Harford, presenter of Radio 4's More Or Less, cuts through the half-truths by looking at what the numbers tell us about the state we're in.

FILM CHOICE

My Week With Marilyn, 11.50pm, BBC1



DRAMA based on a memoir by Colin Clark, in which the young Clark (Eddie Redmayne) spends a week with Marilyn Monroe (Michelle Williams, pictured) while she is in England to film The Prince And The Showgirl. Williams and Kenneth Branagh as co-star Laurence Olivier are dazzling.

CHANNEL 5

6.00 Milkshake! Brave Bunnies (HD) **6.05** Peppa Pig (AD,R,HD) **6.25** Pip and Posy (R,HD) **6.30** Odo (R,HD) **6.40** Tweedy & Fluff (R,HD) **6.45** Fireman Sam (R,HD) **6.55** Thomas & Friends: All Engines Go! (R,HD) **7.05** Peppa Pig (AD,R,HD) **7.15** Paw Patrol (R,HD) **7.30** Pip and Posy (R,HD) **7.35** The Adventures of Paddington (HD) **7.50** Milo (R,HD) **8.10** Paw Patrol (R,HD) **8.30** Peppa Pig (AD,R,HD) **8.45** Ben and Holly's Little Kingdom (R,HD) **8.55** Meet the Experts (R,HD) **9.10** Milkshake! Story Den (R,HD)

9.15 Jeremy Vine (HD)

11.15 Storm Huntley (HD)

12.45 Friends (R,HD) Double bill.

1.40 5 News at Lunchtime (HD)

1.45 Home and Away (AD,R,HD)

2.15 Twisted House Sitter (2021) (12) FILM ● (HD) Thriller, starring Jennifer Freeman and Crystal-Lee Naomi.

4.00 Bargain-Loving Brits in the Sun (R,HD) A woman who runs a rescue horse retreat.

5.00 5 News (HD)

6.00 Party Election Broadcast (HD) By the Conservative Party.

6.05 Police Interceptors (AD,R,HD)

6.55 5 News Update (HD)

7.00 Traffic Cops (R,HD) 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 after a collision.

7.55 5 News Update (HD)

8.00 Motorway Cops: Catching Britain's Speeders (HD) PC Martain Anderson hunts for a van linked to drug dealing and organised crime.

9.00 Casualty 24/7: Every Second Counts (HD) 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 being found collapsed at home.

10.00 Trauma Room One (R,HD) 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.

11.05 Police: Suspect No 1 (R,HD) Detectives investigate when 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.

12.05 Traffic Cops (R,HD) **1.00** PlayOJO Live Casino Show (HD) **3.00** Call the Bailiffs: Time to Pay Up (R,HD) **3.50** Incredible Reunions: Pets & Their Owners (R,HD) **4.40** Wildlife SOS (BSL,R) **5.05** House Doctor (BSL,R) **5.30** Entertainment News on 5 (HD) **5.35** Milkshake! Monkey (BSL,R,HD) **5.45** Paw Patrol (BSL,R,HD)

▲ Particularly liable to offend

Still a child at heart, historian Dan delights in China's horrible history



CHRISTOPHER STEVENS
WEEKEND TV

The Terracotta Army with Dan Snow (Ch5) ★★★★☆

DATES, lineages and quotations are never easy to memorise. But the facts of the past become unforgettable when steeped in a good stench.

The Horrible Histories team knew it. Before turning to less puerile comedy with Ghosts, they produced dozens of episodes so pungent, you could smell the rotting veg and dung heaps through the telly.

And Dan Snow knows it too. His Chinese expedition to discover The Terracotta Army was liberally smeared with smelly anecdotes that stick in the mind.

You might not remember that the 8,000 earthenware soldiers were made to guard the first Emperor of China, who died in 210BC, or that their existence was unknown until 1974, when a group of farmers under Chairman Mao's rule alerted archaeologists to the fragments of pottery in their fields.

But you'll never forget that when the Emperor expired, aged 49, on the borders of his vast kingdom, it took three days to transport his body to his magnificent tomb. On the hot road, the decomposing potentate began to stink so badly that his courtiers had to commandeer cartloads of fish to mask the smell.

DEVIL'S FOOD CAKE OF THE WEEK: Salem witchfinders made cakes with human urine and fed them to dogs, Suranne Jones learned on Investigating Witch Trials (Ch4). 'We're not going to have a witches' Bake Off,' one historian assured her. No, that would be a spin-off too far.

With grim relish, Dan added that after the funeral, scores of concubines were walled up alive with the coffin. The craftsmen and architects who designed the pyramid tomb were also shut away within it, so that no one would survive to sell the secrets of its layout to grave robbers.

There's a touch of Indiana Jones too: booby traps including loaded crossbows were set up in the tunnels, to deter thieves from pillaging the wealth intended for Qin Shi Huangdi in the afterlife.

That's the sort of detail Dan loves. At 6ft 6in, he towered over the queues of Chinese visitors to the mausoleum at Xi'an, 600 miles from Beijing, but he's an overgrown schoolboy at heart.

Over the centuries, the underground warren that housed the warriors collapsed, crushing them to fragments. Legions of restorers are piecing them back together, and Dan watched in fascination as one clay jigsaw was gradually assembled into a full figure.

His cameras were able to get close enough to show that not only is each face subtly different, but every soldier also has unique details of attire. The scale of the reconstruction work is almost as breathtaking as the sheer ambition of the monument itself.

Inevitably, the documentary left some questions unanswered. Historians believe that 250,000 slaves were needed to create the tomb with all its lifesize figurines — but how many archaeologists and artisans have worked on the restoration over the past 50 years? And is there any way of gauging how much this has cost?

And where are their weapons? An empty-handed army is at a marked disadvantage.

Dan also revealed that the soldiers were originally painted in lifelike colours, but didn't explain why this isn't being replicated. It seems a pity, when they once had splendid tunics and dark moustaches, to leave them looking like Bill and Ben the Flowerpot Men.

WELSH TV VARIATIONS

BBC1: 1.35pm BBC Wales Today; Weather. **6.30** BBC Wales Today; Weather. **7.00** Wales' Home of the Year. **10.50** The Abuser Headteacher. **11.20** Peacock. **11.50** Peacock. **12.15am** FILM: My Week with Marilyn (2011) (15).

ITV: 7.30pm News Wales at Six; Weather. **11.45** Sharp End. Discussion on the latest developments in Welsh politics.

S4C: 6.00am Cyw. **12noon** Newyddion S4C a'r Tywydd. **12.05** Caru Siopa. **12.30** Heno. **1.00** Prynhawn Da. **1.55** Newyddion S4C a'r Tywydd. **2.00** Seiclo: Tour de France. **4.25** Anifeiliaid Bach y Byd. **4.35** Dreigiau Cadi. **4.45** Dal Dy Ddannedd. **5.00** Stwnsh. **6.00** Cegin Bryn. **6.30** Rownd a Rownd. **6.57** Newyddion S4C. **7.00** Heno. **7.30** Newyddion S4C a'r Tywydd. **8.00** Y Byd yn ei Le. **8.25** Garddio a Mwy. **8.55** Newyddion S4C a'r Tywydd. **9.00** Ffermio. **9.30** Ralio+. **10.00** Seiclo: Tour de France. **10.30** Gerddi Cymru. **11.00** Prosiect Pum Mil.

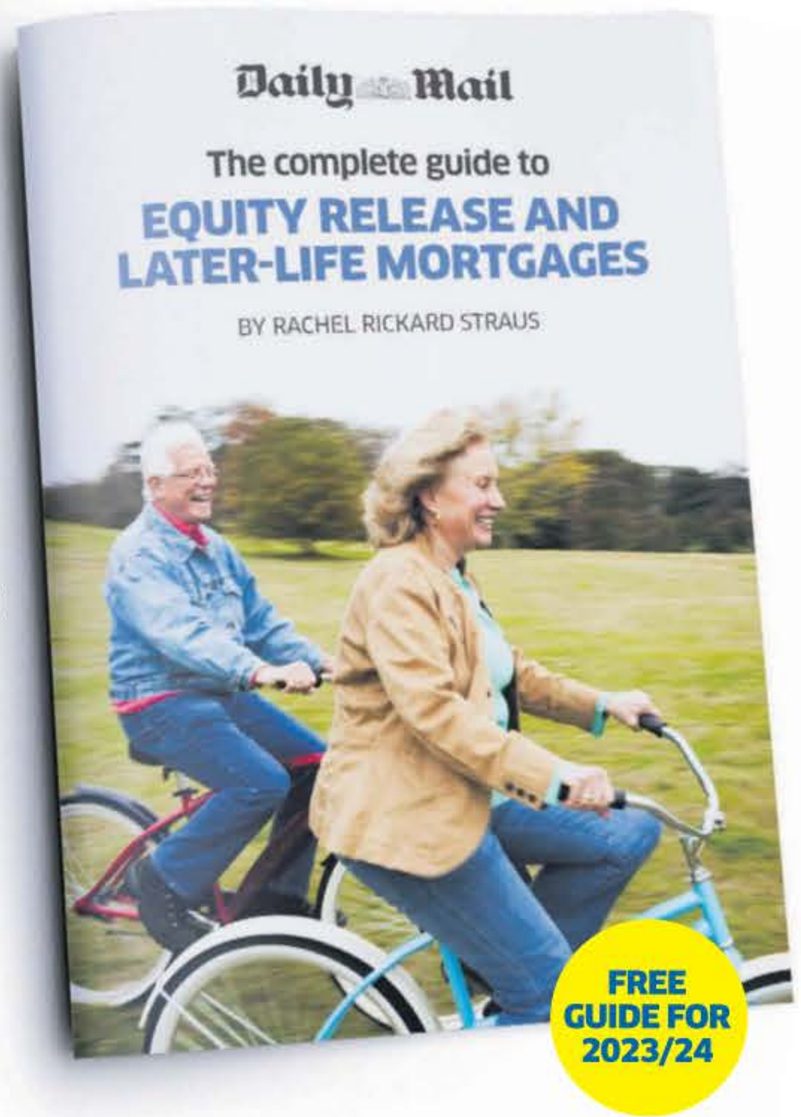
Mail Finance
EQUITY RELEASE

Get your FREE Equity Release and Later-Life Mortgages Guide

Written by Money Mail editor **Rachel Rickard Straus**

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PICK OF DIGITAL & ON DEMAND TV

A GOOD GIRL'S GUIDE TO MURDER, BBC iPLAYER



BASED on the bestseller for young adults by Holly Jackson, this mystery series might be aimed at teens but that doesn't mean it's basic or lacking in sophistication. The cast are excellent and the story will have you hooked in an instant. Sixth-former Pip (Emma Myers, pictured) wants to solve the Andie Bell case, a disappearance and suicide that rocked the leafy village Pip calls home five years previously. The assumption is that Andie was killed by her boyfriend, Sal, who then took his own life. Pip doesn't believe that's what happened and sets out to find the truth. Pip's a polite and bookish girl who comes from a loving home (Anna Maxwell Martin and Gary Beadle play her parents), but she's no misfit loner, having a close-knit group of friends. She is also a tenacious 'nosy parker', failing to heed warnings to be more sensitive around the families affected by the tragedy. Being pushy and persistent might be essential qualities in a detective, but are not ones celebrated in a teenage girl, and a responsible good girl at that...

FOREST UNDER THREAT

Gabon: Earth's Last Chance, Sky On Demand/NOW

PART of the second-largest rainforest in the world and almost 90 per cent forested, Gabon is one of only eight countries in the world that absorbs more carbon than it emits. However, that status is under constant threat from mining and deforestation in a country where corruption, poverty and crime cartels are rife. This fascinating documentary charts the efforts of scientist Professor Lee White (pictured) from Manchester to change all that, after he became the unlikely environment minister



in the controversial regime of Gabon's President Ali Bongo.

CRIME CAPER

LaRoy, Texas, 2.30pm/ 10pm, Sky Premiere

DARK, sharply written and pleasingly unpredictable, this crime comedy stars The White Lotus's Steve Zahn as a bumbling private detective, with The Good Wife's Dylan Baker on scary form as a hitman.

FIGHTERS' LIVES

Paddy & Molly: Show No Mersey, 9pm, BBC3

FOR this chirpy new series, we follow UFC fighters and proud Liverpudlians 'Meatball' Molly McCann and Paddy 'The Baddy' Pimblett as they balance training with their personal lives. The first of tonight's double bill follows the pair to Las Vegas as Paddy prepares for his bout against American Tony Ferguson.

TIME	BBC 4	E4	ITV2
	9 (Scot 24)	13	6
7.00pm	**Sicily: The Wonder of the Mediterranean** Part one of two. Tracing the history of Sicily, from the first arrival of ancient Greek settlers to the arrival of the Byzantine Empire	**Hollyoaks** A shooting in the village throws suspicion on Freddie	**Deal or No Deal** Another contestant tries to open the 22 red boxes in the right order, taking on the Banker for the chance to win a cash prize
7.30pm		**Come Dine with Me** The first in a week of dinner parties from Hull	
8.00pm	**Digging for Britain** How a lobster led archaeologists to the discovery of an 8,000-year-old Neolithic underwater settlement	**Dance Moms** Cathy learns that Jill and Kendall have gone back to Abby's dance company and vows to get her revenge at the next competition	**The Masked Singer U.S.** A recap of the journeys of the three champions and three undercover celebrities including new performances and revealing clues
8.30pm			
9.00pm	**Archaeology: A Secret History** Discovering more about the ancient common man. Last in series	**Gogglebox** The armchair critics share their opinions on *Beat the Chasers*, *The Queen's Platinum Jubilee Celebration* and *Lovestruck High*. From May 2022	**Love Island** Week five in paradise and the pressure is rising for the islanders as they compete to remain in the running for the £50,000 prize
9.30pm			
10.00pm	**Stonehenge: The Lost Circle Revealed** Professor Alice Roberts follows a decade-long historical quest to reveal a hidden secret of the bluestones of Stonehenge	**Naked Attraction** A model and a veterinary student choose dates after seeing what their potential partners have to offer on a purely physical level	**10.05 Olivia Attwood: The Price of Perfection** Olivia meets brave women willing to discuss their insecurities about their vaginas
10.30pm			
11.00pm	**Art on the BBC: The Story of the Nude** How TV has influenced understanding of the arts (To 12.00)	**11.05 First Dates** Student James, who has a prosthetic leg, meets fellow student Emilie (To 12.10)	**11.05 Family Guy** Brian dates a blind girl
11.30pm			**11.35 Family Guy** Animated adventures (To 12.05)

ENTERTAINMENT & FACTUAL

ALIBI
Sky 109 Virgin 114

12noon Father Brown. **1.00** Death in Paradise. **2.00** Murdoch Mysteries. **4.00** Elementary. **5.00** Father Brown. **6.00** Shakespeare & Hathaway: Private Investigators. **7.00** Elementary. **8.00** Father Brown. **10.00** Death in Paradise. **11.20** Elementary.

ANIMAL PLANET
Sky 162 Virgin 178

12noon Extinct or Alive. **1.00** Amanda to the Rescue. **2.00** Intruders. **3.00** Legends of the Wild. **4.00** Dr Jeff: Rocky Mountain Vet. **6.00** Extinct or Alive. **7.00** Amanda to the Rescue. **8.00** Expedition Bigfoot. **10.00** The Last Alaskans. **11.00** Crikey! It's the Irwins.

BBC THREE
Freeview 23 Sky 115 Virgin 107

7.00pm Voting for the First Time? Election 2024. **7.30** Eating with My Ex. **8.00** Top Gear. **9.00** Paddy & Molly: Show No Mersey. **9.30** Paddy & Molly: Show No Mersey. **10.00** Eddie Hall: The Beast v the Mountain. **11.00** Him & Her.

COMEDY CENTRAL
Sky 112 Virgin 132

12noon Last Man Standing. **1.00** Your Face or Mine. **2.00** Friends. **10.00** Impractical Jokers: The Inspired Unemployed. **10.30** Kevin Bridges: A Whole Different Story. **11.30** The Pep Talk. **11.35** 6 Days to Air: The Making of South Park.

DAVE (DAYTIME)
Freeview 19 Sky 111 Virgin 127

12noon Storage Hunters UK. **2.00** Extreme Fishing with Robson Green. **3.00** Top Gear. **5.00** Hairy Bikers Everyday Gourmets. **6.00** Rick Stein's Long Weekends.

DISCOVERY
Sky 125 Virgin 177

11.00am 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. Mike and Elvis aim to build a tribute to Paddy Hopkirk's winning 1964 Mini Cooper. **10.00** Roadworthy Rescues. **11.00** Outback Truckers.

DRAMA (DAYTIME)
Freeview 20 Sky 143 Virgin 116

11.40am 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. **6.40** Are You Being Served?

E4 (DAYTIME)
Freeview 13 Sky 135 Virgin 106

11.00am Modern Family. **12noon** The Big Bang Theory. **2.00** The Goldbergs. **3.00** Modern Family. **4.00** Young Sheldon. **5.00** The Big Bang Theory.

5STAR (DAYTIME)
Freeview 32 Sky 128 Virgin 126

11.00am Traffic Cops. **2.00pm** Police Interceptors. **5.00** Dogs Behaving (Very) Badly. **6.00** Home and Away.

5 ACTION
Freeview 33 Sky 150

11.30am Police Interceptors. **12.35pm** FILM: Day of the Evil Gun. (1968) (PG) **2.25** FILM: Drums Across the River. (1954) (PG) **4.00** Outback Truckers. **5.00** Traffic Cops. **6.00** Police Interceptors. **9.00** Quantum Leap. **10.55** FILM: Executive Decision. (1996) (15)

5 SELECT
Freeview 46 Sky 153 Virgin 138

1.00pm Bargain-Loving Brits in the Sun. **3.00** Murder, She Wrote. **4.00** Columbo. **5.30** The Yorkshire Vet. **6.00** Ben Fogle: New Lives in the Wild. **8.00** The Canal Map of Britain. **9.00** HMS Endeavour: Britain's Greatest Ships. **10.00** Yellowstone. **11.00** Nazi Megastructures: America's War.

5 USA (DAYTIME)
Freeview 21 Sky 141 Virgin 120

12noon Law & Order. **2.55** Entertainment News on 5. **3.00** Law & Order. **6.00** NCIS.

FOOD NETWORK UK
Freeview 43 Sky 140 Virgin 190

11.00am Ainsley's Good Mood Food. **12noon** Bake Off: The Professionals. **2.00** James Martin's American Adventure. **3.00** The Hairy Bikers' Food Tour of Britain. **4.00** The Pioneer Woman. **5.00** Girl Meets Farm. **6.00** James Martin's American Adventure. **7.00** The Great British Bake Off. **8.00** The Hairy Bikers' Food Tour of Britain. **9.00** Paul Goes To Hollywood. **10.00** Next Baking Master: Paris. **11.00** Diners, Drive-Ins and Dives.

GOLD
Sky 110 Virgin 124

11.40am 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.

GREAT! TV
Freeview 50 Sky 157 Virgin 170

11.00am Castle. **1.00pm** Sue Thomas: F.B.Eye. **2.00** Father Dowling Mysteries. **3.00** Diagnosis Murder. **5.00** Murder, She Wrote. **7.00** M*A*S*H. **9.00** The Avengers. **10.00** Randall and Hopkirk (Deceased). **11.00** Return of the Saint.

ITV2 (DAYTIME)
Freeview 6 Sky 118 Virgin 115

10.00am Love Bites. **12noon** Dress to Impress. **1.00** Deal or No Deal. **2.00** Supermarket Sweep. **3.00** Charmed. **4.00** Dawson's Creek. **5.00** Dress to Impress. **6.00** Celebrity Catchphrase.

ITV3 (DAYTIME)
Freeview 10 Sky 119 Virgin 117

10.30am The Royal. **11.40** Heartbeat. **1.40pm** Classic Emmerdale. **2.40** Classic Coronation Street. **3.50** Inspector Morse. **6.00** Heartbeat.

ITV4 (DAYTIME)
Freeview 26 Sky 120 Virgin 118

10.55am Kojak. **12noon** BattleBots. **1.00** Tour de France Highlights. **2.00** Tour de France Live. Stage three. **4.45** Hot Shots. **4.55** The Sweeney. **6.00** BattleBots.

MORE4 (DAYTIME)
Freeview 18 Sky 136 Virgin 147

11.25am Find It, Fix It, Flog It. **12.30pm** Come Dine with Me. **3.10** Four in a Bed. **5.50** Chateau DIY. **6.55** Car S.O.S.

RADIO

RADIO 4
FM: 92.4-94.6MHZ; LW: 198KHZ

5.30am News Briefing.
5.43 Prayer for the Day.
5.45 Farming Today.
6.00 Today.
9.00 Start the Week.
9.45 Oliver Burkeman's Inconvenient Truth.
10.00 Woman's Hour.
11.00 Behind the Crime. New series. A young transgender man whose chaotic upbringing has led him to prison.
11.45 Obsessed with the Quest. Primatologist Catherine Hobaiter's quest to understand what it means to be a chimpanzee.
12noon News.
12.04 You and Yours.
12.57 Weather.
1.00 The World at One.
1.45 Buried: The Last Witness. Dan heads to a site where PCBs are reportedly escaping.
2.00 The Archers.
2.15 Fags, Mags and Bags.
2.45 Gambits.
3.00 A Good Read. Novelists Sebastian Faulks and Tessa Hadley share favourite books.
3.30 The Failure of the Future. Failed utopias.
4.00 The Deadly Business of Democracy. Carolyn Quinn reports.
4.30 Rewinder.
5.00 PM; Weather.
6.00 Six O'Clock News.
6.30 Mark Steel's in Town. The comedian visits Malvern in Worcestershire.
7.00 The Archers. The Carters face some home truths, and Josh makes a point.
7.15 Front Row. Arts news and reviews.

PICK OF TODAY'S RADIO

SONG EXPLODER, 11PM, BBC 6 MUSIC

FOR music obsessives, Hrishikesh Hirway's podcast is like nirvana, as it invites artists to deconstruct one of their songs by talking about the inspiration behind it, its development and production, sometimes offering up an early demo version along the way. Now, his show comes to 6 Music in a slightly different format and offering more variety, with three artists talking. First up is the eclectic mix of New Order, Kae Tempest and Flaming Lips, while future episodes will feature the likes of film composer Hans Zimmer, Arlo Parks and Haim.

NAT'L GEOGRAPHIC
Sky 129 Virgin 183

11.00am Erased: WWII Heroes of Colour. **12noon** 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.

PBS AMERICA
Freeview 84 Sky 174 Virgin 187

11.40am Inside Japan's War. **1.00pm** Beautiful Serengeti. **1.30** The Vietnam War. **3.20** Dreadnought Destruction: Sinking the German High Seas Fleet. **4.30** Inside Japan's War. **5.35** After Chaos. **6.45** The Vietnam War. **8.35** Dreadnought Destruction: Sinking the German High Seas Fleet. **9.40** Inside Japan's War. **10.50** After Chaos.

REALLY
Freeview 17 Sky 142 Virgin 128

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.

SKY ARTS
Freeview 36 Sky 130 Virgin 123

12noon The Joy of Painting. **1.00** Tales of the Unexpected. **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.

SKY ATLANTIC
Sky 108

10.05am 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.

SKY COMEDY
Sky 114 Virgin 112

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.

SKY DOCUMENTARIES
Sky 121 Virgin 188

12noon Brazil 2002. **1.45** My Icon: Kelly Smith. **2.00** Icahn: The Restless Billionaire. **4.00** The

ITV3

10

Heartbeat Rob's sisters enlist the help of the community to organise a surprise reception as the policeman prepares to marry Helen

McDonald & Dodds The duo are sucked into the fast and furious world of Formula 1 after a promising young driver dies in suspicious circumstances. Detective drama, with Jason Watkins and Tala Gouveia

Wire in the Blood Feature-length episode. Tony is the last person to see a friend alive at a psychology convention, and immediately becomes prime suspect when she is found murdered

11.50 The Royal Matron changes her plans (To 12.40)

ITV4

26

Tour de France Highlights Action from stage three, featuring a route of 230.5km from Plaisance to Turin in Italy. Presented by Gary Imlach

MotoGP Highlights The TT Assen. Action from the eighth round of the season, held at TT Circuit Assen in the Netherlands

River Monsters Jeremy Wade contemplates whether a goonch catfish could be active in Nepal

10.05 The Expendables 3 (2014,15) Soldier of fortune Barney Ross recruits a new team to battle an arms dealer with a score to settle. Action thriller sequel, starring Sylvester Stallone and Mel Gibson. Includes FYI Daily (To 12.30)

MORE4

18

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 and his wife Helen who plan on building a high-tech, accessible pavilion and wildlife garden on a two-acre plot in Dunstable

PopMaster TV Ken Bruce challenges contestants to recall facts and stats about their favourite chart toppers from the 1950s to the present day

8 Out of 10 Cats Does Countdown Jimmy Carr hosts the popular quiz as Sean Lock and David Mitchell compete against Jon Richardson and Katherine Ryan

11.05 24 Hours in A&E A 40-year-old woman is rushed to St George's with life-threatening injuries, having been knocked over while crossing a road (To 12.10)

SKY MIX

11

Star Trek: Voyager Part two of two. The crew remains trapped in a holodeck simulation of the Second World War

Hawaii Five-0 Pilot episode of the American crime drama remake, starring Alex O'Loughlin. A former Navy Seal is enlisted to lead a branch of the Hawaii State Police

A League of Their Own Patrice Evra, Jimmy Carr, Richard Ayoade and Angela Scanlon take part

The Bambers: Murder at the Farm Bamber is imprisoned for life, but decides to challenge the verdict and clear his name. Last in series

Killer in My Village The murder of 18-year-old college student Ellen Higginbottom at Orrell Water Park in Wigan, Greater Manchester (To 12.00)

QUEST

12

Wheeler Dealers Mike Brewer and Ant Anstead work on a 1964 Falcon Ranchero, one of the first utility vehicles, but this particular example is suffering under a coat of cheap black paint

Salvage Hunters: Classic Cars Paul wants to buy a Citroen DS, but Drew has major reservations

Aussie Gold Hunters Jacqui and Andrew get trapped behind the line of a devastating bushfire. The Gold Devils are torn apart when a team member goes off on their own

Aussie Gold Hunters: Mine SOS Paul Mackie and his team of experts travel to the unforgiving Western Australian Pilbara to help an Indigenous family gold mine

How Do They Do It? A look at the process behind the making of cheddar cheese

How Do They Do It? The design and manufacture of Ford's Transits (To 12.00)

DAVE

19

Would I Lie to You? With Ben Miller and Henning Wehn

7.40 Would I Lie to You? The Unseen Bits Unseen material from the ninth series

8.20 Richard Osman's House of Games Kae Kurd, Zoe Lyons, Andrew Hunter Murray and Kate Robbins go toe-to-toe testing their general knowledge skills

QI XL Stephen Fry hosts an extended version of the quiz, with guests Robert Webb, Phill Jupitus, Ronni Ancona and regular panellist Alan Davies

Have I Got a Bit More News for You Naga Munchetty hosts the satirical quiz with Hugh Dennis and Ruth Davidson joining team captains Paul Merton and Ian Hislop

Taskmaster The competitors are lured to a wasteland for a challenge involving eggs and medical equipment (To 12.00)

DRAMA

20

7.20 Last of the Summer Wine Compo's funeral day arrives, and emotions run high as Clegg and Truly face the saddest moment of their lives

The Brokenwood Mysteries When four masked men attempt to rob the Brokenwood Savings Bank, Mike and the team must find out which one of them pulled the trigger that killed the bank manager. Detective drama set in a New Zealand town, starring Neill Rea, Jarod Rawiri, Fern Sutherland and Cristina Ionda

New Tricks The team investigate the unsolved murder of a pornographer. With a guest appearance by former *Corrie* killer Brian Capron

Soldier, Soldier A worrying event back home involving his wife forces Michael Stubbs contemplate his priorities (To 12.10)

5STAR

32

GPs: Behind Closed Doors A young boy has injured his wrist after falling over, and Dr Amy Tatham suspects he may have broken it so she decides to send him off for an X-ray

Dogs Behaving (Very) Badly Graeme Hall helps a chaotic golden retriever and a Chihuahua who hates houseguests

When Holidays Go Horribly Wrong & Other Travel Nightmares First-hand accounts of people who had disastrous vacations, with a family recalling a nine-hour wait at the airport only to be told their holiday is cancelled at the departure gate

10.35 Accused: Murdered My Tenant or Self Defence? Accounts of what happens when someone is formally charged with a crime

Serial Killer Wives Exploring the lives of serial killers (To 12.30)

5USA

21

NCIS Parker discovers he's a victim of identity theft while investigating the murder of a Navy ensign. Knight and Jimmy face hurdles in their relationship

NCIS When an old pal of Torres's comes to him for guidance amidst an undercover FBI operation and then disappears, NCIS helps to track him down

NCIS: Hawai'i An experimental Naval aircraft crashes on Oahu, and Jane Tennant and her team must find who is behind it before classified secrets are exposed

Law & Order: Special Victims Unit The death of a marine who became pregnant by a rapist brings the unit into conflict with the Pentagon

Law & Order: Special Victims Unit A woman is left beaten and raped with no memory of what happened. Mariska Hargitay and Christopher Meloni star (To 12.00)



■ NATASHA BEDINGFIELD (pictured) proved that she still has what it takes to appeal to a new generation when she gave a surprise appearance at Wembley for Capital's Summertime Ball a fortnight ago, performing her hits Unwritten and These Words. She joins **VERNON KAY (9.30AM, RADIO 2)** this week to talk through her ten Tracks Of My Years. Her eclectic choices include Stevie Wonder, Lady Gaga, Lauryn Hill, The Cranberries, Christina Aguilera, Daniel Bedingfield and Coldplay.

8.00 The Briefing Room. David Aaronovitch and guests dissect the civil war in Sudan.
8.30 BBC Inside Science. Which protests might help a cause.
9.00 Start the Week. Kirsty Wark explores the art of creation.
9.45 Assume Nothing: The Shankill Gold Rush.
9.59 Weather.
10.00 The World Tonight.
10.45 Book at Bedtime: Glorious Exploits. By Ferdia Lennon.
11.00 The System. By Ben Lewis.
11.30 Split Ends. Kitty Perrin talks to Liberty X.
12midnight News; Weather.
12.30 Obsessed with the Quest. See 11.45am.
12.48 Shipping Forecast.
1.00 As World Service.

RADIO 2 FM: 88-90.2MHZ

6.30am Zoe Ball. **9.30** PICK Vernon Kay. **12noon** Jeremy Vine. **2.00pm** Scott Mills. **4.00** OJ Borg. **7.00** Shiny Happy Playlist. **7.30** Jo Whiley. **9.00** The Blues Show with Cerys Matthews. **10.00** Trevor Nelson's Magnificent 7. **10.30** Trevor Nelson's Rhythm Nation. **12midnight** Phil Williams.

RADIO 3 FM: 90.2-92.4MHZ

6.30am Breakfast. **9.30** Classics. **1.00pm** Classical Live. **4.00** Composer of the Week: Richard Strauss. **5.00** In Tune. **7.00** Classical Mixtape. **7.30** Radio 3 in Concert. The BBC Symphony Orchestra Singers perform Luciano Berio's Sinfonia. **9.45** The Essay: Forever Songs. **10.00** Night Tracks. **11.30** 'Round Midnight. **12.30am** Through the Night.

RADIO 5 LIVE MW: 693/909KHZ

6.00am Breakfast. **9.00** Nicky Campbell. **11.00** Naga Munchetty. **1.00pm** 5 Live Tennis. **4.00** 5 Live News. **4.30** 5 Live Sport. **5.00** Euro 2024. France v Belgium. **7.30** 5 Live Sport. **8.00** Euro 2024. Portugal v Slovenia. **10.30** Gordon Smart. **1.00am** Dotun Adebayo.

SPORT

EUROSPORT 1
Sky 413 Virgin 521

10.00am Live Cycling: Tour de France. Coverage of stage three, a route of 230.5km from Plaisance to Turin in Italy. **4.45pm** Cycling: Tour of Flanders. **5.00** Climbing World Cup. **6.00** Archery World Cup. **7.00** Climbing Show. **7.30** Marathon. **8.00** Tour de France. **9.00** Tour de France — The Breakaway. **9.30** Climbing Show. **10.00** Speedway Grand Prix. **11.00** Tour de France.

SKY MAIN EVENT
Sky 401 Virgin 501

10.00pm Euro Report. **10.30** Back Pages Tonight. **11.00** Euro Report.

