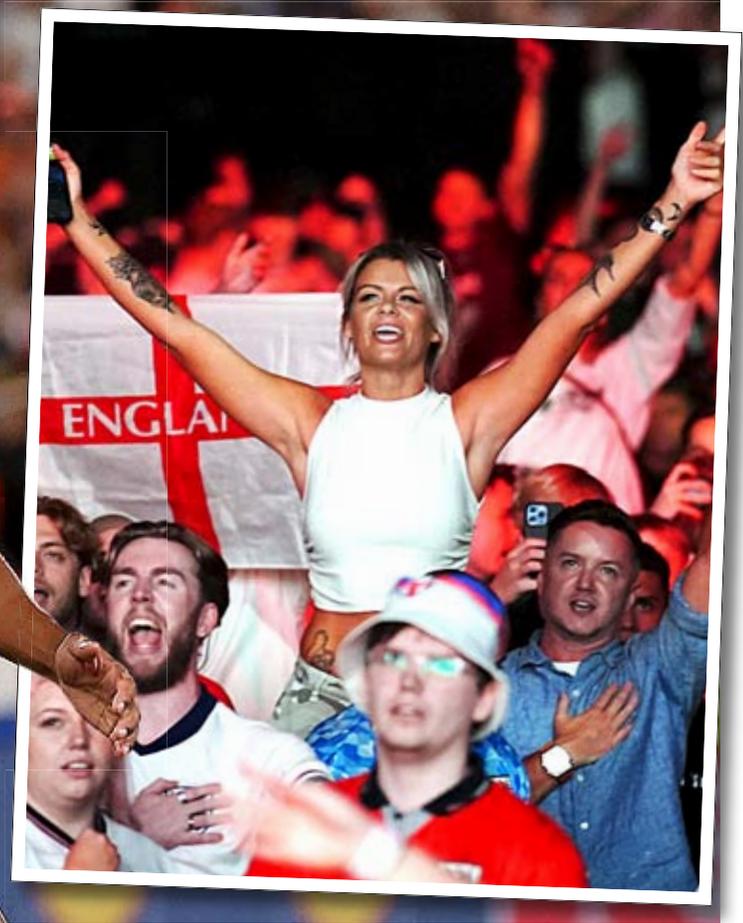




IS IT FINALLY COMING HOME?

Super-sub Ollie Watkins fires Three Lions into Euro 2024 final

SEE PAGES 2&3 AND SPORT



Triple murder suspect Kyle Clifford, 26, caught in cemetery after huge manhunt

VICTIMS OF HORROR CROSSBOW KILLINGS

By **Paul Jeeves** Crime Editor

A FUGITIVE accused of murdering the wife and two daughters of BBC racing commentator John Hunt in a "crossbow attack" has been captured at a cemetery after a huge manhunt.

Ex-soldier Kyle Clifford, 26, was stretchered away with injuries. He had been named as a suspect after Carol Hunt, 61, Hannah, 28, and Louise, 25, were found fatally injured at their home in



CARNAGE AT HOME: From left, Louise Hunt, mum Carol and sister Hannah were fatally wounded; right, doorbell footage of 'suspect'

TURN TO PAGE 4

Lionhearts... goal heroes Harry Kane and Ollie Watkins



Wat a goal! Ollie sends

JUBILANT England fans were celebrating last night after a large dose of Dutch courage saw the Three Lions roar into the Euro 2024 final.

The dramatic, last-gasp 2-1 win over Holland set up a mouth-watering Sunday night showdown with Spain – and a chance to finally bring some football silverware home.

After a shaky passage through the group and knockout stages in Germany, England finally found their feet, helped on by fans who have been in good voice throughout the tournament.

In the end, goals from Harry Kane and Ollie Watkins fired Gareth Southgate's side into their second suc-

By **Giles Sheldrick**
Chief Reporter

cessive Euro final. It was pure delight for England, with substitute striker Watkins smashing home as the game entered stoppage time.

They are now 90 minutes from glory, with the squad poised to take a place in English footballing folklore alongside the World Cup winning heroes of 1966.

Southgate's brave soldiers were bolstered by the arrival of some 60,000 boisterous but impeccably behaved fans, who descended on Dortmund ahead of the match – 20,000 without tickets – turning the

city red, white and blue, and creating a cacophony of noise and a carnival atmosphere.

And England fans mixed happily with an orange army of up to 80,000 Dutch supporters.

Supporting England in the stadium were singers Adele and Ed Sheeran.

Back home, everything stopped as the clock struck 8pm with up to 20 million watching in their living rooms, at bars and in fan zones.

The midweek jamboree was also one of the biggest ever paydayes for the bruised and battered hospitality sector, with 35 million pints downed, helped by a flurry of late licence extensions.

Analysis suggested the big match prompted a £250million spending splurge on food and drink.

Since Saturday's nervy quarter-final penalty shootout win against Switzerland, breweries have been working around the clock to satisfy demand, with many pubs and bars

facing a last-minute scramble to order enough barrels of beer. Some three million fans sank 17 million pints watching the game in 35,000 pubs, while 18 million more were downed at home, according to data from the British Beer and Pub Association. Publicans like Jackie Fairburn, who runs the Hare and

Hounds in Wakefield, West Yorkshire, were toasting the midweek rush, saying: "We had 440 people in – 400 more than normal."

Fan zones were packed, as they have been throughout the tournament, with Box Park venues in Croydon, Bristol, Brighton,



Roar emotion...Southgate at final whistle

THEY keep saying football is "a game of opinions". So here's mine, for what it's worth, as I wait for this nerve-shredding semi-final to get underway.

My opinion is: everyone needs to shut up, just for a bit. The experts, I mean. Especially Duncan.

You don't know Duncan? He's another of those BBC continuity announcers who've started to get under my skin.

Remember when their job was simply to tell us what's next on the telly? These days they're

TV REVIEW

MIKE WARD

Daily Express TV critic



encouraged to inject some "personality" into that task.

"It's Duncan with you, live here on BBC One!" he chirruped as he cued up the Spain v France semi-final. "So, who'll be playing England in the final..?"

Was "tempting fate" a concept

MINUTE VICTORY



Star fans...Ed Sheeran looks on from the stands, top; Adele watches, middle; BBC pundit Rio Ferdinand takes a selfie



England to the final

Bournemouth, Blackpool and Liverpool turning people away.

But the party that gripped the country gave bosses at the National Grid the jitters, with a huge half-time power surge caused by a rush to put the kettle on – and a dash to the lavatory. All eyes are now on Sunday, with a booking rush

expected on flights and accommodation in Berlin as English fans head off for the showpiece final.

The Prince of Wales, PM Sir Keir Starmer and a host of celebrities, including football fanatic Sheeran, are among those expected to watch the match at the Olympiastadion Berlin. It is almost certain that if

Southgate's team is victorious he will receive a knighthood, with squad members in line to share a £14million victory bonus.

Supermarkets are set to cancel leave on Friday and Saturday and restock supplies, with fair weather expected to see millions of families stage impromptu parties and bar-

becues in a final flurry of early summer excitement.

Teachers at Our Lady and St Patrick's Catholic Primary School in Maryport, Cumbria, gave their pupils a later start this morning, allowing them to register two hours later "to make allowances for children having a late night to watch the match".

In the game, England went in at half-time level at 1-1 – despite dominating the game with a free-flowing performance.

They had recovered well after falling behind as Xavi Simons smashed home past Jordan Pickford from the edge of the box.

England were then luckily handed a penalty thanks to a VAR check and captain Kane scored from the spot. And substitute Watkins netted a last-gasp winner to seal the final spot.

this guy hadn't heard of? Maybe he should have asked a few England fans.

At least Gary Lineker gives voice to our anxiety at times like this. As England prepared for Saturday's shoot-out against the Swiss, he remarked: "Why do we put ourselves through it?" Even those of us inclined to yell: "Cos you're paid £1,350,000 to do so, matey!" were thinking: "Exactly! Well put, Gary. Please have some more of our licence fee."

To ease my jitters as I await this clash with the Netherlands, I

log onto the iPlayer, where there's a highlights package of the two sides' Euro 96 encounter at Wembley. England win 4-1, with two apiece from Sheringham and Shearer.

Back in the studio Lineker warns: "We don't want to get too carried away..."

Wise words, then and now. ITV have dug out their own highlights of that game.

"A fantastic result!" is the post-match verdict from an England defender called Gareth Southgate. So what's the

England boss saying now, 28 years on, ahead of this one? He's apparently told his players: "You don't want to come in having not performed your very best."

ITV's pundits don't sound too concerned about that.

"We can definitely win," insists Gary Neville. "Harry will come to life," predicts Ian Wright.

And then it was on to the half-time was it/wasn't it a penalty ding dong.

We really do not care. Surely even Duncan is wishing they'd put a sock in it.

SPAIN'S WONDERBOY GIVEN GIFT AS BABY

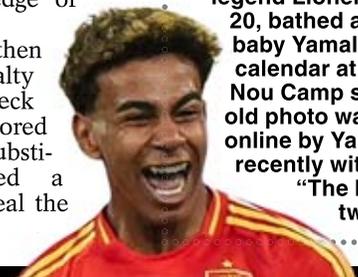
By Giles Sheldrick

LAMINE Yamal made history by scoring for Spain at 16 – but it seems he received his gift from a great as a tot.

The lad, below, who scored in the semis against France at 16 years and 362 days old, is now the youngest player to do so in a major tournament – beating Pele's 1958 record.

But back in 2007, Argentine legend Lionel Messi, then 20, bathed and cuddled baby Yamal for a charity calendar at Barcelona's Nou Camp stadium. The old photo was posted online by Yamal's father recently with the text:

"The beginning of two legends."





No licence needed...crossbow

Cooper to consider a law change on weapon

By **Flora Thompson**

THE Home Secretary is urgently considering whether tougher crossbow laws are needed in the wake of the Bushey killings.

Yvette Cooper will look at the findings of a Home Office review carried out earlier this year.

Ministers had considered tightening laws in a bid to stop the weapons being used in violent attacks.

The previous Government looked at bringing in firearms licensing-style rules in the wake of an attempt to kill the late Queen with a crossbow.

There is currently no registration system for owning a crossbow and no requirement for a licence.

But it is illegal for anyone under 18 to buy or own one.

Anyone carrying one in public without a reasonable excuse faces up to four years behind bars.

Checks

Plans for owners to face police checks were mooted as part of efforts to "step up action to prevent violence on our streets", the Home Office said earlier this year.

The department launched an eight-week consultation in February to see if there should be a licensing system to control the use, ownership and supply of crossbows, with anyone looking to buy one facing police checks.

A Home Office spokeswoman said: "We keep legislation under constant review and a call for evidence was launched earlier this year to look at whether further controls on crossbows should be introduced."

"The Home Secretary will swiftly consider the findings to see if laws need to be tightened further."

According to the Home Office, there were fewer than 10 killings involving a crossbow between 2011 and 2021 but the department said it was "clear that when used as a weapon, crossbows do pose a risk".



Killed...from left, Louise, Carol and Hannah Hunt

'They were the loveliest, gentlest family...they did not deserve this'

FROM PAGE ONE

Bushey, Herts. The veteran broadcaster had discovered the horrific scene as he arrived home on Tuesday evening. Sources said last night his wife was found in the hallway with a crossbow bolt in her chest while evidence of ligatures was near the victims.

One of the women is understood to have texted her partner, pleading with them to call the police.

A friend last night described the trio as "beautiful souls". Su Kehinde, 60, added: "They were the loveliest, gentlest family. They were the meekest human beings. They did not deserve this." Her daughter April, 32, said that Hannah "always had a smile, was hard-working, a hard grafter and really gentle."

Clifford was seen being put into

an ambulance in the Hilly Fields area of Enfield, North London by armed police and paramedics yesterday afternoon.

An all-ports alert had been sent out earlier as officers desperately tried to trace him. Police sources said the three women were tied up then shot in a "targeted attack" that may have also included "other weapons" at the £800,000 home.

Doorbell video footage had showed what appeared to be Clifford striding away from the house carrying a large object under a white sheet shortly before 7pm

Couple...John Hunt and his wife Carol

on Tuesday. Armed police descended on Lavender Hill Cemetery in Enfield, near his home, after a 3pm raid on a house yielded vital information. Clifford was found soon

after and needed emergency medical attention before he was carried to an ambulance that raced away to The Royal London Hospital. Police said shots were not fired.

DI Justine Jenkins of the Bedfordshire, Cambridgeshire and Hertfordshire Major Crime Unit said: "The suspect has been located and nobody else is being sought in connection with the investigation at this time."

Clifford is the ex-boyfriend of Louise who had ended the relationship just days ago. After serving briefly in the Army in 2022 he had most recently worked as a security guard.

Louise launched her dog grooming firm Groom and Glow from a pod in the family garden during lockdown.

Hannah worked as a beautician and both sisters lived at



MURDER HORROR



Suspect... doorcam snap; Louise with Clifford; right, Hunts' home; man taken off at cemetery



WHERE THE KILLINGS TOOK PLACE



Police discover three women with fatal injuries in property in Ashlyn Close around 7 pm, July 9

WATFORD

BUSHEY



Source: GOOGLE EARTH, PA

home. A near neighbour said Louise was so upset by the break-up she had crashed her car into a telegraph pole while returning home. Glyn Nicholas, 77, said: "She's a lovely, caring girl. Her sister Hannah and mother Carol are lovely as well."

Another local said she heard a woman's "shrill screaming" before "a swarm of police" arrived.

Shouting

The 46-year-old added: "We had armed police running down the road, shouting, 'Stay in your house'...they shut us off and basically put us into lockdown."

Highly-respected broadcaster Mr Hunt, 58, had been covering horse racing at Lingfield, Surrey, before returning to his detached four-bedroom property. Police raced to

Ashlyn Close after his frantic 999 call and paramedics found the women with "catastrophic" injuries, having been shot at close range. Despite desperate first aid attempts all three were pronounced dead at the scene.

BBC bosses told staff the murders were "utterly devastating" and they vowed to provide Mr Hunt with "all the support we can".

The former policeman has

worked for Radio 5 Live for 20 years and also covers races for Sky Sports. Many of his industry colleagues immediately paid tribute online, with ITV pundit Matt Chapman writing: "Impossible to comprehend the pain. Just know we are all here for you John. We love you pal - racing loves you."

While tearful fellow Radio 5 Live presenter Mark Chapman sent his "love and thoughts" after a "heart-

breaking day", adding at the start of the Euro 2024 pre-match show: "John Hunt is our colleague and our friend, not just to the current 5 Live sport team but to all of those who have worked here with him over the past 20 years and also to all of you who have enjoyed his superb commentaries."

While the manhunt was under way, members of the public were warned not to approach Clifford but to dial 999 as he was believed to be "armed and dangerous".

Enfield schools were put in lockdown. Jade-Simone Bacon, head of St Michael's Primary, said police told staff to continue teaching but to lock the building and not let pupils into the playground at break.

Home Secretary Yvette Cooper said that she was being kept fully informed about the investigation.

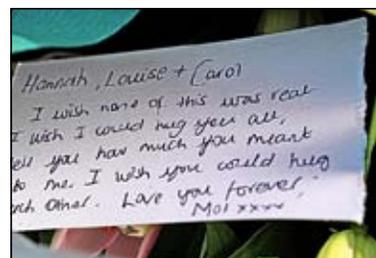
She is to see if laws around own-

ing deadly but easily available crossbows need tightening. There are thought to be some 300,000 in private hands but only a few are registered with clubs.

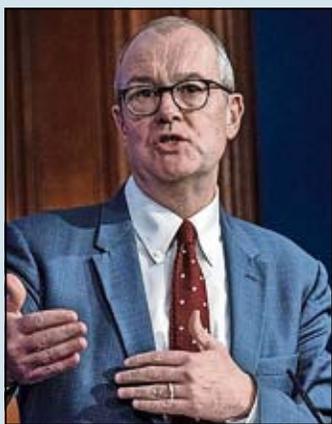
The murders sent shockwaves through what councillor Laurence Brass called "a typical leafy British suburb". Neighbour Derek Turner, 73, said: "It happened all of a sudden. The whole place went crackers...armed police in black uniforms with semi-automatic guns."

A blue and white forensics tent was erected in the front garden of the Hunts' home.

Clifford is the younger brother of murderer Bradley Clifford. He mowed down and killed moped passenger Sobhan Khan, 18, after a row outside a bar over Clifford's girlfriend. Then 24, he was jailed for life with a minimum of 23 years at the Old Bailey in 2018.



Tributes...flowers and a touching note left near scene of the murders



Brexit critic...Patrick Vallance

Minister: We need benign visa rules to help science

By **Christian Calgie**

THE new minister for science has taken a swipe at Brexit by suggesting migrant visa restrictions should be relaxed for the sake of the economy. Patrick Vallance, the former government chief scientific officer, called Brexit “definitely a problem for science” and for Britain’s role in the global scientific community.

Asked if the UK should adopt a “more benign” visa regime, Lord Vallance said the current hurdles to securing entry into Britain were too difficult. He said there is now “an opportunity there to try and make this easier again”.

Probed on BBC Radio 4 whether this could include relaxing rules about migrants bringing in dependants, Lord Vallance did not rule this out.

Reforming

He argued: “There are lots of different visa issues, including the cost, for people wanting to come to the UK and we need to think about how we can make the environment right for people who want to come and people we want to have here contributing to science.”

His comments came as it was reported the Prime Minister is planning to start reforming Brexit within days rather than months.

Sir Keir Starmer revealed he will use the 75th anniversary gathering of Nato to tell European leaders he wants closer ties with Brussels.

Lord Vallance told fellow science ministers yesterday that Britain must become a “reliable partner” and said a bid to host an international scientific research facility as part of a wider diplomatic “reset” is being considered.

He told the G7: “I am proud to join a new Government with a mandate for change, which also marks a reset in how the UK collaborates with the rest of the world, with humility and shared endeavour.”

Small boats crisis is before it gets better,

By **Sam Lister**
Political Editor in Washington DC

SIR Keir Starmer admitted the small boats crisis is likely to get worse over the next few months as he refused to commit to ending the Channel crossings.

Since becoming Prime Minister, around 500 migrants have arrived illegally on Britain’s shores.

But Sir Keir remained silent when asked by reporters if his ambition was to end the arrivals.

He insisted only that he will focus on smashing the criminal people-smuggling gangs behind the illegal crossings.

One of the Labour leader’s first acts on becoming Prime Minister was to “bury” the Rwanda deportation plan.

Quizzed by journalists travelling with him to Washington DC for a

Crisis...large groups arrive at Dover this week, including children



DAILY EXPRESS VOTE

Q Will Labour ever reduce the small boat crossings?

YES: 0901 133 4440

NO: 0901 133 4441

Calls cost 50p plus network access charge.

Yes text DXYES to 63333

No text DXNO to 63333

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You must have the bill payer’s permission. Vote closes at midnight tonight. The Daily Express may contact you by post, SMS and/or email with offers, goods or services that may be of interest to you. To stop receiving SMS messages please text ‘NSNOINFO’ to the originating number. SP: Spoke, 0333 202 3390.

Nato summit, Sir Keir was asked about how quickly he would reduce illegal migration.

He replied: “I have always said the previous government’s Rwanda policy was a gimmick, it wouldn’t be a deterrent.

“They argued, if I recall, that even the passing of the legislation would be a deterrent. It clearly hasn’t worked, wasn’t going to work – we’ve had record numbers coming over this year.

“That unfortunately is what we’ve inherited – we can’t change that overnight.”

Sir Keir was pressed on whether the situation will get worse before it gets better and admitted: “It can’t be changed overnight.”

He added: “What we can do is set up our first steps straight away. The Border Security Command, the Home Secretary made a statement in relation to that

Proposal... Sir Keir Starmer



MIGRANTS BEING RESCUED HAVE CRAFT SEIZED BY BANDITS

AN aid group that rescues migrants in the Mediterranean said one of its missions was halted by armed bandits who boarded a smugglers’ boat and sped away with it.

The migrants on the overloaded boat reportedly threw themselves in the sea on Tuesday.

SOS Mediterranean filmed the incident and said it occurred some 46 nautical miles north of Libya’s western coast, a frequent launching point for smuggling operations.

Volunteers were helping 93 passengers from the wooden boat on to their rescue vessel when two rubber dinghies approached.

A masked bandit leapt on to the migrant boat, and the remaining passengers threw themselves into the sea. The bandit took control of

By **Michael Knowles** Home Affairs Editor

the empty boat and steered it away as the SOS Mediterranean crew plucked people from the sea.

It was not clear if the bandits were trying to recover the boat for future smuggling operations.

When Italian maritime authorities encounter such boats, they intentionally sink them as a matter of maritime safety.

SOS Mediterranean’s Valeria Taurino said governments are providing fewer resources to rescue operations, leaving aid groups to do the job in increasingly dangerous situations.

Italy’s Premier Giorgia Meloni has made limiting migration a priority. The number of arrivals in Italy by boat this year (27,744) is less than half the 72,036 who had arrived by this time last year.

in terms of setting the command up.

“This a command that will lead on smashing the gangs, as I’ve said many times before, having been myself part of

operations that have taken down gangs. Police and prosecutors across borders gathering evidence and intelligence, sharing data, having an arrest strategy, a prosecution strategy, an evidence strategy, have successfully brought down many gangs, including terrorist gangs.

“I do not accept these are the

only gangs that can’t be brought down. I’m determined that our Border Security Command working with others will do so.

“That’s why it’s got such a rich mix of security and intelligence, alongside prosecutors, alongside law enforcement.

“And we will get on with the

likely to get worse Starmmer admits



Meetings to speed up a closer link with the EU

By **Sam Lister**

SIR Keir Starmer's plans to soften Brexit will take days not months thanks to two international summits.

The Prime Minister revealed he will use the 75th anniversary gathering of Nato to tell European leaders he wants closer ties with Brussels.

Next week, at a conference organised by Rishi Sunak, Sir Keir will hammer home his desire to unpick the exit deal.

He has taken the unusual step of taking his European minister, Nick Thomas-Symonds, Foreign Secretary David Lammy and Defence Secretary John Healey with him to Washington.

The PM said: "We've got the Nato summit within a week of the election, so we get the opportunity to strengthen our relations with various Nato leaders and others that are there, including EU leaders."

"Now that is a follow up, if you like, on some of the phone calls that I've already had with international leaders that I've been doing since the King invited me to form a government."

Opportunity

Sir Keir said he will double down on the message at a meeting of the European Political Community at Blenheim Palace. He said: "And then of course we've got the EPC coming up at the tail end of next week, so that's why I wanted Nick and David and John and me - I want to make sure we take full advantage of this opportunity."

"These are meetings that would probably take months and months and months for us to fit in as a team, if we were not taking advantage of this summit for the purposes of those relations and the EPC."

"The central purpose is obviously all about Nato but it is a very important opportunity to strengthen those relations."

During the General Election campaign, then shadow chancellor Rachel Reeves said she wanted to seek closer alignment with EU rules in the chemicals and veterinary sectors, better touring rights for UK artists, and greater mutual recognition of qualifications for financial services workers.

Sir Keir said a defence and security pact with the EU is "really important to us".

"I do think there is scope for a significant improvement of our defence and security relationship with the EU," he added.

ANALYSIS

SAM LISTER

Political Editor



KEIR Starmer beamed as he strode on to the stage at Nato to be officially welcomed by Joe Biden yesterday.

Riding high on an electoral landslide, Sir Keir is clearly enjoying the role he spent four years coveting. But there was one major warning sign of things to come - Sir Keir appears to have no answers on one of the biggest issues of the day and he dealt with it in the most unusual way.

Rishi Sunak had warned the Labour leader did not have any solutions to the Channel crisis after he floundered nine times when pressed on his plans. Quizzed by reporters on the issue, he insisted a new quango, Border Command, will sort out the problem.

But on the third time being pressed on whether he is committed to stopping the boats, the PM just stopped speaking yesterday. In the awkward moments after, his eyes darted around looking for someone to help move on the questioning. It brought back the time during a debate when a member of the public said he was robotic, only for him to apparently malfunction as he tried to find a reply. After a lifetime asking the difficult questions, Sir Keir appears to be struggling to answer them.

recruitment and setting up that command at speed."

When challenged if his ambition is to actually stop the boats, he remained silent. Asked again if he intended to end the crossings, he replied: "Nobody should be making these crossings. The numbers are going up, not down."

"That is why we want to smash the gangs to stop those crossings."

Record

"What I'm not going to do is pick an arbitrary date, an arbitrary number, because that hasn't worked in the past. But I do want to be clear that my intention is to break down the gangs that are running this vile trade, putting people into boats on the coast of France."

"Nobody, but nobody, should be making that crossing."

Some 419 migrants were detected crossing the English Channel on Tuesday, and 65 the day before, following five days with no arrivals. A large group was pictured arriving at Dover on

Tuesday aboard an RNLI lifeboat. Since the start of the year, more than 14,000 migrants have arrived, a figure 10% higher than it was by July last year.

There were 29,437 arrivals across the whole of 2023, down 36% on a record 45,774 in 2022.

Sir Keir pledged during the election campaign to set up a new Border Command that would bring together more specialists and intelligence officers to smash the gangs.

But he refused to set any targets for how far the Government expects to reduce crossings by, and what deadline he will work to.

Kevin Saunders, who has led Border Force teams in Calais, said migrants in northern France had been worried about the Rwanda deportation plan.

He said some waiting to cross the Channel had "come up with a name for Sir Keir, which I think means 'the friendly one', because they all believe that he's going to be very good for illegal migration".

OPINION: PAGE 12

PM may release prisoners

SIR Keir Starmer hinted he is ready to let thousands of prisoners out after finding the jails are in a worse state than expected.

The Prime Minister accused the Conservative Party of being "reckless" by allowing the situation to get so bad.

Prisons in England and Wales are almost at total capacity with only around 1,400 spaces of the 88,864 available.

The previous government allowed some inmates to be released from jail up to 70 days early, to free up prison cells, but concerns have been raised that dangerous criminals could end up being eligible.

Officials insist offenders will continue to be supervised under strict conditions.

The Ministry of Justice is already building six new

By **Sam Lister**

prisons to generate an extra 20,000 places, with 6,000 having been created already.

Sir Keir has not said yet if he will continue with the programme as it is.

The Prime Minister said that an announcement on the prisons crisis will be made soon.

He explained: "Some of what we've found is shocking, not so much about the finances, but I have to say on prisons."

"The situation is worse than I thought it was."

"I'm pretty shocked that it's been allowed to get into that situation."

"It's reckless to allow them to get into that place. We'll be saying more about that in short order."



Accused...Majid Freeman

Supporter of new MP faces terror charges

By **Steph Spyro**

A CAMPAIGNER for a pro-Gaza MP who unseated Labour's Jonathan Ashworth has been charged with terrorism offences.

Majid Novsarka, also known as Majid Freeman, is accused of encouragement of terrorism and supporting a proscribed organisation, police confirmed.

Freeman, 36, who backed pro-Palestinian independent candidate Shockat Adam, now MP for Leicester South, has been released on bail.

He is due to appear at Westminster Magistrates' Court on July 24.

Former Shadow Paymaster General Mr Ashworth's defeat by around 1,000 votes was one of Labour's biggest shocks in last week's general election.

Condemn

Mr Ashworth has now called on Mr Adam to condemn Freeman and those organising demonstrations defending him.

He added: "Decent-minded people across Leicester will expect their new MP to publicly and without equivocation provide a full account of all his dealings with this individual in the campaign."

It is unclear if Freeman has any formal association with Mr Adam, but he was a vocal supporter of him on social media.

Freeman shared numerous posts calling on people to unseat Mr Ashworth.

During the election campaign, Freeman also challenged Mr Ashworth, who abstained from the Gaza ceasefire vote, while he was canvassing.

Mr Adam has been approached for comment.

By **Martyn Brown**
Deputy Political Editor

DEFENDING Britain is more important than the National Health Service – and military spending should be ramped up to at least 3% of GDP, the former head of MI6 insisted yesterday.

Sir Richard Dearlove warned the UK is now facing its most dangerous period since the Cuban Missile Crisis in 1962.

But he said neither the Labour Party nor the Conservatives had told voters how perilous the defence situation was during the run-up to the general election.

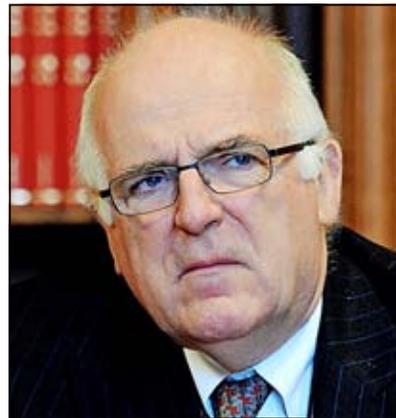
The former intelligence chief was speaking on the same day that new Prime Minister Sir Keir Starmer was meeting leaders at a Nato summit.

Sir Richard said: "I think one of the really terrible things about the election campaign was the fact that neither party really described to the voters the seriousness of the situation that we face at the moment.

"In my view, actually our defence expenditure should be around 3%, maybe even a bit higher."

"There is an urgency. This is a major problem.

"It's more important – and you know, people won't accept this from me – it's more important than the National Health Service, I'm sorry.



Military alert... Sir Richard Dearlove

We've lived through dangerous periods before, but this probably is the worst during my adult career.

"Probably the worst during my life was the Cuban crisis, when I was at school on the East Coast of the United States.

"We're looking at a complex series of relationships, which imply a much more serious security situation than we've seen in many, many years."

He said the West should have been "much more clear cut" in putting pressure on Russian President Vladimir Putin after the tyrant invaded Crimea in 2014, and that it had "closed its eyes to the escalation of the problem".

Sir Richard pointed to Polish defence spending, at 3.92%.

All members of Nato are signed up to an agreement to spend the equivalent of 2% of their gross domestic product on defence per year.

In 2023, 11 Nato countries met this pledge. Poland spent the most, closely followed by the US on 3.24% and Greece on 3.05%.

The UK was the eighth biggest military spender, on 2.28%.

France, which spent just 1.9% of GDP, did not meet the target.

Yesterday, a smiling Sir Keir was seen greeting Ukraine President Volodymyr Zelensky with a hug at the summit in Washington DC.

He stressed a new British Government meant "no change of approach" in UK support for Kyiv.

'Defence is more crucial than the NHS in a world full of danger'



Facing calls to quit race...Joe Biden

PM: Peer purge at 80

SIR Keir Starmer has denied his plans to force peers into retirement at 80 means Joe Biden is too old to be leader of the free world.

The Prime Minister insisted his House of Lords reforms did not reflect his views on the 81-year-old US President's ability to serve, but that Parliament's upper chamber was too big.

Mr Biden is under intense pressure to quit the race for the White House after a dismal televised election debate that sent shockwaves across America.

Sir Keir said yesterday: "We've got 800-plus members of the House of Lords. It's simply too big.

By **Sam Lister**
Political Editor in Washington

We need to reduce it. So it doesn't reflect on how other elected representatives are chosen in other countries, it's to do with the size of the House of Lords."

Sir Keir held one-to-one talks with President Biden yesterday and he and his wife Victoria later attended a glitzy dinner at the White House.

Meanwhile, Hollywood actor and prominent Democratic Party fundraiser George Clooney issued a damning call for Mr Biden to quit the US presidential race against

military chiefs warning Britain is unprepared for the threat of war.

Sir Keir has refused to guarantee that he will meet his flagship commitment on defence spending within his first term in office, despite a "cast iron" promise to get there.

Philip Ingram, a former colonel in UK military intelligence, has accused

the Government of "playing with fire" because the "threat is now".

And Admiral Lord West, a former Navy chief and security minister, claimed the new administration was "delaying spending money" by not setting out a plan.

Sir Keir has said a defence spending review must be carried out

Pictures: GETTY, PA



All smiles...Sir Keir meets Presidents Zelensky, Biden and Macron in US

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Suella hits back at Kemi jibe that she's having breakdown

SUELLA Braverman hit out at Tory leadership rival Kemi Badenoch's claim that she is having a breakdown, as the pair's rancour became public. Shadow Housing Secretary Ms Badenoch is said to have used Rishi Sunak's first ever shadow cabinet meeting to criticise his election campaign – and accuse Ms Braverman of having a “very public” nervous breakdown.

Yesterday she said it was a “shame” the details were leaked, but confirmed she felt there was “too much nodding along in the room” and did not deny making the nervous breakdown remark.

This led former home secretary Ms Braverman to blast: “I'd be interested in knowing whether Kemi thinks I'm having a ‘very public nervous breakdown’.”

The spat came just hours after Shadow Home Secretary James Cleverly called for the party to unite against “bitter infighting” – and after polling from JL Partners showed Ms Badenoch is less popular

By **Christian Calgie**
Senior Political Correspondent

among Tory members than Ms Braverman.

Meanwhile Rishi Sunak repeated his apologies for the election's outcome at a poorly attended meeting of the 1922 Committee yesterday.

Tory MP Sir Bernard Jenkin said afterwards that the issue of an interim replacement leader for Mr Sunak was not discussed.

But there was further chaos yesterday as Tory backbenchers went to war with the 1922 Committee once again when a vote for which MPs will join the Party Board fell apart due to ballot problems –

and MPs either voted or went home before they were fixed.

A senior Tory backbencher told the Express: “The 1922 Committee are incapable of organising a social event in a beer production factory!”

Once elected, the Party Board and 1922 Committee will meet to begin finalising a leadership election timetable.



Wading into row... Suella Braverman

‘Labour’s ban on conversion therapy cannot be rushed’

SIR Keir Starmer has been warned against rushing a ban on conversion therapy amid fears it could prevent children who are questioning their gender from getting help.

Organisations have written to the Prime Minister asking him to commit to five tests before going ahead with Labour's manifesto pledge for a “fully trans-inclusive ban”.

Helen Joyce, of gender critical group Sex Matters, said: “It is vital that the new government takes the time to think through the knock-on impacts of any legislation.

“If it rushes, it risks catastrophic harm to the vulnerable young people it is seeking to protect.

“Ethical therapists are afraid to offer open-ended, evidence-based support to gender-questioning young people for fear of being maliciously reported to their regulatory bodies for practising ‘conversion therapy’. Teachers have made referrals

Impacts...Ms Joyce of Sex Matters

By **Katie Harris**
Political Reporter

to social services when loving parents do not rush to affirm a troubled child's adoption of a trans identity.”

The tests include whether there is strong evidence of abuses that cannot be prosecuted under existing laws and if new legislation would be consistent with recommendations in the Cass Review, which concluded kids were being let down by weak evidence on gender care.

Sex Matters CEO Maya Forstater, Women's Rights Network director Heather Binning and The Lesbian Project co-directors Julie Bindel and Kathleen Stock are signatories of the letter.

Labour's manifesto dubbed conversion therapy “abuse”, adding: “Labour will deliver a full trans-inclusive ban on conversion practices, while protecting the freedom for people to explore their sexual orientation and gender identity.” Downing Street was asked for comment.



is no swipe at Biden



Air time...PM grilled by press on flight

Donald Trump. It came hours after senior Democrat Nancy Pelosi swerved questions about whether Mr Biden should continue. Writing

in the New York Times, Ocean's Eleven star Clooney, 63, said the President had won many battles in his career, “but the one battle he cannot win is the fight against time”.

He said it was “devastating to say it” but the Mr Biden he met at a fundraising event three weeks ago was not the “Joe ‘big ****ing deal’ Biden of 2010. He wasn't even the Joe Biden of 2020”.

Clooney added: “He was the same man we all witnessed at the debate.

“This is about age. Nothing more. We are not going to win in November with this President.”

before decisions are made on raising it to 2.5% of GDP and Labour's manifesto has set out a timescale of a year. But new Armed Forces minister Luke Pollard yesterday said the government wants to deliver the review faster “because of the urgency of the situations we're facing”. He told Times Radio: “The

Prime Minister's been very clear; he wants this review delivered at pace.”

Mr Pollard said he had been “reassured” by military officers that “we have the ability to defend Britain”. And he told BBC Radio 4's Today programme: “What we want to do is make sure we're filling the gaps to deter any future aggression and

defeat it if necessary.” The minister denied Labour had not done “any homework” to determine which areas were most in need of funding before taking power.

He told Sky News: “That's not true...in opposition you don't get access to the classified briefings, the intelligence that would be required to set out what shape and size our armed forces should be.”

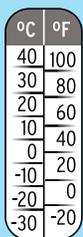
Meanwhile former Defence Secretary Ben Wallace said it is vital the Labour government sets out its military spending timetable – fast.

In a post on X, he said: “Giving a timeframe is very important. Without it the Office for Budget Responsibility and Treasury will make no provision for it and see it as a hollow political statement.”

He urged the Government to deliver its defence review before the Treasury Comprehensive Spending Review. Otherwise, he warned, overall government spending will be set for three to four years “and it won't be possible to fund properly what is needed”.

Meanwhile, shadow defence secretary James Cartlidge has written to his opposite number, John Healey, demanding some “clarity” on the funding plans.

WEATHER FORECAST



Today's summary: Patchy cloud with some sun

North West Coast: Dry and mostly cloudy, but sunny spells are possible at times. A light to moderate northerly wind. A cool day for July. High 15C (59F).

South West Coast: Generally fine, as it is going to be dry and bright with sunny spells and patchy cloud. A moderate northerly breeze. High 17C (63F).

South Central Ireland: It is going to be mostly cloudy, possibly with occasional rain, though this will be light. A light to moderate northerly wind. High 17C (63F).

East Coast: It is expected to be cloudy, with light rain during the morning. The chance of some sunny spells. A gentle northerly breeze. High 17C (63F).

North Central Ireland: It will be dry and mainly cloudy, although some sunshine should break through. A light to moderate northerly wind. High 15C (59F).

Northern Ireland: It is set to be dry with some sunshine, but generally a lot of cloud throughout the day. A moderate northerly breeze. High 15C (59F).

Outlook tomorrow:

It will be quite a cloudy day, though some sunshine is set to break through at times. The small chance of a light shower in places. Gentle to moderate northerly winds.

Ireland Extremes: Warmest: Cork 19C (66F)
Coldest: Banagher Caugh Hill 10C (50F)
Wettest: Helen's Bay 1.03in.
(24 hours to 2pm yesterday)

First Quarter
13 July

SIX-DAY FORECAST

	FRI	SAT	SUN	MON	TUE	WED
	min max					
London	12 18	11 19	13 22	13 21	14 21	13 21
Belfast	11 16	11 18	11 18	11 16	11 18	12 18
Birmingham	10 16	10 17	11 20	12 19	12 20	12 21
Cardiff	11 18	10 19	11 20	12 19	13 19	12 20
Glasgow	11 18	12 18	12 17	12 17	12 17	12 18
Manchester	11 16	11 16	12 19	12 19	12 19	12 20
Newcastle	11 14	11 14	12 17	12 18	11 20	12 20
Norwich	12 16	11 16	12 19	12 22	12 21	13 21
Plymouth	11 17	11 18	13 19	13 18	13 19	13 19

24 hours to 5pm

	SUN (hrs)	RAIN (ins)	TEMP (min) (max)
Aberdeen	0.0	1.06	12 12
Aberporth	0.2	0.06	13 14
Airwick	0.1	0.04	13 16
Belfast	0.0	0.52	11 14
Birmingham	1.7	0.01	15 19
B'mouth	7.4	0.00	15 20
Bristol	4.6	0.03	14 18
Cardiff	2.5	0.04	14 17
Durham	0.0	0.46	14 15
Edinburgh	0.0	0.26	11 16

Lighting-up times

Belfast	9.55pm-5.04am
---------	---------------

Britain yesterday

Glasgow	0.9	0.12	11 19
Hull	1.6	0.02	16 21
Ipswich	3.3	0.00	15 20
Leeds	1.7	0.22	15 19
Lincoln	2.9	0.01	16 20
London	2.4	0.00	16 22
Manchester	0.1	0.13	16 19
Oxford	5.3	0.02	15 20
S'hampton	5.0	0.02	16 20
St Andrews	0.7	0.17	11 17

Moon, sun and tides

MOON rises: 11.15am, sets: -
SUN rises Dublin: 5.11am, sets: 9.48pm
Manchester rises: 4.54am, sets: 9.33pm

HIGH TIDE

Waterford	(10.20am), (10.40pm)
Limerick	(11.17am), (11.28pm)
Galway	(9.39am), (9.48pm)
Cobh	(9.40am), (10.02pm)
Dublin	(3.35am), (4.09pm)
Belfast	(3.16am), (3.48pm)

London: 9.14pm-4.58am
Manchester: 9.33pm-4.55am
Newcastle: 9.40pm-4.44am

Today

	Weather	C	F
Amsterdam	Fair	20C/68F	
Brussels	Fair	23C/73F	
Dublin	Rain	17C/63F	
Frankfurt	Showers	27C/81F	
Geneva	Thunder	28C/82F	
Lisbon	Cloudy	27C/81F	
Madrid	Sunny	37C/99F	
Paris	Showers	24C/75F	
Rome	Sunny	33C/91F	

Tomorrow

Amsterdam	Showers	17C/63F
Brussels	Showers	17C/63F
Dublin	Cloudy	17C/63F
Frankfurt	Thunder	25C/77F
Geneva	Thunder	23C/73F
Lisbon	Fair	26C/79F
Madrid	Sunny	34C/93F
Paris	Rain	19C/66F
Rome	Sunny	31C/88F

Around the world yesterday

Amsterdam	Shwrs	20	68
Athens	Sunny	37	99
Barcelona	Sunny	27	81
Berlin	Shwrs	21	70
Budapest	Sunny	35	95
Cairo	Sunny	36	97
Cape Town	Rain	16	61
Casablanca	Sunny	25	77
Corfu	Sunny	37	99
Dublin	Rain	13	55
Dubrovnik	Sunny	34	93
Faro	Sunny	25	77
Florence	Sunny	34	93
Gibraltar	Sunny	26	79
Guernsey	Fair	16	61
Hong Kong	Fair	30	86
Istanbul	Sunny	32	90
Jersey	Fair	18	64
Larnaca	Sunny	33	91
Las Palmas	Sunny	28	82
Los Angeles	Sunny	23	73
Luxor	Sunny	40	104
Malaga	Sunny	26	79
Mallorca	Sunny	27	81
Malta	Sunny	32	90
Melbourne	Sunny	12	54
Miami	Cloudy	33	91
Moscow	Sunny	24	75
Nairobi	Cloudy	19	66
New Delhi	Shwrs	36	97
New York	Fair	30	86
Nice	Sunny	27	81
Nicosia	Sunny	37	99
Perth	Thndr	18	64
Prague	Fair	29	84
Singapore	Thndr	30	86
Stockholm	Fair	21	70
Sydney	Sunny	18	64
Tel Aviv	Sunny	34	93
Tenerife	Sunny	27	81
Toronto	Cloudy	27	81
Tunis	Sunny	32	90
Venice	Sunny	32	90
Vienna	Sunny	33	91
Warsaw	Sunny	32	90

Queen Camilla

By **Liz Perkins**
at Wimbledon

THE Queen served up a surprise visit to Wimbledon yesterday, even joining in with the crowd's Mexican wave.

Tennis fan Camilla appeared at the South West London venue and enjoyed watching play on the 10th day of the championships.

Her cream linen dress with large giraffe motifs by Anna Valentine was set off by a Jack Russell brooch from French jeweller Van Cleef and Arpels.

Camilla told former British No1 Laura Robson, who now works in international player relations at the All England Club, it was "so nice to be able to escape for a day".

She praised head gardener Martyn Falconer, who has worked at Wimbledon for 25 years and cares for all the plants around the grounds, telling him: "It all looks fantastic. It always looks absolutely perfect."

Camilla also met a namesake:

TENNIS SHOWS ITS GREEN CREDENTIALS

WIMBLEDON is paying for nature-boosting projects to offset the pollution created by the tournament.

Among them are hedgerow-creation schemes on our own shores and solar energy initiatives in Africa.

Tech startup Pinwheel said: "We are thrilled that Wimbledon is supporting eight fantastic projects that will help remove carbon and restore nature."

"I hope it will inspire other sporting events to invest in nature." Partner Protect Earth added: "Hedgerows provide critical habitats and food sources for wildlife and can sequester twice as much carbon dioxide as a woodland."



Camilla, daughter of Mexican doubles specialist Santiago Gonzalez, introduced herself and shook hands.

The Queen said: "Fancy having two Camillas here" and asked if she would like a photo of them together before she peeked at the youngster's Wimbledon pass.

She chatted to ball girl Natalia, from Burntwood School in Wandsworth, and ball boy Yug, from Harris Academy Wimbledon, asking them which courts they worked on and how much they had been enjoying the experience.

Camilla was introduced to the welcome line-up by Deborah Jevans, chairwoman of the All England Club, before she headed to the Royal Box on Centre Court.

The Princess of Wales's parents

Carole and Michael Middleton joined the Queen, with Princess Anne's daughter Zara Tindall and her husband Mike, while Zara's brother Peter Phillips was accompanied by his girlfriend Harriet Sperling. Other famous faces included Abba's Bjorn Ulvaeus, screen stars Richard E Grant, Sir David Suchet

Faces...Keira Knightley; top, Richard E Grant, Lord Hague, Feargal and Elizabeth Sharkey, Peter Phillips and Harriet Sperling

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joins Wimbledon net set

Pictures: TIM MERRY; MIKE EGERTON/JORDAN PETTITT/PA; KARWAI TANG/WIREIMAGE



Sister act...
Annabel left
and Camilla



Famous fan...
Sir David
Suchet



Wimbledon
waves...
the Queen
yesterday;
right, Zara
Tindall and
husband
Mike, the
ex-England
rugby ace

and Keira Knightley, singer and activist Feargal Sharkey plus former Tory leader Lord Hague. Camilla, joined by her interior designer sister Annabel Elliott, watched former Wimbledon champion Elena Rybakina of Kazakhstan who beat Ukraine's Elina Svitolina in the quarter-final 6-3, 6-2.

Rybakina said afterwards it was "amazing" to have the Queen there watching, while Svitolina told the Daily Express yesterday it meant a lot to her to find out later that Camilla had been in the Royal Box. She said: "Yes, it's very sad for me because I couldn't win this match today in front of her. But of course,

it's such a big privilege to play Wimbledon in front of the Queen." Referring to her country's invasion by Russia she added: "The support that Ukraine been getting from United Kingdom been really unbelievable. We couldn't thank enough for all the people, as well, that let a lot of Ukrainians use their homes."

Martina and JK pair up

By Liz Perkins

MARTINA Navratilova celebrated her time in Wimbledon by going out to dinner with author JK Rowling. The record nine-times champion, 67, has been vocal in her opposition to trans participation in women's sport and shares the same view as the Harry Potter writer, 58.

Martina said she was "on the right side of history" although she had been "jettisoned" by some LGBT groups over her stance on transgender athletes playing in women's sports.

JK Rowling, in a post on X said: "Last night some friends and I had dinner with the queen over the water."

Martina, who has made a documentary with former rival Chris Evert, 69, following their cancer battles, said: "I'm right on most people's opinion about women's sex-based spaces, and especially sports. They need to stay female."

Novak's 10th year at love

By Liz Perkins

SEVEN-TIMES Wimbledon champ Novak Djokovic may not have played yesterday, but he did celebrate a match - on his 10th wedding anniversary.