SKY PREMIER LEAGUE
Sky 402 Virgin 502

12noon Gary Neville's Soccerbox. **1.00** Best Goals. **2.00** Premier League Highlights. **3.30** Premier League. **4.00** Premier League Highlights. **5.00** Premier League Review. **7.00** PL Icons. **7.30** PL 100: Darren Bent. **8.00** Euro Matchday. **10.00** Euro Report. **10.30** Back Pages Tonight. **11.00** Class of '92.

SKY CRICKET
Sky 404 Virgin 504

9.00am ICC Men's T20 World Cup. **1.10pm** My Icon: Moeen Ali. **1.10** ICC Men's T20 World Cup. **5.40** Best of ICC WT20. **6.00** ICC Men's T20 World Cup. **10.40** Best of ICC WT20. **11.00** Women's International One-Day Cricket.

SKY MIX
Sky 416 Virgin 510

11.00am Fight Night International. **12noon** Super Bowl LVIII Highlights. **1.00** NFL Highlights. **2.00** Fight Night International. **3.00** Formula 1. **4.00** Playing Lessons. **4.30** Playing Lessons. **5.00** Chronicles of a Champion Golfer. **5.30** Golf. **6.30** DP World Tour Golf. **7.00** PGA Tour Golf. **8.00** Tennis. **10.00** NFL Highlights. **11.00** Women's International One-Day Cricket.

TNT SPORTS 1
Sky 410 Virgin 527

6.00am Live Women's Test Match Cricket. India v South Africa. **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. **6.00** WRC Review. **7.00** MLB Highlights. **8.00** Live MLB. Toronto Blue Jays v Houston Astros (Start-time 8.07pm). **11.15** MLB Plays of the Week. **11.45** WWE SmackDown Highlights. **12midnight** of **1.00** Live: WWE Monday Night Raw.

TNT SPORTS 2
Sky 411 Virgin 528

10.30am 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 in Newcastle-under-Lyme. **9.30** Fight Week. **10.00** UFC.

TNT SPORTS 3
Sky 417 Virgin 529

12noon Classic Premier League. **5.00** NWSL. **6.00** Premier League Review. **8.00** Women's Test Match Cricket. **9.00** Fishing: On the Bank. **10.00** Ariel Helwani Meets. **11.00** WWE Raw Highlights.

MOVIES

FILM4
Freeview 14 Sky 313 Virgin 428

11.00am El Dorado. (1966) (PG) **1.35pm** Father Brown. (1954) (U) **3.20** Storm Over the Nile. (1955) (U) **5.30** 7th Cavalry. (1956) (U) **7.05** Clueless. (1995) (12) **9.00** Colombiana. (2011) (15) **11.10** Office Christmas Party. (2016) (15) **1.20am** Another Round. (2020) (12)

GREAT! ACTION
Freeview 42 Sky 323 Virgin 426

12noon The Pledge. (2008) (PG) **1.55** The Last Days of Frank and Jesse James. (1986) (15) **4.00** Wild West Chronicles. **5.00** Scorpio One. (1998) (12) **6.55** The Blitz on Cologne. **8.10** Final Voyage. (1999) (15) **10.00** Mercenary for Justice. (2006) (18) **11.55** The Last Knights. (2015) (15)

GREAT! MOVIES
Freeview 34 Sky 321 Virgin 425

11.05am Death By Friendship. (2020) (12) **1.00pm** The Gourmet Detective. (2015) (PG) **3.00** The Gourmet Detective: A Healthy Place To Die. (2015) (PG) **5.00** The Gourmet Detective: Death Al Dente. (2015) (PG) **7.05** The Gourmet Detective: Roux the Day. (2020) (PG) **9.00** Match Point. (2005) (12) **11.35** Ain't Them Bodies Saints. (2013) (15) Starring Rooney Mara.

GREAT! ROMANCE
Freeview 52 Sky 319 Virgin 424

10.00am A Honeymoon to Remember. (2021) (PG) **12noon** Love's Sweet Recipe. (2021) (PG) **2.00** Christmas a la Carte. (2021) (PG) **4.00** A Christmas Reunion. (2015) (PG) **6.00** Christmas Cupcakes. (2018) (PG) **8.00** A Christmas Recipe for Romance. (2019) (PG) **9.50** A Christmas Crush. (2019) (PG) Starring Cindy Sampson.

SKY DRAMA
Sky 310 Virgin 410

10.05am Let's Dance. (1950) (U) **12.05pm** Dreamgirls. (2006) (12) **2.25** Meet Joe Black. (1998) (12) **5.30** Catch Me If You Can. (2002) (12) **8.00** Steve Jobs. (2015) (15) Danny Boyle's biopic of the technology entrepreneur, exploring the impact his creative drives had on his personal life. Starring Michael Fassbender. **10.05** Born on the Fourth of July. (1989) (18)

SKY PREMIERE
Sky 301 Virgin 401

10.55am A Sacrifice. (2024) **12.50pm** The Great Escaper. (2023) (12) **2.30** LaRoy, Texas. (2023) (15) **4.25** Drift. (2023) (15) **6.00** A Sacrifice. (2024) **8.00** Meg 2: The Trench. (2023) (12) **10.00** LaRoy, Texas. (2023) (15) Comedy crime caper, starring Steve Zahn. **11.55** Five Nights at Freddy's. (2023) (15)

TALKING PICTURES TV
Freeview 82 Sky 328 Virgin 445

11.35am The Outer Limits. **12.40pm** What's On TPTV with Noel. **12.55** Cannon for Cordoba. (1970) (PG) **3.00** The Saint. **4.05** An Inspector Calls. (1954) (PG) **5.45** Sherlock Holmes: Terror By Night. (1946) (PG) **7.00** The Footage Detectives. **8.00** Enemy at the Door. **9.05** Hunting Venus. **11.10** Gloria. (1980) (15)

Directors. **5.00** Discovering: Ed Harris. **6.00** The Nineties. **6.55** Shaq. **8.00** Stax: Soulsville USA. **9.00** Janet Jackson. **10.00** FILM: Love to Love You, Donna Summer. (2023) (12)

SKY HISTORY
Sky 123 Virgin 131

12noon Secrets in the Ice. **1.00** Salvage Kings. **2.00** Swamp People: Serpent Invasion. **4.00** Pawn Stars. **6.00** American Pickers. **7.00** Forged in Fire. **8.00** Container Wars. **9.00** Cursed Histories. **10.00** The UnXplained with William Shatner. **11.00** Alien Autopsy: The Search for Answers.

SKY MAX
Sky 113 Virgin 111

12noon 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.

SKY SCI-FI
Sky 139 Virgin 122

11.00am Warehouse 13. **12noon** Star Trek: Voyager. **1.00** Star Trek: The Next Generation. **3.00** Warehouse 13. **4.00** Star Trek: Enterprise. **5.00** Star Trek: Voyager. **6.00** Star Trek: The Next Generation. **8.00** Stargate SG-1. **9.00** FILM: Supervolcano. (2021) (PG) Sci-fi disaster thriller, starring William Baldwin. **11.00** FILM: Megaboa. (2021) (PG)

SKY WITNESS
Sky 107 Virgin 110

12noon 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.

W
Freeview 25 Sky 132 Virgin 125

11.00am DIY SOS: The Big Build. **1.00pm** Tipping Point. **4.00** My Dream Home. **6.00** Tipping Point: Lucky Stars. **8.00** DIY SOS: Children in Need Special. **9.00** Sort Your Life Out with Stacey Solomon. **10.20** Louis Theroux Interviews — Stormzy. **11.20** Killer Women with Piers Morgan.

YESTERDAY
Freeview 27 Sky 155 Virgin 129

12noon 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.

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HAPPY Canada Day! Years ago, when I visited Ontario, among the many spectacular sights one stood out — a waterfall which freezes in the winter. It struck me that even when the huge torrent is at a standstill, it drips in the same direction; nothing reverses its flow. Following Saturn's change in direction, even if progress feels slow, we're heading forwards. With patience, dreams can be fulfilled.

ARIES Mar 21 - Apr 20 **YOUNG kids toddle around with swagger. Because they're so wrapped up in whatever they're doing, they act as if they own the place. It's only when things go pear-shaped that they get upset and turn to an adult for comfort. As adults, we behave in a similar fashion! We pretend we're in control of what's going on in our lives. The problem is when things go wrong, we don't always have appropriate support systems in place. If you're feeling out of your depth, a powerful rescue force is available today.** *Even if you don't usually call your in-depth phone forecast, there's great news in your July prediction. Call 0906 751 5601.*

TAURUS Apr 21 - May 21 HOW many people's advice do you need? How much more research is required before you get to a place where you can accept that what's coming into your world is right? When good things come our way, we often feel strangely suspicious. We look for a hidden catch. Maybe, in some ways, those catches always exist; nothing on planet Earth is perfect in every respect. Yet with Saturn, the cosmic teacher, now retrograde, something is starting to shift. An obstacle to progress is disappearing. You just need to relax, and move on. *Make July a month to remember. For four minutes of news that could change your life, call 0906 751 5602.*

GEMINI May 22 - June 22 **KEEP moving slowly and gently. Just because everyone else seems to think there's urgency, doesn't mean you need to speed up. And if you're the one piling on the pressure, it's worth questioning your appraisal of what's required. The right things are unfolding, at the right pace. All you've got to do to ensure they keep happening is avoid doing the wrong things. How are you meant to know what these are? If you find yourself feeling anxious, pause, and trust your intuition. It's particularly powerful today.** *It's July! For uplifting news on the exciting opportunities coming your way, call 0906 751 5603.*

CANCER June 23 - July 23 I LIKE to think that these forecasts are encouraging. Often, I find myself wanting to tell people they should focus on what they're good at doing. But then I realise there are times in our lives when we're all good at being negative. Or moaning. Or causing trouble. And I wouldn't want to encourage that kind of behaviour! Yet this is your prediction. You're a sensitive Cancerian. And with Venus in your sign, you're particularly good at understanding other people. Since that builds healthy relationships, do what you're good at today. *Welcome to July! Your powerful prediction for the month is ready. For inspiring insight, call 0906 751 5604.*

LEO July 24 - Aug 23 **THERE'S a difference between being emotionally indebted to someone and having financial problems. At least when it's a monetary issue we can dream of a windfall that will take our worries away. But when we're beholden to a person, even if our lucky numbers come up, they won't necessarily change our emotional fortunes. Still, there's good news. If you're stuck in a demanding relationship situation, help is at hand. Retrograde Saturn enables you to get to the root of a problem; with clearer understanding, you can move past this.** *It's July! For news on the exciting opportunities in store, call 0906 751 5605.*

VIRGO Aug 24 - Sep 23 EVERYONE who has used a Satnav has a story to tell. I once found myself at the entrance to a field, with the motorway I was trying to get to on the other side of it. Aargh! We've got so used to hearing those automated voices telling us where to go that some people switch them on even when they know exactly where they're headed. But when we're lost in an unfamiliar place, there's no denying their value. You could take a difficult route today. But if you listen to your voice of inner wisdom, it will take you directly to where you need/want to go. *To hear about the changes you can make in your life this month, call your July forecast: 0906 751 5606.*

LIBRA Sep 24 - Oct 23 **CRITICAL faculties are part of our human survival kit. They help us make decisions. The problem is they swing from one extreme to another. They leap into action when we don't like someone or something, or when we're enthused by something. But when strong emotions are stirred up, they don't seem capable of moderating themselves. We might know that moderation is a good thing, but that doesn't mean it's easy to implement. Retrograde Saturn enables you to find a balanced viewpoint today.** *July is going to be something special! For your light-shedding, hope-giving forecast, call 0906 751 5607.*

SCORPIO Oct 24 - Nov 22 IMAGINE you're about to make a cake. You've got all the ingredients, but they need to be combined in the right order, and cooked for the right amount of time at the correct temperature. If you open the oven door at the wrong moment, the cake won't rise. Something in your world isn't turning out as you want. Everything is in place, but somehow the recipe for success isn't working. Retrograde Saturn enables you to reassess your methodology. If you fix the process, you'll end up with an impressive result you can share. *July can be transformative. Take advantage of the inspirational energy. Call 0906 751 5608.*

SAGITTARIUS Nov 23 - Dec 21 **HAVE you ever tried balancing pebbles on a beach to create a stone sculpture? It's harder than it looks. But with patience and practice you can construct a mini edifice that seems to defy gravity. You're trying to achieve a delicate balancing act. It involves demands on your time, and you're not sure what to prioritise. But the end result matters less than you think. If you focus on an activity that brings you immediate satisfaction, and stop trying so hard, everything will grow into place.** *A new month! An action-packed astrological picture. A forecast that could transform your life! Call 0906 751 5609.*

CAPRICORN Dec 22 - Jan 20 THERE was a time in your life when you hadn't mastered the art of eating with a knife and fork. When tying shoelaces was impossible. Then, one day (which you might or might not remember), you got the hang of these tasks; now you do them without giving them a thought. Life has a way of presenting us with challenges. When we can't do them, it's frustrating. Following your ruler Saturn's change of direction, how likely is it that you'll realise you do know how to do something you thought you didn't? Very! *For exciting news about the potential delights in store for you this month, call your July forecast: 0906 751 5610.*

AQUARIUS Jan 21 - Feb 19 **GREAT comedians have a way of addressing human problems in an absurd but wise way. Spike Milligan said, 'If you want to cure sea sickness, try sitting under a tree!' Brilliant! And worth bearing in mind today as you find yourself dealing with a situation that's raising your stress levels. Rather than trying to cope with the emotional waves you're experiencing, why not get off that particular boat, and put yourself in a situation of calm? You're the captain of your own ship. And you can sail it into peaceful waters today.** *Make your dreams come true in July! Call your four-minute, in-depth forecast: 0906 751 5611.*

PISCES Feb 20 - Mar 20 IMAGINE sitting down to have an important discussion. You've psyched yourself up to explain something that means a lot to you. But your words don't have any impact. The person you're trying to communicate with is unable to compute; it's as if they can't/won't hear what you're saying. They keep returning the conversation to a topic you're both familiar with, which has no bearing on what you want to discuss. That repetitive theme being played out in your world? Saturn retrograde brings a change of dynamic that works for you. *For four minutes of news that could transform your life, pick up the phone! Call 0906 751 5612.*

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LETTERS

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email: letters@dailymail.co.uk

Death-trap M-way can't be made safe

AS I drove along the M1 last week, there were many delays because National Highways is spending millions installing emergency lay-bys at half-mile intervals. Hard shoulders, as we know, have been removed.

The new lay-bys are useless inasmuch as no driver knows where a tyre will burst, an accident may occur, the engine may fail or they may fall dangerously ill. It would be fortuitous if such an incident occurred right alongside a lay-by.

Further needless deaths will occur. Is anyone listening to motorists' concerns?

G. COOLING, Sleights, N. Yorks

Straight to the POINT

■ **LINEKER was bad enough, now we have David Tennant.**
JANET STOWELL, Buxted, E. Sussex

■ **BACK in your Tardis, David. Leave Kemi to her good work.**
MICK HARGREAVES, Wrexham, Denbighs

■ **THE only country that can stop the boats is France.**
DES MORGAN, Swindon, Wilts

■ **STARMER will replace the Tories, then the Labour Left will replace Starmer.**
MERVYN CLARK, Crewkerne, Somerset

■ **WHY are we dumping PPE worth billions? Surely it can be used for basic protection.**
J. SMITH, Warrington, Cheshire

■ **£5 TO fill a water bottle at Wimbledon. Evian is naive spelt backwards.**
MIKE JAKINS, Ash, Surrey

Alas, that bad back comes to us all, Andy



Struggles: Andy Murray

ANDY MURRAY has earned the respect of the vast number of oldies who are still playing sport regardless.

Cricket for the over-80s is thriving. I played in my last match at the age of 74, despite a permanently stiff right knee from boyhood, caused by a German air raid near a radar station at Ventnor on the Isle of Wight in 1943. I have also had two hip replacements and a knee half-replacement.

My final game of football was on my 50th birthday. As a sports writer for the Daily Mail, I turned out in goal for a Press side against the Arsenal staff at Highbury, the Gunners' old ground. We were beaten 6-2 — which was not too surprising, as club legends Liam Brady and Don Howe were among those playing — but I was afterwards named man of the match as I had been kept so busy!

I am now 88 not out, on a Zimmer. Last week my height was measured at 5ft 7in. I said to the nurse, 'I was 5ft 10in at 21.' She replied, 'deterioration of the lower back'.

Andy has started that process.

BRIAN SCOVELL, Bromley, Kent

Senseless strike

NOW we have a pointless and unnecessary strike by junior doctors, who must know full well that nothing will be decided so close to the General Election. It will mainly affect patients as usual, with delayed appointments and cancelled operations.

C. P. GICKEL, Billericay, Essex

Fit for a king

I HOPE 'working-class-credentials man' Sir Keir enjoyed his baked fillet of Cornish turbot with his Coates and Seely Brut Reserve at the Palace banquet.

The Japanese Emperor was presented with the UK's highest order of chivalry, while the King received the Collar of the Supreme Order of the Chrysanthemum.

There's something not right here but Sir Keir will fix it, whatever it is. Yes, really he will.

JIM ADAMSON, Cupar, Fife

Not from round here

AS A resident of Warrington North, I am presented with a Conservative election candidate who lives in Uxbridge, nearly 200 miles away, who has never campaigned in this constituency and of whom no one here has heard.

Yes, it is a solid Labour constituency but it seems the Conservatives can't even be bothered to show some respect to voters and field a local candidate.

J. SMITH, Warrington, Cheshire

Tennant evicted

DAVID TENNANT, another name added to the list of people my wife and I won't watch on TV. It's getting to be quite a long list.

FRANK BUSBY, Evesham, Worcs

Starry sensation

I USED to have 'distance slips' (Letters) regularly as a child.

I was born with a health problem that often caused me to experience high fevers. As I lay on my bed and looked up, the ceiling would rise higher and higher (with me getting smaller) until it disappeared, leaving me in the darkness of space with only the pinpoints of light from distant stars all around me. This truly made me understand how small I am in the scheme of things.

Blinking several times would return me to my bed but I delayed doing that until I'd had my fill.

Even today, a septuagenarian, I often wish that when I 'pass over', someone will shoot my ashes into space. Alas, that is out of my price range but I truly believe I will be out there one day, gazing at the stars as I float between them.

M. DAWSON, Banbury, Oxon

Phantom bridge

WHEN I was about 14, I was walking beside the River Wear in Durham towards the 18th-century Prebends Bridge.

As I neared it, a strange structure appeared in front of the bridge. There were two vertical cylindrical columns of a glossy beige material, one near each bank. Along the top was a red walkway or sluice. It was almost as tall as the bridge and less than a minute later, it vanished.

More than 70 years later, I can still picture it clearly.

JAMES C. MADGIN, Durham

Share alike

NORMAN LAMONT (Mail) says socialism is about the redistribution of wealth. Can he name a socialist country where the wealth has been fairly distributed?

D. STUCKEY, Stevenage, Herts

Medals question

I WOULD like to correct Roger Greenaway (Letters) over the issue of medals.

I didn't claim in my original letter that military personnel in 'low-intensity' operations were never awarded a medal. My claim was that those who served in Northern Ireland were awarded only a General Service Medal instead of a campaign medal such as those created for service in the Falklands, Iraq and Afghanistan.

The authorities never viewed Northern Ireland as a 'proper' war, even though our casualties were higher than in any other British military campaign since the end of the Korean war.

I proudly wear my GSM with Northern Ireland clasp every Remembrance Sunday, but it in no way reflects what we veterans endured in Operation Banner.

STEVE CORBETT, Warrington, Cheshire

Splendid surnames

ON THE subject of names (Letters), I once knew a hotel receptionist who said there were three unusual surnames she always hoped guests might have.

She had already met two of them, Cholmondeley (Chumley) and Marjoribanks (Marshbanks). So imagine her delight when, just a few days before she retired, the Featherstonehaughs (Fanshaws) checked in.

IAN BARRETT, Billericay, Essex

Snore draw

THE England v Slovenia game was so exciting, my husband fell asleep. He awoke to The Great British Sewing Bee, greatly confused to see a towelling crocodile on the screen.

W. L. OLDFIELD, Otley, W. Yorks

CELEBRATE THE LIFE OF A LOVED ONE

HAVE you lost a relative or friend in recent months whose life you'd like to celebrate? Our column on Friday's letters page tells the stories of ordinary people who lived extraordinary lives.

Email a 450-word tribute and a favourite photo to: *lives@dailymail.co.uk* or write to: Extraordinary Lives, Daily Mail, 9 Derry Street, London W8 5HY, including your phone number.

THOUGHT FOR THE WEEK

Let justice roll on like a river, righteousness like a never-failing stream!

Amos 5:24

DEBATE

Is Sir Keir mistaken on class and savings?

CATCHING up on election stories after a week away, I read with interest about what Sir Keir Starmer considers working class. He appeared to suggest that people with savings are not working class and often mentions that his father was a toolmaker.
I worked for 50 years as a toolmaker and consider myself working class. But with due fortitude, I managed to build up some savings for when I retired.
I wonder where Sir Keir gets his thinking from.

MIKE SPRASON, Telford, Salop

HOW would Keir Starmer regard me? I come from a working-class Labour-voting family; my dad was a nurseryman and my mum a home help (nowadays she would be called a carer) for the county council. I left school at 15 and worked until I was 58, most of that time with more than one job (in offices and cleaning). I saved money and bought my council house thanks to Maggie Thatcher.

I don't think Labour will get my vote.

Mrs J. EADE, Lowestoft, Suffolk.

KEIR STARMER reveals his true colours and lack of understanding of real people. I grew up in a working-class family and was taught to save from an early age. I was given a small amount each week and occasional sums by relatives for Christmas and birthdays. All of them were saved.
There were many people like me. Whom does Sir Keir think building societies were set up to help? This just shows he is a member of the metropolitan elite and in my view, more dangerous than Jeremy Corbyn, who at least set out clearly what he would do. Everyone with wealth of any kind — savings, pensions or property — should look out. The Labour Party is coming for your money.
Sir Keir also showed when discussing the proposed VAT charge on private schools that he didn't know the extent to which the sector supports children with special educational needs. Many of those pupils are in private schools because the state sector cannot meet their needs, or the needs of other pupils if they are in a standard class.

PAUL SEWARD, Princes Risborough, Bucks

LETTER OF THE WEEK

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Coward: The musical Master

ANSWERS TO CORRESPONDENTS
Compiled by Charles Legge

QUESTION Are there any successful musicals with music and lyrics by a solo composer?

FEW PEOPLE have succeeded as both composer and lyricist. A very successful example from recent history is Lin-Manuel Miranda, who wrote the songs, lyrics and story for the global hit musical Hamilton, about the life of U.S. founding father Alexander Hamilton.

Noel Coward was the premier musical figure of the first half of the 20th century. He was a successful composer and lyricist, known as The Master.

Coward wrote the words and music for eight musicals between 1928 and 1963. His first, Bitter Sweet, gave us the classic songs I'll See You Again and If Love Were All.

Debbie Watson, Marlborough, Wilts



Premier figure: Noel Coward

QUESTION How much water does the average fully grown tree 'consume' each day?

WATER is taken up by tree roots from the soil and evaporated through the pores on the surface of leaves. This is termed transpiration, and the understanding of transpiration rates is key when selecting species for forestry projects.

However, water consumption of tree species under natural forest conditions is extremely variable depending on a host of factors including prevailing climate, soil type, botanical composition, and stand structure, to name but a few.

Thus transpiration rates vary dramatically between species. The daily transpiration rates of mature oak trees range between 189 litres/day to 378 l/day. Fruit trees are particularly thirsty; even a young apple tree has midsummer transpiration rates of 60-70 l/day.

J. B. Edwards, Tunbridge Wells, Kent

QUESTION What is the origin of the term 'fleapit' when speaking about a local cinema?

FURTHER to earlier answers, my old dad used to tell us about the Empire in Blaenau Ffestiniog which he called the 'laugh and scratch'. A local newspaper unintentionally advertised it as the 'cosi' cinema, rather than cosy cinema – cosi is the Welsh word for 'itching'. According to folklore, one chap was carried by mites to the front.

Edna Davies, Nefyn, Gwynedd

■ IS THERE a question to which you want to know the answer? Or do you know the answer to a question here? Write to: Charles Legge, Answers To Correspondents, Daily Mail, 9 Derry Street, London W8 5HY; or email charles.legge@dailymail.co.uk. A selection is published, but we're unable to enter into individual correspondence.

QUESTIONS

Q: Is it true that a British cartoonist was executed for lampooning the government?
Dominic Cooper, Chester, Cheshire

Q: Which country boasts the longest cave system?
Louise West, Halifax, West Yorks

Q: Did Steve Jobs have to get permission from The Beatles before he could use the name 'Apple' for his computer company?
Eddie Cole, Romford, Essex

TODAY'S RECIPE: Tuna pasta bake

Quick and easy standby. Serves 4.



Ingredients

- 2 tsp rapeseed oil
- 1 large pepper, diced
- 2-3 garlic cloves, finely chopped
- 500g passata
- 1 tsp dried oregano
- ½ tsp chilli flakes
- 1 large aubergine, cut into small pieces
- 2 tbsp capers
- 30g basil, chopped
- 2 x 110g cans tuna
- 300g penne
- For the topping:
- 250g tub quark
- 1 egg
- 50g finely grated parmesan
- ½ tsp dried oregano

Method

1 Heat oven to 200c/180c fan/gas 6. Heat oil in pan and fry pepper over medium heat to soften. Add garlic and cook a minute more.

2 Pour in passata, oregano, chilli, aubergine, capers and half the basil. Add tuna, but don't stir too much. Cover pan. Simmer over low heat for 15 mins until aubergine is tender.

3 Meanwhile, cook pasta. Tip quark into bowl and beat in egg and ¾ of the parmesan.

4 Drain pasta, add tuna mix and put in baking dish. Top with cheesy mixture, most of the remaining parmesan, and oregano. Bake 15-20 mins. Scatter with rest of basil and parmesan.

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SOLUTIONS TO SATURDAY'S PUZZLES

SUKO

4	3	7
2	1	8
5	9	6

10, 19, 17, 24

SUDOKU

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

SUGURU

3	5	1	2	4	2
4	2	4	3	1	5
1	3	1	5	2	3
4	5	2	3	4	1
3	1	4	1	2	3
2	5	2	3	4	1

FUTOSHIKI

2	3	4	5	1
3	5	1	4	2
1	2	5	3	4
5	4	2	1	3
4	1	3	2	5

GIANT CROSSWORD

ACROSS: 13 Parish pump. 14 Open sea. 15 Reheat. 16 Lean on. 17 Haulier. 18 Reeds. 19 Ramp. 20 Stamp. 21 Ashen. 22 Doctor. 23 Sisal. 28 Puerile. 30 Tranche. 33 Bath sheet. 36 Shufti. 38 Trump. 39 Brisk. 40 Lollop. 42 Wrist. 43 Spheres. 44 Ledger. 46 Tier. 49 Pogo. 51 Ripple. 53 Barge in. 55 Jiffy. 59 Bounds. 60 Shady. 61 Overt. 62 Pumice. 63 Food court. 65 Negroni. 66 Crudity. 70 Bonus. 71 Waggle. 73 Osier. 75 Affix. 80 Boar. 82 Valet. 83 Time out. 84 Snappy. 85 Frolic. 86 Natural. 87 Basket case.

DOWN: 1 Patent. 2 Misnomer. 3 Shank. 4 Duchess. 5 Spruce. 6 Solid. 7 Geared. 8 Ostrich. 9 Take to task. 10 Crush. 11 Churlish. 12 Palm. 24 Awesome. 25 Claim. 26 Snippet. 27 Philtre. 29 Usher. 31 Route. 32 Hobo. 34 Step up. 35 Wise. 37 Festoon. 41 Lithium. 45 Gritty. 47 Erosion. 48 Savoury. 50 Oloroso. 52 Load. 54 Glean. 56 Facet. 57 Pyre. 58 Spurn. 60 Streamline. 64 Drum roll. 67 Defiance. 68 Agitate. 69 Wettish. 72 Entire. 74 Snobby. 76 Impish. 77 Evict. 78 Imply. 79 Asset. 81 Oars.

PUZZLE PRIZE WINNERS

Saturday, June 8
Giant Crossword:
£750 to Carole Britton, Uckfield, E. Sussex.

Week beginning June 10
Daily Sudoku:
£500 to Donna Anderson, Belvedere, London.
Daily Word Search:
£500 to Margaret Mackinnon, Portree, Skye.
Daily Codeword:
£750 to Kenneth Parr, Cellardyke, Fife.
Daily Cryptic Crossword:
£500 to Mr S. D. Clegg, Beaconsfield, Bucks.
Weekly Accumulator:
Luxury Cross pen to Michael Steel, Crawley, W. Sussex.

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Wed 12 **Castries, St. Lucia**

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Mon 17 **Roseau, Dominica**

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Wed 19 **St. John's, Antigua**

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Thu 20 **Basseterre, St. Kitts**

Sat 22 **Road Town, Tortola**

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Sun 30 **Praia da Vitória, Terceira, Azores**

APRIL 2025

Thu 3 **Arrive in Southampton**

Dates not mentioned are spent relaxing at sea

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ADVERTISEMENT FEATURE

A new dream

THOSE of us in our 50s and older are certainly proving that we're not the forgotten generations. More mature politicians, media stars and actors, of both sexes, are enjoying life's high-profile positions. But are YOU making the most of your potential after retirement? Data shows a 24 per cent rise in mature higher education applications. With full and part-time, online and short courses available, why not join in? Maybe you could become the historian or creative artist you'd always dreamed of being? You don't know unless you try!

The University of the Third Age (u3a) has more than 430,000 members



Picture: STILTZ

and focuses on giving retired and semi-retired seniors an opportunity to meet others, learn new skills and share knowledge. If further study isn't for you, volunteering your skills could be a route to remaining actively involved. Sign up to be a magistrate, a school governor or even a 'Grandmentor' providing support to young people leaving the care system.

'Continuously moving forward in life keeps you young' is the motto of 50-something Stiltz Homelifts CEO, Mike Lord. 'Boosting life-knowledge with new skills and commitments gives us that all-important sense of worth. 'At Stiltz we look at our service in much the same way — trying to get it right first time and taking a pride in the difference we make.' As the great CS Lewis said, 'You're never too old to set another goal or to dream another dream.'

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The collection features two new chair designs and is available in more than 200 fabrics and leathers.

The Parker Knoll split cushion back design perfectly supports your spine from top to tail, meaning you can enjoy all the benefits of improved posture including better digestion, concentration and breathing.

Discover superior comfort as you sit back and put your feet up as you recline or rise to your feet with ease at the touch of a button.



Picture: OAK TREE MOBILITY

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Seat styles come in a variety of materials, colours and designs, so you can find an option to co-ordinate with your decor.

The Siena chair is also a smart addition to your home that is custom-made and fitted easily in less than a day. It's available in a choice of two widths for extra room and comfort. Alternatively, the Sadler chair is the best choice if you or your loved one has restricted movement. Its slim profile makes it perfect for narrower staircases, and the tilted seat makes getting in and out a little bit easier. Stannah can provide an outdoor option, too, making it easy for you to enjoy your garden.

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Picture: STANNAH



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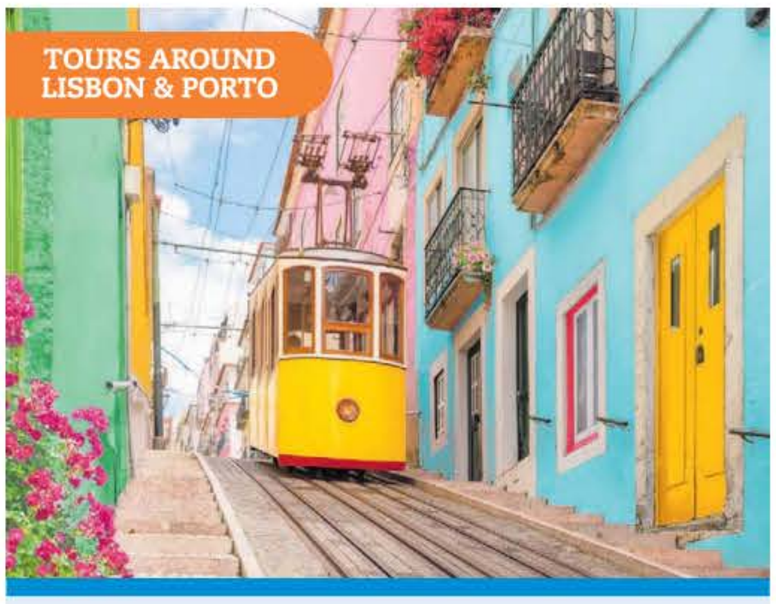
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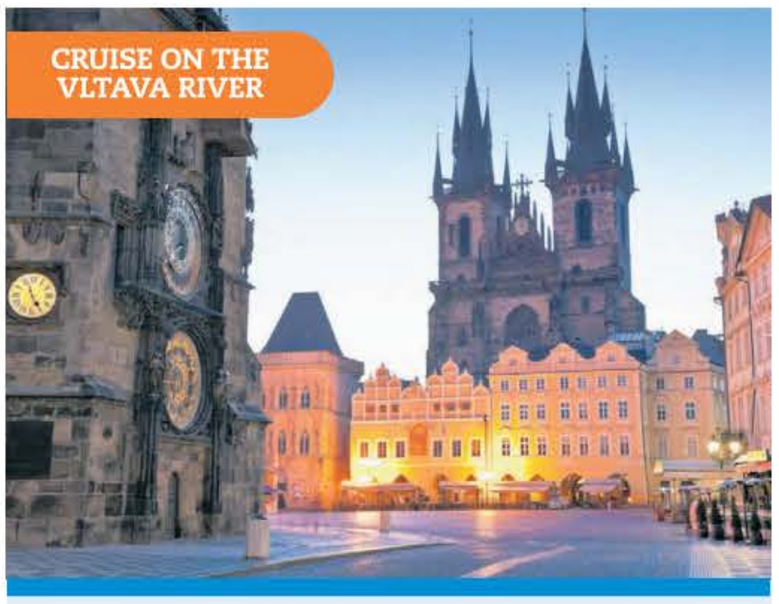


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*From price based on November 17, 2024 from London Stansted.



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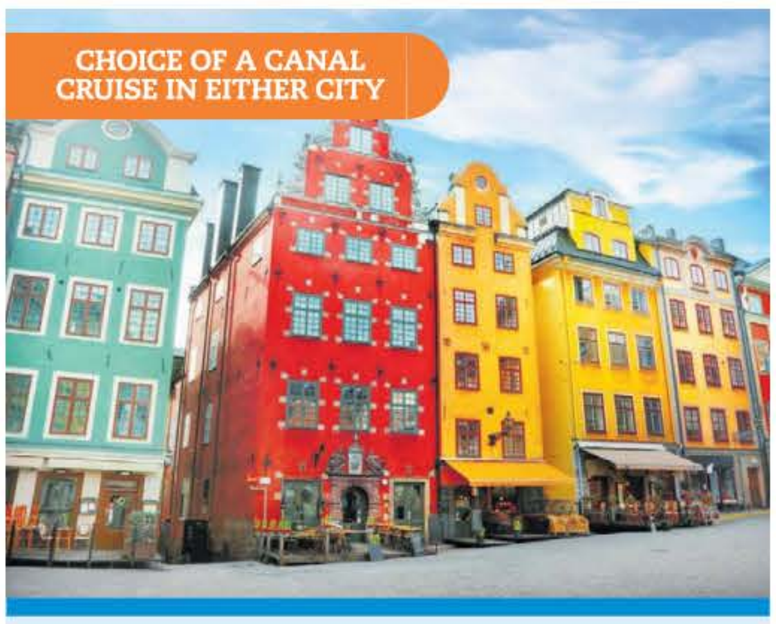


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City & Finance

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City Editor: Alex Brummer | www.thisismoney.co.uk | Group Business Editor: Ruth Sunderland

Labour's £1trillion challenge



Ruth Sunderland
GROUP BUSINESS EDITOR

ASSUMING Rachel Reeves enters Number 11 this week, the UK's first female chancellor will face as tough a task, if not tougher, than most of her male predecessors.

Her first Budget is likely to be in October or November, to allow time for the independent Office for Budget Responsibility (OBR) to prepare its report.

It might be sooner – the OBR did offer to produce a quick version for Liz Truss before her ill-fated mini-Budget, only to be rebuffed – and the rest is history.

The backdrop for Reeves is highly challenging. She and Starmer are relying, Pollyanna-style, on growth so they can meet debt targets without either raising taxes even further or slashing public services.

The other option is borrowing more. It's worth reminding ourselves, though, just how much national debt has mushroomed since the financial crisis and then Covid.

In 2007, it stood at £350bn or just over a third of the economy. That figure seemed plenty at the time but looks paltry beside today's debt mountain of £2.7trillion or close to 100 per cent of GDP.

Sources close to Labour have suggested to me that in government, Starmer and Reeves want to tackle the blight of 'economic inactivity'.

There are a shocking 9.4m people who are not working but not officially registered as unemployed, including more than 2.8m claiming to be long-term sick.

This is an albatross on the economy. The Tories have baulked at taking strong measures to encourage people back into employment, perhaps for fear of being seen as the nasty party. Labour politicians, knowing the anger felt by many hard-working voters at this situation, paradoxically may have fewer qualms.

Investment is needed on a vast scale to improve our desperately inadequate infrastructure, including transport, energy and water, which should in turn boost productivity.

According to former Legal & General boss Sir Nigel Wilson, who has been an energetic speech-maker on the pre-election circuit, we need to invest an additional £1trillion over the next decade in order for the UK economy to grow by 2 to 3 per cent in real terms.

Fortunately, there is plenty of capital sloshing around that could be funnelled to more productive use: £6trilllion or so in pension funds, ISAs and other investments.

Most of this hoard of capital is not invested to good effect in the UK either for individual savers or the country at large, as the tax and regulatory systems do not favour the home market. Instead, UK pension funds are investing ever-larger amounts in overseas equities.

There is not a quick fix but there are some straightforward steps Reeves could take. These include scrapping stamp duty on share purchases, which would invigorate the London stock market.

She could also make sure plans hatched by Jeremy Hunt for the Great British ISA, with an extra tax efficient savings allowance of £5,000 for UK shares, actually come to fruition.

The Conservatives are ideologically averse to compelling pension funds to invest in UK assets. This free market purism defies common sense as capital drains out of this country. Given the £70bn or so a year of tax breaks for pension saving, it's not unreasonable to ask them, in return, to invest more in the UK.

Much blame lies at the door of Gordon Brown and his tax raid on pension funds. It falls to Reeves to repair the damage and to incentivise them to invest for the benefit of current pension savers and generations to come.

PROFITS TUMBLE AT KING'S CORONATION GOWN MAKER



PROFITS at the King's gown maker have slumped by more than 50pc as the post-Covid boom fades.

Ede & Ravenscroft reported profits of £1.5m for the year to the end of September 2023, down from £3.4m the year before. Sales also dipped 6pc to £45.3m.

It follows a bumper 2022 for London's oldest tailor as it cashed in on the return of in-person graduations, which were often larger due to the inclusion of students who finished studying in 2020 and 2021.

But the firm, which has made gowns for 12 coronations since being founded in 1689, said it was facing pressure from 'increasing raw material prices'.

At his coronation King Charles wore the robe made for George VI when he was crowned in 1937.

Bosses lose faith in UK economy before Election

*By **Leah Montebello***

CONFIDENCE among British bosses has tumbled ahead of the General Election as hiring and investment plans slide.

In a dreary survey published today, the Institute of Directors (IoD) said its economic confidence index – which measures bosses' optimism in the economy – slumped to a four-month low.

The figure fell to -14 in June, down from -3 in May.

It came as some 10pc of business leaders said they were 'very pessimistic' about the wider UK economy last month, with just 1pc 'very optimistic'.

Anna Leach, chief economist at the IoD, said the figures were 'disappointing' and reflected the falling investment plans amongst bosses, as well as sluggish hiring in the coming year. She added that the Election meant firms were reluctant to make commitments during a time of political uncertainty.

The figures come just days before the country goes to the polls, with surveys predicting a landslide victory for Labour.

But some business leaders have flagged concerns over some of Sir Keir Starmer's policies, including overhauling workers' rights and a North Sea tax raid.

Labour plans to introduce a raft of pro-worker regulations, including scrapping zero-hour contracts, quicker access to statutory sick pay and a 'right to switch off'.

But top industry figures have slammed these policies over fears that changes could cripple thriving UK firms. In April, Sir Martin Sorrell, chief executive of S4 Capital, called the policies 'Labour's Achilles heel'.

And Archie Norman, chairman of Marks & Spencer, said changes could mean Britain will struggle to attract investment.

The Institute for Fiscal Studies (IFS) last week said Labour's 'new deal for working people' would raise costs for firms, forcing many to cut wages or hours.

It said: 'For some employees – such as those who particularly value paid sick leave or the right to take paternity leave – that trade-off will be welcome, for others it might not be.'

The oil and gas industry has also railed against Labour's plans for a 'proper windfall tax' on the North Sea, which would see the rate hiked from 75pc to 78 pc. The rise could lead to the loss of 100,000 jobs according to investment bank Stifel.

Boots owner hunting for new boss as chief eyes top clinic job

THE US owner of Boots is looking for a new chief executive after its boss stood down to run one of Europe's largest eye clinics.

Sebastian James – an Old Etonian and contemporary of Boris Johnson and David Cameron in Oxford University's Bullingdon Club – will leave the high street stalwart in November after six years at the top.

James *(pictured)* is set to become group chief executive of Veonet, which provides treatment to more than 2m patients a year across Europe.

The move, first reported by Sky News, comes just weeks after Walgreens Boots Alliance, which owns the British retailer, decided against a sale of stock market flotation of the chain.



Walgreens also abandoned sale plans in 2022 due to an 'unexpected and dramatic change' in market conditions.

The New York-listed firm, which has owned Boots since 2014, has seen its value tumble in the past year due to soaring debts.

PONTEFRACT RTV

ROBIN GOODFELLOW	GIMCRACK
2.10 Life On The Rocks	2.10 Lennon
2.40 Cavalier Approach	2.40 Glory Hyde
3.15 Ardeur	3.15 SUNSHINE SOUL (nap)
3.45 Old Cock	3.45 Old Cock
4.15 Late Arrival	4.15 Rain Cap
4.45 True Nation	4.45 Doomsday

NEWMARKET – 2.10 LENNON (nap)
NORTHERNER – 3.45 OLD COCK (nap); 4.15 Late Arrival (nb).

2.10 –22ND WILFRED UNDERWOOD MEMORIAL AMATEUR JOCKEYS' HANDICAP (5) £7,000 added (£3,477) 1m 2f 5yds (8)

1 (4) 4247-82 **UNPLUGGED 24 (C&D2) (G)** M & D Easterby 8-11-4 Miss Serena Brotherton
2 (8) 885805 **VISIBILITY 8 (C&D) (G)** S Dixon 7-11-1 F Tett
3 (3) 361114 **LIFE ON THE ROCKS 17 (V) (D4) (S)** R Fahey 6-11-0 E Cagney
4 (7) L56009 **ROYAL OBSERVATORY 18** K Frost 4-10-5 Miss Lauren Frost
5 (2) 7/7-3375 **FIFTYSHADESARESDEV 18** M Hammond 5-10-4 Miss Becky Smith
6 (1) L78-11 **LENNON (6Ibex) 8 (C) (G)** G Boughey 3-10-4 Jack Callan (7)
7 (6) 323-582 **RAYENA 11 (T)** R Fahey 4-9-11 Miss L Teal
8 (5) 76-L468 **HARLINGTON 18 (P)** R J Smith 3-9-2 Miss Leanne Ferguson

Probable SP: 5-4 Lennon, 7-2 Unplugged, 5 Life On The Rocks, 7 Rayena, 8 Fiftyshadesaresdev.
FAVOURITES: 3 0 0 0 1 0 – 0 1 1 (W 10-1). AGES: 8 5 4 7 5 5 – 5 5 7
2023: Unplugged 7 10 7 (S Brotherton) 13-8 Fav M & D Easterby drawn (10) 10 ran.

2.40 –NAPOLEONS CASINO BRADFORD HANDICAP (6) £6,000 added (£3,140) 5f 3yds (12)

1 (2) 618-745 **CAVALIER APPROACH 9 (B) (D2) (S)** E Bethell 4-10-2 Rossa Ryan
2 (8) 2-30144 **LET'S GO HUGO 23 (D3) (G)** O Pears 4-10-1 Brandon Wilkie (5)
3 (9) 0-47644 **SOUND REASON 19 (B) (D5) (GS)** D O'Meara 6-10-1 D Tudhope
4 (7) 90-0843 **MERESIDE ANGEL 13 (D2) (G)** D & N Barron 5-9-13 C Rodriguez
5 (12) 66L-L10 **ASTAPOR 25 (C&DD4) (GS)** J Riches 6-9-11 Rhys Elliott (7)
6 (10) 56-7972 **HAVAGOMECCA 18 (B) (D5BF) (GS)** M Dods 6-9-11 C Beasley
7 (6) 7-80966 **GIS A SUB 26 (P) (C)** P Midgley 5-9-10 Mark Winn (3)
8 (1) 66-7241 **GLORY HYDE 15 (D) (S)** R Fell & S Murray 3-9-10 Billy Loughnane
9 (5) 016-215 **SECRET COMMAND 15 (D2) (G)** Adrian Nicholls 3-9-9 C Murtagh
10 (3) 4-06689 **NEVER THIS WAY 10 (E)** R Carr 4-9-8 JP Sullivan
11 (11) 54L124 **PROTEST RALLY 7 (P) (DBF)** L Bailey 4-9-7 B Garritty
12 (4) 3LL-66L **MR STANLEY 137** P Kirby 5-9-3 A Elliott

Probable SP: 5 Glory Hyde, 11-2 Mereside Angel, 6 Havagomecca, Sound Reason, 8 Let's Go Hugo, Protest Rally, Cavalier Approach, 10 Secret Command, 14 Gis A Sub, 16 Astapor, 20 Never This Way.
FAVOURITES: – – – – – – – – – 0 (W 10-0). AGES: – – – – – – – – – 5
2023: So Grateful 5 10 0 (S Gray) 15-2 M & D Easterby drawn (10) 11 ran.

3.15 –TATTERSALLS 40,000 EBF SPINDRIFTER FILLIES' NOVICE STAKES (2) (2-Y-O) £40,000 added (£20,616) 6f (6)

1 (4) 41 **ARDEUR 21 (C&D)** R Beckett 9-7 Rossa Ryan
2 (2) **GUNS FIRING** R Fahey 9-2 B Garritty
3 (3) **INDY'S ANGEL** P Kirby 9-2 C Beasley
4 (1) 2 **SHE WENT WHOOSH 12** R Hannon 9-2 C Rodriguez
5 (5) 2L **SUNSHINE SOUL 17** G Boughey 9-2 Billy Loughnane
6 (6) 321 **UNSPOKEN LOVE 18 (G)** K R Burke 9-2 D Tudhope

Probable SP: 11-8 Ardeur, 3 Unspoken Love, 5 Guns Firing, 11-2 Sunshine Soul, 8 She Went Whoosh.
FAVOURITES: – – – – – – – 1 0 2
2023: Mauna Loa 2 9 0 (Oisin Orr) 7-2 R Fahey drawn (7) 7 ran.

TRACK FACTS: L-H course. GOING: Good to firm-good in places. **STALLS:** Inside. **DRAW ADVANTAGE:** Low. **Top jockey:** Daniel Tudhope. **Top trainer:** R Fahey. **Placed in the race last year:** 2.10 Unplugged (1st). **Headgear first time:** 3.45 Freedom Day, 4.45 Apache Angel, Premiership. **Longest traveller:** Ardeur (3.15) 214 miles. **Drop in Class:** 2.40 Astapor is down 2 grades on last run (Class 4 to Class 6). **First run since wind surgery:** None today.

3.45 –BETTINGSITES.CO.UK BETTING SITES HANDICAP (4) £10,000 added (£5,234) 1m 6yds (9)

1 (6) 4200-07 **BENNETOT 32** D O'Meara 5-10-4 D Tudhope
2 (2) 8-51279 **ON THE RIVER 15 (C&D2D3) (S)** H Bethell 5-9-12 J Fanning
3 (3) 324615- **TELE RED 237 (CD3) (GS)** K R Burke 7-9-10 S Feilden (7)
4 (7) 4/19397- **FREEDOM DAY 274 (H) (DBF) (S)** M Walford 4-9-9 J Garritty
5 (9) L61-0 **MAGNUM OPUS 66 (D)** S & E Crisford 3-9-6 Billy Loughnane
6 (1) 411 **OLD COCK 24 (T) (D) (G)** E Bethell 3-9-5 C Rodriguez
7 (5) 2-15 **SAVVY EXCHANGE 21 (C&D) (S)** S Woods 3-9-2 Rossa Ryan
8 (8) L22 **AVIEMORE 14** C Johnston 3-9-1 J Hart
9 (4) 2241-46 **COLORADA DANCER 17 (DBF) (S)** R Fahey 3-8-12 B Garritty

Probable SP: 9-4 Old Cock, 4 Aviemore, 11-2 Savvy Exchange, 7 Colorada Dancer, 8 Tele Red, 10 Freedom Day, 14 On The River, Bennetot.
FAVOURITES: 0 2 0 2 1 2 – 0 3 2 (W 9-10). AGES: 9 4 6 4 4 8 – 4 3 3
2023: Laser Guided 3 9 0 (Oisin Orr) 4-1 S & E Crisford drawn (4) 8 ran.

4.15 –NORTHERN COMMERCIALS ORDER YOUR NEW IVECO VEHICLE HANDICAP (5) £7,000 added (£3,664) 6f (9)

1 (5) 0-L13L2 **LATE ARRIVAL 24 (C&DD3)** M & D Easterby 7-10-3 Joanna Mason
2 (6) 584221 **DAYTONA LADY 20 (P) (D4)** R Carr 4-10-2 JP Sullivan
3 (4) 21-2463 **DICKO THE LEGEND 19 (D2)** L Bailey 4-10-2 B Garritty
4 (7) 0L689-7 **MOTAGALLY 16 (B) (D4) (G)** S Dixon 8-10-0 C Lee
5 (9) 2141-30 **MACARONE 15 (G)** Craig Lidster 3-9-7 F Norton
6 (3) 22428/7- **SPEAR FIR 429** S Whitaker 5-9-5 P Dennis
7 (8) 03-L325 **RAIN CAP 14 (V) (D4) (GS)** J Riches 7-9-4 Rhys Elliott (7)
8 (1) L1-5766 **CRACK THE KODE 23 (B) (D) (S)** K Ryan 3-9-3 T Eaves
9 (2) 916654 **VARIETY ISLAND 7 (P) (D)** S Whitaker 5-8-11 C Beasley

Probable SP: 3 Daytona Lady, 7-2 Late Arrival, 4 Dicko The Legend, 8 Crack The Kode, 10 Macarone, Rain Cap, Variety Island, 14 Motagally, Spear Fir.
FAVOURITES: – – – – 2 0 – 2 0 3 (W 9-12). AGES: – – – – 5 7 – 3 5 4
2023: Gannon Glory 4 10 3 (Oisin Orr) 13-2 R Fahey drawn (16) 14 ran.

4.45 –WAYNE CONWAY MEMORIAL HANDICAP (6) £6,000 added (£3,140) 1m 6yds (13)

1 (8) 969-012 **TRUE NATION 19 (P) (D) (G)** R Fahey 4-9-10 Ethan Tindall (7)
2 (5) 40L428 **TONAL 35 (T) (BF2)** I Williams 4-9-9 P Mulrennan
3 (6) 56-LL82 **INDICATION ROCKET 8 (T) (D)** R Menzies 4-9-7 C Lee
4 (9) 5-06LL6 **MOUSH 12** L Bailey 4-9-7 D Tudhope
5 (12) 704300 **MUSICAL MASQUERADE 35** M & D Easterby 5-9-7 Joanna Mason
6 (4) 124-007 **MR HEINZ 26 (B) (D)** S Whitaker 5-9-6 P Dennis
7 (11) 4L5-756 **COLOANE 39 (H) (BF)** R Fell & S Murray 4-9-4 Billy Loughnane
8 (2) 94L-L42 **DOOMSDAY 7 (P)** L Bailey 5-9-3 B Garritty
9 (7) L7-LL94 **GRAND STYLE 21** P Kirby 4-9-3 C Beasley
10 (3) 8-L70L0 **PREMIERSHIP 33 (B) (C&DD2) (S)** M Wigham 5-9-3 F Norton
11 (13) 6890-L9 **MISS RAINSTORM 49 (P)** T Waggott 3-8-8 JP Sullivan
12 (10) 9L-L **FOOTONTHEGAS 12** M Hammond 3-8-8 A Brookes (3)
13 (1) LLL- **APACHE ANGEL J30 (P)** S Corbett 3-8-8 Tom Kiely-Marshall (7)

Probable SP: 11-4 True Nation, 7-2 Doomsday, 4 Indication Rocket, 8 Grand Style, 10 Mr Heinz, 12 Tonal, Coloane, 20 Premiership, Miss Rainstorm.
FAVOURITES & 2023: No corresponding race.

WOLVERHAMPTON SSR

ROBIN GOODFELLOW	GIMCRACK
5.25 Caelan	5.25 Loveable Rogue
6.00 Capo Vaticano	6.00 Angel Pass
6.30 Blazes Boylan	6.30 Invincible Speed
7.00 Eleanor Cross	7.00 Goblet Of Fire
7.30 Due Date	7.30 Magic Gem
8.00 Liosa	8.00 Katie G
8.30 Casa Luna	8.30 Dubai Immo
9.00 Bossy Parker	9.00 My Mate Mike

5.25 –HANDICAP (5) (3-Y-O) £7,100 added (£3,716) 1m 1f 104yds (10)

1 (6) 1-LL **PRINCE RASAM 37 (H)** M Bell 9-11 S Osborne
2 (1) 130 **CAELAN 44 (P) (C&D)** M Botti 9-10 B Sayette
3 (2) 61L **ROSENZOO 12 (D)** C Johnston 9-9 A Mullen
4 (9) 1L4 **CHARACTER TESTING 34 (P)** Tom Clover 9-9 J Mitchell
5 (8) 721 **LOVEABLE ROGUE 34 (T) (D)** James Owen 9-8 S D Bowen (5)
6 (3) LL6 **ENDOSSER 11 (B)** M Botti 9-7 D Probert
7 (10) 678 **HISTORIC CITY 26 (V)** S bin Suroor 9-7 Jack Doughty (5)
8 (4) 22L **CHIEFMAN 21** A Watson 9-4 L Morris
9 (5) 4-79 **ADVERT RULES 18** A King 9-1 David Egan
10 (7) L65 **BETWEEN ME AND U 11 (T)** Alice Haynes 8-12 A Farragher

Probable SP: 7-2 Loveable Rogue, 6 Historic City, Caelan, Character Testing, 8 Rosenzoo, Endosser, Between Me And U.

6.00 –NOVICE STAKES (5) £7,300 added (£3,942) 5f 21yds (5)

1 (4) L1 **ACCRUAL 16 (D)** D & C Kubler 3-9-11 S Osborne
2 (3) L **ROBESPIERRE 30** D Shaw 4-9-9 C Hardie
3 (5) 13 **CAPO VATICANO 57 (D)** A Balding 3-9-6 D Probert
4 (1) **SPELLBINDING** A French 3-9-4 Dylan Hogan
5 (2) **ANGEL PASS** Sir M Prescott 3-8-13 L Morris

Probable SP: 4-7 Capo Vaticano, 4 Accrual, 5 Angel Pass, 10 Spellbinding.

6.30 –HANDICAP (4) £9,500 added (£4,972) 5f 21yds (8)

1 (2) 663 **READY FREDDIE GO 9 (B) (C&DD7)** O Pears 6-10-2 H Russell
2 (8) 540 **NIGHT ON** EARTH **30 (T) (C&DD9)** I Williams 6-10-1 C J Todd
3 (5) 205 **TSUNAMI SPIRIT 25** K P De Foy 3-9-9 B Sayette
4 (4) 6-12 **BLAZES BOYLAN 143 (D)** R Cowell 3-9-8 J Mitchell
5 (6) 475 **BOANN 37 (BT) (D)** Ollie Sangster 3-9-8 David Egan
6 (3) 522 **INVINCIBLE SPEED 27 (C)** J Tate 3-9-7 R Havlin
7 (7) 366 **REIGNING PROFIT 16 (V) (C&D2D3)** R Carr 5-9-6 L Morris
8 (1) 624 **POPULAR DREAM 39** D Shaw 4-8-12 C Hardie

Probable SP: 3 Night On Earth, 4 Blazes Boylan, 5 Invincible Speed, Reigning Profit, 8 Ready Freddie Go.

7.00 –HANDICAP (5) £7,100 added (£3,716) 1m 4f 51yds (11)

1 (3) 124 **OPTICIAN 94 (T) (C&D4BF)** S Lycett 4-9-11 L Morris
2 (2) 34-2 **BOLDLY 7 (T)** G Boughey 4-9-11 Grace McEntee (3)
3 (6) 383 **ELEANOR CROSS 21** A Balding 4-9-10 D Probert
4 (8) 1/78 **FEARLESS BAY 50 (V) (C)** E Dunlop 5-9-10 R Havlin
5 (10) 72L **ROCHA DO LEAO 16 (P)** Jack Jones 4-9-10 Dylan Hogan
6 (7) 6LL **GLORY NIGHTS 31 (P) (C)** M Loughnane 5-9-9 S D Bowen (5)
7 (1) 751 **BUXTED TOO 21 (D5)** I Williams 6-9-7 S Osborne
8 (11) 236- **DEADLOCK J50** A Ralph 5-9-4 C Hardie
9 (5) 31-1 **GOBLET OF FIRE 19** N Henderson 4-9-3 T Jakes (5)
10 (9) 1-56 **STRIKE ALLIANCE 19 (P) (C)** H Dickin 4-8-12 David Egan
11 (4) 306 **THE BAY WARRIOR 19 (P)** M Usher 6-8-11 G Rooke

Probable SP: 11-4 Goblet Of Fire, 9-2 Boldly, 5 Optician, 6 Buxted Too, 7 Eleanor Cross, 12 Glory Nights.

7.30 –HANDICAP (DIV 1) (6) £5,700 added (£2,983) 6f 20yds (10)

1 (3) 4L7 **REVOLUCION 77 (P) (C&D)** G Harris 4-9-12 S D Bowen (5)
2 (8) 3-21 **MAGIC GEM 39 (C)** M Herrington 6-9-10 Dylan Hogan
3 (4) 341 **DUE DATE 27 (V) (C&D2D)** C Wallis 4-9-9 M Ghiani
4 (6) L76 **SOLDIER'S CLASS 16 (V)** E Dunlop 3-9-8 D Probert
5 (7) 770 **POETIC JACK 24 (P)** R Cowell 4-9-8 J Mitchell
6 (5) 610 **GLOBAL EFFORT 14 (C&D)** P McEntee 4-9-7 Josephine Gordon
7 (1) 516 **PORFIN 11 (P) (C&DCD5BF)** P McEntee 6-9-5 L Morris
8 (2) 2-7L **FISTRAL BEACH 39** J Mackie 3-9-2 C Hardie
9 (9) 00L **INVINCIBLE ROYALE 7** D Loughnane 3-8-12 T Greatrex
10 (10) 800 **MUSAYTIR 14 (D)** G Harris 6-8-12 C Hutchinson (3)

Probable SP: 5-2 Magic Gem, 11-4 Due Date, 6 Porfin, 8 Revolucion, 10 Poetic Jack, 12 Fistral Beach, Soldier's.

TRACK FACTS: L-H Tapeta course. GOING: Standard. **STALLS:** 7f outside; remainder inside. **DRAW ADVANTAGE:** None.

8.00 –HANDICAP (DIV 2) (6) £5,700 added (£2,983) 6f 20yds (9)

1 (6) 531 **SAVANNAH SMILES 14 (P) (C&DD3)** G Harris 4-9-11 C Hutchinson (3)
2 (1) 914 **ARLECCHINO'S GIFT 9 (C&D2D4)** M Usher 5-9-11 G Rooke
3 (7) 925 **MATCH ANTHEM 20 (P)** P Charalambous & J Clutterbuck 3-9-9 L Morris
4 (5) 1-48 **LIOSA 38 (C&D)** W Kittow 4-9-8 R Havlin
5 (4) 061/ **COOLAGH MAGIC 552 (C&DD3)** A Carson 8-9-8 D Keenan
6 (2) 413 **KATIE G 24 (V) (D)** E Dunlop 3-9-6 David Egan
7 (9) 781 **COAST 9 (C&D2D3)** S Dixon 5-9-4 Mikkel Mortensen (7)
8 (3) 2L2 **STREET LIFE 7 (V) (CD)** P Morris 7-9-1 NON RUNNER
9 (8) 45L **KANGAROO 38 (TV)** P McEntee 4-8-12 Grace McEntee (3)

Probable SP: 9-4 Coast, 4 Savannah Smiles, 11-2 Liosa, 6 Katie G, 7 Match Anthem, 10 Arlecchino's Gift.

8.30 –HANDICAP (6) £5,700 added (£2,983) 1m 5f 219yds (11)

1 (1) 65L **SMOKEY MALONE 23 (B) (D2)** J Feilden 6-9-10 Dylan Hogan
2 (7) 098 **UNIFICATION 18** P McEntee 4-9-9 Grace McEntee (3)
3 (3) 233 **DUBAI IMMO 16 (P)** W Stone 5-9-8 J Mitchell
4 (4) 429 **VIRTUAL HUG 24 (C&DC2)** Mrs N Evans 6-9-8 P Bradley
5 (5) L-0L **SOPHAR SOGOOD 37 (P) (D2)** J Butler 7-9-7 L Morris
6 (8) 543 **BAILEYS WARRIOR 79 (HP)** D Faulkner 6-9-4 R Havlin
7 (9) 466 **PRINCE ABU 102 (D2)** D Shaw 7-9-2 C Hardie
8 (2) 637 **CASA LUNA 25 (C&D)** P Kirby 5-8-13 D Probert
9 (11) 7-65 **NORTHERN ROSE J30 (T)** G Hanmer 4-8-11 S D Bowen (5)
10 (10) 778 **PRINCESS NIEVE 92 (V)** P Morris 5-8-11 Jack Doughty (5)
11 (6) 6LL **KITTEN'S DREAM 6 (P) (C&DD)** S Dixon 7-8-11 Mikkel Mortensen (7)

Probable SP: 3 Baileys Warrior, 7-2 Virtual Hug, 4 Dubai Immo, 6 Casa Luna, 10 Sophar Sogood, Smokey Malone.

9.00 –HANDICAP (6) £5,700 added (£2,983) 7f 36yds (12)

1 (8) 229 **CANDY WARHOL 6 (T)** S Dixon 5-9-9 Mikkel Mortensen (7)
2 (4) 776 **BRUNEL CHARM 60 (V) (D2BF)** C Wallis 7-9-9 C Hardie
3 (11) L1-L **THOMAS EQUINAS 53 (D3)** D Ivory 5-9-9 R Havlin
4 (3) 437 **CAPUCHINERO 19 (PT) (D2)** Alice Haynes 5-9-9 C Howarth (3)
5 (9) 049 **NIGHTS OVER EGYPT 11 (V)** R Menzies 4-9-9 Jason Watson
6 (2) 0L0 **BOSSY PARKER 10 (B) (C&D2D2)** Mrs Stella Barclay 4-9-9 Dylan Hogan
7 (6) 571 **MY MATE MIKE 34 (H) (D2)** D Ivory 4-9-8 L Keniry
8 (5) 68L **GOLDEN PASSPORT 28 (B) (C&D)** J Osborne 4-9-8 S Osborne
9 (7) 89L **SUGAR HILL 39** R Eddery 4-9-7 D Keenan
10 (12) 230 **KRISTAL KLEAR 34** Mrs Stella Barclay 4-9-7 NON RUNNER
11 (1) 919 **ONE HART 14 (B) (C&D3D)** D Donovan 7-9-4 Archie Young (7)
12 (10) 74-3 **ORIENTAL SPIRIT 27 (T) (BF)** W Kittow 6-9-1 L Morris

Probable SP: 7-2 My Mate Mike, 4 Oriental Spirit, 7 Brunel Charm, Candy Warhol, 8 One Hart, 10 Capuchinero.