Novak, 37, shared a montage of special moments with his wife Jelena, 38, on Instagram.

Using the song Islands in the Stream as a soundtrack, he shared snaps of them hugging their two children and playing tennis rackets like guitars. He wrote: "Ten years as teammates Ten years together / Ten years Jelena / I love you forever."

The star was due to take on Alex de Minaur, 25, but he pulled out due to a hip injury, giving Novak a bye into the semis.

Actress and Djokovic fan Keira Knightley, 39, sent the pair best wishes and said she would scoff "strawberries and cream".



Touching...snap of young Novak and Jelena posted by player, left

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Labour shows no sign of post-Rwanda confidence

IT WAS easy for Sir Keir Starmer to criticise Conservative efforts to stop small boats when he was in opposition.

His task is much harder now that he is in Number 10. Sir Keir was quick to scrap the previous Government's Rwanda plan – but voters want to know when the Government he leads will bring unlawful Channel crossings to an end.

Faced with this simple question, however, the Prime Minister was lost for words. It may be a statement of fact that the numbers making the journey from France are likely to rise in the short term.

To be fair to Sir Keir and his colleagues, it might take time for new measures to start having an impact. What is worrying, however, is that the Prime Minister clearly felt unable to promise that small boat crossings will one day be stopped or reduced to a negligible figure under his watch.

Instead, he fell back on the mantra that “nobody should be making these crossings”, which is nothing more than a statement of the obvious.

Labour is pinning its hopes on a revamp of the UK Border Force. Sir Keir and Home Secretary Yvette Cooper talk about this as if it is a new organisation, but of course it already exists. We must hope the planned new command structure does indeed make the Border Force more effective, but it is striking that the Prime Minister appears to have little confidence in his own policy.

Voters will be unimpressed if the new Government fails to stem the tide of arrivals soon. The Tory Rwanda plan was at least a deterrent and the only justification for ending it would be if Labour had something better up its sleeve.

There is currently little reason to think it does.

William's inspiring vow

CAN we end homelessness? We all want to, but it's tempting to think that the challenge is just too big and too difficult ever to be overcome.

Prince William disagrees. He believes it really is possible to ensure nobody in our society is homeless. The Prince of Wales is to be congratulated for his efforts to stem this shameful injustice.

His example may also spur on others to have confidence that the problem really can be eliminated and to take the steps needed to ensure it happens.

Lions did country proud

WHAT a result! There is jubilation across the country after England made it through to the Euro 2024 final. We have faith that Gareth Southgate's men can make the nation's dreams come true when they battle Spain on Sunday – and we will be cheering them on all the way.

DXIST

Quitter Cameron's just a sorry blip in country's history.



Picture: LEON NEAL/GETTY

SECEDING SECRETARY: Lord Cameron left very few surprised by leaving his post

ANOTHER day, and another Tory implosion. This time in the form of ex-leader David Cameron, who has resigned as Shadow Foreign Secretary following his party's catastrophic defeat in the General Election.

Quelle surprise! Cameron quits again. And, once more, at the worst possible moment. This time, he cited his inability to hold Labour's new Foreign Secretary David Lammy to account from the House of Lords. Really, is that the excuse?

I suppose accountability wasn't much of an issue when he couldn't challenge the Opposition in the House of Commons because he wasn't an elected MP. It's one rule for me and another for thee.

Nonetheless, is anyone really surprised? Jumping ship is what our dear Lord Cameron does best. He did it after the Brexit vote in 2016 and he's doing it again now.

When the going gets tough... David Cameron gets going.

Many will wonder why he even bothered to take on the role of foreign secretary in the first place, since he's so quick to give it up. It certainly wasn't for love of country, duty or any of the other empty platitudes he's known for bandying about.

That much, I can assure you. He accepted his peerage and the cabinet role for one reason and one reason only – another bite at the cherry.

UNLIKE his successors, notably Boris Johnson and Liz Truss, Lord Cameron is not oblivious to the fact he is the subject of national disdain. His track record is a sorry blip in history – both ineffectual and uninspired. The poor man's heir to Blair that never really took off, if you will.

From failing to reduce annual net migration to the UK to “tens of thousands” (as he twice promised), to failing to meet house building targets

(and worsening the housing crisis), to then failing on the Brexit vote – which he walked away from in disgrace – Lord Cameron's career has been largely characterised by one word: failure. And it's been one after another, like a set of falling dominoes.

Is it any surprise, then, that he decided to take on a key role in the dying days of a government that flirted with everything he ideologically opposed? A government that tried to get tough on immigration, reform the welfare system and made murmurings about the desperate need for radical NHS reform?

Why else would David Cameron find himself in a government that had made the likes of Suella Braverman home secretary and made a point of being willing to leave the ECHR to get the Rwanda scheme over the finish line?

It certainly wasn't because his views had changed. It just hap-

pened to be what suited him at the time. With this latest stunt, however, it's clear that David Cameron is interested only in serving himself. It's such a shame that, just like in 2016, his lordship has chosen to scurry off at such a pivotal point in the country's history.

Russia's war in Ukraine rages on. Thousands of people continue to be killed in Gaza while dozens of Israeli hostages remain trapped. Xi Jinping's China continues to threaten Taiwan with impunity, and all the while, Joe Biden, the “leader of the free world”, can't tell his leg from his elbow.

The West has never been in more desperate need of competent, reliable leadership. How will history remember Lord Cameron for once again putting personal gain above service? As a “noble” public servant, who ran into a string of bad luck?

I doubt it. After all, this is the same man who lobbied unsus-

cessfully for government-backed loans on behalf of a finance company he made millions of pounds from.

The scandal was made worse because it came to light during the pandemic, a time when the country was on its knees and fraudulent government contracts were being handed out left, right and centre.

TRUE service means staying when times get tough – not running off to salvage what is left of one's reputation. He has not only proven to be a failure, but a coward too. A man who talked a big game but never had the guts to stick around in hard times.

I can't say Cameron's resignation is any great loss – he was already deeply unpopular within his own party.

However, now David Lammy is Foreign Secretary, Britain needs all the help it can get.

If Mr Lammy's appearance on Celebrity Mastermind back in 2009 is anything to go by, history students will soon be taught that Marie Antoinette won the Nobel Prize for physics; Henry VII became king when Henry VIII died, and Red Leicester is the blue cheese that accompanies port. God help us!



Esther Krakue

Daily Express columnist

'Cameron has not only proven to be a failure, but a coward too'

Lesley-Ann Jones

Guest columnist

Unbearable agony of a miscarriage never goes away

TANA Ramsay, below, re-lives her experience of miscarriage, lamenting that neither she nor her husband will ever get over their loss. The 49-year-old wife of incendiary chef Gordon says that not one of their six children could replace baby Rocky, who died in 2016.

"I still suffer so much guilt," said Tana on the Postcards From Midlife podcast. "Did I, should I have known something? Should I have done something differently?"

I know how she feels. I miscarried my second child in 1996. A routine check-up at the hospital during my fourth month brought an expression to my consultant's face that he tried but failed to disguise.

Moments later on the examining table, cold gel was applied and an ultrasound probe rolled over my abdomen. The monitor was turned away from me. I knew before they uttered a word that there was nothing there.

My baby's silent heartbeat still deafens. Its tiny thud can still wake me at night. He lurks there on the top shelf of my mind, dormant most of the time, but larger than life around his due date and at Christmas.

Whenever I get together with my children, I think: "There should be four of you, not three."

"You can't miss what you didn't have," my ex-husband used to say to me.

Was his lack of sympathy and insistence on moving forward his way of dealing with unbearable emotion? Perhaps. I'll never know.



Correct answer to a loaded question

DISHWASHER wars are alive and whizzing. In some households, there is no more terrifying threat to happiness and harmony. The way we load (title for a film?) is said to be one of the top five reasons why couples argue.

Who knew, however, that it is not just a matter of personal preference?

Our dishwasher stacking style affects the machine's ability to clean.

So here's a rule of thumb: if you eat off it or out of it, pop it on the lower level, dirty sides facing the middle. Mugs should go along the middle of the top basket, glasses on the outside.

Oh, and never rinse before you fill. It's not a euphemism.

Political heavyweight could save kids' lives

LET'S DO the elephant in the room. And no pussy-footing around the pachyderm. Make a note of his name. Because former postman Paul Mason could be the jewel in the Government's shiny new crown. Lord knows, he owes us. Paul, you may recall, from his shocking ITV documentary *The World's Fattest Man* and its sequel *The World's Fattest Man: 10 Years On*, is the Ipswich-born heavyweight who expanded to 80 stone by gorging on fry-ups, 40 chocolate bars and three family-sized takeaways a day. His weekly consumption was a heart-detonating 140,000 calories. It should have killed him.

After a gastric bypass in 2010, and "finding love" – with eight-stone vegetarian American Rebecca Mountain (yes), 13 years his junior, who saw him on telly and fell for him – he moved to the States and they got engaged. In 2015, during nine-hour surgery in New York, he had four stone of excess skin removed. The NHS had refused to perform the £30,000 operation until his weight had been stable for two years.

The relationship burned out. Paul piled on the pizza and was freighted home. Now 64, he lives in a purpose-built flat in a residential care facility on the South coast. Unable to walk, he scoots about in an extra-wide motorised wheelchair. He has a new hobby: gardening.

"I just want to use my time to help others," he says, "and make sure they don't make the same mistakes I did."

Prime Minister and Health Secretary Wes Streeting, are you listening? You've made some smart appointments so far: Sir Patrick Vallance KCB as Minister for Science and cobbler/key-cutter James Timpson as Minister for Prisons. How about Paul Mason as

Pictures: GETTY



Indie duo Jack and Daisy are music to pop guru's ears

A CHUM of mine retired to Spain after a life well spent in the music industry, and vowed never to listen to another unsolicited tape. That was until Allan James happened upon a duo in a local bar. You can't keep a great record plugger down.

The promotion and PR guru revered for his success with Elton John, Kim Wilde, Bryan Adams, Toyah, Robert Plant, Judie Tzuke and more knows a winning harmony when he hears one. Now Eurythmics star

Dave Stewart and Rolling Stones producer Chris Kimsey are clamouring to work with Jamesie's new protegés Jack and Daisy, above.

The British duo have performed up and down the Spanish East Coast. They're now venturing back to London, where their gigs are selling out. Find their single *The Little Things* on YouTube. Wallow in their angelic vocals and ethereal harmonies. Swoon to whispers of Fleetwood Mac and the Eagles. You heard it here first, right?

Minister for Obesity? Because if anything is going to scoff the life out of our NHS, it's mass overeating and physical inactivity.

Obesity costs the health service around £98 billion a year. In the year 2022-2023, 64 per cent of adults in England were estimated to be overweight or obese. A quarter of English children are obese when they leave primary school. Indicating that at least 56,000 children are set to grow up

at increased risk of Type 2 diabetes, cancer and mental health issues, and will live shorter and more miserable lives.

The campaign must begin in schools. So dust off those documentaries and make them compulsory viewing. Put Paul on the road, in one of those mobile units they use for mammograms in supermarket car parks. Who better than he who has lived it and looks the part to demonstrate the dam-

age caused by excess confectionery, crisps, energy drinks and take-aways? Look, kids: you too could be like me. Just keep doing what you're doing.

We can sit here and huff with indignance. We can denounce him as selfish, entitled and irresponsible. We may rant that his ilk are not what the NHS is for.

Or we can put the elephant man in the classroom and watch them reach for their five-a-day.

EIGHTIES ICON DECKER'S GOT T'PAUER

WE MUST all do our bit for the planet, T'Pau's flame-haired frontwoman Carol Decker reminds us gleefully: "I've just unplugged a row of electric cars that no one was using."

It reminds me of the mum on holiday with her two kids who, on arriving at the pool and finding that every last sun lounger had been pre-bagged, encouraged the nipper to round up the towels and hand them in at the front desk with a cheery, "Look, loads of people have lost these!"

It has to be worth the price of an all-inclusive to try this.

TALKING of tips: the internet is awash with space-saving, time-saving, life-saving advice to make your existence easier. But we of nobler vintage know that most of these have been around for donkey's. I have long hydrated my lush house plants with water in which banana skins have soaked overnight, for example. For years, I have microwaved lemons before wiping down the interior. I gulp a tablespoon of extra-virgin olive oil each morning (for the guts), and splash a dash of red wine vinegar into my casseroles to sharpen the flavour. The tipsters must think we were born yesterday. They were.

● Virginia Blackburn is away

Darlington mother accused of daughter's murder given bail

A MOTHER who has been jointly charged with murdering her teenage daughter has been granted bail.

Scarlett Vickers, 14, was allegedly stabbed in the family home in Darlington, County Durham, on Friday.

Her parents Simon Vickers, 48, and Sarah Hall, 44, have both been charged with her murder.

Hall appeared at Teesside Crown Court via a video link from

By **Paul Jeeves** Crime Editor

prison and an application was made for her to be given bail.

Mr Justice Jacobs granted the application, with certain conditions, including that she stay with a family member and abide by a curfew.

No application was made on behalf of Vickers.

A pre-trial hearing has been scheduled for August 5 at the

same court, with a trial date provisionally set for January 14.

Scarlett was a pupil at Haughton Academy in Darlington. The school said: "She was always immaculately turned out, respectful and polite."

"A very friendly girl with a great sense of humour, she was popular with her friends and will be greatly missed by everyone at school. Staff and pupils are extremely saddened."



Teen tragedy...Scarlett Vickers was allegedly stabbed in Darlington on Friday

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Night owls sharper than those who get up early

By **Hanna Geissler**
Health Editor

PEOPLE who are most active at night are more mentally alert than "morning people", a study suggests.

Researchers led by Imperial College London found night owls and those who were "intermediate" – neither morning nor evening orientated – had better cognitive function.

They said people who got between seven and nine hours of sleep a night appeared to perform best in tests examining their intelligence, reasoning skills, reaction times and memory.

Patterns

However, being a woman, increasing age and having angina, high blood pressure and diabetes seemed to worsen performance.

Experts looked at data on nearly 27,000 people taking part in the UK Biobank study to examine the "intricate relationships" between sleep



Brain boost...night people fare better

duration, quality and patterns, called chronotypes. They were categorised in the study as morningness, eveningness, or intermediate.

Study co-leader Professor Daqing Ma said: "We found sleep duration has a direct effect on brain function and we believe that proactively managing sleep patterns is really important for boosting and safeguarding the way our brains work."

"We'd ideally like to see policy interventions to help sleep patterns improve in the general population."



**Pot luck...
Judi Dench
at Chelsea
Flower Show**

Proud...Jon with Carol

Bon Jovi tribute to his mum

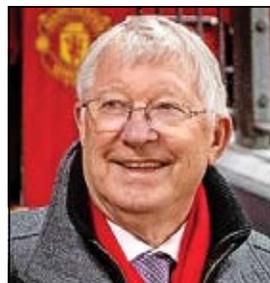
By **Laura Harding**

ROCKER Jon Bon Jovi has remembered his mother as “a force to be reckoned with” after her death at the age of 83.

Former Playboy bunny Carol Bongioli founded the fan club for her son's chart-busting band and operated a number of businesses.

Speaking on behalf of the family, Bon Jovi, 62, said: “Our mother was a force to be reckoned with, her spirit and can-do attitude shaped this family. She will be greatly missed.”

Bongioli enlisted in the US Marine Corps in 1959, where she met her future husband, John Bongioli, Sr, to whom she was married for 63 years.



Songs from life...Sir Alex

Fergie's tunes for dementia

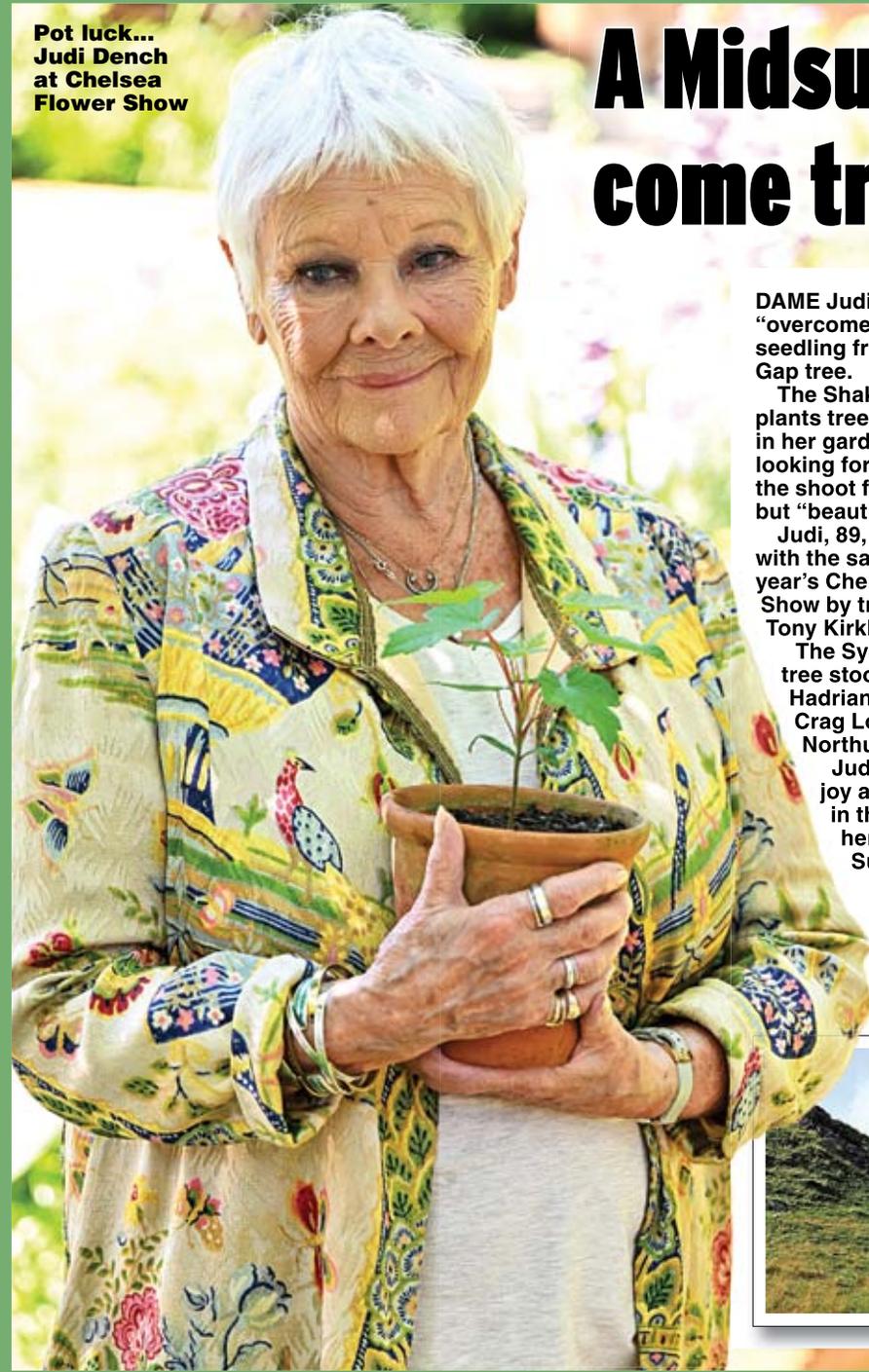
By **Sarah Ward**

SIR Alex Ferguson made a playlist to support the music and dementia charity Playlist for Life.

Moon River from Breakfast At Tiffany's featured and the theme song to 1939 film Gone With The Wind was added due to memories of his late wife Cathy.

Research found that creating a playlist can ease anxiety, improve personal connections and reduce the need for medication by as much as 80%.

The charity's Michael Timmons said playlists bring joy now, and can provide a lifeline in the future. “Now is a great time to think about songs that have soundtracked your life.”



A Midsummer night's dream come true for Judi's garden

By **Frances Millar**

DAME Judi Dench said she was “overcome” after being gifted a seedling from the famous Sycamore Gap tree.

The Shakespearean actress, who plants trees in memory of loved ones in her garden, admitted she was looking forward to welcoming the shoot from the now-felled but “beautiful” tree.

Judi, 89, was presented with the sapling at this year's Chelsea Flower Show by tree expert Tony Kirkham.

The Sycamore Gap tree stood next to Hadrian's Wall, near Crag Lough in Northumberland.

Judi described her joy at planting trees in the garden of her home in Surrey.

Speaking on the Infinite Monkey Cage podcast, she said: “I have just been given a shoot of the Sycamore Gap tree.

“I was overcome when

Tony said this is going to be given to me. It was given to me at Chelsea, and it's been taken away again until the autumn because it's got to grow a bit more and then it's going to come back and be planted.

“I decided I'm going to call it Antoninus, because I thought that was Hadrian's son, but somebody said to me, ‘That's not Hadrian's son, that's Hadrian's lover’.

“Well, either way, son, lover, I don't care, that's who's going to come into my garden. I love the idea that planting trees – I haven't got a woodland, but I have got six acres – somehow represents the

person you're missing. They're like people to me, they represent people.

Lamenting the felling of the iconic landmark, she added: “It's a place people used to meet and were engaged under, probably buried under. It was such a beautiful tree.”



Felled...Sycamore Gap tree and, below, before



Tarby and Tom Jones: We made a secret funeral pact

When one dies, other will sing at send-off

JIMMY Tarbuck and Tom Jones have made a pact: when one of them dies the survivor will sing at the funeral.

The Scouse entertainer and the singing Welsh knight have been great friends for more than 50 years.

But now both are 84, they have decided to plan for their finale.

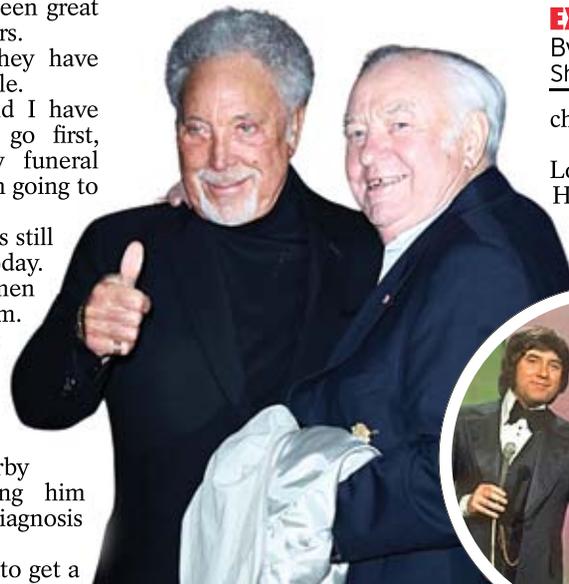
Tarby revealed: “Tom and I have made a secret pact. If I go first, he's going to sing at my funeral and if he goes first, then I am going to sing at his.

“He is a great friend and is still the best singer of them all today. I mean he still gets women throwing their knickers at him.

“What will I get thrown at me if I sing at his funeral? Probably bottles of beer. But I'll say ‘Thank you very much’ and drink them!”

The pair are so close Tarby credits his pal for helping him through a prostate cancer diagnosis four years ago.

Sir Tom had urged Jimmy to get a



EXCLUSIVE

By **Mark Jefferies**
Showbusiness Editor

check-up as he was not feeling right.

The veteran comic was treated at London's Royal Marsden Cancer Hospital and still feels healthy enough to stay in showbiz and perform.

He added: “The doctors told me ‘You are not going to die from prostate cancer but you will die with it’.

“Fair enough. Tom has been like a mentor helping me. We have such

**Tom and Tarby..
in 2019 and,
inset, in 1973**



lovely memories together. I mean he took me over to America all those years ago and I stayed with him in his house in California and it was just lovely.

“He opened many, many doors for me because it was his Las Vegas days.

“Although I have lost so many friends over the years, like Little Ronnie, Brucie and Parky, I still think if anything were to happen to him I'd be very, very distressed.”

Asked who might be left to pay tribute, he said thoughtfully: “There are a few comedians. And I have friends in the footballing and sports world so I'm sure they will say something nice.”

Tarby, married to wife Pauline since 1959, is on tour with one-man show An Evening With Jimmy Tarbuck visiting towns and cities including Leeds, Chester, Blackpool and Exeter – and he already has plans for 2025.

Diktat no laughing matter...

By **Chris Riches**

AN official order to laugh every day to help cut heart attacks has been blasted by critics who say politicians have no right to stop them being miserable.

The decree was put out by authorities in the Yamagata prefecture of northern Japan, based on a 2020 study by the local university that said a daily giggle fends off cardiovascular problems.

Businesses there have also been told to foster a "workplace filled with laughter", and the eighth day of every month is a "day of laughter".

Toru Seki of the Japan Communist Party said: "Not to laugh is one of the fundamental human rights." Satoru Ishiguro, of the Prefectural Politics Club coalition, said: "Human rights of those who have difficulties laughing...must not be undermined."

Kaori Ito of the ruling Liberal Democratic Party insisted no one would be arrested or imprisoned for failing to laugh.

Pictures: MIKE EGERTON/PA



Slapped wrist for defiant JSO snooker vandal

By **Katie Dickinson**

A JUST Stop Oil activist who was spared jail for covering a snooker table with orange powder during the world championships said his criminal damage conviction was "absolutely worth it".

Edred "Eddie" Whittingham and fellow eco protester Margaret Reid were given community orders following their demonstration at Sheffield's Crucible Theatre in April 2023.

The city's magistrates' court heard home energy adviser Whittingham, 26, jumped on the table and released the "starch-based powder" during a match between Robert Milkins and Joe Perry, before being pulled away by security staff.

Ex-museum worker Reid, 53, tried to do the same thing on another table, but was tackled by referee Olivier Marteel, the court heard. Whittingham, of Exeter,

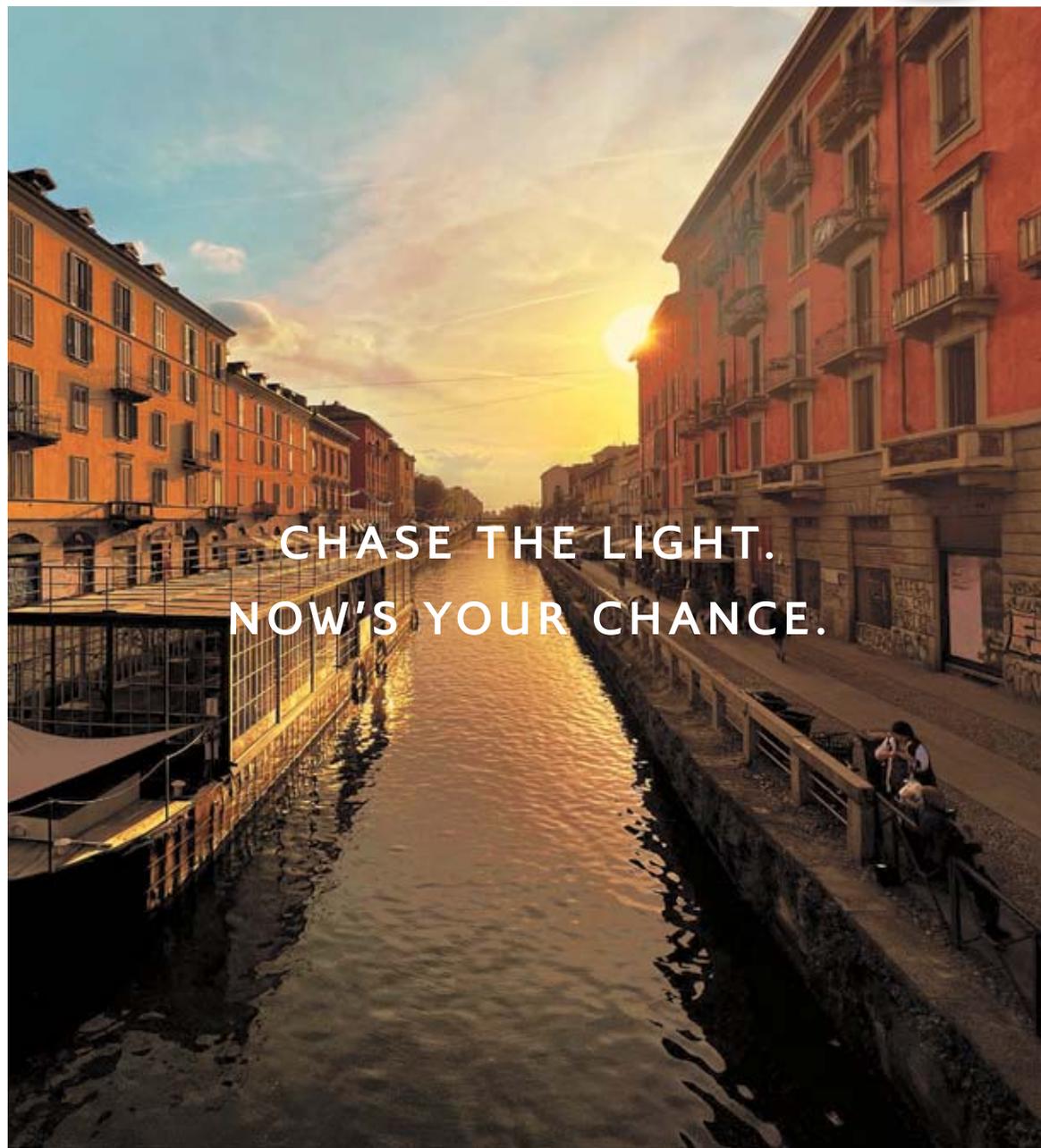
Devon, was found guilty of causing nearly £900 damage to the snooker table. Reid, from Kendal, Cumbria, was convicted of attempted criminal damage.

Sentencing them yesterday, District Judge Daniel Curtis said many people would be critical of his decision not to send the pair to prison.

But he warned them: "If you continue, as it seems you may well do, to undertake actions that are unlawful, albeit expressions of your right to protest, custody is not far away and is almost inevitable." He handed down 300 hours of community service between them.

Starvation

Outside court, defiant Whittingham, who has a previous conviction for aggravated trespass, said: "I've been to prison twice before and it's not going to deter us because we're facing a climate crisis." He added: "It didn't feel pleasant, I didn't want to jump on the snooker table that day, but in the context of hundreds of millions of people dying of starvation, poverty, disease, absolutely it was worth it for the publicity."



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Symbolic...chicken dish

Anger at 'Kiev' dish at Russia's UN dinner

By **Mark Reynolds**

UKRAINE has slammed Russia for belittling the horrors of war by serving up "chicken Kiev" at a United Nations Security Council dinner.

Sergiy Kyslytsya, the Ukrainian ambassador to the UN in New York, identified "chicken Kiev served with potato paille" on the menu.

He wrote online: "The moral decay of Russian diplomacy is glaring."

He also criticised diplomats in New York for attending an event funded by "blood".

Russia held the dinner to celebrate assuming the rotating presidency of the UN Security Council on July 1.

It took place just after the council convened to discuss a Russian missile strike that hit a children's hospital killing two people and injuring 32 in Kyiv – the Ukrainian spelling of its capital city, rather than Russia's Kiev.

Forty people died in the simultaneous strikes on Ukraine on Monday.

Most UK supermarkets have changed the dish's spelling to Chicken Kyiv in support of Ukraine.

73% hike in water bills?

By **Giles Sheldrick**

SQUEEZED households were dealt another blow after learning water bills could rise by 73%.

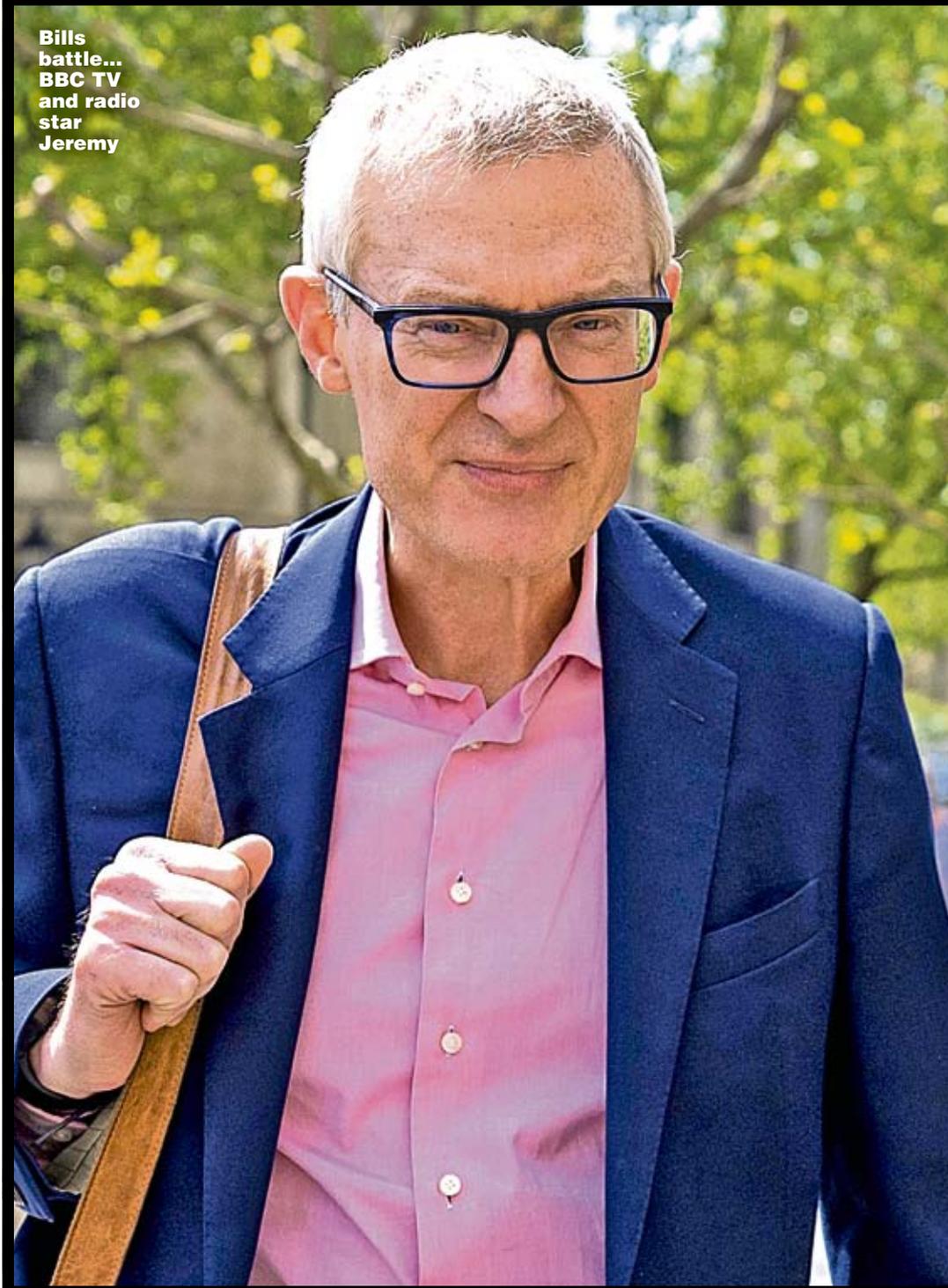
Water firms want to up rates to fund repairs to infrastructure and mop up record sewage spills.

They have tabled a request to regulator Ofwat for £100billion of investment over the next five years.

Customers in Kent, Sussex, Hampshire and the Isle of Wight face the steepest increases after Southern Water asked to raise bills by 73%. The lowest is Northumbrian Water at 14%.

Average annual water bills (£448) could soar to £584.74 if approved.

Bills battle... BBC TV and radio star Jeremy



Host Jeremy 'in legal fight with taxman'

By **Leah Stanfield**

TV and radio star Jeremy Vine has allegedly been embroiled in a dispute with the taxman over unpaid bills while working for the BBC.

The presenter, 59, who brought the swingometer to life during the broadcaster's election night coverage, is reportedly facing court for income tax and national insurance contributions between 2013 and 2015.

He has allegedly been chased since 2018 over whether he should have been classed as an employee or a contractor. He was paid through his firm, Jelly Vine Productions, but HMRC believes he should "be treated for the purposes of income tax and national insurance...as an employee" of the BBC, according to reports.

During the period in question, Jeremy worked on his BBC Radio 2 show, Eggheads, Points of View and the 2015 General Election coverage.

Premature

According to reports, the amount he allegedly owes could "run into the thousands of pounds".

Jeremy has reportedly appealed HMRC's decision, saying it was "premature and invalid".

But the argument he and his legal team presented at a hearing in June was rejected, according to the Telegraph. The case is now expected to progress to the first-tier tribunal.

A spokesman for the star declined to comment. He is the latest to be chased under HMRC's IR35 legislation – designed to crack down on tax avoidance by people who charge for their services via limited companies.

Match of the Day star Gary Lineker, 63, last year won an appeal after saying his £4.9million tax was paid via his media firm.

But in January, GB News host Eamonn Holmes said he had to sell his home to pay £250,000 tax after losing two appeals.

By **Chris Riches**

TWO children from the same primary school have died amid a giardiasis sickness outbreak.

Both children, aged five and six, were pupils at Millstead Primary School, in Liverpool, which teaches children aged two to 11 with special educational needs.

The UK Health Security Agency, which has been monitoring the infections, said a link between the deaths has not been established, but stressed they are "unlikely" to be due to the giardiasis outbreak.

Giardiasis is an infection of the digestive system caused by tiny parasites and typically causes symptoms such as diarrhoea and stomach cramps and is normally treated easily with antibiotics.

Devastated

The UKHSA has not said when either child died. But a letter from the school's headteacher Michelle Beard was sent out on May 21, alerting parents to two cases of giardiasis at the school.

Ms Beard said the two children would be "forever in our hearts", adding: "The entire Millstead School community is devastated to have learned of the sad recent passing of two of our younger children.

"We have sent our sincerest condolences to both of their families.

"Both children filled their classes

Two pupils from same school die



Tribute...Millstead Primary School in Everton has been rocked by the tragedy

with joy during their time with us, and they will forever be in our hearts.

"We are working closely with our families, staff and pupils to support them as we come to terms with this terribly sad news."

Emma Savage, UKHSA consultant for the Cheshire and Merseyside Health Protection Team, said: "The UK Health Security Agency are aware of the sad deaths of two children who

attend Millstead Primary School. Our thoughts are with the families, friends and school community.

"The deaths are unlikely to be due to giardia. Giardia usually causes a self-limiting gastrointestinal illness which can spread easily in households and school settings.

"Investigations are ongoing, and we have provided information and advice to the school and parents. Public

health measures have been put in place to help prevent further cases."

The UKHSA advises that once treated with antibiotics, symptoms should stop in about a week, but can sometimes last longer.

A Liverpool City Council spokesman said: "The school and public health organisations are in direct contact with parents and families about managing the outbreak."

He added that there was "no wider risk to the general community".

Giardiasis can be spread by direct contact with infected people or animals, or from swallowing contaminated water, food or drinks.

Multiple studies suggest the bug is associated with travel and is more prevalent in developing nations.

It can be prevented by washing your hands thoroughly with soap and water, especially after going to the toilet or changing nappies and before handling or eating food. The bug can also cause tummy pain and bloating.

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NHS staff 'dismissive' of women

By **Hanna Geissler**

WOMEN are too often "gaslighted, dismissed, and fobbed off" when they raise concerns about their NHS care, the patient safety commissioner has said.

But Henrietta Hughes told the British Medical Journal she is "swimming against the tide" when it comes to making a lasting change in the NHS.

Patients are very often passed off as "difficult women", she declared. "But too often we hear about patients who have raised concerns being gaslighted, dismissed, and fobbed off. It shows a very dismissive and very old fashioned, patronising attitude to patients who have identified problems."

But she added: "This Government will prioritise patient safety to ensure that the NHS treats everyone with the high quality and safe care that they deserve."

Ms Hughes is a former medical director at NHS England and national guardian for the NHS.

Speaking loudly best therapy

By **Hanna Geissler**

A TYPE of speech therapy developed for Parkinson's works better than standard NHS treatment, a trial found.

It discovered that people given an intensive four-week course of Lee Silverman voice treatment saw improvements compared with an average 11-week course of NHS speech and language therapy, or those who had no treatment at all.

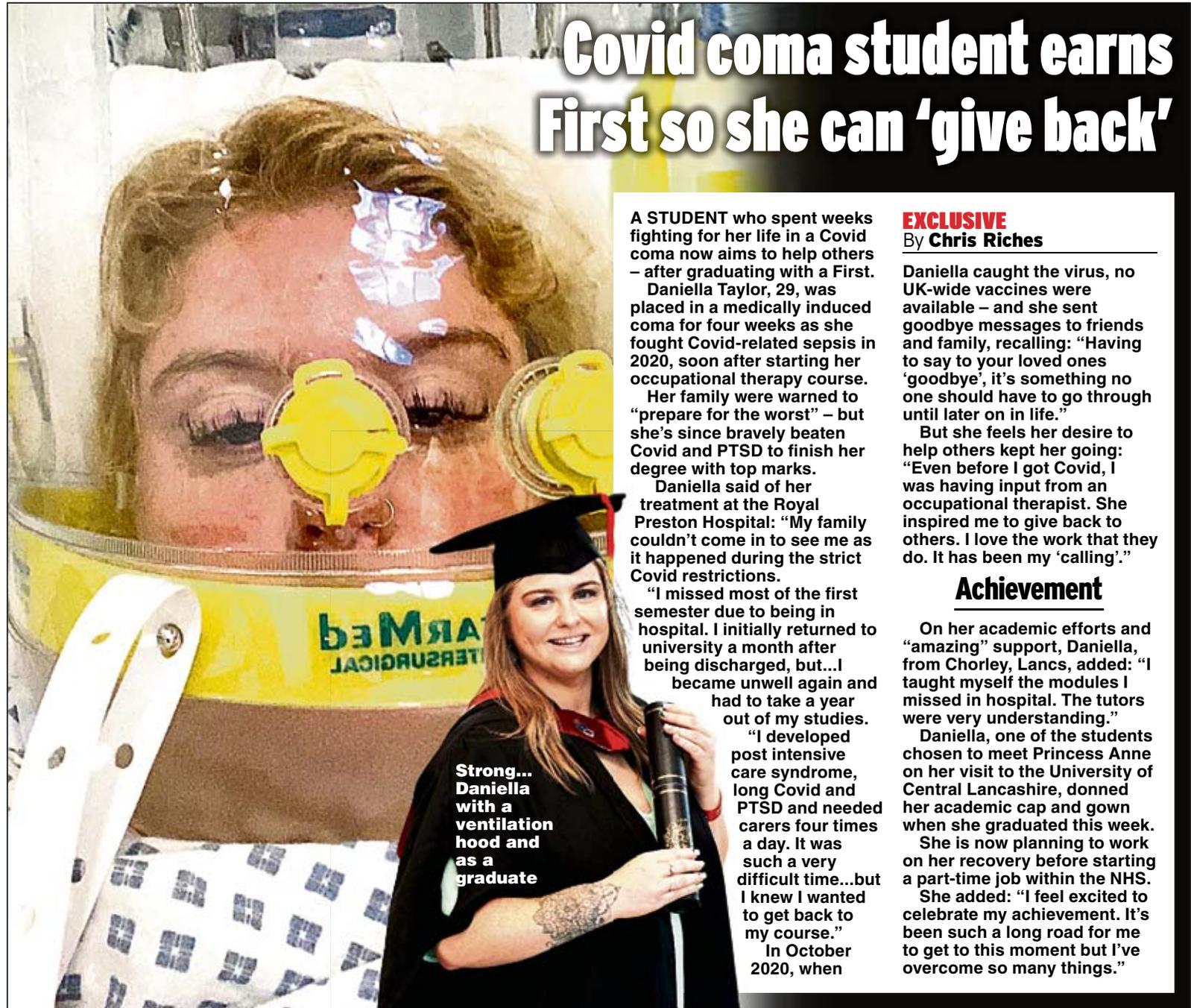
The Lee Silverman method, also known as LSVT LOUD, is based on speaking more loudly.

Professor Catherine Sackley, from NIHR Nottingham biomedical research centre, said: "The results clearly show that, delivered in this way, LSVT LOUD is both effective and it can be cost-effective."

"The NHS method as it is currently delivered is not effective."

The study was published in the British Medical Journal.

Pictures: JULIAN HAMILTON, PETER ALVEY/PA



Covid coma student earns First so she can 'give back'

A STUDENT who spent weeks fighting for her life in a Covid coma now aims to help others – after graduating with a First.

Daniella Taylor, 29, was placed in a medically induced coma for four weeks as she fought Covid-related sepsis in 2020, soon after starting her occupational therapy course.

Her family were warned to "prepare for the worst" – but she's since bravely beaten Covid and PTSD to finish her degree with top marks.

Daniella said of her treatment at the Royal Preston Hospital: "My family couldn't come in to see me as it happened during the strict Covid restrictions."

"I missed most of the first semester due to being in hospital. I initially returned to university a month after being discharged, but...I became unwell again and had to take a year out of my studies."

"I developed post intensive care syndrome, long Covid and PTSD and needed carers four times a day. It was such a very difficult time...but I knew I wanted to get back to my course."

In October 2020, when

EXCLUSIVE
By **Chris Riches**

Daniella caught the virus, no UK-wide vaccines were available – and she sent goodbye messages to friends and family, recalling: "Having to say to your loved ones 'goodbye', it's something no one should have to go through until later on in life."

But she feels her desire to help others kept her going: "Even before I got Covid, I was having input from an occupational therapist. She inspired me to give back to others. I love the work that they do. It has been my 'calling'."

Achievement

On her academic efforts and "amazing" support, Daniella, from Chorley, Lancs, added: "I taught myself the modules I missed in hospital. The tutors were very understanding."

Daniella, one of the students chosen to meet Princess Anne on her visit to the University of Central Lancashire, donned her academic cap and gown when she graduated this week.

She is now planning to work on her recovery before starting a part-time job within the NHS.

She added: "I feel excited to celebrate my achievement. It's been such a long road for me to get to this moment but I've overcome so many things."

Strong... Daniella with a ventilation hood and as a graduate

By **Hanna Geissler**
Health Editor

A RETIRED teacher who spent a night waiting for an ambulance while he suffered a heart attack is leading calls for the new Government to end the cardiac care crisis.

Glynn Evans, 76, did not receive treatment for 18 hours after he started experiencing indigestion-like pain while on holiday in Cornwall with his family.

Wife Lyn dialled 999 at around 8pm, but the ambulance did not arrive until early the next morning.

Painful

Grandfather-of-six Glynn, of Bourne, Lincs, told the Daily Express: "At the time it was too painful to think about anything other than, 'What on earth is this?'"

"My wife phoned a few more times during the evening – but they said they were very busy."

The NHS target for average ambulance response times for suspected heart attacks and strokes used to be 18 minutes. It was increased to 30 minutes in 2023/24 because of high demand – but that target has been met just once.

When Glynn finally got to the Royal Cornwall Hospital in Truro, there were 24 ambulances queuing.

He said: "It beggared belief. They were saying they sort of use the ambulances like a small ward."

"One of the A&E doctors came out and was fuming at the length of

I waited 18 hours for an ambulance after heart attack

time I'd waited." A blood test confirmed Glynn had suffered a heart attack, but he was not seen in hospital until 2pm – 18 hours after seeking help.

He later had stents fitted and now takes medication for heart failure, which Glynn fears was worsened by his long wait for treatment in 2022.