Top jockey: Luke Morris. **Top trainer:** M Loughnane. **Headgear first time:** 5.25 Between Me And U, Caelan, Character Testing, Endosser, Historic City, Prince Rasam, 6.30 Ready Freddie Go, 7.00 Strike Alliance, 7.30 Poetic Jack, Soldier's Class, 9.00 Brunel Charm. **Longest traveller:** Strike Alliance (7.00) 239 miles. **Drop in Class:** 6.00 Robespierre is down 3 grades on last run (Class 2 to Class 5); Capo Vaticano (3); 6.30 Night On Earth (2); 9.00 Candy Warhol (2). **First run since wind surgery:** 8.30 Northern Rose.

WORCESTER SSR

ROBIN GOODFELLOW	GIMCRACK
2.25 Calvic	2.25 Gone In Sixty
2.55 Ajp Kingdom	2.55 Hidden Depths
3.30 All Inn Hand	3.30 Emerald Quest
4.00 Vocito	4.00 Spitfire Bridge
4.30 Jolie Baie	4.30 Jolie Baie
5.00 Virginia Lodge	5.00 Electric Eddy
5.30 Mays Hill	5.30 Mays Hill

2.25 –FBC MANBY BOWDLER HANDICAP CHASE (5) £6,150 added (£3,248) 2m 4f (14)

1 5/PP6-P2 **JAC JUMPER 18 (T)** Deborah Cole 5-12-0 C Ward (3)
2 L316-21 **CALVIC 18 (P) (C&DD)** S Edmunds 8-12-0 C Hammond
3 6PL38-3 **SOMEKINDOFSTAR 29 (D2) (S)** M Crawley 11-11-8 J Quinlan
4 L0/125-4 **BEST MATE DAVE 30** D J Jeffreys 7-11-5 S Twiston-Davies
5 6L26-L1 **TRIBESMANS GLORY 32 (D2) (S)** C Down 10-10-12 James Davies
6 325L-53 **GONE IN SIXTY 30** A Hales 7-10-8 K Woods
7 96LL-0P **WILLWEKEEPHIM 27** J Coulson 6-10-4 Tabitha Worsley (3)
8 P0-LP9L **ALWAYS FORCE IT 19 (HP)** H Brown 5-10-3 B Godfrey
9 82P3-U5 **SEVENOFUS 26** C J Gray 8-10-2 Elizabeth Gale (7)
10 12/LPP-L **LEGOSTAR 58 (V)** J Coulson 9-10-2 William Maggs (5)
11 P5P55P- **SHE HAS NOTIONS 150 (P)** M Keighley 7-10-2 S Bowen
12 544-5P7 **SILVER ATOM 10** A Watson 6-10-2 B Poste
13 44863-2 **TESTFLIGHT 17** Mrs S Gardner 7-10-2 J Best
14 26P7/PL- **DRUMLEES PET 67 (P)** G Harris 9-10-2 C Ring

Probable SP: 3 Calvic, 4 Jac Jumper, 9-2 Tribesmans Glory, 6 Best Mate Dave, 8 Gone In Sixty, 10 Sevenofus, Somekindofstar, Testflight.
FAVOURITES: – – – – – – – – – 1 (W 12-0). AGES: – – – – – – – – – 6
2023: Mole Court 6 12 0 (Luca Morgan) 15-8 Fav B Pauling 12 ran.

2.55 –GET BEST ODDS GUARANTEED AT PLANETSPORTBET HANDICAP CHASE (4) £8,900 added (£4,700) 2m 7f (7)

1 12PP-P2 **AJP KINGDOM 18** F O'Brien 7-12-0 C Brace
2 1/1433-4 **GOOSE MAN 29 (S)** J Snowden 12-11-13 G Sheehan
3 142L14- **HIDDEN DEPTHS F24 (PT)** N Mulholland 9-11-13 J Bowen
4 433-331 **BBOLD 13 (B) (D2)** Daisy Hitchins 10-11-10 H Reed
5 PL222-1 **ALMAZHAR GARDE 23 (PT) (D) (S)** C Longsdon 9-11-10 Paul O'Brien
6 4P448-4 **YES INDEED 25 (TV) (S)** Jonjo & A O'Neill 7-11-9 Jonjo O'Neill Jr
7 2611-32 **URBAN GRIT 40 (T)** Mrs L Hill 7-10-5 H Cobden

Probable SP: 3 Ajp Kingdom, 7-2 Bbold, 4 Almazhar Garde, 7 Goose Man, Hidden Depths, 8 Yes Indeed, Urban Grit.
FAVOURITES & 2023: No corresponding race.

3.30 –SUMMER ANTHEMS PITCHCROFT FAMILY EVENT 13/07/2024 MARES' OPEN NH FLAT (5) £4,500 (£2,451) 2m (12)

1 P2- **BACK IN THE BAY 72 (T)** D Pipe 5-11-2 J Tudor
2 0-3 **HOLA HERMOSA 43** F O'Brien 5-11-2 J J Burke
3 F6 **LIZZIE'S STAR 31** J Tickle 5-11-2 Mr C Pritchard (7)
4 L- **SHAKIYRA 350 (BF)** F O'Brien 5-11-2 J Hogan (3)
5 3 **ALL INN HAND 16** P & M Bowen 4-10-12 S Bowen
6 **COUNTY ROYAL** B Case 4-10-12 H Bannister
7 **EMERALD QUEST** N Mulholland 4-10-12 J Bowen
8 46 **GRANNY SMITH 16** D Pipe 4-10-12 D Noonan
9 6- **KALIZE 86 (T)** A Honeyball 4-10-12 S Twiston-Davies
10 **PUT A LID ON IT** F O'Brien 4-10-12 M Kendrick
11 **QUEEN OF THE VALE** J Snowden 4-10-12 G Sheehan
12 **TRALEE BAY** S Hodgson 4-10-12 N Scholfield

Probable SP: 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.
FAVOURITES: – – – – – – – – – 1 AGES: – – – – – – – – – 4
2023: Daytona Beach 4 10 12 (Brian Hughes) Evens Fav R Guest 6 ran.

4.00 –PJ NICHOLLS KGM KOREA GENUINELY MADE NOVICES' HURDLE (4) £7,700 added (£4,193) 2m (12)

1 0/365-12 **CAPTAIN ATTRIDGE 38 (DBF)** Henry Oliver 6-11-8 L Edwards
2 7P25-21 **VOCITO 18 (T) (C&D)** O Murphy 6-11-8 S Bowen
3 5P-7P75 **SELECTIVELISTENING 5** T Ellis 5-11-1 F Gillard
4 F- **SIXFIVESEVEN 225** R G Hawker 4-10-11 H Reed
5 567-5 **SPITFIRE BRIDGE F23 (BF)** Miss S West 4-10-11 M Goldstein
6 L-P **JAZZMINA QUEEN 30** D Skelton 5-10-8 H Skelton
7 **VERTICAL F291 (H)** S Humphrey 6-10-8 J Best
8 0L-P **BRIEF ENCOUNTER 17 (H)** N Hawke 4-10-4 L Murtagh
9 7U **DAWN PARADE 17** D Skelton 4-10-4 T Durrell (3)
10 0 **JO'S RAINBOW 38** D Skelton 4-10-4 L Harrison
11 P **MOLLY MISCHIEF 40** J Candlish 4-10-4 Sean Quinlan
12 57-1# **MOONSCAPE GIRL 55** O Murphy 4-10-4 K Brogan

Probable SP: 11-8 Vocito, 4 Captain Attridge, 9-2 Moonscape Girl, 10 Jo's Rainbow, 14 Molly Mischief, 16 Sixfiveseven, 20 Vertical, Jazzmina Queen.
FAVOURITES: – – – 3 3 1 – 2 1 1 AGES: – – – 5 7 6 – 6 7 5
2023: Myristica 5 11 7 (Jack Tudor) 8-13 Fav D Pipe 11 ran.

TRACK FACTS: L-H course. GOING: Good-good to firm in places. **Top jockey:** Sam Twiston-Davies. **Top trainer:** F O'Brien. **Headgear first time:** 2.25 Always Force It, Legostar, 2.55 Urban Grit, 3.30 Back In The Bay, 4.00 Vertical, 4.30 Borderline, Catuaba, 5.00 Afta Party, 5.30 Dragonball Prince. **Longest travellers:** Legostar (2.25) & Willwekeephim (2.25) 241 miles. **Drop in Class:** 5.00 What A Flirth is down 2 grades on last run (Class 3 to Class 5). **First run since wind surgery:** 3.30 Kalize, 4.00 Sixfiveseven, 5.00 Virginia Lodge.

4.30 –EVENTMASTERS.CO.UK HANDICAP HURDLE (5) £6,150 added (£3,248) 2m 7f (14)

1 31/L5PL- **ROCCO ROYALE 73 (S)** Jonjo & A O'Neill 6-12-0 Jonjo O'Neill Jr
2 64L1-32 **GETAWAY GLORY 23 (PT)** O Greenall & J Guerriero 5-11-12 T Wynne (3)
3 23/2L5-2 **FINE BY ME 27 (D)** N Twiston-Davies 7-11-8 J Brace (7)
4 3/4421-1 **JOLIE BAIE 32 (H) (C) (S)** Miss J Davis 5-11-8 N Scholfield
5 S/308P- **PRIVATE PIKE 166** N Twiston-Davies 6-11-6 J Turner (7)
6 69458-6 **BORDERLINE 30 (HT)** J Scott 6-11-6 L Williams
7 1F43P-P **CATUABA 30 (B)** C Longsdon 6-11-5 J Best
8 6P42-P1 **HUGUENEAU 41 (T) (S)** D Skelton 7-11-3 Mr B Sutton (7)
9 LP76-02 **CASPERS COURT 33 (P) (G)** K Woollacott 10-11-2 Mr C Pritchard (7)
10 U0869-2 **PERFECT ARCH 24 (P)** S G West 7-11-1 B Lynn (3)
11 3/8843L- **FORTUITOUS FAVOUR 105 (BT)** A Honeyball 6-11-1 B Godfrey
12 L/L36-56 **ROYAL SAM 30 (P) (BF)** M Blake 7-10-13 H Cobden
13 LFU5-P5 **INDIAN SUNBIRD 24** Sara Ender 7-10-12 H Bannister
14 5P87-2L **STRIPE OF HONOUR 27 (TV) (C&DC)** A Day 11-10-8 Charlie Price (3)

Probable SP: 7-2 Getaway Glory, 9-2 Jolie Baie, Hugueneau, 5 Fine By Me, 15-2 Perfect Arch, 8 Caspers Court, 16 Catuaba, Royal Sam, Fortuitous Favour.
FAVOURITES: – – – – 1 0 – 3 0 0 (W 11-3). AGES: – – – – 9 6 – 8 6 7
2023: Rubys Reward 7 10 2 (Harry Cobden) 9-1 D Hamer 12 ran.

5.00 –RADIO WYVERN, WHERE WORCESTER COMES FIRST HANDICAP HURDLE (5) £6,150 added (£3,248) 2m (12)

1 U267-33 **THE SAD SHEPHERD 3** A Ralph 7-12-0 D Bass
2 31L8-67 **AFTA PARTY 17 (B) (S)** M Gillard 6-11-13 F Gillard
3 85-37 **KENTUCKY BLUEGRASS 25** N Hawke 4-11-12 L Murtagh
4 26L0-46 **GERARD MENTOR 24 (TV) (D2) (S)** K Bailey 8-11-11 G Sheehan
5 7594-73 **ELECTRIC EDDY 26** N Twiston-Davies 6-11-10 S Twiston-Davies
6 PP/P5P-5 **CALDWELL 55 (DBF) (S)** J Candlish 7-11-10 Sean Quinlan
7 01PL- **VIRGINIA LODGE 194 (D) (S)** D Skelton 4-11-8 H Skelton
8 15-3226 **FERRYBRIDGE 13 (H)** James Owen 6-11-8 C P O'Shea (7)
9 3L9-68 **JYSUIS 20** S G West 5-11-6 B Lynn (3)
10 25/79-9 **WHAT A FLIRTH 16** D Skelton 7-11-6 T Durrell (3)
11 714FL7- **MAGGIE O 68 (T)** D McCain 6-11-1 William Maggs (5)
12 53423-L **LOGISTICAL F19 (PT)** S Hodgson 4-10-10 N Scholfield

Probable SP: 5-2 The Sad Shepherd, 4 Electric Eddy, 6 Ferrybridge, 10 Virginia Lodge, Kentucky Bluegrass, Caldwell, 12 Gerard Mentor, Afta Party.
FAVOURITES & 2023: No corresponding race.

5.30 –CONDITIONAL JOCKEYS' NOVICES' LIMITED HANDICAP HURDLE (5) £6,150 added (£3,248) 2m 4f (12)

1 U446-64 **EASTER JUNCTION 23** D McCain 6-11-12 William Maggs (3)
2 1/9PUP-5 **HAZELS DELIGHT 24** Jonjo & A O'Neill 5-11-9 Benjamin Macey (10)
3 44/38-68 **RECORD ART 32** R J Smith 5-11-5 C Quinn
4 25F7-9P **SECRET SAUCE F7 (PT)** H Dickin 4-11-2 B Harris (3)
5 1835-52 **MAYS HILL 18** F O'Brien 6-11-1 J Hogan (3)
6 77P7-44 **JOKER DU CHENET 16** James Owen 5-10-13 C P O'Shea (7)
7 4/LL6-4L **BOOT 'N' SHOE 24 (PT)** R Menzies 6-10-12 A Anderson
8 86P9-L **GREAT WARFORD 27 (P)** J Candlish 5-10-12 L Stones
9 540-P **DRAGONBALL PRINCE 27 (B)** O Greenall & J Guerriero 4-10-10 Toby Wynne (3)
10 4345P-2 **INSPECTOR LYNLEY 53 (P)** N Mulholland 7-10-9 D Johnston
11 6/PP-47 **HAPPY COUNTY 20** S G West 7-10-8 B Lynn
12 P3LPP-P **MRS KINSELLA 30 (PT)** R Potter 8-10-8 F Lambert

Probable SP: 9-4 Mays Hill, 5-2 Inspector Lynley, 13-2 Hazels Delight, Easter Junction, 10 Joker Du Chenet, 14 Boot 'n' Shoe, Record Art.
FAVOURITES & 2023: No corresponding race.

HOTSPOTS

WORK WHISPER
STRIPE OF HONOUR
(Worcester, 4.30)

WEIGHTING GAME
SOMEKINDOFSTAR
(Worcester, 2.25)
Down 21lb from last winning mark.

BURNT FINGERS
CATUABA
(Worcester, 4.30)

CAPTAIN HEATH TRIO
HAYMAKER (nap)
(Windsor, 7.15)
ADACE (nb)
(Windsor, 8.15)
DUE DATE
(Wolverhampton, 7.30)

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WINDSOR SSR

ROBIN GOODFELLOW	GIMCRACK
5.45 Cloud King	5.45 Big Time Rascal
6.15 Invincible Crown	6.15 Dubai Magic

RACING RESULTS

CARTMEL

1.30 — LETTERSTON LILY (S Bowen) **3-1** 1; **Not Now Nathaniel 4-5F** 2; **Hard As Nails 11-4(2ndFav)** 3. **6 ran.** (P & M Bowen). 4¾, 2¼. **Tote:** 4.10; 1.60, 1.10. Ex: 6.70. Tf: 7.50. CSF: 6.06. NRs: Jumping Susie, Nellie Bluesky.

2.00 — CITY DERBY (Sean Quinlan) **7-2F** 1; **Where's Bunny 14-1** 2; **Solly Attwell 6-1** 3. **13 ran.** (Lizzie Quinlan). ¾, ½. **Tote:** 4.50; 1.70, 4.20, 2.50. Ex: 72.30. Tc: 291.27. Tf: 580.90. CSF: 50.19. NR: Boomslang.

2.35 — SAINT BIBIANA (S Bowen) **5-2F** 1; **Jimli's Cave 66-1** 2; **Balkotic 10-1** 3. **9 ran.** (G Nicholls). nk, nk. **Tote:** 3.50; 1.40, 11.00, 2.30. Ex: 112.00. Tc: 1413.56. Tf: 1787.70. CSF: 106.93. NR: Starlyte.

3.10 — FIVEONEFIVE (J Gainford) **5-1 (Jt2ndFav)** 1; **King Otis 12-1** 2; **Book of Secrets 20-1** 3. **12 ran.** (C Collins (IRE)). 2¾, 3½. **Tote:** 6.00; 2.10, 3.20, 5.10. Ex: 74.40. Tc: 1103.83. Tf: 930.90. CSF: 58.38.

3.45 — CHARLIE UBERALLES (D McMenamin) **3-1F** 1; **Bella Bliss 4-1(2ndFav)** 2; **Francky Du Berlais 11-2** 3. **10 ran.** (D Sayer). 2l, 4¼. **Tote:** 4.00; 1.60, 2.10, 1.90. Ex: 13.40. Tc: 62.00. Tf: 70.40. CSF: 15.82.

4.20 — DR SANDERSON (R McLernon) **6-5F** 1; **Lermoos Legend 9-2(2ndFav)** 2; **Thank You Blue 10-1** 3. **9 ran.** (B Haslam). 15l, 7½. **Tote:** 2.20; 1.20, 1.60, 2.80. Ex: 7.10. Tc: 37.13. Tf: 40.20. CSF: 7.73. NR: Cuzco Du Mathan.

4.55 — ROLL WITH IT (S Bowen) **4-1(2ndFav)** 1; **Cash Again 11-1** 2; **Calahill 16-1** 3. **10 ran.** (P & M Bowen). ½, 7½. **Tote:** 5.10; 1.90, 2.90, 4.50. Ex: 46.00. Tc: 633.99. Tf: 563.70. CSF: 46.02.

Placepot £65.60. **Q'pot** £28.70.

UTTOXETER

1.20 — GALE MAHLER (H Brooke) **11-8F** 1; **Flying Fortune 2-1(2ndFav)** 2; **Paddy De Pole 10-3** 3. **8 ran.** (A Keatley). 2½, 9l. **Tote:** 2.40; 1.10, 1.10, 1.30. Ex: 4.70. Tf: 10.60. CSF: 4.64.

1.50 — RISKINTHEGROUND (H Skelton) **11-5F** 1; **Dripsey Moon 5-1** 2; **Will Carver 9-2** 3. **5 ran.** (D Skelton). nk, 7l. **Tote:** 3.20; 1.50, 2.40. Ex: 13.20. Tf: 49.70. CSF: 12.59.

2.25 — COASTGUARD STATION (D Noonan) **8-1** 1; **Fringill Dike 7-2(2ndFav)** 2; **Breizh River 10-3F** 3. **13 ran.** (Henry Oliver). 2l, nk. **Tote:** 10.20; 2.90, 1.80, 1.90. Ex: 50.70. Tc: 116.31. Tf: 190.90. CSF: 36.97.

3.00 — HANG IN THERE (J A Anderson) **17-2** 1; **Percussion 16-1** 2; **Monte Igueldo 125-1** 3. **14 ran.** (E Lavelle). 3l, 3½. **Tote:** 10.50; 3.00, 5.70, 21.30. Ex: 211.60. Tc: 14867.34. Tf: 5383.30. CSF: 135.13.

3.35 — PYFFO (K Brogan) **11-2(2ndFav)** 1; **Porter In The Park 7-1** 2; **Halifax 14-1** 3. **13 ran.** (Jonjo & A O'Neill). ½, 2½. **Tote:** 6.50; 2.40, 2.60, 4.00. Ex: 56.90. Tc: 524.37. Tf: 477.00. CSF: 45.29. NRs: Coltor, Imperial Merlin, Jet Of Magic.

4.10 — BREAKING WAVES (K Woods) **28-1** 1; **Police Academy 12-1** 2; **Muskoka 15-2** 3. **13 ran.** (A Hales). 8l, ¾. **Tote:** 31.00; 7.70, 3.90, 2.30. Ex: 425.40. Tc: 2789.16. Tf: 2666.00. CSF: 315.87. NRs: Six And Out, The Turtle Said.

4.45 — MAXCEL (C Deutsch) **11-2** 1; **Mostly Sunny 6-4F** 2; **Right Now 14-1** 3. **9 ran.** (Mrs M Rowley). ns, 8½. **Tote:** 6.60; 1.80, 1.10, 3.30. Ex: 19.30. Tc: 108.15. Tf: 135.90. CSF: 14.27.

Jackpot Not won, pool of £5,890.04 carried over.

Placepot £555.00. **Q'pot** £186.10.

WOLVERHAMPTON

1.35 — FIDELIUS (R Dawson) **8-11F** 1; **Smooth Silesie 25-1** 2; **Diligent Henry 40-1** 3. **6 ran.** (R Cowell). 2½, 2l. **Tote:** 1.63; 1.10, 5.50. Ex: 10.60. Tc: 192.36. Tf: 94.90. CSF: 14.97. NRs: Musical Diva, Persian Blue.

2.10 — ROGUE KING (S D Bowen) **4-1** 1; **All Greek To Me 9-4F** 2; **Implacable 7-2(2ndFav)** 3. **6 ran.** (James Owen). 1¼, 1¼. **Tote:** 5.00; 2.30, 1.60. Ex: 13.50. Tf: 47.50. CSF: 13.02.

2.45 — UMBRIA (C Hutchinson) **9-1** 1; **Star Time 33-1** 2; **Who's Glen 1-2F** 3. **13 ran.** (E Walker). 1¾, hd. **Tote:** 10.80; 2.40, 6.50, 1.10. Ex: 424.40. Tf: 719.50. CSF: 263.89.

3.20 — BAKERSBOY (C Howarth) **15-2** 1; **Warrior Square 25-1** 2; **City Escape 18-1** 3. **13 ran.** (Alice Haynes). ½, nk. **Tote:** 8.50; 2.50, 8.10, 4.10. Ex: 291.40. Tc: 3245.29. Tf: 3687.40. CSF: 191.00.

3.55 — SUPASPECIALAWESOME (C Planas) **15-2** 1; **ATLANTIC GAMBLE** (Brandon Wilkie) **6-4F** 1; **Little Heron 11-1** 3. **10 ran.** (H Palmer, W Knight). dht, 1½. **Tote:** Supaspecialawesome 4.80, Atlantic Gamble 1.25; Supaspecialawesome 2.70, Atlantic Gamble 1.30, Little Heron 2.90. Ex: Supaspecialawesome, Atlantic Gamble 15.20, Atlantic Gamble, Supaspecialawesome 8.80. Tc: Supaspecialawesome, Atlantic Gamble, Little Heron 64.16, Atlantic Gamble, Supaspecialawesome, Little Heron 47.03. Tf: Supaspecialawesome, Atlantic Gamble, Little Heron 107.10, Atlantic Gamble, Supaspecialawesome, Little Heron 60.70. CSF: Supaspecialawesome, Atlantic Gamble 9.62, Atlantic Gamble, Supaspecialawesome 6.67.

4.30 — FORGOTTEN TREASURE (Brandon Wilkie) **8-1** 1; **Roman Princess 40-1** 2; **Mintana 3-1(2ndFav)** 3. **10 ran.** (W Knight). ¾, nk. **Tote:** 9.00; 2.30, 7.90, 1.30. Ex: 262.80. Tf: 1464.20. CSF: 277.44. NRs: Company Minx, Miss Calculation.

Placepot £143.90. **Q'pot** £38.20.

Phoebe, 17, in Olympic dreamland



Teenage triumph: Gill wins the UK 800m title REX



DAVID COVERDALE at the Manchester Regional Arena

ANOTHER Olympic year, another British teen sensation making waves in the women's 800 metres.

Three years ago, 19-year-old Keely Hodgkinson burst on to the scene to win a memorable silver medal at Tokyo 2020. This time around it is 17-year-old Phoebe Gill, who stormed to victory at the UK Championships yesterday to secure her spot at Paris 2024.

The St Albans athlete showed maturity beyond her years to comfortably beat Jemma Reekie in the 800m final in Manchester in a time of 1min 58.66sec. Watching amazed by the side of the track was Hodgkinson, the Olympic gold medal favourite, who said with a smile: 'She kind of reminds me of myself.'

Gill is down to compete in the European Under-18 Championships in Slovakia just a week before the Olympics. Those plans, though, may have to change now.

'I still kind of feel like I'm in a dream,' admitted Gill, who doesn't have a sponsor, although that is set to change later this week. 'It's just unbelievable that this is happening. It's like a whirlwind.

'I can't believe I'm going to the Olympics, so I can't tell you what I want to achieve there. Just the fact that I am going is incredible.

'I got up at 2am to watch Keely in the 800m at Tokyo. She is such an inspiration. I can't believe I have just met her.'

Amazingly, Gill's personal best of 1min 57.86sec is more than five seconds faster than Hodgkinson's was at the same age. That time, which she ran in Belfast in May, broke a 45-year-old European Under-18 record and is the ninth best in the world this year.

All this from a girl who is still in the first year of sixth form, studying A-levels in biology, chemistry and maths.

'I have some end-of-chapter tests coming up,' said Gill, who was cheered on by her parents in 'Run Phoebe' T-shirts. 'I'm supposed to be revising this weekend but that's not going to happen!'

Hodgkinson, who came seventh in yesterday's 400m final with her 800m Paris place already safe, joked: 'I am a veteran now at 22! It will be nice to have Phoebe on the team. She's amazing.

'I don't want to put any pressure on her, but I think she is definitely up there with making the Olympic final if it goes the right way. I feel like amazing things are going to happen.'

There was drama in the men's 800m final when world 1500m champion Josh Kerr and Elliot Giles collided on the home straight and crashed to the floor, leaving Ben Pattison and Max Burgin to qualify for the Games.

In the men's 1500m, George Mills — the son of former England footballer Danny — secured his place in Paris after finishing second behind Neil Gourley.

That makes it almost impossible for injured 2022 world champion Jake Wightman to be selected for the Olympics in the 1500m.

Dina Asher-Smith won the 200m and world heptathlon champion Katarina Johnson-Thompson proved her fitness by running 23:20sec in the 200m heats.

Los Angeles lands Irish Derby for O'Brien with Hollywood ending

RACING

DOMINIC KING at the Curragh

WITH a name like Los Angeles, how could we have expected anything else? Aidan O'Brien's colt has film-star good looks, so how appropriate it was that he became the leading man in a blockbuster Irish Derby.

Los Angeles came out on top in a thunderous finish thanks, in no small part to jockey Ryan Moore working his magic, as he repelled two British challengers Sunway (second for David Menuisier) and Ambiente Friendly (third). A blanket could have been thrown over them all, it was that close.

To think that O'Brien — winning this race for the 16th time — has a much better three-year-old colt at home in City Of Troy shows the depth of talent at Ballydoyle.

Los Angeles finished third at Epsom in the big one last month but O'Brien told anyone who would listen back then that he expected this beast to improve and he repeated that message here.

'We think he will get better,' said O'Brien. 'He's a big hardy horse. He looks like he is a baby but he was a Group One winner as a two-year-old and he keeps progressing. Ryan tells us he is very classy and that leaves us a lot of options.' It was a case of what might have been for Ambiente Friendly, who was second at Epsom and the 6-4 favourite here.

'He ran really well,' said trainer James Fanshawe. 'He's come an awful long way in a short period of time. His owner wanted to try to win the Derby. It just wasn't to be.'

COUNTY CRICKET SCOREBOARDS AND SPORT IN BRIEF

EUROPEAN CHAMPIONSHIPS ROUND OF 16

SWITZERLAND ...(1) 2 ITALY.....(0) 0
Freuler 37
Vargas 46 — 68,172

GERMANY.....(0) 2 DENMARK ....(0) 0
Havertz 53 (pen)
Musiala 68 — 61,612

ENGLAND .....(0) 2 SLOVAKIA.....(1) 1
Bellingham 90 — Schranz 25
Kane 91 — AET - Score after 90 mins 1-1.

■CRICKET

County Championship - Division One

(Day 1 of 4)

Durham v Worcestershire

RIVERSIDE: Worcs elected to bowl. Durham, with seven 2nd-innings wkts in hand, lead by 111 runs.

DURHAM — First Innings

A Lees c Hose b Waite 17
***S Borthwick** lbw b 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 b Smith 28
B de Leede c Roderick b Allison 0
B Raine c Roderick b Waite 3
M Potts b Smith 11
P Siddle not out 3
Extras (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.

Second Innings

A Lees c Brookes b Smith 11
***S Borthwick** c Jones b Smith 6
G Clark lbw b Taylor 4
M Potts not out 0
P Siddle not out 2
Extras (lb4, nb6) 10

Total (3 wkts 12 overs) 33
Fall: 20, 25, 27.
Bowling: Smith 6-3-17-2, Taylor 4-1-10-1, Allison 2-1-2-0.

WORCESTERSHIRE — First Innings

†G Roderick lbw b 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 b 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 Virdi not out 2
Extras (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.

Hampshire v Kent

THE ROSE BOWL, SOUTHAMPTON: Kent elected to bowl. Hampshire have scored 301 for three wkts against Kent.

HAMPSHIRE — First Innings

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
Extras (lb7, w1, nb4) 12

Total (3 wkts 83 overs) 301
Fall: 19, 24, 56.
Bowling: G 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.

Lancashire v Nottinghamshire

SOUTHPORT: Nottinghamshire elected to bowl. Lancashire have scored 344 for eight wkts against Nottinghamshire.

LANCASHIRE — First Innings

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 b James 9
T Bailey lbw b James 20
W Williams c Clarke b Pennington 0
N Lyon not out 8
Extras (b2, lb27, nb12) 41

Total (8 wkts 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.

Somerset v Warwickshire

TAUNTON: Warwickshire won the toss. Warwickshire have scored 373 for eight wkts against Somerset.

WARWICKSHIRE — First Innings

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
Extras (b4, lb1, nb8) 13

Total (8 wkts 96 overs) 373
Fall: 19, 34, 36, 40, 144, 145, 244, 354.
Bowling: Davey 18-2-71-1, C 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.

Surrey v Essex

THE OVAL: Essex elected to bowl. Surrey have scored 248 for eight wkts against Essex.

SURREY — First Innings

***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
Extras (b5, lb7, nb2) 14

Total (8 wkts 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.

Division Two

Cheltenham, Gloucestershire 179 (44.4 overs, T van der Gugten 5-59), **Glamorgan** 133-7 (45.1 overs).

Leicester, Leicestershire 179 (49.3 overs, T Roland-Jones 4-63, R Higgins 4-35) and 40-1 (9.0 overs), **Middlesex** 86 (32.3 overs, B Mike 5-22, B Green 4-28).

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).

Chesterfield, Derbyshire 76 (27.4 overs, V Fernando 5-30, J Thompson 4-31), **Yorkshire** 283-5 (58.0 overs, J Wharton 116no).

SECOND WOMEN'S ODI — New Road, New Zealand 141 (41.5 overs, S Ecclestone 5-25), **England** 142-2 (24.3 overs, M E Bouchier 100no). England won by 8 wkts.

■CYCLING

TOUR DE FRANCE (Italy) — **Stage 2:** (Cesenatico - Bologna, 200km): 1 **K Vauquelin** (F) ARKEA-B&B HOTELS 4hrs 43mins 42secs, 2 J Abrahamsen (Nor) Uno-X Mobility +36s, 3 Q Pacher (F) Groupama-FDJ +49, 29 S Yates (GB) Team Jayco-AlUla +2:42, 30 T Pidcock (GB) INEOS Grenadiers, 32 A Yates (GB) UAE Team Emirates both at the same time, 54 G Thomas (GB) INEOS Grenadiers +6:45, 167 M Cavendish (GB) Astana Qazaqstan Team + 24:35. **Overall:** 1 **T Pogacar** (Slo) UAE Team Emirates 9hrs 53mins 30secs, 2 R Evenepoel (Bel) Soudal Quick-Step, 3 J Vingegaard (Den) Team Visma | Lease a Bike, 9 T Pidcock (GB) INEOS Grenadiers +21, 20 S Yates (GB) Team Jayco-AlUla +21, 23 A Yates (GB) UAE Team Emirates at the same time, 42 G Thomas (GB) INEOS Grenadiers +4:24.

■GOLF

ITALIAN OPEN (Milano Marittima, Ravenna) — **Final rnd** (GB & Irl unless stated): **274** — M Siem (G) 69 68 66 71 (wins Play-off on the 1st hole); T McKibbin 71 70 68 65; **275** — S Crocker (US) 66 71 70 68; J De Bruyn (G) 67 67 72 69; **276** — A Arnaus (Sp) 66 71 70 69; A Rozner (F) 69 72 62 73; S Sharma (Ind) 68 68 67 73; A Pavan (It) 64 73 69 70; J Nicholas (US) 67 70 69 70; **277** — M Manassero (It) 68 71 69 69; D Bradbury 69 68 71 69; G De Leo (It) 72 67 66 72; A Cockerill (Can) 66 70 71 70; G Wiebe (US) 64 69 73 71; M Schwab (Aut) 71 70 69 67.

■NETBALL

NETBALL SUPER LEAGUE — Final: Manchester Thunder 54 Loughborough Lightning 70.

■RUGBY LEAGUE

INTERNATIONAL MATCH

FRANCE.....8 ENGLAND.....40
France — T: Yaha. **G:** Mourgue 2.
England — T: Welsby 2, Handley 2, Johnstone 2, Nicholson, Williams. **G:** Smith 4.

WOMENS INTERNATIONAL MATCH

FRANCE.....0 ENGLAND.....42
England Women — T: Davies 2, Hardcastle, Hetherington, Harris, Travis, Partington, Rudge. **G:** Rowe 5.

■TENNIS

ATP&WTAROTHESAY INTERNATIONAL (Eastbourne) — **Men's Final: T Fritz** (US) bt M Purcell (A) 6-4 6-3. **Women's Final: D Kasatkina** (Rus) bt L Fernandez (Can) 6-3 6-4.

ATP MALLORCA CHAMPIONSHIPS (Mallorca, Spain) — **Final: A Tabilo** (Chi) bt S Ofner (Aut) 6-3 6-4.

BAD HOMBURG OPEN (Bad Homburg, Germany) — **Final: D Shnaider** (Rus) bt D Vekic (Cro) 6-3 2-6 6-3

■WIMBLEDON

ORDER OF PLAY — Centre Court (1:30pm): (3) C Alcaraz (Sp) v M Lajal (Est), (22) E Alexandrova (Rus) v E Raducanu (GB), C Dolehide (US) v (2) C Gauff (US).

Court 1 (1pm): A Kovacevic (US) v (5) D Medvedev (Rus), E Bektas (US) v (3) A Sabalenka (Blr), (1) J Sinner (It) v Y Hanfmann (G).

Court 2 (11am): (10) G Dimitrov (Bul) v D Lajovic (Ser), S Wawrinka (Swi) v C Broom (GB), N Osaka (Jpn) v D Parry (F), (16) V Azarenka (Blr) v S Stephens (US).

Court 3 (11am): A Bolt (A) v (8) C Ruud (Nor), (7) J Paolini (It) v S Sorribes Tormo (Sp), M Trevisan (It) v (12) M Keys (US), (12) T Paul (US) v P Martinez (Sp).

Court 12 (11am): M Kessler (US) v (9) M Sakkari (Gre), M Berrettini (It) v M Fucsovics (Hun), B Van de Zandschulp (Ned) v L Broady (GB), B Fruhvirtova (Cz) v (24) M Andreeva (Rus).

Court 18 (11am): G Minnen (Bel) v H Watson (GB), G Monfils (F) v (22) A Mannarino (F), (8) Q Zheng (Chn) v L Sun (NZ), M Bellucci (It) v (14) B Shelton (US).

■TODAY'S ACTION

EUROPEAN CHAMPIONSHIPS ROUND OF 16

France v Belgium ..... **(5.0)**
Live on ITV 1

Portugal v Slovenia ..... **(8.0)**
Live on BBC 1

I want to win at least TEN Grand Slams

Says tennis superstar Coco Gauff



Relaxed: Coco Gauff has a new attitude and it's proving successful

EXCLUSIVE INTERVIEW

by Matthew Lambert



WHEN I first met Coco Gauff in 2019, the 15-year-old talked about her exams, her parents and her ambition to be the best tennis player of all-time.

She had just qualified for Wimbledon and was about to face her hero Venus Williams in the first round. Her eyes seemed wide with wonder, yet narrowed with focus all at the same time.

It was clear this articulate teenager was something special, but no-one was ready for the sporting and cultural phenomenon that was about to be unleashed.

Five years later, we meet again on the same day, the Saturday before Wimbledon, to reflect on that extraordinary Championships debut and what has happened since.

Gauff is now a Grand Slam champion and has transcended tennis, ever since as a 16-year-old she passionately addressed a crowd outside Delray Beach city hall in the aftermath of the murder of George Floyd by a Minneapolis police officer.

In 2019 she was in training gear, but now Gauff is dressed like the superstar she has become — cascading braids dyed blonde just last week, a yellow top thrown over one shoulder and that ubiquitous athlete's accessory, the bucket hat.

She will move out of her parents' house now she's banked £12million

Gauff talks about how her career goals have changed, why she is finally ready to move out of her parents' house and how looking back to that time five years ago helped her win her first Grand Slam title, last year's US Open.

But first, that summer of 2019 and Gauff begins the story on Florida's gulf coast.

'I lost first round in qualifying in Bonita springs, a 100k tournament, and Mom and Dad were like, "OK, you need to figure out what you're going to do" and then this happened!' she says.

'I remember feeling super confident going into Wimbledon qualifiers that I was going to make it to the main draw. I drew the first seed in the first round and won and the other two matches were kind of a blur.

'Then obviously the Venus match was insane and that was the moment I thought, "Maybe my dreams are closer than I realised".' She was on the cover of teen *Vogue* a few months later and her charisma, ability and vow to 'change the world with her racket' enchanted the public.

'You see those movies about people's life changing overnight and you don't think it will happen to you, but it did,' she says.

'I didn't think my story was going to be so captivating for the world to watch, but it was and people loved me for it. I loved that people had joy in watching me play.'

Gauff seemed like a kid in a hurry in 2019, but her rise towards the top of the sport has been measured. Her ranking has progressed each year from 2019 — 69, 48, 22, 7, 3. So far this year she has nudged up to No 2.

Would 15-year-old Coco have been happy with what her 20-year-old self has achieved?

'I think she would,' Gauff replies. 'My goal was to win a Slam as a teenager and to qualify for Tokyo 2021. Literally after I lost in that fourth round at Wimbledon I set those goals.

'I'm really happy with how I have managed everything. It wasn't easy.'

That last comment is a hint at the enormous expectation which has become part of Gauff's life. She struggled in the first three Slams of the year in 2023, with the nadir being a first-round loss here. And Gauff reveals how that lowest moment at Wimbledon made her look back to her debut.



'After that first Wimbledon I felt a lot of pressure,' she says. 'I felt almost suffocated by expectations, like I wasn't playing for myself.

'It changed after losing here first round last year. I realised this mentality wasn't sustainable. I felt if I continued like this it would make tennis unenjoyable. I realised I had to worry about myself and not the other expectations people have for me.

'I went back to the mentality I had when I was 15 — there was only one match I was nervous for and that was to play Venus and that was because it was Venus, not because it was Wimbledon. But second round, third, fourth I was never nervous and I feel like that now.

'There are obviously nerves but not the suffocating nerves where you're like, "If I lose what's going to happen?". It's more like, "This is really exciting, I hope I do well".'

With her new-found attitude, Gauff should have a serious shot at the title this year. Her nemesis is Iga Swiatek, but grass is by far the world No 1's weakest surface. World No 3 Aryna Sabalenka has a shoulder injury and back-to-back finalist Ons Jabeur is struggling for form. Lifting the Venus Rosewater dish would be quite the way for Gauff to begin her 20s.

It feels as if the sport which gave Gauff so much with one hand has snatched her childhood away with the other, but she insists that is not the case.

'I was definitely still able to be a kid,' she says. 'I probably matured faster than a lot of people, but I think my parents did a good job of trying to make it as relaxed as possible, set up an environment where I could still be a kid and surround me with people who respected that.'

It has helped that she still lives at home with her parents, despite banking £12million in prize money and far more in endorsements. But that will change as she is preparing to buy her own place.

'Not for long though!' she says when asked about living at home. 'I'll still be in Delray, not far, just not at home. I'm in the process.'

So, has Gauff revised her expectations since that 15-year-old, in the same tone as she said she was hoping for As in her exams, told me: 'I want to be the best of all-time, better than Serena'?

Gauff has indeed recalibrated, but unlike almost any other player is happy to talk numbers.

'I want to be the best version of myself,' she replies. 'Watching Serena I was like, "There's no-one going to be greater than her".

'I definitely want to at least get to double digits in Slams. I just want to be the best me, try to win as many Slams as possible and see where life takes me.'

« GRANNY CAN'T WATCH EMMA: NEWS, PAGE 11

COCO'S GRAND SLAM HIGHLIGHTS

Australian Open	Semi-final 2024
French Open	Final 2022
Wimbledon	Fourth rnd 2019, 2021
US Open	WINNER 2023

TODAY'S WEATHER

A slightly cooler day after the recent hot weather. Largely overcast but dry.

20°C (68°F)



Determined: Murray yesterday

I JUST WANT A CHANCE TO PLAY ONCE MORE

ANDY MURRAY says he is looking for 'closure' and 'to feel the buzz' on Centre Court one last time as his battle to be fit for the Wimbledon singles looks set to go down to the wire.

In the Scot's first press conference since spinal surgery to remove a cyst that was causing nerve pain in his right leg, he said he was feeling better every day.

'I have been doing everything I can to get ready to start the tournament here. I don't know if that's going to be enough,' said the two-time champion. '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 per cent feeling and sensation in my leg yet.

By MATTHEW LAMBERT
at Wimbledon

'It's getting better every single day. I'm hopeful that continues and it's going to be enough to be on court on Tuesday.'

Murray will continue his preparations today. He said: 'I'm going to play another set. I'm doing some physical testing in the morning to see how far off I am from a physical perspective. Then I'll probably make a decision in the evening.'

Murray is due to face Tomas Machac tomorrow and, despite his claim he would decide on his fitness today, it would be no surprise for him to delay a final call until the day of his match.

The 37-year-old, who plans to retire after the Olympics, was asked what he is looking to get out of be a final appearance at Wimbledon.

'Maybe a bit of closure,' he replied. 'I just want the opportunity to play one more



PICTURE: ANDY HOOPER

SIX BELTERS ON DAY ONE

EKATERINA ALEXANDROVA v EMMA RADUCANU

RADUCANU describes herself as a 'complete underdog' against a player who has won grass-court titles in each of the last two years. But Raducanu has looked reborn recently and her performance to beat world No 5 Jessica Pegula in Eastbourne was outstanding.

Prediction: Raducanu in three sets.

CARLOS ALCARAZ v MARK LAJAL

LAJAL is a 21-year-old Estonian qualifier making his first Grand Slam appearance but he does not lack confidence. Responding to a graphic on Instagram showing defending champion Alcaraz's path through the draw, Lajal posted: 'What road to the final? First round exit, byebye.'

Prediction: Alcaraz in straight sets.

STAN WAWRINKA v CHARLES BROOM



WHAT a day this should be for Charles Broom (right), one of seven Brits in action today. A keen chess player, in his first ever tour-level match he will play a grandmaster. Three-time Slam winner Stan Wawrinka is 39 now and grass is his weakest surface.

Prediction: Wawrinka in five sets.

NAOMI OSAKA v DIANE PARRY

FOUR-TIME Slam champion Osaka, returning to the tour this year after maternity leave, was blazingly good in almost knocking out Iga Swiatek in the French Open second round.

Prediction: Osaka in three sets.

VICTORIA AZARENKA v SLOANE STEPHENS

A MEETING of former Grand Slam champions, it should be one to savour between two of the purest timers of a ball on tour.

Prediction: Azarenka in three sets.

BRENDA FRUHVIRTOVA v MIRRA ANDREEVA

TWO 17-year-olds, both with lower-ranked older sisters. Andreeva is the faster bloomer but Czech Fruhvirtova is extremely highly rated as well.

Prediction: Andreeva in three sets.

MATTHEW LAMBERT

DAN EVANS
BRITISH TENNIS STAR



Dicko was part of the furniture here... he is sorely missed

IT will be strange not having Mike Dickson at Wimbledon this year. He began working as the *Daily Mail's* tennis correspondent long before I played professionally and I vividly remember our first meeting.

I had been given a wildcard for Queen's as a teenager and a couple of us ended up going for a night out in London. Dicko picked up on our misdemeanours and hammered us.

It was the first time I'd been in the press and I was livid about it. I was young and trying to make a good impression. I spent a few months stewing about it before I actually met Dicko for the first time, at a competition in Bath. He was so kind and polite that it was impossible to be angry with him.

The older I got, the more I understood the importance of what he did. Everything Dicko wrote was balanced and fair. Tennis needs guys like him and he was part of the furniture. We ended up sharing a couple of dinners together and I had great admiration for him.

His was the first face I expected to see opposite me in a press conference — and my media session at January's Australian Open sadly turned out to be the last he attended before he passed away. The outpouring of grief showed what a popular man he was. He will be missed but he will certainly be remembered.

Every year at Wimbledon, I rent a place for a couple of weeks in the village, not far from where Dicko's family live. I pop down to Demitasse coffee shop every morning and I love the familiarity of it all. You turn up the weekend before and it's all so peaceful and quiet — perfectly displayed flowers everywhere — then the gates open and it is pandemonium. It's my favourite competition on the circuit.

On a personal note, I'm just happy to have made it here because I injured my knee a couple of weeks ago and the initial prognosis was not good. I was pretty much ruled out so I've not had much practice and my expectations are fairly low. But it's a good opportunity to get on court before I hopefully play doubles with Andy Murray at the Olympics in Paris.

It's unfortunate that Andy's fitness is up in the air for Wimbledon because he's one of the icons of British sport. His work ethic and resilience have inspired people beyond tennis. I don't think we'll see a British tennis player do what Andy's done, given all the setbacks he's had. I hope he gets the send-off here that he deserves. He will get a special reception, regardless.

There are 12 British entrants on the men's side, which is the most we've had for a long time. Eight of those are wildcards and four are direct acceptances. It's an indicator that British tennis is in OK health but next year we should be aiming for eight direct qualifications.

With so many promising Brits around, like Jack Draper and Henry Searle, there's an amazing opportunity for a couple of young guys to make a name for themselves. If a youngster ranked 240 wins a round then that's big points for them.

Wetting your feet at this level can do all sorts for your ambition and inspiration. It can really set some of the young guys on their track and hopefully we see that over the next week or so.

MY THREE TO WATCH

ARTHUR FERY

THE way the draw has fallen, I wouldn't be surprised if Arthur makes it to the third or fourth round. His grass-court season has been pretty poor and there will be low expectations — but that can free you up a bit. On the court he's relaxed. A flamboyant 21-year-old. He's English but his parents are French and he has a little bit of French flair in him that I like.

EMMA RADUCANU

HER life changed overnight as a teenager and now she's starting to work it all out. The fact she lost at Eastbourne last week is probably a blessing in disguise because it allowed her to get to Wimbledon early. I saw her down at the practice courts on Friday and she looked sharp. I think Emma will go very deep this year.

NOVAK DJOKOVIC

THIS could be the time that Novak comes back and shocks the world. As far as tennis goes, he is super human. I love how he plays. Everyone thought he was going to rest until the Olympics but he's quietly popped up at Wimbledon and that's not good for the rest of us! He may be getting older but he's still fitter than most guys on tour. He's my pick to win it.

ONE THING I CAN'T TRAVEL WITHOUT

WHEREVER I go, I always have a silk pillow case with me. Dicko actually did an article on it during Covid and I copped a load of jokes as a result! It's supposed to be good for your hair but it's clearly not helping! Sleep is so important so it just gives me a little bit of continuity when I'm changing rooms all the time. The good thing about Wimbledon is you don't have the ridiculously late finishes that you get in the French Open at Roland Garros.

ON CENTRE COURT, SAYS MURRAY

time out there, hopefully on Centre Court, and feel that buzz. This is a place that's obviously been really good to me over the years.

'Whether afterwards I feel like that was the right thing to do or not, I don't know. But right now I feel like I want that opportunity.'

Describing his symptoms, Murray said: 'I have no back pain. But I had quite a large cyst compressing my nerves which caused a loss of control in my leg. It's like if you sleep on your arm funny, you wake up and you've got a dead arm.

'But it goes on for a lot longer because the nerve has been compressed for a number of days. How long that takes to regain its full function again is impossible to say.'

On Saturday after a practice session, Murray talked of being willing to 'take a risk' with his body. He clarified that comment, saying: 'From discussions I've had with my surgeon, the biggest risk is a reopening of the wound, which is extremely small — it was a keyhole operation.

'If I was worried about doing more damage to my spine, that would be very different. But I'm OK with a few stitches coming loose.'

MAX WAS RECKLESS, STUPID AND DESPERATE

Furious Norris lays blame on best mate Verstappen after costly smash



IT was coming, a gathering inevitability about it. Max Verstappen's sharp elbows out, Lando Norris determined to make the pass. Bang. Their races over. A friendship in the freezer.

And when it was over the two men circled each other in the press pen, as far apart as they had been close vying for the lead at Turn 3, lap 64, of the Austrian Grand Prix, a mess that handed George Russell a fortunate victory.

Verstappen couldn't hear Norris saying it to the media but the message was this: he wants an apology from a 'stupid... reckless... desperate' Max.

That's what it meant to be best mates last night, or at least closest chums in the paddock. Such a close relationship can never survive the Venus heat at the sharp end of Formula One.

Asked about the smash's bearing on future warmth, Norris said: 'I don't know. It depends on what he says. If he says he did nothing wrong, then I'll lose a lot of respect for him.

'If he admits to being a bit stupid and running into me and just being a bit reckless, then I'll have a small amount of respect for that.

'I expect a tough battle against Max. I expect aggression and pushing the limits and that kind of thing, but all three times we got close doing stuff which can easily cause an incident.

'It's a bit reckless, a little bit desperate from his side. It doesn't need to be. I respect what he does but sometimes he goes too far.'

Often the two of them take a private jet from races together, though that was not the case on leaving here. They game together. They laugh together. But until recently, Verstappen has been so far up the road that they have not diced together.

Nor were they yesterday until lap 51 transformed a race Verstappen was suffocating. He came in for his second change of tyres with a seven-second lead. Norris followed him in.

Unusually for Red Bull, the stop was less than clockwork. The left rear nut was sticky and the wheel gun had to be reapplied. This took 6.5seconds. Norris was reshod and going again in a brisk 2.1sec. Suddenly, Norris's deficit to the leader was down to three seconds. Game on.



JONATHAN McEVOY
in Spielberg

Then, Verstappen locked up. The gap narrowed further. Norris sensed his chance, moving to within DRS range of his prey.

On lap 55, Norris launched his first bid for the lead. Verstappen flexed his muscles on the apex of Turn 3 to remain in front. Perhaps Norris might instead have set himself up for a move at Turn 4, given that this lap presented perhaps his best chance to strike.

'He reacted to my move and you are not allowed to do that,' complained Norris.

The duel went on. Lap 58, Norris slung his McLaren down the inside, again at Turn 3, but he took too much speed into the corner, and Verstappen retook the lead at the next turn with the help of DRS.

A further complaint from Norris, saying prophetically: 'He cannot keep moving after I move. It is just dangerous. We will have a big shunt.'

On to lap 63, another Norris attack, his frustration rising. Verstappen ran off the asphalt as he defended, yet he rejoined with his lead intact. 'He has to give the position back,' yelled Norris. 'I was ahead on the apex.'

Verstappen was not taking this lying down. 'He forced me off again,' exclaimed the Dutchman. 'He divebombed me. That is not how you overtake.'

And to the collision. Norris went down the outside. Their rubber thudded. Max's left rear was punctured; Norris's right rear was also finished. Both limped back to the pits, canvases flapping.

Norris retired while Verstappen went back out, finishing fifth despite a 10-second penalty for steering left at the crucial point. It was the correct determination.

Norris, himself handed a five-second penalty for exceeding track limits, said of the incident: 'It's a tough one to take when we're fighting for the win and I'm trying to be fair and he just wasn't. There are rules, and he was doing things you're not allowed to do and not getting penalised.' Asked if he would clear the air with Max, Norris said pointedly: 'It's not for me to say. It's for him to say.'

Over to Verstappen, who extended his championship lead to 81 points. He believed they can patch things up, but repeated his divebombing claim, adding: 'He just hoped I'd get out of the way.'

All good drama to sell tickets for Silverstone next week. Who's up for a battle of Britain on the old airfield?

JONATHAN McEVOY
in Spielberg

GEORGE RUSSELL told Toto Wolff to 'let me f**** drive', fearing he would crash if he kept talking to him.**
The Brit capitalised on Max Verstappen and Lando Norris crashing to move up from third and win the Austrian Grand Prix.
So excited was Mercedes boss Wolff by the sudden prospect of victory that he blurted out the radio message: 'You can win this, George, you can win this.'
Wolff was able to smile about the gee-up afterwards, which he delivered just as his driver was braking into turn three.
'This is the single dumbest thing I've done in 12 years at Mercedes,' he said.
'I will be forever ashamed because you don't message the drivers when they are braking or in high-speed corners.
'I didn't look on the GPS. I just saw these two taking each other out and emotionally pressed the button.
'I could have taken him out with that message. Imagine how that would have felt. I was just carried away with the situation. Embarrassing.'
Russell, who claimed his second

RESULTS: AUSTRIA 2.683 miles 71 LAPS

1 GEORGE RUSSELL (GBR) **Mercedes 1:24:22.798sec**



2 OSCAR PIASTRI (AUS) **McLaren +1.906s**

3 CARLOS SAINZ (SPA) **Ferrari +4.533s**

4	L Hamilton (GBR) Mercedes	+23.142s
5	M Verstappen (NED) Red Bull	+37.253s
6	N Hulkenberg (GER) Haas	+54.088s
7	S Perez (MEX) Red Bull	+54.672s
8	K Magnussen (DEN) Haas	+1:00.355s
9	D Ricciardo (AUS) RB	+1:01.169s
10	P Gasly (FRA) Alpine	+1:01.766s
11	C Leclerc (MON) Ferrari	+1:07.056s
12	E Ocon (FRA) Alpine	+1:08.325s
13	L Stroll (CAN) Aston Martin	+1 lap
14	Y Tsunoda (JPN) RB	+1 lap
15	A Albon (THA) Williams	+1 lap
16	V Bottas (FIN) Sauber	+1 lap
17	Z Guanyu (CHN) Sauber	+1 lap
18	F Alonso (SPA) Aston Martin	+1 lap
19	L Sargeant (USA) Williams	+2 laps
20	L Norris (GBR) McLaren	DNF 64

DRIVERS' STANDINGS

1	Verstappen	237	6	Piastri	112
2	Norris	156	7	Russell	111
3	Leclerc	150	8	Hamilton	85
4	Sainz	135	9	Alonso	41
5	Perez	118	10	Tsunoda	19

CONSTRUCTORS' STANDINGS

1	Red Bull	355	6	RB	30
2	Ferrari	291	7	Haas	19
3	McLaren	268	8	Alpine	9
4	Mercedes	196	9	Williams	2
5	Aston Martin	58	10	Sauber	0

Fastest lap: **Fernando Alonso on lap 70 - 1:07.694s**



Wrecked: Norris' tyre is in tatters after the collision SKY SPORTS

++ FOOTBALL EXTRA ++

Pogba returns to limelight as he cheers on France

By SAMI MOKBEL in Gelsenkirchen

PAUL POGBA is set to make a rare public appearance tonight as a special guest for France's crunch clash against Belgium.

The former Manchester United midfielder has kept a low profile since it emerged in September 2023 that he had tested positive for a banned substance.

But Pogba is scheduled to attend the Euro 2024 last-16 game in Dusseldorf this evening after accepting an invitation to be part of the official contingent of dignitaries. He is also due to attend the official fan zone where he will meet thousands of France supporters.

Pogba is one of *Les Bleus* most iconic and decorated footballers, famously helping Didier Deschamps's side to World Cup glory in 2018. He has also won the Nations League with France, was a runner-up at Euro 2016 and has a string of club titles to his name.

Pogba's attendance tonight will rekindle memories of France's euphoric triumph in Russia six years ago, a tournament in which Deschamps and the midfielder formed a strong bond.

The former Juventus midfielder views Deschamps as a father figure and news of Pogba's presence at the Merkur Spiel-Arena will offer encouragement to the France boss and players, including captain Kylian Mbappe. Pogba has a particularly close relationship with Marcus Thuram, son of France legend Lilian.

The official invitation has arrived as a major boost to the 31-year-old during a difficult period as he continues to fight for his career following the positive doping test.

Pogba has decided to show his support for his countrymen despite the allegations hanging over him.

Pogba, who privately acknowledges he made an unwitting mistake in accepting a course of pills that resulted in his positive test for the banned hormone DHEA, wants to resume his playing career once the Court of Arbitration for Sport hearing against a four-year suspension has been heard.

France and Belgium meet after both being criticised at home for finishing second in their groups and each winning only one game in the tournament so far.

WATCHING BRIEF...

FRANCE v BELGIUM

Kick-off: 5pm, Merkur Spiel-Arena.
TV/radio: **LIVE** on ITV1 and talkSPORT.
Referee: Glenn Nyberg (Sweden).

Victorious Russell gives boss an earful over radio call

career win, said: 'I almost crashed when I had Toto screaming into my ears, but it just goes to show the passion we all share.

'It's obviously been a tough couple of years for the team. It feels great to be back on the top step.'

Russell finished ahead of McLaren's Oscar Piastri and Ferrari's Carlos Sainz, ending Mercedes' barren spell dating back 995 days to the 2022 Brazilian Grand Prix.

He promised to return to Monaco to meet up with Spanish girlfriend Carmen Montero Mundt and a friend for a celebration last night.

'I won't go as hard as Lando did (after winning in Miami),' he said. 'If it is 50 per cent as hard as that it will be a pretty massive night.'



Kiss and make up: Wolff and Russell after the victory REUTERS

Spurs swoop for Gray after Bees miss out

By SIMON JONES

TOTTENHAM have entered talks to sign **LEEDS'** Archie Gray after Brentford's £35million offer was rejected.

Gray had travelled for a medical at Brentford but the deal fell through over payment structure. The proposed move caused outcry from Leeds supporters disgruntled at the deal their club were willing to accept for the 18-year-old. Gray would prefer a move to Spurs and talks are ongoing.

Leeds maintained they did not need to sell Gray by midnight last night to comply with financial rules after offloading Marc Roca to Real Betis and Charlie Cresswell to Toulouse but they have to trim their budget ahead of next season.

CHELSEA have agreed to buy Kiernan Dewsbury-Hall from Leicester City for £30m with England Under 18s midfielder Michael Golding going to the King Power in a separate £5m deal. Chelsea are also finalising the sale of Omari Hutchinson to Ipswich Town for £22m with a sell-on clause of 25 per cent. Chelsea are in talks with Atlanta United to sign left back Caleb Wiley, who is expected to be loaned to Strasbourg. **IPSWICH** are poised to sign **WEST HAM** full back Ben Johnson this week while Lyon have triggered their clause to sign Said Benrahma from the Hammers for £13m.

NEWCASTLE have sold midfielder Elliot Anderson to Nottingham Forest in a £35m deal which will see Greek goalkeeper Odysseas Vlachodimos go the other way for £5m. Newcastle discussed signing Anthony Elanga from Forest but his sell-on clause from previous club Manchester United was an obstacle. Yankuba Minteh was also floated by Newcastle before they accepted Brighton's £33m offer for the 19-year-old.

ASTON VILLA have sold midfielder Douglas Luiz to Juventus for £42.35m. Villa will sign Samuel Iling-Junior and Enzo Barrenechea for £18m.

Barcelona have made an enquiry for **HULL's** Jaden Philogene, 22, who is also wanted by Everton and West Ham.

SHEFFIELD UNITED striker Daniel Jebbison, 20, is to leave the club after turning down a new deal.

Spain turn on style to end the Georgian fairytale



2
LAMINE YAMAL'S two assists for Spain at this Euros makes him the first teenager to assist multiple goals at the tournament since Cristiano Ronaldo at Euro 2004 (also two).



IAN HERBERT
at the RheinEnergie Stadion, Cologne

SPAIN	Rodri 39, Ruiz 51, Williams 75, Olmo 83	**4**
GEORGIA	Le Normand 18 (og)	**1**

A FAR greater challenge lies just up the road for Spain — Friday night's last-eight collision with Germany which looks like the *de facto* tournament final by any other name — so just as well that they go armed with prodigies on either flank.

The 16-year-old basking in limelight on the right, Lamine Yamal, has rather obscured the significance of the talent of Nico Williams on the opposite flank, and in one moment of electricity last night, he revealed what the hosts are up against.

A precise long ball in his direction and the 21-year-old was sprinting away, leaving Georgia for dead with a ball into the roof of the net which wrapped up a challenging night. The customary jig followed.

That's how you dispense with a defiant, indefatigable counter-attacking opponent.

There was another sea of St George's flags for the day which revealed that the old hierarchies and certainties of European football have gone.

Except this tide of red and white belonged to a people who actually believed and dreamed and audibly gasped when their side broke away and created the possibility of something unthinkable.

Georgia, the lowest ranked side in the tournament, led for 21 minutes during which their players, some with socks around ankles even then, threatened *La Roja* again and again with copybook counter-attacking football; three-pass moves, end-to-end, of pinpoint accuracy.

We will never know for sure how fateful a moment of fractional Georgian imprecision — Khvicha Kvaratskhelia's ball into the path of Luka Lochoshvili was not quite measured as it might have — really was fateful.

But a two-goal advantage really was conceivable in those giddy early stages. Oh, what might have been. It was beyond belief that Spain were behind — Otar Kakabadze drilling a cross from the right which Robin Le Normand diverted into his own net with Kvaratskhelia breathing down his neck — given the inequality which this fixture had brought in qualification.

This was the match that brought Spain full circle, from the stormy night in the Georgian capital, Tbilisi, where they arrived 10 months ago in the throes of a qualification campaign which had brought them defeat in Scotland.

Yamal, aged 16 years and 57 days, scored from the bench on his debut in a 7-1 and Spain have not lost a competitive game since. But Georgia have been fortified beyond imagining by the victory over Portugal which brought them here.

They had a cause, too, felt no less strongly than the brave and dignified Ukraine squad who have now left this stage. The tournament coincides with the fight, back home, against their government's realignment with Russia. The players have made their feelings felt in their own wish for democracy and freedom.

Briefly, all that seemed to count for little, as the left-wing pair of Williams and Marc Cucurella who were so impressive against Italy, picked up where they had left off in that game.

Williams ran the show early on, with the mercurial Pedri operating between the lines, stretching to thread a shot which goalkeeper Giorgi Mamardashvili, of Valencia, was alert to.

With the Georgians packing their box, this was a geometrical puzzle for Spain, toiling with an age-old problem — the absence of a powerful forward — and as the struggle for a solution went on, they reverted to taking aim from distance.

Eventually, it worked — Rodri taking a ball back from Williams and striking it low past Mamardashvili — but not until Spain had been put to a raw physical test which had left them frustrated. For a time, Williams

The Swiss up next for England...and Xhaka has

MATT BARLOW
in Berlin

THE emergence of Murat Yakin's team as one of the surprise packages in this tournament has been a move performed with typical Swiss understatement.

They are clear and precise, beautifully balanced with all parts working together. They've given hosts Germany a fright and sent defending champions Italy packing.

Next up is England in Dusseldorf and Switzerland move on with confidence, if little fanfare.

CHAMPION SPINE

THE SWISS have winners. Goalkeeper Yann Sommer won the Italian title with Inter Milan this year. Central defender Manuel Akanji won the Premier League with Manchester City. Granit Xhaka did the German double with Bayer Leverkusen. These are mature footballers. They have experience in pressure moments and are ready to take responsibility and make decisions on the pitch. All accustomed to the demands of modern coaching. When to press high, raise the tempo, when to drop, absorb pressure, protect a lead and play on the counter-attack. Perfectly illustrated by the two elements of the win against Italy, dominating the first hour and conceding possession for the last half-hour.

SOLID BASE

EITHER side of Akanji are experienced defenders Fabian Schar and Ricardo Rodriguez. They have more than 200 caps between them. They can be prone to errors in defence but are mobile, quick to cover and capable of stepping into midfield with the ball.

Rodriguez is a former full back who will occasionally spring out on the overlap. Teams will look to target him in the air. Niclas Fullkrug was more successful for Germany in that respect than Gianluca Scamacca was for Italy. Schar, as Newcastle fans will know, is a threat from set-pieces.

SWISS BOLOGNESE

SCATTERED through the team are three players from Bologna, the tactical revelation of Serie A this season, coached in a possession-led style by Thiago Motta and assembled by Giovanni Sartori, architect of the Atalanta revolution.