Glynn said the care he received was "superb", but added staff were "rushed off their feet". He believes the

ambulance service must be "fit for purpose" – and he is one of more than 40,000 people who have so far signed the British Heart Foundation's petition urging the Government to prioritise heart and circulatory diseases.

Medical advances have cut deaths from heart attacks and strokes in the last 50 years.

But there has also been a significant

slowdown in the rate of improvement since 2012.

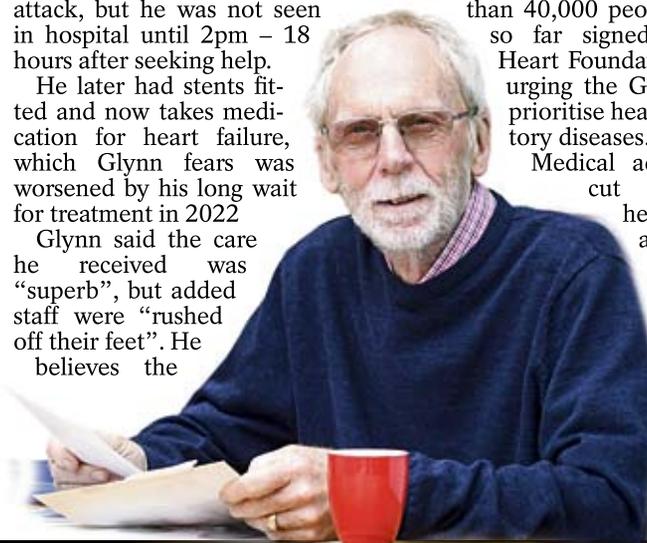
In 2022, an average of 750 people aged 75 or under died from cardiovascular disease in England each week – the highest rate since 2008.

BHF chief executive Dr Charmaine Griffiths warned: "We're in the grip of the worst heart care crisis the country has ever faced."

"We're seeing a sustained rise in early heart and circulatory disease deaths. That means thousands more families ripped apart."

"Our new Government has the power to stop this ongoing tragedy. Please sign your name to show our new Prime Minister heart patients can't wait any longer for a future free from pain and heartbreak."

● To sign the petition, visit act.bhf.org.uk/page/145470/petition/1



Call for action... Glynn



Watchlist...Cheviot goat

Wild goat herd put on rare breed list

By **Emily Beament**

A HERD of wild Cheviot goats, considered an “authentic remnant” of our original primitive goats, has been added to a rare breeds watchlist.

Found in the Cheviot Hills, the goat herd has been added to the Rare Breeds Survival Trust watchlist – a report on the conservation status of the UK’s native livestock, highlighting the most endangered.

It is estimated there are only 450 Cheviot goats, including the wild herd, with 86 females reproducing in 2023.

RBST’s Christopher Price said: “We are pleased to recognise the Cheviot goat on the RBST Watchlist and we look forward to working with the British Primitive Goat Research Group and others to support the survival of this population long into the future.”

Shirley Goodyer, from the BPGRG, said: “Recognition by the RBST will greatly help to increase awareness and highlight the importance and value of this iconic breed.”

Black hole discovered

By **Nina Massey**

FAST-MOVING stars within the Milky Way suggest the presence of a black hole which may be the closest one to Earth.

The star cluster, Omega Centauri, is a collection of around 10 million stars.

A new study confirms what astronomers had been suspecting for some time – it contains a central black hole.

Dr Nadine Neumayer, of the Max Planck Institute for Astronomy in Germany, said: “At a distance of about 18,000 light-years, this is the closest known example of a massive black hole.”

The study is published in the Nature journal.

29 killed in Israeli strike on refugee camp in Gaza

Pictures: STIJN NIJSSEN/X; GETTY



Defaced...red paint smeared on statue of Anne Frank in Amsterdam

By **Mark Reynolds**

PALESTINIANS told of unimaginable horror after at least 29 civilians, including children, died and dozens were wounded in a camp for displaced people.

It happened when an Israeli air strike targeted a Hamas terrorist said to have taken part in the October 7 massacre.

Medics said many of the victims were blown to pieces as they gathered in the grounds of a southern Gaza school to watch a football match.

Witnesses described Tuesday’s missile strike coming without warning next to the gate of al-Awda school in Abasan al-Kabira, east of Khan Younis.

Hospital chiefs were still struggling to cope with casualties last night, Gaza’s Hamas-run health ministry said.

A source at Nasser Hospital in Khan Younis, where the injured from Abasan al-Kabira were taken, said they expected the number of dead to increase.

Harrowing video footage released yesterday showed more than a dozen people killed and seriously wounded, including several young children, on the floor of a local hospital.

Blood

Body parts were seen scattered at the site of the attack, which people said happened after many refugees had left their tents to watch the football game.

Ayman Al-Dahma, 21, said up to 3,000 were packed into the area, which housed a market and residential buildings.

He said: “They said it was a safe place – that there were water and food, there were schools and everything.”

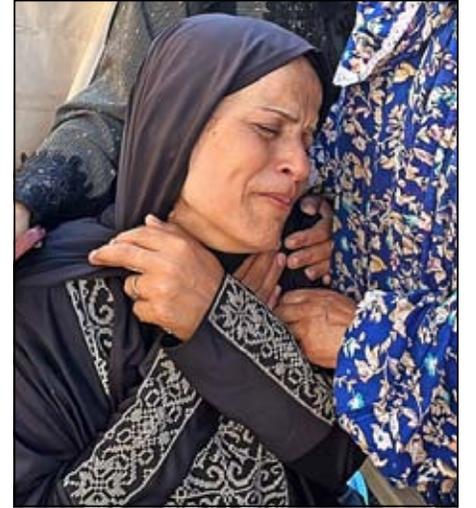
“Suddenly a rocket comes down on you and all the people around you.”

Mohamed Awadeh Anzeh said the area was busy with people and market traders when the strike came.

He said: “Suddenly, while we were sitting, there was a sound. It went dark...I was feeding my little child.

“I don’t know what happened. Suddenly, I took him and started running...and while I was running, I saw blood coming down from my leg.”

Iqram Sallout said there had been no prior warning a strike could be imminent in the area, filled with people forced from their homes by the conflict. He added:



Grieving...a woman at Nasser Hospital

“There are many displaced people. You couldn’t even walk in the streets.

“The injuries we saw were severe, even among young children.”

Last night, the Israeli Defence Forces said it had used “precise munition” to target a “terrorist from Hamas’ military wing” who, it claimed, had taken part in the October 7 attack on southern Israel.

However, the IDF added it was “looking into the reports that civilians were harmed” next to al-Awda school, which houses displaced people from the eastern villages of Khan Younis.

The Israeli strike came just a week after the country’s military ordered civilians to leave Abasan al-Kabira and other areas of eastern Khan Younis, prompting tens of thousands to flee.

It is the fourth attack on or near schools sheltering displaced people in the past four days.

The Israeli military has said it carried out the first three strikes because Hamas politicians, police officers and fighters were using them as bases.

Israel’s Prime Minister, Benjamin Netanyahu, launched his country’s campaign in Gaza to destroy the Hamas group in response to its unprecedented attack on his country last year.

About 1,200 people were killed and 251 others were taken hostage.

Since then, more than 38,240 people have been killed in Gaza, according to the territory’s health ministry.

Fury as pro-Palestinian graffiti is sprayed on Anne Frank tribute

VANDALS have sprayed Gaza graffiti on a memorial to Holocaust diarist Anne Frank.

Politicians hit out after red paint was used in the attack on a statue of the Jewish teenager in Merwedeplein, Amsterdam near her first home in the Netherlands.

Local councillor Stijn Nijssen commented online: “It is truly shameful that someone would think to draw attention to the Palestinian cause by smearing an image of Anne Frank, an international symbol of the Holocaust.”

City mayor Femke Halsema called the vandalism an

By **Robert Kellaway**

“incredible disgrace”, adding: “This young girl, who was so brutally murdered by the Nazis at the age of 15, reminds us every day of humanity and gentleness in the most difficult circumstances.”

The bronze smaller-than-life statue on a high red granite rectangular base honours Anne and 13,000 Jewish neighbours who were killed by Nazi invaders.

The sculpture by Jet Schepp was unveiled in July 2009.

German-born Anne became famous for keeping a diary of

her life in hiding amid Nazi persecution during Hitler’s occupation of the Netherlands.

She lived with her older sister Margot and parents in an apartment near the statue’s current site after fleeing Nazi Germany in 1938 but they went into hiding four years later when the persecution of Jews escalated. They lived in rooms concealed behind a bookcase in the building where Anne’s father Otto worked.

The family were found by the Gestapo in 1944 and sent to concentration camps; Anne, Margot and their mum Edith died – only Otto survived.



Symbol...teenage diarist Anne Frank

Airlines to pay for sick pilot delay

By **Callum Parke**

AIRLINES face footing compensation bills for flight cancellations caused by off-duty pilots falling ill because it is not “extraordinary circumstances”.

Kenneth and Linda Lipton took BA Cityflyer to court after arriving in London from Milan two hours late because their original flight was cancelled as the pilot had fallen ill at home.

The airline refused to pay around £220 in compensation, arguing it was unavoidable.

Yesterday, five Supreme Court justices ruled against the firm.

In their judgment on the 2018 delay, they said that it “does not matter” when the pilot fell ill as they remained an “inherent part of the airline’s operation” even when not on duty.

They added if a pilot can’t attend work “as a result of something going awry during rest periods, whether it is their fault or not, failure to attend is not an extraordinary circumstance”.

‘Associate medics are stand-ins’

By **Ella Pickover**

PHYSICIAN associates are now “substitutes” for medics in many hospitals and GP surgeries, warns a leading academic.

Writing in the Journal of the Royal Society of Medicine, Professor Martin McKee said there appears to be a “powerful ideological pressure” to expand PA roles across the NHS.

This has involved PAs receiving “salaries much higher” than doctors who have just graduated, he notes – arguing that “growing concerns about patient safety have been ignored”, though that “may now be changing” due to concerns from leading medics.

The London School of Hygiene and Tropical Medicine’s expert cites the expansion of medical school places and plans to “shorten and simplify the medical degree”.

He adds: “Politicians need a quick fix. The answer is to create a new group of health workers...”

“In many hospitals and [in] primary care, PAs have become substitutes for doctors.”

Pictures: GETTY, PA



Harry's Games icebreaker

THE Duke of Sussex has hailed the wounded, injured and sick service personnel and veterans who are due to join the first Invictus Games to include winter sports.

Harry, 39, hailed their “passion, determination and resilience” after a 64-strong squad was named Team UK for the event in Canada next February.

The Prince – who set up the military-affiliated contest in 2014 – added: “Congratulations to those selected for Team UK. They will join over 500 competitors from across 20 nations in this ground-breaking event that expands the range and profile of winter adaptive sports.”

“These games present an incredible opportunity for our courageous service personnel and veterans to demonstrate their skills in new challenges including alpine skiing,

By **Emily Ferguson**

snowboarding and skeleton, as well as providing a truly memorable experience for their families.”

The 2025 Invictus Games Vancouver Whistler team includes people from all services who face challenges such as visual impairment, amputation and traumatic brain injury after serving the UK at home or abroad.

Team captain for 2025, Stephen Hooper, competed in powerlifting and sitting volleyball at 2023’s games.

Hooper, who served in the RAF and was diagnosed with PTSD before being medically discharged in 2021, said: “I’ve gone from standing in the corner not talking to anybody to finding my voice again. That’s what I want to do for others this time.”



Proud Prince... in Canada; in luge, left, and giving speech

William: I believe we can end homelessness

Prince marks first year of push to prevent rough sleeping

By **Emily Ferguson**
Royal Editor

THE Prince of Wales “truly believes” homelessness can be ended as he prepares to mark the first anniversary of his Homewards project.

William will today visit Lambeth in South London where he launched his five-year plan to tackle homelessness in the UK before it happens.

The project, which received £3million from his Royal Foundation, focuses on six flagship locations: Aberdeen; Bournemouth, Christchurch and Poole; Lambeth; Newport; Sheffield and Northern Ireland.

The Homewards team spent 12 months building collaboration between the public, private and third sectors before introducing an action plan in each location.

The Prince is expected to say: “A year ago we launched Homewards and began our journey of working together to demonstrate that it is possible to end homelessness...”



Help...William has fed rough sleepers and sold the Big Issue



Homelessness is a complex societal issue and one that touches the lives of far too many people in our society.

“However, I truly believe that it can be ended.”

An official advocate for the project suggested his dedication to tackling the problem reflects his understanding of the “trauma” experienced by rough sleepers. Sabrina Cohen-Hatton, chief

fire officer for West Sussex who experienced homelessness as a teenager, said: “He understands trauma... He can see echoes of it in himself I think, from that experience of trauma and how it affects you and how it affects the way you see things.”

Dr Cohen-Hatton slept rough intermittently for two years from 15 in her home town of Newport, South Wales when her family life broke down, and she credits selling the Big Issue maga-

zine for providing the funds and confidence to break the cycle.

She said that it is difficult to access support while homeless and hails Homewards for trying to prevent it before it happens.

“When you’re experiencing the constant threat and the danger from the people around you, when you don’t have enough to eat let alone enough to think, it’s really hard to reach out and to take those services.”

Solutions

William is in regular contact with Homewards’ management and has hosted discussions with advocates including broadcaster Gail Porter and Dr Cohen-Hatton.

Homewards hopes solutions identified in the six areas can be copied elsewhere. The project has been backed by Ikea and Homebase.

Aides said the Prince will also feature in a two-part ITV documentary about Homewards, which has the working title Prince William: We Can End Homelessness. It will go behind the scenes of the first year.

OPINION: PAGE 12

EXPRESS Today's exclusive highlights from express.co.uk

- All the reaction and fallout from England's Euros semi-final against The Netherlands
- Coronation Street star Tina O'Brien gushes over her daughter's new role on BBC drama Waterloo Road
- 'Maldives of Europe' where you can fly for less than the price of a Domino's pizza (Ksamil, Albania)
- Follow the latest from the NATO summit in Washington with our live blog updated throughout the day



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Picture: SAM LENNON /SWNS



Hurt...Chloe Nichol and, right, the message

Sick school cleaner is sacked by WhatsApp

By Sam Lennon

A SCHOOL cleaner was left “shocked” and “panicked” after she claims she was sacked over WhatsApp. Chloe Nichol, 32, says she was signed off work by doctors on May 31 and provided bosses with a “fit note”.

The sick leave certificate expired on June 30 but, on July 1, Ms Nichol says she told her employer that her GP was sending over a new one to cover her until the end of the month.

But the next day Ms Nichol claims her supervisor sent her a message saying she would be receiving a P45.

Ms Nichol of Sholden, Kent, said: “I was shocked, confused and panicked by that text. The method was slightly unorthodox. It was impersonal.”

Stress

Ms Nichol worked at Sandwich Technology School but was employed by Ridge Crest Cleaning Ltd.

Her supervisor at the company told her via WhatsApp on July 2: “Hi Chloe, I still haven't received sick note. In this case I need to provide you a P45. Thank you.”

Ms Nichol says she replied in less than an hour saying she would send the note the next day and that it would be backdated – but the supervisor told her she was still in a

probationary period and repeated that she would be sent a P45 form.

Ms Nichol was hired by Ridge Crest to work 25 hours a week last November. She claims she was not on a temporary contract and so believed she had passed her probation having worked there for nine months.

Ms Nichol was offered her job back after the firm got her updated sick note. Bosses said she was no longer dismissed but warned her to provide such certificates in time in future as days off would otherwise be taken as unauthorised absence.

But the stress of the experience has left her not wanting to return. She said: “I don't want to go back to work because of the way I was treated. I do not accept being sacked by text, that should not have happened.”

Ms Nichol now intends to raise a formal complaint.

Last week, before Ridge Crescent retracted Ms Nichol's dismissal, its managing director Ian Beach said: “The company has a very clear grievance policy should Chloe feel that she has issues to raise over her employment with us.” He declined to comment further after Ms Nichol was offered her job back.

Conman rapist jailed for 12 years

By Lucinda Cameron

A RAPIST who defrauded women out of more than £210,000 through romance scams has been jailed for 12 years.

Christopher Harkins, 37, targeted single women on dating websites, portraying himself as a successful businessman.

He then claimed to be experiencing issues with his bank account being frozen, prosecutors said. Several women borrowed significant sums to help him. He

admitted the fraud at the High Court in Glasgow in January.

In Paisley in May he was convicted of raping a woman, and of filming two women in intimate situations without consent.

He was sentenced the High Court in Kilmarnock yesterday.

Katrina Parkes, Scotland's Procurator Fiscal for High Court Sexual Offences, said: “Christopher Harkins clearly poses an extreme danger to women through his calculating, manipulative and violent behaviour.”

Guilty...scammer Christopher Harkins



Grenfell's memorial is coming

By Aine Fox

THE 72 people who died in the Grenfell Tower fire will be remembered with a "beautiful and lasting memorial", community leaders said.

The Grenfell Tower Memorial Commission has begun searching for a design team for the monument.

Commission officials said the plan is to "create a significant, reflective and impactful memorial" to commemorate what happened "and express the love we have for those we have lost and will remember forever".

A statement added: "The beautiful and lasting memorial to our 72 loved ones deserves nothing less."

The aim is to have a final design team selected and announced next year, with hopes that a planning application could be made in 2027.

The Grenfell Tower fire occurred on June 14, 2017, at the 24-storey residential tower block in North Kensington, West London.

Crocodile shot after girl killed

By Rod McGuirk

A CROCODILE that killed a girl of 12 as she swam with her family has been shot dead.

Rangers had been hunting the 14ft beast since its fatal attack in Australia last week.

They shot it on Sunday after getting permission from the traditional landowners at Mango Creek near Palumpa, an indigenous community in the Northern Territory.

Analysis confirmed it was the one that killed the girl, police said.

Saltwater crocodiles are considered a totem by many indigenous Australians.

The attack came weeks after the state approved a 10-year plan to contain crocodile numbers, increasing the rate of culling near human habitat from 300 to 1,200 a year.

The Northern Territory is about the size of France and Spain combined with a population of 250,000.

But it has an estimated 100,000 crocodiles – up from 3,000 before a 1971 hunting ban.

Easel does it... Sharon at Oscars party and below, painting in bikini bottoms



Sharon: I refused to sink like a Stone...

SHARON Stone has described battling back from anguish and hardship after her life-savings were stolen while she was near death.

The Basic Instinct actress suffered a near-fatal stroke in 2001, resulting in a nine-day brain bleed which forced her to step back from Hollywood for seven years.

When she was well enough to check her finances, her £14million career savings had disappeared.

The US star, 66, said: "People took advantage of me over that time."

"I had \$18million saved because of all my success, but when I got back into my bank account, it was all gone."

"My refrigerator, my phone – everything was in other people's names. I had zero money."

However, Sharon said instead of feeling bitter, she chooses to focus on the positive.

In March she wowed fans at the Vanity Fair Oscars party.

And she is a picture of fun painting in bikini bottoms, sharing a snap and saying: "Sometimes I just have to go from pool to painting."

Sharon, now on the board of the Barrow Neurological Foundation, which

By Ellie Iorizzo

treats "devastating brain and spine conditions", explained: "I decided to stay present and let go."

"I decided not to hang on to being sick or to any bitterness or anger."

"If you bite into the seed of bitterness, it never leaves you."

"But if you hold faith, even if that faith is the size of a mustard seed, you will survive. So, I live for joy now. I live for purpose."

The actress, Oscar nominated in 1996 for *Casino*, said the stroke totally changed the way her brain worked and she was unable to read for a couple of years.

She told *The Hollywood Reporter*: "A Buddhist monk told me that I had been reincarnated into my same body. I had a death experience and then they brought me back."

Seizures

"I bled into my brain for nine days, so my brain was shoved to the front of my face."

"It wasn't positioned in my head where it was before. A lot of people thought I was going to die."

Sharon, who takes daily medication to combat stuttering and seizures, last year said of the bleed: "[Doctors] missed it with the first angiogram and decided that I was faking it."

"My best friend talked them into giving me a second one and they discovered that I had been haemorrhaging into my brain and that my vertebral artery was ruptured."

"I would have died if they had sent me home."

Honorary law degree for Post Office hero Sir Alan

SIR Alan Bates has been honoured with a doctorate in law, to recognise his fight for wrongfully convicted subpostmasters and mistresses.

The recently knighted 69-year-old has campaigned for years with his partner Suzanne Sercombe to expose the truth about the Post Office's faulty Horizon IT system and get justice for the people whose lives it destroyed.

And next week Coventry University will award him an Honorary Degree of Doctor of Laws, at a ceremony recognising the work of the campaign group he founded, the Justice for Subpostmasters Alliance.

Proud Sir Alan said: "I hadn't expected this and it was very much a surprise."

"My other half asked me, 'Are you going to accept it?'"

"And I said, 'I think I will' – I have turned down an awful lot of things!"

But he insisted: "This isn't about me

By Chris Riches

– this is about the group, what has happened and what still needs to happen now."

The Horizon IT scandal has been described as one of the most widespread miscarriages of justice in British history.

With the JFSA, Sir Alan and five other former subpostmasters took the Post Office to the High Court. And the group is continuing to campaign at the current public inquiry for a fair government compensation scheme.

The scandal led to more than 900 subpostmasters

being wrongfully prosecuted, some were even sent

to prison for crimes of theft and fraud that they did not commit.

Coventry University's vice chancellor, Professor John Latham, said Sir Alan had set a fine example for students. "Sir Alan has spent the last 20 years fighting one of the biggest injustices seen in this country," he said.

"He has done so tirelessly, selflessly and with no desire to take credit for himself."

"He has simply wanted to do the right thing for hundreds of people who had been wronged."

"He epitomises the very essence of some of the qualities we try to instill

in our students – dedication, determination and passion."

"Our students should look at Sir Alan and feel inspired to achieve with the same levels of resilience, leadership and collaboration with others."

"We could not be prouder to bestow an Honorary Doctorate of Laws upon Sir Alan Bates."

The JFSA began its journey after Sir Alan gathered around 40 former subpostmasters and mistresses at Fenny Compton Village Hall, 20 miles south of Coventry, in 2009.

Sir Alan, who had run a post office in Craig-y-Don, in North Wales, said he chose Fenny Compton as he "was looking for somewhere centrally in the UK with good connections so people could travel".

The battle for justice that followed the meeting was brought to life in the hit ITV drama *Mr Bates vs The Post Office*, starring Toby Jones as Sir Alan.



Proud... battler Sir Alan

REFUGEES IN EUROPE'S 'DEATH ZONE' NEED URGENT HELP

THOUSANDS of refugees trapped in Europe's "death zone" need urgent help, a humanitarian group has warned.

Access to the Polish-Belarusian border has been restricted for three years, preventing the provision of aid to those seeking protection.

Yesterday, the Norwegian Refugee Council warned that the situation is now critical as it urgently called on the Polish government, EU and international community to act.

The NRC's Neil Brighton said: "The exclusion zone with no access for humanitarian workers is a recipe for disaster. It affects the weakest and the most vulnerable seeking protection."

Since early 2021, the NRC has recorded around 20,000 requests for urgent assistance, and nearly 9,000 "violent pushbacks" of

By **Mark Reynolds**

refugees at the border. Some 82 deaths related to conditions have been documented in the "death zone" between fences and along the border. The area is characterised by dense forests and swamps and extreme temperatures, making it dangerous for refugees.

The NRC has been supporting and working closely with local organisations to provide thousands of refugees with life-saving assistance and legal aid.

Despite this, it says the reintroduction of the exclusion zone, a legally defined area restricting access for unauthorised people along parts of the border, is hampering humanitarian workers trying to support those who are trapped.

Pictures: PABLO MIRANZO/GETTY

Deadly...snipers from Ukraine's National Guard train in Donetsk



'Hits' on top brass

RUSSIA yesterday claimed it has foiled Ukrainian assassination attempts on three top defence ministry officials.

The notorious FSB secret service alleged that a Russian citizen, working for Kyiv intelligence, plotted "terror" strikes with "high-powered explosives" on a trio of leading military officials at their private homes.

A separate sabotage attack on Moscow's aircraft carrier the Admiral Kuznetsov was also planned, officials said.

The FSB statement said: "All organisers and accomplices of the crimes, including foreign citizens, have been declared wanted and

By **Mark Reynolds**

will be prosecuted according to Russian law."

However, neither the supposed victims nor the alleged perpetrators were named by the agency.

Snipers

As well as the reported individual assassination attempts, the hulking Admiral Kuznetsov was also set to be targeted with a massive explosion in a Ukrainian intelligence operation, according to the FSB.

A sailor, 23, serving his conscription on the Kuznetsov as it

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A CHAUFFEUR has been found guilty of using his limousine company to groom and sexually abuse girls as young as 12.

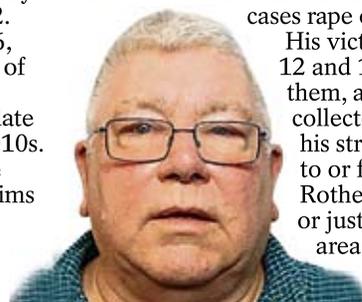
David Saynor, 76, committed a string of sickening offences against girls in the late 2000s and early 2010s.

A court heard he would take his victims out for rides in his vehicles, ply them with alcohol, encourage them to

By **Paul Jeeves** Crime Editor

undress or dance, and then in some cases rape or sexually assault them.

His victims were aged between 12 and 18 when he targeted them, and were sometimes collected from their school in his stretched Hummer, taken to or from teenage discos in Rotherham, South Yorkshire, or just for rides around the area. One 16-year-old girl,



Guilty...David Saynor

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FOR UKRAINE



Russia's thwarted

undergoes repairs was recruited by the GUR Kyiv military intelligence unit, it was alleged. He was tasked with carrying out the attack on the ship, it was said.

Kyiv has been stepping up assassinations on mainland Russian soil.

Snipers of the first brigade of the National Guard Bureviy were



pictured during a training exercise in the Donetsk region yesterday, left.

Meanwhile, Norway is to donate six F-16 fighter jets to Ukraine to defend itself from Russian attacks, Prime Minister Jonas Gahr Store said yesterday.

Ukraine has long pleaded for the sophisticated fighter planes to give it a combat edge against Russian firepower.

driver's abuse

living in care, was given a part-time job by Saynor handing out leaflets for his company.

But he once drove her to an area of Sheffield she did not know and demanded she perform a sexual act on him before abandoning her with no means of getting back, it was said.

Saynor, formerly of Rotherham, was arrested back in 2020 after numerous victims contacted the National Crime Agency's Operation Stovewood probe into the Rotherham child sex abuse scandal.

Following a trial at Sheffield Crown

Court, he was this week found guilty of 15 charges relating to eight victims and will be sentenced on August 15.

NCA senior investigating officer Stuart Cobb said: "Saynor used his limousine company as a front for his grooming of teenage girls, gaining their trust and then abusing them.

"He was a manipulative predator who purposefully sought out those who were vulnerable or from troubled backgrounds, giving them gifts of money or alcohol to gain their trust. It took great courage from the victims to come forward."

LAMMY URGES PUTIN TO FREE FRAIL BRITISH PRISONER

NEW Foreign Secretary David Lammy has called for the immediate release of a British political prisoner being held in a "hell-hole" jail by Putin.

Fears were growing yesterday that Vladimir Kara-Murza, 42, will die behind bars.

He was rushed from permanent solitary confinement in a Siberian penal colony to a prison hospital a week ago, but his lawyers and British Embassy officials have been refused access to him since then.

Mr Lammy said the dual British-Russian citizen, jailed for 25 years in 2023, must be freed on "humanitarian grounds", adding: "He is being held in

Call for mercy...Labour's David Lammy

By **Mark Reynolds**

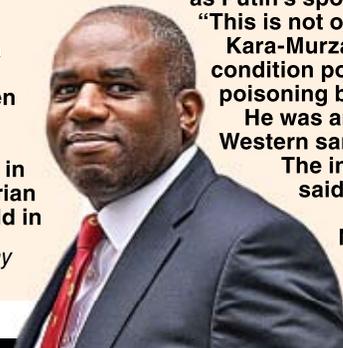
deplorable conditions for having the courage to tell the truth about the war in Ukraine."

But the Kremlin refused to intervene last night as Putin's spokesman Dmitry Peskov said: "This is not our prerogative."

Kara-Murza is known to suffer from nerve condition polyneuropathy after surviving two poisoning bids, allegedly by the Kremlin.

He was arrested in 2022 after he called for Western sanctions against the Putin regime.

The inmate's worried wife Evgenia said: "His health status is unknown." Political prisoner Alexei Navalny, 47, an enemy of Putin, died in an Arctic jail in February.



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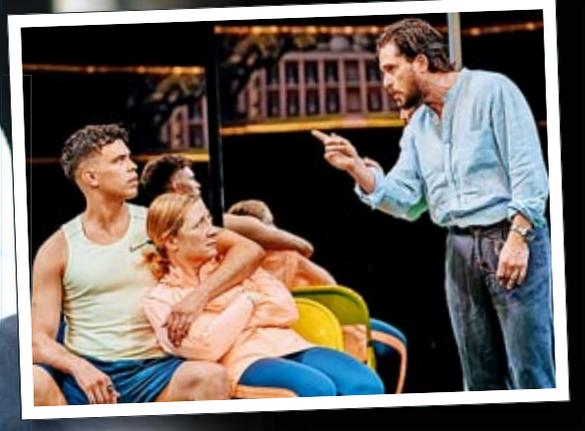
Specially Selected 10 Pack Pork Sausages 667g, £3.73 per kg, 6 Breaded/Southern Fried Chicken Steaks 757g, £3.95 per kg. Available from Thursday 11 July - Wednesday 24 July 2024 while stocks last. Products and prices correct at time of going to print. Products and prices may vary in store, Scotland and Aldi Local. Which? endorsement based on approximately 40 branded and non-branded items compared monthly in 2023.

Playful, provocative take on race

Coup de theatre... Olivia Washington and Kit Harington



Clever...mostly US cast includes Chalia La Tour and Irene Sofia Lucio, below



THE clue is in the title. The absence of a definite or indefinite article suggests that Jeremy O. Harris's play may not be all that we expect. And so it is – or rather, isn't.

One of the most controversial plays ever to appear on Broadway, it arrives in Britain with pre-packed provocation.

Jim, the only English character in an otherwise all-American play, is a smart piece of trans-cultural casting.

Kit Harington proves once again that he can hold the stage as well as anyone, and goes beyond the call of duty by getting his, er, kit off in the final scenes.

Director Robert O'Hara's produc-

REVIEW
NEIL NORMAN
SLAVE PLAY
Noel Coward Theatre ★★★★★



tion displays trigger warnings for nudity, simulated sex and more N-words than a Tarantino movie.

Set in two eras – to say more would spoil a coup de theatre – it opens in an antebellum Southern plantation where relations between slaves and masters and/or mistresses is complex, to say the least.

An extraordinary amount of sexual shenanigans take place (inti-

macy director Claire Warden had her work cut out) that leads to an interrogation into miscegenation, ie sexual congress between different races.

But not everything in the play is black and white. Colour, race, desire and the fallout from interracial relations are the meat of the play but there is nothing obvious in its presentation.

On a mirrored set the characters are reflected (as well as the audience),

emphasising the sense of voyeurism. In the present day, arguments between the three interracial couples are guided by two female observers – one black, one white – whose own power dynamic is far from comfortable.

It's all very clever stuff and what saves it from disappearing up its own fundament is a wicked sense of humour

and some startling imagery. When Jim cannot tell the difference between a cantaloupe and a watermelon you know you're in the hands of a playful playwright.

The character of actor Dustin (James Cusati-Moyer), who insists that he isn't white in order not to offend his black boyfriend Gary (Fisayo Akinade), adds further to the mischief.

Most satisfying of all, Harris has enormous fun eviscerating therapy speak and the dangers of psychosexual intervention.

It's funny, clever and challenging, though neither as outrageous nor profound as it would like to be.

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HICKEY

OVER 30 years on since quitting The Rolling Stones, Bill Wyman reckons the legendary group haven't been as good since.

While Sir Mick Jagger and co currently tour the US, bassist Bill, whose long-time Stones replacement has been American musician Darryl Jones, suggests: "I never thought they ever sounded the same again."



Reflecting on his 1993 departure, Wyman, pictured, tells the Third Act podcast: "They're still a great band and they still have success, but I lost interest in the way they were playing music...I was fed up with flying around the world, staying in horrible hotels, having weird food I didn't like and not being able to get laundry done."

"All these silly problems you have when you're on the road. I just wanted a quieter life."

Surely Sir Mick has no problem getting his laundry done?

DAYS after I noted Sir Brian May had apologised for refusing to speak to Sky's Martin Brundle at last weekend's British Grand Prix, the latter is now anxious to take the blame instead.

The Queen guitarist, who awkwardly twice declined to be interviewed by Brundle on live television, later explained in a statement that he'd been too "nervous" to speak due to having "little understanding" of Formula One.

Former racing driver Brundle now diplomatically announces: "It is me who should be apologising to Sir Brian May, not him to me."

"I didn't address him as Sir Brian and I shouldn't have approached him twice when he wasn't up for a chat on live TV. Nobody is ever obliged to talk to me on the grid, or anywhere else for that matter."

We can now safely conclude that everyone concerned is very sorry!

BBC NEWS presenter and Antiques Roadshow host Fiona Bruce, pictured, insists she's realistic about the cut-throat world of television.



Having recently turned 60, she tells Woman's Weekly: "Nothing lasts forever. I've been doing Antiques Roadshow for 15 years. Maybe next run, they will decide to ring the changes. I'll be really sad, but I will totally accept it."

"That's the brutal reality of TV, you rarely leave at a time of your own choosing."

WHILE setting a new feline record after seeing the arrival of his sixth prime minister, Larry the Cat's "Chief Mouser" credentials have been the target of uncharitable coverage in the past.

Brought to Number 10 in 2011 to keep down the rodent population, the killer instincts of "Lazy Larry" were deemed to come a poor second to those of Foreign Office cat rival, Palmerston.

Now 16, Larry's been keen to step up to the plate in old age – as well as chasing off an urban fox, he made a spirited attempt to kill a pigeon in front of the cameras... before it escaped.

WITH Sir Jacob Rees-Mogg due to appear in a new documentary series, LBC presenter Nick Ferrari playfully remarks: "We're going to get the answer to one of the greatest unknown political questions of all time – which is, 'Does Jacob Rees-Mogg wear double-breasted pyjamas?'"



The dogged recovery of saddest pet

ERNIE the UK's saddest dog is finally smiling after a year of careful rehab.

The husky-Labrador cross shook in terror on arrival at RSPCA kennels. Ernie did not trust people after being passed around various homes.

Rather than joyfully wag his tail in company, he would sit far from any door, trembling with fear if anyone approached. But after a year of careful handling and love from the animal charity's staff he's loving life again.

Now the RSPCA is on the hunt for a caring forever home, following his 471-day stay at the Mount Noddy Animal Centre in Chichester, West

By **Emily Hall**

Sussex. Susan Botherway, manager, said: "When Ernie first came to us he was terrified; he didn't want to interact with us and didn't trust us at all."

"He'd cower in the corner of his kennel and tremble from head to toe, it was utterly devastating to see him so frightened. He's still a sensitive soul and takes his time getting to know new people but once he trusts you he's an absolutely lovely dog."

"He's cuddly, playful and incredibly affectionate. He has lots of doggy friends here at the centre but they keep

finding new homes and heading off to start their new lives – and he gets left.

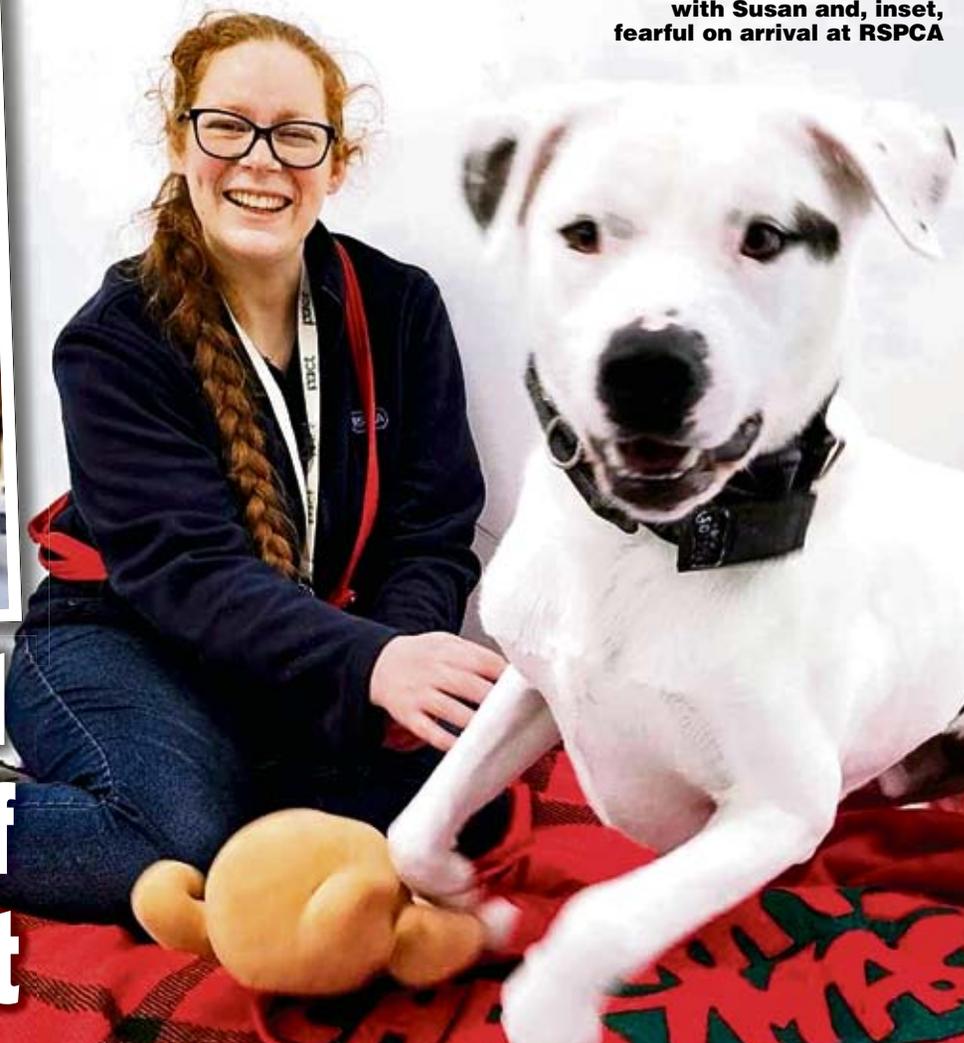
"It really is his turn to have his happy-ever-after moment."

Ernie ended up at Mount Noddy in March 2023 after a precarious life.

Susan added: "While Ernie is bouncy and fun-loving when he's in surroundings he's familiar with, he can find new places and new experiences quite scary."

"His new family will need to be patient. Potential adopters will also need to come to the centre to meet him several times, and spend time getting to know him."

Smiles better...Ernie now with Susan and, inset, fearful on arrival at RSPCA



Pictures: RSPCA/TRIANGLE NEWS

Baldwin 'reckless' in film gun death



In dock... actor Alec Baldwin

HOLLYWOOD star Alec Baldwin was "reckless" and "violated the cardinal rules of firearm safety" when a woman was shot dead on set, lawyers said yesterday.

The actor, 66, is accused of involuntary manslaughter over his involvement in the death of cinematographer Halyna Hutchins, 42, who was killed during a rehearsal for his movie Rust.

On the first day of trial, prosecutor Erlinda Ocampo Johnson said: "The evidence will show someone who played make believe with a real gun and violated the cardinal rules of firearm safety is...Alexander Baldwin."

"Like in many workplaces, there are people who act in a

By **Allister Hagger**

reckless manner and place other people in danger. That, you will hear, is the defendant."

She said Baldwin declined opportunities for safety checks before the rehearsal on October 21, 2021 and told jurors: "He cocks the hammer, points it straight at Miss Hutchins and fires that gun, sending that live bullet right into Miss Hutchins' body."

But the Hunt for Red

Shot...tragic victim Halyna

October star's lawyer, Alex Spiro, insisted: "Alec Baldwin committed no crime. He was an actor, acting. On this set there was a real bullet...you will hear no evidence that Baldwin had anything to do with that real bullet being bought on that set."

He blamed movie armorer Hannah Gutierrez-Reed, already convicted of involuntary manslaughter, and assistant director David Halls, who pleaded no contest to negligent use of a deadly weapon. Baldwin has pleaded not guilty.

The trial in Santa Fe, New Mexico continues.



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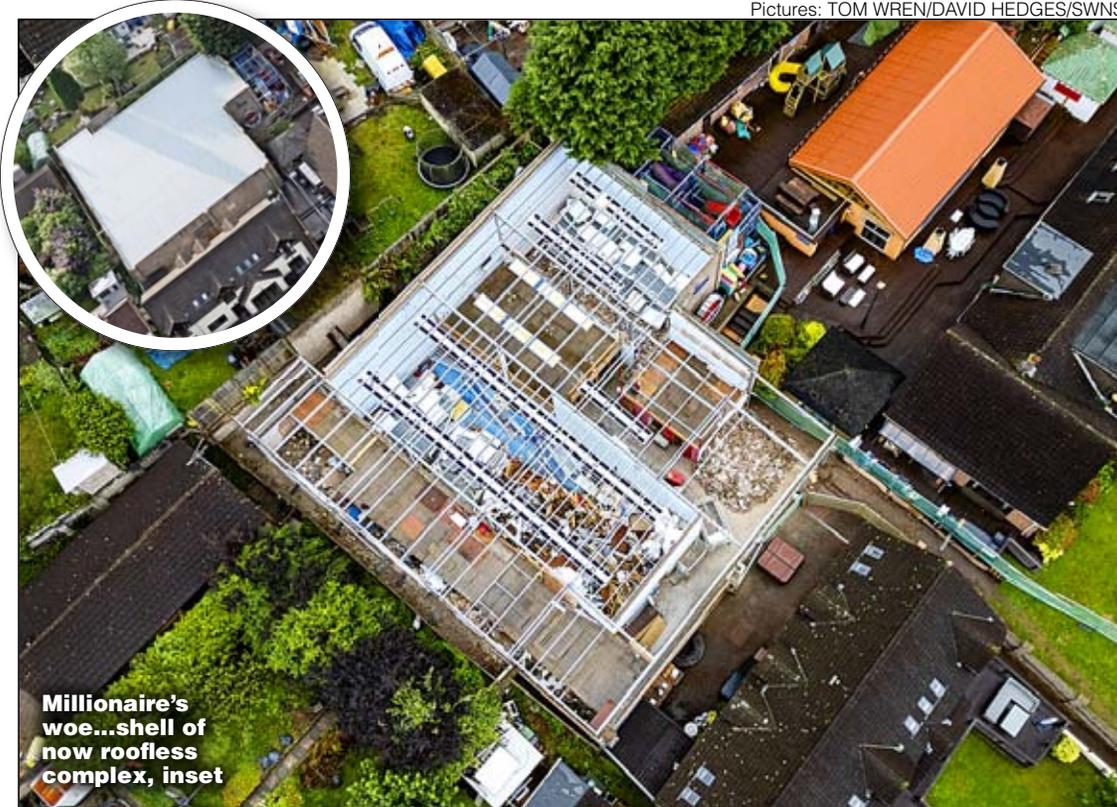
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Millionaire's woe...shell of now roofless complex, inset

Ban cave...

Council brings in the bulldozers to destroy millionaire's illegal eyesore

By **Laura Elvin**

THE UK's biggest "man cave" has been exposed after council workers tore off its roof following a decade-long planning battle with its millionaire owner.

A drone picture shows the shell of Graham Wildin's 10,000 sq ft complex, which once housed squash courts, a bowling alley, casino and cinema.

Wildin, 70, who had no permission for the building at the back of his home, repeatedly defied court orders to knock it down – and even went to jail.

Now, Forest of Dean District Council has started tearing it down and has taken the roof off, revealing the gutted interior.

Defiance

It is a far cry from the luxury complex in a video featuring Wildin when he built it in 2014.

An onlooker said: "It really looks nothing like the plush leisure centre we once saw there."

In the first of Wildin's five court battles, in 2018, the High Court gave him until the end of April 2020 to remove the building in Cinderford, Gloucestershire.

He failed to obey the injunction and in June 2021 received a six-week suspended jail term.

Wildin lost an appeal against the sentence that November and was ordered to demolish the complex by March 2022.

But his defiance continued and his suspended contempt of court sentence was activated in August that year.

After being freed from HMP Cardiff, Wildin was given 18 weeks to "soft strip" the build-



Planning gamble... Graham Wildin shows off casino and bowling alley at the huge complex

ing's interior to make it unusable. The deadline expired last January and, in his fifth court defeat, his sentence was upheld.

He was ordered to pay £9,962 costs to the council – despite claiming he had now sold the complex for just £1.

In a separate row, Wildin's neighbours accused him of taking up the street's parking spaces with his fleet of classic cars.

A final injunction allowed him to park only two cars on the road, with provision for two visitors.

In March this year, it emerged the six-bedroom home near the

man cave, thought to be owned by Wildin's family, was to become a holiday let, for which a temporary go-ahead has been given.

Approached for comment last month, Wildin did not answer questions and promptly returned inside the property.

Council bosses now plan to bill the millionaire for the complex's demolition work.

An authority spokesman said: "The cost should not be borne by the taxpayer and we will look to recover the full cost of the demolition from the landowner in due course."

Ahead of the pack ... 800m star Keely in stripes and platforms

Britain's Olympians gear up for glory

Track and field stars sport catwalk style

By **Giles Sheldrick** Chief Reporter

OLYMPIC athlete Keely Hodgkinson gives a new meaning to "fast fashion" with a stylish photoshoot as she prepares to fly the flag for Britain and inspire a new generation of sporting heroines.

The middle-distance runner looks striped for action as she strikes a balletic pose in a skirt-and-shirt ensemble and pairs black sportswear with towering platform heels in the shoot for Elle UK.

Keely, 22, had some great advice for girls and young women wanting to follow in her footsteps, saying: "Just go at your own pace and don't have too high expectations...It doesn't matter what pace you go at or how long you go for – the key is just starting.

"You can't get overly bothered about what everyone else is doing...whether it's how you look or what job you have. If you're comparing, you're going to be miserable.

Keely won the silver medal in the 800m at the 2020 Tokyo Olympics and will be going for gold when the 2024 games kick off in Paris on July 26.

She said: "I always say I'd like to do better than I did last year, whether mentally, emotionally or physically."

Floating

Meanwhile fellow Team GB star Katarina Johnson-Thompson, 31, redefined racing green in a shoot for British Vogue. She teamed her green bodycon dress with red ballet flats, while

in another photo she appeared to be floating on air in a red gown.

The heptathlon ace – two-times champion of both the World and Commonwealth Games – has been plagued by injury.

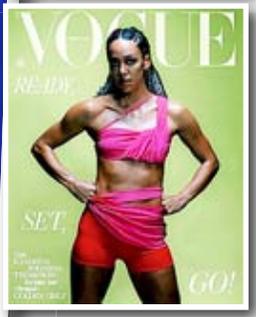
But she said: "It's not always about injury, failure.

"I've had a great career and I've won all these medals...

"No matter what happens in Paris, I am really happy with my story."



Team spirit... Katarina in green and red



Word 'grotty' come from?

royal premiere of *A Hard Day's Night* as popularising slang, music films of all time, to the Spice Girls



MERSEY MEETS MARGARET: Princess beams in a shot with the band at the film's London premiere on July 6, 1964



TROUBLE: Disguised Paul and Wilfrid Brambell, as his tricky granddad. Below, group with Pattie Boyd, behind George, and other 'fans'



phrase "get knotted" – an insult too far in 1964. It's what Mills describes as "that iconic Liverpool sense of humour... they're not going to be impressed by anybody".

THEY save some of their best lines for journalists when they're paraded in front of a sizeable press reception. "What would you call that hairstyle you're wearing?" one reporter asks George Harrison. "Arthur," replies George, dryly. Questions about their mop-top hairdos are a wink and nod to real-life press scrutiny at

the time. "People were obsessed with The Beatles' haircuts," says Mills. "They were seen as androgynous and gender-bending and all that."

The press reception scene – which included real journalists – was cobbled together on-the-fly, because crowds of fans disrupted the planned shooting schedule.

There were so many fans in the street, they literally stopped traffic.

The Beatles further lampoon their own fame when a woman thinks she recognises Lennon – though Lennon denies it's him.

"You look just like him," she says. "No, my eyes are lighter," insists Lennon. The woman agrees once she puts her glasses on: "You

don't look like him at all," she says. In one of the film's great scenes, the Fab Four get some freedom when they flee the TV studio via a fire escape.

"We're out!" cries Ringo, as they run off and frolic in a field – to the sound of Can't Buy Me Love, already a UK and US No1 by the time the film was released.

The sequence is effectively a promo music video (Lester was once dubbed the father of MTV – and jokingly demanded a paternity test). *A Hard Day's Night* was shot in black in white for economic reasons – the film was made for just £180,000 in eight weeks – but it puts a timeless lens on the group.

Speaking to *Vanity Fair* in 2014, Lester,

now 92, said the documentary style was the "most logical" choice for the film, "because you didn't particularly want acting classes for the four boys while we were actually filming".

Incredibly, United Artists were concerned that The Beatles' accents would be a problem for American audiences and suggested dubbing their voices.

A Hard Day's Night was also responsible for outlining the distinct personality of each Beatle – exaggerated personas that came from Alun Owen's observations.

"He enshrined the stereotypes," says Mills. "John as cynical, Paul as whimsical and friendly, George as quiet and good-looking, and Ringo as a clown."

The stereotypes would eventually wear thin for the real Fab Four, but they worked brilliantly in *A Hard Day's Night*. Each of The Beatles get their own solo moments, but Ringo gets the best scenes. He goes AWOL and winds up getting arrested – a case of mistaken mischief from the drummer.

The film concludes with a belting TV concert, including performances of *Tell Me Why* and *She Loves You*.

The concert was filmed in London's Scala Theatre with 350 screaming teenagers. A cameraman later told Lester the fans' screams had loosened his fillings.

AMONG the fans was a 13-year-old Phil Collins. "One of the highlights of my life," Collins said in a 1995 documentary about the film.

As requested by United Artists, The Beatles wrote several songs for the film and soundtrack. The title track was a late addition. After deciding to call the film *A Hard Day's Night* – and realising they needed a song for the start of the film – Shenson charged Lennon with delivering a song of the same name.

As the story goes, Lennon wrote most of the tune – a number one hit – in just one night and scribbled the lyrics on a matchbox cover.

There's still some debate about how the film title came to be, but it's generally agreed that Ringo, well-known for his malapropisms, came up with the phrase.

There's another great "Ringo-ism" in the film, when a reporter asks him if he's a mod or a rocker. "No," replies Ringo, "I'm a mocker" – a line that came from a real-life interview.

The film premiered at the London Pavillion on July 6, 1964. The premiere was attended by Princess Margaret (Alun Owen recalled the Princess asking, "Where did this wonderful word 'grotty' come from?").

It won rave reviews and two Academy Award nominations – for the screenplay and score – and inspired every pop star movie afterwards. The Monkees' TV show was directly influenced by it. Even the Spice Girls' *Spice World* was an obvious cover version for the Girl Power generation.

A Hard Day's Night captured a significant moment in Beatlemania. But something else too – the moment before they became disillusioned with their fame.

"I think it captures the moment when they're enjoying being that famous," adds Fabs expert Richard Mills.

"They're quite wide-eyed and joyous. It marks the peak of that image – the peak of their early mop-top songwriting. They were actually still enjoying their success at that time."

● *The Beatles and Fandom: Sex, Death And Progressive Nostalgia*, by Richard Mills, is available from Bloomsbury

30-SECOND CHALLENGE

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

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

Today's answers can be found in the puzzles pullout

YOUR ANSWERS

Beginner	16	-7	SQUARE IT	-45	50% OF THIS	+14	÷4	+9	x3	
Intermediate	335	80% OF THIS	-79	6/7 OF THIS	+179	REVERSE THE DIGITS	÷11	+119	÷12	
Advanced	289	TAKE THE SQUARE ROOT	+49	x8	-47	6/13 OF THIS	-32	INCREASE BY 80%	+177	

THE NATIONAL LOTTERY

WEDNESDAY, JULY 10
LOTTERY
8 9 13 19 26 48 54
THUNDERBALL
7 14 26 30 37 7

TUESDAY, JULY 9
EUROMILLIONS 6 15 19 28 39 7 11
THUNDERBALL 6 12 17 23 35 14

MONDAY, JULY 8
SET FOR LIFE 11 34 35 44 45 10

THE HEALTH LOTTERY

WEDNESDAY, JULY 10
26 30 37 38 39 6

TUESDAY, JULY 9
4 6 13 16 26 29

The society benefiting from all draws in the month ending July 31, 2024, is LEW Health CIC/TA HL London East

PHONE POLL RESULTS

We asked in our poll on Tuesday:
Do you fear you will pay more tax under Labour?

YES: 98%
NO: 2%

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SUDOKU

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

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

This is the Quick Sudoku for the solver in a hurry. For today's solution call: **09071 812 571** (Calls cost 80p per minute plus your telephone company's network access charge)

For extra clues call: **09013 225 602** (Calls cost 75p plus your telephone company's network access charge)

MORE PUZZLES - PULLOUT YESTERDAY'S SOLUTION

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

Picture: PAUL FRASER COLLECTIBLES/SWNS

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Ultra-rare...collectors will vie for Plate 7 Penny Red as only nine are left

Rarest stamp on sale for £650,000

A STAMP said to be the rarest and most valuable in the country is up for sale at £650,000.

The 1864 Plate 77 Penny Red is being offered by stamp dealer Paul Fraser Collectibles.

Victorian postal officials issued 21 billion similar Penny Reds at their time of circulation - but just nine stamps from printing plate No 77 exist today, the Jersey-based dealer said.

Defective

Only one sheet of 240 stamps from that particular plate was produced before authorities realised it was defective.

They destroyed the plate and most of the sheet but nine stamps somehow escaped the incinerator.

Just three are said to be in private hands while the remainder are housed in museums.

Of the three retained by collectors, this one is said to be in "the

By **William Warnes**

finest condition". The last sale of a Plate 77 Penny Red was in 2012.

It fetched £550,000, setting a new record for a single Great Britain stamp.

Mike Hall, chief executive of the dealer, said: "This stamp is legendary among collectors because it shouldn't exist."

"While most people know the Penny Black was the first stamp, it's actually Plate 77 Penny Reds that send collectors into a frenzy."

The Penny Red replaced the Penny Black in 1841 and the British postal authorities continued to issue them until 1879, according to the dealer.

A small "77" in the stamp's right-hand scroll work reveals its plate number.

The example now on sale includes part of its original envelope, accompanied by an additional fourpenny stamp.

Terms & Conditions: Offer ends 15.07.24. Standard card size only. This code cannot be used in conjunction with any other promotional code. Excludes other categories and brands including sale, clearance and promotional lines. For full T&Cs see: www.reachforms.co.uk/moonpig

Pictures: JAMES O. DAVIES, ALUN BULL



Historic...St Mary's tin church, ringed, in Cadgwith



RNLI landmark listings hail 200 years of heroism

TWO sites that form part of the rich history of the Royal National Lifeboat Institution have been newly listed today to mark the charity's 200th anniversary.

Founded in 1824 as the National Institution for the Preservation of Life from Shipwreck, the organisation soon gained patronage from King George IV and later became the RNLI.

In the 200 years since, lifeboat stations have become beacons of safety and key features of the UK's coastal heritage, while churches and memorials also commemorate those who risked their lives to save others.

An interactive map of landmarks connected to RNLI history has been set up by Historic England and the two organisations want the public to add their own pictures, videos, stories and memories to the Missing Pieces Project.

The Department for Culture, Media and Sport, with advice from Historic England, has listed the Church of St Mary in Cadgwith on Cornwall's south coast, and the grave monument to sailor James Gall, in Barrow-in-Furness, Cumbria.

The Rev Henry Vyvyan, St Mary's first vicar, was active in the RNLI and won its silver gallantry medal.

James Gall was the last survivor of

By **Chris Riches**

nine people saved in a rowing boat from wrecked paddle steamer Forfarshire by Grace Darling and her father in 1838. The rescue made her a Victorian heroine.

Survivors

The ship had run aground on the Farne Islands off Northumberland and Longstone Lighthouse keeper William Darling and his daughter Grace, 22, rowed out to help the crew and passengers. The pair used their traditional coble open fishing boat to take five survivors to safety before William and two of them rowed back to save four more.

Grace's bravery made front-page news and reached the ears of Queen Victoria. She was the first woman to receive an RNLI medal but died of TB four years later and is

commemorated in St Aidan's churchyard, Bamburgh. Gall's monument features a 10ft lighthouse sculpture.

Meanwhile Grade II-listed St Mary's, in the fishing village of Cadgwith on The Lizard, is a significant example of a "tin tabernacle" – a prefabricated corrugated iron building developed in the mid-19th century as a relatively low-cost way to set up a place of worship.

Rev Vyvyan and the Cadgwith lifeboat Minnie Moon saved 227 passengers and crew from the White Star liner Suevic when it ran aground in March 1907. The 16-hour rescue by volunteers of all 456 aboard the ship is the largest in RNLI history.

Historic photos have been shared by the RNLI to highlight

Tribute..James Gall lighthouse

its story, some showing volunteer crews and significant lifeboat stations.

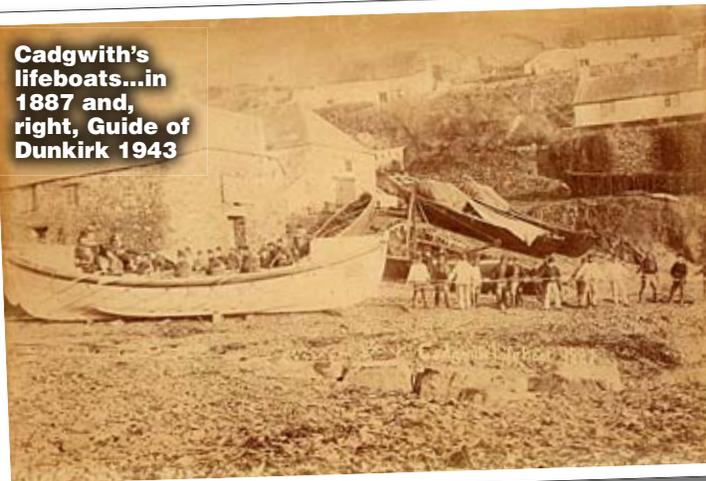
Hayley Whiting, its heritage archive and research manager, said: "Through this project with Historic England we have been able to share rarely seen photos from the RNLI archive of sites around England which have a close connection with the RNLI.

"The list includes boathouses, collection boxes, monuments and memorials, many of which are no longer RNLI-owned or managed, but all of which have a fascinating and important connection with the charity.

"We hope many members of the public will now be inspired to go online to the Missing Pieces Project and add their own contributions, to really help bring to life the stories, history and character of these significant sites."

Duncan Wilson, chief executive of Historic England, said: "This fascinating collection of historic sites tells the stories of the men, women and communities who have made our seas safer."

He added: "Their dedication, bravery and sacrifice have helped to save so many lives – and their stories inspire us."



EXCLUSIVE
By Alex Gerlis



THE man who ordered a pint of champagne cider at 9am on Tuesday September 3, 1940, at The Rising Sun could not have been a more atypical customer of the pub in the small coastal village of Lydd in Kent. He spoke with a foreign accent, was unsure about how to use the British currency he had with him and his clothes were wet.

Small wonder then that landlady – a Mabel Cole – suspected something may not be quite right with her latest customer, so much so that she alerted two of her neighbours. They confronted the man who told them he was Dutch before announcing: “You’ve caught me, I guess, and I don’t mind what happens to me but I refuse to go back to Germany.”

The man was Karl Meier, a 23-year-old Dutch Nazi who’d landed on the Kent coast hours earlier at the start of a very short-lived career as a German spy. And he most certainly was to mind what happened next because, after a two-day trial held in secret at the Old Bailey two months later, Meier and two other spies who’d landed with him were sentenced to death under the recently-passed Treachery Act.

One minute before 9am on December 10, Meier and one of the other spies, a Belgian called Jose Waldberg, were marched from the condemned cells to the gallows on the first floor of A Wing at Pentonville Prison in north London. Not long after the clock struck nine, both men were dead.

And Meier and Waldberg were not the only hapless Nazi spies to be executed.

Almost a month after the capture of the German spies in Kent, three more were rounded up in similarly ridiculous circumstances.

This time it was in the north east of Scotland, where a German seaplane had flown them from Norway and landed them on the Moray Firth on September 30.

The plan was for the group – two men and a woman – to split up and make their separate ways to London. They’d even been provided with UK-made bicycles, stolen from the British embassy in Oslo.

But conditions on the Moray Firth were so bad it took them nearly four hours to row ashore, during which time they ditched the bicycles. Two of them, Karl Drucke and Vera Eriksen, ended up in a remote railway station at Portgordon. Their soaked and bedraggled state was enough to arouse suspicion as it was, but they made matters worse by asking the station master where they were.

Scottish station masters were fortunately as suspicious as Kent landladies.

The police were called and both were arrested. Drucke’s case was found to contain £327 in cash (the equivalent of more than £15,000 today) and a Mauser pistol.

The remaining man, a Swiss national called Werner Walti, managed to get as far as Waverley station in Edinburgh where he was arrested. Drucke and Walti were sentenced to death at the Old Bailey in June 1941 and executed alongside each other at Wandsworth prison on August 6. Unaccountably, Vera Eriksen was never put on trial. She was interned for the remainder of the war.

In all, a dozen Nazi spies who were dispatched to this country around September 1940 were captured. Some were turned into double agents and used to feed misinformation back to their German masters. The rest were tried and executed.

They were sent over as part of Operation Lena, an attempt by the Abwehr,

Did German spies deliberately sabotage Hitler's invasion of Great Britain

With France in his grasp, the Fuhrer's eyes turned towards the UK. As modern spy fiction suggests, the Nazi dictator's services may have helped sabotage Operation Sea Lion to avoid

German military intelligence, to spy on Britain's defences ahead of a planned German invasion of this country – known as Operation Sea Lion.

But it is hard to imagine a more incompetent and third-rate espionage operation. It must have occurred to British counter-espionage that if this bunch were the best the Germans could do then Britain really had very little to worry about.

The planned invasion of this country was a complex and perilous operation. Had it actually taken place then it would have been by far the most audacious seaborne invasion ever attempted. It required top class

intelligence to give it any chance of success. And yet the spies sent over here were poorly selected and badly-trained: few were actually German, most were German or Dutch speakers with poor English and either crooks or committed Nazis, sometimes both.

I've no doubt that had I come up with characters like them in one of my espionage novels my editor would have sent it back to me with the comment that they lacked credibility. In fact, the spies were so laughably poor, some historians are now beginning to wonder whether this was deliberate.

Was it an attempt by some in the German military establishment to sabotage Operation Sea Lion? And if so, what were their motives?

Could it have been treason? An attempt to undermine Hitler just as he'd completed the occupation of much of Europe? The answer, as I discovered, could be found in Hamburg, Germany's second-largest city.

Sophienterrasse in Hamburg is what local estate agents would describe as a highly desirable location. The city website talks of the area's “sophisticated, exquisite charm”.

And you can see why. It's conveniently

located just over two miles north of the city centre. On either side of the neatly-cobbled road are attractive and mostly white-painted houses and apartment blocks, many in the distinctive art nouveau design.

At the eastern end of the road Sophienterrasse tapers into a pedestrian-only walkway which leads down through a series of steps to an area of well-kept parkland and beyond that, the Aussenalster, the larger of Hamburg's two man-made lakes constructed from the River Alster.

AND yet, in common with so many roads in Germany, Sophienterrasse hasn't always been Sophienterrasse. During the Second World War it was known as General-Knochenhauer-Strasse. And it was from General-Knochenhauer-Strasse that the Operation Lena spies were dispatched to Great Britain to prepare for the planned German invasion of this country in 1940.

Half way down one side of Sophienterrasse



NAZI RULE: But Hitler's invasion plan was scrapped after the Battle of Britain

ies nk on n?



ISLAND ALONE: Sentries guard English coast following the fall of France in 1940, main. Top, Vera Eriksen was interned after being caught; Belgian Jose Waldberg, above, was hanged as a spy

JK. But as one of the s own intelligence catastrophic defeat

is number 14, an enormous building, built in 1936 to a design far more brutalist than art nouveau. The building remains there to this day. On top of the imposing entrance block, two giant stone Imperial eagles gaze out across the city.

The entrance block is flanked by two large wings and at the end of each wing are two blocks, reaching out as far as the road. During the Second World War, number 14 General-Knochenhauer-Strasse was the headquarters of the 10th German Army Corps. But they were not the only occupants of 14 General-Knochenhauer-Strasse. The West Wing of the building was occupied by the Abwehr, German military intelligence.

And it is from this building that Operation Lena was devised. Although Hitler's formal instruction for "Directive number 16" – was not issued until July 16, 1940, the German armed forces had anticipated the Fuhrer's ambitions and began planning the invasion of Britain before the end of 1939.

And very soon it became apparent this would be an enormous, even impossible undertaking. The Army High Command came

up with a plan to invade across a front of some 200 miles, from Ramsgate in Kent to Weymouth, Dorset.

They planned to send across around half a million troops, plus tanks, artillery and supplies. The German navy, the Kriegsmarine, estimated this would require more than 2,000 landing craft and began requisitioning barges, tugs and other vessels from around Europe.

Grand Admiral Raeder, the head of the navy, suggested a more limited and manageable plan: a front of just 35 miles stretching from Deal to Dungeness in Kent.

The problem for the Germans was the dominance of the Royal Navy. It was too strong and, backed by the RAF in the skies, was likely to thwart any invasion before a single soldier had set foot ashore. To counter this the Luftwaffe planned an aerial campaign to eliminate the Royal Air Force, which was to become the Battle of Britain.

But as loyal as the German generals and admirals were, whichever way they looked at it, Operation Sea Lion seemed doomed. And this was a view shared by the Abwehr. From their offices in General-Knochenhauer-

Strasse in Hamburg, they realised the planned invasion was not only likely to be a failure, but it could also be a failure which could lead directly to the defeat of Germany.

What was interesting about the Abwehr was how non-political it was.

It saw itself as a professional espionage organisation rather than a tool of the Nazi Party. Its head, Admiral Canaris, was never a Nazi Party member. Nor was his deputy, General Oster. Herbert Wichmann, the man responsible for recruiting that hopeless bunch of spies, training them and dispatching them over to Britain was no Nazi either.

What if he'd come to the conclusion, encouraged no doubt by Canaris (a man who would later be executed for his opposition to

Hitler) that it was in the long-term interests of Germany for Sea Lion to be aborted? In fact, none of the Operation Lena spies sent back a single shred of intelligence.

We will never know for sure but, as we do know, the Battle of Britain ended in defeat for the Luftwaffe who switched to bombing operations. And on October 12, 1940, Sea Lion was shelved – the

German invasion of Britain would never be a serious proposition again.

And what now of 14 General-Knochenhauer-Strasse, now Sophienterrasse?

The enormous building is still there, seemingly unchanged from when it was built in 1936. It clearly emerged unscathed from the heavy RAF bombing of Hamburg.

GIANT stone Imperial eagles remain on top of the entrance section, carefully surveying the city below them. When I visited earlier this year researching my next novel, my guide and I managed to enter the building.

It's now an upmarket residential complex, with porters and a reception area matching that of a five-star hotel.

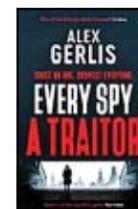
My guide explained I was interested in looking around as this had been a German intelligence headquarters during the war.

The man behind the plus desk looked horrified. Perhaps, he suggested in a tone which didn't require translation, we would care to leave?

● *Every Spy A Traitor* by Alex Gerlis (*Canelo*, £16.99) is out now. Visit expressbookshop.com or call Express Bookshop on 020 3176 3832. Free UK P&P on orders over £25



TOP SPYMASTER: Admiral Canaris, head of the Abwehr



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I'm forever grateful for my magic mane

When my oncologist told me in March 2023 she was recommending a course of chemotherapy to treat my breast cancer, my first thought was 'I'm going to lose my hair'.

I'd been diagnosed that January, aged 48. The lumpectomy operation had removed the tumour, but she felt a 16-week course of chemo (eight rounds, fortnightly) offered the best chance of preventing a recurrence.

As I would learn over the coming months, chemo has many unpleasant and debilitating side effects.

After the first round I spent the entire night throwing up violently, and the fatigue was like nothing I'd ever known, but hair loss – no matter how many times you tell yourself it's just hair – can be one of the most mentally devastating aspects.

I knew straight away that I was going to wear a wig, and ideally one that was as similar to my own shoulder-length, dark blonde hair as possible.

Cancer websites told me in a jovial fashion that this would be a fun time to experiment with new hairstyles, but that was the last thing I wanted. I just wanted to look like me.

Googling wig providers, I came across something I didn't even know existed – the hair replacement system industry and in particular a company called Jennifer Effie's Hair Solutions (jehair.com), in Marylebone, central London.

I learned that it would be possible to have a bespoke wig made from human hair designed to recreate my exact colour and style. Made on a breathable base so it wouldn't affect the regrowth of my hair, it would be glued to my head and I would be able to wash, blow dry and style it exactly as I did my own hair.

The website promised that it would look incredibly natural, to the point where it would be undetectable as not being my real hair. It was, of course, not going to be cheap, coming with a price tag of £2,500.

Aware of how lucky I was to have it as an option, I called the salon and was soon at my first appointment when they took some sample strands of my hair for colour matching and made a mould of my head.

The wig – or system, to give it its correct name – would

Devastated at going bald from chemo for her breast cancer, Laura Marshall invested in a hair 'system' so realistic that it fooled her closest friends



TRESSED UP
Hair system was indistinguishable from Laura's real locks



NATURAL
Laura's real hair before she started chemotherapy

take six to eight weeks to be ready. However, I began to lose my hair quite early in the process and found the moulting intolerable, so my 17-year-old son shaved my head.

I had expected to find the physical process of losing my hair extremely hard but in reality I didn't feel upset or cry, but when I went out I wore a cheap wig with a wide headband over it.

The day I went to get my system felt like a red letter day. The stylist

brought it out proudly and settled it in place in my head. I couldn't believe it – it was extraordinarily like my real hair. If anything it was somewhat thicker and better.

They glued it to my head, where it felt incredibly secure, and took me through the

care instructions, which were pretty simple.

I was to wash and blow dry it as normal once a week, and brush a detangling spray through it as

necessary. It was extremely comfortable to the point where I was barely aware of it.

My close friends knew I was getting the system, so I knew they were going to say it looked good as a kindness to me. The real test would be people who didn't know me.

The first indication that it did look natural was when a nurse I hadn't seen before assumed I'd be having the cold cap (a helmet filled with cold gel that helps prevent hair loss) because she was so convinced that I still had my own hair.

A few days later, I went to visit a friend I hadn't seen for a while, who, at one point, said conversationally "Your hair looks good, have you just had it coloured?"

Going for my monthly appointment where the system is removed,

cleaned and reattached became something I looked forward to. I would be there for a few hours while they groomed it, sometimes attaching some new hair if necessary.

“ I couldn't believe it - the wig was just like my real hair, or even better

The women who work at the salon were always incredibly kind and understanding, but also a lot of fun. At Jennifer Effie's there is no stigma attached to hair loss or wig wearing.

They work with chemo patients every day, as well those with alopecia and other conditions that cause hair loss.

Discussions centre around styling tips and choices, along with the general chat you would have with any hair-dresser.

It was a welcome slice of normality at a time when I felt very much like a patient in all other aspects of my life.

The best thing that my hair system gave me was the choice about whether to tell people about my cancer diagnosis. When you lose your hair, your bald (or even be-scarfed) head does the talking for you.

It would have told all the parents on my son's football team, even the ones I don't know well.

It would have told all my neighbours, even the ones I've never spoken to. It would have told every stranger I passed on the street.

And while I know plenty of women who were happy to be bald and proud throughout chemo (and I admire them immensely) I didn't want that choice taken away from me.

The other person it would have told, every time I looked in the mirror, was me. Anyone who's had cancer knows it never leaves you.

There's a little voice in the back of your mind, all the time, reminding you of your own fragile mortality, particularly during chemotherapy.

However, if I was having a rare good day, the last thing I wanted was a physical reminder of what I was going through.

The choice of wig, scarf, or bald and proud, is one every chemo patient has to make for themselves. I was in the very privileged position of having this extra option, one that gave me choice and the opportunity to cling on to a shred of my pre-cancer life.

At a time when my self esteem could have been at an all-time low, the hair system gave me confidence. I continued to wear it for about nine months after my treatment finished (it doesn't impact regrowth) until April this year when I was happy with how my hair looked underneath.

My hair system has now been turned into a normal wig, which I'll keep in case I require its services again. But if that doesn't come to pass, I plan to donate it to another woman in need.

I'm now enjoying experimenting with my short, funky hair, but I'll be forever grateful for what my hair system gave me.

■ A Good Place To Hide A Body
by Laura Marshall, £20 (Hodder & Stoughton) is out now



NATURAL
The system is then glued on



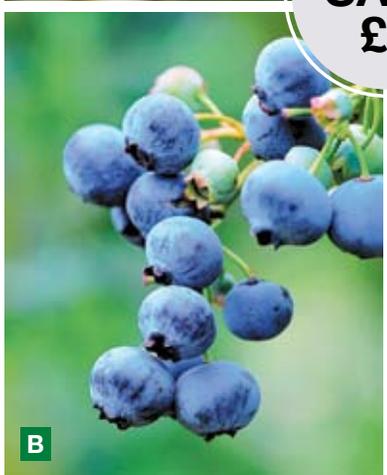
FUNKY
Laura loves her new short look

EXPRESS GARDEN

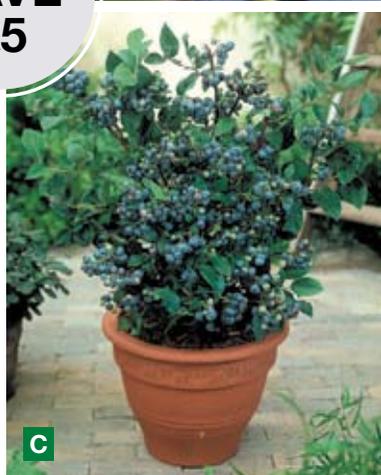


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express yourself

Being deaf is my superpower

After overcoming bullying to become a dancer and model, Love Island's Tasha Ghouri explores her experience of deafness in her debut novel

Tasha Ghouri has come a long way since teenage years so distressing she suffered from depression.

Born deaf but able to hear through a cochlear implant, she was bullied at school, and a broken implant left her unable to hear for six lonely months aged 16.

But today, the 25-year-old Love Island star and campaigner is proud of her deafness.

"I call it my superpower because I can take my implant out and not hear anything," she says. "It makes me feel independent and strong, like a superwoman."

Looking back, she's grateful to those bullies for strengthening her resolve to succeed in life. And that determination has paid off.

Tasha was working as a dancer and model when she was picked for the eighth series of Love Island in 2022. She met boyfriend Andrew Le Page there and, since the show ended, she has built a platform as a deaf inclusivity campaigner. Now, she's a published author too.

Hits Different, co-written by Lizzie Huxley-Jones, tells the story of an aspiring dancer with a cochlear implant (a device that triggers the hearing nerve to send signals to the brain) who must learn to love herself before she can find happiness with someone else.

Tasha, from Thirsk, North Yorkshire, certainly struggled with self-acceptance during her teenage years. "I was the only deaf student in my school and I felt so isolated. I did have friends but I was scared to even talk

about being deaf and I used to wear my hair down to hide my implant.

"I was cyber-bullied on an anonymous platform called ASKfm. It could have been anybody, it could have been one of my friends. I had times where I'd come home, cry and lock myself in the bathroom. I was definitely depressed.

"But I thought, 'One day, I'm going to get out of this place and do amazing things'. I'm quite thankful for the bullies because it gave me that motivation to do what I'm doing now."

Tasha thought life had turned around when she started A-levels at college. But when she was 16 her cochlear implant broke and the process of replacing it left her deaf and isolated for six months.

"That was the lowest moment. I was in college, living my best life then I was told, 'It's broken'. I remember just being locked in at home, I didn't want to speak to anyone.

"When I first got the new implant, I was so excited. It was the best feeling of relief."

Tasha admits: "I blamed my parents for making me deaf. I was horrific towards them."

It was only after she left home that she could appreciate their unwavering support. "I realised they've always been there for me and I message them every day to say 'I love you'."

The novel draws on Tasha's experiences, including a scene when Cassie's cochlear implant falls out during rehearsal.

"As a dancer, I always struggled with my implant falling out. I used to get really upset and walk off. But one time, it fell out and I just carried on dancing. I could feel the vibrations so I just

stayed calm. Something in my head said, 'Don't give up. Just keep going'. And that was one of my biggest moments where I opened my wings and flew and found my confidence. Revisiting that was emotional."

In fact, it wasn't until her early 20s that Tasha began to feel comfortable in her own skin.

"Dancing really helped because it was such a safe space where I really started to find myself. I learned my disability doesn't define me, it's just part of me that's special and unique and I need to celebrate that."

Dating was also a challenge for Tasha who would message suitors in advance to say she was deaf.

"If I got ghosted sometimes, I'd think, 'is it because of my deafness?' But the way I dealt with it was, 'It's their loss'. I will find my prince one day. Which I have."

The moment when she realised her fellow Love Islander (who she now owns a house with) was "the one" was when the pair were tasked with caring for a fake baby and Andrew told it about Tasha's deaf "superpower".

"I realised this guy truly loves me for me and he's what I've been looking for. That was the moment when I felt,

"This is the one for me."

"You know when you get butterflies? I felt that I could see myself marrying this man. And it was that feeling of relief. I'd found that person who is my anchor."

Hits Different is key to Tasha's campaign to help people follow the path to self-acceptance. "It will help readers struggling with self-worth," she says. "It's about finding who you are and embracing it."

■ **Hits Different, co-written with Bonnier Books (£8.99), is out now**

INTERVIEW BY **CHARLOTTE HEATHCOTE**

REALISATION
Tasha knew Andrew was the one during Love Island baby task



Get in touch!
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Dress to impress

BY **EMMA JOHNSON**

Counting down the days to your summer holiday? Sun, sea, sand and the chance to wear the sort of stunning sun dresses that rarely make it out of the wardrobe in the UK. Whether you are on a city break, a trip to a tropical paradise or cruising the high seas for your getaway, who doesn't love to get dressed up for a sundowner or two? We are talking

statement buys here. The sort of beautiful designs that make you feel and look great and have fellow holidaymakers wondering: "Where did she get that?" Whatever your price point you can find a dress to impress. Think bold patterns, bright colours, embellishment and interesting details. Just add some fancy sandals, a sprinkling of jewellery and you are good to go.



Embroidered dress, £90, Monsoon. Sandals, stylist's own



Left: Tilda red midi dress, £139, espadrilles, £89, earrings, £19. Right: Bella midi dress, £139, block heels, £99, all Phase Eight



Ibiza sunset dress, £60, sandals, £55, bag, £45, all Joe Browns



Printed midi dress, £76, Lipsy at Next. Accessories, stylist's own



Dress, £49.99, sandals, £35.99, necklace, £22.99, all Zara



Mono floral dress, £69, Live Unlimited. Accessories, stylist's own

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Le Specs sunglasses £57, & Other Stories

Tortoise-shell aviators, £29.99, Cernucci

Svnx cateye, £12, Debenhams

TOP of the SHOPS

Luisa Metcalfe finds out what's hot to shop this week



NOSTALGIA

Attention Seventies obsessives. The Raleigh Chopper bike, instantly recognisable for its long seat, bigger back wheel and oversized handlebars, is back. It's now available in two new colours, Space Blue and Fizzy Lemon, and is priced at an eye-popping £999. Visit raleigh.co.uk/gb/en for more.

FOOD

If you need a pick-me-up, Pip & Nut's new peanut butter oat bars (£1.35 each or £3 for three) come in three flavours (original, chocolate and apple and cinnamon) and are high in fibre and contain 6g of protein. Find them at Amazon, WHSmith, and, from next week, Tesco stores. Visit pipandnut.com



HAIR

Fans of Beyonce's hugely hyped new hair care brand Cécred never need to part with her curl-friendly formulas thanks to the launch of the Mini but Mighty travel range. It features Mrs Carter's hair heroes including clarifying shampoo, £19, hydrating shampoo, £15, and nourishing hair oil, £22. Available at cecred.com



WINE

The latest addition to the tinned vino craze might be the most stylish so far. Asda's Pica Pica range - which includes two white wines, two roses, two sparkling wines (all £2.50 for 250ml) and two spritz cocktails (£2) - is so beautifully designed you might not want to open the cans!



BEAUTY

For those days when you want soft, hydrated lips with a sheer wash of colour, BareMinerals' Dewy Lip Gloss-Balm, £20 (Boots) will be your new go-to. Available in eight shades, and containing hydrating sea buckthorn oil and sesame extract, it's perfect for summer days when you want your skin to do the talking.



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expressyourself



Your beauty routine has many uses. It can be functional, cleaning and caring for your skin. It can be elevating, helping to boost self-esteem as you add a confidence-boosting pop of colour or elongate your lashes.

But it can also provide comfort – something I've found as I navigate life with a newborn and recover from a C-section delivery.

Here's what I've learned these past few weeks, along with my top comforting product picks.

Comforter: SCENT

"There's a direct connection between emotion, memory and scent," says psychologist Dr Audrey Tang (draudreyt.com). Indeed, scent has the power to conjure up a memory – be it a person, place or moment in time – and as a result can be a powerful tool when you're in need of comfort.

Top tip: Scent is deeply personal. It could be a perfume your mum wore or a flower from your childhood home. A good place to start is with a classically relaxing 'spa' scent, like rosemary, chamomile or neroli.

Try: Jo Loves Spring Layered Candle, £90 (joloves.com) is the antidote to the mixed summer



BEAUTY NEWS
with
Hannah Britt

weather we've been having. It begins with Tahitian gardenia, before making way for orange blossom, then tuberose blossom, burning for 40 hours.

Comforter: TEXTURE

"Texture can bring a sense of nostalgia and comfort, for example wrapping ourselves in something fluffy can remind us of being swaddled as a baby," says Dr Tang.

In beauty, a pleasing texture and tactility can increase enjoyment of use.

Top tip: Again this comes down to personal preference. You may be drawn to a luxuriously thick cream, or perhaps a creamy cleanser. I love facial oils, which I apply as part of a DIY facial massage.

Try: MZ Skin Calming Cream Cleanser, £55 (mzskin.com) has a lovely amount of slip to it, making it ideal to

massage into the skin while cleansing. Omega-rich seed oils, vitamin E and prebiotics strengthen the skin barrier and reduce redness.

Comforter: TOUCH

"Touch creates trust, and this can be said for self-touch too – a facial or foot massage, for example," says Dr Tang.

"Touch is faster to calm than anything anyone can say"

Top tip: This is less about product choice, and more about making a conscious effort to use touch in your everyday life. Treat your feet, often neglected if you're anything like me, to a rub while watching TV.

Try: Tropic Tamanu Balm, from £16 (tropic skincare.com) is a multi-tasker that can be used for everything from nourishing dry skin on the lips and elbows, to taming unruly brows. Warm between fingertips and massage into your feet and ankles.

Comforter: ME TIME

"Making time to simply 'be' is always important," says Dr Tang. "Rest – actively doing nothing –



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Peacock glasses (set of two), £29.70, wayfair.co.uk



Ambra recycled coupe glass, £12, frenchconnection.com

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In your comfort zone



can be essential to recharge, especially in a world where demands can reach you via email or smartphone every moment of the day.

Top tip: Take a moment or two of "me time" every day, putting yourself first amid the madness.

Try: Rodial Bee Venom Hydrogel



Face Mask, £20 (rodial.com) allows you to create a spa-like experience at home. The 20-30 minute facial treatment contains actives and hydrators to plump, smooth and brighten skin.

■ **Follow Hannah on Instagram** @hannahbritt

ASK THE EXPERT

Q Is there a quick fix for dry skin?

A Dove ambassador and dermatologist Emma Amofo-Mensah says: "Taking a long shower or bath in too-hot water, along with using abrasive scrubs or cleansing products, can strip the skin's natural oils. Without these, water evaporates more quickly in a process known as transepidermal water loss (TEWL), which can lead to feelings of tightness and dryness."

"Dry skin often responds well to a considered approach to moisturisation and avoiding water that's too hot. When skin isn't properly moisturised, it gets irritated and can itch. Remedy this with a product that can replenish skin's moisture and lock it in."

Try the newly reformulated Dove Advanced Care Body Wash, £3.50 (Superdrug), with its anti-TEWL tech for in-shower hydration.



TRIED & TESTED

Geske Aqua-Stream Face Cleanser, £49.95, justmylook.com

I'm a sucker for a beauty tool, so when this cleansing device from Germany's Geske landed I was excited to try it.



Designed to deep-cleanse with water and suction, it's a small handheld gadget that, when drawn over the face, flushes out pores and lifts away dead skin cells.

To use, you fill it up with the solution provided - or water - choose your intensity, and go.

Starting at the chin, place the nozzle on the skin and work it up in slow lines along the face, making the next stroke above the last one. Like a Henry Hoover for the face, it removes debris from pores. If you've ever had a Hydrafacial, the effect is similar. But at £50, it's a more affordable option long term.

It can be used daily, but I use it twice a week, and I could see a

BRILLIANT ON A BUDGET

My pick of the best new beauty for £10 or less

Percy Pig x Dr Paw Paw Percy Pink Tinted Lip Oil, £10 for a duo pack (Marks & Spencer) smells just like the much-loved sweets, and deeply hydrates. A great little gift - if you can part with it.

Created for sporty types, **Soltan's** new **Active** sun care range has been designed for quick application and longevity. Try the **2 in 1 Face Cream & Lip Stick SPF50+**, £6 (Boots), which can be applied to both wet or dry skin.



Send fine hair to the gym with **KinKind Give Me Strength Shampoo Bar**, £7.45 (kinkind.co.uk).

Containing cleansing rosemary and enriching wheatgerm oil, each bar ups your eco credentials by saving two plastic bottles.



Florence flutes (set of two), £15, dunelm.com

Tortoiseshell gin glasses (set of two), £22, dunelm.com

Pineapple glasses (set of two), £15, laredoute.co.uk

Honeycomb glasses (set of two), £25, laredoute.co.uk

Vita pink champagne saucers (set of two), £29.50, oliverbonas.com

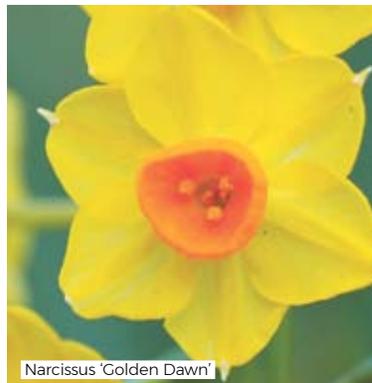
Purple and yellow bliss glasses (set of two), £35, spicerandwood.co.uk

EXPRESS | GARDEN



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ALCOHOL & LICENSING

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- To extend the hours for sale by retail of alcohol to include Sunday 12:00 - 23:00;
- To extend the opening hours of the premises to include Sunday 08:00 - 23:00.
Responsible authorities or any other person may make written representations to Leeds City Council about this application until 29th July 2024 which should be sent to Entertainment Licensing, Leeds City Council, Civic Hall, Leeds, LS1 1UR For full details and to view a copy of the application please contact Entertainment Licensing on 0113 378 5029 or email entertainment.licensing@leeds.gov.uk It is an offence to knowingly or recklessly make a false statement in connection with an application and the maximum fine for which a person is liable on conviction for this offence is an unlimited fine.

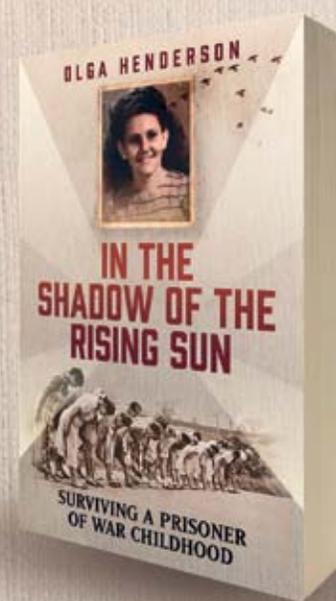
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EXPRESS

What a plum tomato job

DID you happen to catch episode one of **TOM KERRIDGE COOKS BRITAIN?** It went out on ITV1 last Thursday. If not, don't worry. It'll be easy enough to catch up. It's not as though there's much of a plot to it. In fact, the sponsorship bit at the start of each episode, featuring the man himself, pretty much brings you up to speed.

"M&S Food sponsors Tom Kerridge Cooks Britain – says Tom Kerridge!" he declares. "As he cooks M&S food... in Britain!"

So there you go. Somewhat clumsily expressed, but essentially Tom is cooking food from M&S. In



Mike Ward
previews
tonight's TV

Britain. And that's it. Hey presto, you're good to go.

I was slightly surprised at first, mind you, to hear that this would be the focus of the series. M&S Food? Seriously, is that it?

Not because their food lacks appeal, I hasten to add. Far from it: I'm a huge fan. I can particularly recommend those pork chops they

do with that stuff on them. I just assumed he'd be doing something a bit more Michelin-starry.

But on second thoughts, I'm glad he isn't. Who needs any of that over-priced, fancy-dan, highfalutin nonsense, eh, Tom?

I bet even the actual Michelin man, if he were honest, would rather just gobble up a big fat steak and a mountain of roasties. He certainly looks as though he would.

As coincidence would have it, a big fat steak and a mountain of roasties is precisely what Tom cooks up in the first part of tonight's episode (*ITV1, 8pm*).

He's driven his trusty green Fifties food truck – the one which

has had Tom Kerridge Cooks Britain plastered somewhat vulgarly across the back in giant, look-at-me lettering – to the north Pennines, only for it to prove rather less "trusty" than Tom's description might imply.

Coming to his rescue when the truck breaks down is a local chap called Steve, who has a farm a short tractor ride away.

Steve, we're told, "supplies beef to supermarkets like Marks & Spencer".

What are the chances, eh?

Steve hooks Tom's truck to his tractor and toes him to his gaff. On arrival, Tom helps Steve out on the farm for a while, then cooks a steak

Diane for him and his family, complete with roasted new potatoes. The steaks are M&S ribeyes. Or would have been, except M&S never got their hands on these ones.

And the potatoes? Tesco Finest.

Just kidding.

Later, Tom visits Lancashire tomato grower Andy, who's forever on the lookout for new varieties.

Tom gets to try one of his most popular. Apparently, it's "sold to supermarkets like Marks & Spencer".

Tom, a multimillionaire, then tells us that being a tomato taster is "my dream job".

I bet it isn't.

PICKS OF THE DAY



Current affairs: Supermarket Own-Brands: The Big Taste Test, C5, 8pm

Having previously put supermarkets' own-brand colas and cereals to the taste test, the team returns, this time turning the spotlight on supermarkets' own versions of luxury products. Once reserved for very special occasions such as Christmas or birthday celebrations, tastes of luxury have become much more commonplace in homes today, with stores' own-brands now offering a range of value alternatives to the more expensive makes of luxe items including perfumes, confectionary and alcoholic drinks. In some areas these could even be rivaling high-end brands. But how will the supermarkets' own products on test tonight be rated?

DID YOU KNOW? Film star Daniel Radcliffe was meant to have green eyes when playing Harry Potter. But an allergic reaction to his contact lenses meant he was allowed to stick with his natural blue colour instead.



Lifestyle: The Gentle Art Of Swedish Death Cleaning, W, 9pm

Despite its off-putting title, this heartwarming series features the work of three Swedes – a designer, a psychologist and an organiser – as they journey across the US helping ordinary people face mortality, and get their homes and lives organised before it's too late. Tonight they meet Suzi, a sassy 75-year-old, and her collection of phallic souvenirs from her travels. Can the trio help Suzi to let go of the past and move forward? With Katarina Blom (left).



Drama: Douglas Is Cancelled, ITV1, 9pm

Penultimate instalment of the comedy drama, as the tale of newsreader Douglas – and how the fallout from an ill-judged joke impacts his career – continues to unfold. In tonight's episode, three years after they met and events took a rather unexpected turn, Douglas and Madeline meet up again. Will the consequences be more explosive this time? Starring Hugh Bonneville and Karen Gillan (above, centre and second right).

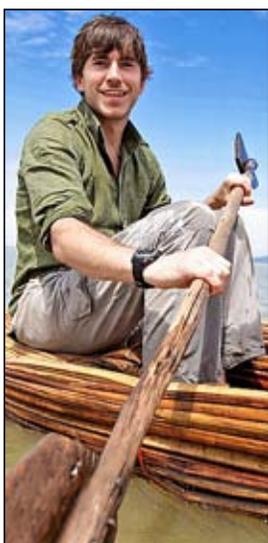


Film: The Woman In Black, BBC4, 9pm

Daniel Radcliffe (above) stars as solicitor Arthur Kipps in this oldie-but-goodie Gothic horror thriller. Kipps is sent to look into the paperwork of a recently deceased woman, but on arrival at the remote Eel Marsh House, he discovers a dark secret. The film's got everything you could want from a ghost story – a creepy old house in an eerie setting, superstitious locals, tales of a curse, and some effective jump scares.

Travel: Sacred Rivers With Simon Reeve, BBC2, 9pm

Another chance to join presenter Simon (right) for his fascinating exploration of the Nile. He traces the famous river from its source in the Ethiopian highlands, via Sudan's desert to Egypt, and on until it reaches the Mediterranean Sea. Simon also explains how the river has influenced religions and helped to shape some of the earliest civilisations – but may soon struggle to keep up with the demands for water by the growing populations along its banks today.