The point here is Michel Aebischer, Remo Freuler and Dan Ndoye are perfectly comfortable with the ball. They will accept it and move it confidently in tight areas. They are fluid in terms of formation, always adapting to a shifting game. This was evident in the first half against Italy. Against Germany, they were happy to concede the ball, trust their defence and hit them on the break.

FLUID FORMATIONS

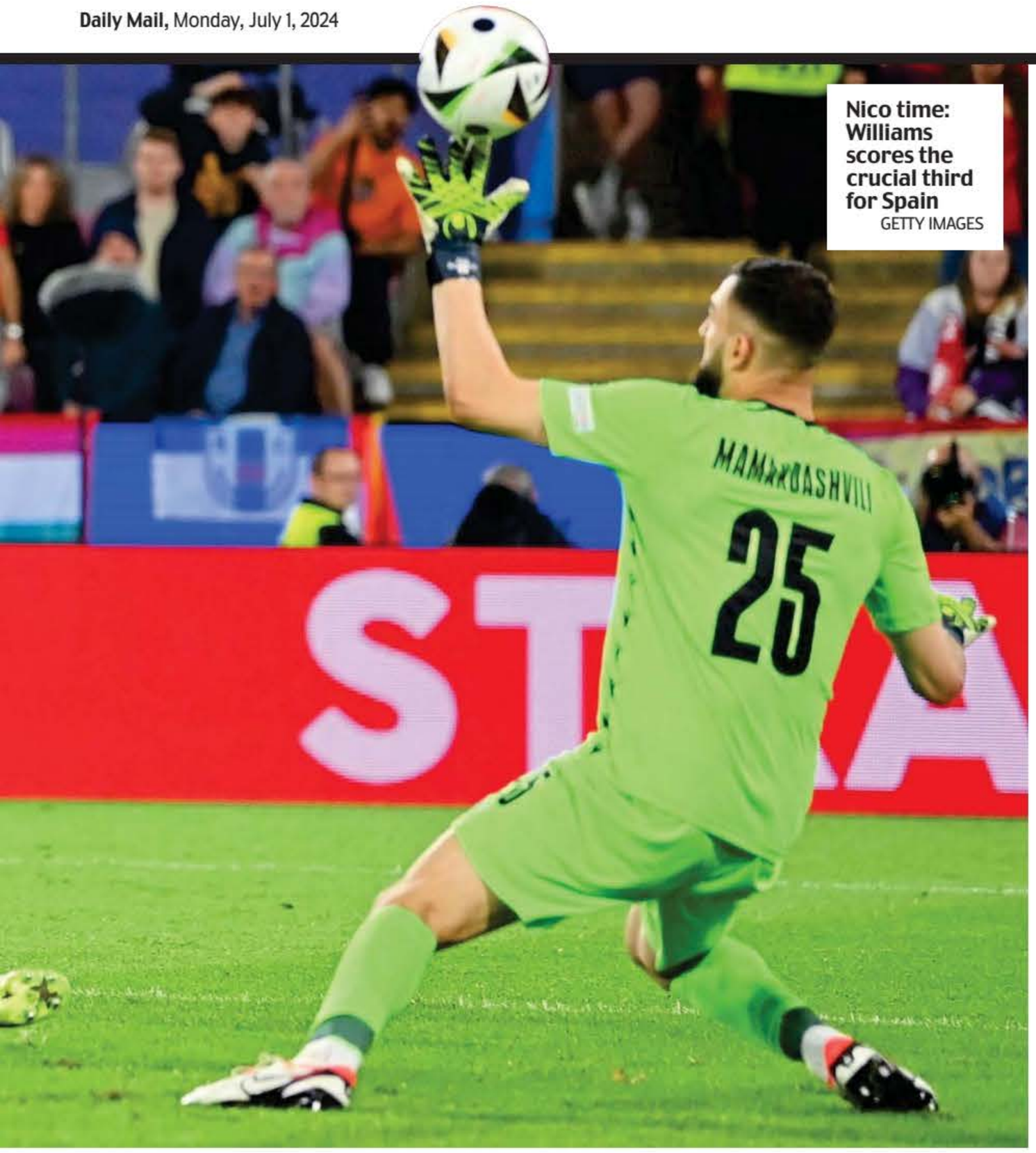
WITH regular right wing-back Silvan Widmer banned for the game against Italy, Yakin moved Ndoye into that role despite the fact he had excelled as one of the two attacking players deployed in support of centre forward Breel Embolo in the previous game against Germany.

Ndoye's natural pace and running ability was offset by Fabian Rieder, nominally the right-sided attacker but more often found in the centre. Out of possession, Rieder's task was to disturb Italy's deep playmaker Nicolo Fagioli. This opened the right flank for Ndoye to attack Matteo Darmian on the turnover. On the left, quick and nimble Ruben Vargas would hold his position wide with Aebischer, a right-footed left wing-back with an eye for a pass drifted inside, producing an overload in midfield and threading passes through the lines.

XHAKA CAN

XHAKA conducts the bulk of this from central midfield and is playing with supreme confidence. Who can blame him? In a year since leaving Arsenal, he has lost just two games for club and country. At Euro 2024, he has played

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Nico time: Williams scores the crucial third for Spain
GETTY IMAGES

was unable to replicate the early threat he had posed against the toiling Kakabadze. Rodri visibly urged his team-mates to be calmer and take more time on the ball.

Aware of the danger which Georgia posed in transition, Spain seemed reluctant to press as high as we have seen them in this tournament. Every opportunity seemed to be seized upon by the enterprising Georgians.

Spotting Unai Simon off his line, Kvaratskhelia struck an effort from just within his own half and saw the ball fly only narrowly wide of the post. The gasps in that moment. It seemed that the Georgian contingent would expire. Eventually, technical class told and Spain went ahead, when Yamal's deftly weighted cross was met by Fabian Ruiz's well-timed run. Yamal went close to scoring himself, winning back possession on the edge of the penalty area, stepping between two defenders and shooting wide.

So it was left to Williams wrap it up — sprinting after Ruiz's long ball, moving beyond Giorgi Gvelesiani as if he wasn't there and crashing the ball home before the desperate defensive rearguard could complete their retreat.

Substitute Dani Olmo scored the fourth with a low strike into the bottom left-hand corner. The night's early struggles seemed a distant memory. It will be an anxious week for the Germans, lying in wait.

SPAIN (4-3-3): Simon 7; Carvajal 6 (Navas 81min), Le Normand 7, Laporte 6, Cucurella 6.5 (Grimaldo 66, 6); Pedri 5.5 (Olmo 52, 6.5), **RODRI 8**, Ruiz 6.5 (Merino 81); Yamal 7, Morata 5.5 (Oyarzabal 67, 6), Williams 7.
Scorers: Rodri 39, Ruiz 51, Williams 75, Olmo 83. **Booked:** Morata.
Manager: Luis de la Fuente 6.5.

GEORGIA (5-3-2): Mamardashvili 7.5; Kakabadze 6, Gvelesiani 7 (Kvekveskiri 79), Kashia 7.5, Dvali 6.5, Lochoshvili 5 (Tsitaishvili 63, 6); Chakvetadze 5.5 (Davitashvili 63, 6), Kiteishvili 6 (Altunashvili 41, 6), Kochorashvili 6.5; Kvaratskhelia 7, Mikautadze 6 (Zivzivadze 79).
Scorer: Le Normand 18 (og).
Booked: Davitashvili.
Manager: Willy Sagnol 7.
Referee: Francois Letexier (Fra) 6.

found football's cheat code!

every minute of Switzerland's four games and only lost the ball once. It is as if he has found football's cheat code. In fact, as at Leverkusen, he is the leader of a side that knows what it is trying to do and trusts the system.

UNITED FRONT

SWITZERLAND'S backroom staff produced a film ahead of the Italy game thanking the players for the emotions they had been able to share together. After the victory, Yakin told his players to return the tribute and produce a film thanking the staff for all they do. 'There's a wonderful union,' said the 49-year-old head coach.

GOAL THREAT

EMBOLO leads the line willingly. He is strong, physical and works hard but cannot claim to be clinical in front of goal. The Swiss problem through improving years under Vladimir Petkovic was always turning the organisation and industry into goals.

In this campaign, though, Yakin's team have been better. They scored 22 in 10 qualifiers with six by Burnley's Zeki Amdouni, and seven in four games in this tournament, through seven different players. That said, Scotland frustrated them in a 1-1 draw, the Swiss goal a dream strike by Xherdan Shaqiri.

LUCK ON THEIR SIDE?

'WE achieved these results with blood, sweat and tears and not good luck,' said Yakin after beating Italy but he might reflect that the gut-wrenching Fullkrug equaliser they conceded in stoppage time has kept Switzerland on the gentler side of the draw, fuelling hopes they can go beyond the last eight.

HOW THEY LINED UP AGAINST ITALY



SPORTS AGENDA IN GERMANY



EDITED BY MIKE KEEGAN

ALEXANDER-ARNOLD HITS BACK IN PADEL COURT ROW

TRENT ALEXANDER-ARNOLD has returned serve in a row over an unauthorised padel court at his Cheshire home. A £50,000 facility was built at the bottom of the England defender's garden without planning permission. And Alexander-Arnold, 25, could be forced to demolish it. The Liverpool man has agreed to tear down four floodlights and has hired landscapers to plant trees and hedges and provide screening. However, the parish council have raised objections over noise at the £5million mansion Alexander-Arnold bought from Chelsea winger Raheem Sterling in 2022 — and they have been backed by the Campaign to Protect Rural England. Now, planning agents have hit back on the footballer's behalf. They say the court causes 'no unacceptable harm to the character and appearance of the countryside' and there is 'therefore no basis to refuse planning permission'. They also point out that no objections have been made over noise by the council's environmental health department. A decision is due later this month and there have so far been no objections from neighbours.

QATARIS have wasted no time in firing shots at Germany over what they see as a flawed tournament. The Germans were among the fiercest critics of hosting the World Cup in the Arab state two years ago and media there are responding in kind. They have highlighted myriad transport issues, torrential rain drenching fans in stadiums, excessive littering and fights between fans as problems that were not experienced when they hosted the World Cup.

NOT the greatest of starts to yesterday for many of those in Germany to cover England. A breakfast fire alarm at the NH Hotel in Essen sparked an evacuation and forced a host of famous names on to the rainy streets. The likes of Joe Hart, *Mail Sport's* Martin Keown and Stephen Warnock struggled to find cover while four fire engines and police raced to the scene. If nothing else, the alarm — triggered by a guest smoking in their room — shifted drug dealers who were using the area to peddle their wares.

A BUSY weekend for German police in Gelsenkirchen, with England playing Slovakia clashing with the annual conference of the far-Right Alternative for Germany party. Tens of thousands opposed to the AfD gathered in nearby Essen, with officers drafted from across the country to keep the peace. Two officers were kicked in the head and seriously injured amid violent scenes. The AfD came second in recent European elections, grabbing 16 per cent of the vote.

GEOFF SHREEVES and Ian Darke, both in Germany for US broadcaster Fox, used their ability to see into the future to win themselves a couple of glasses of red wine. The pair were in the Fox hub in Cologne before Albania v Italy with a colleague, who declared that Italy would run out easy winners. The commentators remarked that Italy were notoriously slow starters and bet their colleague that the Albanians would score in the first two minutes. When that duly unfolded, their stunned co-worker headed to the bar to fetch their winnings. It was only after taking a sip that Shreeves confessed the feed they were watching was on delay, and that they had seen the goal on their phones under the table prior to making the wager.

THE bungling BBC have come under fire for a mistake-laden preview of their Olympics coverage. The names of medal hopefuls Molly Caudery and Kye Whyte were both spelled incorrectly, Laura Kenny was quoted as spelling her own son's name wrong and Sky Brown was listed as a chance in surfing despite not qualifying for the event.

UEFA say the group stages brought a 75 per cent decrease in flights taken by participating teams compared to 2016, with more sides using buses and trains.





Dodged a bullet: Kane looks like he can hardly believe it after heading the winner but Southgate (right) will know England have to change and improve GETTY IMAGES

Southgate is tied up in knots by his safety-first ideology ...he must change NOW



By IAN LADYMAN
Football Editor at Veltins Arena, Gelsenkirchen

AT THE end it was all rather reminiscent of the last time England won a last-16 tie at a Euros.

As Gareth Southgate emerged from a deep embrace with his number two Steve Holland, his players lined up before the travelling supporters to hear the strains of Neil Diamond's *Sweet Caroline* booming from the stadium tannoy.

That last occasion came three years ago at Wembley. England had just beaten Germany and it was a victory that set their championship alight. In some ways that win propelled England into games won well against Ukraine and Denmark and into the final.

England had been unconvincing at that tournament up until that point but they were not from then on. Southgate and his players need to find a little of that over the coming days. It is their greatest hope of shaking off the difficulties of the last fortnight in Germany and coming alive.

Southgate joined his players in front of the England supporters last night. This time there were no plastic beer cups landing at his feet, but the England manager will know how close he came. He was 90 seconds from the end of his reign and ending his tenure on 99 games.

Instead, thanks to one magical swish of the right foot of a player he refused to give up on, Southgate has another chance. Jude Bellingham saved him this time, but by the time England head to Dusseldorf on Saturday to face Switzerland he will have to have found a way to motivate and drive his players to something above and beyond what they served up here.

This was thrilling and dramatic and in the end it was an evening full of joy. It was a night to marvel at how quickly sport can turn, how one moment of spellbinding brilliance can turn a contest and maybe even a whole summer on its head. The fact that one England goal became two so quickly says everything for the way football can swing. England have spent a fortnight looking like a sick animal waiting to be put out of its misery. Slovakia — ranked 45th in the world — seemed equipped for the task.

But big moments and big goals can inject belief, purpose and energy into tired footballers, as was the case when David Platt's late volley won a game against Belgium at the same stage of Italia 90.

In short, England and their manager must feed off this now. Strangely, they will feel better this morning than at any time since Bellingham scored against Serbia two weeks ago. Since that goal went in, everything England had done until he scored again here had taken them on a steady journey towards indignity.

THIS may have been one of Southgate's most memorable nights in his eight years in the job but it's hard to say much of what happened reflected well on him.

This was, for the main part, a night that saw England represent and reflect their manager in all the wrong ways. They were hesitant, cautious, uninspired and stuck in the bad habits that have set in during this tournament.

Southgate, as predicted, picked a safe team and what he got by way of return was another predictable performance. At times, as his team passed their way sideways and backwards, it seemed as though their manager was stuck fast, tied up in knots by his own safety-first ideology.

England were wretched during the first half and by the time they reached the dressing room they were drowning. Southgate did nothing, though. He did not make any changes or tactical tweaks. Not until Kieran Tripper succumbed to an injury in the second half did Cole Palmer get his opportunity. Not until three minutes from the end of the 96 minutes of play did Ivan Toney come on. The Brentford striker's performance went on to become quite profound.

The longer it all went on, the more it looked as if Southgate was going to perish having provided his many critics with all the ammunition they required. Naysayers could have presented an anti-Southgate checklist with all the boxes checked.

So the question now is not whether England's players learn from this dramatic volte face, but can their manager also?

It seems inconceivable that Southgate can field the same XI against the bright and inventive Swiss in Dusseldorf.

He has shown admirable loyalty towards Phil Foden and Bukayo Saka, for example, but both faltered here again. If Chelsea's young dynamo Palmer doesn't start against the Swiss, he may wonder when he ever will.

From the depths of a performance that threatened to be every bit as dismal as against Iceland at this stage of the 2016 Euros, England have somehow managed to swim to the surface and now they will breath the rich clean air of opportunity ahead of their next challenge.

Southgate is not blind. He will be fully aware of what he saw here. Even Bellingham — as magnificent as his equaliser was — had been wretched for most of the night.

If his team really are to change, then Southgate must change too. He must lead and he must set an example and the right tone. It's what good managers do at this level when their players really need them.

If everything has felt a little cosy and comfortable with England out here, then it's time for Southgate to change it up.

As strange as it sounds after so much of what we have seen in Germany, England find themselves in a great position in Euro 2024 now. It would be criminal to waste it.



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All the stats that matter as England get out of jail

Kane: 28 touches in 105 mins

Toney: 22 touches in 30 mins!

JUDE BELLINGHAM'S equaliser was the latest goal scored by an England player at a major tournament in normal time:

Jude Bellingham v Slovakia	**94min 34secs, Euro 2024**
Daniel Sturridge v Wales	91min, Euro 2016
Harry Kane v Tunisia	90min 30secs, World Cup 2018
Steven Gerrard v Trinidad & Tob	90min 17secs, World Cup 2006
Paul Scholes v Tunisia	89min 2secs, World Cup 1998

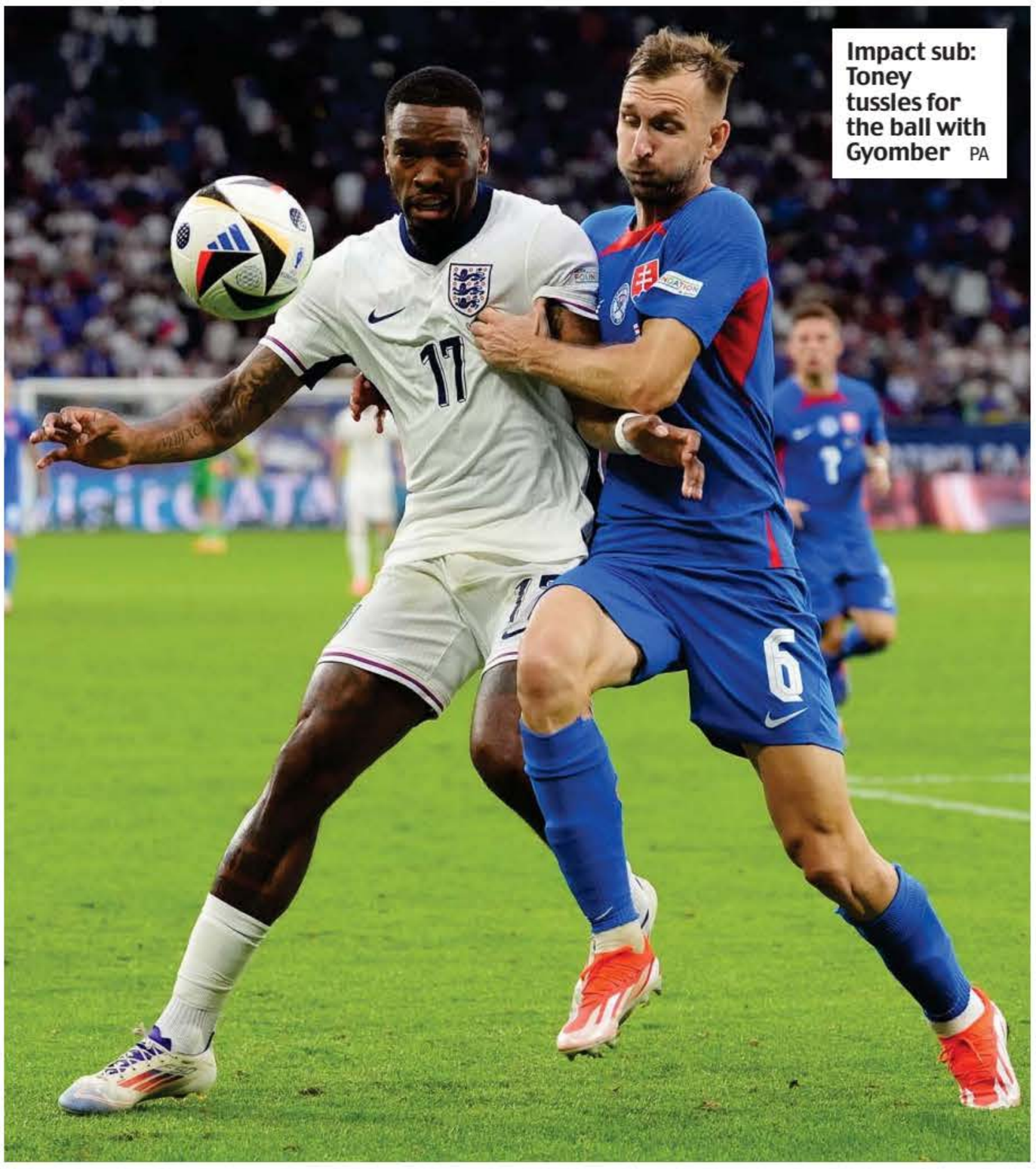
■ THAT was Bellingham's sixth goal in added time for club and country this season.

34 **BEFORE his goal, Bellingham had been enduring another quiet night. Harry Kane (12) was the only England outfield starter who made fewer passes than Bellingham (34) before his goal. The Real Madrid man had also lost the ball four times, more than any other player on the pitch.**

NEVER COUNT OUT THE THREE LIONS!

■ **ENGLAND have now come back to win each of their last four games at the Euros in which they've conceded the opening goal. Only France (five) have done that on more occasions.**

WON 4-2 v Croatia	2004 group stage
WON 2-1 v Wales	2016 group stage
WON 2-1 v Denmark	2021 semi-final
WON 2-1 v Slovakia	2024 round of 16



Impact sub: Toney tussles for the ball with Gyomber PA

GARETH SOUTHGATE has now won seven of his 12 knockout games at major tournaments:

- ■ **WON 4-3 on pens v Colombia** World Cup 2018 round of 16
- ■ **WON 2-0 v Sweden** World Cup 2018 quarter-final
- ■ **LOST 2-1 v Croatia** World Cup 2018 semi-final
- ■ **LOST 2-0 v Belgium** World Cup 2018 third-place match
- ■ **LOST 3-1 v Netherlands** Nations League 2019 semi-final
- ■ **WON 2-0 v Germany** Euro 2020 Round of 16
- ■ **WON 4-0 v Ukraine** Euro 2020 quarter-final
- ■ **WON 2-1 v Denmark** Euro 2020 semi-final
- ■ **LOST 3-2 on pens v Italy** Euro 2020 final
- ■ **WON 3-0 v Senegal** World Cup 2022 round of 16
- ■ **LOST 2-1 v France** World Cup 2022 quarter-final
- ■ **WON 2-1 v Slovakia** Euro 2024 round of 16

11 ENGLAND are unbeaten in their last 11 matches at the Euros, their longest streak in the competition.

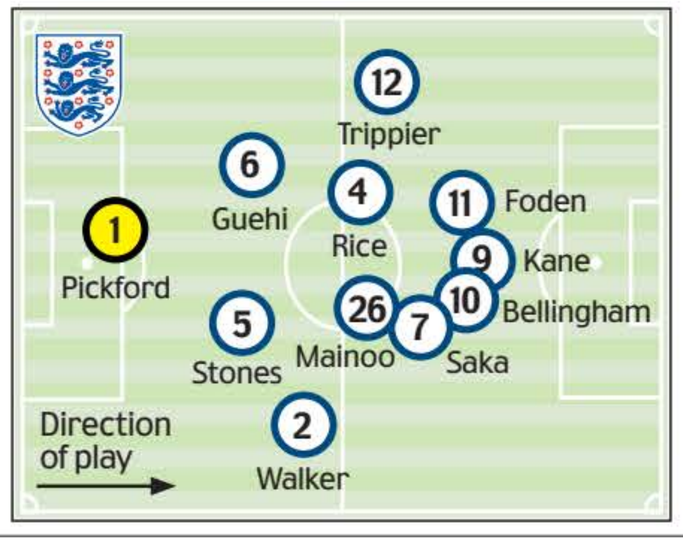
YOUNGEST players to start a major tournament knockout game for the Three Lions:

Michael Owen 1998 World Cup v Argentina	**18y, 198d**
Wayne Rooney Euro 2004 v Portugal	**18y, 244d**
Kobbie Mainoo Euro 2024 v Slovakia	**19y, 72d**
Jude Bellingham 2022 World Cup v Senegal	**19y, 158d**
Bukayo Saka Euro 2020 v Germany	**19y, 297d**

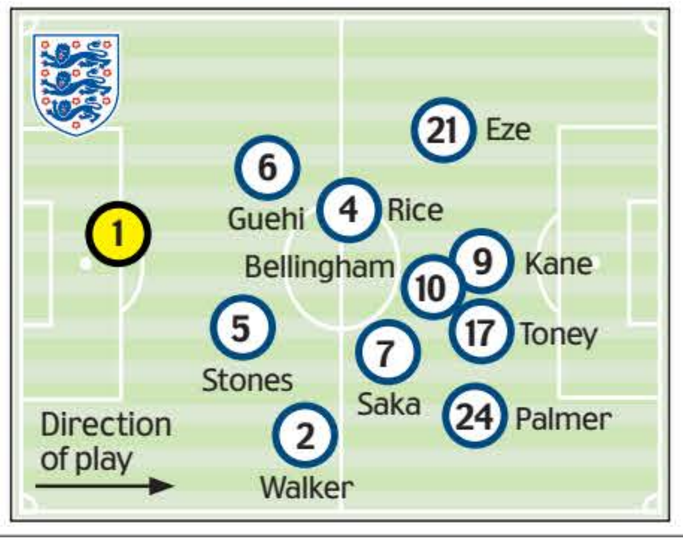
SO, WHAT WAS THE SECRET BEHIND THE COMEBACK?

WELL, other than a piece of Bellingham brilliance, a long-awaited change of shape seemed to have an impact. Bukayo Saka and Phil Foden got the nod out wide in England's starting system but offered very little width; the average position map shows how narrow England's front four were. The introductions of Cole Palmer and Eberechi Eze helped to fix that, as did the switch to a 3-5-2 when Ivan Toney came off the bench in the 93rd minute.

AVERAGE POSITIONS BEFORE TONEY CAME ON

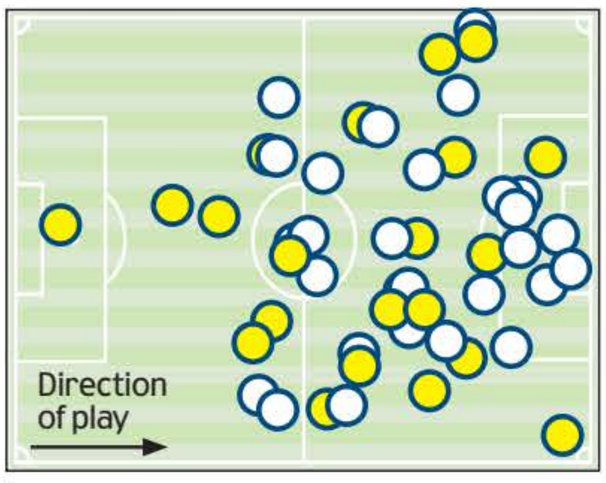


AVERAGE POSITIONS AFTER TONEY CAME ON



TIME FOR TONEY? IVAN MAKES HIS MARK

THE Brentford striker proved to be a handful when he was brought on and provided the assist for Harry Kane's winner. Toney was arguably more of a handful for the Slovakia defence than Kane.



Harry Kane 28 touches in 105 minutes

Ivan Toney 22 touches in 30 minutes

3 **AS well as providing an assist, Toney drew three fouls, won 80 per cent of his aerial duels, created one chance and completed eight passes during his cameo.**

■ BUT it was Harry Kane who scored the all important winner. That was the England captain's seventh goal in his last seven knockout games at major tournaments. Kane's 12 appearances in knockout matches is now the most by an England player.

Jude: That feels great after the criticism we've had



Extra special: captain Kane heads the winner past Slovakia keeper Martin Dubravka REUTERS



SAMI MOKBEL
at Veltins Arena, Gelsenkirchen

Mail Sport WE'RE BACKING ENGLAND

JUDE BELLINGHAM fired a robust response to England's critics last night after saving his team from a Euros calamity.

England have come in for heavy criticism for their performances in Germany, and Bellingham took pleasure in hitting back after helping the Three Lions book a place in the quarter-finals.

'It's a feeling that is like no other,' said Bellingham, whose 95th-minute overhead kick took the tie against Slovakia to extra time. 'In international football, in knockout football, it's an even worse feeling, because you're 30 seconds from going home, having to listen to all the rubbish, feeling like you have let a nation of people down.

'In one kick of the ball, everything can change. It's a feeling I don't like to have but when it's done, it feels great. It's a habit I've picked up from Real Madrid. Obviously my game has improved a lot since I've joined and I'm grateful I could bring it to this game.'

When asked what he meant by 'having to listen to all the rubbish', Bellingham replied: 'You know what I mean by the rubbish...

'Playing for England should be the most proud moment of your career but often it's quite difficult. There's a really high, intense pressure. The fans expect a lot from us regardless of what happened in tournaments years and years ago.

'People talk a lot. You do take it personally a little bit. We work so hard at this game. We come in every day, we work hard to put on a performance for the fans, 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 and for moments like that, it's nice to throw it back to some people.'

Bellingham appeared to yell 'who else, who else?' as he celebrated his late equaliser.

'The adrenaline gets you,' the 21-year-old said. 'It's a combination of a lot of things. It's very difficult when you talk in press conferences and interviews to talk as openly as footballers want to because they're always judged.

'For me, football, being on the pitch, scoring goals and celebrating is my release. Maybe it was a message to a few people. I was very happy at the end, lots of adrenaline.'

Bellingham believes England's dramatic victory can inspire the team to win the tournament, adding: 'Besides their goal I thought we were pretty good to be honest. We had a lot of control, we got in good areas. We were dangerous. We still had one or two moments where we could have been more clinical but, in general, I thought it was a good performance from us.

'The main thing is we showed character. You don't experience things like that if you don't have the adversity of the two draws (in the group stage), of going 1-0 down. It's brilliant because it shows a reaction.'

Harry Kane, who scored the winner in extra time, said: 'That's the desire and attitude from the boys and staff and everyone involved. It looked tough for a second there but we kept going.

'We've worked on so many details, we put a long throw in a couple of days ago and we said we might need it. Then Jude does what Jude does — it was an unbelievable goal and it kept our tournament alive. I think it's one of the best (goals) in our country's history. What a player he is. He works so hard for the team. There's been a lot of talk about him in the last couple of days and it shows what he can do in the big moments.

'We know we'll do whatever it takes. If it's another game like this in the quarter-finals, so be it. This team knows how to dig deep and we've done that today.

'Of course we could have done better but ultimately it's a results business. We'll enjoy the comeback and hopefully take the momentum into the rest of the tournament.'

Declan Rice was involved in a spat with Alessandro Bulfoni, a member of Slovakia's backroom team, after the final whistle.

But head coach Francesco Calzona said: 'Rice was supposed to go to the referees and leave. I had to speak to the refs and he wasn't leaving, he carried on. But then he apologised and it was all fine.'



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CRAIG HOPE'S BIG-MATCH RATINGS

ENGLAND (4-2-3-1)

JORDAN PICKFORD 6/10

A STRANGE energy about him and it seemed unsettling, bouncing around and stepping out to join centre backs when they had the ball early on. Saying that, he's not the problem with this team and he must be aghast at what plays out in front of him at times. No wonder he wants to join in play!

SAVES	2
PASSES	70
DISTANCE COVERED	5.3miles

KYLE WALKER 4

A PENNY for Trent Alexander-Arnold's thoughts. Walker was either losing the ball or allowing Slovakia to run in behind him in the first half. Did not — and has not — added anything close to what he should do in attack. All of a sudden, he looked his 34 years here.

PASSES	88
TACKLES	2
DISTANCE COVERED	8.1miles

JOHN STONES 5

DID not take responsibility in the build-up to Slovakia's goal and had jittery moments where he lacked concentration — his doziness nearly allowed Strelec to score from halfway. Too many pointless passes in the defensive third, too.

PASSES	132
TACKLES	1
DISTANCE COVERED	7.9miles

MARC GUEHI 5.5

BEATEN in air before the opening goal and was then slow to pick up run of scorer Schranz. Redeemed himself with headed flick for Bellingham equaliser and made huge goalmouth block at 0-0. A shame he'll miss quarter-final because of early booking, even if shaky here.

PASSES	121
TACKLES	0
DISTANCE COVERED	7.7miles

KIERAN TRIPPIER 5.5

SOLD Guehi short with pass that led to his booking and ballooned a chance over the bar during a difficult first half. Not his fault, but a right back at left back remains an issue for balance of side.

PASSES	77
TACKLES	0
DISTANCE COVERED	4.7miles

DECLAN RICE 5.5

WAS not alert in tracking Schranz when he broke to score and he's not playing with the swagger and drive he does for Arsenal. He gives his all and was unlucky when cracking the post in the second half, but he's not offering the dynamism he should.