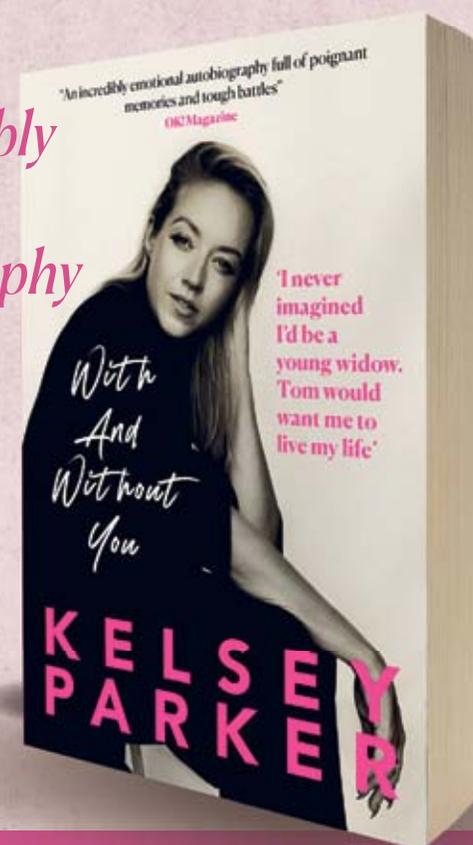
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Today's TV previews are on the previous page

All programmes are listed in British Summer Time (BST).

film ratings

Brilliant
Very Good
Good
Average
Bad

(R) Repeat

BBC One

6.00am Breakfast News headlines.
9.30 Morning Live Gethin Jones and Michelle Ackerley present.
10.45 Homes Under the Hammer Developers work alongside family members to transform run-down flats in Glasgow, London and Bournemouth.
11.45 Bargain Hunt Roo Irvine presents the show from Nottinghamshire. (R)
12.30pm LIVE Wimbledon 2024 Coverage of day 11 of the Grand Slam tournament at the All England Club, featuring doubles action from the outside courts ahead of the ladies' singles semi-finals.
1.00 BBC News at One; Weather
2.00 LIVE Wimbledon 2024 Clare Balding presents further coverage of day 11 of the third Grand Slam tournament of the year, held at the All England Club, where the ladies' singles semi-finals take place. A number of doubles matches are also scheduled to take place.
6.00 BBC News at Six; Weather
6.30 Regional News; Weather

BBC Two

6.25am FILM The Velvet Touch (1948, PG) Thriller, starring Rosalind Russell. ★★★
8.00 Sign Zone: Gardeners' World The team reports from the RHS Hampton Court Palace Garden Festival. (R)
9.00 BBC News Headlines.
12.15pm Politics Live The latest from Westminster and beyond a week on from the election.
1.00 LIVE Wimbledon 2024 Clare Balding presents coverage of day 11, including the opening ladies' singles semi-final. The corresponding last-four match in 2023 saw two unseeded players meet, and it was Marketa Vondrusova who belied her world ranking by comfortably prevailing 6-3, 6-3 over Elina Svitolina to reach her second Grand Slam final.
3.00 LIVE Wimbledon 2024 Further coverage of day 11 of the Grand Slam tournament. Among the matches taking place today is the mixed doubles final, with the men's doubles semi-finals also scheduled for the afternoon.

ITV1

6.00am Good Morning Britain A lively mix of news, current affairs and lifestyle features.
9.00 Lorraine Entertainment and the latest fashion news.
10.00 This Morning Topical daily magazine, featuring a mix of celebrity chat, showbusiness news, advice and discussion.
12.30pm Loose Women Celebrity interviews and topical debate.
1.00 ITV News; Weather
1.25 Regional News; Weather
1.30 LIVE ITV Racing: From Newmarket Francesca Cumani and Ed Chamberlin present coverage of the opening day of the July Festival, including feature the 3.35 Princess of Wales's Stakes, plus races at 1.50, 2.25 and 3.00. With analysis from Adele Mulrennan and Jason Weaver. Commentary comes from Richard Hoiles.
4.00 Tipping Point Quiz show, hosted by Ben Shephard. (R)
5.00 The Chase Quiz show, hosted by Bradley Walsh. (R)
6.00 Regional News; Weather

Channel 4

6.30am Cheers Double bill. (R)
7.20 Everybody Loves Raymond Four episodes. (R)
9.10 Frasier Four episodes. (R)
11.10 Undercover Boss USA (R)
12.05pm Channel 4 News Summary Headlines.
12.10 Help! We Bought a Village (R)
1.10 Car S.O.S Restoring a Japanese rally car. (R)
2.10 Countdown Myleene Klass is in Dictionary Corner.
3.00 A Place in the Sun (R)
4.00 Renovation Nation In Lincolnshire, Lucy and Seb begin work on a bathroom in their Georgian farmhouse, while in Cornwall, Anouska and Greig try to find evidence of a smuggler's tunnel.
5.00 A New Life in the Sun: Where Are They Now? Willie and Paul take a swing at a new idea. (R)
6.00 Four in a Bed The week's final visit is to the Cross Inn in Heptonstall, Yorkshire. (R)
6.30 The Simpsons Christian film producers offer the Simpsons a movie deal. (R)

Channel 5

6.00am Milkshake! Children's TV.
9.15 Jeremy Vine Discussion.
11.15 Storm Huntley Debate.
12.45pm Friends Double bill. (R)
1.40 5 News at Lunchtime
1.45 Home and Away Dana's fears are realised by the prosecution's aggressive line of questioning. (R)
2.20 FILM My Fatal Memory (2022, 12) Premiere. After a car accident robs Grace of her memory, a handsome stranger enters her life, insisting that they are lovers. Thriller, starring Kate Watson. ★★★
4.00 Bargain-Loving Brits in the Sun Jackie has built a successful chain of tattoo studios in Benalmadena. Now she plans to expand her portfolio with tea production – but not traditional tea. (R)
5.00 5 News at 5 Headlines.
6.00 Police Interceptors A motorist speeds through the Nottinghamshire countryside, a routine stop turns nasty and an artist is clocked doing over 100mph. (R); 5 News Update



TAKE TIME TO THINK

BeGambleAware.org

18+

GO FROM ENEMIES TO FRENEMIES

7

7.00 The One Show With Alex Jones and Roman Kemp.
7.30 Question Time Fiona Bruce presents the topical debate, inviting a panel of politicians and other guests in Colchester to answer pressing questions from an invited audience.

7.00 LIVE Wimbledon 2024 Clare Balding presents further coverage of day 11 of the third Grand Slam tournament of the year, at the All England Club. Action from the mixed doubles final and men's doubles semi-finals is scheduled to continue.

6.30 ITV Evening News A round-up of the headlines; Weather
7.30 Emmerdale Drama from the Yorkshire Dales. Kim covers for Billy's absence, Manpreet tries to check how Charles is doing, and Gail seizes on an idea, but will it work?

7.00 Channel 4 News A round-up of all the latest headlines, in-depth interviews and analysis of political developments and current affairs. Plus, the day's leading sports stories and up-to-the-minute weather reports.

7.00 Happy Campers: The Caravan Park Down on the Cornish coast at Tencreek Holiday Park, new arrival ex-army sergeant Mark and his faithful dog have turned up for a quick birthday getaway; 5 News Update

8

8.15 EastEnders Double bill. Stevie makes plans to leave Walford and apologises to Billy and Teddy, and Reiss' stress levels are through the roof as he receives an £18,000 bill; Phil drives a wedge between himself and everyone he loves.

8.00 Today at Wimbledon Qasa Alom presents highlights of the 11th day's play, including the ladies' singles semi-finals and the mixed doubles final. Last year, Ons Jabeur and Marketa Vondrusova triumphed to become the singles finalists.

8.30 Tom Kerridge Cooks Britain The acclaimed chef heads to Hexham in the North Pennines to see what it takes to raise the star ingredient of his Steak Diane. Later he is Lancashire-bound as he reveals tips on how to cook with tomatoes.

8.00 The Suprvet: Noel Fitzpatrick A toy poodle needs treatment for a damaged hip joint. Monty is so small that few vets are willing to perform such a procedure, but the family hopes Noel can help. Last in series.

8.00 Supermarket Own-Brands: The Big Taste Test Assorted own-brands are rivaling and sometimes beating the luxury brands out there. Here, some of the best are put through their paces in tests against the brands they competing with.

9

9.15 A Good Girl's Guide to Murder Student Pip Fitz-Amobi investigates the disappearance of schoolgirl Andie, who was supposedly murdered by her boyfriend five years earlier. Crime drama, starring Emma Myers. (R)

9.00 Sacred Rivers with Simon Reeve The adventurer visits some of the world's most famous waterways and investigates how they have shaped the lives of the people living along them. He begins at the source of the Nile. (R)

9.00 Douglas Is Cancelled Madeline and Douglas meet up, three years after their first encounter – only this time there are explosive consequences. Comedy drama, starring Hugh Bonneville and Karen Gillan.

9.00 George Clarke's Amazing Spaces A couple attempt to combine an army lorry and an old caravan in order to create the ultimate off-roader. Meanwhile, a man returns to his family's farm to build a luxury cabin.

9.00 Susan Calman's Grand Day Out In Nottinghamshire, Susan walks in the footsteps of ice skaters Torvill and Dean, flexes her fingers at an archery contest, meets a Robin Hood enthusiast, and takes in Lord Byron's ancestral home.

10

10.00 BBC News; Weather
10.30 Regional News; Weather
10.40 A Good Girl's Guide to Murder Now a team, Pip and Ravi turn their attention to Andie's best friends and find out Andie had a secret life that Sal was unhappy about. Meanwhile, Pip receives an anonymous warning. (R)

10.00 Coupling Jeff worries about his conversational abilities with members of the opposite sex. Steven Moffat's comedy, with Jack Davenport, Gina Bellman and Sarah Alexander. (R)
10.30 Newsnight Analysis of the day's events, with Kirsty Wark.

10.00 ITV News at Ten; Weather
10.30 Regional News; Weather
10.45 Local Political Programmes Discussion and analysis of the latest political developments and current affairs, featuring expert guests who explore the issues affecting the region.

10.00 Outrageous Homes Laurence Llewelyn-Bowen meets Jayne and Martin, who live in a medieval would-be castle in Weston-super-Mare. He also visits a house of skulls and a gentleman's lodge. Last in series.

10.00 Truth or Dare: The Murder of Mary Gregory With the aid of reconstructions, this documentary examines the case of a 94-year-old grandmother with dementia who died in horrendous circumstances. It led to the question – was her demise the result of an accidental fire or not? (R)

11

11.20 The Traitors US Another player is banished, and the Faithful seem to be closing in as doubt about one Traitor spreads among even their most ardent supporters. (R)

11.05 Today at the Test England v West Indies. Highlights of day two of the first Test in the three-match series at Lord's. The teams had not met here in a Test match since 2017, when Ben Stokes helped the hosts to a nine-wicket win.

11.15 FILM The Man with the Golden Gun (1974, PG) James Bond investigates the death of a world-renowned scientist and is drawn into a battle of wits with a wily assassin. Spy adventure, with Roger Moore and Christopher Lee. ★★★

11.05 Celebrity Gogglebox Opinions on shows including Love Island, The Nevernets and The Yorkshire Vet. Plus, Shania Twain's performance at Glastonbury, This Morning's feature on cuddle therapy and the Biden v Trump debate. (R)

11.30 Cold Case Killers Factual crime documentary series. A small fleck of paint becomes a lead to finding the killer who murdered Doctor Brenda Page forty years ago. (R)

12

midnight

12.20am Match of the Day Top 10: Moments of Euro 2020. Gary Lineker, Micah Richards and Alan Shearer count down the most memorable moments of the last European Championships. **12.50** Weather for the Week Ahead. A look ahead to the latest forecast. **12.55-6.00am** BBC News

12.05am Colin from Accounts. When Ashley leaves a mess in Gordon's sock drawer, she must make an impromptu trip to Costco. (R) **12.35** Sign Zone: Springwatch (R) **1.35** Sign Zone: D-Day: The Unheard Tapes (R) **2.35** Sign Zone: The Bidding Room (R) **3.20-6.15am** This Is BBC Two

1.25am Shop on TV **3.00** Tour de France Highlights. Gary Imlach presents action from stage 12, which followed a 203.6km route from Aurillac to Villeneuve-sur-Lot. Commentary from Ned Boulting and David Millar. **3.50** Unwind with ITV **5.05-6.00am** The Chris McCausland Show (R)

12.05am Gogglebox (R) **1.00** 999: On the Front Line (R) **1.55** Ramsay's Kitchen Nightmares USA (R) **2.45** Super Surgeons (R) **3.35** Come Dine with Me (R) **4.25** Jamie's One-Pan Wonders (R) **4.50** Kirstie's Fill Your House for Free (R) **5.00** Frasier (R) **5.50-6.30am** Countdown (R)

12.25am Traffic Cops. PC Dave Shaw follows a car suspected of being used in a house burglary. (R) **1.20** PlayOJO Live Casino Show **3.20** Great British Gardens with Carol Klein: double bill (R) **4.50** Wildlife SOS (R) **5.15** House Doctor (R) **5.40** Entertainment News on 5 **5.45-6.00am** Paw Patrol (R)

ITV2 Freeview 6

6.00am CITV **9.00** World's Funniest Videos
9.30 Totally Bonkers Guinness World Records **10.00** Love Bites **12.00noon** Dress to Impress **1.00** Wheel of Fortune **2.00** Supermarket Sweep **3.00** Charmed **4.00** Dawson's Creek **5.00** Dress to Impress. YouTuber Zac takes part.
6.00 **Celebrity Catchphrase** With Richard Blackwood, Julia Bradbury and Roman Kemp taking part in a charity edition.
7.00 **The Masked Singer US** The NFL and songs performed at the Super Bowl.
8.00 **The Masked Singer US** The show takes a 2000s trip down memory lane.
9.00 **Love Island** The contestants continue the battle to make it to the finish line.
10.05 **Tell Me Everything** Jonny fights to win Bex back while unaware of her secret. Dylan faces a huge decision.
11.05 **Family Guy** Animated double bill.
12.05am American Dad! **1.05** Don't Hate the Playaz **1.45** Shopping with Keith Lemon **2.45-3.00am** Unwind with ITV

Dave Freeview 19

6.00am Teleshopping **7.10** Whose Line Is It Anyway? USA **8.00** Border Force: America's Gatekeepers **9.00** Top Gear USA Special **10.00** Top Gear **12.00noon** Storage Hunters UK **2.00** James May's 20th Century **3.00** Top Gear **5.00** The Hairy Bikers' Asian Adventure
6.00 **Rick Stein's Spain** The chef travels through Extremadura to Seville.
7.00 **Would I Lie to You?** Clara Amfo, Tom Davis, Shaun Ryder and Henning Wehn join David Mitchell and Lee Mack.
7.40 **Richard Osman's House of Games**
9.00 **QI XL** With Sandi Toksvig, Ronni Ancona, Jack Dee and Alan Davies.
10.00 **Have I Got a Bit More News for You** Jack Dee hosts the satirical quiz.
11.00 **Taskmaster** Greg Davies sets more tasks for comics including Frank Skinner.
12.00m't Mock the Week **12.40** Would I Lie to You? **1.20** QI XL **2.30** Room 101 **3.00** Whose Line Is It Anyway? USA **4.00-6.00am** Teleshopping

E4 Freeview 13

6.00am Hollyoaks **7.00** Ramsay's Kitchen Nightmares USA **9.00** The Goldbergs **10.00** Young Sheldon **11.00** Modern Family **12.00noon** The Big Bang Theory: four episodes **2.00** The Goldbergs **3.00** Modern Family **4.00** Young Sheldon **5.00** The Big Bang Theory: four episodes
7.00 **Hollyoaks** When Scott confronts Jeremy, alarm bells start to ring.
7.30 **Come Dine with Me Paralympics Special** Wheelchair basketball star Amy plans a night fit for historical heroes.
8.00 **Dance Moms** Recalling the worst to the best performances. Last in series.
9.00 **Gogglebox** Shows from late 2021.
10.00 **Naked Attraction** Singletons from London and Liverpool take part.
11.05 **First Dates** A helicopter pilot goes on his first date in women's clothing.
12.05am The Big Bang Theory **1.05** Rick and Morty **1.35** Smiling Friends **2.05** Brooklyn Nine-Nine **2.55** Dance Moms **3.45-5.00am** Modern Family

Variations & S4C

WALES As BBC1 except: **1.35-1.45pm** BBC Wales Today; Weather **6.30-7.00** BBC Wales Today; Weather **10.30** BBC Wales Today; Weather **10.40** Rewind: 60 Years of Welsh Pop **11.10** A Good Girl's Guide to Murder. Pip and Ravi turn their attention to Andie's best friends. **11.50pm-12.50am** The Traitors US. The prize pot is in sight as another player is banished.

MERIDIAN As ITV1 except: **1.25-1.30pm** ITV News Meridian **6.00-6.30** ITV News Meridian **10.30-10.45pm** ITV News Meridian

CENTRAL As ITV1 except: **1.25-1.30pm** ITV News Central **6.00-6.30** ITV News Central **10.30-10.45pm** ITV News Central

ITV WALES As ITV1 except: **1.25-1.30pm** ITV News Cymru Wales **6.00-6.30** ITV News Wales **8.30-9.00** Wales This Week: Election 2024, What It All Means. What the results mean for the people of Wales. **10.30** ITV News Cymru Wales **10.45-11.15pm** Tom Kerridge Cooks Britain

WEST As ITV1 except: **1.25-1.30pm** ITV News West Country. A round-up of the latest headlines. **6.00-6.30** ITV News West Country **10.30-10.45pm** ITV News West Country

ITVBe Freeview 28

7.00am Unwind with ITV **7.05** Sugar Showdown **7.35** The Real Housewives of Cheshire **8.35** Masters of Flip **9.35** Buying and Selling **10.35** The Real Housewives of Cheshire **11.35** The Real Housewives of New Jersey **12.30pm** The Real Housewives of Orange County **1.20** The Only Way Is Essex **2.05** Dinner Date **3.05** Million Dollar Listing: LA **4.05** The Real Housewives of New Jersey **5.00** The Real Housewives of Salt Lake City
6.00 **Masters of Flip** Dave and Kortney find their conventional tactics fall short.
7.00 **Million Dollar Listing: LA** Tracy tries to dance her way to a deal on a property.
8.00 **Dinner Date** Chef Nelly chooses three blind dates from five potential partners.
9.00 **Botched** Cosmetic procedures.
10.55 **The Only Way Is Essex** Jess is unhappy with Lauren after her date.
11.40 **Singlestown** The former couples have one last date – with one another.
12.45-1.00am Unwind with ITV

Drama Freeview 20

6.00am Teleshopping **7.10** London's Burning **8.00** Doctors **9.20** Classic Holby City **10.40** Classic Casualty **11.40** The Bill **12.40pm** Classic EastEnders **2.00** London's Burning **3.00** Born and Bred **4.20** Tenko **5.20** Birds of a Feather
6.00 **Waiting for God** Diana uses a slingshot to feed squirrels.
6.40 **Are You Being Served?** Grace Brothers moves with the times.
7.20 **Last of the Summer Wine** Wesley designs a mobile vending machine.
8.00 **Father Brown** The priest finds himself embroiled with MI5 – which puts Lady Felicia in a compromising position.
9.00 **A Small Light** Miep fights to keep Otto's business running in the hope the Franks will return. Last in series.
10.10 **New Tricks** The team reopens the investigation into a terrorist's death.
11.30 **Soldier, Soldier** Jeremy finds love.
12.40am Footballers' Wives **1.40** Born and Bred **2.50-4.00am** Classic Holby City

More4 Freeview 18

8.55am Food Unwrapped **9.30** A Place in the Sun **10.25** A New Life in the Sun **11.25** Find It, Fix It, Flog It **12.30pm** Come Dine with Me **3.10** Four in a Bed: five episodes **5.50** Chateau DIY
6.55 **Car S.O.S** Car enthusiast Tim and master mechanic Fuzz take on a 1934 Singer Le Mans two-seater sports car, which had its last outing in 1998.
7.55 **Grand Designs** Kevin McCloud returns to Gloucestershire to see the progress made by Jon and Noreen who set out in 2013 to build a three-bed treehouse on a budget of £250,000.
9.00 **Perfect Pub Walks with Bill Bailey** Bill and Paul Merton walk the South West Coast Path on Dorset's Jurassic Coast.
10.00 **24 Hours in A&E** Double bill. An 83-year-old is brought in after falling off his roof; a 12-year-old is airlifted in.
12.05am 999: On the Front Line. Medical documentary. **1.10** 24 Hours in A&E **3.20-3.50am** Food Unwrapped

BBC3 Freeview 23

7.00pm **Top Gear** Double bill. The trio test high-performance hatchbacks; Rowan Atkinson takes the wheel of the Reasonably Priced Car.
9.00 **FILM** **Maze Runner: The Scorch Trials** (2015, 12) The children who escaped from a mysterious labyrinth must journey through a dangerous wasteland. Sci-fi adventure sequel, with Dylan O'Brien and Kaya Scodelario. ★★
11.05 **Man Like Mobeen** Double bill. The first episode of the sitcom about a reformed drug dealer; Mobeen considers an arranged marriage.
11.50 **Paddy & Molly: Show No Mersey** Molly visits a wedding venue with partner Ellis, and Paddy discovers a serious shoulder injury.
12.20am Paddy & Molly: Show No Mersey **12.50** Top Gear **1.50** Man Like Mobeen **2.35-3.55am** A Good Girl's Guide to Murder

BBC4 Freeview 9

7.00pm **Today at the Test** England v West Indies. Day two of the first Test in the three-match series, at Lord's.
8.00 **Killer Storms and Cruel Winters: The History of Extreme Weather – Timewatch** A look at the UK's worst weather disasters.
9.00 **FILM** **The Woman in Black** (2012, 12) Supernatural horror, starring Daniel Radcliffe. ★★
10.30 **Mark Kermode's Secrets of Cinema: Horror** The critic dissects the best films of the horror genre.
11.30 **Talking Books** Razia Iqbal is joined by the novelist Susan Hill.
11.55 **The Sky at Night** Images from the James Webb Space Telescope.
12.25am Killer Storms and Cruel Winters: The History of Extreme Weather – Timewatch **1.25** Full Circle with Michael Palin **2.15-3.15am** Sleuths, Spies & Sorcerers: Andrew Marr's Paperback Heroes

GB News F'view 236

6.00am Breakfast with Stephen and Ellie **9.30** Britain's Newsroom **12.00noon** Good Afternoon Britain **3.00** Martin Daubney. Updates.
6.00 **Dewbs & Co** Plain-speaking, straight-talking – Michelle Dewberry delivers her take on the day's news.
7.00 **GB News Tonight** We explore the issues that matter to Britain with big political interviews and debates.
8.00 **Jacob Rees-Mogg's State Of The Nation** Join Jacob for his unique and unmissable take on the news.
9.00 **Patrick Christys Tonight**
11.00 **Headliners** An all-star comedy cast takes an insightful look at tomorrow's headlines. With hosts Simon Evans and Dominic Frisby.
12.00m't GB News Tonight **1.00** Jacob Rees-Mogg's State Of The Nation Replay **2.00** Headliners Replay **3.00** Patrick Christys Tonight Replay **5.00-6.00am** Headliners Replay



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Sport

SKY SPORTS MAIN EVENT

6.00am SSN Euro Report **7.00** Good Morning Euros
8.30 **LIVE DP World Tour Golf** The Genesis Scottish Open. Coverage of the featured groups on day one of the Rolex Series event, held at Renaissance Club in North Berwick.
10.15 **LIVE Test Cricket** England v West Indies. Coverage of day two of the first Test in the three-match series, held at Lord's.
6.30pm **LIVE Women's International T20** Cricket England v New Zealand. Coverage of the third match of the five-game series, held at The Spitfire Ground in St Lawrence, Canterbury.
10.00 **LIVE PGA Tour Golf** The ISCO Championship. Coverage of day one from Keene Trace Golf Club in Nicholasville, Kentucky.
12.30-6.00am SSN Euro Report. Latest updates.

SKY SPORTS CRICKET

6.00am Secrets of Success: Sir Dave Brailsford **7.00** Test Cricket **8.00** Test Cricket Bitesize **8.15** My Icon **8.30** Test Cricket **9.30** Red For Ruth Day **9.45** Jimmy Anderson's Greatest Spells **10.00** Test Cricket Bitesize
10.15 **LIVE Test Cricket** England v West Indies. Coverage of day two of the first Test in the three-match series, held at Lord's. The teams have not met here in a Test match since 2017, when an excellent all-round display from current captain Ben Stokes in the first innings, which saw him score 60 runs and take six wickets, helped the hosts to a nine-wicket triumph.

6.30pm **LIVE Women's International T20** Cricket England v New Zealand. Coverage of the third match of the five-game series, held at The Spitfire Ground in St Lawrence, Canterbury.
10.00 Test Cricket **11.00** Test Cricket Bitesize **11.15** Best of England v Windies **11.40** Stuart Broad - My Greatest Spells **12.00m't** Test Cricket **1.00** Women's International T20 Cricket **4.45** Test Cricket Bitesize **5.00** Best of England v Windies **5.50-6.00am** Best of the Women's World T20

SKY SPORTS FOOTBALL

6.00am EFL Cup Retro **8.00** SPFL Special: Celtic's Invincibles **9.00** EFL Greatest Games **10.00** EFL **10.30** Jimmy Glass: The Great Escape **11.00** SPFL **12.00noon** Bundesliga Highlights Show **1.00** WSL **1.30** Women's Championship Show **2.00** Scottish Premiership Round-Up **2.30** EFL Highlights **3.30** EFL **4.30** EFL Highlights **5.30** EFL Greatest Games
6.00 Bundesliga **6.30** Bundesliga Highlights Show **7.30** WSL **8.00** WSL **8.30** SPFL Highlights **9.00** EFL **10.00** EFL **11.00** EFL **12.00m't** There's Only One Sausez **12.30** SPFL **2.00-6.00am** SPFL Greatest Games

TNT SPORTS 1

6.00am AFL **8.00** Ultimate Pool **9.30** Major League Cricket Highlights **11.30** World Championship of Legends Cricket **1.30pm** International Rugby Union **3.00** Premier League Stories **3.30** Irish Rally Review **4.30** MLB Highlights **5.30** MLB: Off the Bat
6.00 **LIVE** MLB Detroit Tigers v Cleveland Guardians (Start time 6.10pm). Coverage of the American League match from Comerica Park.
9.15 TNT Sports Reload **9.30** Born Racers. Rico's story involves ice racing in Finland, while Ruche tries to step out of his father's shadow.
10.30 TNT Sports Reload **10.45** V8 Supercars Highlights **11.45** V8 Supercars Highlights
12.45am Major League Cricket Highlights
1.15 **LIVE** Major League Cricket Washington Freedom v Seattle Orcas. Coverage of the T20 match from Grand Prairie Stadium, Texas.
5.15 MotoGP Rewind **5.30-6.00am** What I Wore

TNT SPORTS 2

6.00am Badminton **8.00** Women's T20 International Cricket **9.00** WSL Championship Tour **10.00** WSL: Inside Pro Surfing **11.00** WNBA **1.00pm** MLB Highlights **2.00** Ultimate Pool **3.30** MotoGP Rewind **3.45** World Championship of Legends Cricket **9.45** What I Wore **10.00** UFC: The Ultimate Fighter **11.00** WSL Championship Tour **12.00m't** WSL: Inside Pro Surfing **1.00** Fishing: On the Bank **2.00** Born Racers **3.00** AFL **5.00-6.00am** UEFA Champions League - Stories of the Finals

EUROSPORT 1

6.00am Tour de France - The Breakaway **6.30** Hall of Fame - Beijing 2008 **7.30** Tennis: Wimbledon **9.00** Olympic Games: The Power of the Olympics **9.30** Cycling: Tour de France **10.30** Tour de France - The Breakaway
11.00 **LIVE** Cycling: Tour de France Coverage of stage 12, from Aurillac to Villeneuve-sur-Lot.
5.00pm Cycling: Women's Giro d'Italia **6.00** Climbing World Cup **7.00** Cycling: Desafio China by La Vuelta **8.00** Cycling: Tour de France **9.00** Tour de France - The Breakaway **9.30** Cycling: Women's Giro d'Italia **10.30** Olympic Games: The Power of the Olympics **11.00** Cycling: Tour de France **12.00m't** Tour de France - The Breakaway **12.30** Tennis: Wimbledon **2.00** Cycling: Tour de France **3.00** Tour de France - The Breakaway **3.30** Tennis: Wimbledon **5.00-6.00am** Cycling: Tour de France

BEST OF THE REST - LIVE SPORT

7.30-10.15pm **LIVE** Betfred Super League Warrington Wolves v Leeds Rhinos (kick-off 8.00pm). (Sky Sports Action)

Entertainment & Factual

ITV3 Freeview 10

6.00am Classic Emmerdale **7.35** Classic Coronation Street **8.05** Agatha Christie's Poirot **10.30** The Royal **11.35** Heartbeat
1.40pm Classic Emmerdale **3.15** Classic Coronation Street **3.50** Inspector Morse
6.00 Heartbeat **8.00** Vera. Investigating a suspicious suicide in an army barracks.
10.00 Trigger Point **11.55** The Royal **12.45-2.30am** Upstairs, Downstairs

ITV4 Freeview 26

6.00am The Derby Through the Years
6.15 Minder **7.20** The Professionals **8.20** Dempsey and Makepeace **9.25** Magnum, PI **10.25** Kojak **11.30** Made in Britain
12.00noon BattleBots **1.00** Tour de France Highlights **2.00** **LIVE** Tour de France. Stage 12 coverage. **5.00** Great Racehorses
5.25 Mr Bean **5.55** BattleBots **7.00** Tour de France Highlights **8.00** **FILM** Jaws: The Revenge (1987/15) **★★★** **9.50** **FILM** Rocky II (1979/12) **★★★★** **12.10am** The Professionals **1.10** Minder **2.05** Auto Mundial **2.35-3.00am** Motorsport Mundial

5STAR Freeview 32

8.00am Bargain-Loving Brits in the Sun
10.00 Nightmare Tenants, Slum Landlords
11.00 Traffic Cops **2.00pm** Police Interceptors **5.00** Car Pound Cops: Give Me My Car Back! **6.00** Home and Away
7.00 GPs: Behind Closed Doors **8.00** Casualty 24/7: Every Second Counts
9.00 A&E After Dark **10.00** Trauma Room One **11.00** Ambulance: Code Red **12.00m't** Skin A&E **1.00** It's Your Fault I'm Fat **2.00** Casualty 24/7: Every Second Counts
2.50-3.35am GPs: Behind Closed Doors

REALLY Freeview 17

6.00am Fantasy Homes by the Sea **7.00** Cruise TV with LoveitBookit **8.00** Salvage Hunters **11.00** The Edinburgh Auction House **1.00pm** Money for Nothing **2.00** The Repair Shop **3.00** Antiques Road Trip **5.00** The Yorkshire Auction House **7.00** Antiques Road Trip **9.00** Who Do You Think You Are? **10.00** Alex Polizzi: The Fixer **11.30** Ghost Bait **12.00m't** Unexplained: Caught on Camera **1.00** Paranormal: Caught on Camera **2.00-4.00am** Teleshopping

SACTION Freeview 33

9.00am Entertainment News **9.05** Car Pound Cops **9.35** Outback Truckers **10.35** Traffic Cops **11.35** Police Interceptors **12.35pm** **FILM** The Gunfight at Dodge City (1959/PG) **★★** **2.15** **FILM** Gunpoint (1966/PG) **★★★** **4.00** Outback Truckers **5.00** Traffic Cops **6.00** Police Interceptors **9.00** Trucking Heavy **10.00** Outback Truckers **11.00** Warship: Life at Sea **12.00m't** World's Deadliest Weather: Caught on Camera **2.00** Trucking Hell **3.50-4.00am** Entertainment News on 5

SKY ARTS Freeview 36

6.00am Andre Rieu & the Dutch Royal Family **8.00** The Joy of Painting **9.00** Tales of the Unexpected **10.00** Alfred Hitchcock Presents **11.00** Discovering: John Travolta **12.00noon** The Joy of Painting **1.00** Tales of the Unexpected **2.00** The South Bank Show Originals **3.00** Hepworth **4.00** Discovering **5.00** The Joy of Painting **6.00** Tales of the Unexpected **7.00** Battle of the Bagpipes

BBC RADIO 1

97.6-99.8MHz **6.57am** Newsbeat **7.00** Greg James **11.00** Rickie, Melvin and Charlie **12.45pm** Newsbeat **1.00** Matt and Mollie **3.00** Pop Anthems **3.30** Newsbeat **3.32** Going Home with Vick, Katie and Jamie **5.45** Newsbeat **6.00** New Music Show with Jack Saunders **8.00** Rave-Up with Arielle Free **10.00** BBC Introducing Dance **11.00** Radio 1's Residency **1.00am** Radio 1 Dance Presents **2.00** Radio 1 Happy **3.00** Radio 1's Chillout Anthems **4.00** Radio 1 Dance **5.00-6.57am** Sam and Danni

BBC RADIO 2

88-91MHz **6.30am** The Zoe Ball Breakfast Show **9.30** Vernon Kay **12.00noon** Tina Daheley **2.00** Scott Mills **4.00** OJ Borg **6.30** OJ Borg's Half Wower **7.00** Jo Whaley's Shiny Happy Playlist **7.30** Jo Whaley **9.00** The Country Show with Bob Harris **10.00** Trevor Nelson's Magnificent 7 **10.30** Trevor Nelson's Rhythm Nation **12.00m't** The Reverend Kate Bottley **3.00** Alternative Sounds of the 90s with Dermot O'Leary **4.00-7.00am** Owain Wyn Evans

BBC RADIO 3

90.2-92.4MHz **6.30am** Breakfast **9.30** Essential Classics **1.00pm** Classical Live **4.00** Composer of the Week: Thomas Linley Jr **5.00** In Tune **7.00** Classical Mixtape **7.30** Radio 3 in Concert **9.45** The Essay: Michael Longley's Life of Poetry **10.00** Night Tracks **11.30** 'Round Midnight. Jazz. **12.30-6.30am** Through the Night



Live DP World Tour Golf Sky Sports Main Event, 8.30am
 The Genesis Scottish Open tees off at Renaissance Club in North Berwick. Rory McIlroy won last year as he finished one shot clear of Scotland's Robert MacIntyre (left).

8.00 The Directors **9.00** Discovering: Tom Cruise **10.00** Sherlock Holmes vs Arthur Conan Doyle. The truth behind the literary myth of the fictional sleuth. **11.00** Comedy Legends **12.00m't** The Pilgrimage of Gilbert & George **2.00** **FILM** Burning Man: Art on Fire (2020/15) **★★★** **3.15** Auction **3.45** National Trust: National Treasures **5.00-6.00am** The Art of Architecture

GOLD

7.10am The Fosters **8.05** The Green Green Grass **9.20** My Hero **10.00** Are You Being Served? **10.40** Still Open All Hours **11.20** Last of the Summer Wine **12.40pm** The Green Green Grass **1.20** My Hero **2.00** Still Open All Hours **2.40** Dad's Army **3.20** Are You Being Served? **4.00** Last of the Summer Wine **5.20** Still Open All Hours **6.00** The Green Green Grass **6.40** Dad's Army **8.00** The Thin Blue Line **8.40** The Vicar of Dibley **9.20** Harry Enfield and Chums **10.00** Paul Whitehouse's Sketch Show Years **10.40** The Fast Show **11.20** The Fast Show: Just a Load of Blooming Catchphrases **1.20am** Bottom **2.00** Harry Enfield and Chums **2.30** The Fast Show **3.15-4.00am** Bottom

YESTERDAY Freeview 27

6.10am Secrets of the Transport Museum **8.00** Abandoned Engineering **10.00** The World at War **11.00** Secret Nazi Bases **12.00noon** Find It, Fix It, Flog It **1.00** Antiques Roadshow **2.00** Bangers & Cash: Restoring Classics **4.00** The Buildings That Fought Hitler **5.00** Secret Nazi Bases **6.00** Antiques Roadshow **7.00** Find It, Fix It, Flog It **8.00** Bangers & Cash **9.00** Bangers & Cash: Restoring Classics **11.00** Abandoned Engineering **12.00m't** Great British Railway Journeys **1.00-3.00am** Secrets of the Transport Museum

ALIBI

7.15am Murdoch Mysteries **9.00** The Doctor Blake Mysteries **10.00** Elementary **11.00** Hudson & Rex **12.00noon** Father Brown **1.00** Death in Paradise **2.00** Murdoch Mysteries **4.00** Elementary **5.00** Father Brown **6.00** Hudson & Rex **7.00** Elementary **8.00** Father Brown **9.00** **NEW** So Help Me Todd **10.00** Death in Paradise **11.00** Elementary **12.00m't** CSI: Vegas **12.55** Murdoch Mysteries **2.50-4.00am** The Gulf

SKY MAX

6.00am NCIS: Los Angeles **7.00** SEAL Team **8.00** The Flash **9.00** Stargate SG-1 **11.00** NCIS: Los Angeles **12.00noon** The Flash

Radio

CHOICE

Ramblings Radio 4, 3pm
 In the second of two episodes recorded in the Republic of Ireland, Clare Balding meets walking guide Iain Miller to explore a stretch of the wild Atlantic coastline of Co Donegal. Iain, who moved over from Scotland, runs a business involving rock climbing, hillwalking and other outdoor pursuits.

BBC RADIO 4

FM 92.4-94.6MHz **6.00am** Today **9.00** Reflections **9.30** The Long History of Ignorance - from Confucius to Q-Anon **10.00** Woman's Hour **11.00** The Infinite Monkey Cage **11.45** Book of the Week: The Third Information Crisis **12.00noon** News **12.04** The Bottom Line **12.32** Sliced Bread **12.57** Weather **1.00** The World at One **1.45** Ten Second Showdown **2.00** The Archers **2.15** Drama: Faith, Hope and Glory **3.00** Ramblings **3.27** Radio 4 Appeal **3.30** Feedback **4.00** The Briefing Room **4.30** BBC Inside Science **5.00** PM **5.57** Weather **6.00** News **6.30** Rhysearch **7.00** The Archers **7.15** Front Row **8.00** The Media Show **9.00** Loose Ends **9.45** Empire of Tea **10.00** The World Tonight **10.45** Book at Bedtime: Glorious Exploits **11.00** The Today Podcast **11.30** Three Million **12.00m't** News **12.30** Book of the Week: The Third Information Crisis **12.48** Shipping Forecast

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** The 90s: Cinema's Greatest Decade **9.00** The Walking Dead: The Ones Who Live **10.00** The Walking Dead **11.00** Last King of the Cross **12.00m't** Entourage **1.00** Brit Cops: War on Crime **2.00** Road Wars **3.00** Hawaii Five-0 **4.00** S.W.A.T **5.00-6.00am** Highway Patrol

SKY ATLANTIC

6.00am Richard E Grant's Hotel Secrets **7.55** Six Feet Under **10.05** Gomorrah **12.15pm** Game of Thrones **1.20** The Sopranos **3.30** Six Feet Under **5.40** Gomorrah **7.55** Game of Thrones **9.00** House of the Dragon **10.05** Succession **11.15** Winning Time: The Rise of the Lakers Dynasty **12.25am** Watchmen **1.30** The Leftovers **2.50-4.00am** Game of Thrones

SKY WITNESS

7.00am Border Patrol **8.00** Stop, Search, Seize **9.00** Highway Patrol **9.30** Caught Red Handed **11.00** Blue Bloods **12.00noon** New Amsterdam **1.00** Chicago Fire **2.00** FBI: Most Wanted **3.00** Customs UK **4.00** Nothing to Declare **8.00** Blue Bloods **9.00** The Rookie **10.00** The Good Doctor **11.00** Chicago Fire **12.00m't** For Life **1.00** FBI: Most Wanted **2.00** The Force: North East **4.00-5.00am** Paramedics

SKY COMEDY

8.00am Will & Grace **9.00** American Auto **10.00** Sort Of **10.30** Vice Principals **11.40** Ballers **12.50pm** Eastbound & Down **2.10** Vice Principals **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** And Just Like That **10.40** The Tonight Show Starring Jimmy Fallon **11.40** Sex and the City **12.55am** Girls **2.05** Hello Ladies **3.50-5.00am** Eastbound & Down

DISCOVERY

6.00am How It's Made **7.00** Deadliest Catch **8.00** Blowing Up History **9.00** How the Universe Works **10.00** Iron Resurrection **11.00** Wheeler Dealers: Dream Car **1.00pm** Treehouse Masters **3.00** Mystery at Blind Frog Ranch **4.00** Flying Wild Alaska **5.00** Salvage Hunters **6.00** Iron Resurrection **7.00** Kindig Customs **8.00** Bad Chad Customs **9.00** The World's Biggest Drug Lord: Tse Chi Lop **10.00** Naked and Afraid XL **12.00m't** Mystery at Blind Frog Ranch **1.00** The World's Biggest Drug Lord: Tse Chi Lop **2.00-4.00am** Naked and Afraid XL

NATIONAL GEOGRAPHIC

8.00am Food Factory USA **9.00** Air Crash Investigation **10.00** WW2: Hell Under the Sea **11.00** Nazi Megastructures **12.00noon** Car S.O.S **1.00** Drain the Oceans: Secrets of the Spanish Armada **2.00** Air Crash Investigation **3.00** Hitler's Last Stand **4.00** Lost Treasures of Egypt **5.00** Car S.O.S **6.00** Seconds from Disaster **7.00** Air Crash Investigation **8.00** Europe from Above **9.00** Wicked Tuna **10.00** **NEW** Alaska: The Next Generation **11.00** Air Crash Investigation **12.00m't** Gordon Ramsay: Uncharted **1.00** Trafficked: Underworlds with Mariana Van Zeller **2.00** Lords of War **2.30** Abandoned **3.20-4.10am** Food Factory

Movies

FILM4

11.00am Comanche Station (1960/PG) Western, starring Randolph Scott. **★★★★**
12.35pm The Iron Petticoat (1956/U) Comedy, with Bob Hope, Katharine Hepburn and James Robertson Justice. **★★★★**
2.25 The Ten Commandments (1956/U) Cecil B DeMille's biblical epic, starring Charlton Heston and Yul Brynner. **★★★★**
6.45 GI Joe: The Rise of Cobra (2009/12) Adventure, starring Channing Tatum. **★★★**
9.00 A Quiet Place Part II (2020/15) Horror sequel, starring Emily Blunt. **★★★★**
10.50 The Lodge (2019/15) Premiere. A woman is left snowed in with her fiancée's children at a remote holiday village, and strange and frightening events begin to unfold. Horror with Riley Keough. **★★★**
1.00-3.50am Mother! (2017/18) Thriller, starring Jennifer Lawrence, Javier Bardem, Ed Harris and Michelle Pfeiffer. **★★★★**

SKY CINEMA PREMIERE

7.15am Manodrome (2023/15) See 1.40am for details. **★★★**
8.55 Ruthless (2023/15) Action thriller, starring Dermot Mulroney and Jeff Fahey. **★★★★**
10.35 The Great Escaper (2023/12) See 6.15pm for details. **★★★★**
12.15pm Anyone But You (2023/15) See 8.00pm for details. **★★★★**
2.15 LaRoy, Texas (2023/15) See 10.00pm for details. **★★★**
4.15 A Sacrifice (2024/15) Drama, with Eric Bana, Sylvia Hoeks and Sadie Sink. **★★★**
6.15 The Great Escaper (2023/12) Drama, starring Michael Caine. **★★★★**
8.00 Anyone But You (2023/15) Director Will Gluck's romantic comedy, starring Sydney Sweeney and Glen Powell. **★★★★**
10.00 LaRoy, Texas (2023/15) Comedy crime caper, starring Steve Zahn. **★★★**
11.55 Eileen (2023/15) Thriller, with Thomasin McKenzie and Anne Hathaway. **★★★**
1.40am Manodrome (2023/15) Thriller, with Jesse Eisenberg and Adrien Brody. **★★★**
3.20 American Star (2024/15) Thriller, starring Ian McShane and Nora Arnezeder. **★★★**
5.10-7.00am A Sacrifice (2024/15) See 4.15pm for details. **★★★**

SKY CINEMA DRAMA

4.25pm What If (2013/15) Drama, starring Daniel Radcliffe and Zoe Kazan. **★★★★**
6.15 Quartet (2012/12) Comedy, starring Maggie Smith and Billy Connolly. **★★★★**
8.00 Catch Me If You Can (2002/12) Fact-based drama, starring Leonardo DiCaprio and Tom Hanks. **★★★★**
10.25 Far and Away (1992/15) Drama, with Tom Cruise and Nicole Kidman. **★★★★**
12.50am Whiplash (2014/15) Drama, with Miles Teller and JK Simmons. **★★★★**
2.45 Rent (2005/12) Musical, with Rosario Dawson and Taye Diggs. **★★★★**
5.05-7.05am Footloose (2011/PG) Musical, starring Kenny Wormald. **★★★**

SKY CINEMA FAMILY

4.00pm Jumanji (1995/PG) Fantasy, starring Robin Williams and Kirsten Dunst. **★★★★**
6.00 The Karate Kid (2010/PG) Drama, with Jaden Smith and Jackie Chan. **★★★**
8.25 Ella Enchanted (2004/PG) Fantasy, with Anne Hathaway and Cary Elwes. **★★★**
10.15 Harriet the Spy (1996/PG) Comedy, starring Michelle Trachtenberg. **★★★**
12.10am Big Fat Liar (2002/PG) Comedy, with Frankie Muniz and Amanda Bynes. **★★**
1.45 Miss Potter (2006/PG) Biographical period drama, with Renee Zellweger. **★★★**
3.30 Hot Dog Derby (2013/U) Family comedy, starring Jason London and Alicia Witt. **★★**
5.05-6.45am Mee-Shee: the Water Giant (2005/PG) Children's fantasy, starring Daniel Magder and Bruce Greenwood. **★★**

TALKING PICTURES TV

5.35-7.30pm It Always Rains on Sunday (1947/PG) Crime drama, starring Googie Withers and John McCallum. **★★★★**
12.15am Hi Mom! (1970/18) Comedy, starring Robert De Niro and Allen Garfield. **★★★**
1.55 A Reflection of Fear (1972/18) Thriller, starring Robert

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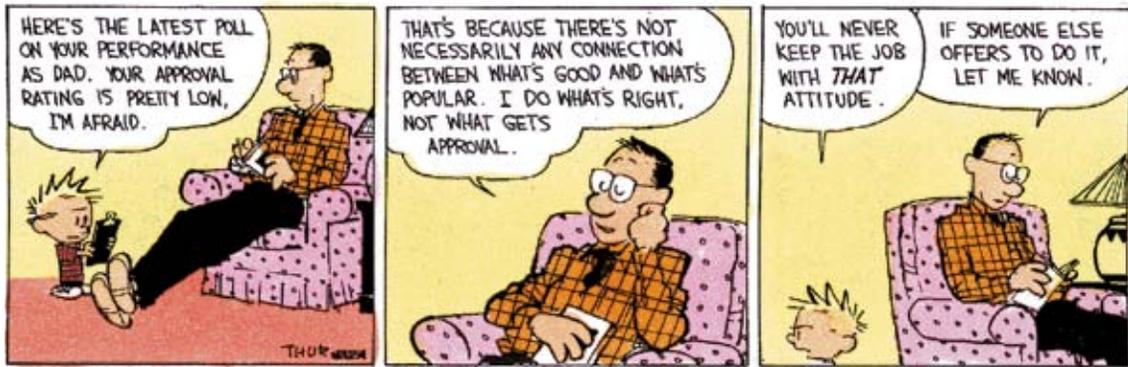
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CALVIN AND HOBBS Bill Watterson



PEANUTS Charles M. Schulz



FAITH, HOPE AND SUE Lisa Wild



RUPERT AND THE ROLLING BALL No 25



Podgy has collected some pals to play football. They are wondering what has happened to Rupert and the other ball when Algy points. "Hey, look!" he cries. "There's a round thing floating over the trees. What is it? Why doesn't it drop?" They are too far off to see that in it is Rupert, getting his breath back after the shock of the journey. He spies them and thinks, "If only I could guide this thing to them."

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As Rupert floats towards the lake, He moves a lever by mistake.

"There's something drifting in the air," Gaspes Algy. "Quickly, look up there!"

To order a copy of the Rupert Annual 2024 (£10.99) visit www.expressbookshop.com or call Express Bookshop on 020 3176 3332. Free UK P&P on online orders over £25.

Mediterranean fish casserole

Hearty fish steaks baked with garlic, tomatoes and herbs make a delicious dish - enough to evoke memories of holidays on the Mediterranean coast. Serves four.

INGREDIENTS

- 2 tpsps olive oil
- 1 tbsp dry white wine or stock**
- 2 sticks celery, thinly sliced
- 1 clove garlic, thinly sliced**
- 150g red onions, thinly sliced
- 600g chopped tomatoes**
- 1 lemon, thinly sliced
- 1 tbsp tomato puree**
- 4 fish steaks, such as swordfish or tuna, about 125g each
- 3 sprigs fresh rosemary**
- 3 tbsps chopped fresh oregano, or 1 tbsp dried
- Salt and black pepper**

METHOD

- 1)** Heat the oil and wine/stock in a flameproof casserole dish then add the celery, garlic and onions and fry for five to six minutes, stirring frequently, until they have softened.
- 2)** Add the tomatoes with the lemon and the tomato puree.
- 3)** Bring to the boil and simmer, stirring for two to three minutes until the tomatoes begin to soften.
- 4)** Arrange the fish in a single layer on top of the vegetable mixture. Tuck in the rosemary sprigs, sprinkle with oregano and season to taste.
- 5)** Cover the casserole dish and leave to simmer for 10-15 minutes until the flesh is just firm, spooning the juices over the fish occasionally.
- 6)** Serve immediately.



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ALAN'S TIP OF THE DAY: Check over any conservatory plants and the hardier species of houseplants that have stood outside for the summer. Inspect carefully for pests and if seen, treat before it becomes serious and leaves get damaged. Feed and water regularly.

Russell Grant



Britain's celebrity astrologer

Aries Mar 21 - Apr 20

A lively chat will make you see someone in a new light. Trust your instincts and embrace the surrounding romantic atmosphere. You're ready to compromise in order to maintain harmony in your marriage and other important relationships. **0905 789 3701****

Libra Sep 24 - Oct 23

Expect good news and positive developments if you are involved in legal or property transactions. Respond swiftly to questions and communications. There will be time to take a break later but for now you don't want to cause delays. **0905 789 3707****

Taurus Apr 21 - May 21

Unexpected encounters or invitations could lead to a romance if you are single. If you're in a relationship, your home will fill your heart with happiness. Family responsibilities may keep you at home but there's nowhere you'd rather be. **0905 789 3702****

Scorpio Oct 24 - Nov 22

An opportunity could improve your personal life or career. You could combine family and work if you decided to start your own business. Although it would require a lot of effort, the satisfaction you'd gain would make it all worthwhile. **0905 789 3708****

Gemini May 22 - June 21

You're calling the shots. Even so, if you bite off more than you can chew, it could feel overwhelming. You're getting fed up with being on the go. Change this by freeing up your calendar of commitments and carving out some time to relax. **0905 789 3703****

Sagittarius Nov 23 - Dec 21

New labour-saving appliances will greatly improve domestic arrangements. When it comes to work, it's vital to avoid rushing tasks. Take your time and proceed with caution so as not to spoil what has the potential to be an excellent job. **0905 789 3709****

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Cancer June 22 - July 23

Volunteering your time can bring fulfilment. By joining a charity, you can enrich your life. Your creative thinking or a bold idea will lead to immediate success. You might even stumble upon a great deal while you're out and about. **0905 789 3704****

Capricorn Dec 22 - Jan 20

Putting focus on your closest relationships can bring benefits but be prepared to face challenges when things get confusing. Complex issues cannot be seen in black and white. Stay open-minded over any strange or unusual ideas. **0905 789 3710****

Leo July 24 - Aug 23

Make a decision about what you want to do then concentrate all your efforts in this direction. You will not be disappointed by the results. Someone close who receives disappointing news will be looking to you for sympathy. **0905 789 3705****

Aquarius Jan 21 - Feb 19

Encourage openness and clarity in relationships. Making sure everyone is fully informed will strengthen your bond. You will be delighted by improvements in your finances. Spending time with loved ones can restore harmony in your life. **0905 789 3711****

Virgo Aug 24 - Sep 23

An uncooperative atmosphere at home will cause frustration. Someone is deliberately causing waves. Travelling will bring satisfaction. Positive news or events associated with distant locations will give you something exciting to look forward to. **0905 789 3706****

Pisces Feb 20 - Mar 20

Keeping the flame alive in a romance requires work. Creating new memories rekindles a spark in your relationship. If single, a trip could lead to a chance encounter with someone special. Prioritise those you are closest to today. **0905 789 3712****

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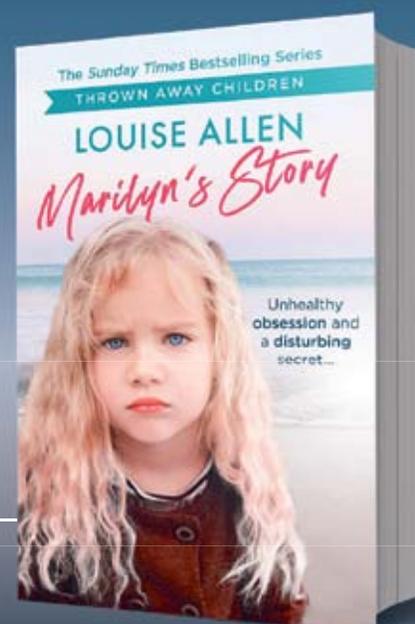
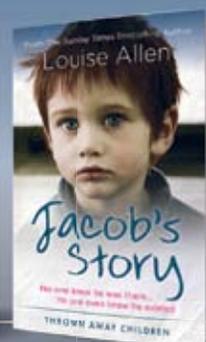
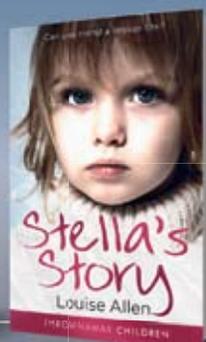
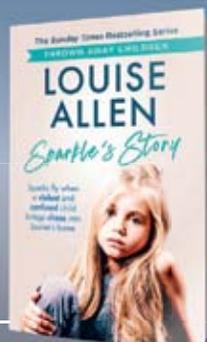
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Starmer ripped up flawed plan like a petulant child

PREDICTABLY, the Rwandan authorities have announced that they will not refund any of the money (my money) that the previous government spent.

What does one expect after Sir Keir Starmer's knee-jerk announcement rubbishing the scheme? This was nothing to do with practicality or viability, it was a childish reaction to destroy something (however flawed) that the previous government set up.

Ken Standing,
Basingstoke, Hants

Patients used as pawns in politically motivated strike

READING Steph Spyro's article saying no more junior doctors' strikes are planned following "positive" talks proves that the very damaging action was politically motivated ("Further doctors' strikes averted following talks", July 10).

Health Secretary Wes Streeting has already said their 35 per cent demand is unaffordable so what has changed for them to call off strike action? It sickens me that this is playing with people's lives for the sake of political ambitions.

Bob Lloyd,
Great Cambourne, Cambs

Tax rises usually blown on huge vanity projects

NO SURPRISES when the new Chancellor immediately states we're all in for a tough time regarding difficult decisions as to where taxes will have to go up ("Labour will put up your tax 'as sure as night follows day'", July 9).

It's not as if the public ever benefits from paying more as it is just wasted on vanity projects such as HS2 and housing illegal immigrants who take priority over our homeless people.

Ian Fuller,
Harrogate, NYorks

Chancellor forgets Labour left UK in a hole last time

I WONDER how new Chancellor Rachel Reeves can state that the UK is in a sorry state after only a few days in the job. Is she some sort of miracle worker? Perhaps she should be reminded that her party was also responsible for a large part of the debt she says the country is in.

Don Dobson,
Marlow, Bucks

Raise the tax threshold to trigger a spending spree

I DON'T see how Rachel Reeves will be able to extract up to £15 billion of tax rises from the British public to rebuild struggling public services. The tax burden is the highest it has been since just after the Second World War.

Instead, the Chancellor needs to make a bold move by bringing forward hikes to the personal tax allowances to give the public greater spending power, which in turn would stimulate the economy and increase growth and eventually up the tax take.

Michael Smith,
Orpington, Gtr London

Letter of the day

Picture: PA



FREE TAXI: Migrants arrive in UK this week on RNLI lifeboat

Kiss goodbye to our £270m Rwanda cash

WHAT a surprise (not), Rwanda won't give us our money back ("Kigali vows 'no refunds' of £270m handed over by last government in failed deportation bid", July 10).

However while the Rwanda plan was far from great, a wise government would check things out before dumping it.

Home Secretary Yvette Cooper blames the Tories for waste but it's really her lot who have wasted the money already paid.

It's another add-on to the coming tax rises. Although Sir Keir Starmer did say he would kill the Rwanda plan the hopeless Cooper blindly carried it out and lost us £270m without a thought. It's particularly sad as there is no Plan B anywhere on the horizon.

Barrie Warren,
Bury, Lancs

Squirrel money under your mattress to keep it safe

WE ALL know there is a black hole in the country's finances. It was obvious to all that furloughs through the pandemic and vaccines would require billions.

Had Labour been in power at the time we would be in the same situation now. Labour will use this as an excuse for anything it does in increasing taxes just to get things done. Be warned: start putting your money under your mattress.

Anne Jones,
Stalybridge, Cheshire

A meeting of feeble minds as Biden greets Keir in US

I CANT wait to see how Sir Keir Starmer's meeting with US President Joe Biden goes and is reported in the UK media ("Biden welcomes PM in phone call", July 6). It will be "Spot who doesn't know or can't make up his mind". Both are useless as leaders.

Neil Snow,
Eastleigh, Hants

Stronger wrath of Khan as mayors gifted more power

IT HASN'T taken long – first we hear that inmates will serve much

shorter sentences in an effort to reduce jail overcrowding ("Labour could release prisoners early", July 9). I hope public safety is a major consideration when deciding who to release early.

As if that wasn't worrying enough, we are now informed that local mayors are likely to get increased powers. God help those of us already in the grip of London Mayor Sadiq Khan.

Harry Miller,
Croydon, Gtr London

Robust electoral system is absolutely fine as it is

THE first-past-the-post system allows the electorate to completely remove a government if it so wishes ("UK is crying out for a fair vote system", Letters, July 8).

Any form of proportional representation will always result in no overall majority and back-room deals and there are many examples abroad of the chaos that causes.

Rod Enderby,
Banbury, Oxon

Whining, squabbling Tories need to start from scratch

ALL the moaning coming from the Shadow Cabinet reinforces the belief that the Conservatives had become unfit to govern; a view

shared by most of the population. Rishi Sunak has quality but not the strength to keep his house in order. A complete clearout is required.

John Drake,
Leeds

Stop sending millions in aid to Putin's comrades

THE images of India's Prime Minister Narendra Modi cosying up to Putin during his state visit to Moscow are sickening ("Fury at Modi's embrace of Putin", July 10).

Why are we still giving millions in aid to countries such as India and Pakistan who have not only refused to condemn Putin for his invasion of Ukraine but are assisting him by buying Russian oil? The money we give to the friends of our enemies could be put to better use at home.

Bob Readman,
Sevenoaks, Kent

Diamonds are forever, just like Dame Shirley's talent

HOW wonderful to see the great Dame Shirley Bassey receiving an honour from the King. There is no one today who even matches her charisma and performances ("Dame Shirley's sparkling royal appointment...", July 10).

Annette Hale,
Burnham-on-Sea, Somerset

DID YOU PAY OFF YOUR MORTGAGE BEFORE YOU RETIRED?

Yes MY WIFE and I knew we were going to retire five years before we did. We still had £25,000 left on the mortgage then but we threw everything we had at it ("Retirees with a mortgage are far from home and dry", July 10). And I'm so glad we did. We paid it off six

months before we retired at the same time and although we're not rich by any means, we never have to worry about keeping a roof over our heads. Financially it's the best move we ever made. I'm so relieved that we planned for it.
Dennis Williamson,
Sunderland

No I SHOULD be retired by now, but because I helped out my adult children with their weddings and deposits for their homes, I have to work to pay the mortgage every month. I'm 68 and although I like the social side of work, which means I've still got lots of

workmates, you don't have anywhere near as much energy in your late 60s as you did when you were 10 years younger. I don't regret helping out my kids financially, that's what parents are for after all, but if they'd paid their own way I'd be mortgage-free now.
Susan Barnes,
Bristol

TODAY: Thursday
 July 11, 2024

ON THIS DAY



84 years ago (1940)

We reported that the RAF had shot down 14 German bombers and fighters during "the biggest battle ever fought over Britain".

Hurricane and Spitfire pilots had also severely damaged another 23 Luftwaffe planes.

The air assault against UK shipping and ports on the south coast was the start of what Winston Churchill called "the Battle of Britain" as Adolf Hitler attempted to pave the way for invasion.

39 years ago (1985)

The Greenpeace ship *Rainbow Warrior* was sunk while moored in Auckland Harbour, New Zealand and one crew member died.

It was later revealed that French secret service agents had planted two bombs on board the ship which was about to sail to Mururoa Atoll to protest against French nuclear testing in the Pacific.

The incident sparked an international crisis between New Zealand and France.

37 years ago (1987)

First World War veterans returned to the Belgian village of Passchendaele to mark the 70th anniversary of the bloodiest battle of the Great War which claimed the lives of half a million men between July and November 1917.

BIRTHDAYS



Red Dwarf star **Craig Charles** turns 60. He was a performance poet at the start of his career. Bon Jovi guitarist **Richie Sambora** is 65. He once dated Cher. Bridgerton actress **Caroline Quentin** is 64. She loves gardening. Luka singer **Suzanne Vega** is 65. She attended New York's "Fame" school.



TODAY'S GIGGLE
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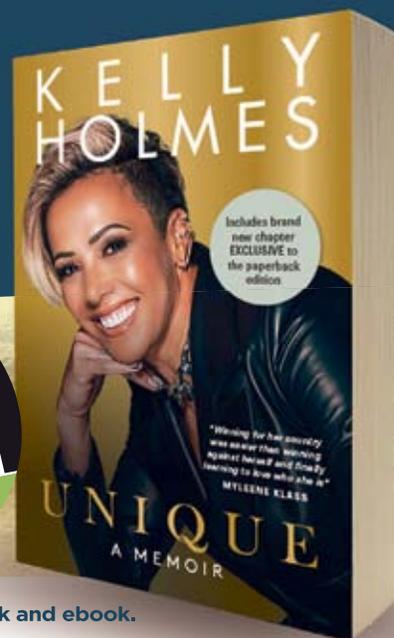
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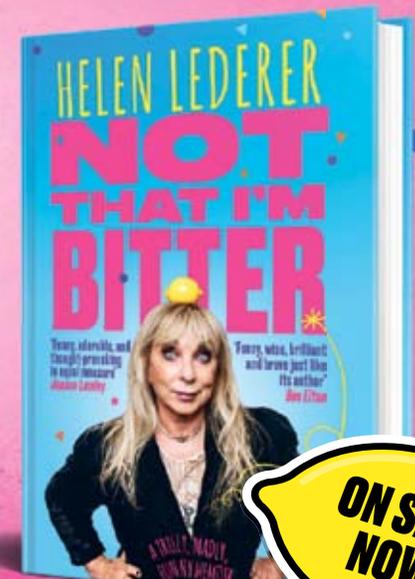
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Moto raises prices as chain owners weigh up £2bn sale

MOTORWAY service station giant Moto has upped its prices to help battle the rise in operating costs.

It comes as the company's owners prepare to put the group up for sale for around £2billion.

The Bedfordshire-based business, which operates 69 sites at 52 locations across the country, has reported a turnover of £1.067billion for the year to December 27, 2023, up from £1.058billion.

According to newly-filed accounts with Companies House, Moto's pre-tax profit dipped from £38.1million to £36.5million over the same time period.

CVC Capital Partners and Universities Superannuation Scheme (USS), which have jointly owned Moto since 2015, received interim dividends of £24.8million and £34.8million in May and December 2023 after £46million was paid in 2022.

The results come after reports emerged in May that Moto's owners are preparing to put the company up for sale.

Its turnover from fuel skidded from £629.8million to £585.2million.

During the year, the average number of people employed increased from 5,324

By **Jon Robinson**

to 5,694. But Moto put up its prices to combat growing bills.

A statement signed off by the board said: "The group is well-placed to benefit from recovery and growth in the UK economy and remains focused on long-term growth."

"The performance of the group was impacted by significant inflationary pressures, primarily across utilities, cost of goods sold and labour."

"Possible prices have subsequently been updated to reduce any impact on the financial performance."

It added: "The directors consider the financial position of the group to be in line with expectations given the structure of the group and its financial performance."

"Management are pleased with the progress made against the strategic priorities to transform the UK's rest stop experience."

"The business has recovered well post-Covid and responded robustly in a highly inflationary market."

"Investment will continue in the transformation strategy, rolling out new brands and changing the landscape."



ROAD KINGS: The Moto station sign

KRISPY KREME LOOKING TO EXPAND



RECIPE: Doughnut company is to open new stores across the UK

KRISPY Kreme is looking to open new stores after increasing its prices in a bid to combat the rise in costs.

The doughnut company outlined plans to launch in "high-profile locations" following a year of profit growth.

Turnover was £119.7million in 2023, up from £118.5million the year before. Its pre-tax

profit also rose, hitting just over £6million, up from £5.1million in 2022.

It said: "In 2024 the company will continue to expand its presence with plans to open shops in quality, high-profile locations." The Krispy Kreme parent company saw its pre-tax loss rise to £31million from £3.1million in 2022.

AT A GLANCE

STOCK MARKET			
FTSE 100	8193.5	▲	+53.7
FTSE 250	20927.8	▲	+282.7
FTSE ALL SHARE	4486.2	▲	+33.6
Shares Traded	9885.5 million		

POPULAR SHARES ON THE RISE

Abrdn	165	+6
AstraZeneca	12078	+134
Aviva	483	+734
BAE Systems	1280	+111½
Barclays	219½	+234
BP	454¼	+½
Centrica	139¼	+3½
HSBC Holdings	670½	+1
Int Consolidated Airlines	178	+5
Lloyds Banking Group	58	+¼
Marks & Spencer Group	297	+6½
National Grid	941½	+11¼
Rolls-Royce Holdings	454¼	+6½
Sainsbury (J)	260¼	+6½
Tesco	310½	+2¼
Unilever	4408	+38
Vodafone Group	72½	+1½
Whitbread	2924	+9

POPULAR SHARES UNCHANGED

NatWest Group	322¼	
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POPULAR SHARES ON THE SLIDE

BT Group	139¼	-½
GSK	1505	-5
Saga	110	-¾
Shell	2833	-1

WORLD MARKETS

WALL STREET	39,721.4	▲	+429.4
TOKYO	41832.0	▲	+251.8
HONG KONG	17471.7	▼	-51.6
GERMANY	18407.2	▲	+171.0
FRANCE	7573.6	▲	+64.9

STERLING VALUE

Dollar	1.284	▲	+0.006
Yen	207.629	▲	+1.380
Euro	1.186	▲	+0.004

DOLLAR VALUE

Dollar/Yen	161.673	▲	+0.3838
Dollar/Euro	0.924	▼	-0.0009

COMMODITIES

GOLD(\$)	▲	2379.10
KRUGERRAND(£)	▲	1853.18
SILVER(pence)	▲	2406.87
BRENT CRUDE(\$)	▲	85.53

OTHER INDICATORS

Base rate	5.25%
Halifax mortgage rate	5.98%
Retail Price Index	+3.0% (CPI +2.0%)
House price Index	0.7%
Unemployment	1,510,000

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Hungary	433.40 forint
Israel	4.40 shekel
Japan	198.23 yen
Jordan	0.85 dinar
Mexico	21.52 peso
New Zealand	2.02 dollar
Norway	13.04 krone
Poland	4.75 zloty
Saudi Arabia	4.54 riyal
South Africa	22.26 rand
Sweden	12.85 krona
Switzerland	1.11 franc
Thailand	44.64 baht
Turkey	39.16 lira
United States	1.26 dollar

Sweet smell of success for Candy Kittens



GROWTH: Candy Kittens

CONFECTIONERY brand Candy Kittens has surged into the black.

The firm owned by Radio One DJ Jamie Laing, which specialises in vegetarian and vegan sweets, increased revenue to £12million last year, up from £9.4m in 2022.

Pre-tax profit was £136,900 by

the end of the year, up from a pre-tax loss of £523,000 in 2022.

Laing, pictured – great-great-grandson of McVitie's digestive biscuit inventor Sir Alexander Grant – rose to fame on reality show Made in Chelsea.

He co-founded Candy Kittens

with Ed Williams in 2012 and it has enjoyed rapid growth, striking deals with stockists including Tesco, Sainsbury's, Boots and John Lewis.

In 2022 it became the UK's first sugar confectionery brand to get a B Corp certification.



++ THE FTSE 100 THE FTSE 100 THE FTSE 100 ++

COMPANY	CLOSE	+/-	52 WEEK HIGH	52 WEEK LOW	COMPANY	CLOSE	+/-	52 WEEK HIGH	52 WEEK LOW	COMPANY	CLOSE	+/-	52 WEEK HIGH	52 WEEK LOW
3i Group	2980#	+42	3160	1872	Fresnillo	608	+22½	639½	441½	Marks & Spencer	297	+6½	311½	193¼
A.B. Foods	2453	+16	2738	1929½	GlaxoSmithKline	1505#	-5	1812½	1318	Melrose	574½	+12½	677½	446¼
Admiral Group	2624	+31	2837	2044	Glencore	479	+3	501½	369	Mondi	1553½	+21½	1604	1222¼
Airtel Africa	1191#	+2	131½	90¼	Haleon	334¼	+2¼	341	308½	National Grid	941½#	+11¼	1050	838½
Anglo American	2407½	+28	2773½	1670¼	Halma	2652	-23	2721	1810½	NatWest Group	322¼		329½	176¼
Antofagasta	2186	+9	2410	1293	Hikma	1817	+7	2205	1722	Next	8892#	+218	9426	6750
Ashtead Group	5040	+10	6104	4667	HSBC Holdings	670½	+1	720¼	575¼	Pearson	1007½	-2½	1042	812
AstraZeneca	12078	+134	12600	9501	IMI	1787	+12	1901	1445	Pershing Square Hold	4210	-36	4322	2840
Auto Trader	811¼	+4½	829½	587	Imperial Brands	2066	+14	2069	1580	Persimmon	1442½#	+23½	1498	960½
Aviva	483	+7¼	497	369¼	Informa	848½#	-2½	868¼	685¼	Phoenix Group	542½	+7½	560¼	441½
B&M Europ Value Ret	440¼#	-¼	612½	434½	InterContinental Htl	8262	+108	8752	5330	Prudential	735¼	+20	1101	687½
BAE Systems	1280	+11½	1400	901½	Intermediate Cap.Grp	2226#	+24	2394	1255½	Reckitt Benckiser	4321	+74	5960	4110
Barclays	219½	+2¼	224¼	129¼	Intertek Group	4762	+8	5075	3755	RELX	3595		3654	2442
Barratt Development	485	-6	566½	392¼	Intl Consolidated Airlines	178	+5	186½	138	Rentokil Initial	467¼	+1¼	644	392½
Beazley Group	681	-2½	708	503	JD Sports	1111#		175¼	104	Rightmove	540¼	+2	594¼	463
Berkeley Grp Hldgs	4774#	+46	5320	3860	Kingfisher	262½	+5¼	270½	201¼	Rio Tinto	5224	+6	5891	4559
Bovis Homes	1290	+19	1310	657½	Land Securities	635#	+14	725¼	559½	Rolls-Royce Group	454¼	+6½	485½	145¼
BP	454¼	+½	558	444¼	Legal & General	232	+3¼	256¼	205¼	Sage Group	1033	-21½	1282	904½
British Amer.Tob	2488#	+11	2735	2267	Lloyds Banking Grp	58	+¼	59	39¼	Sainsbury (J)	260¼#	+6½	310½	245¼
BT Group	139¼	-½	145	102¼	London & Stamford Prop.	196½#	+5	210¼	156½	Schroders	376¼	+9½	464½	347¼
Bunzl	3160	+50	3306	2687	London Stock Ex	9216	-18	9674	7986	Scottish Mortgage	900#	+6	904¼	640½
Burberry Group	860¼#	+3½	2257	847½	M&G	212	+2½	238¼	183½	SEGRO	925	+18¼	940	679¼
Centrica	139¼#	+3½	172½	121¼						Severn Trent	2617#	+53	2728	2265
Coca-Cola HBC	2700	-2	2804	2065						Shell	2833	-1	2946	2308
Compass Group	2161#	+8	2323	1945½						Smith & Nephew	1092	+14	1203½	896¼
Convatec Group	241¼	-½	293½	196¼						Smiths Group	1731	+32	1766½	1526
CRH	5892	+28	6898	4264						Smurfit Kappa	3492	-18	3882	2554
Croda International	3996	+50	5956	3899						Spirax-Sarco	8555	+110	11130	8058
DCC	5690#	+45	6035	4171						SSE	1842½	+17½	1896	1508
Diageo	2502½	+24¼	3457	2462½						Standard Chartered	721½	+12¼	785¼	573¼
Diploma	4182	+36	4252	2804						Taylor Wimpey	151¼	+1	154½	102
DS Smith	415¼	-4¼	426¼	263¼						Tesco	310½	+2¼	315	245½
EasyJet	478¼	+13	577¼	360						Unilever	4408	+38	4450	369¼
Entain	660¼	+20¼	1403½	618½						Unite Group	921½	+4½	1057	851
Experian Group	3635#	+2	3779	2390						United Utilities	1066#	+24	1125	900¼
F&C Inv Tst	1022#	+4	1050	831						Vodafone Group	72½	+1½	81	63
Flutter Entert	15550	+15	17475	12155						Weir Group	1958	+27	2200	1675½
Fraser's Group	836½	-4	938	700						Whitbread	2924	+9	3678	2855



Fortress revenue on the decline

THE UK arm of Fortress Investment Group, whose portfolio includes Majestic Wine and Punch Pubs, saw its revenue and profit dip during 2023 as its US owner cut costs.

The London-based division has reported revenue of £44.4million for the year, down from £50.9million.

Pre-tax profits declined from £4.5million to £2.1million over the same period.

The results come after Fortress struck a deal to acquire discounter Poundstretcher in April.

Earlier that month, Majestic acquired Vagabond Wines out of administration, adding nine wine bars and saving 171 jobs.

Fortress also owns Punch Pubs Group, an independent pub company with 1,241 pubs, which it acquired in 2021.

+ BG + Barclays + BT + Centrica + Dixons Carphone + First Group + HSBC + Kingfisher + Marks & Spencer + Next + Prudential + Rolls-Royce + Sainsburys + Tesco + Unilever + Vodafone + Whitbread + WPP

COMPANY	CLOSE	+/-	52 WEEK HIGH	52 WEEK LOW
Aerospace & Defence				
Avon Rubber	1308	+38	1378	593
Babcock International	539½	+19½	565½	272½
BAE Systems	1280	+11½	1400	901½
Chemring Group	387	+7	396	259
QinetiQ Group	468½	+12½	468½	292½
Rolls-Royce Group	454½	+6½	485½	145½
Senior	165½	+2½	180½	154½
Alternative Energy				
Porvair	650	+10	730	524
Banks				
Barclays	219½	+2½	224½	129½
Bco Santander	372	+8	414	282½
Close Brothers	485½	+8½	976½	299½
CYBG	213½	-¼	216½	142½
HSBC Holdings	670½	+1	720¼	575½
Investec	597	+8½	602	436½
Lloyds Banking Grp	58	+¼	59	39½
Metro Bank	36½	+¼	124½	28½
NatWest Group	322½	329½	176¼	
Standard Chartered	721½	+12½	785¼	573½
Beverages				
Barr (AG)	612		630	455
Britvic	1257	-5	1267	785½
Coca-Cola HBC	2700	-2	2804	2065
Diageo	2502½	+24½	3457	2462½
Chemicals				
Cardo	21	+¼	21¼	6¼
Croda International	3996	+50	5956	3899
Elementis	149½	+2½	156½	101¼
Johnson Matthey	1657#	+9	1870	1446½
Synthomer	267½	+3½	637½	122½
Trealt	430#	+1½	660	370
Victrex	1110	-10	1595	1110
Construction & Materials				
Balfour Beatty	399¼	+6¼	399¼	295½
CRH	5892	+28	6898	4264
Dialight	206	-4	237	144
Galiford Try	272	+1	281	193½
Gleeson (MU)	590	+10	591¼	353
Keller Group	1346	+32	1376	673
Kier Group	145	+1¼	149½	78
Marshalls	341½	+9½	341½	198
Morgan Sindall	2655	+40	2675	1792
Severfield-Rowen	78¼	+2¼	79	50
Smart (J) & Co	125	168½	117½	
Tyman	360	-2	396½	236
Electricity				
Drax Group	559½	+26	619¼	401½
SSE	1842½	+17½	1896	1508
Electronic & Electrical Equipment				
Acal	731#	+28	890	593
Halma	2652	-23	2721	1810½
Morgan Crucible	319½	+7½	331	218½
Oxford Instruments	2495		2660	1712
Renishaw	3675	+75	4370	2950
SPS	2992	+100	3807	2762
TT Electronics	153	+5½	185	135¼
XP Power	1500	+8	2440	776
Equity Investment Instruments				
Aberdeen Asian Sml	284	-2	287	243
Aberforth Sml.Co	1584	+16	1584	1126
Acom Income	367½			
Albion Tech & Gen. VCT	68	73½	66½	
Albion VCT	42#		47¼	41
Alliance Trust	1226	+10	1264	990
Artemis Alpha	366	-2	378	263½
Aurora Inv.Tst.	263½	-1½	266	198
AVI Global Tst	238#	+2	248	186½
Baillie Gifford Japan	749	+9	793	641
Baillie Gifford Shin Nip	113½	+½	141	105
Bankers Inv.Tst.	116½	+1¼	117	92¼
Baronsmead VCT2	54½		56	50¼
BH Macro GBP	372	+1½	386	328
Biotech Growth Trust	1002	+12	1024	718
BlackRock Mining	585	+4	631	492½
Bluehoney AIM VCT2	30½		32½	30½
British Assets Tst	45¼		87	44¼
Brunner Inv.Tst.	1355#	+10	1365	966
Caledonia Inv.	3525#		3660	3135
City Natural Res.Yld	187¼	-1¼	204	152
City Of London	432	+5	432	371½
Dunedin Ent.LT	502½		565	480
Dunedin Income	284	+2	292	249
Edin Wwde Inv	148½	+½	157	122½
Edin.Drgn.Tst	421	+2	423	325
Edin.Inv.Tst.	739#	+7	742	621
Edin.US Tracker	293#	-1	300	258½
Elderstreet VCT	44		49	43
European Ass Tst.	86#	-½	91¾	73
F&C Cap&Inc	333	+3	339	271
F&C Inv Tst.	1022#	+4	1050	831

COMPANY	CLOSE	+/-	52 WEEK HIGH	52 WEEK LOW
F&C Smaller Cos				
F&C US Smaller Companies	1275	+5	1360	1065
Fidelity Asian	506	+3	542	476
Fidelity European	396	+5½	411	311½
Fidelity Japanese	177	+2	185	152½
Fidelity Special	315½	+5	315½	252½
Finsbury Gwth&In	839	+4	914	792
Foresight Tech.VCT	72½		84	71
Gartmore Euro	188	195½	150	
Genesis E.M.F.	720	+4	722	569
Graphite Ent	1260#	+24	1268	1046
Hansa Tst 'A'	207	+2½	217	175
Hansa Tst Plc	212½		226	180½
Henderson Far Est	243	-½	244½	197¼
Henderson High Inc	161#	+1	172	140½
Henderson Opp Tst	218	+2½	226	171½
Herald Inv.Tst.	2245	+20	2346½	1596
HGCapital Tst	501	+14	501	357½
HSBC Infrastructure	124	+¼	139½	117¼
Impax Env.Mkt.	381	-2	417	334½
Int.Biotech.Tst.	662	+12	694	548
International Public	129½	+2¼	139¼	115½
Invesco Asia	327	-1	348	286
Invesco Perp UK	429	+4	437	379
JPM American	1010	+8	1010½	748
JPM Asian	380		382	313
JPM Claverhouse	730	+4	746	630
JPM Emerg Mkt.	109¼	+¼	109¼	96½
JPM Euro Sml Co	461#	+3	485	354½
JPM Global Emerging	137#	+½	140	117
JPM Indian	1022	-2	1042	818
JPM Japanese	560	+6	562	438½
JPM Overseas IT	580	+2	581	456
JPM Smaller Co	345		345	230
JPM US Sml Co	382	+2	412	317
Jupiter Euro	896	+13	915	751
JZ Capital Partners	211		220	149
Keystone Inv.Tst.	229½	+1½	231	183¼
Law Debenture	891	+16	897	721
Lowland Invest Co	128#	+1	130	104½
Majedie Inv.	241		252	181
Manchester&Lon.	825#	+5	840	413½
Martin Currie Prtfio Tst	374#	+1	397	299
Matrix Inc & Gwth 4	73½	66½	-1½	73½
Maven Income And Growth VCT 37#	40		40	37
Mercantile Inv Tst	242½	+1½	248	177¼
Merchants Tst	584	+5	591	477½
Mid Wynd Int.	787	-4	797	670
Monks Inv.Tst.	1186	+2	1194	890
Montanaro Euro Tst	139½	-½	145	107¼
Montanaro UK	110½	+1½	111½	84¼
Murray Inc.Tst.	873	+5	898	770
Murray Int.Tst.	257#	+3	258	219
New India	810	-6	824	532
New Star Inv.Tst.	125	-½	132½	109½
North Atl.Smlr.Tst	4060		4190	3420
Northern 2 VCT	54½		56½	53
Northern Venture	57½		59½	54
Oxford Tech 2 VCT	11		21½	11
Pacific Assets	386#		389	340
Pacific Horizon	646	+10	657	512
Pantheon Int.	312	+2	334	252
Pershing Square Hold	4210	-36	4322	2840
Polar Cap.Tech	3425	+45	3445	2105
RCM Technology Trust	410	-½	412½	246
RIT Capital Partners	1924	+34	2010	1718
Ruffer Investment	270½	-½	283½	261
Schroder Asia	545		546	456
Schroder Inc.	291#	+4	296	249
Schroder Japan	263	+2	264	217
Schroder UK	171½	+½	176	141¼
Schroder UK M&S	630	+4	634	482
Scottish American	516	+7	536	452
Scottish Mortgage	900#	+6	904¼	640½
Shires Inc.	240#	+1½	248	209½
Small Comp Div.Tst	162#		167	131
SPARK VCT	19¼		20½	19¼
Standard Life Equity	316½	+4½	331	260
Standard Life UK Sml	500	+½	508	370
SVM UK Emerging	65½		67½	61½
Temple Bar	269	+3	275½	219
Templeton Emrg.	166½#	+1	167	141
The European Inv.Tst	96¼	+¼	101	75½
Throgmorton Tst	631	+5	641	507
TR Euro.Growth	183¼	+¼	188½	136
TR Prop.IT	329#	+6	345	255
Value & Income	186#	+3	210	163
Witan Inv Trust	268½	-½	272	210½
Witan Pacific	190¼#	+1¼	243	176
Wwde Healthcare	362½#	+3½	362½	288
Financial Services				
3i Group	2980#	+42	3160	1872
3i Infrastructure	333#	+4	348	291
Abdn.	165	+6	236¼	136¼
Ashmore Group	175	+2½	232½	166¼

SHARES AT A GLANCE

COMPANY	CLOSE	+/-	52 WEEK HIGH	52 WEEK LOW
Guinness Peat Group				
Guinness Peat Group	84½	+3¼	88¼	64
Hargreaves Lansdown				
Hargreaves Lansdown	1096	-2	1153	690½
IG Group				
IG Group	843½	+11½	844	611
Intermediate Cap.Grp.				
Intermediate Cap.Grp.	2226#	+24	2394	1255½
International Pers Fin				
International Pers Fin	131½	+3	135	100¼
IP Group	42		61½	41½
Jupiter Fund Man.	83¼	+2	115	73½
Liontrust Asset Man	636#	+32	855	523½
London Stock Ex.	9216	-18	9674	7986
Lonfin.	64½		69½	32
M&G	212	+2½	238¼	183½
Man Group	257½	+9½	277¼	202
Paragon Group	759#	+24	779½	443½
Provident Financial	50	+1½	191¼	46¼
Rathbone Brothers	1760	+14	1950	1458
S & U	1910#	-10	2450	1800
Schroders	376¼	+9½	464½	347¼
St James's Place	561	+14¼	1183	404
Tullett Prebon	217½	+5½	227½	146
Walker Crips Group	22		26½	20½
Fixed Line Telecommunications				
Airtel Africa	119#	+2	131½	90¼
BT Group	139¼	-½	145	102¼

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Sainsbury (J)	260#	+6½	310½	245¼
Tesco	310½	+2¼	315	245½
Food Producers				
A.B. Foods	2453	+16	2738	1929½
Anglo-Eastern	634#	-6	766	630
Carr's Milling	142	+1½	149½	93¼
Cranswick	4555	+25	4590	3170
Glanbia	1534¼		1618½	1140½
Greencore Group	176¼	-½	180¼	68¼
Kerry Grp 'A' Shs.	6828	+345½	7763¼	6044
Perron Foods	166#	+1¼	176¼	113¼
REA Holdings	88½	-¼	97	49¼
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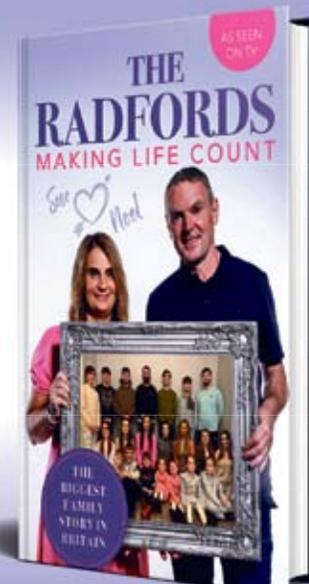
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Racing

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A CHANGE IS AS GOOD AS ARREST

ARREST (3.35) can step up to the task of winning the Princess Of Wales's Stakes at Newmarket. Last year's St Leger runner-up, last seen chasing home Point Lonsdale in the Ormonde Stakes at Chester, now has the give in the ground he prefers.

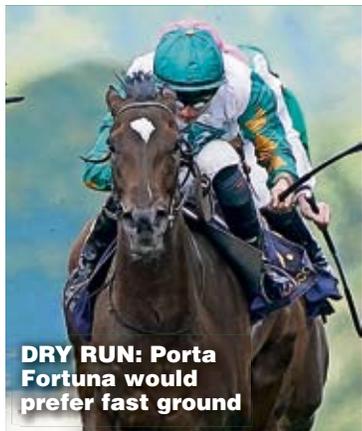
By **The Scout** (Melissa Jones)

O'Brien, below, returns **WHISTLEJACKET (2.25)** to six furlongs in the Kingdom Of Bahrain July Stakes after finding the minimum trip too quick for him when fourth in the Norfolk Stakes at the royal meeting. After a long layoff **TROPICAL ISLAND (3.00)** will benefit from her seasonal bow 26 days ago when fading to sixth having been prominent throughout.



Second in the Group Two King Edward VII Stakes at Royal Ascot, improving **SPACE LEGEND (1.50)** will relish the step up to a mile and five furlongs in the Bahrain Trophy Stakes. Aidan

O'Brien's weather hope



DRY RUN: Porta Fortuna would prefer fast ground

DONNACHA O'BRIEN is on weather watch after declaring Porta Fortuna for tomorrow's Group One Tattersalls Falmouth Stakes – in spite of a "not ideal" racing surface on Newmarket's July Course.

O'Brien warned the daughter of Caravaggio, who thrived on 'good to firm' going to capture the top-level Coronation Stakes at Royal Ascot last month, would miss the fillies' test in the event of testing conditions.

A total of 29mm of rain fell on Tuesday, two days before

By **David Yates**

the start of the three-day July Festival, which begins this afternoon on ground officially described as 'good to soft, soft in places'.

But Porta Fortuna, ridden for the first time by Ryan Moore – Tom Marquand was on board at Royal Ascot and for a neck defeat by Elmalka in the 1,000 Guineas at Newmarket in May – was among a seven-strong final field yesterday morning.

"The soft ground is not ideal but we're hoping it will dry out

before the race," said O'Brien, whose stable star heads William Hill's betting at 13-8 (from 6-4).

"If the ground dries out somewhere close to 'good', then we think she has a big chance.

"She's in good form – everything has gone well with her since Ascot."

Newmarket clerk of the course Andrew Morris reported yesterday: "The track has taken the rain really well and hopefully it will continue to improve."

NEWMARKET RACING TV

THE SCOUT

1.50 SPACE LEGEND (nb)	4.10 Adoon Valley
2.25 Whistlejacket	4.45 Lead Artist
3.00 Tropical Island	5.20 HELM ROCK (nap)
3.35 Arrest	

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1.50 BAHRAIN TROPHY STAKES (G3) 3YO

1	1311-28	ANCIENT WISDOM (40) (C,F) 9-3	W Buick	★121
(5)	Runs: 7	Wins: 4(F,S,G)	Places: 2	£218,025
Trainer: C Appleby Owner: Godolphin				
2	82-12	KINESIOLOGY (35) 9-3		Doubtful
(2)	Runs: 4	Wins: 1(G)	Places: 2	£177,754
Trainer: J Harrington (IRE) Owner: Alpha Racing				
3	43-2418	PORTLAND (21) 9-3	R L Moore	111
(4)	Runs: 10	Wins: 2(S,G)	Places: 2	£80,875
Trainer: A P O'Brien (IRE) Owner: Tabor, Smith & Magnier				
4	141-323	ROYAL SUPREMACY (20) 9-3	O Murphy	★114
(1)	Runs: 6	Wins: 2(A,G)	Places: 2	£51,098
Trainer: A Balding Owner: Mr Michael Blencowe				
5	2-122	SPACE LEGEND (20) 9-3	James Doyle	117
(3)	Runs: 4	Wins: 1(S)	Places: 3	£81,596
Trainer: W Haggas Owner: Wathnan Racing				

SP FORECAST: 11-10 Ancient Wisdom, 2 Space Legend, 6 Royal Supremacy, 13-2 Portland.

2023: Castle Way 9-3, William Buick 9-2 (C Appleby), drawn (6), 6 ran. **GUIDE:** Space Legend took another step forward when filling the runner-up spot in the King Edward VII at Royal Ascot (1m4f, gd-fm) recently and is fancied to confirm his superiority over Royal Supremacy (third), but ANCIENT WISDOM is preferred. Charlie Appleby's colt was out of luck in both the Dante (1m2f, gd) and the Derby at Epsom (1m4f, gd-soft), but he looks a real stayer in the making and is fancied to shine now upped further in trip.

2.25 KINGDOM OF BAHRAIN JULY STKS (G2) 2YO

11	153-351	AIN'T NOBODY (22) (F) 9-2	T Eaves	★110
(6)	Runs: 2	Wins: 2(F,G,S)	Places: 5	£69,131
Trainer: K Ryan Owner: J Blackburn & J Matthews				
2	1	AOMORI CITY (28) (D) 9-2	W Buick	94
(5)	Runs: 1	Wins: 1(G)	Places: 1	£37,25
Trainer: C Appleby Owner: Godolphin				
3	31	BILLBOARD STAR (14) (C&D) 9-2	C Bishop	96
(2)	Runs: 2	Wins: 1(F)	Places: 1	£6,774
Trainer: E J Houghton Owner: The Woodway 20				
4	12	ELECTROLYTE (23) (D) 9-2	James Doyle	107
(3)	Runs: 2	Wins: 1(G)	Places: 1	£41,297
Trainer: A Watson Owner: Wathnan Racing				
5	1	RAJEKO (38) (D) 9-2	O Murphy	93
(4)	Runs: 1	Wins: 1(F)	Places: 2	£5,373
Trainer: M Bell Owner: Jastar Ltd, M Khan And Partner				
6	214	WHISTLEJACKET (21) 9-2	R L Moore	109
(1)	Runs: 3	Wins: 1(S)	Places: 1	£32,527
Trainer: A P O'Brien (IRE) Owner: Brant/Magnier/Tabor/Smith				

SP FORECAST: 13-8 Whistlejacket, 9-4 Electrolyte, 4 Ain't Nobody, 8 Aomori City, 12 Rajeko, 20 Billboard Star.

2023: Jassour 9-2, Jim Crowley 16-1 (C Cox), drawn (1), 9 ran. **TRACK FACTS:** GOING: Soft, Right Handred. **TOP TRACK JOCKEY (2019-24):** William Buick 30% Strike rate. **3.00** Strike rate. **FIRST TIME:** 4.10 Dream Voyage (hood). **BEATEN FAVOURITES:** 2.25 Whistlejacket, 3.00 Elmonjed(hcp), 4.45 Kitty Rose(hcp). **DRAW:** No significant advantage. **LONGEST TRAVELLER:** Portland (1.50), Kinesiology (1.50), Whistlejacket (2.25), Military (3.00) Ireland; Dream Voyage (4.10) 207 miles. **STABLE SWITCH:** 3.35 Maxi King from D F Davis to Raphael Freire, 4.45 Kitty Rose from M & M Kent Jnr in Australia to Mick Jnr.