PASSES	93
SHOTS	2
DISTANCE COVERED	9.6miles



KOBBIE MAINOO 7

HE was the only positive in the first half as he tried to make things happen — and this is the team's youngest player. He put others to shame in that regard and showed more courage to get on the ball. Would have been man of the match if not for England recovering to win after his late withdrawal.

PASSES	70
SHOTS	2
DISTANCE COVERED	6.2miles

BUKAYO SAKA 5

ONE or two bright moments but that is all — a theme of his tournament. From an attacking perspective, he's not doing enough to justify being picked ahead of Palmer. Did a job for the team after switching positions in extra-time, but this is way below his best.

PASSES	55
SHOTS	1
DISTANCE COVERED	8.4miles

JUDE BELLINGHAM 8

THE saviour, but only on the back of another shocker. He's a walking ego and maybe only players with that sense of worth can pull off the overhead kick that he did. He remains a big reason why this team is malfunctioning. Still, the goal was Roy of the Rovers stuff and without it England would be out. For that, he's man of the match.

PASSES	35
SHOTS	2
DISTANCE COVERED	7.7miles

PHIL FODEN 4.5

STUCK to the left far more, as if told to, and did not get into positions where he can hurt opposition. Surely Southgate cannot play him left wing again after this? Should have stayed behind the ball when creeping offside for a disallowed goal. Place in team under threat after a largely anonymous night.

PASSES	55
SHOTS	1
DISTANCE COVERED	7.4miles

HARRY KANE 6

NOT at the races — again! — but his goal carried his country over the finishing line. He benefited from the presence of Toney alongside him and that is something for Southgate to consider, because up front alone he is struggling.

PASSES	15
SHOTS	5
DISTANCE COVERED	7.8miles

SUBSTITUTES

COLE PALMER 7
FOR TRIPPIER (66min)

IMMEDIATELY an upgrade on Foden and Saka in the final third. He MUST start against Switzerland.

PASSES	29
SHOTS	0
DISTANCE COVERED	4.5miles

EBERECHI EZE 6.5
FOR MAINOO (84min)

IT was a mis-hit, but who cares? His decision to take on a difficult shot led to Kane's winner and England looked better for his energy.

PASSES	11
SHOTS	1
DISTANCE COVERED	3.2miles

IVAN TONEY 7.5
FOR FODEN (90min)

A GAME-CHANGER. Just by being on the pitch he gave Slovakia something else to worry about and that contributed to equaliser before he then laid on winner for Kane. Well played.

PASSES	14
SHOTS	1
DISTANCE COVERED	2.6miles

CONOR GALLAGHER 5.5
FOR KANE (105min)

BROUGHT on to help see home the result and that he did. Added a bit of bite.

PASSES	2
SHOTS	0
DISTANCE COVERED	1.3miles

EZRI KONSA 5.5
FOR BELLINGHAM (105min)

COULD be vying for a start with Guehi suspended and did what he had to here.

PASSES	3
SHOTS	0
DISTANCE COVERED	1.1miles

SUBS NOT USED: Henderson, Ramsdale, Alexander-Arnold, Gomez, Dunk, Shaw, Wharton, Gordon, Bowen, Watkins.

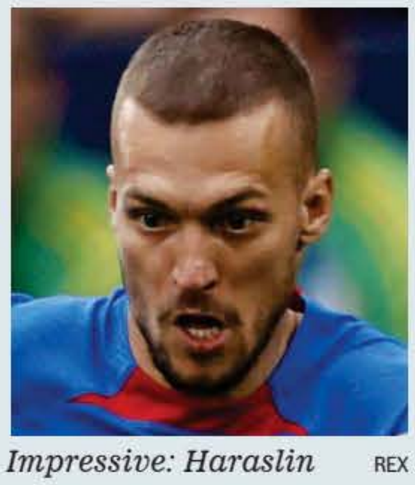
MANAGER
GARETH SOUTHGATE 5

HE got lucky, very lucky. Before Bellingham's rescue act Southgate cut a sad and confused figure, not making changes soon enough. Still, Toney's introduction in stoppage time helped swing game, and he deserves credit for that. But really, this was another painful and, sadly, predictable performance.

SLOVAKIA (4-3-3)

Dubravka 6; Pekarik 6 (Tupta 109min, 5), Vavro 6.5, Skriniar 6.5, Hancko 6; Kucka 6.5 (Bero 81, 5.5), Lobotka 7, Duda 6.5 (Benes 81, 5.5); Schranz 7 (Gyomber 90, 5), Strelec 6.5 (Bozenik 62, 5.5), Haraslin 7 (Suslov 61, 5).

MANAGER
FRANCESCO CALZONA 7



Impressive: Haraslin REX

REFEREE
HALIL UMUT MELER 5
(TURKEY)

YOU wondered if we were going to finish with a game of 5-a-side given the flurry of early cards — some justified, some not. He seemed too hyped up for the game and did well to get through it without a red card or a serious error, given his nervous energy.





Mail Sport
WE'RE BACKING ENGLAND

Going out with a whimper... then The Man pulls off the greatest escape

OLIVER HOLT
Chief Sports Writer
at Veltins Arena, Gelsenkirchen

ENGLAND	Bellingham 90+5, Kane 91	2
SLOVAKIA	Schranz 25	1

(after extra time; score at 90min: 1-1)

WHEN all seemed lost, as England seemed to be falling to the most ignominious of defeats and Gareth Southgate was preparing his goodbyes, when there was just one minute of added time left, Jude Bellingham launched himself into the air and swung his right foot.

Bellingham has the kind of star quality that cannot be extinguished and as the ball sped from his foot into the net, it was worth remembering that he turned 21 on Saturday. We may have got used to calling him a kid, but he's not a kid anymore. He's The Man.

England supporters, who had stuck by their team magnificently throughout the match, had been singing The Great Escape and now they knew they may just have witnessed the greatest England escape of all.

Southgate's side really did not deserve a reprieve. Let's not rewrite history — for much of a dismal performance, they had looked artless, guileless and clueless. But at least they did not give up. They stayed in it just long enough for Bellingham to work his magic.

BIG MATCH RATINGS PAGE 69

His overhead kick took the game into extra time. The first period had barely begun when Eberechi Eze volleyed the ball into the ground on the edge of the Slovakia box. It bounced to Ivan Toney, who nodded it intelligently back into the danger area and Harry Kane ran on to it and powered home a header for his 65th England goal.

And so all the obituaries and demolition jobs on Southgate and this team, that came into this tournament carrying so much expectation, will have to wait, at least until Saturday, when England play Switzerland for a place in the semi-finals. It will be the manager's 100th game in charge of his country.

England will have to raise their level considerably to get past the Swiss, who cantered past Italy on Saturday. But, somehow, they keep finding a way and, gradually, they keep evolving.

Cole Palmer came on midway through the second half here and showed enough invention and ambition to keep his place for the quarter-finals. For much of normal time, he and Kobbie Mainoo were islands of excellence in a river of mediocrity. But they're still here and they have a player like Bellingham, who can produce goals out of nothing. They have Mainoo. They have Palmer. They have Kane. Maybe, one day, they will even find some belief.

Because things can change. By the end of the match, the England fans had cast off their disillusion and were singing lustily.

'Don't take me home,' they yelled, 'please don't take me home.' How quickly things change. Their next stop is Dusseldorf and that meeting with the Swiss.

The change in fortune was difficult to comprehend. England looked beleaguered even before kick-off. Camera footage showed them walking into their changing room looking as if they were going to meet their doom. There was not a smile or joke among them.

In the warm-up, goalkeeper Jordan Pickford appeared to injure his finger saving a shot. Every now and again, he grimaced when he saved a shot. He took his glove off to look at it and shook his head. Some wondered whether he would emerge for the start of the game.

He did but when the match began, it soon became evident some of his team-mates had failed to turn up.

England were second best from the opening minute. Kieran Trippier sold Marc Guehi short with a pass, the Crystal Palace defender tripped his man and was booked.

In the seventh minute Mainoo, who had been chosen ahead of Conor Gallagher, was also booked, this time for a stamp on a Slovakia defender in the Slovak box. It was an awful beginning for England and it did not get any better.

Lukas Haraslin seemed to scare England rigid every time he got the ball, which was often. He found space and played in David Hancko, who rolled a diagonal ball across the face of goal that was begging for a final touch. Luckily for England, there was no one there to apply it. England managed a rare moment of threat when Bellingham swept a fine ball across the face of the area for Trippier to run on to, but he got so far underneath it that he hit it almost comically high over the bar. It will populate memes for years and years.

Next, Kyle Walker was caught out by a ball played inside him to Haraslin, who got in front and ran through on goal. Haraslin got his shot away, it was half blocked by Guehi and was dribbling towards the line when it was hacked clear by Trippier.

Haraslin was causing England endless problems. He nutmegged Walker and then pushed the ball



94 minutes, 34 seconds: The latest England goal in normal time in a major tournament



Stardust sprinkled: Bellingham's remarkable overhead kick saves the day for England REUTERS

past Bellingham. When the Real Madrid midfielder sent him flying, the referee booked him, too.

A Kane header was deflected wide and Mainoo volleyed over, but everything England did looked half-hearted and defeated. They were disjointed and detached. They did not look as if they believed they could score.

Slovakia took a deserved lead after 26 minutes. Guehi was beaten to a header midway inside the England half and David Strelec ran at the England defence and played a superb reverse pass into the path of Ivan Schranz.

Guehi tried to recover and get close enough to Schranz to get in a tackle, but could not. Schranz, who had been played onside by Walker, slotted it nervelessly past Pickford. England were playing like a rabble.

Only Mainoo could be excused from that in the first half. He played with the drive, enthusiasm and purpose that others lacked and led a brief England rally at the end of the first half that was enough to instil some hope that things might improve after the break. For a brief moment, it seemed they had.

Four minutes after the interval, Kane switched play to the left for Trippier, who crossed for Phil Foden and he tapped it into the empty net. Replays showed he was offside. It was a crushing blow, a brief moment of hope extinguished.

England soon reverted to playing like a bad cabaret. Walker rolled a free-kick to Stones on the halfway line, but he was not looking and the ball rolled past him. Strelec realised what had happened and saw Pickford 40 yards off his line.

He chipped it over him and Pickford, who had no chance of recovering his ground, was mightily relieved to see the ball roll wide. It was like Fred Karno's.

There were more worrying signs of disillusion and frustration. Bellingham leapt for a ball with Peter Pekarik and when Pekarik fell to the ground, clutching his head, Bellingham leant over him and muttered something. He was already on a yellow.

Midway through the half, there was a huge cheer from the England fans, the first of the evening. Palmer, who was a rare beacon of creativity in his cameo against Slovenia, came on for Trippier, who was injured.

As part of the change, Southgate moved Bukayo Saka to left back, which seemed strange given that Saka had said two days earlier that it was not the answer to anything to play him out of position.

England wasted a chance 13 minutes from the end when Foden curled in a free-kick from close to the left touchline. Kane rose to meet it six yards out but, with the goal at his mercy, directed his header wide.

Three minutes later, England came close again. Declan Rice's shot from the edge of the area beat Slovakia goalkeeper Martin Dubravka, but bounced against the face of the post. It rebounded to Kane, but his shot sailed over the bar.

Gradually, all hope seemed to be fading. England were going out with a whimper. But then, Bellingham struck.

« IAN LADYMAN: PAGE 66

Veltins Arena Notebook



By MIKE KEEGAN in Gelsenkirchen

Ed Sheeran turns up at perfect time

ED SHEERAN was among the celebrities in the England support. The *Perfect* singer (right), an Ipswich Town fan, wore a Three Lions shirt and was mobbed by fans as he made his way up the VIP steps.



THE Three Lions have so far played in Gelsenkirchen, whose twin city is Newcastle; Frankfurt, which is paired with Birmingham; and Cologne, whose sister city is Liverpool. They will now head to Dusseldorf, paired with Reading.

JACK GREALISH may not have made Gareth Southgate's squad but he has been a regular in Germany, at least on the TV. The Manchester City playmaker stars in a heavily dubbed advert for Hellmann's mayonnaise, which appears during virtually every match.

THE road outside Schalke's stadium is named Stan Libuda Way, after the former West Germany international who had two spells at the club. Libuda, who scored an extra-time winner for Borussia Dortmund to beat Liverpool in the Cup-Winners' Cup final in 1966, was actually called Reinhard — although the right winger was known as 'Stan' after Stanley Matthews and thanks to his own dribbling skills.

MORE Gelsenkirchen transport chaos. Just like the first visit for the opening fixture with Serbia, a woefully inadequate tram network, with four-carriage services to the stadium turning up every 20 minutes, saw many fans decide to walk the three miles from the centre of town. Some England fans had vowed not to return after that group game and, two hours before kick-off, tickets were available on UEFA's resale site, with two category B tickets on offer for just £120 for the pair.

THE SAVIOUR!

Breathtaking goal rescues England ...then Jude hits back at critics

Mail Sport
WE'RE BACKING ENGLAND

ENGLAND 2 (AET)
SLOVAKIA 1

SAMI MOKBEL at Veltins Arena, Gelsenkirchen

JUDE BELLINGHAM and Harry Kane led England's great escape last night as Gareth Southgate's men came back from the brink to earn a place in the Euro 2024 quarter-finals.

Real Madrid star Bellingham scored an exceptional overhead kick in stoppage time to level before Kane headed the winner in extra time. 'It's hard to deny it's one of the most important moments of my career,' said Bellingham. 'It's still a long tournament and it is only really very important if we go on to win the cup. So we'll decide in the next two weeks how important it is.'

Bellingham also hit back at England's critics, saying: 'People talk a lot. You do take it personally a little bit.'

Southgate revealed the spirit of 1966 inspired the comeback. 'We showed the players a presentation and how Geoff Hurst hadn't played until the quarter-final and the difficult route the team had.

'Harry and Jude, you are looking and thinking should we refresh those positions, but you know what they are capable of. When people want changes you have to keep some balance and do things you think will improve.'

England will be without Marc Guehi against Switzerland on Saturday after he picked up two yellow cards.

« THE BEST ENGLAND COVERAGE: PAGES 66-71

EURO 2024 QUARTER-FINAL

ENGLAND v SWITZERLAND
SATURDAY, 5pm

The Real McCoy: Jude Bellingham, whose extraordinary overhead kick forced extra time, roars with delight after Harry Kane heads the winner GETTY IMAGES

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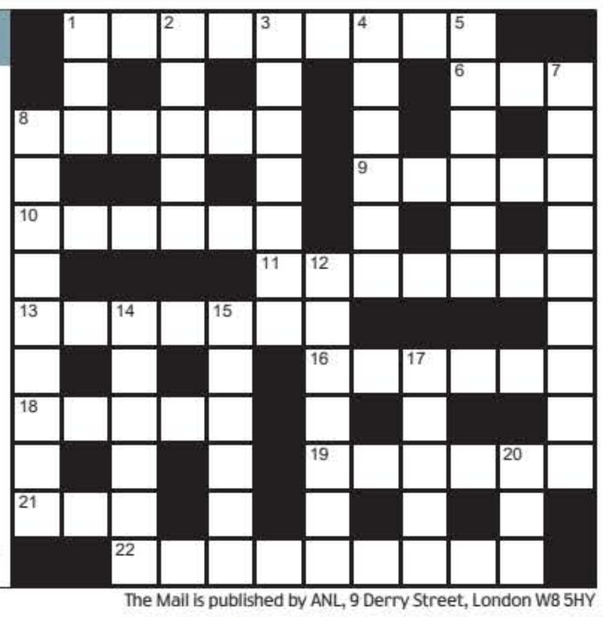
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QUICK CROSSWORD 9,829

ACROSS
1 Thoroughgoing (3-3-3)
6 Chest bone (3)
8 Card suit (6)
9 Latin American dance (5)
10 Look through in a casual manner (6)
11 Piece of clothing (7)
13 Audience size for a TV show (7)
16 Prefer (6)
18 Sudden fright (5)
19 Pungent bulb (6)
21 Flightless bird (3)
22 Optical instrument (9)

DOWN
1 Lyric poem (3)
2 Chuck (5)
3 Savings (4,3)
4 Shellfish (6)
5 Dazed or stunned condition (6)
7 Tool with a flame (9)
8 Pass winter in a torpid state (9)
12 Up to (2,3,2)
14 Crockery item (6)
15 Add up to (6)
17 Visual elements of a TV broadcast (5)
20 Female person or animal (3)



SATURDAY'S SOLUTION (NO 9,828) – ACROSS: 1 Barbed wire. 6 Fronds. 7 Logic. 9 Gateau. 10 Son. 11 Drey. 14 Rent. 15 Ass. 16 Roller. 17 Knows. 18 Trench. 20 Needlessly. **DOWN:** 1 Bar. 2 Runway. 3 Easter. 4 Wilful. 5 Register. 6 Feedback. 8 Cenotaph. 9 Gemstone. 12 Erased. 13 Blithe. 14 Rebels. 19 Coy.
SOLUTION TOMORROW

27
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4			6					
		3				1		
		5	9	7				4
	3							
		6		4		7	5	
			1					7
	1			5				2
3					4	6		

Difficulty rating ★★★★★

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

Difficulty rating ★★★☆☆

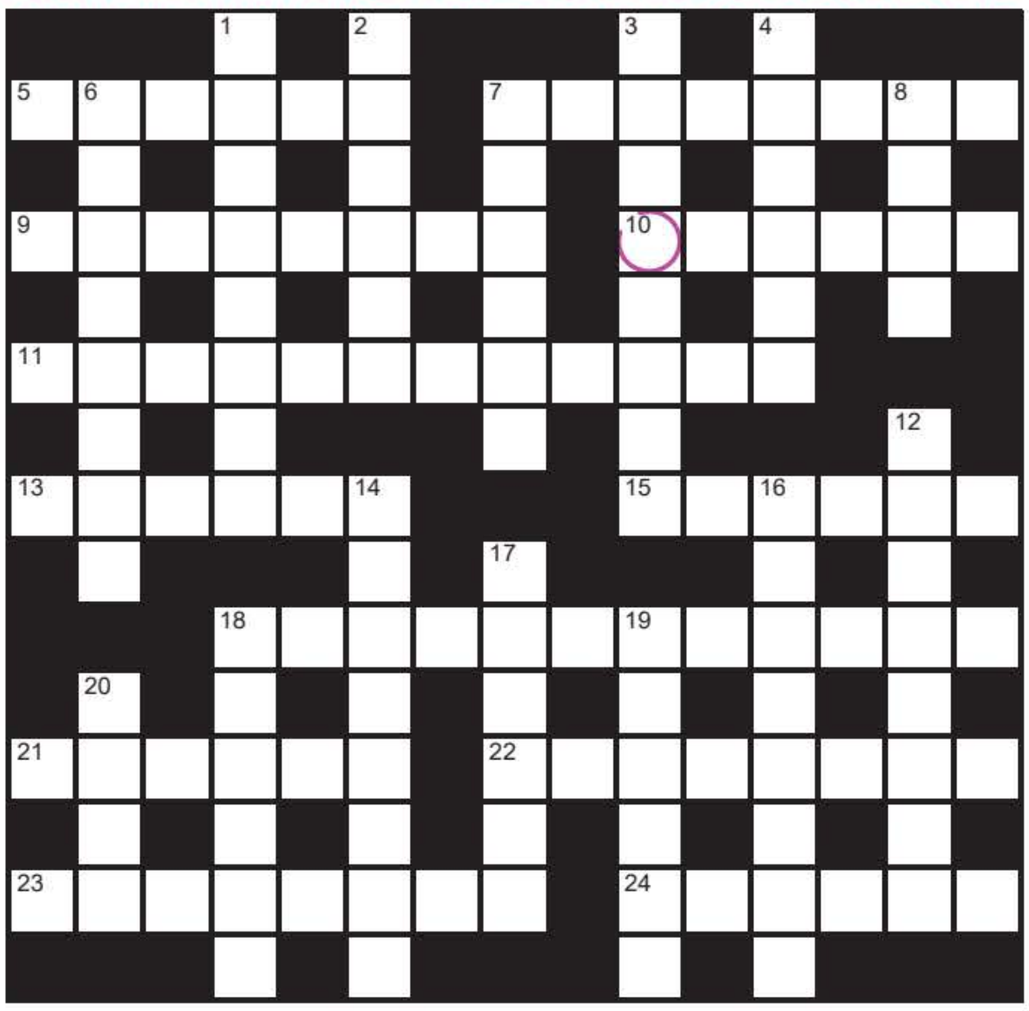
PRIZE SUDOKU

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

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ACROSS

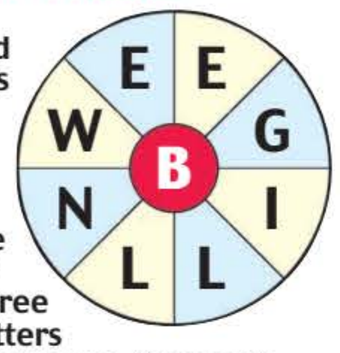
5 Annual festival founded in 2009 showcasing 1980s musical acts (6)
7 Market town in Cumbria noted for its Crab Fair (8)
9 Middle distance runner who set a new British one mile record in 2024 (4,4)
10 ___ Bridgerton, character played by Ruth Gemmell in Bridgerton (6)
11 Pop group noted for their 1988 song The King Of Rock 'N' Roll (6,6)
13 Denoting meat from animals killed according to Islamic law (6)
15 A religious talk, especially one delivered from a pulpit in church (6)
18 One earning a living working online in various locations of their choosing (7,5)
21 To distribute according to class or kind (6)
22 ___ Campbell, journalist and podcaster who was a New Labour strategist (8)
23 Musical that contains the song Kansas City (8)
24 Mistakes in printing or writing (6)

DOWN

1 Fitting or legitimately claimed (8)
2 A part of speech such as 'slowly' (6)
3 Informal term for a criminal record (8)
4 The essence or gist of something (6)
6 A derogatory term for a zealous environmentalist (8)
7 Continent in which Vatican City is the smallest country (6)
8 ___ Edmonds, DJ and presenter who is a qualified helicopter pilot (4)
12 Joseph Banks, born in 1743, was a noted one (8)
14 A device that is used for examining transparencies and negatives (8)
16 Male domestic fowl (8)
17 Canadian city that contains Parliament Hill (6)
18 Antonin, composer noted for works including his Cello Concerto that premiered in 1896 (6)
19 A leather shoe shaped like a moccasin with a flat heel (6)
20 Oleksandr, heavyweight boxer who defeated Tyson Fury in 2024 (4)

SOLUTION TOMORROW

WORD WHEEL



YOU have ten minutes to find as many words as possible using the letters in the wheel. Each word must use the hub letter and at least three others, and letters may be used only once. You can't use plurals, foreign words or proper nouns. Verbs ending in 's' permitted. Clue for today's nine-letter word: Water supply constituting one's prosperity. RATING: 8 words, average; 12, good; 16, very good; 18 or more, excellent. SOLUTION TOMORROW

SUDOKU X

				6	
					2
5	6				
					1
		4			

PUT 1-6 once in each row, column, diagonal (highlighted to form an X) and horizontal 3x2 box (ruled). SOLUTION TOMORROW

NAME GAME

HIDDEN in the grid is the name of an actor. Answer the questions, then rearrange the letters corresponding to your answers to fill in the name. SOLUTION TOMORROW

1	2	3	4	5	6	7	8	9

BOX 1: Christopher Eccleston (pictured) played the role of David Stevens in which of these films?
Shallow Grave (K)
28 Days Later (S)
The Beach (M)

BOX 2: What is the name of the horse that won this year's Kentucky Derby?
Magik Don (O)
Mystik Dan (L)
Wizzard Den (W)

BOX 3: Jeremiah Manele became the prime minister of which country in 2024?
Nauru (G)
Papua New Guinea (T)
Solomon Islands (A)

BOX 4: What was the title of rock and roll musician Duane Eddy's debut album?
Have Gunn, Will Travel (P)
Have Stetson, Will Travel (I)
Have 'Twangy' Guitar, Will Travel (B)

BOX 5: The Merry Pranksters were followers of which U.S. author?
Ken Kesey (U)
Jack Kerouac (D)
William S. Burroughs (P)

BOX 6: Cusco is a city in which South American country?
Bolivia (H)
Peru (N)
Venezuela (U)

BOX 7: Which of the following U.S. authors wrote the 1854 transcendentalist book Walden?
Ralph Waldo Emerson (N)
Margaret Fuller (L)
Henry David Thoreau (A)

BOX 8: Australian businessman Reg Grundy was best known for what?
Television productions (R)
Green initiatives (Y)
Computer sales (O)

BOX 9: Day By Day is a song from which of these musicals?
Hair (E)
Godspell (R)
The Book Of Mormon (V)



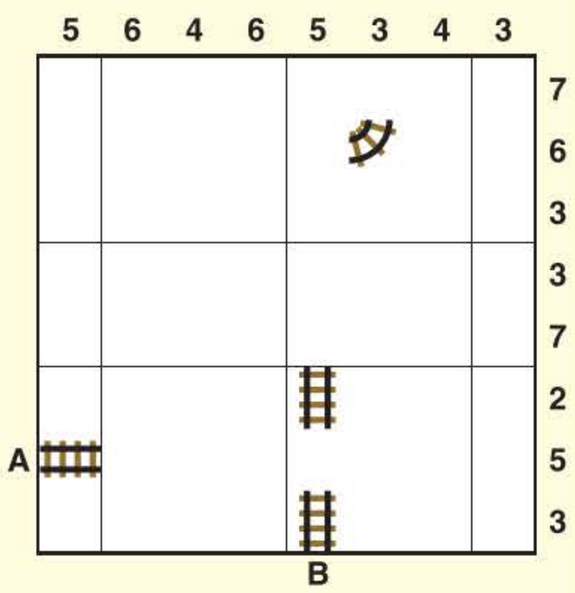
Picture: PA

Friday's solution: **AMY ACKER** (1A, 2R, 3C, 4A, 5Y, 6E, 7K, 8M)

TRAIN TRACKS

LAY tracks to enable the train to travel from village A to village B. The numbers indicate how many sections of rail go in each row and column. There are only straight rails and curved rails. The track cannot cross itself.

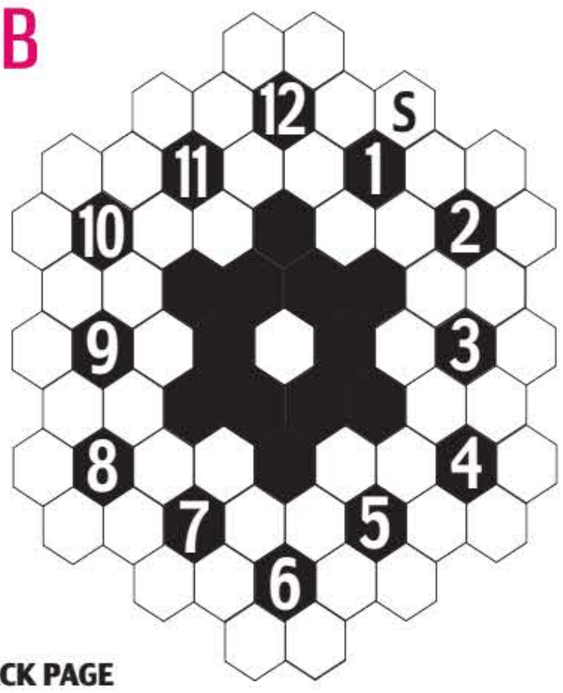
SOLUTION TOMORROW



HONEYCOMB

ALL the solutions read clockwise around their numbers. The solution to clue number 1 starts from the given letter.

1. Aromas
2. Domain
3. Task
4. Tacked
5. Extradite
6. Portly
7. Approached
8. Wander
9. Wolflike
10. Sandwich
11. B vitamin
12. Oily areas

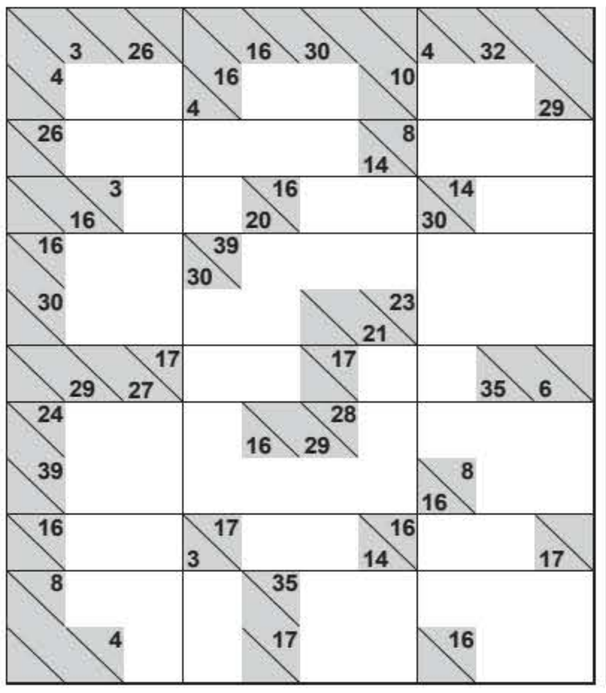


SOLUTION: PULLOUT BACK PAGE

KAKURO

FILL in the blank squares of the grid using only the numbers 1 to 9, without repeating any number in any line of blank squares. The lines must be filled in with numbers which add up to the total in the shaded box at the top or beginning of each line. A number in the bottom half of a shaded box gives a downwards total; in the top half, it's a horizontal total.

SOLUTION TOMORROW



3+	1−	120×			3
		20×			5−
20×		3+	2÷		
12×			6	3+	1−
1−		6×			
5−		4	30×		

MASTERQUIZ

1. What kind of triangle has all sides of unequal length?

2. In 1947, who became the first prime minister of India?

3. A rhinoplasty would take place on which part of the face?

4. Who was recently appointed as the new artistic director of London's Young Vic theatre?

5. Which character from a Walter Scott novel has been played on TV by Roger Moore and on film by Robert Taylor?

6. What body of water is spanned by the Rio-Antirrio Bridge?

SOLUTION: PULLOUT BACK PAGE

MINDBENDER

1. In a long-distance charity run, Tina finished in three-quarters of the time Ness took, plus 20 minutes. Trish finished in seven-ninths plus 12 minutes of Ness's time. If Tina and Trish finished at the same time, how long did Ness take?

2. What connects box, home and post?

3. Which French novelist CAME VIA ROUTE B?

4. Which is the odd one out: Howard, Heather, Joanie, Richie?

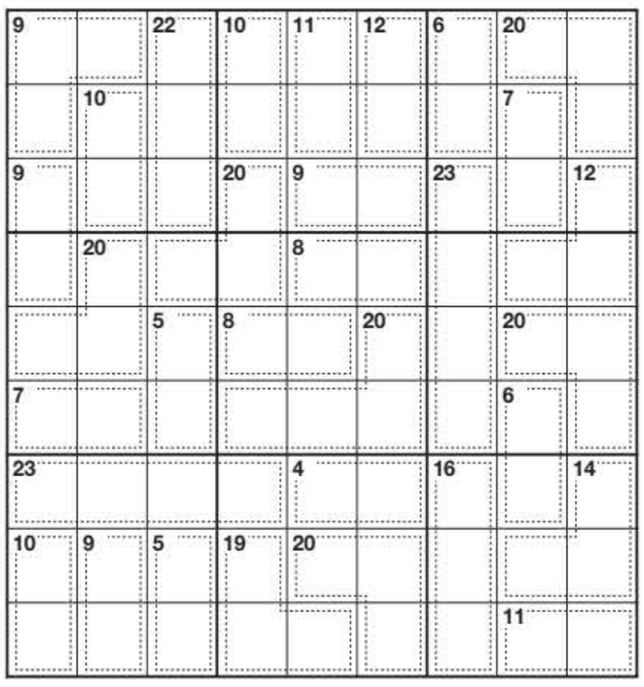
5. Which three-letter word completes the following longer words: ap---, w---s, ---ery, de---h?

SOLUTION: PULLOUT BACK PAGE

KILLER SUDOKU

FILL in squares in the grid so each row, column and each 3x3 square contains all digits from 1 to 9. Each set of cells joined by dotted lines must add up to the number in the top-left corner. Numbers can't be repeated within each set of cells.

SOLUTION TOMORROW



9		22	10	11	12	6	20	
	10						7	
9			20	9		23		12
	20			8				
		5	8		20		20	
7							6	
23				4		16		14
10	9	5	19	20				
							11	

NEED A CLUE? Call **0901 293 6238** or text **KILLER** to **65700** and receive four clues to today's puzzle. Calls and texts cost £1 plus your standard network charges. Today's clues available between 00.01 today and 23.30 only.