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1	(4)	43-5440	MILITARY (20) (D) A P O'Brien (IRE) 9-9	R L Moore	102
(2)	(10)	311-114	WOODHAY WONDER (20) (C&D) T Ward 9-8	T Marquand	108
(3)	(16)	122-636	DARK VINTAGE (20) (F) R Fahey 9-4	Oisin Orr	105
(4)	(15)	11-9160	BRAVE EMPIRE (20) (D) R Varian 9-3	D Tudhope	104
(5)	(11)	13419-	ZABRISKI POINT (287) C Hills 9-2	Billy Loughnane	102
(6)	(6)	15214-6	TROPICAL ISLAND (26) (D) R Fahey 9-0	B Garrity	103
(7)	(3)	2122-20	TWO TRIBES (20) R Spencer 9-0	H Doyle	107
(8)	(13)	5-110	DORNEY LAKE (20) (D) J & T Gosden 8-13	W Buick	105
(9)	(7)	11-63	ELMONJED (26) (D,F) W Haggas 8-12	Doubtful	107
(10)	(14)	8-154	ARAMAM (24) (D) R Hannan 8-11	Alec Voikhansky(3)	102
(11)	(5)	812-749	THUNDER BLUE (20) (D) J Osborne 8-11	S Osborne	103
(12)	(9)	145-141	SERGEANT WILKO (45) (D) K Ryan 8-10	O Murphy	★109
(13)	(12)	313-850	MOOSWAT (20) (D) R Varian 8-9	S De Sousa	107
(14)	(2)	2113-	PALMAR BAY (20) (D) R Beckett 8-8	E Greatrex	106
(15)	(8)	32-1L35	IMPERIAL GUARD (26) (D) A Balding 8-6	H Turner	105
(16)	(1)	228558	ROMAN EMPEROR (19) (D) J Ryan 8-2	Morgan Cole(5)	102

BLINKERS: Nos. 1, 7 VISOIR; No. 3 TONGUE STRAP; Nos. 1, 8, 11, 12, 14, 16, 5. **SOFT/HEAVY WINNERS:** Nos. 13, 14, 12, 6, 5.

SP FORECAST: 5 Imperial Guard, 11-2 Woodhay Wonder, 6 Tropical Island, 8 Military, Sergeant Wilko, 10 Dorney Lake, 12 Dark Vintage, Two Tribes, 14 Others. **2023:** Quinault 8-8, Connor Planas(5) 4-1 Fav (S C Williams), drawn (11), 16 ran. **GUIDE:** TROPICAL ISLAND was sixth at York (6f, gd-soft) on her reappearance and, nudged down 1lb, she shades preference with the promise of more to come this year on just her second outing as a three-year-old. Woodhay Wonder ran a blinder when fourth in the Palace Of Holyroodhouse (5f, gd-fm) at Royal Ascot but easier ground is a concern back at this trip, given she was withdrawn from that aforementioned York contest on account of unsuitable going. Of the others, keep an eye on Leicester (6f, gd-soft) scorer Sergeant Wilko.

3.35 PRINCESS OF WALES'S STAKES (G2) 3YO

1	153-351	GIAVELLOTTA (55) (C) 5 9 11	O Murphy	116
(5)	Runs: 15	Wins: 5(F,A,G)	Places: 5	£587,178
Trainer: M Botti(Owner: Scuderia La Tesa Limited & Vaibhav Sha)				
2	252-19L	OUTBOX (11) (C&D) 9 9 11	H Doyle	111
(2)	Runs: 40	Wins: 8(F,A,G,S,G)	Places: 9	£781,694
Trainer: A Watson Owner: Hambleton Race Ltd XXXIII				
3	0512-72	ARREST (63) (D) 4 9 8	K Shoemark	119
(4)	Runs: 11	Wins: 4(S,F,G,S)	Places: 4	£366,234
Trainer: J & T Gosden Owner: Juddmonte				
4	1111-12	HAMISH (41) (D,F) 8 9 8	T Marquand	★123
(6)	Runs: 20	Wins: 11(F,S,A,G,S)	Places: 5	£792,854
Trainer: W Haggas Owner: Mr B Haggas				
5	3/1-140	MAXI KING (23) (D) 4 9 8	David Egan	107
(1)	Runs: 10	Wins: 3(S,G)	Places: 2	£47,306
Trainer: Raphael Freire Owner: AMO Racing Limited				
6	3117-2L	TIME LOCK (41) (D) 5 9 5	R L Moore	116
(3)	Runs: 13	Wins: 3(F,G,S)	Places: 5	£200,741
Trainer: Harry Charlton Owner: Juddmonte				

CHEEK PIECES: No. 2. **SOFT/HEAVY WINNERS:** Nos. 3, 4, 5. **SP FORECAST:** 6-5 Hamish, 3 Arrest, 5 Giavelotta, 11-2 Time Lock, 16 Outbox, 25 Maxi King.

2023: Israr 4-9-8, Jim Crowley 7-2 (J & T Gosden), drawn (3), 4 ran. **TRACK FACTS:** GOING: Soft, Right Handred. **TOP TRACK JOCKEY (2019-24):** C Appleby 31% Strike rate. **FIRST TIME:** 4.10 Dream Voyage (hood). **BEATEN FAVOURITES:** 2.25 Whistlejacket, 3.00 Elmonjed(hcp), 4.45 Kitty Rose(hcp). **DRAW:** No significant advantage. **LONGEST TRAVELLER:** Portland (1.50), Kinesiology (1.50), Whistlejacket (2.25), Military (3.00) Ireland; Dream Voyage (4.10) 207 miles. **STABLE SWITCH:** 3.35 Maxi King from D F Davis to Raphael Freire, 4.45 Kitty Rose from M & M Kent Jnr in Australia to Mick Jnr.

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CATTERICK: Soft

1.50-MISS WILLOWS (B Sanderson, 9-1) 1; Crocodile Power (18-1) 2; Obee Jo (13-2) 3. H'cap 12 ran. 1/4, 3/4, (S Whitaker; 11-4 fav Langholm). Tote: £11.30; pl £2.90, £4.30, £2.20, exacta: £186.50, tricast: £1151.57, triffecta: £1215.90. CSF: £161.18.

3.20-J STREET (S Gray, 5-2 fav) 1; Lunar Force (6-1) 2; Atherton Beau (33-1) 3. 8 ran. 1/4, 1/2, (Craig Lidster). Tote: £3.50; pl £1.30, £1.70, £8.70, exacta: £15.00, triffecta: £324.80, CSF: £16.23. Non-runners: Desdemona, Havana Pink, Tippy Top.

3.50-WONDROUS WAYS (C Hardie, 11-2) 1; Stat Goddess (9-2) 2; Unthinkable (4-1 2nd fav) 3. H'cap 6 ran. 1/4, 1/2, (O Pears; 16-5 fav Unmistakeable). Tote: £6.80; pl £2.80, £2.50, exacta: £29.30, triffecta: £113.80, CSF: £28.87. Non-runner: Roysdelight.

4.20-ACHNAMARA (A Brookes, 12-1) 1; Lord Torranaga (5-2 fav) 2; Sam Sarphati (11-2 jt 2nd fav) 3. H'cap 12 ran. 1/4, 1/2, (P Kirby). Tote: £15.30; pl £3.30, £1.70, £2.10, exacta: £63.80, tricast: £194.27, triffecta: £295.60, CSF: £42.50. Non-runner: Carlton.

4.55-ZAINABB (Oisin Orr, 10-3 2nd fav) 1; Puella Law (16-5 fav) 2; Heartwarmer (7-2) 3. H'cap 7 ran. hd, 1/4, (C Fellowes). Tote: £4.34; pl £2.30, £2.10, exacta: £17.80, tricast: £38.03, triffecta: £47.80, CSF: £13.98. Non-runners: Ingleby Ivy, Never Fear.

5.30-SIR GARFIELD (J Hart, 15-2) 1; Profiteer (6-4 fav) 2; Last Applause (15-2) 3. H'cap 8 ran. 1/4, 3/4, (J & S Quinn). Tote: £8.50; pl £1.70, £1.20, £2.00, exacta: £25.90, tricast: £88.20, triffecta: £101.50, CSF: £18.88. Non-runners: Arlington, Inspiring Speeches.

Placepot: £213.60 (Race 1) 11, 8, 3; (2) 10, 11, 8; (3) 7, 4; (4) 2, 5, 8; (5) 1, 3; (6) 5, 7, 1. Quadpot: £18.60

LINGFIELD: Soft

2.30-COME ON YOU SPURS (Billy Loughnane, 4-5 fav) 1; Aljadel (9-1) 2; Newfangled (3-1 2nd fav) 3. H'cap 6 ran. 1/4, 3/4, (R Spencer). Tote: £1.80; pl £1.20, £3.30, exacta: £8.00, triffecta: £14.60, CSF: £9.01. Non-runner: Keen Interest.

3.00-SUN DANCER GIRL (C Hutchinson, 7-2) 1; Lost In Time (9-2) 2; Inbetweenus (14-1)

AFTERNOON RESULTS

3. H'cap 9 ran. 11, 11. (A Balding; 5-2 fav Fascinating Lips). Tote: £4.50; pl £1.50, £1.50, £2.70, exacta: £18.80, tricast: £192.33, triffecta: £123.10, CSF: £18.99. Non-runner: Cochin.

3.30-WARMONGER (J Gilligan, 8-11 fav) 1; Wannabeawallaby (9-4 2nd fav) 2; Eagle One (11-1) 3. H'cap 7 ran. 2/4, 1/4, (Sir M Prescott). Tote: £1.73; pl £1.10, £1.40, exacta: £2.20, tricast: £6.94, triffecta: £6.10, CSF: £2.38. Non-runners: Longuerue, Smith, Spitfire Bridge, Wannabe Fear.

4.00-DOLCE VITTA (Billy Loughnane, 9-4 2nd fav) 1; Ant Colony (13-2) 2; Juniper's Dream (18-1) 3. 9 ran. 2/4, 1/4, (G Boughey; 13-8 fav Sea Of Diamonds). Tote: £3.30; pl £1.40, £1.80, £3.70, exacta: £15.40, triffecta: £14.30, CSF: £16.66. Non-runners: Kilpatrick Prince, La Mer Grise, Rage Of Thunder.

4.30-FOREVER MY PRINCE (C Bishop, 15-8 fav) 1; Theatrically (14-1) 2; Big Bug (4-1 2nd fav) 3. H'cap 7 ran. 1/4, 1/4, (E J-Houghton). Tote: £2.88; pl £1.40, £6.00, exacta: £23.20, triffecta: £99.20, CSF: £28.37.

5.00-MC LOVEN (P Bradley, 7-1) 1; Nazron (11-8 fav) 2; Kiss And Run (9-4 2nd fav) 3. H'cap 5 ran. 1/4, 1/4, (S Dow). Tote: £8.00; pl £1.30, £2.10, exacta: £15.60, triffecta: £38.60, CSF: £17.05.

Placepot: £36.10 (Race 1) 1, 2; (2) 8, 6, 10; (3) 8, 9; (4) 1, 3, 6; (5) 1, 4; (6) 3, 1. Quadpot: £7.60

YARMOUTH: Good to soft

2.40-KODEBREAKER (R Kingscote, 7-2 2nd fav) 1; Top Button (9-2) 2; Twilight Guest (10-3 fav) 3. H'cap 8 ran. 71, 3/4, (M Herrington). Tote: £4.50; pl £1.20, £1.90, £1.30, exacta: £16.00, tricast: £55.96, triffecta: £61.60, CSF: £19.37. Non-runners: Bedford House, Premiership, Spanish Mane, United Force.

3.10-BLUE ZODIAC (K Shoemark, 3-1 2nd fav) 1; Hettie Jack (5-6 fav) 2; Moostar (11-2) 3. 7 ran. 3/4, 2/4, (M Bell). Tote: £4.00; pl £1.50, £1.10, exacta: £6.30, triffecta: £17.00, CSF: £5.60. Non-runner: Faculty.

3.40-BEACH POINT (C Shepherd, 13-2) 1; Dibble Dabble (10-3 fav) 2; Meet Me In Meraki

GUIDE: Though likely to be well found in the market, it is hard to look past the consistent HAMISH. William Haggas' charge finished an excellent second in the Coronation Cup at Epsom (1m4f, gd-soft) last month and, with his sights lowered, he can regain the winning thread. Giavelotta doubtless has the ability to play a hand and, on the back of a smooth victory at York (1m6f, gd) in May, he warrants respect. Arrest completes the shortlist but is in danger of becoming expensive to follow on the back of a couple of low-key efforts.

4.10 EBF MAIDEN FILLIES' STAKES 2YO £20,616 (2) 6f

1	(3)	ADDOON VALLEY (6) Boughey 9-2	Billy Loughnane	-
(2)	(6)	DREAM VOYAGE (7) H Palmer 9-2	O Murphy	-
(3)	(2)	HOT LIKE ME (19) R Spencer 9-2	H Doyle	77
(4)	(8)	MAGIC MILD (55) C Cox 9-2	Rossa Ryan	88
(5)	(4)	MISS FASCINATOR (13) (F) R Varian 9-2	James Doyle	★91
(6)	(9)	MYSTICAL QUEEN (20) Darryll Holland 9-2	H Turner	59
(7)	(7)	PEARL OF WINDSOR (C) Allen 9-2	D Keenan	-
(8)	(1)	SEA EMILY RUN (27) Tom Clover 9-2	J Mitchell	80
(9)	(5)	VALENTIA ISLAND (13) C Appleby 9-2	W Buick	82

HOOD: No. 2.

SP FORECAST: 11-4 Miss Fascinator, 3 Valentia Island, 5 Magic Mild, 6 Sea Emily Run, 13-2 Adoon Valley, 10 Dream Voyage, 12 Hot Like Me, 25 Others.

2023: Sacred Angel 9-2, William Buick 11-2 (C Johnston), drawn (6), 10 ran.

4.45 SIR HENRY CECIL STAKES (LISTED) 3YO £31,190 (1) 1m

1	(6)	1212-17	AL MUSMAK (21) (D) R Varian 9-5	S De Sousa	110
(2)	(2)	21-32	BOLD STYLE (69) (D,F) C Appleby 9-5	W Buick	107
(3)	(4)	21	LEAD ARTIST (55) (D) J & T Gosden 9-5	K Shoemark	108
(4)	(3)	116-820	NATURAL AMERICAN (19) R Fahey 9-5	James Doyle	112
(5)	(1)	112-25	SOCIALITE (40) C Hills 9-5	T Marquand	98
(6)	(5)	112-25	KITTY ROSE (20) Mick Jr 9-0	O Murphy	★113

SP FORECAST: 15-8 Lead Artist, 5-2 Kitty Rose, 6 Bold Style, 13-2 Socialite, 7 Al Musmak, 10 Native American.

2023: Nostrum 9-5, Ryan Moore 11-10 Fav (Sir M Stoute), drawn (4), 6 ran.

5.20 BLANDFORD BLOODSTOCK HANDICAP £15,462 (3) 1m

1	(1)	2-4570	TEMPUS (22) (A) Watson 8 10-2	H Doyle	91
(2)	(10)	2505-40	ALZAHIR (21) (D) D O'Meara 4 10-2	D Tudhope	96
(3)	(7)	503-807	HELM ROCK (14) (D) D & C Kubler 6 10-2	David Egan	★98
(4)	(5)	13-7310	TWIRLING (22) (D) S & E Crisford 4 10-0	R L Moore	97
(5)	(3)	5-30110	STERLING KNIGHT (21) E Dunlop 5 9-12	O Murphy	95
(6)	(9)	243223-	URBAN SPRAWL (204) C Johnston 4 9-10	Billy Loughnane	93

BLINKERS: No. 1 TONGUE STRAP; 2, 3, 4 CHEEK PIECES; 5 HOOD; 2. **SOFT/HEAVY WINNERS:** Nos. 3, 9, 5, 1.

SP FORECAST: 30-1 Twirling, 6-2 Sterling Knight, 6 The Ice Phoenix, 8 Sterling Knight, 10 Urban Sprawl, Repertoire, Salwan, Helm Rock, 12 Others.

2023: Darkness 5-10-0, Neil Callan 17-2 (D O'Meara), drawn (5), 8 ran.

VITAL STATISTICS

IN-FORM TRAINERS (last 10 days) E Lavelle 86% (2 wins and 4 places from 7 runners), C Appleby 73% (4/4/1), R Varian 69% (3/6/13), D & C Kubler 67% (6/2/12), Darryll Holland 67% (2/2/6), M Bell 67% (5/5/15).

IN-FORM JOCKEYS Shane Gray 67% (5 wins and

2.10 LAKE DISTRICT HANDICAP £4,187 (5) 1m 3f 39yds (5 declared) 1 (2) 09L ROLL IT IN GLITTER (23) M & D Easterby 4 10 2

CARLISLE RTV THE SCOUT 2.10 Individualism 3.55 Serving With Style 2.45 Kristal Klear 4.28 Bateman 3.20 Run This Way 5.03 Evelyn's Phoenix

2.45 MOLSON COORS HANDICAP £3,402 (6) 1f 182yds (13) 1 (4) 16L B ASSOCIATES (15) (C&D) I Jardine 4 10 0..... A Mullen

3.55 RACINGTV MAIDEN FILLIES' STAKES 2YO £3,726 (5) 6f 195yds (6) 1 (3) 57 APULIA (15) D Loughrane 9 2..... T Greatrex

4.28 RACHAEL BELL MAIDEN HANDICAP £4,187 (5) 6f 195yds (8) 1 (7) 2-25 GUNDOGAN (19) E Bethell 3 9 9..... C Rodriguez

3.20 32WEST EBF FILLIES' HANDICAP £8,374 (4) 5f 182yds (9) 1 (7) 236 ORIGINALT (19) D B Haslam 5 10 2..... P Mulrennan

5.03 MUCKLE MAJESTIC HANDICAP 3YO £3,402 (6) 1m 1f (6) 1 (2) 213 TAKES TIME (48) D Loughane 9 9..... T Greatrex

5.50 FILLIES' RESTRICTED NOVICE STAKES 2YO £6,480 (Class 4) 6f (14 declared) 1 (11) 7 CASTRO AURUM (13) Darryll Holland 9 2..... Doubtful

5.03 MUCKLE MAJESTIC HANDICAP 3YO £3,402 (6) 1m 1f (6) 1 (2) 213 TAKES TIME (48) D Loughane 9 9..... T Greatrex

6.25 EBF RESTRICTED NOVICE STAKES 2YO £16,200 (3) 6f (11) 1 (10) 0 BARRY'S BOY (15) D Coakley 9 2..... G Bass(3)

NEWBURY SSR THE SCOUT 5.50 Lenten Lily 7.35 VANISH (treble) 6.25 Carderock 8.10 Giselles Defence 7.00 Land Of Magic 8.45 Fictional

7.35 PUMP TECHNOLOGY NOVICE STAKES 3YO £6,480 (4) 1m 2f (9) 1 (6) 14 CASTLE COVE (20) D W Haggas 9 11..... A Farragher

7.00 DONNINGTON GROVE VETS HANDICAP £5,757 (5) 6f (11) 1 (3) 8-8 REDREDBROIN (48) D M Saunders 7 10 3..... W Carson

8.10 JONNY PORTMAN HANDICAP £5,757 (5) 1m 2f (10) 1 (4) 212 GISELLES DEFENCE (5) (D) Williams 4 10 0 J Leavy(5)

8.45 CINDERELLA INCINERATING H'CAP £5,757 (5) 1m 5f 61yds (9) 1 (2) 354 WESTERN STARS (26) J Boyle 5 10 3..... J Leavy(5)

8.45 CINDERELLA INCINERATING H'CAP £5,757 (5) 1m 5f 61yds (9) 1 (2) 354 WESTERN STARS (26) J Boyle 5 10 3..... J Leavy(5)

FFOS LAS: 5.15-HORSE WHISPERER (S De Sousa, 4-1) 1; Macanudo (85-40) 2; Smooth Siletie (13-2) 3

EVENING RESULTS (16-1) 2; Banderas (3-1) fav 3; H'cap 9 ran, 11, hd. (E Houghton; 3-1) fav Moel Arthur. Tote: £600; pl £180

CYCLING JONAS Vingegaard beat his rival Tadej Pogacar in a two-man sprint after a brutal day in the mountains

WORLD OF SPORT THE BIG PICTURE DOWNER: Wout Van Aert sits it out yesterday FORMULA ONE GEORGE RUSSELL said Mercedes are "clearly back" in the hunt after Lewis Hamilton's Silverstone success.

DONCASTER SSR 2.35 AMATEURS' HANDICAP (DIV 1) £3,576 (6) 1m 6f 115yds (11) 1 (1) 240 MARBUZET (12) T Easterby 5 11 3 Mr Easterby(5)

3.45 NAPOLEONS EBF MAIDEN STAKES 2YO £3,672 (5) 6f 2yds (11) 1 (11) 62 AYSARTH (25) C Cox 9 7..... R Kingscote

THE SCOUT 2.35 Cuban Cigar 4.55 Great Max 3.10 Captain Haddock 5.30 New Statesman

5.30 SCREENING PROGRAMME H'CAP (RND) 3YO £4,397 (5) 7f 213yds (8) 1 (5) 445-LUN FOR THE SUN (255) E Dunlop 9 11C Shepherd

6.00 SUMMER SATURDAY HANDICAP £5,234 (5) 5f 143yds (13) 1 (11) 009 ZAMAN JEMIL (19) (D) J & S Quinn 4 10 4..... J Hart

3.10 AMATEURS' HANDICAP (DIV 2) £3,576 (6) 1m 6f 115yds (10) 1 (4) 123 EBONY MAW (24X)T Ewan Whillans 7 11 2

4.20 PPM NOVICE STAKES (GBB RACE) £4,320 (5) 6f 2yds (9) 1 (8) 1 FLOWSTATE (22) (D) D O'Meara 3 9 11 Mark Winn(3)

7.15 BETFRED HANDICAP £6,019 (4) 6f 3yds (7) 1 (1) 209 CAPOTE'S DREAM (43) (D) T Ward 7 10 2

EPSON DOWNS RTV THE SCOUT 6.05 Turing 7.50 Maxzeno 6.40 Scarlet Sunset 8.25 Bluffflagginghigh 7.15 Northcliff 9.00 Hello Cotai

7.15 BETFRED HANDICAP £6,019 (4) 6f 3yds (7) 1 (1) 209 CAPOTE'S DREAM (43) (D) T Ward 7 10 2

8.25 BETFRED HANDICAP £4,449 (5) 1m 113yds (6) 1 (4) 321 BLUEFLAGFLYINGHIGH (7) (F) M Bell 4 10 4

6.05 BETFRED HANDICAP £4,449 (Class 5) 1m 4f 6yds (5) 1 (4) 163 VOLTO DI MEDUSA (27) R Guest 9 10..... P Cosgrave

7.50 BETFRED HANDICAP £4,449 (5) 7f 3yds (10) 1 (4) 113 CONQUEST OF POWER (18) (D) M Usher 4 9 11

9.00 SUMMER EVENING HANDICAP 3YO £3,402 (6) 1m 2f 17yds (7) 1 (2) 084 COMMANDER CROUCH (12) J Boyle 9 11

Rory's swing at 'unfair' critics of US Open flop



A DEEP HOLE
McIlroy after seeing his US Open dreams crushed by a nightmare end to round

FALL-OUT HURTS McILROY

By Craig Swan

RORY McILROY has fired back at the critics who attacked him for his US Open meltdown.

But as he opened up on the hurt of his disaster at Pinehurst, the days of fall-out in Manhattan and his desire to make Major amends at The Open next week, he cited a career theme of recovering from painful moments.

McIlroy returns to action today at the Genesis Scottish Open for the first time since last month's collapse when he bogeyed three of his final four holes, which allowed Bryson DeChambeau to snatch the title.

The Northern Irishman was criticised and caddie Harry Diamond was also in the firing line from high-profile coach Hank Haney and PGA pro turned TV pundit Smylie Kaufman.

But McIlroy said: "It's certainly unfair. These guys that criticise when things don't go my way never say anything good when things do go my way."

"So where were they when I won Dubai earlier this year? Or Quail Hollow? Or the two FedExCups that I've won with Harry? Or the two Ryder Cups or whatever?"

"Someone said to me once, if you would never take advice from these people, you would never take their criticisms, either. I know what I'm doing, and so does Harry."

"When I look back on that day, just like I look back on some of my toughest moments, I'll learn

a lot. It's been a bit of a theme in my career. I've been able to take those tough moments and turn them into great things not very long after that."

McIlroy also dismissed criticism of his failure to speak publicly at Pinehurst as he disappeared into solace. Or New York, to be exact.

He said: "It was a tough few days. I actually spent Monday night, Tuesday and Wednesday in Manhattan. It was nice to blend in with the city a little bit. I walked the High Line a couple of times, I made a few phone calls."

"I was sort of alone with my thoughts for a couple of days, which was good. I had my AirPods in, I had some good chats with people close to me."

"Pinehurst on Sunday was like it was a great day until it wasn't. I've done a good job of thinking about it rationally and constructively."

As McIlroy says, he can turn it around quickly. Losing a four-shot lead at The Masters in 2011, he went straight out and won the next Major, the US Open, by eight at Congressional.

He said: "As you achieve more in the game, you can soften the blow. It's been a while since I won a Major. It hurt, but I felt worse after some other losses."

"Hopefully, when I get that next opportunity, it will not pass me by. Hopefully, I'll handle it better."



FRONTING UP: McIlroy's hopeful

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The Bahrain Trophy Stakes at 1:50pm is a race that Godolphin have won twice in the last three years. Autumn Stakes winner Ancient Wisdom could enhance their record.

Ain't Nobody (2:25pm) aims to make it three wins from three in the July Stakes; Kevin Ryan's charge won the Windsor Castle at Royal Ascot.

The feature is the Princess Of Wales's Stakes at 3:35pm. Any more rain could aid the case for Hamish, who is an eight-time winner at Group 3 level. Giavellotto comes down in trip after landing the Yorkshire Cup for a second time in May.

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European Championship Semi-final
NETHERLANDS (1), 1 ENGLAND (1)..... 2
Simons 7 Kane 18 (pen) Watkins 90

Copa America Semi-Final
ARGENTINA (1)..... 2 CANADA (0)..... 0
Att: 80,102
Alvarez 23 Messi 52

UEFA CHAMPIONS LGE—1st q'fying rd 1st Leg: Borac L KF Egnatia L, Dinamo Minsk 0 Pyunik 0, Flora Tallinn 0 CM Celje 5, KI Klaksvik 2 FC 03 Differdange 0, Ludogorets 3 Dinamo Batumi 1, Ordabasy 0 Petrocub 0, Rigas FS 3 Larne 0, Slovan Bratislava 4 FC Struga 2.

UEFA EUROPA CONFERENCE LEAGUE—1st q'fying rd 1st Leg: Auda 2 B36 Torshavn 0, Velez Mostar 1 Inter D'Escaldes 1.
FRIENDLIES: Boreham Wood 0 Waterford 1, Cardiff 0 Kidderminster 1, Leek Town 1 Port Vale 0, Queen's Park 4 Celtic 6.

CRICKET
T20 BLAST SOUTH GROUP: County Ground: Sussex 200-7 (20.0 overs); Hampshire 178 (19.1 overs; J M Coles 4-34). Sussex Sharks win by 22 runs.

CYCLING
TOUR DE FRANCE Stage 11 (Evaux-les-Bains - Le Lioran, 211km): 1 J Vingegaard (Den) Team Visma | Lease a Bike 4hs 58mins 0secs, 2 T Pogacar (Slo) UAE Team Emirates at same time.
Overall: 1 T Pogacar (Slo) UAE Team Emirates 45hrs 0mins 34secs, 2 R Evenepoel (Bel) Soudal Quick-Step +1:06.

TODAY'S DIARY

(7.45pm unless stated)
Europa League 1st q'fying rd 1st leg: Botev Plovdiv v Maribor (7pm), Elfsborg v AE Pafos (6pm), Paks v Corvinul (6pm), Ruzomberok v Tobol (6pm), Sheriff v Zira IK (6pm), Wisla Krakow v Ljapi (7.30).

Europa Conference League 1st q'fying rd 1st leg: Bala Tn v Paide Linnameeskond (7pm), Caernarfon Tn v Crusaders (6.30), FCB Magpies v Derry City (5pm), NK Bravo v Connah's Quay Nomads (5pm), Shelbourne v St Joseph's, Stjarnan v Linfield (8pm).
Friendly: Chester FC v Stoke (7.45).

CRICKET
Women's 3rd T20 Int'nal: England v New Zealand (Canterbury, 6.30pm).
t20 Blast - North Group: Derbyshire v Lancashire (Derby, 7pm).
Worcestershire v Leicestershire (New Road, 5.30pm).
Yorkshire v Durham (Headingley, 6.30pm).
South Group: Essex v Kent (Chelmsford, 7pm). Gloucestershire v Middlesex (Cheltenham, 5pm).

GOLF
DP World Tour & USPGA Tour Scottish Open (North Berwick).
RUGBY LEAGUE
Betfred Super League: Warrington v Leeds (8pm).

WOUNDED NOVAK'S GOING TO WALK IT

By Neil McLeman

NICK KYRGIOS believes Novak Djokovic winning back the Wimbledon title will be child's play because the "young guys" are not good enough to beat him.

The seven-time champion yesterday got a walkover into tomorrow's semi-finals after Alex de Minaur pulled out with a hip injury.

And while world No.25 Lorenzo Musetti needed five sets to see off Taylor Fritz, the Serbian had a gentle hit at Aorangi Park with his kids Stefan and Tara.

Djokovic has not faced the hardest opponents after beating a qualifier, a wild card and only one seed – world No.15 Holger Rune in his last match on Monday night.

From being a serious doubt to even play here after having knee surgery only on June 5, Djokovic is now two wins from a record 25th Grand Slam singles title – and equalling Roger Federer's record of eight Wimbledon crowns. Carlos Alcaraz or Daniil Medvedev would await him in the final.

But today he will prepare to play the world No.25 with his hitting partner Kyrgios, above.

And Kyrgios said: "For Novak, it's probably the best thing to happen to him

Kyrgios has no doubt that Djokovic will make history

with his knee, to have two days off, especially at his age, 37, and with that knee. I don't think you should ever doubt this man.

"He is a different type of athlete. We found a long time ago that he wasn't human – we are still trying to figure out what he is.

"We are going to go out tomorrow and play some points and see how his knee is feeling. But he

looks probably the favourite in my eyes. After that match against Holger Rune, he is playing and moving the best I have ever seen him. If one of the young guys can dethrone him, I am waiting for it."

Musetti, 22, reached his first Grand Slam semi-final by outlasting American Fritz 3-6 7-6 6-2 3-6 6-1.

The Queen's Club runner-up, who lost a five-set thriller to Djokovic

at the French Open at 3am, said: "He's a legend everywhere but especially here. I expect a big, big fight. Let's see what happens."

The Italian's victory was the 37th five-set match of the fortnight – a Grand Slam high.

And De Minaur became the 19th player to withdraw or retire during the tournament – a new Wimbledon high too.

The Australian, who suffered a tear to his cartilage, said: "It's devastating. I felt a loud crack during the last three points of my match against [Arthur] Fils and got a scan yesterday.

"The problem with me going out and playing is that one stretch, one slide, could make this injury go from three to six weeks to four months. It was too much of a risk."



"We found out a long time ago he wasn't human"

HAVING DAY OFF

A relaxed Djokovic trained with his children while Musetti, right, was in a real battle

Rybakina serves up a performance fit for the Queen

ELENA RYBAKINA gave a royal command performance on Centre Court – then admitted she did not know the Queen was there.

The Moscow-born Kazakh is the hot favourite to be crowned champion after ending Ukrainian Elina Svitolina's emotional run in style.

The 2022 winner needed only 61 minutes to triumph 6-3 6-2 as she nailed another seven aces to take her tally to 31.

Told Queen Camilla was in the crowd, the world No.4, right, said:

"Oh, wow, I didn't even see it. That's amazing.

"I am pleased with the way I played. It is always tough to play Elina."

Svitolina said she was motivated to

By Neil McLeman

play well to publicise the atrocities in Ukraine.

She said: "It's sad for me I couldn't win this match but, of course, it's such a big privilege to play in front of the Queen, even though I didn't know.

"The support that Ukraine has been getting from the UK has been unbelievable. We can't thank enough all the people, as well, that let Ukrainians share their homes."

Rybakina will now face 2021 French Open champion

Barbora Krejickova, who came from 4-1

down in the second set to reach her first Wimbledon semi-final by beating No.13 seed Jelena Ostapenko 6-4 7-6.



LOPEZ'S OFFER TO PARTNER MURRAY

ANDY MURRAY has received a second offer to return to Wimbledon and play invitational doubles next year.

The former world No.1, right, is set to retire at the Olympics in less than a month.

His old partner Feliciano Lopez sent a plea to revive their successful partnership in the legends event.

The Spaniard teamed up with

By Yasmin Syed

Murray for the Brit's return from hip resurfacing surgery in 2019. They won

Murray's first tournament back at the Queen's Club.

Asked whether he would revive their partnership in 2025,

Lopez said: "Of course. Andy, I'm waiting for you for next year's invitational."



ARTHUR: 'Opportunity'

Arthur jets in to revive Leeds' fortunes

BRAD ARTHUR believes he can capitalise on his "unusual" situation and get Leeds firing after being appointed head coach until the end of the season.

The Australian has joined on a short-term deal and should be in the country in time to see them face Warrington tonight.

Arthur, who bossed Parramatta for 10 years before being sacked in May, will work alongside current Rhinos assistants Chev

RUGBY LEAGUE

WARRINGTON V LEEDS 8PM, SKY SPORTS

Walker and Scott Grix. Leeds have been looking for a head coach since Rohan Smith was axed last month.

But sporting director Ian Bleasdale still has not secured who he wants to take charge in 2025 and is keeping his options open.

It could yet be Arthur, although he has been linked with

prospective new NRL franchise Perth Bears.

Arthur, who led Parramatta to the NRL Grand Final two years ago, said: "This is a unique opportunity to grow as a coach.

"I join the club aiming to help raise standards and expectations without disrupting the cohesion that is within the group already.

"There's still the chance to challenge for the play-offs."

DAVE CRAVEN

DAY 10 RESULTS

CHAMPIONSHIPS (Wimbledon, London)—Men's Singles Qtr-finals: (25) L Musetti (Ita) bt (13) T Fritz (USA) 3-6 7-6 (7-5) 6-2 3-6 6-1, (2) N Djokovic (Ser) bt (9) A De Minaur (Aus) w/o.
Women's Singles Qtr-finals: (31) B Krejickova (Cze) bt (13) J Ostapenko (Lat) 6-4 7-6 (7-4), (4) E Rybakina (Kaz) bt (21) E Svitolina (Ukr) 6-3 6-2.
Men's Doubles Qtr-finals: H Heliovaara (Fin) & H PATTEN (Gbr) bt (4) M Arevalo (Esp) & M Pavic (Cro) 4-6 7-6 (7-5) 7-6 (10-7), (9) N SKUPSKI (Gbr) & M Venus (Nzl) bt C Frantzen (Ger) & H Jebens (Ger) 7-6 (7-1) 7-6 (7-1).
Mixed Doubles 2nd rnd: M WILLIS (Gbr) & A BARNETT (Gbr) bt R Ram (USA) & K Volynets (USA) 2-6 6-3 11-9, (7) J Zielinski (Pol) & S Hsieh (Tpe) bt J SALISBURY (Gbr) & H WATSON (Gbr) 7-6 (7-4) 6-4, J MURRAY (Gbr) & T Townsend (USA) bt K Krawietz (Ger) & A Panova (Rus) 6-7 (3-7) 6-1 10-5, (6) N SKUPSKI (Gbr) & D Krawczyk (USA) bt F Martin (Fra) & C Bucsa (Spa) 6-3 6-3.

ORDER OF PLAY

All courts 11.30am start except Centre and No1 (1pm).
Centre Court: D Vekic (Cro) v (7) J Paolini (Ita), (31) B Krejickova (Cze) v (4) E Rybakina (Kaz).
Court 1: (1) M Granollers (Spa) & H Zeballos (Arg) v (15) M Purcell (Aus) & J Thompson (Aus), H Heliovaara (Fin) & H Patten (GB) v (9) N Skupski (GB) & M Venus (Nzl), S Gonzalez (Mex) & G Olmos (Mex) v M Willis (GB) & A Barnett (GB).
Court 2: M Gonzalez (Arg) & U Eikeri (Nor) v N Lammons (USA) & E Shibahara (Jpn), (7) J Zielinski (Pol) & S Hsieh (Tpe) v J Murray (GB) & T Townsend (USA).



LUCKY MAN: Strawbridge revealed how sepsis almost claimed his life

Strawbridge cheated death to become one of England's key men

ENGLAND assistant coach Andrew Strawbridge has recounted how he is lucky to be alive let alone working on the current tour.

The New Zealander, who was with the All Blacks at last year's World Cup, developed sepsis on a trip to Samoa in 2015 and had to be resuscitated three times as his vital organs shut down.

Wife Laura was told to prepare for the worst and travelled to the south sea island expecting to have to bring her husband's body back to New Zealand.

Strawbridge lost his right eye and was not expected to work again, but here he is a key member of Steve Borthwick's coaching team and signed up to the RFU until the end of 2025.

The 60-year-old said: "I was going to Samoa to help them with the World Cup. I got ill on the plane. I had a little graze on my eye. I picked up a little infection at the airport – the superbug."

"By the time I got to Samoa, I was feeling pretty crook. I got taken to hospital and sent home with some oral antibiotics. I don't remember anything else other than that. The infection got into my body and I was left unattended for

From Adam Hathaway in Auckland

20-odd hours, and developed sepsis and blood clots on my brain and behind my eye. I went through some grim times.

"My wife was called over to Samoa to take the body home, essentially. I think I was resuscitated three times through that process. But I was very lucky.

"There was a guy called Dave Galler over there – the head of ICU at one of the big hospitals here in Auckland.

"He came and helped, which is why I'm still alive. That was a pretty grim set-up in the ICU there.

"Then we made it back to New Zealand and eventually I got well enough to leave the hospital."

Strawbridge was with England for the start of the Six Nations but his deal has now been formalised.

His main role is helping England's attack and contact work, but Borthwick has given him a free role to dip in and out of all aspects of their game.

Borthwick, above, names his side for Saturday's second Test today, with Fin Baxter and Bevan Rodd competing for the starting loosehead prop spot with Joe Marler out.



SATURDAY TAKEOVER

THE Six Nations are ready to scrap Friday and Sunday games – and put on five Super Saturdays in the future.

Currently, the last batch of fixtures are all played on the same day with staggered kick-off times and organisers are keen to do that for every round.

That would mean an end to travel chaos for fans racing back to work from Sunday away days and taking days off for Friday clashes.

The RFU are thought to be in favour as transport problems, and local residents, mean Friday games are a non-runner and Sunday games often have a flat atmosphere. The 2025

From Adam Hathaway

fixtures are already set in stone, with France opening against Wales on Friday, January 31, but the change could be made in 2026 – the same year the Nations Championship starts.

That tournament will involve a showpiece final with Qatar among the bidders to hold that. But it is understood the RFU are against going there for moral and financial reasons.

The finals day means they would miss a bumper pay day at Twickenham, where they hold four autumn internationals, and they are keen to host the final at HQ.

LORDING IT

By Mike Walters

AFTER the gaslighting of a general election campaign came the Gus-lighting at Lord's.

Gus Atkinson will always treasure the memory of destroying West Indies with 7-45, the second-best figures by an England bowler on his Test debut, including a memorable burst of three wickets in four balls.

On the day English cricket rolled out the red carpet for departing Jimmy Anderson, Atkinson stole the show with a magnificent seven.

Nudging 90mph on the speed gun, bowling wicket-to-wicket and hurrying the batsmen like a terrier chasing the postman, Atkinson hustled out the Windies for just 121. By the close, England were 189-3 in reply, already 68 in front, with Zak Crawley's dashing 76 leading the charge.

Anderson's family – wife Daniella, daughters Lola and Ruby, father Michael and mum Catherine – were afforded the honour of ringing the bell before the start of play.

Then England's greatest bowler of all time passed the torch to Atkinson – and he turned it into a flamethrower.

From 88-3, the Windies lost their last seven wickets for 33 runs in eight overs, as the 26-year-old produced England's best analysis on debut since Dominic Cork's 7-43 at headquarters in 1995.

After Ben Stokes had won the toss, Anderson – bowling out in his 188th Test – had no joy with the new ball but, as soon as Atkinson entered the attack, England were cooking on Gus.

He struck with his second ball, Windies skipper Kraigg Brathwaite dragging on a loosener. When Kirk McKenzie edged to Crawley in the slips, Chelsea-born Atkinson became the first England bowler since Richard Johnson (6-33 on debut against Zimbabwe at Durham in 2003) to take two wickets before conceding his first run in Test cricket.

Harry Brook's outstanding grab to dismiss Jeremiah Louis brought England captain Stokes, restored as a front-line bowler after his winter knee

New-boy Atkinson in seventh heaven as Windies are stunned

surgery, a wicket before Atkinson turned it into the Chelsea power show.

His removal of Alick Athanaze, Jason Holder and Joshua Da Silva made him the first Englishman to take three wickets in a Test over since Stokes against Australia in Sydney 10 years ago.

Jamie Smith, another England debutant, took a fine tumbling catch to send Da Silva packing. It gave Atkinson his fifth wicket just 53 balls

into his Test career – and no England bowler has made it on to the Lord's honours box for five wickets or more in fewer deliveries.

When Ollie Pope clung on to another blinder at short backward point to remove Kavem Hodge, West Indies had lost four wickets for no runs in eight balls. After Atkinson accounted for Alzarri Joseph and Shamar Joseph (no relation), Anderson finally decorated his farewell party with a 701st Test wicket, pinning last man Jayden Seales leg before.

Although Ben Duckett fell early, Pope's 70-ball half-century had taken England into the lead inside 27 overs before he was yorked by Holder. Crawley looked set for a fifth Test century until he was beaten for pace by Seales, but this was Atkinson's day in seventh heaven.



SCOREBOARD

First Test Match			
England v West Indies			
LORD'S: England lead West Indies by 68 runs with seven first-innings wickets in hand			
WEST INDIES: First Innings			
	Mins	Balls	Runs
K Brathwaite b Atkinson	44	33	6
M Louis c Brook b Stokes	91	58	27
K McKenzie c Crawley b Atkinson	16	14	1
A Athanaze c Root b Atkinson	82	56	23
K Hodge c Pope b Woakes	65	48	24
J Holder c Brook b Atkinson	1	1	0
J Da Silva c Smith b Atkinson	1	2	0
A Joseph c Woakes b Atkinson	17	9	17
G Motie not out	30	19	14
S Joseph c Pope b Atkinson	2	2	0
J Seales lbw Anderson	13	8	2
Lb7			7
Total (41.4 overs)			121
Fall: 34, 36, 44, 88, 88, 88, 106, 106.			
Bowling: Anderson 10.4-3-26-1, Woakes 11-2-29-1, Atkinson 12-5-45-7, Stokes 8-2-14-1.			
ENGLAND: First Innings			
	Mins	Balls	Runs
Z Crawley b Seales	145	89	76
B Duckett c Da Silva b Seales	33	13	3
O Pope lbw Holder	87	74	57
J Root not out	64	39	15
H Brook not out	42	29	25
Lb9 nb4			13
Total (3 wkts., 40 overs)			189
Fall: 29, 123, 153.			
Bowling: A Joseph 10-1-66-0, Seales 9-1-31-2, S Joseph 9-1-42-0, Holder 10-0-38-1, Motie 2-0-3-0.			
Umpires: N Menon & R Tucker.			

SEVEN UP: ENGLAND'S DREAM TEST DEBUTS

DOMINIC CORK (right) - 7-43 v West Indies, Lord's, 1995

GUS ATKINSON - 7-45 v West Indies, Lord's, 2024

JOHN LEVER - 7-46 v India, Delhi, 1976

ALEC BEDSER - 7-49 v India, Lord's 1946

JAMES LANGRIDGE - 7-56 v West Indies, Old Trafford, 1933

TOM HARTLEY - 7-62 v India, Hyderabad, 2024

JIM LAKER - 7-103 v West Indies, Bridgetown, 1948



ON HIS DEBUT



FINAL FLING
England's Anderson walks out for his last Test, above, as his family ring the bell

He hurried batsmen like a terrier chasing a postman

WORTH A SHOUT Anderson traps Seales leg-before for his 701st scalp in his final Test match



'More than I could have dreamed'

ENGLAND hero Gus Atkinson glanced up at his name on the dressing room honours box and admitted: "It's more than I could have dreamed."

Atkinson's 7-45 propelled him into exalted company among just seven England bowlers to take seven wickets on their Test debut.

And when he took his fifth wicket, just 53 balls into his Test career, he made it on to the Lord's honours board faster than any England

player. After team-mates had affixed a strip of paper containing his figures with sticky tape to the board in time-honoured fashion, Atkinson said: "It hasn't really sunk in yet."

"I was a bit nervous and emotional first thing, but it was amazing having my family - my dad, brother, sister and aunt - there when I was presented with my cap before the start of play."

"If you had asked me what I would want for a perfect day, that would be pretty much at the top. To be out there alongside Jimmy

[Anderson] was incredible and walking through the Long Room, with him leading us on to the pitch, was a surreal moment."

"The was on Jimmy, so it was nice to go under the radar, but looking up at the honours board and seeing my name and figures there made it a very special day."

"It's pretty cool just to have a five-for on my debut at Lord's, but if I've done it quicker than any other England player it's extra special - more than I could have dreamed."

MIKE WALTERS

FAST SHOW: Atkinson celebrates his fifth wicket

FOOTBALL EXTRA

No hard feelings as Donny says farewell

DONNY van de Beek delivered an emotional farewell message to Manchester United fans at the end of his disappointing four-year stay.

The Dutch midfielder, right, is joining Girona after failing to make a mark.

Van de Beek, 27, said: "Today is a memorable day as my adventure at the club comes to an end."

"I want to thank you for all your support

By David McDonnell

over the years. From the moment we arrived we felt welcome. The birth of our two kids

here ensures that Manchester will always have a special place in our hearts."

It has also been announced that United suffered a huge net loss of £71.4million between January and March this year after exiting the Champions League.



AMANDA STAVELEY is poised to quit Newcastle less than three years after brokering the Saudi deal which ended the Mike Ashley era.

Minority shareholder Staveley and husband Mehrdad Ghodoussi have been the club's public faces since the Saudi Public Investment Fund took over.

Staveley's shareholding will be sold to the PIF, which already owns 80 percent of Newcastle, and the Reuben brothers.

Bellamy bids to be a good boy as the boss

CRAIG BELLAMY is keen to banish his bad-boy image as he steps into his first senior management role with Wales.

Bellamy, right, seemed to get into as many scrapes as he scored goals for Liverpool, Manchester City, Newcastle and Wales between 1998 and 2013.

But the former Wales captain, who turns 45 on Saturday, believes coaching experience at

Anderlecht and Burnley has prepared him for a four-year deal with his country.

Bellamy, who won 78 caps, said: "I understand the perception of me. Lack of experience and temperament were thrown at me in the past."

"It will be important to dismiss those concerns in three or four years' time."

"I am so determined to be the best human being I can be."



MO SALAH has met with new head coach Arne Slot for the first time as the Liverpool star returned for pre-season.

The Egypt forward and Japan midfielder Wataru Endo arrived at Kirby for fitness testing before beginning team training today.

Salah was not involved in any major tournament this summer so will undergo a full pre-season to prepare for the new campaign.

FOOTBALL LATEST

● HEIMIR HALLGRIMSSON has been appointed head coach of the Republic of Ireland. He was joint Iceland head coach with Lars Lagerback during their Euro 2016 win against England - and his first match with Ireland will be against the Three Lions in the Nations League in Dublin on September 7.

● WATFORD manager Tom Cleverley believes they have made a "statement signing" after bringing

Moussa Sissoko back to the club on a two-year contract. The 34-year-old former France midfielder joins on a free transfer from Ligue 1 side Nantes.

● ARGENTINA head coach Lionel Scaloni praised his team after they booked their place in the Copa America final with a 2-0 win against Canada. Scaloni, who led them to World Cup 2022 glory in Qatar, said it was "something to be proud of".



SPLASHING SHOT: Messi and baby Yamal in 2007

PICTURE THIS! THE START OF TWO LEGENDS

SPANISH wonder boy Lamine Yamal was famously touched by genius when he was a baby – when he had his photograph taken with Lionel Messi before the Argentina superstar had the world at his feet.

Yamal, who will celebrate his 17th birthday on Saturday preparing for the following day's final of Euro 2024, was just a few months old when he was given a cuddle by Messi during a photoshoot for a charity calendar.

Another picture shows the eight-time Ballon d'Or winner splashing football's latest contender in the bathtub alongside the player's mother, Sheila Ebana.

Mum was in the Munich Football Arena on Tuesday and was in tears when her son scored one of the goals of the tournament as Spain beat France to book a date with destiny in Berlin on Sunday.

Spain captain Rodri said: "I am very, very proud of him. People will hold on to the goal, that sudden starring moment from a kid who is 16.

"You have to have enormous quality to be able to do that, and doing it in a semi-final speaks to the player he is, the incredible future

By **Simon Mullock**

he has. Very few players can do that. But I hold on to his defensive commitment, the support he gave team-mates, how he closed off spaces, the oxygen he gave us, how complete his game was. I told him that personally. Chapeau."

Spain's players could not hide their delight when Yamal showed another side to his game that illustrated how quickly he is learning.

In Tuesday's game, Yamal became the youngest player to score at a European Championship – and in the last minute he became the youngest to be booked after his cynical trip on Theo Hernandez.

The winger, who made his Barcelona debut at the age of 15, brought his homework to the Euros after being given a personal tutor.

He has passed his exams with flying colours.

Yamal said: "The last Euros Spain played in, I watched at a shopping centre with my mates.

"Now I want to enjoy being here. I was talking to my mum and she's so happy.

"I've told my mum she doesn't need to get me anything for my birthday. I've already got the final, which is my dream and hers."

Kobbie, Bukayo, Jude and Phil are now seen as the Mainoo men



MIDDLE MARCH

Mainoo bossed the midfield as Foden, inset, drove the team forward



SWEET 16: Yamal celebrates with Fermin Lopez

NOT unusually, an England player was squeezed by orange, surrounded by Dutch opponents.

But this was no ordinary England player, this was the youngest to appear in the semi-finals of a major tournament.

This was Kobbie Mainoo.

And he simply shimmied, feinted one way then the other before slipping a delicious short pass into Phil Foden, whose shot was trapped on the line by Denzel Dumfries.

That was midway through a first half that was characterised by Bukayo Saka – arguably England’s player of the tournament – tormenting the Holland defence.

Mainoo is 19 years old, Saka 22, Foden 24.

Oh and then there is Jude Bellingham, 21. Clearly, there are more immediate ramifications of

FUTURE’S BRIGHT FOR GARETH’S SUCCESSOR

By **Andy Dunn**

this contest but, when Gareth Southgate has passed on the managerial baton, his successor will have a core of young players that would be envied by any other international coach.

Against the orange, Mainoo showed the English future is bright.

His individual performance in the first 45 minutes was so accomplished that it was hard to believe it did not create the platform

for a half-time lead. It is the composure that first catches the eye, the eagerness to take the ball in difficult areas, a hallmark of the modern high-class midfielder.

Then there is the directness, the steadfast refusal to take a safe, sideways or backwards option.

On more than one occasion, that directness was screaming for more intelligent runs from team-mates.

And then there is a defensive diligence that

broke up a promising attack that threatened to give Ronald Koeman’s side an undeserved lead just before the break.

He even had time for an audacious reverse pass with the inside of his right heel that created another half-chance for England.

Noticeably, his understanding with Foden and Saka grows with every game they play together.

There is a conveyor belt of young talent, but Mainoo, Bellingham, Saka and Foden will be the driving force of a new-generation England.

Even Declan Rice does not turn 26 until next January.

Maybe under the next England manager, they might be bolder, more adventurous, maybe they will be truly allowed to run free.

Having said that, there was an irony about the Dutch breakthrough that will not be lost on Southgate and Steve Holland.

The calls from pundits and fans had been for England to be on the front foot, to press high, to commit more men to advanced areas.

Early doors, that is what they did. Alas, one of the consequences

was the Xavi Simons screamer, Rice being left isolated in a deep central position and being mugged by the Paris Saint-Germain player.

The strike was a beauty, but in previous games the opponent would not have had that sort of space.

Still, at least it was a sign of an English positivity that was soon rewarded, albeit with the generous assistance of VAR.

And, to a large extent, that positivity was generated by Mainoo and Foden, who was almost at his Footballer of the Year best in the first half.

At times, Foden – all slaloming skill and cunning – was running the show. The idea that he should not be as automatic a starter as, say, Harry Kane looked faintly ludicrous.

Again, it is hard to imagine a future England coach swapping Foden for any player in the world.

Right now, of course, there are more important matters to consider, but when the dust settles on this tournament there is at least one thing that should be taken from it by England fans.

No matter what some might think, England will be a tournament force for a long time to come.



FIGHTING THROUGH Bukayo Saka has been the player of the tournament for England, who had to fight back after Xavi Simons had unexpectedly put Holland in front, below



SPORT EXTRA

Scan here to get more England reaction online

HOLLAND



PLAYER ANALYSIS

(4-2-3-1) By Simon Mullock

BART VERBRUGGEN 7

Brighton's keeper produced two saves to deny Kane and Foden. No chance for the penalty or the late winner

DENZEL DUMFRIES 7

Gave away a penalty, produced a brilliant goalline clearance and then struck the England crossbar

VIRGIL VAN DIJK 7

Holland's captain produced some timely blocks and interceptions when his team were under the cosh

STEFAN DE VRIJ 6

Found the movement of England's midfield a problem. Got better when Veerman came on to offer protection

NATHAN AKE 6

Struggled to contain Saka and forced to ask Gakpo to drop in to help him out before Holland sat in to frustrate

TIJJANI REIJNDERS 6

Another who found himself chasing shadows as England dictated the first half. Better when Veerman came on



SIMONS: Provided early shock

XAVI SIMONS 7

Small in stature but not talent. The PSG midfielder powered past Declan Rice to blast the Dutch ahead

JERDY SCHOUTEN 5

Didn't appear to know when to press and when to sit in - and failed to do both. Offered up far too much space

DONYELL MALEN 5

A threat with his pace whenever the Oranje were able to counter but replaced at the break by Weghorst

MEMPHIS DEPAY 4

Lasted 33 minutes before being forced off with injury - and gave a display that Man United fans would recognise

CODY GAKPO 5

Not given a kick by tenacious Walker and often forced to offer protection to Ake as Saka threatened

SUBSTITUTES

Veerman (Depay) 35, Weghorst (Malen) 46, Zirkzee (Dumfries) 90, Brobbey (Simons) 90

BOOKED - Dumfries, Van Dijk, Simons.

GOAL - Simons 7.

WOULD you Edam and Eve it? Gareth Southgate has led England to the final frontier, following a dramatic demolition of the Dutch here in Dortmund.

A first showpiece game on foreign soil in Three Lions history.

A final against Spain in Berlin and the chance to finally become kings of Europe for the first time since the tournament began in 1960.

An opportunity to win only the second major trophy, after the glorious World Cup triumph of 1966.

Forget Holland, because Southgate and his England stars are the big cheeses now. Remember

HOLLAND

1

ENGLAND

2

From **Jeremy Cross** in Dortmund

when England thumped Holland 4-1 at Euro '96?

That is still remembered as one of the great performances, but this was even better.

This was not Wembley, but the Westfalenstadion in Dortmund, hosting an orange wall behind one goal which Southgate's men decided to smash clean through at the death.

On a seismic night of huge pressure, when all the flak of the last

Gareth's subs sink Dutch to earn Spain showdown

few weeks was put to bed once and for all.

A biblical performance on a night of biblical weather, ending in two substitutions from Southgate combining to win the match in the 90th minute of an epic contest.

Take a bow Cole Palmer and goal hero Ollie Watkins. Seven minutes

was all it took for Holland to go ahead. And it was quite a strike from Xavi Simons, who took advantage of Declan Rice getting dispossessed, charged towards a static defence before unleashing an unstoppable drive into the top corner.

It was the third time in succession England had gone behind in the

PROUD LIONS

HOLLAND v ENGLAND	
44	POSSESSION % 56
3	SHOTS ON TARGET 4
2	SHOTS OFF TARGET 3
1	BLOCKED SHOTS 3
3	CORNERS 0
10	FOULS 6
3	YELLOW CARDS 3
0	RED CARDS 0



STRIKE IT RICH

Watkins hits the winner in the dying seconds to add to the penalty by Kane, right

knockout stages. But that was as good as it was ever going to get for Holland.

Because, once again, England hauled themselves off the canvas.

Bukayo Saka was doing his best to help England respond, and one weaving run led to a chance for Harry Kane, who volleyed over.

But moments later he got another chance, when referee Felix Zwayer awarded England a penalty following a VAR check, after a high foot from Denzel Dumfries on Kane. It was never a penalty, but who cares?

Kane picked himself up to equalise with a clinical strike from

the spot. England came within millimetres of going ahead soon after, when a brilliant run from the superb Kobbie Mainoo set up Phil Foden, but somehow his effort was bundled off the line by Dumfries.

Dumfries was in the thick of everything – and headed against the crossbar on 30 minutes.

Then Foden, right, curled a stunning effort against the post at the opposite end, while Bart Verbruggen did well to keep out another effort from the Manchester City star. It was breathless, brilliant

and bonkers in equal measure. The real England had turned up – and the Dutch were there for the taking.

But history threatened to repeat itself as England lost momentum and sparkle after the break.

That inability to stand on the throats of an opponent has been England's Achilles heel under Southgate – and it was happening again.

England needed fresh legs and impetus.

It felt like the defining moment of Southgate's entire reign. Could he be reactive when it mattered most,

and inject some pace or creativity into his side's attack?

Could he ever.

Enter Palmer and Watkins, with the latter replacing captain Kane no less.

And as the clock ticked down, the duo stepped up when their country needed them.

Palmer picked up the ball, threaded it forward to Watkins, who took one look up before beating Verbruggen with a laser like finish into the far corner.

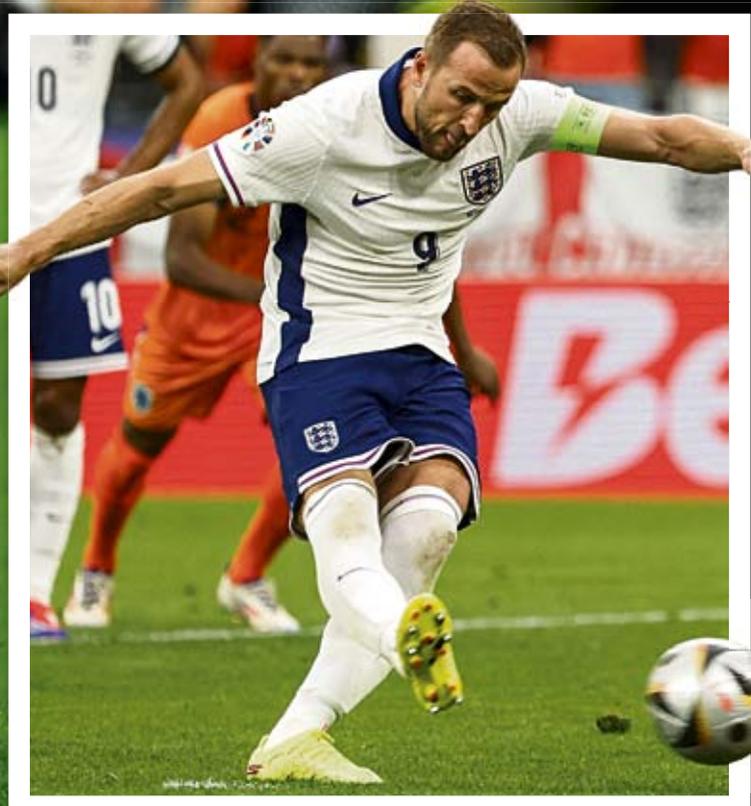
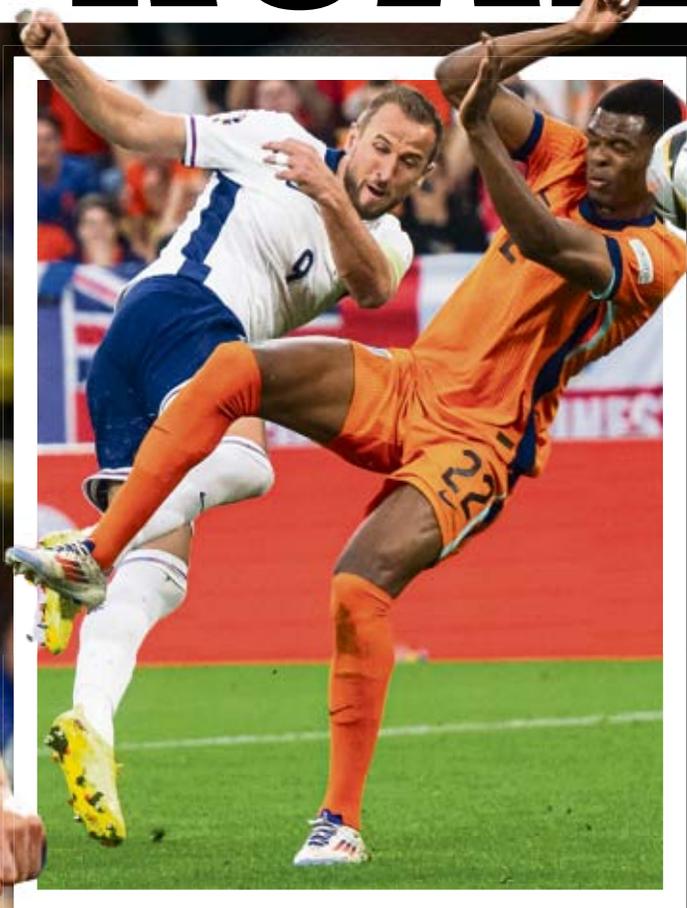
Holland manager Ronald Koeman stood there motionless.

Never mind.

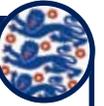
That was for 1993 Ronald, mate.



FINALLY ROAR



ENGLAND



PLAYER ANALYSIS

(3-4-2-1)

By Simon Mullock

JORDAN PICKFORD 7

No chance for Simons' goal. Virtual spectator at times but then produced an instinctive save to deny Van Dijk

KYLE WALKER 7

Hasn't always been at his best in this tournament but he was last night. Tight on Gakpo and a willing attacker

JOHN STONES 7

Another who returned to form at right time. When Stones gets his passing right he gives England impetus

MARC GUEHI 7

Returned after suspension and justified his inclusion. Guehi has been a revelation during the tournament

KIERAN TRIPPIER 6

Deserves great credit for playing out of position - and defensively sound. But if only he had a left foot

KOBBIE MAINOO 8

Another stellar performance beyond his years. Showed he is much more than a defensive midfielder



MAINOO: Mature beyond years

DECLAN RICE 6

Not strong enough when the Dutch took the lead but grew in stature to provide the base for England to press

BUKAYO SAKA 7

Gave the Dutch a torrid time with his trickery and pace and thought he had scored in normal time but offside

PHIL FODEN 7

One effort cleared off the line, another clipped the outside of the post. Much better in a central role

JUDE BELLINGHAM 7

Asked to play on the left - and didn't disappoint with a display that was full of discipline and invention

HARRY KANE 6

Forced Verbruggen into a smart save before grabbing redemption for his World Cup penalty miss

SUBSTITUTES

Shaw (Trippier) 46, Palmer (Foden) 80, Watkins (Kane) 80, Kona (Saka) 90, Gallagher (Mainoo) 90.

BOOKED - Bellingham, Saka.
GOALS - Kane 18 pen, Watkins 90.
REFEREE: F ZWAYER (Germany)

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DAILY EXPRESS SPORT

express.co.uk/sport



HOLLAND

1



SEMI-FINAL

2

ENGLAND



Supersub Ollie hits stunning late winner to send Three Lions into Euros final



From **Simon Mullock** in Dortmund

OLLIE WATKINS came off the bench to fire England into the Euros final with a sensational 90th-minute winner.

The Aston Villa striker, who replaced skipper Harry Kane with 10 minutes left, combined with fellow substitute Cole Palmer, before finding the bottom corner with a fierce right-foot shot.

The Three Lions were deserved winners but had to come from behind for the third successive game to book a date with Spain in Sunday's final in Berlin.

Xavi Simons fired the Dutch into a seventh-minute lead, but Kane levelled from the spot 11 minutes later after being fouled by Denzel Dumfries.

Watkins' winner sparked ecstatic scenes of celebration amongst the England fans.

REPORT: PAGES 66-67

WATKINS FINISH!

HEROIC VILLAN

Watkins celebrates his goal and, inset, boss Gareth Southgate shows joy

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CRICKET: NEW-BOY GUS IN 7TH HEAVEN

DREAM DEBUT FOR QUICKIE: PAGES 62-63

Puzzles

SUDOKU

Fill the grid so that every column, row, and 3x3 square includes all of the digits from one to nine. **Solutions tomorrow**

EASY

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

MEDIUM

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

DIFFICULT

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

Extra clues:
0901 322 5609

**Calls cost 75p plus your telephone company's network access charge.*

Today's solution:
0907 181 2573

**Calls cost 80p per minute plus your telephone company's network access charge.*

QUICK CROSSWORD

1		2		3			4		5
6							7		
						8			
9				10					
			11						
		12			13				
	14								
15									
									16
17						18			19
							20		
21									
					22				

ACROSS

- 6 Income (7)
- 7 Corner (5)
- 9 Owed (3)
- 10 Decay (9)
- 12 Fear (11)
- 15 Incitement (11)
- 17 Hanging (9)
- 19 Strange (3)
- 21 Hurl (5)
- 22 Extol (7)

DOWN

- 1 Planet (5)
- 2 Fresh (3)
- 3 Unadulterated (4)
- 4 Contagion (9)
- 5 Voter (7)
- 8 Outlaw (6)
- 11 Thrifty (9)
- 13 Preserve with salt (6)
- 14 Systematic (7)
- 16 Enlighten (5)
- 18 Unightly (4)
- 20 Skill (3)

Solution tomorrow

Stuck on the puzzle? Call **0905 789 4188** to hear individual clues or the full solution

**Calls cost 80p per minute plus your telephone company's network access charge. Service provider Spoke Ltd - Helpline 0333 202 3390*

CROSS DOUBT

Target times: Average: 16 mins
Good: 12 mins Excellent: 8 mins

Stuck? Call for a clue
0901 322 5601
Halve your Target Time!

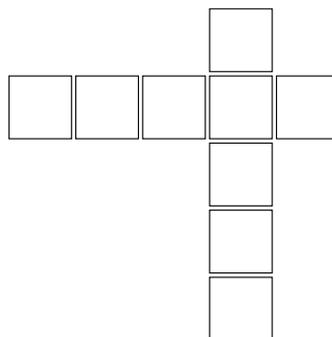
Today's solution
0901 322 5607
Both today's words in a moment!

**Calls cost 75p plus your telephone company's network access charge.*

Can you make two common five-letter words from the nine letters given, using each letter only once? You can - but only if one letter features in both words in the squares on the right. There's at least one way to do it, and you have to have the right letter at the crossover - but which one is it?

See if you can find the answer within our target time. If you need help, ring our clue-line below to find out the crossover letter. **Solution tomorrow**

A C E F L M R U Y



SMALL CROSSWORD

1	2	3		4	5		6	
			7					8
9								
10			11			12		
	13							
14					15		16	
		17				18		
19								
20								

ACROSS

- 1 Not morally correct (9)
- 7 Unmarried (6)
- 9 Circus performer (7)
- 10 Touch (4)
- 12 Baby's bed (3)
- 13 Gradually decrease in intensity (4,3)
- 14 Broadcast (3)
- 15 Alcoholic drink (4)
- 17 Windpipe (7)
- 19 Erase (6)
- 20 Eternally (9)

DOWN

- 1 Find aura (anag.) (8)
- 2 Pleasant (4)
- 3 Blunder (3)
- 4 Sleep through winter (9)
- 5 One after the other (2,1,3)
- 6 Unapproachable (5)
- 8 Plea (8)

11 Sweet bay (6)

- 13 Broaden (5)
- 16 Actor, _ Patrick Harris (4)
- 18 Owns (3)

Solution tomorrow

For today's solution call:

0907 181 2582

**Calls cost 80p per minute plus your telephone company's network access charge.*

KAKURO

	9	26		44	18		16	10
10			11				4	
6			13				15	
15			5				6	
			8				20	
	34							
			13				13	8
	15		24				8	
	6					17		
9				14			4	
13				10			14	

Fill each sequence of blank squares using the numbers 1-9. Each sequence - across and down - must total the number in the shaded box at the beginning or top of each line. A number may be repeated in each line but NOT in a sequence.

Solution tomorrow

Puzzles

QUIZWORD

ACROSS

- 1 1853 novel by Charlotte Brontë (8)
- 5 King of Mercia from 757-796 (4)
- 9 See 6 Down
- 10 Robert A, author of the novels Starship Troopers and The Door Into Summer (8)
- 11 Fredric, Best Actor in a Leading Role Oscar winner for The Best Years Of Our Lives (5)
- 12 Tenth month of the year (7)
- 13 1864 Offenbach operetta set in Ancient Greece (2,5,6)
- 18 Sonia, Ukraine-born painter and textile designer who co-founded the Orphism movement with her husband Robert (8)
- 19 Collective noun for a flock of quails (4)
- 20 No. 10 --- Street is the official residence of the British prime minister (7)
- 21 Flatfish, *Scophthalmus rhombus*, that feeds on bottom-living fishes and larger crustaceans (5)
- 22 Principle of Chinese philosophy complementary to Yin (4)
- 23 Volcanic island in Indonesia partially destroyed by its eruption in 1883 (8)

- 4 Masked television cowboy whose horse was called Silver (3,4,6)
- 6, 8 and 9 Across Richard Rush film starring James Caan and Alan Arkin (7,3,3,4)
- 7 Racecourse at which the English Grand National is run (7)
- 8 See 6
- 13 The quarter day in England which falls on March 25 (4,3)
- 14 James, author of the novel *If Beale Street Could Talk* (7)
- 15 Hugh, comic actor and author of the novel *The Gun Seller* (6)
- 16 African republic whose capital is Monrovia (7)
- 17 Ivor, Welsh actor, songwriter and dramatist who died in 1951 (7)

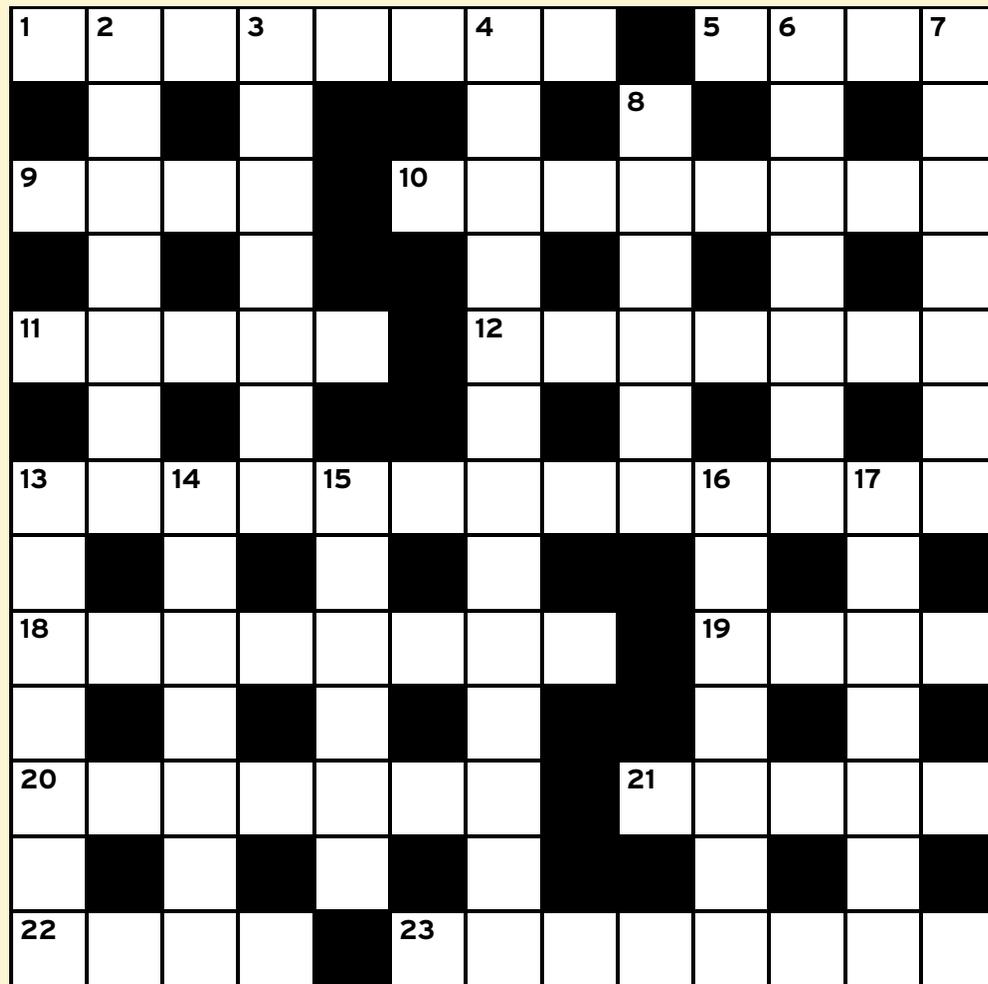
Solution tomorrow

DOWN

- 2 The Japanese decorative art of flower arrangement (7)
- 3 Thomas, English founder of the Royal College of Physicians in London (7)

Stuck on the puzzle? Call
0905 789 4190
to hear individual clues or
the full solution

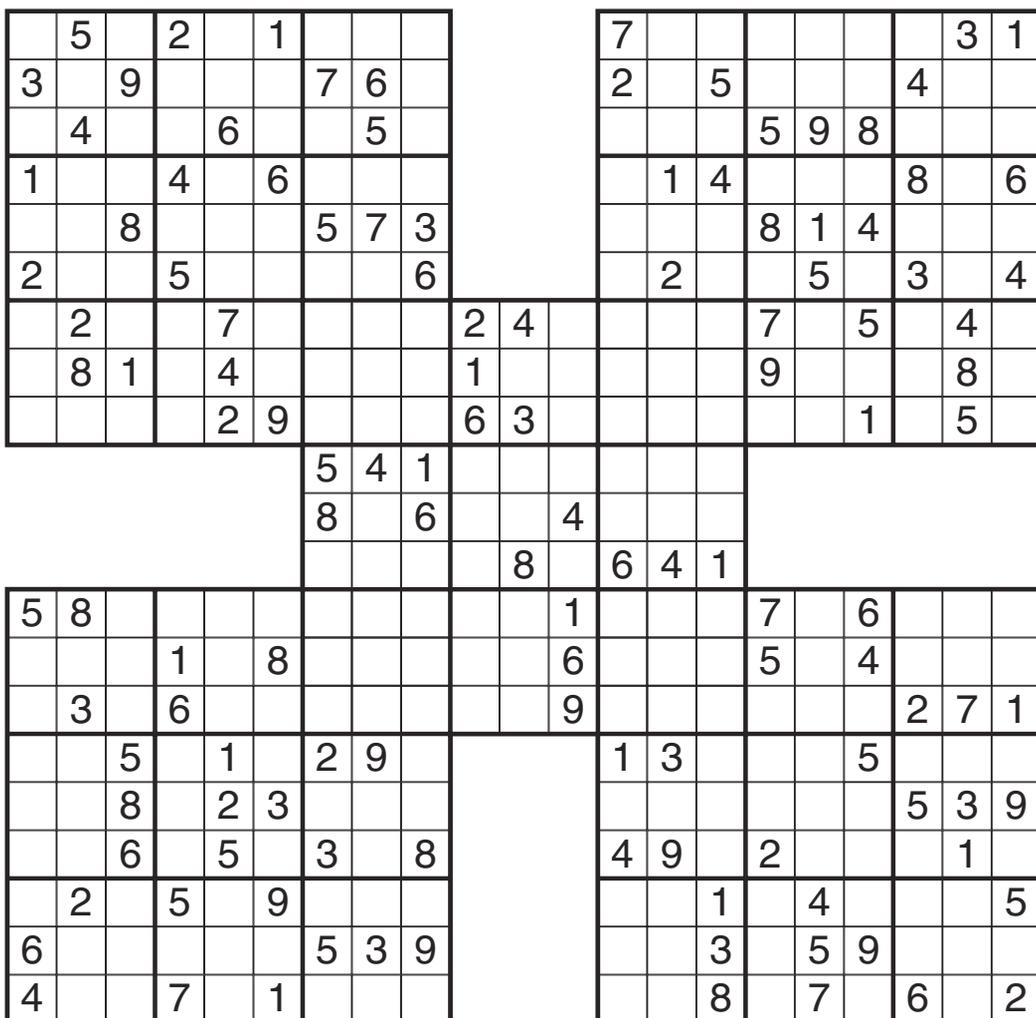
**Calls cost 80p per minute plus your
telephone company's network access charge.
Service provider Spoke Ltd -
Helpline 0333 202 3390*



SAMURAI SUDOKU

In Samurai Sudoku, normal sudoku rules apply, but the 9x9 sudoku at the centre shares four of its 3x3 boxes with those of the outer sudokus.

Solution tomorrow



WORD BUILDER

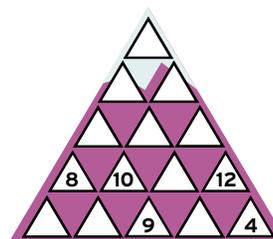
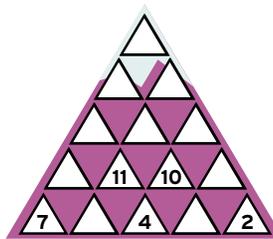
Answer each clue so that every word contains the same letters as the previous word, plus or minus one.

Solution tomorrow

- 1 □ □ □
 - 2 □ □ □ □
 - 3 □ □ □ □ □
 - 4 □ □ □ □ □ □
 - 5 □ □ □ □ □
 - 6 □ □ □ □
 - 7 □ □ □
- 1 7th Greek letter
 - 2 Orient
 - 3 Satisfied
 - 4 Serene
 - 5 Romantic meetings
 - 6 Chair
 - 7 Placed

SUMMIT UP

If the number in each triangle is the sum of the two below, what is the top number?



Solution tomorrow

QUIZWORD

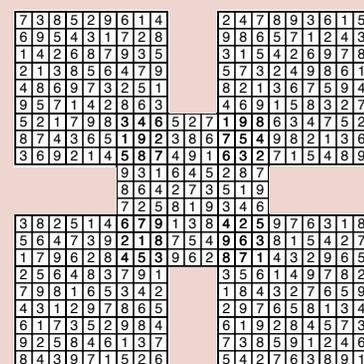
Across:

- 1 Fiacre,
- 4 Adagio,
- 9 Young Visitors,
- 10 Nynorsk,
- 11 Plane,
- 12 Gouda,
- 14 Drone,
- 18 Elton,
- 19 Lumière,
- 21 Roald Amundsen,
- 22 Fresno,
- 23 Fignon.

Down:

- 1 Flying,
- 2 A Burnt-Out Case,
- 3 Roger,
- 5 Dnieper,
- 6 Greta Andersen,
- 7 Oyster,
- 8 Minke,
- 13 Dunedin,
- 15 Fear Of,
- 16 Ulama,
- 17 Memnon,
- 20 Menai.

SAMURAI SUDOKU



SMALL CROSSWORD

- Across:** 1 Streaker, 8 Sparse, 9 Eggs, 10 Ass, 11 Arable, 13 Dishonest, 15 Agatha, 17 Ado, 18 Grit, 19 Stress, 20 Receipts.
- Down:** 1 Steadfast, 2 Tigris, 3 Riga, 4 Apologise, 5 Kate, 6 Erase, 7 Hesitates, 12 T-shirt, 14 Score, 15 Alec, 16 Trap.

ARROW-WORD

Arrow-words are like crosswords, but the clues are printed inside squares on the grid. Write your answers in the blank squares in the direction indicated by the arrows.

Solution tomorrow

WORDSEARCH



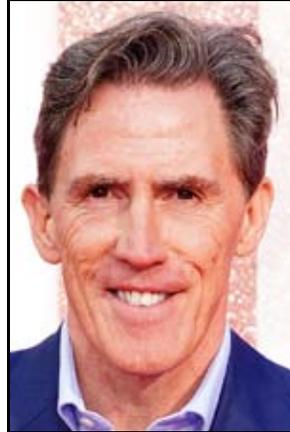
HORSE AND PONY BREEDS

Find all the terms listed below in the grid.

Solution tomorrow

- ALTAI ● ANDALUSIAN ● BRUMBY
- CLYDESDALE ● ERISKAY ● FALABELLA
- FRIESIAN ● HACKNEY ● JEJU ● KONIK
- LOKAI ● MARWARI ● MONGOLIAN
- NEW FOREST ● OLDENBURG ● PAMPA
- QUARTER ● SHETLAND
- THOROUGHBRED ● WELSH COB

Melody Month	Shove	School pupil	Informal word for Christmas	Sacred	Death Of A play	
			Stuart, pictured			
System	Plaything	Actress, Thurman Distinctive smell		Harbours	Stop	
			Nutmeg, e.g.			
Rob, pictured	Gambling wheel	Lair Ring-shaped food		The Young, 60s hit Picture house		
			Top of the milk Dog's coat			
Bode	Set of clothes			Unhappy All listening carefully	And not Bravery award	
			Invisible Curve		Violent crowd	
Soft gentle breeze	Para-trooper, in short	TV series, Who Do You Think You_?		Sign indicating direction	Film, The Magnificent Nought	
			Muddy area of land Lubricate		Unadorned For fear that	
Light brown colour Swagger		Unrefined			Fence stake Items	
		Medium	Odd	TV drama, Happy		
Have a meal		As well		Epoch	Get away As mad as a saying	
		Twelve months	Ordinal number			
				Rip Loyal or faithful and outs, details	Continent	
		All of, many kinds of	Garret		Household pet	
				Minimum		
		Harsh, strict	Measure, estimate		Cottage food type	
				Javelin		

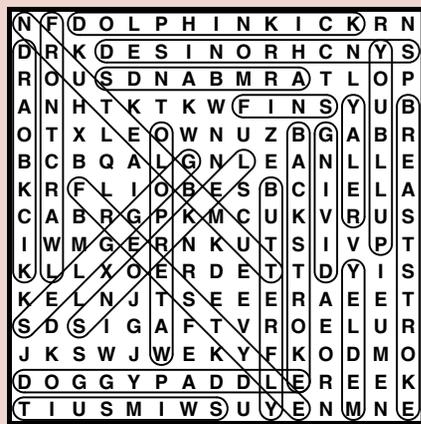


YESTERDAY'S SOLUTIONS

QUICK CROSSWORD

Across: 7 Confederation, 8 Untoward, 9 Earn, 10 Battle, 12 Badger, 14 Unfair, 16 Elated, 18 Hard, 20 Indicate, 22 Transgression.
Down: 1 Mountain, 2 Effort, 3 Idea, 4 Credible, 5 Attend, 6 Poor, 11 Earnings, 13 Erection, 15 Ardent, 17 Accuse, 19 Awry, 21 Dies.

WORDSEARCH



ARROW-WORD



SUDOKU EASY

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

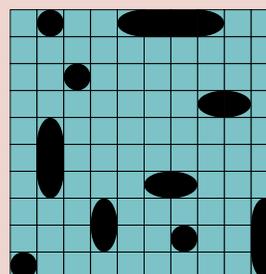
SUDOKU MEDIUM

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

SUDOKU DIFFICULT

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

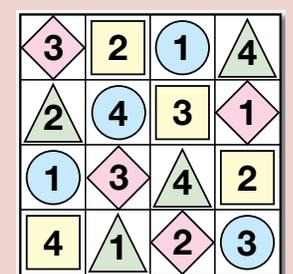
BATTLESHIPS



KAKURO

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

KEIJO



TARGET

JAYWALKER

awake jaywalk JAYWALKER
 jerk jerky kale kara kraal
 kyle lake lark leak leaky
 rake wake walk walker weak
 weakly wreak

THE ALPHAPUZZLE

Across: Premise, Smug, Incus, Flannel, Taxed, Arch, Wooden, Zither, Rapt, Cache, Baroque, Civic, Dolt, Rampant.
Down: Mildew, Rabid (clue), Rice, Corporal, Mistaken, Suffer, Camera, Nightcap, Monarchy, Oven, Gulch, Reject.

THE ALPHABEATER

Black squares: 1, 2, 3, 4, 8, 13, 15, 19, 20, 25, 27, 34, 37, 40.
Across: Ground, Floor, Bitmap, Inject, Unworthy, Forklifts, Talisman, Idylls, Hexing, Quake, Bypath. **Down:** Affix, Satchel, Joyful, Wove, Ivy, Stuck, Magma, Oxbow, Ionic, Nut, Your, Tassel, Zephyrs, Askew.

CROSS DOUBT

Across: LIGHT
Down: PIXEL

SUMMIT UP

81 and 91

WORD BUILDER

Sud, Dust, Duets, Gusted, Guest, Suet, Use

Puzzles

CRUSADER PRIZE CROSSWORD

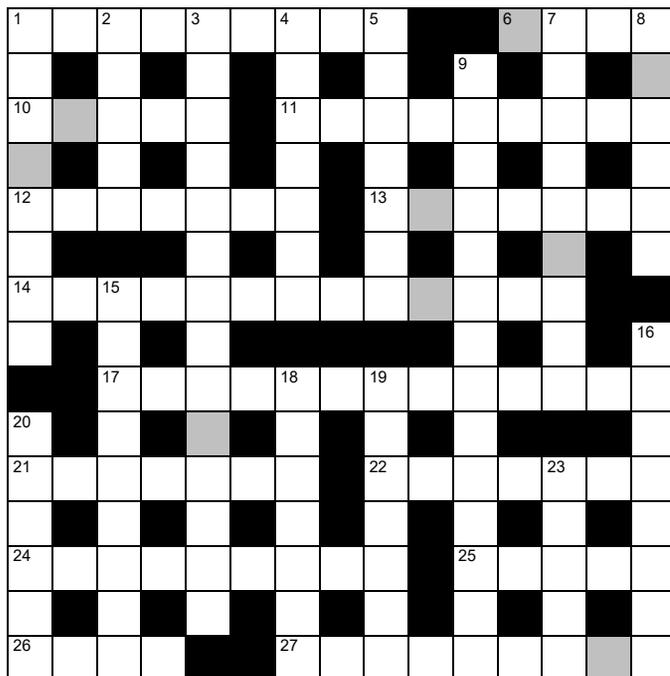
WIN
£100
CASH

ACROSS

- 1 A Conservative professed to be praised (9)
- 6 Not very good at needing money (4)
- 10 Hawk circles river for fish (5)
- 11 Blames are shifted to the light (5,4)
- 12 Nonsense, needing keys for somewhere to sleep (4,3)
- 13 Old worker has nice new arrangement (7)
- 14 Record got nicer, having name that's unsettling (13)
- 17 Number forced into a restricted place, like a triangle (5-8)
- 21 Savoury snack found in hat (4,3)
- 22 Turn new flute composition out for musical (7)
- 24 Hanging around region, lit badly (9)
- 25 Different aim, say - returning reflection (5)
- 26 Old soldiers getting a sign (4)
- 27 Information on TV has a point, in a polite way (9)

DOWN

- 1 Any bit treated has too much blood protein (8)
- 2 Catholic left to admit fool (5)
- 3 Our great phobia about writer (14)
- 4 Pleasant-sounding, cooking cod with lime (7)
- 5 Hopelessness of the French couple (7)
- 7 Deliveries agree to change, but too keen (9)
- 8 Handset, far away (6)
- 9 Purchase motor for old vehicle (8,6)
- 15 Gloomy nature's in trouble (9)
- 16 European railway is behind grown-up infidelity (8)
- 18 Still during key part of the day (7)
- 19 Can't go wrong following old shape (7)
- 20 Deity orders a chicken in Spain (6)
- 23 Weak and delicate, making fellow complain (5)



FOR YOUR CHANCE TO WIN
Read down the letters in the highlighted squares to reveal the mystery word.

TO ENTER: Call **0904 161 3700** (calls cost £1.50 plus your telephone company's network access charge) and leave your answer and details, or text **DXCRUS** followed by a space, your answer, name and address details to **88833** (texts cost £1.50 plus your standard network rate). Lines close at midnight Saturday. Or send your grid containing the answer in the shaded squares by posting it to: Crusader Crossword, July 11, PO Box 8694, Derby DE1 9TW. Entries must be postmarked by July 12 at the latest. For any postal enquiries, call helpline number. SP: Spoke - 0333 202 3390. An extra day is given for postal entries during bank holidays.

● **One weekly winner will be the first random correct entry drawn from all entry routes after the closing date of midnight Saturday. Competition runs Sunday to Saturday. The Editor's decision is final.**

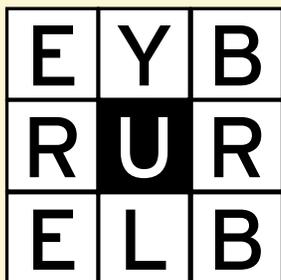
NEED HELP? Call **0904 161 1609** for 5 extra clues! Calls cost £1.50 plus your telephone company's network access charge.

NAME _____
ADDRESS _____
POSTCODE _____

TUESDAY'S SOLUTION

ACROSS: 1 Pick, 3 Flashpoint, 9 Sync, 10 Inoculated, 11 Maidservant, 15 See double, 17 Epoch, 18 Error, 19 Titillate, 20 Nearsighted, 24 Overpriced, 25 Base, 26 Stridently, 27 Onus.
DOWN: 1 Past master, 2 Centimetre, 4 Loner, 5 Sacrament, 6 Pull the plug, 7 Iota, 8 Tide, 12 Scouring pad, 13 Local train, 14 Shrewdness, 16 Battalion, 21 Steel, 22 Hops, 23 Leer.
Prizeword: Firstly

TARGET



● The Target uses words in the main body of Chambers 21st Century Dictionary (1999 edition)

HOW many words of four letters or more can you make from the letters shown here?

In making a word, each letter may be used once only. Each must contain the centre letter and there must be at least one nine-letter word. No plurals. Verb forms ending in S permitted.

TODAY'S TARGET

Good 15; very good 22; excellent 29 (or more). **Solution tomorrow**

Call **0907 181 2585** for today's Target solution

*Calls cost 80p per minute plus your telephone company's network access charge.

BATTLESHIPS

FIND where the fleet of ships shown is hidden in the grid. The numbers to the right of and below the grid indicate how many of the squares in that row are filled in with ships or parts of ships. The ships do not touch each other, even diagonally. Some squares have been filled in to start you off.

Solution tomorrow

	1	2	3	4	5	6	7	8	9	10	
A											2
B											4
C											1
D											2
E											1
F											4
G											2
H											1
I											2
J											1
	2	2	2	1	2	1	4	1	3	2	

1 x Battleship

2 x Cruiser

3 x Destroyer

4 x Submarine

THE ALPHABEATER

TARGET TIME: 34 minutes

CAN you crack the Alphabeater? Each grid number represents a letter - or black square. As in Alphapuzzle, every letter of the alphabet is used. But you have to complete the grid too! Use the given letters and black squares below the grid to start. The grid is 'rotationally symmetrical' - in other words, it looks the same if you turn the page upside down.

Solution tomorrow

A	2	13	31	30	34	39	14	26	20	30	16	15	36
B	6	38	15	18	32	34	25	34	14	13	38	40	30
C													
D													
E	23	7	31	40	1	6	11	12	29	2	15	9	11
F													
G	32	34	26	23	17	34	33	22	25	38	7	18	40
H													
I	10	25	11	10	10	12	20	11	12	5	23	6	4
J													
K	18	39	16	38	37	38	15	35	9	30	2	31	27
L													
M	22	26	4	5	38	21	31	18	25	31	12	29	31
N													
O	36	2	31	33	39	38	17	33	4	40	37	29	21
P													
Q	20	9	37	28	4	31	32	15	38	27	31	25	34
R													
S	34	24	11	38	25	25	34	19	16	4	12	18	39
T													
U	19	12	32	5	17	6	30	16	3	18	8	28	17
V													
W	27	5	31	19	25	18	1	8	37	38	20	38	26
X													
Y	28	6	29	36	23	4	13	9	36	8	11	25	8
Z													

Extra letter clues
0907 181 2560
(Deduct three minutes for each extra clue letter heard)

Full solution
0907 181 2558
*Calls cost 80p per minute plus your telephone company's network access charge.

● Alternatively, for six Extra Letter clues to your mobile, text **DXBEAT** to **64343**. Texts cost £1 plus standard network rate.

KEIJO

1			
4	1		
			1

1

2

3

2

3

4

3

3

4

2

3

4

Place the tiles into the grid so that four different numbers and four different shapes appear in each row and column.
Solution tomorrow

THE ALPHAPUZZLE®

Alphapuzzle® tests logic and word power. Each grid number stands for a letter. Every letter of the alphabet is used. Use the given letter or letters - below the main grid - to start. **Solution tomorrow.**

DIFFICULTY: 8/10; **TARGET:** 27 mins; **CLUE:** Insect the French found in band.

A	19	8	2	13		5	17	6	8	18	20	5	13
B													
C	26		3		20		5		18		5		22
D													
E	24	5	12	1	3	8	6		17	26	15	13	22
F													
G	24		22		10		11		3		22		18
H													
I	13	26	18	3	10		22	9	23	22	6	10	
J													
K						13		18			23		15
L													
M	6	22	4	1	22	2		12	13	22	5	21	22
N													
O	11		18				20		5				6
P													
Q		16	26	22	5	12	14		15	5	17	13	22
R													
S	20		10		10		8		8		18		18
T													
U	5	20	22	6	10		4	18	8	7	3	12	8
V													
W	13		6		22		3		6		6		26
X													
Y	13	3	23	22	18	5	19	14		25	22	12	12
Z													

1	2	3	4	5	6	7	8	9	10	11	12	13
	W									D		
14	15	16	17	18	19	20	21	22	23	24	25	26
		Q										

EXTRA LETTER CLUES: 0907 181 2568*

Hear up to six Extra Letters, deduct two minutes for each clue letter heard.

FULL SOLUTION: **0907 181 2565***

ACROSS ONLY: **0907 181 2561*** / DOWN ONLY: **0907 181 2562***

*Calls cost 80p per minute plus your telephone company's network access charge.

Alternatively, for six extra letter clues direct to your mobile, text **DXALPHA** to **64343**. Texts cost £1 plus standard network rate.

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THE DAILY EXPRESS 30-SECOND CHALLENGE

TODAY'S ANSWERS: BEGINNER = 51; INTERMEDIATE = 11; ADVANCED = 519.

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SP: Spoke - Helpline 0333 202 3390