PITCHERWITS™

PIT your wits against Pitcherwits — the exciting puzzle where some of the answers are in pictures! The solutions to the visual clues fit into the shaded spaces on the grid.

SOLUTION TOMORROW



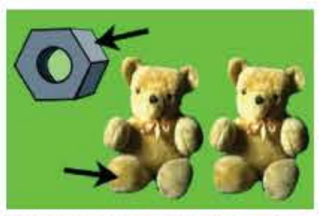
1a. Gives a setback to building abode walls (5,1,4)



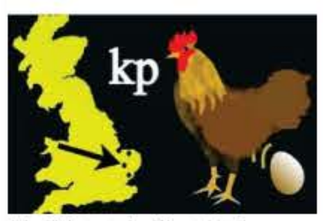
9a. Coppice boat builder to fill a smoking bowl (4,7)



11a. Ring cog becoming near angular (7,4)



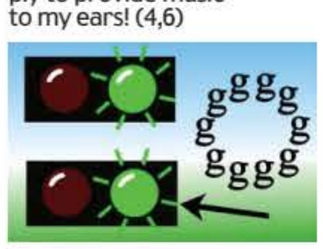
16a. Told off around tea, for being slow to react (4-6)



1d. Sidecar built out of ply to provide music to my ears! (4,6)



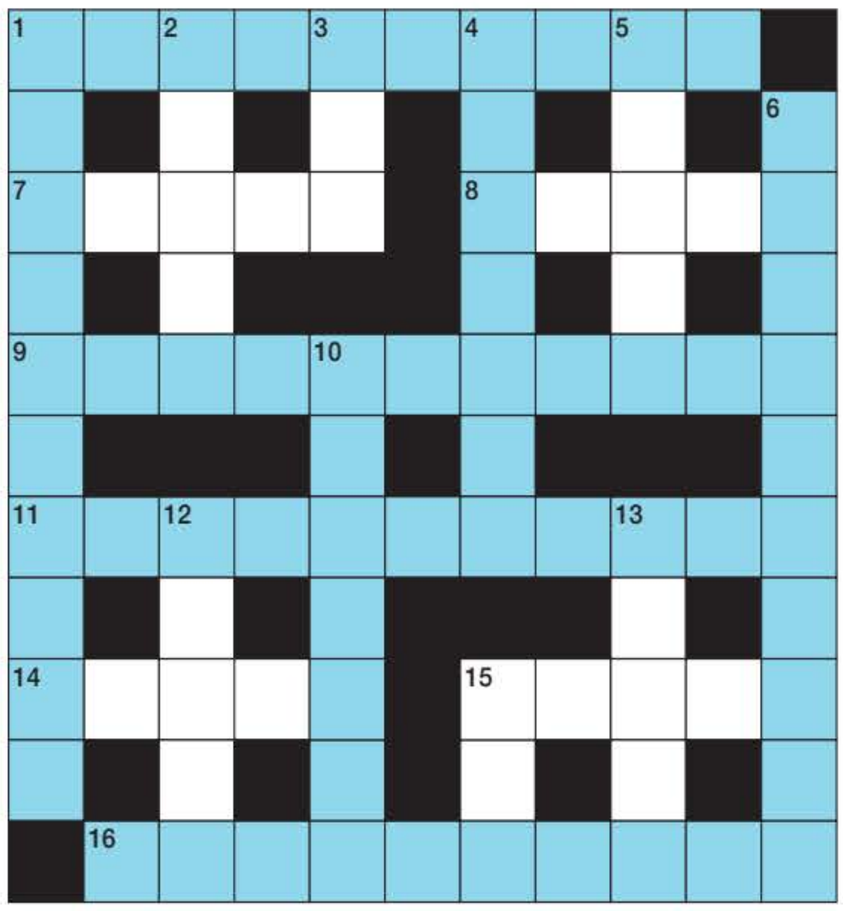
4d. Bovine watering hole for a 4x4 front? (7)



6d. Head for subterranean hiding? (2,2,6)



10d. The most lofty, but unlikely tale? (7)

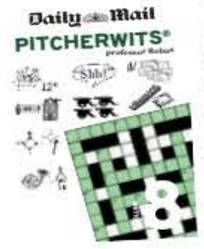


ACROSS
1 Picture Clue
7 Fibreglass is always somewhat ropey stuff (5)
8 Gel to facilitate release (3,2)
9 Picture Clue
11 Picture Clue
14 Follow on, wrapped in green suede (5)
15 Stipulate test ban when cooking rice (5)
16 Picture Clue

DOWN
1 Picture Clue
2 Story-teller could pose a problem (5)
3 Sun god, back in Anglo-Saxon times (3)
4 Picture Clue
5 Topic switch? What a nerve! (5)
6 Picture Clue
10 Picture Clue
12 Alan's in some ways a bit nosey (5)
13 Use clatter to mask brilliance (5)
15 Playgoer spills lager in initial self-harvesting (1,1,1)

FRIDAY'S SOLUTION — ACROSS: 1 Body politic. 5 Leo. 7 Vat. 8 Parthia. 10 Age-long. 11 Envying. 14 Has. 15 His. 16 Nerve centre. **DOWN:** 1 Bellerophon. 2 Pear. 3 Lush. 4 Cotton waste. 6 Opiates. 7 Van Gogh. 9 Tally. 12 Vale. 13 Isle.

PITCHERWITS BOOK



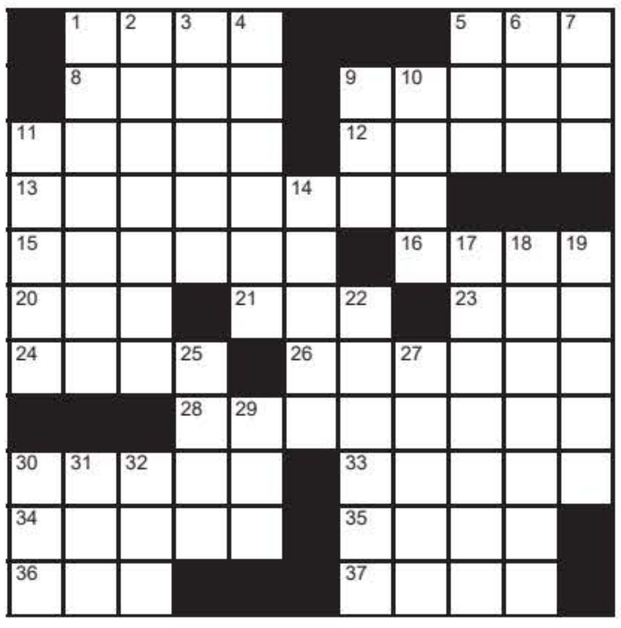
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MAILWORD

ACROSS
1 Work well together
5 Towards the stern
8 --- Sewell, Black Beauty author
9 Snow house
11 Religious table
12 Vestibule
13 Military accommodation
15 Alternatively
16 Basil, e.g.
20 --- Farrow, actress
21 Saying
23 Congeal
24 Large tub
26 Indian turnover
28 Repeats
30 Capital of Bangladesh
33 Salt water
34 Rowed
35 Lean
36 Exercise venue
37 Ingests

DOWN
1 Tropical disease
2 Implore
3 Show one's teeth
4 Pester
5 Priest's long gown
6 Waistcoat chain
7 Dwarf breed
9 Variety
10 Exclamation
11 Nuclear weapon
14 Stop
17 Conceited person
18 Begrudges
19 Indifferent
22 Trill
25 Walking tour
27 West Side Story role
29 Small extent
30 Chihuahua, e.g.
31 Dried grass
32 Branch

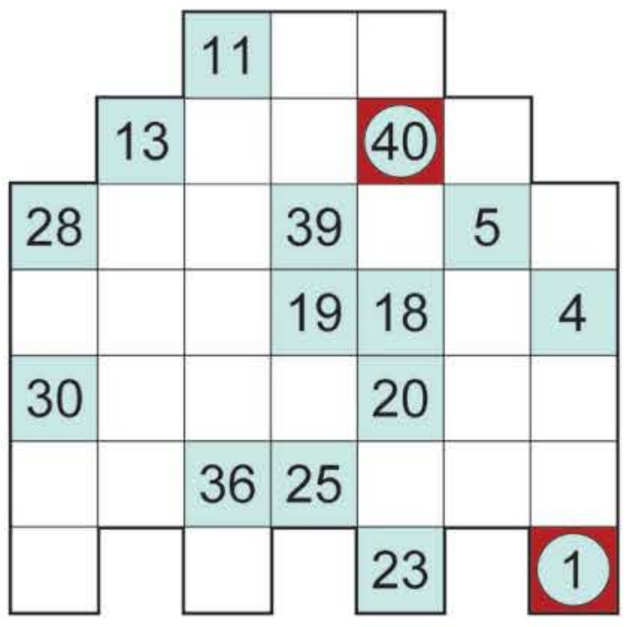
SOLUTION TOMORROW



HIDATO

COMPLETE the grid so that all the numbers, 1 to 40, connect consecutively — horizontally, vertically or diagonally. Hint: you don't have to begin with 1 or 40. Working on the mid-numbers might give you a better start.

SOLUTION TOMORROW



		11				
	13			40		
28			39		5	
			19	18		4
30				20		
		36	25			
				23		1

KENKEN

EACH row and column should contain 1 to 6 without repeats. Numbers in cages must combine to produce the target number shown at start of that cage using, in any order, the mathematical sign given. Single-box cages can be filled with the number given.

SOLUTION TOMORROW

RELATABLE NINE TO FIVE

FIT the scrambled letters of the given word into the grid to form six five-letter words across and down.

	A	G	D	
S				W
P				T
T				E
	S	E	T	

SOLUTION TOMORROW

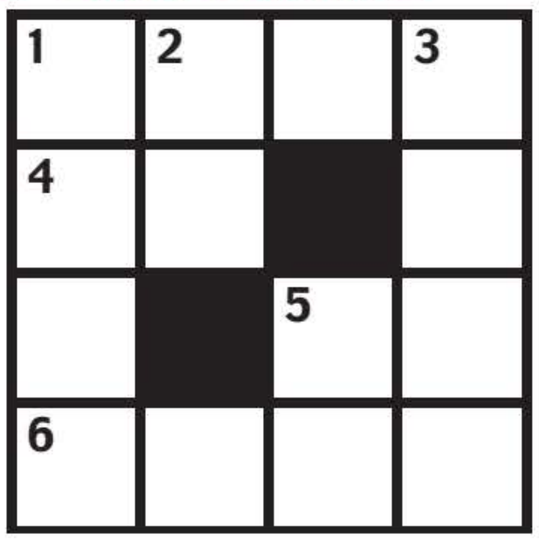
WORLD'S SMALLEST, HARDEST CROSSWORD

ACROSS

1. Mallard flock (4)
4. Payment pledge (abbr) (2)
5. (L) A bone (2)
6. Filth (4)

DOWN

1. Cyberjunk (4)
2. Functioning (2)
3. Reading table (4)
5. Senior commissioned soldier (abbr) (2)



SOLUTION TOMORROW

CROSS NUMBER

THERE MAY BE MORE THAN ONE SOLUTION



By Linus Maurer ©2015 King Features Inc.

FILL each square with a number, 1 to 9. Horizontal squares add up to totals on right. Vertical squares add up to totals on bottom. Diagonal squares through centre add up to totals in top and bottom right.

Today's challenge time: **5** mins **30** secs | Your working time: ☐ mins ☐ secs

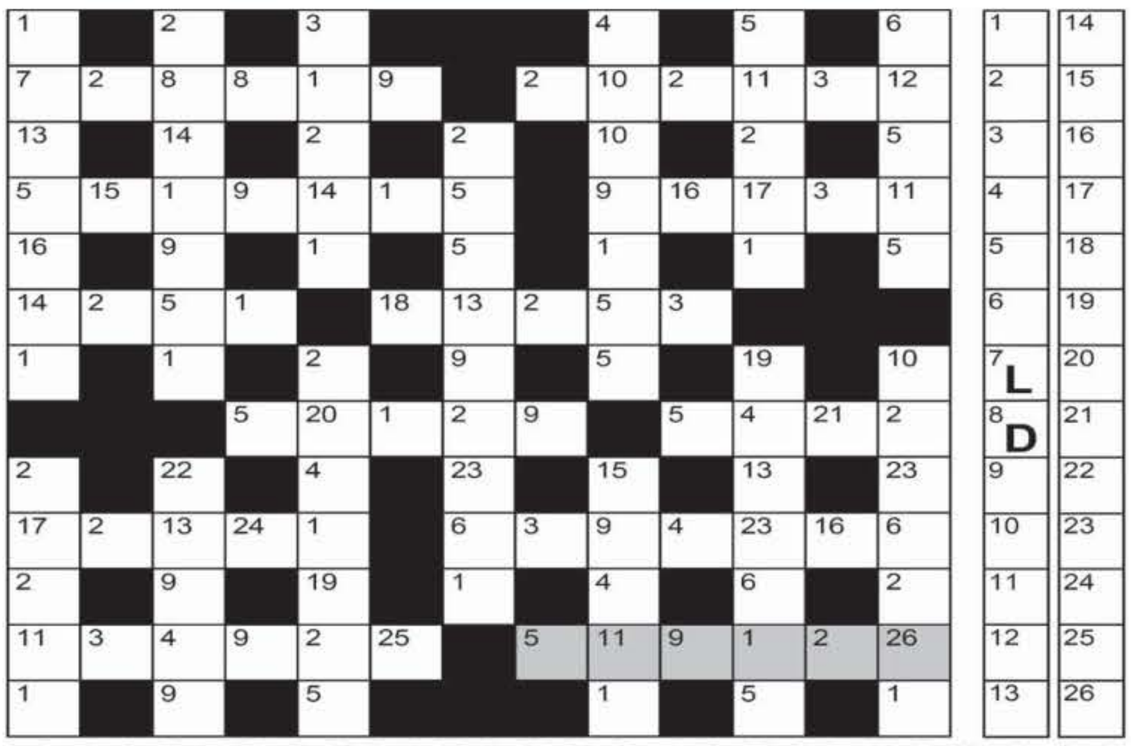
SOLUTION TOMORROW

CODEWORD

EACH number in our Codeword grid represents a different letter of the alphabet. Today 7 represents L, so fill in L every time the figure 7 appears. You have two letters in the control grid to start you off. Enter them in the appropriate squares in the main grid, then use your knowledge of words to work out which letters should go in the missing squares. **SOLUTION TOMORROW**

WIN £750

COMPLETE Codeword to reveal the word in the shaded boxes.
HOW TO ENTER: Call **0901 293 6232** and leave your answer and your details or text **65700** with the word **CODE**, your answer and then your name. Texts and calls cost £1 plus standard network charges. One weekly winner chosen from all correct daily entries received between 00.01 Monday and 23.59 Saturday. Answers change daily at 00.01. UK residents aged 18+, excl NI. Terms apply, see Page 52.

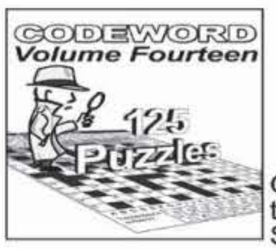


A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
1 V	2 I	3 A	4 B	5 T	6 C	7 H	8 R	9 E	10 D	11 X	12 N	13 Y													
14 M	15 O	16 J	17 S	18 Q	19 U	20 K	21 P	22 F	23 L	24 W	25 G	26 Z													

Saturday's solution

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
1 N	2 I	3 E	4 T	5 W	6 R	7 A	8 Y	9 D	10 O	11 V	12 L	13 S													
14 U	15 P	16 Q	17 H	18 G	19 Z	20 M	21 C	22 F	23 B	24 X	25 K	26 J													

WEEKEND solution



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NEED A CLUE? Text the word **CODEWORD** to **65700** to receive FOUR clues to today's puzzle or call **0901 293 6200**. Texts and calls cost £1 plus your standard network charges. Today's clues available between 00.01 today and 23.30 only.

SCRABBLE® BRAND GRAMS

The board on the right shows four rows of letters from a typical Scrabble game. Use each row to form a word of 2-7 letters and write it in the blank squares provided. Then add up the score for each row. Don't forget to use the double and triple word and letter scores — and add a 50-point bonus for every 7-letter word. Blank tiles can be used for any letter but have no score. See tomorrow's paper for the solution.

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A1	A1	L1	S1	L1	S1	V4	
							Triple Word Score
Y4	I1	T1	U1	L1	B3	S1	
							Double Word Score
L1	T1	S1	L1	H4	O1	A1	
I1	I1	A1	N1	V4	M3	T1	

RACK 1 ☐ RACK 2 ☐ RACK 3 ☐ RACK 4 ☐

PAR SCORE 115-125
by JUDD

FOUR RACK TOTAL TIME LIMIT: 20 MIN

Friday's solution:
DETENTE 58
CURFEW 18
KNITTER 83
PURSUER 59
JUDD'S TOTAL: 218

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N	A	N	B	H	I	H	X	U
D	A	S	H	U	L	J	W	O
Z	T	N	H	E	X	V	M	H
H	Q	N	N	E	N	H	N	Z
E	A	X	M	U	T	A	V	I
J	Q	Z	D	V	Y	K	N	U
I	L	I	A	O	N	I	N	G
A	P	N	E	I	H	Z	J	N
N	B	B	L	B	K	S	N	L
G	K	I	F	A	U	Q	N	C
Q	J	Q	I	N	G	H	A	I

WORD SEARCH

THE listed words can all be found in the grid — running forwards, backwards, up, down and diagonally — EXCEPT ONE. For a chance to win, discover which word from the list can't be found in the Word Search.

WIN £500

ANHUI
GUIZHOU
HENAN
HUBEI
JILIN
LIAONING
QINGHAI
SHANXI
YUNNAN
ZHEJIANG

HOW TO ENTER: Call **0901 293 6234** and leave your answer and details or text **65700** with the word **WORD**, your answer and your name. Texts and calls cost £1 plus standard network charges. One winner chosen from all correct daily entries received between 00.01 Monday and 23.59 Friday. Answers change daily at 00.01. UK residents aged 18+, excl NI. Terms apply, see Page 52. **SOLUTION TOMORROW**

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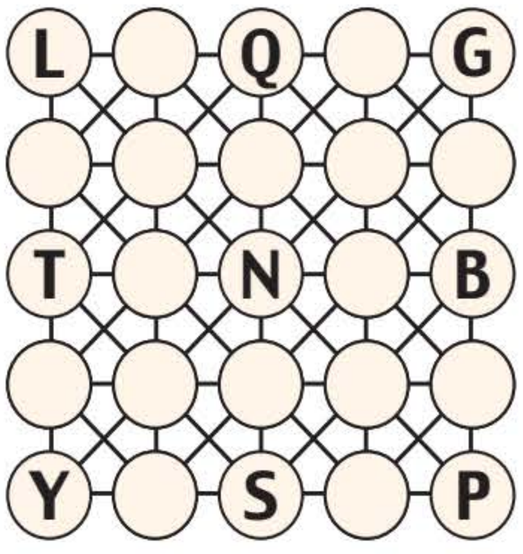
QUICK QUIZ

1. Who was the U.S. vice president from 1993-2001?
2. The adjective erinaceous relates to which animal?
3. Born on this day in 1945, who is the lead singer of Blondie?
4. For his role in which 1991 film did Anthony Hopkins win an Oscar for Best Actor?
5. The Thar Desert is on which continent?

SOLUTION: PULLOUT BACK PAGE

GOGEN

BANJO
CROWDS
ENVY
FLUKE
GAMINE
NEXT
POSH
SOBRIQUET



INSERT letters to form listed words, moving between adjacent cells horizontally, vertically or diagonally in any direction. Insert all remaining letters of the alphabet (except Z) in the grid so all listed words are spelt out.

A B C D E F G H I J K L M N O P Q R S T U V W X Y

SOLUTION TOMORROW

BRIDGE MASTERCLASS

West	East
♠ K Q 9 2	♠ J 7 5 3
♥ K Q J 7 3	♥ 8 6 5
♦ J 9 7	♦ K 10
♣ 3	♣ K 9 7 5

YOU are West, and South opens 1♣. What call do you make?

YOUR choices are to overcall 1♥ or to double. Although you have support for all the unbid suits, it is better to overcall a decent five-card major. Firstly, it will help you to find a five-three fit, and secondly, if you end up defending, you will welcome a heart lead from partner.

Over your 1♥, North passes and your partner raises to 2♥. South competes with 3♣, and you decide to have a go at 3♥, which then becomes the final contract.

North leads the ♣10 to South's jack and the ace of trumps is returned, followed by a second trump, North following to both. You play the ♠K from hand, which South takes with the ace, and now plays a low diamond to North's ace, and North plays the last trump. Unfortunately, this line of defence now means that you are unable to ruff your diamond loser in dummy. How do you plan the play?

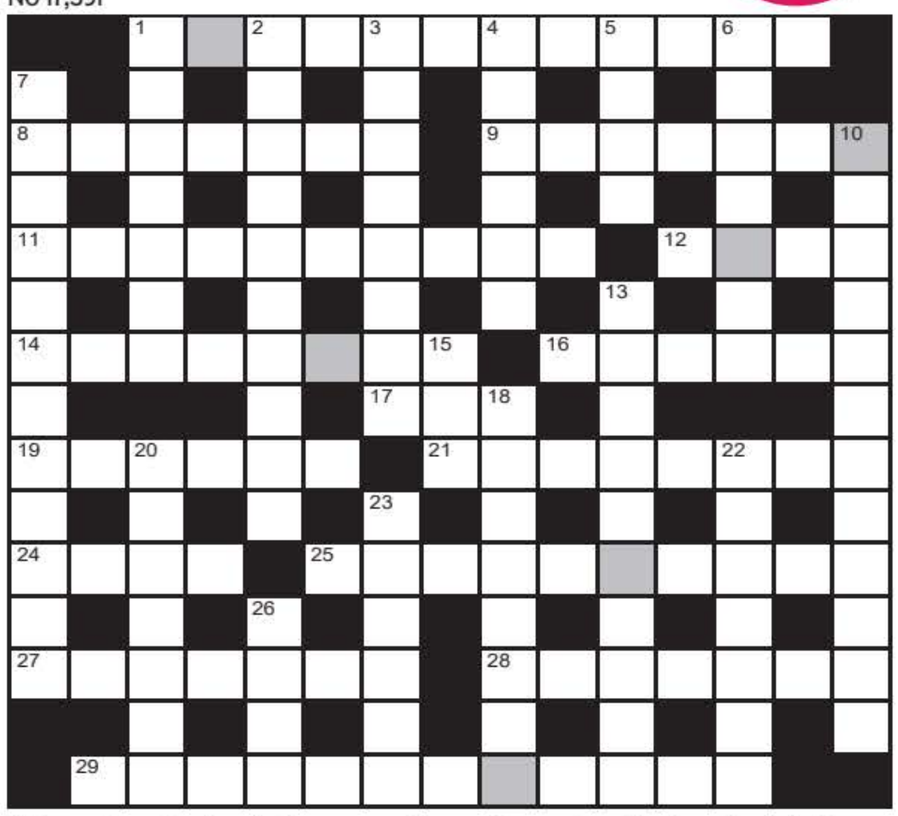
You need to consider carefully what South holds. Tomorrow, we'll examine the whole hand.

HEATHER DHONDY

CRYPTIC CROSSWORD

WIN £500

No 17,391



FOR your chance to win, solve the crossword to reveal the word reading down the shaded boxes. **HOW TO ENTER:** Call **0901 293 6233** and leave today's answer and your details, or **TEXT 65700** with the word **CRYPTIC**, your answer and your name. Texts/calls cost £1 plus standard network charges. Or enter by post by sending the completed crossword to Daily Mail Prize Crossword 17,391, PO Box 28, Colchester, Essex CO2 8GF. Please include your name and address. One weekly winner chosen from all correct daily entries received between 00.01 Monday and 23.59 Friday. Postal entries must be date-stamped no later than the following day to qualify. Calls and texts must be received by 23.59; answers change at 00.01. UK residents aged 18+, excl NI. Terms apply, see Page 52.

ACROSS

1 Manners from Kelly, say, when in parties (6,6)
8 Lethargy in a lounger, possibly, having no end of leisure (7)
9 Connecting device, part Dora replaced right away (7)
11 Type accepting Henry and Bob, Conservative, for brief work (5,5)
12 Limits for flat headgear (4)
14 Deduce new line about area of a hellish sort (8)
16 Strain to pass at the side of traffic (6)
17 Note clubs in park (3)
19 Information left for all to see on vote coming in? (6)
21 A live bar requiring renovation is of shifting quality (8)
24 Critical comment excluding book (4)
25 Team back in Middle East exercise consuming good meaty dish (5,5)
27 European fellow at back of queue gets to come out (7)
28 Motives concerning fool about working (7)
29 Give a distorted account of eccentric emir's gift (12)

DOWN

1 Second aim of female in occasion for departure (4-3)
2 Take retaliatory action? (10)
3 Rickety tram is hidden in middle of cars in Indian city (8)
4 Travel on a western railway that gets to end off course? (2,4)
5 A course on holiday (4)
6 Competitor hurried inside makeshift tent (7)
7 Pupils, provided by one with talent, typifying some facts? (12)
10 Set of those who could start serving again? (8,4)
13 A sufficient amount of bread for a recipient? (6,4)
15 Bulgarian currency having some relevance (3)
18 A whistleblower blocking nasty person shortly without worry? (8)
20 Farrier put in order for Italian car manufacturer (7)
22 Trouble in spell producing financial aid? (7)
23 Take mental measure of amount ahead (4,2)
26 Reasonable money for bus ride, by the sound of it (4)

NEED A CLUE? Text **TIP** to **65700** to receive FOUR answers to today's crossword, or call **0901 293 6236**. Texts and calls cost £1 plus standard network charges. Today's clues available between 00.01 today and 23.30 only.

SOLUTIONS TO FRIDAY'S PUZZLES

SUDOKU

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

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

PRIZE SUDOKU

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

WORD SEARCH
Missing: PALMAR

S	C	A	P	H	O	I	D	E
E	J	S	X	A	G	Q	T	P
G	D	J	C	X	T	A	E	T
N	I	O	V	A	N	A	R	R
A	H	E	F	R	U	R	A	E
L	H	E	H	L	S	P	P	T	L
A	H	E	X	T	E	A	A	U	T
H	A	M	Z	Q	M	L	P	S
P	R	I	D	A	W	F	L	F
Z	U	Z	H	G	Y	C	O	E
M	P	I	S	I	F	O	R	M

HIDATO

61	62	63	66	65	53	52	47	46	45
60	59	67	64	54	49	48	51	42	44
		68	55			50	41	43	
		69	56	57		34	35	40	
70	72			32	33			36	39
73	71			31	30			37	38
		74	75	76		29	28	27	
		7	8	9		18	19	26	
6	4	10	11	13	14	17	20	22	25
5	3	2	1	12	15	16	21	23	24

KAKURO

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

NINE TO FIVE

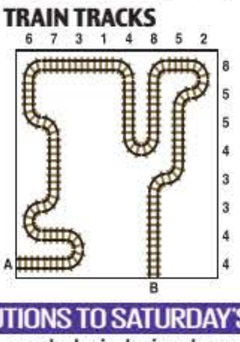
	F	T	A	
F	L	A	S	K
N	U	R	S	E
I	N	D	E	X
	K	Y	T	

LAUNDRESS

CROSS NUMBER

					20
9	8	7	6		30
4	3	5	9		21
6	2	4	8		20
7	5	9	3		24
26	18	25	26		19

TRAIN TRACKS



30-SECOND CHALLENGE

START on left with number given and follow instructions as you go across. In 30 seconds, beginners have to complete their own challenge; intermediates have to complete their own challenge and the beginner's; advanced players have to complete their own challenge and the intermediate's.

SOLUTION BELOW

www.30secondchallenges.com

											YOUR ANSWERS
Beginner	5	×40	+4	÷12	-2	×6	+30	-16	÷8	×6	
Intermediate	81	25/27 OF IT	×20	12/18 OF IT	9/40 OF IT	11/15 OF IT	+4	8/13 OF IT	25% OF IT	×11	
Advanced	1/5	TIMES ITSELF	×400	TIMES ITSELF	-60	13/14 OF IT	+60	2/11 OF IT	×3 3/4	LESS 40%	

KENKEN



KILLER SUDOKU

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

SUDOKU X

4	2	5	1	6	3
3	6	1	5	2	4
2	5	3	4	1	6
1	4	6	2	3	5
6	1	4	3	5	2
5	3	2	6	4	1

GOGEN



CRYPTIC CROSSWORD No. 17,388
ACROSS: 1 On strike. 5 Icecap. 9 Disclose. 10 Malaga. 12 Tuna. 13 Side effect. 15 Breakfast room. 19 Computer crime. 23 Respondent. 25 Able. 28 Exeter. 29 Backlash. 30 Talent. 31 Standard. **DOWN:** 1 Oddity. 2 Susan. 3 Rile. 4 Keswick. 6 Chaff. 7 Chaperone. 8 Playtime. 11 Vega. 14 Menu. 15 Bombshell. 16 Far. 17 Tail. 18 Scariest. 20 Eddy. 21 Contact. 22 Method. 24 Odeon. 26 Braga. 27 Skin.

MAILWORD
ACROSS: 1 Graf. 5 Stags. 10 Rune. 11 Chino. 12 Aloes. 14 Rerun. 15 Fed. 16 Tsar. 18 Toy. 19 Appeal. 22 Sun. 23 Tub. 24 Nag. 26 Teredo. 28 Eye. 29 Also. 30 Met. 31 Twine. 34 Knots. 36 Arles. 37 Unto. 38 Dykes. 39 Teen. **DOWN:** 1 Grafts. 2 Rule out. 3 Anodyne. 4 Fee. 5 Scrapbook. 6 There. 7 Air. 8 Gnu. 9 Son. 13 Stateless. 17 Spuds. 20 Anemone. 21 Layette. 25 Gets on. 27 Ranee. 31 Tad. 32 Wry. 33 Ilk. 35 Nut.

GENERAL KNOWLEDGE CROSSWORD — ACROSS: 6 Mixtape. 7 Dalot. 9 Knee. 10 Kentish Man. 11 Moriarty. 13 Ifield. 15 Twee. 17 Pause. 18 Teri. 19 Brutus. 20 Hogwarts. 23 Red cabbage. 26 Unst. 27 Stack. 28 Mandala. **DOWN:** 1 Experiment. 2 Parker. 3 Dean. 4 Additive. 5 Blah. 6 Monzo. 8 Trailer. 12 Youth. 14 Intramural. 16 Workers. 17 Push bike. 21 Greene. 22 Tesla. 24 Claw. 25 Acme.*

SOLUTIONS TO TODAY'S PUZZLES

QUICK QUIZ: 1 Al Gore. 2 Hedgehog. 3 Debbie Harry. 4 The Silence Of The Lambs. 5 Asia.

MINDBENDER: 1 Four hours and 48 minutes. 2 They may all precede office. 3 Octave Mirbeau. 4 Heather; the others were Cunninghams in Happy Days. 5 Art. Apart, warts, artery, dearth.

MASTERQUIZ: 1 Scalene. 2 Jawaharlal Nehru. 3 Nose. 4 Nadia Fall. 5 Wilfred of Ivanhoe. 6 Corinthian Gulf.

HONEYCOMB: 1 Smells. 2 Empire. 3 Errand. 4 Nailed. 5 Deport. 6 Rotund. 7 Neared. 8 Ramble. 9 Lupine. 10 Panini. 11 Niacin. 12 Slicks.

KUROSU

O	X	X	O	X	O
O	O	X	X	O	X
X	O	O	X	X	O
O	X	X	O	O	X
X	O	O	X	O	X
X	X	O	O	X	O

30-SECOND CHALLENGE: Beginner: 78. Intermediate: 286. Advanced: 99.

SOLUTIONS TO SATURDAY'S PUZZLES

WORD WHEEL: ache, achier, achy, arch, archer, archery, chai, chair, char, charier, charr, charry, chary, chay, cherry, chia, chirr, chirre, each, hair, hairy, hare, harry, hayer, hear, heir, hierarch, **hierarchy**, hire, hirer, hiya, reach, rhea, rich, richer, yeah.

WORLD'S SMALLEST, HARDEST CROSSWORD — ACROSS: 1 Dil. 4 None. 5 Ency. 6 Fah. **DOWN:** 1 Dona. 2 Inch. 3 Ley. 4 Nef.

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